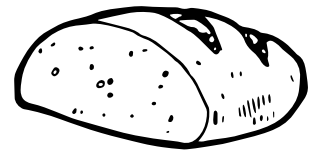


Adapted from Cannelle et Vanille Bakes Simple



GF SOURDOUGH BOULES

flour framework & simplified process

YIELD: 2 BOULES

EQUIPMENT

What You Need

- Digital Scale
- Mixing Bowls
- Two 7-inch Proofing Baskets
- Bread Lame/Razor Blade
- Dutch Oven/Combo Cooker

INGREDIENTS

Bread Sponge/Levain/Pre-ferment

- 245 g brown rice starter
- 160 g brown rice flour
- 200-220 g filtered water*

Bread Dough

- 320 g assorted flours**
- 120 g tapioca starch
- 120 g potato starch
- 45 g psyllium husk powder
- 10 g unrefined salt
- 630-700 g filtered water*

NOTES

- *Use less water for flours from Bob's Red Mill, Arrowhead, Azure. Full water amount for Authentic Foods, and Anthony's
- **Only have Buckwheat or teff be 75 g or less, other flours are oat, millet, sorghum, brown rice flour, or quinoa. More or less water may be needed.
- Authentic Foods superfine brown rice flour, sorghum, millet, tapioca and potato starch are used.
- Yerba Prima Psyllium Husk Powder used.
- Proofing Baskets are round and 7"
- More ice cubes will yield a softer crust
- Original recipe is adapted to not need a stand up mixer, flaxseed meal, less salt, include as many flours as desired, water is adjusted based on brand of brown rice flour used.

PROCESS

The Process

1. Make the Sponge in a clear bowl and let it rest until the top is domed and dimpled and lots of aeration is visible. 2-6 hours
2. Combine both flours, both starches, psyllium husk powder, and salt. Add the water to the sponge and then stir in the dry ingredients until a wet dough forms and the dough no longer sticks to the spatula. Let rest for 10-30 minutes.
3. Turn the hydrated dough onto a clean counter, and cut it in half.
4. Gently and slowly shape each half into a round ball. Let them rest for 1-10 minutes before reshaping. Lightly dust with potato starch and place into proofing baskets. Cover or place into a bag to proof.
5. They can be left out for 30-60 minutes or immediately placed in the fridge to proof 8-72 hours before baking.
6. Preheat oven with baking vessel to 500° 30-60 minutes before baking bread.
7. Remove bread from the fridge, turn out of the proofing basket onto a strip of parchment as wide as the loaf. Score and transfer to baking vessel. Add 1-3 ice cubes and bake with lid on for 50 min at 450°. Then remove the lid and bake for 30 min.
8. Cool on a rack overnight or until room temperature to touch (6+ hours).