

## Gluten-Free Sourdough Recipe

At ABO we use a sourdough method which is a bit too complicated for home use so here is a home version for you to try.

Sourdough helps to make grains digestible by breaking down starches and proteins through the developing natural yeasts, enzymes and lactic/acetic acids during fermentation; this degree of digestibility cannot be achieved by using baking powder or Xanthan gum. However, it needs time for nature to do its bit. Sourdough bread does not need to taste sour - you can regulate the acidity; the colder the dough, the more sour it tastes; so if you like it mild, keep the dough nice and warm and make sure the water is warm.

This is how bread used to be made for centuries but it is now largely replaced by so-called no-time doughs which, as the name suggests, take no time – time is replaced by enzymes and additives and large quantities of yeast to make bread huge and fluffy and keep it squeezy soft for weeks. Once you made your sourdough culture you can keep it in the fridge and have a continuous supply on tap.

### IMPORTANT:

1. Use de-chlorinated filtered water (chlorine can destroy fermentation)
2. Use fresh flour (Oxidized flour tastes bitter and is no longer healthy)
3. Don't use any bowls that had onion in them previously (destroys fermentation)
4. Set up your oven as a 'proving cabinet'.

### Why not mill your own flour?

As you are willing to make your own bread then why not try to mill your own flour! Why – the oils in gluten free grains are very sensitive to oxidation – linseed for example starts to oxidise the minute it is milled. Oxidised flour tastes bitter and is no longer healthy. You don't have to buy a special mill – just use a coffee grinder; they are much cheaper and work just as well.

Buy organic wholegrain rice, buckwheat and quinoa and mill your own fresh flour as you need it. Or buy our all-purpose gluten free flour mix (a blend of rice, buckwheat and pea flour). Shop-bought gluten free flours tend to contain potato- and corn starch which are not so nutritious. Rice flour on its own is quite tricky so we recommend you mix the flours. If you want to add extra protein, add a handful of dried peas or soya beans and mill them with your grains. Linseeds are a delicious addition but do not exceed 8% of the total flour.

### HOME-MADE PROVING CABINET\*

Proving temperature should be 26-30C. Since ovens cannot be set that low, check if your oven lamp alone reaches that temperature. If not use a small lamp or an inspection lamp with a 30W bulb, that will give off the right heat. The cable will keep the oven door ajar to create the perfect temperature in your oven (switched off of course) for proving.

\*Please note this is how Artisan Bread started in Ingrid's kitchen! Highly unconventional and at your own risk..

### SOURDOUGH – DAY ONE

3 slightly heaped tablespoons (30g) freshly milled rice flour

6 tablespoons warm water (30g) about 25°C

1 teaspoon of organic honey (contains natural yeasts)

Mix all three ingredients together in a jam-jar – loosely place the lid on top. Place in your proving cabinet overnight.

### SOURDOUGH – DAY TWO

Add to your mix:

3 slightly heaped tablespoons (30g) freshly milled rice flour

6 tablespoons warm water (30g) about 25°C

Leave for a further 12 hours (as before)

## **SOURDOUGH – DAY THREE**

Repeat DAY TWO procedure on days THREE, FOUR, FIVE and SIX

The mixture starts to show fermentation by DAY THREE - slight bubbling and a nice fresh yeasty aroma

Use a larger container as the mix increases – rest lids loosely on top. This will make about 360 g of sourdough. Once it's bubbling nicely, you can use some of the starter straight away to bake a loaf or keep it in the fridge until needed. If you started on Sunday you can bake on Saturday!

### **How to feed your sourdough for future use**

Store your sourdough in the fridge in a closed jar and take it out twice a week, warm to room temperature and feed as before. Once small bubbles appear and it smells of yeast put it back in the fridge. A grey skin will develop on top – these are wild yeasts. Just stir in once or twice a week. As long as the underneath smells yeasty it is ok. If it goes slimy and stinks or mouldy – discard. If you have too much - share it with friends.

### **Gluten-Free Bread Recipe**

#### **Starter dough**

Take your sourdough from the fridge to warm to room temperature

**Pour 230g of boiling water over 100g of your gluten free flour mix or use ABO gluten free flour.**

Mix to a fairly firm dough. Cover and leave to cool to about 40C for about ½ hour. When cool add **100g sourdough**

Mix all to a soft dough, then cover – leave for 6-8 hours in your 'proving cabinet'. Times can vary - this starter is ready when it is lively under the skin.

#### **Main Dough**

360g ABO Gluten free flour mix or your own fresh flour mix to which you have added

8-10g of salt

200g fairly hot (50C) Water

Mix salt into flour and then add the flour to the starter dough, gradually mix in the hot water until you have a soft dough. Cover and leave in the prover for 50 minutes. Oil your tins well and fill with dough – leave space to prove. If you wish, sprinkle with some seeds of your choice. Prove again in the tins for 40-50 min until you see fine hairline cracks in the skin. Gently place in hot oven. **Bake at 220C for 40-50 Minutes.** Remove tins from oven when nicely brown. Loosen the sides and tip out loaf. Cool on a wire rack. Tap the underneath if it sounds hollow it's done.

This makes two small loaves. Standard loaf tins are a bit too shallow as they are only 5cm deep. Use a tin with 6-10 cm depth to get a larger slice; the squarer the better.

Happy Baking!

#### **Sourdough Day 3**

Look out for the bubbles!



#### **Starter Dough**



#### **Risen Perfectly!**

Ready to bake



#### **Enjoy!**

