

## **Sekowa Maize Special Baking Ferment (Gluten-Free)**



Sekowa Maize Special Baking Ferment is a gluten-free raising agent for tasty baking without gluten made from honey, corn and pea flour.

It is best used by making a batch of starter which can be kept in the 'fridge for 4 months. A spoonful of this is taken for each batch of bread to get the prove going more quickly.

Maize meal (cornmeal or polenta flour) is used in the starter and the recipe. It is the yellow, course-milled flour rather than the very



fine, white cornflour (cornstarch).

## **Sekowa Maize Special Baking Ferment (Gluten-Free) Starter**

To use the Sekowa Maize Special Baking Ferment, a starter paste should be made which may be used immediately, or stored in a 'fridge for later use.

### **Step 1**

Take a large container, 2-3L in size, preferably glass and high-sided so that it may be easily covered with cling film to prevent drying (cloth is insufficient).

- 20g Sekowa Maize Special Baking Ferment
- 200g maize meal
- 200-220g luke-warm water (The result should be the texture of pancake batter).

It is very important that a temperature of 30°C +/- 2°C is maintained for 12-16 hours. A linen cupboard or gas oven with its pilot light on should be suitable.

### **Step 2**

- Step 1 sponge
- 300g maize meal
- 200g luke-water

Mix the additional ingredients with the sponge from stage 1 and store for an additional 5-8 hours, closely covered and again at 28-30°C. When the starter is ripe, it will have increased in volume by around 30% and will collapse easily.

The starter is now ready and may be store in a 'fridge in a container no more than 3/4 full for up to 4 months.

*For the Artisan Baker*

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## **Maize Meal Bread**

### **Sponge:**

- 10g Sekowa Maize Special Baking Ferment (Gluten-Free) **starter**
- 3g Sekowa Maize Special Baking Ferment (Gluten-Free) **granules**
- 150g maize meal
- 170g luke-warm water

Mix together the starter, some of the water and granules until lump-free. Add the maize meal and stir the remaining water until a soft dough is formed.

Cover the dough and leave at warm-room temperature (23-25°C) and allow to mature.

### **Scaled Dough:**

- 200g maize meal
- 300g boiling water

Mix the boiling water and maize meal and leave to stand for about 30 minutes after which it will have cooled to about 40°C.

### **Main Dough:**

- 1 quantity sponge (above)
- 1 quantity scaled dough (above)
- 150g maize meal
- 10g salt
- 100g hot water (50°C)

Mix together the sponge and scaled dough then add the maize meal and salt. Next, add the water, using enough to form a firm dough.

Leave to prove, covered in a warm place for about an hour. Next, divide into pieces of the required size, shape and place on a baking tray or in a banneton, again covering and leaving for about 40 minutes for the final prove.

If desired, brush dough with butter, or add a tray of water to the oven which should be at 220°C. Bake for 50-60 minutes, depending on the size of the loaves.

## **Millet, Buckwheat and Maize Meal Bread**

### **Flour mixture:**

- 300g finely ground millet flour
- 300g finely ground buckwheat flour
- 300g maize meal

Mix these flours together, ready for use in the following stages.

### **Sponge:**

- 20g Sekowa Maize Special Baking Ferment (Gluten-Free) **starter**
- 6g Sekowa Maize Special Baking Ferment (Gluten-Free) **granules**
- 200g flour mixture
- 240g luke-warm water (40°C)

Mix together the starter, some of the water and granules until lump-free. Add the maize meal and stir the remaining water until a very soft dough is formed, with the texture of pancake batter.

Cover the dough and leave at warm-room temperature (23-25°C) and allow to mature.

### **Scaled Dough:**

- 300g flour mixture
- 100g flax seed
- 100g millet seed
- 600g boiling water

Mix the boiling water, flour and seed and leave to stand for about 30 minutes after which it will have cooled to about 40°C.

### **Main Dough:**

- 1 quantity sponge (above)
- 1 quantity scaled dough (above)
- 20g salt
- 300g flour mixture
- 30g sunflower oil
- 240g hot water (50°C)

Mix together the sponge and scaled dough then add the remaining ingredients except the water. Next, add the water, using enough to form a firm dough. The exact quantity may vary according to the quality of the flour used.

Leave to prove, covered in a warm place for about an hour. Next, divide into pieces of the required size, shape and place on a baking tray or in a banneton, again covering and leaving for about 40 minutes for the final prove.

If desired, brush dough with butter, or add a tray of water to the oven which should be at 220°C. Bake for 50-60 minutes, depending on the size of the loaves.

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