



Let's Get Started

YOUR GUIDE TO GLUTEN FREE SOURDOUGH BREAD

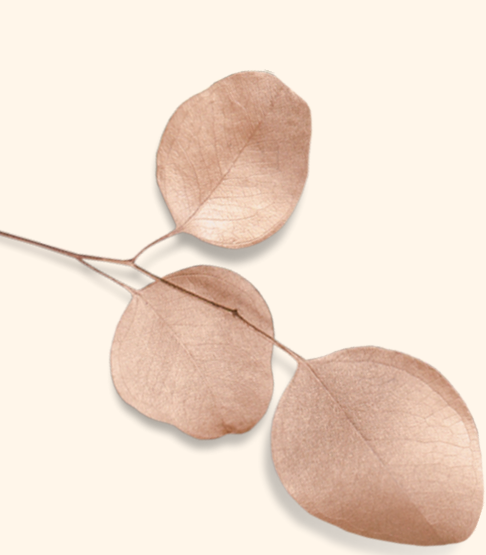




EQUIPMENT NEEDED

1. KITCHENAID OR OTHER STAND MIX
2. KITCHEN SCALE
3. FOOD PROCESSOR OR SMALL BLENDER
4. BANNETON
5. MEASURING CUPS/SPOONS
6. DUTCH OVEN
7. PARCHMENT PAPER
8. RAZOR/LAME (OPTIONAL CAN USE KNIFE)
9. BOWLS





REHYDRATE STARTER



How to reactivate your dehydrated starter

Starter takes 5 days to activate before you can use it for baking.

Day 1

1. Mix 1/2 tbsp dehydrated starter with 1 1/2 tbsp lukewarm water. Note: Water cannot be cold or it will kill the starter. Let sit for 2-3 mins.
2. Add 1 tbsp white rice flour to starter and water. Mix thoroughly. Cover and sit on counter.

Day 2

1. Add 1 tbsp flour and 2-3 tbsp of lukewarm water, enough water to make a thick, pancake-like batter. Mix to combine.
2. Cover and sit on counter.

Day 3

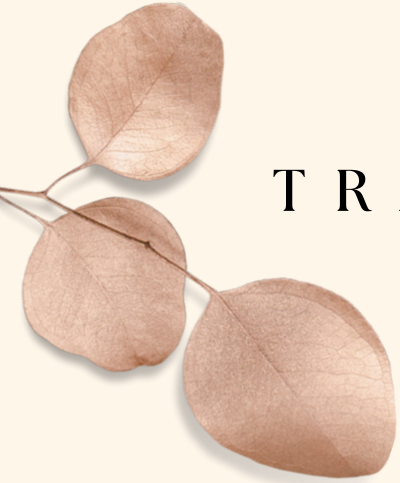
1. Add 2 tbsp flour and 4-5 tbsp of lukewarm water, enough water to make a thick, pancake-like batter. Mix to combine.
2. Cover and sit on counter.

Day 4

1. Transfer starter to a larger jar.
2. Add 2 tbsp flour and 4-5 tbsp of lukewarm water, enough water to make a thick, pancake-like batter. Mix to combine.
3. Cover and sit on counter.

Day 5

1. Add 4 tbsp flour and 8-10 tbsp of lukewarm water, enough water to make a thick, pancake-like batter. Mix to combine.
2. Cover and sit on counter. At this point your starter should be bubbly and doubling (or almost doubling) in size. It is now active and ready to use.



TRADITIONAL BREAD INSTRUCTIONS



Sourdough Preferment Ingredients:

- 80 gr white rice flour
- 150 gr active starter
- 80 gr luke warm water

Dry Ingredients:

- 290 gr flour mix
- 1 tbsp salt
- 1 tbsp maple syrup
- 2 tbsp olive oil

Psyllium Ingredients:

- 20 gr psyllium husk powder
- 300 ml water - room temperature

Flour Mix:

- 1 1/2 cups brown rice flour
- 1/2 cup potato starch
- 1/4 cup tapioca starch
- 1/4 cup white rice flour

INSTRUCTIONS:

Prepare Preferment

1. Mix active starter with rice flour and water.
2. Allow starter to proof on counter for 2-3 hours or until the starter has doubled.

Mix the psyllium ingredients

1. Add water to blender. Add psyllium to water and blend for 10-15 secs until you get a jello-like mix. Set aside.

Prepare flour mix and dough

1. Combine all the flours to make flour mix.. Measure 290 grams and set aside.
2. In a dough-mixer bowl fitted with a dough hook, mix all the dry ingredients with the sourdough preferment.
3. Mix the dough while slowly adding the psyllium mixture. Once all the psyllium is added, mix dough for 5 minutes until dough is thoroughly mixed.
4. Take dough from the mixer and shape into a round loaf. Use a sprinkle of white rice flour to dust your hands and workspace so dough does not stick.
5. Sprinkle a little white rice flour into the banneton proofing basket so that dough does not stick to banneton. Gently place your dough in it. Cover banneton.
6. Allow dough to proof covered for 4-5 hours on the counter. Then place dough in the refrigerator overnight.
7. The next morning, take dough out of the refrigerator. Place dutch oven into oven. Preheat oven to 425F. Once oven is preheated, remove dutch oven from the oven.
8. Place dough on parchment paper. Sprinkle with tapioca starch or arrowroot starch. Score dough. Gently pick up dough using the parchment paper and place into the preheated dutch oven. Tip: Add 2-3 ice cubes between the parchment and dutch oven.
9. Cover dutch oven and place into oven. Bake for 50 minutes. Remove cover and back an additional 25 minutes or until internal temp is 210F. Remove bread from dutch oven and allow to cool.



DISCARD BREAD INSTRUCTIONS

Ingredients:

- 275 gr flour mix
- 75 gr tapioca starch
- 1 1/2 tsp salt
- 20 gr psyllium husk powder
- 1 tbsp coconut sugar (or preferred sugar)
- 1 tsp instant yeast
- 370 gr warm water (115 degrees)
- 200 gr sourdough discard



Flour Mix:

- 1 1/2 cups brown rice flour
- 1/2 cup potato starch
- 1/4 cup tapioca starch
- 1/4 cup white rice flour

INSTRUCTIONS:

Prepare flour mix and dough

1. In a bowl, combine all the flours to make flour mix.
2. In a separate bowl, add 275 grams of flour mix to bowl. Add tapioca starch, sugar, instant yeast and psyllium husk powder. Whisk to combine all the ingredients.
3. In a separate bowl or stand mixer, mix water and sourdough discard. Add dry ingredients and mix until a dough ball forms.
4. Transfer dough ball to a banneton and allow to rise for 1 hour covered.
5. Preheat oven to 425F. Place dutch oven into oven while it is preheating.
6. Place dough on parchment paper. Sprinkle with tapioca starch or arrowroot starch. Score dough. Once oven is preheated, remove dutch oven. Gently pick up dough using the parchment paper and place into dutch oven. Tip: Add 2-3 ice cubes between the parchment and dutch oven.
7. Cover dutch oven and place into the oven. Bake for 30 minutes covered. Remove cover and bake an additional 20 minutes uncovered or until internal temp reaches 210 degrees. Remove bread from dutch oven and allow to cool.



GLUTEN FREE SOURDOUGH BREAD TIPS



1. When selecting a dutch oven, the smaller the better. We recommend a 3 qt dutch oven.
2. Place 2-3 ice cubes on the inside of the dutch oven at the beginning of baking. Place the ice cubes between the parchment paper and the sides of the dutch oven.
3. For traditional sourdough bread, after feeding your starter, make sure to place your starter in a warm environment (i.e. in oven with light on, by stovetop) for it to proof.
4. The water you use is very important. It should be chlorine free as chlorine destroys the bacteria that is created during the fermentation process. We recommend using filtered water.
5. Scoring your bread before baking helps the bread rise more while baking. Be creative as you'd like when scoring your loaf. Score a minimum of 1/2" deep.
6. Wait 40-60 minutes before cutting into your baked loaf. If you cut into it too soon, the bread may be gummy.
7. Bake bread on the middle rack in the oven. Do not place bread on the lower/bottom rack as it will burn the bottom of your bread.