

Sourdough Bread Baking Basics Workshop

11th & 12th April 2015

Boonderoo Farm
922 Upper Rose River Road
CHESHUNT Vic. 3678

Boonderoo Organic Farm Micro Bakery will be holding a 2-day Sourdough Bread Baking seminar to all those interested in the hands-on experience of the baking process – beginning with the Milling process, to the Sourdough Starter, & through to the finished wood-fired brick oven baked loaf.

Topics discussed will include the history, science & health benefits of the sourdough process, as well as sources of various stone milled organic flours & oven building techniques.

This seminar will appeal to anyone with an interest in this ancient Bread baking method, either as a consumer, home-baker, or as an aspiring Artisan Micro Bakery operator.

Instructors will be:

- Thomas & Gabi Moritz (Boonderoo Farm Bakery)

Cost: \$250 per person or \$450 per couple

All meals provided

Accommodation available in hut, as well as camping sites.

Maximum number of 12 participants.

For Bookings/Information call or e-mail Gabi & Thomas Moritz on 03 5729
8441 boonderoofarm@yahoo.com

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Ph/Fax: 03 5729 8441

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The actual workshop will begin at 9:30am on Saturday, with a general welcome & morning tea at 9:00am, & will officially end at 5pm on Sunday.

Topics of discussions for the weekend will include:

- History of bread
- Milling of flour & an appraisal of different methods & qualities
- Milling demonstration using a stone mill imported from Austria
- Sourdough development
- Dough proofing, scaling, shaping, rising
- Dough preparation for Pizzas, Focaccias, Pita (Pocket) Breads etc.
- Dough preparation for Sourdough Breads (including White, Wholemeal, Pumpkin, Herb breads etc)
- Dough Preparation of various sweet delights such as Strudels, Brioche, etc.
- History of bread ovens
- Oven designs to suit individual needs
- Other uses of wood fired oven (muesli bars, drying fruit etc)

As we are baking in a woodfired oven, the temperatures of the oven will determine the preparation times of Breads & Meals.

Bunk style accommodation in cosy hut. Otherwise bring your own swag, tent, car, camper etc. Please bring pillows, sleeping bags or bedding/linen. As we are located high in the mountains, please come prepared with warmer clothing than you think you may need.

You are welcome to arrive Friday night & share dinner with us – Just let us know!!

Booking Form

Name: _____ Number of People: _____

Address: _____ Town: _____ Postcode: _____

Deposit: \$ 50 or Full Amount: \$ 250 Per Person \$ 450 Per Couple

Cheque/Money Order made out to: T & G Moritz

Bank Deposit: Bendigo Bank BSB. 633-000 Acc.No. 124139189

Accommodation Required: Yes No

Dietary Requirements (i.e. Vegetarian): _____

Ph.: _____ E-Mail: _____

Sourdough Bread Baking Basics Workshop

Dear Workshop Participant!

Thank you for your interest in attending our Bread Baking Workshop – a fun weekend of hands-on learning!

For basic sleeping arrangements in our hut, shed loft or your own tents; please bring pillows, sleeping bags or bedding/linen.

You are welcome to arrive Friday night & share dinner with us – Just let us know!!

The workshop will begin at 9:30am on Saturday & will officially end at 5pm on Sunday. As we are baking in a woodfired oven, the temperatures of the oven will determine the preparation times of Breads & Meals.

Directions:

From Myrtleford:

- Take the road to Lake Buffalo. After about 20km, you cross the lake.
- Drive another 12km, & then turn **right** onto the **Rose River Road** (sign towards **Whitfield**). This is a **gravel road**.
- After 18km turn **left** onto the **Upper Rose River Road** (sign says **No Through Road & Mt Cobbler**).
- After 9km (which will seem longer, especially in the dark), you will find **Boonderoo Farm** on the **right** (there are also **Trust for Nature & Land for Wildlife** signs at the bottom of the driveway)

From Wangaratta:

- Take the road to **Whitfield/King Valley**. You will drive through **Moyhu, Edi, King Valley, Whitfield & Cheshunt**.
- Drive **straight** through **Cheshunt**. After 6km, the **gravel road** begins.
- After 9km of being steep & curvy (includes a few hairpins), turn **right** onto the **Upper Rose River Road**
- After another 9km (which will seem longer, especially in the dark), you will find **Boonderoo Farm** on the **right** (there are also **Trust for Nature & Land for Wildlife** signs at the bottom of the driveway)

From Benalla:

- Take **Kilfeera Road** towards **Tatong**. After about 20km turn **right** towards **Myrhee/Whitfield**
- After 20km turn **right** in **Myrhee** towards **Whitfield**. This is a **gravel road**.
- After 6km, turn **left** onto a **sealed road**. This will take you into **Whitfield**.
- In **Whitfield**, turn **right** to reach **Cheshunt** after about 5km.
- Drive **straight through** **Cheshunt**. After 6km, the **gravel road** begins.
- After 9km of being steep & curvy (includes a few hairpins), turn **right** onto the **Upper Rose River Road**
- After another 9km (which will seem longer, especially in the dark), you will find **Boonderoo Farm** on the **right** (there are also **Trust for Nature & Land for Wildlife** signs at the bottom of the driveway)

Please allow approximately 1 hour & 15 minutes driving time from all directions. If you are traveling at night, watch out for our very active wildlife.

We look forward to see you!

Regards,

Thomas & Gabi Moritz

Boonderoo Farm

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