

Gluten Free Sourdough Bread

Ingredients:

- 1/2 cup fresh brown rice sourdough starter (see step 1 of the instructions below)
- 1 cup organic brown rice flour
- 1 cup potato starch
- 1/3 cup + 1 tablespoon buckwheat flour
- 1/3 cup + 1 tablespoon millet flour
- 1/3 cup + 1 tablespoon sorghum flour
- 1 cup lukewarm water
- 3 eggs
- 1 tablespoon molasses
- 1-1/2 tablespoons organic sugar, raw honey, or maple syrup
- 1 teaspoon salt
- 4 tablespoons coconut oil, olive oil, or sunflower oil

Instructions:

Prepare the fresh sourdough starter: 8 to 12 hours before making bread, remove 1/2 cup of your brown rice sourdough starter from the refrigerator. Mix in 1/2 cup organic brown rice flour and 1/2 cup filtered water. Allow the sourdough starter to sit covered for 8 to 12 hours at room temperature (68° to 75°F). Use 1/2 cup of this fresh sourdough starter for the bread recipe and mix the remaining fresh starter back into the master sourdough starter in the fridge. This will feed your master sourdough starter for the week.

Allow the eggs to come to room temperature.

Melt the coconut oil add it to the warm water and molasses. Be sure the mixture isn't hot: it should be lukewarm.

Mix the flours (you should have approximately 3-1/4 cups flour total) with the salt. You can use different gluten free flours as long as you total 3 - 1/4 cups flour. Other options include coconut, oat, garbanzo bean, garbano/fava. Substitutes for the potato starch can be tapioca starch, corn starch, arrowroot starch.

If using a dry sugar (e.g., granulated sugar) add the sugar to the flour/salt mixture. If using a liquid sugar (e.g., honey, maple syrup), add the sugar to the oil/water/molasses mixture.

Whisk the eggs in a separate bowl and then add them to the oil/water/molasses mixture.

Mix the brown rice flour sourdough starter into oil/water/molasses mixture.

Add the liquid mixture to the dry mixture in parts. Add a little, stir, add a little more, stir until all the liquid mixture is incorporated into the dry mixture. Be sure to mix very well.

Grease your bread pan. (Coconut oil works well for this.) Pour the mixture into the bread pan. Be sure not to overfill the pan.

Allow the dough to rise in a warm location (a bit warmer than room temperature if possible). Keep in mind that dough made with sourdough as the leavening agent will rise more slowly than dough made with commercial yeast. Allow 4+ hours for the dough to rise. (For the first hour or two, it may not seem like the dough is rising.)

Preheat your oven to 350°F. Bake the bread for approximately 40 minutes.

Remove the bread from the oven and from the pan. Cool upside down on a wire rack for at least an hour.