

SOURDOUGH SIMPLE LOAF



INGREDIENTS

Flours

- 150 grams brown rice flour
- 125 grams GF oat flour
- 100 grams sorghum flour

Starches

- 75 grams tapioca flour
- 75 grams potato starch

Binders

- 18 grams psyllium husk
- 15 grams ground flaxseed

Liquids

- 160 grams active starter
- 500 grams warm water
- 15 grams raw honey (opt.)

Other

- 5 grams salt

BAKE

Preheat oven to 500° with enamel or cast iron dutch oven/combo cooker inside. Preheat for at least 30 minutes at temp.

Turn dough out on a floured surface, dust top if desired, and score design.

Place dough into the center of the baking vessel and add 2 ice cubes or 4-5 broken half-pieces evenly around bread.

STEPS

Combine flours, starches, binders, and salt. Whisk and break apart any clumps.

In a bowl or larger mixing cup, add honey, warm water, and active starter. Stir until honey and starter are dissolved.

Pour liquids into dry ingredients and stir until dough forms. Let sit for a few minutes or continue to work the dough.

Turn dough onto a lightly floured (use brown rice) surface and push the dough with the heel of your right hand and scoop the dough into a round ball with your left. Do this for at least five minutes. Add flour only to your hands as needed to keep the dough from sticking too much.

Shape by using light friction on the counter to drag dough forward and back to make a round ball. Let sit 5-10 minutes & shape again.

Dust with brown rice flour. Dust 7" banneton. Lift dough from the counter and turn it over into the banneton—place inside a roomy plastic bag.

Place dough into the warmest part of the fridge for 6-10 hours.

BAKE CONTINUED

Place lid on and bake for 45 minutes at 450°. Then remove the lid and bake for 40 minutes.

Cool at least 3 hours before cutting. Enjoy!