

## Sourdough bread fortified with Buntine Protein® Recipe

### Ingredients

Wheat flour (Healthy baker flour)  
Buntine Protein® (BP)  
Natural sourdough starter  
Salt  
Water

Table 1 Sourdough formulations

Ingredients	Sourdough formulations			
	A (control) g	B g (10%)	C g (15%)	D g (20%)
Wheat flour	450	405	382.5	360
BP	0	45	67.5	90
Starter	120	120	120	120
Water	300	300	300	300
Salt	10	10	10	10

BP: Buntine Protein®

### Method

- 1.1 **Sourdough starter activation:** The starter activated by mixing 25g of the sourdough starter with 50g of water and 50g of wheat flour. The starter left at room temperature for ~20 hours.
- 1.2 **Bread making process:** premix dry ingredient (wheat flour and Buntine Protein® powder) well using a sieve to get well homogenised dry ingredients. Mix the starter with water well then, add wheat flour and BP to the mix. Mix the material well till no dry ingredients left and let it rest for 30 minutes.

*\* Note, it is important to mix BP with wheat flour before adding them to wet. We used a sieve to get good homogenised dry material before mixing with wet ingredients.*

- 1.3 After 30 minutes, hand kneading the dough by using pulling and folding technique. Pull the dough from the edge of the dough mixture then fold it toward the centre. Rest for 30 minutes and repeat the process two times again. After the third hand kneading step, let it rest for 3.5 hours (5 hours is total kneading and resting time).

*\*Note, Brad and Taylor bread proofer was used during dough resting time at 27°C.*



- 1.4 **Bread pre shaping process:** Shape the dough by starting to pull and folding the dough from the edge to the centre (to release it from the mixing bowl). Transfer dough ball to lightly dusted with wheat flour bench. Shape the dough to a ball by using bulling and folding to the centre technique, then flip the ball upside down, so you will have the dough seamless side facing to the top. Cover the dough with a towel and let it rest for 30 minutes.
  - 1.4.1 After 30 minutes, flip the dough ball upside down. Try to shape the dough ball to a square shape (Figure 1 B). Fold the left and right sides to the middle of the square to make a roll shape (Figure 1 C&D). Then start to fold the roll from one side to the other (Figure 1 E). Put the roll seam side down, then stretch the roll flap from both sides to cover bread roll dough layers from both sides.
  - 1.4.2 Transfer the dough roll to plastic container (covered with baking paper) (seam side down) and let it rest for on the fridge overnight (Figure 1 E&F).
- 1.5 **Bread Baking:** Pre-heat heavy cast iron pot (Dutch oven) in the oven at 250°C for 30 minutes.
  - 1.5.1 Score the bread with sharp kitchen knife or bread lame to make nice bread ear.
  - 1.5.2 After pre-heating, place the bread inside the hot Dutch oven by using baking paper as a carrier to support the bread. Put the pot back into the oven. Bake for 20 minutes with lid on and another 20 minutes lid off (40 minutes total baking time).

Figure 1 bread kneading folding illustration.

