

Scott's Gluten Free Sourdough Bread Recipe

Making Scott's Gluten Free Sourdough Starter

Ingredients

- 50 g of brown rice flour
- 40 g buckwheat flour
- 85 g non-chlorinated water (RT)



Instructions

1. Using a glass container, weigh out ingredients and stir together.
2. Cover loosely for 4-6 hours @ RT.
3. After 4-6 hours repeat steps 1 and 2.
4. Continue repeating these steps until the starter is doubling itself in height, has air bubbles and smells slightly sour. Use a rubber band around the height of the starter at each step so you can see your progress. When it's close to doubling itself, I have used the active starter to go to the next step. You'll be able to tell when it's active and creating bubbles.
5. When it is active use it to go to the next step in making your bread! After using what you need to make your bread, repeat Step #1 to feed your starter and store it in the fridge covered. It will last a long time in the fridge.
6. Before you bake again you will want to refresh it before making more bread. Let it activate @ RT and use it. Here's an idea... It makes great pancakes! I've done this and they're really good. So if you mess up (or even if you don't) and want to start over for any reason just make pancakes out of the dough at any step.

Making Scott's Gluten Free Sourdough Bread

Ingredients for 1 loaf

- 738 g of water (non-chlorinated)
- 1 tbsp psyllium husk powder
- 2 tbsp ground flax seed
- 2 tbsp chia seed
- 12 g salt
- 2 tbsp honey
- 210 g of active starter
- 624 g of GF flour (I use Great Value All Purpose GF Flour)
- 2 tbsp olive oil



Instructions

1. In a high speed blender combine the first 4 ingredients and blend for 1 minute. (I use a Ninja @ #2 speed)
2. Add salt and honey and mix again for 1 minute. (Same speed)
3. Pour the ingredients of the blender into a big mixing bowl. Add the GF flour and mix with a spatula or a big spoon until completely mixed.
4. Add the olive oil and active starter and mix again.
5. Cover the "top" of the bowl with plastic wrap. Preheat the oven to 170 F and TURN OFF. Put mixture into the oven to let it rise for 2 hours. (I bring the temp of the oven up to 170 F after the first hour and TURN OFF)
6. Remove from oven after 2 hours. Take plastic wrap off of the "top" of the bowl and put it down tight to the dough. This will reduce oxidation of the dough. Place in the fridge for a minimum of 12 hours. (I usually make 2 batches of this recipe at a time. I have left the dough in the fridge for 2 weeks straight with no adverse effects!)
7. Put your Dutch Oven or Vessel in the oven. Preheat the oven and the Vessel to 500 F. Remove dough from the fridge and remove plastic wrap.

Note: At this step you can either put the dough directly into the Dutch Oven OR you can put the dough into a bread pan that fits into the Dutch Oven to bake. (Make sure it fits first!) For either method I use parchment paper to line the container I'm using. You will notice that Gluten Free dough is stickier than regular dough. This is one reason the parchment paper is a life saver. This bread is also very filling. It takes longer to toast but it's really good. Makes great grilled cheese sandwiches also!



8. For either method, put the dough into Dutch Oven. With the lid to the Dutch Oven in one hand and a spray bottle of water in the other, quickly spray 6 to 7 shots of water into the vessel and cover with the lid quickly. The water will help the dough rise.
9. Turn oven temperature down to 450 F.
10. Place vessel into the oven and bake for 30 minutes with lid ON @ 450 F.
11. Remove from oven after 30 minutes. Remove the lid and bake for another 30 minutes with the lid OFF or until brown and fragrant.
12. Let the finished baked product cool completely before slicing. If you try slicing it before it is cooled it will be gummy. I like letting it cool completely down in the fridge before slicing. This works the best.

Making Scott's Gluten Free Sourdough Pizza Crust

The great thing about this crust is that the dough is the same formula and procedure as the loaf bread! So if you have dough resting in the fridge from Step #6 above, take it out and continue as follows:



Instructions

1. Take the dough out of the fridge. You can make 2 pizzas out of the dough. Place parchment paper the size of your pans on the counter.
2. Put your pans in the oven. Put the dough on the parchment paper and shape the dough, with wet rolling pin or hands if needed, to make the crust.
3. At this point I like to leave the crust on the parchment paper @ RT for a while (20-30 minutes) to start its journey. I believe it helps it rise.
4. Preheat your oven and the pizza pans to 500 F.
5. When preheated take the pans out of the oven and transfer the crust and the parchment paper to the pans. You can make this transfer easier by using a larger plate. Place crust and pan in the oven.

6. Before closing the oven door spray 6 to 7 shots of water on the side of the hot oven and close quickly. The steam from the water helps the crust rise.
7. Turn the oven to high broil for 1 minute. Then turn it back to 500 F to finish baking.
8. Bake for 5 to 7 minutes or until it is finished rising but not all the way browned. Take out of the oven at this point and top as desired.
9. Put back in the oven to finish baking at 500 F for another 8 to 9 minutes or until the crust is brown and and/or the cheese is melted and bubbly!

ENJOY!

A note from Scott O'Neal: I would like to give credit to the Ashley Marie Farm & Bakery site. I started this Gluten Free project with her base formula and procedure. I have modified both her ingredients and procedures to make it my own and fit my needs.