



Gluten- and lectinfree sourdough course



## WELCOME

Welcome to our world of the most delicious gluten-free and lectin-free bread and pastries baked with sourdough. It may sound difficult, but it's not once you've learnt it.

We'll teach you how to build a beautiful friendship with your sourdough, and make it work for you, so you can bake the most delicious breads.

You will access our course online, on our website. You can take the course at your own pace at your convenience.

The course consists of 5 videos, with accompanying recipes ready to print.

In this course, we mainly bake with millet flour and sorghum flour, but we suggest alternatives in all the recipes. We hope you'll love baking with sourdough, because we do. And so do our stomachs :-)

Loving greetings from

♡  
*Kathrine Rosamunde  
& Mette Marie*





Sourdough  
- a friend for  
life

Light  
Sourdough  
bread

Sweet sourdough bread  
with raisins and nuts

## A LITTLE INFORMATION ABOUT THE CONNECTION BETWEEN GLUTEN AND LECTIN

Some ingredients in our food may bother more than others, even if you are not allergic to them in the classic sense – that is, even if you do not get a typical allergic reaction after eating them.

One of these kinds of ingredients is the plant toxin lectin. Lectins are a group of sticky proteins, including the controversial gluten protein. Lectins irritate the digestive tract when ingested, but also joints, nerves, brain and immune systems may be affected by lectins.

They are found in mostly grains, beans and nightshade plants such as potatoes, tomatoes, bell peppers, eggplant, goji berries and chili.

We find that if we are careful with the intake of grains and vegetables that contain toxic lectins, we feel less puffy and we find it easier to keep the weight down.

That is why we have developed these recipes, which consist entirely of lectin-free cereals. In that way, we don't have to feel that we suffer deprivation while strengthening our bodies.

Please note, however, that the flour exchange suggestions are NOT lectin-free.

Information about lectins and their effect comes from the biopath Marie Louise Theill's forthcoming book on this topic.



## INGREDIENSLISTE:

### FLOUR TYPES:

Sorghum flour (can be replaced with wholegrain rice flour)

Millet flour (can be replaced with corn flour)

Hemp flour

Chestnut flour

Coconut fiber (can be replaced with fat reduced almond flour  
or more of the flour types used in the recipe)

### OTHER INGREDIENS:

Psyllium husks

Carob powder

organic olive oil

hazelnuts

### SPICES:

Cardamom

Coriander

Atlantic salt

Apple cider vinegar

### SEEDS AND GRAINS:

Flax seeds

Sesame seeds

Poppy seeds

Millet flakes

### SWEETS:

Honey

Maple syrup

Coconut syrup

Molasses

Raisins

Melasse

Rosiner



## HOW TO START A SOURDOUGH

You will need a glass, e.g. a jam jar, something that you can close with a lid and put it in the fridge when the sourdough is not in use. And glass is great because it allows you to keep an eye on the process..

### Day 1.

2 dl of water  
1 tsp honey  
2 dl rice flour, millet flour or buckwheat flour  
(or a mixture of these)

If you use millet, use 3 dl flour as it absorbs more water. The consistency should be like a thick, delicious pancake batter.

If you do not want to use honey, you can use 1 tbsp of water kefir, yoghurt or soy yoghurt. And in fact, it can also just be started on flour and water and nothing else, but a little microbial culture is always good.

Place the lid loosely or cover with a cloth and leave the sourdough out on your kitchen table.

### Day 2.

Stir the sourdough with a good wooden spoon a few times during the day and give it some love. Already on day 2, it will probably smell faintly acidic. If the sourdough is very thin, add a little more flour.

### Day 3.

Stir the sourdough again, and if it has fine activity with bubbles and smells and tastes acidic, then it is ready. If you live in a cool place, it might not be ready until day 4. If you do not see any bubbles, but your sourdough does smell acidic, it may be too thin, so in this case add a little more flour.

Now you're ready to bake, and you've now got a new friend for life, if you take good care of it. But otherwise don't worry - it was really easy to start a sourdough, wasn't it?.

## HOW TO NURSE YOUR SOURDOUGH

The sourdough may be left out for a day or two after it is ready, but stir it every day and if necessary, add 1 tbsp of water and 1 tbsp flour. When not in use, close the lid tightly and put the dough in the refrigerator, where it can last for a long time in hibernation.

When you want to bake it is a good idea to take the dough out of the fridge the night before, so that it has room temperature when you use it. It may be used directly from the fridge, but your dough should then rise a little longer.

If it has been left for so long that it looks sad, or it has become really acidic and smells of strong vinegar, then you take a spoonful of it and stir it up in fresh water and flour, and the next day you will again have a lovely fresh sourdough.

It is a good idea not to have an excessive portion running, because it is best to use almost everything and then add new water and flour after which it, the next day, again bubbles nicely. You can continue just on the sourdough that sits on the sides of the glass.

Bread baked with sourdough gets a nice taste and has a longer shelf life. We think it's fun to bake with sourdough, because you have to nurse the dough a little more, look after it a little more and pay a little more attention to the temperature of the kitchen and the season. In winter, the bread is longer in the making and in summer it is sometimes astonishingly fast.

You will notice that in some recipes we use both sourdough and yeast, and this makes the dough a little less delicate, and it allows you to bake the dough directly from the fridge or speed up the process a little if you are in a hurry.





2 loafs

9 dl water

1 tbsp honey (maple syrup, coconut syrup or molasses is also good, but it can also be completely omitted)

1 dl sourdough

225 g sorghum flour

225 g millet flour

45 g psyllium husks

25 g coconut fibre

1 tsp cardamom

1/2 tsp coriander

3 tsp Atlantic salt

## LIGHT MILLET SOURDOUGH BREAD

Put all the ingredients in the mixer and stir them well, preferably for about 15 minutes. Put the dough in a bowl, close it with plastic wrap and keep it in the fridge overnight. The next day, remove the dough from the fridge for an hour or two before baking. Tip the dough onto a floured table and divide it into two, shape the breads with a light hand and place them on a sheet of baking paper. Make some nice cuts in each bread. Remember to use a sharp knife. The breads can also be dipped in poppy seeds or in other seeds or grains.

The dough can also be baked the same day. Cover the dough with a clean tea towel and let it rise for about 4-5 hours at room temperature before baking them.

Heat up your oven to 225 degrees (fan oven), put in the breads and bake them for an hour and ten minutes in total. Turn the heat down to 200 degrees after about 10-15 minutes.

Remember that all ovens are different, and it may therefore be a good idea to make sure that the bread is crispy on top before taking it out of the oven.



## SWEET SOURDOUGH BREAD WITH RAISINS AND NUTS

600 ml water  
1 tbsp apple cider vinegar  
100 ml gluten free sourdough  
30 g psyllium husks  
3 tbsp coconut sugar  
2 tsp salt  
2 tsp cinnamon  
2 tsp cardamom  
200 g millet flour  
200 g sorghum flour (or brown rice flour)  
100 g melted coconut oil  
50 gr raisins (or cranberries)  
50 gr hazelnuts (or almonds)

Mix water, apple cider vinegar, sourdough, and psyllium in a mixing bowl. Add the spices and flours and mix well, then add the melted and cooled coconut oil and mix it all at low speed for about 15 minutes. Then add the raisins and nuts and mix till they are well incorporated in the dough.

Put the dough on a floured table and shape a small loaf. Put the loaf in a greased loaf pan and let it rest at room temperature for about 8 hours. The dough can rest for longer in a cool place, or in the fridge. But it needs two hours out of the fridge before baking.

Bake at 175 degrees Celsius for about 1 hour.



## SOURDOUGH "RYE" BREAD WITHOUT RYE

For 1 rye bread pan

9 dl water

1 dl sourdough

20 g psyllium husks

3 tsp Atlantic salt

2 tbsp carob powder

1 tsp coriander

175 g flax seeds

175 g millet flour

250 g sorghum flour

50 g hemp flour or chestnut flour

150 gr sesame

Sesame, flax or poppy seeds to  
sprinkle

All wet ingredients are mixed in a mixing bowl. Then add the rest of the ingredients and let it all stir well for about 10-15 minutes.

The dough is distributed in a greased rye bread pan and the surface is smoothed with wet hands. Sprinkle with seeds or grains and let the bread rise on the kitchen table for about 8 hours under a tea towel.

You can also leave it overnight in the fridge but take out the bread an hour before baking it.

Bake at 200 degrees (fan oven) for about 1 hour and 20 minutes.



## SWEDISH SOURDOGH CRACKER BREAD

About 6 pcs

1 dl sourdough  
2 dl water  
1/2 dl olive oil  
75 g millet flakes  
75 g millet flour  
100 g sorghum flour  
50 g sesame seeds  
75 g flax seeds  
2 tsp Atlantic salt

Mix all ingredients well together and leave the dough to soak for about 4 hours. The longer it stands, the more acidic the bread will be, so the dough can stand longer if you like the taste of sourdough.

Divide the dough into 6 pieces and roll them out thinly on a sheet of baking paper. Cut a round hole in the middle of each piece and bake one plate at a time at 250 degrees (fan oven) for about 10-12 minutes. They will become crispy once they have cooled down. Should they not be crispy yet, they can be baked for a few minutes longer. Allow them to cool completely, then keep them in a cake tin or plastic bag.