

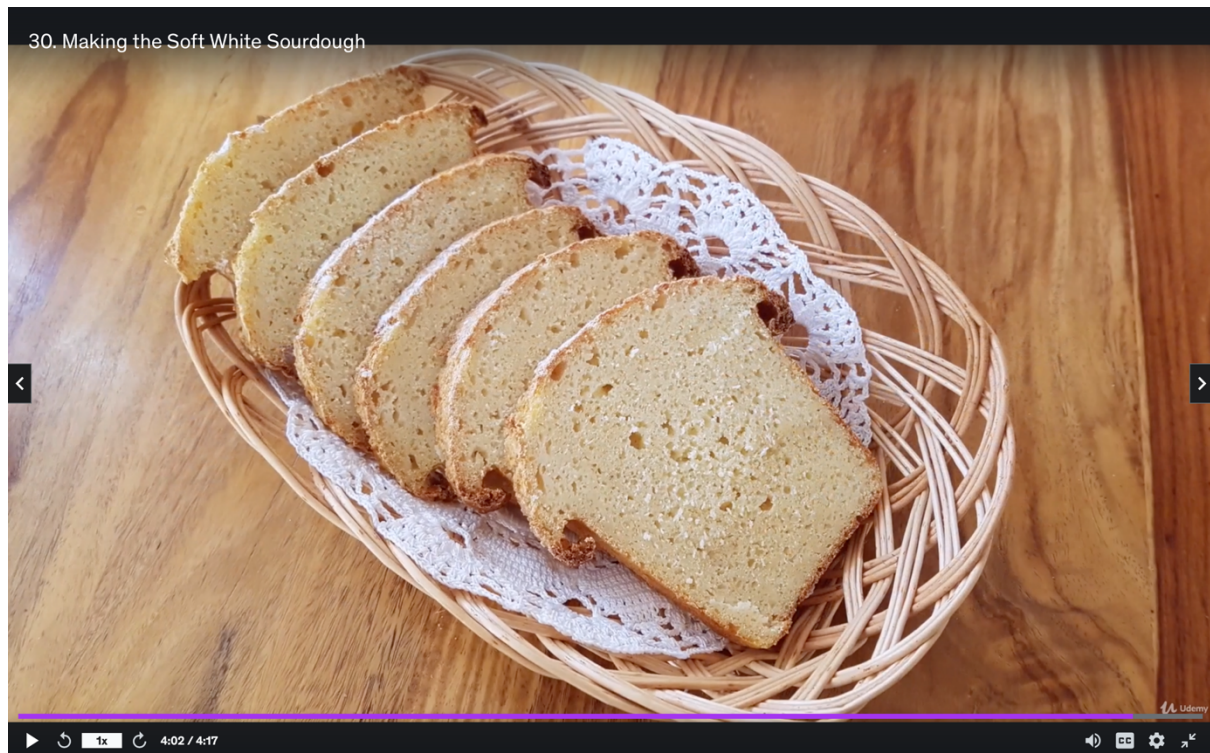


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The Naturally Gluten Free Sourdough Course

The Recipes

Soft White Sourdough Sandwich Loaf



Prepare your leaven at least 3 to 5 hours ahead:

200g brown rice starter [2/3 cup]

100g brown rice flour [1/2 cup]

100g tepid, filtered water [1/3 cup + 1 Tbsp]

= 400g leaven

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 4 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 5 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it.

You can leave your leaven up to 8 or more hours; you may see that it has ‘peaked’ and then dropped in the jar, but it is still good to use.

Ingredients

400g ripe brown rice leaven (see above) [1 ½ cups]

100g maize flour [1 scant cup]

200g All Purpose White gluten free flour* [1 2/3 cup]

300g tepid water or milk [1 1/4 cups]

8g psyllium [4 tsp]

10g salt [1 1/2 tsp]

2 eggs

20g honey [1Tbsp]

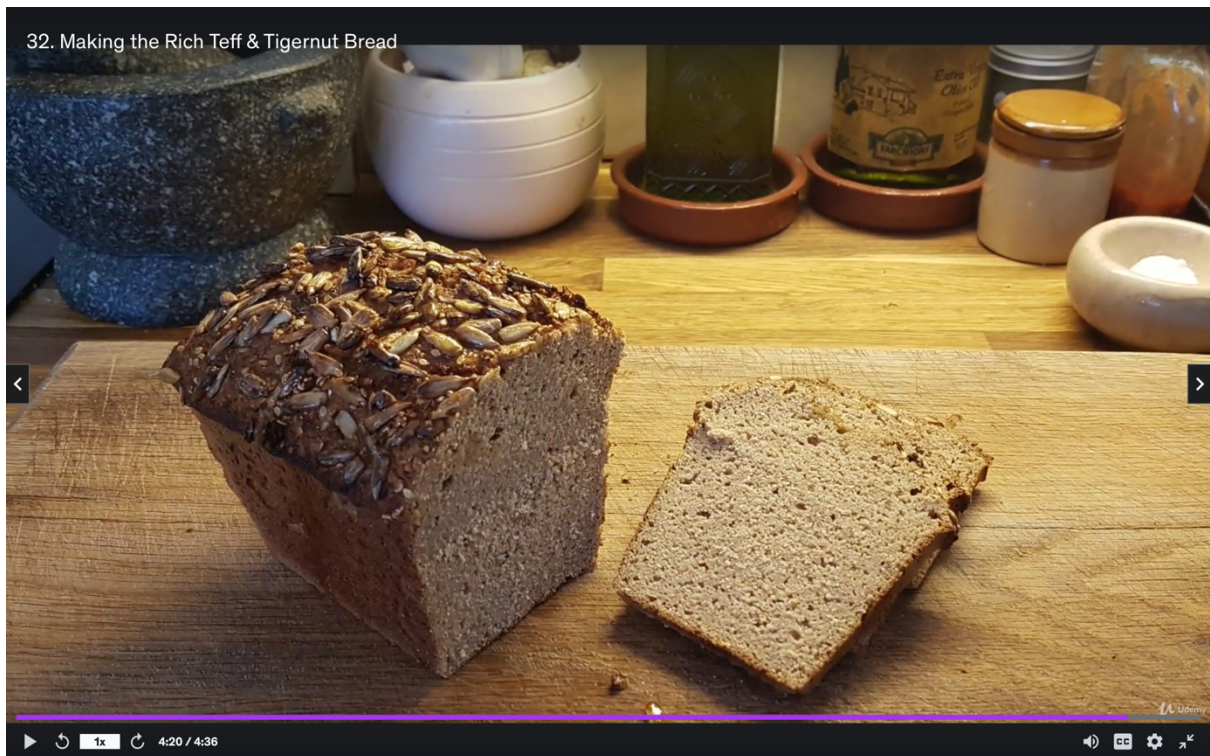
5g instant yeast - optional

*or use the House White blend, and reduce the psyllium to 4g / 2 tsp

Method

1. Combine flours and salt.
2. Dissolve honey in tepid water or milk.
3. Beat eggs into water/milk. Whisk in the psyllium husk and wait for it to form a gel.
4. Add the psyllium gel and the leaven to the flours and beat until smooth.
5. Cover and leave to rise in a warm place for 2 to 3 hours.
6. Tip into a tall baking tin and allow to prove for around one hour.
7. Bake at 220 C / 428 F for 35 minutes. Turn down after 15 minutes if browning too fast.
8. Decorate before or after baking, using rice flour and a stencil.

Rich Teff & Tigernut Sourdough Loaf



Prepare your leaven at least 3 to 5 hours ahead:

200g sorghum starter [3/4 cup]

100g sorghum flour [1 scant cup]

100g tepid, filtered water [1/3 cup + 1Tbsp]

= 400g leaven

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 4 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 4 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it.

You can leave your leaven up to 8 or more hours; you may see that it has ‘peaked’ and then dropped in the jar, but it is still good to use.

Ingredients

400g sorghum leaven, see above [1 ½ cups]

300g House Brown flour [2 cups]

100g tiger nut flour [½ + 1/3 cup]

2g extra psyllium husk [1 tsp]

300g water [1 1/4 cups]

2 whole eggs

30g date syrup [1 ½ Tbsp]

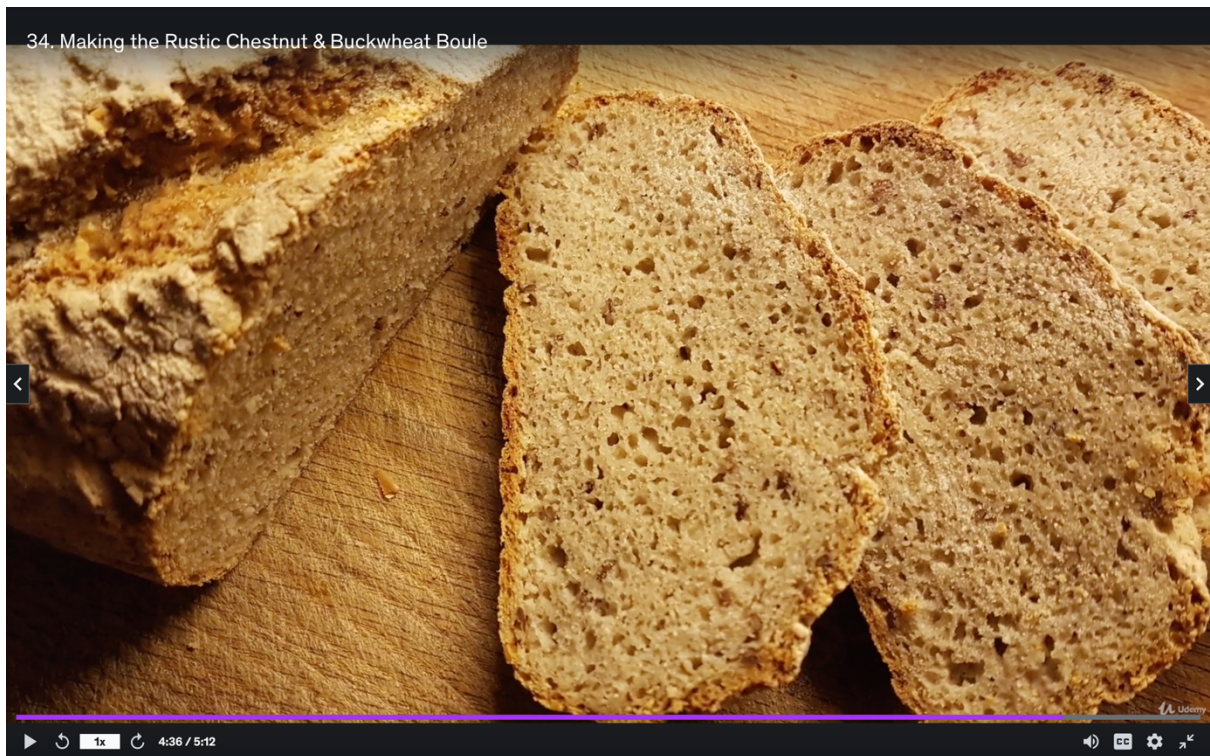
10g salt [1 1/2 tsp]

6g instant yeast - optional

Method

1. Blend flours, salt and extra psyllium husk in a bowl.
2. Dissolve date syrup in tepid water. Beat in eggs.
3. Add liquid to flours in bowl, together with sorghum leaven.
4. Beat until you have a smooth, rich batter.
5. Cover and leave to rise in a warm place for two hours.
6. Tip dough, which is now a little firmer, into a loaf tin, and leave to prove for one hour.
7. Decorate, if desired, with mixed seeds, sprayed with water.
8. Bake at 230 C / 446 F for 35 minutes. Turn down after 15 minutes if browning too fast.

Rustic Chestnut & Buckwheat Boule



Note: the quantities given here are enough to make one very large loaf (1.5 kilo), or two small ones. In the video, Penny is using half the quantity to make one small loaf. If you go for the big one, it's important to bake it on a cast iron surface, or a ceramic pizza stone, to ensure enough initial heat hits the bread from below.

Prepare your leaven at least 3 to 5 hours ahead:

200g buckwheat starter [2/3 cup]

100g buckwheat flour [1/2 cup]

100g tepid, filtered water [1/3 cup + 1 Tbsp]

= 400g leaven

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 4 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 5 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it. You can leave your leaven up to 8 or more hours; you may see that it has 'peaked' and then dropped in the jar, but it is still good to use.

Ingredients

400g buckwheat leaven – [2 cups]

120g sorghum flour - [1 cup]

120g chestnut flour – [$\frac{3}{4}$ cup]

120g buckwheat flour – [$\frac{3}{4}$ cup]

90g tapioca flour – [1 scant cup]

90g potato flour – [1 scant cup]

12g ground flax seeds – [1 Tbsp]

14g salt – [2 tsp]

30g agave syrup – [2 Tbsp]

15g psyllium husk – [3 Tbsp]

25g vinegar – [2 Tbsp]

30g olive oil – [2 $\frac{1}{4}$ Tbsp]

550g tepid water – [2 $\frac{1}{4}$ cups]

8g instant yeast - optional

Method

1. Measure flours and salt into a large bowl.
2. Add the psyllium husk to the tepid water with the ground flax seeds and the vinegar.
Add the agave syrup and the olive oil once the mixture starts to gel.
3. Tip the leaven and the gel into the bowl of flour and start to mix it with your hands. It will take a few minutes to form a consistent dough. You can knead this if you like.
4. Leave in an oiled bowl in a warm place for 3 – 4 hours. You will notice an increase in volume; how much depends on the vigour of your leaven. If it hasn't risen after 4 hours, you can leave it for up to 6 hours. The longer you leave it, the more spongy it will become, and the lighter and more sour your loaf will be.

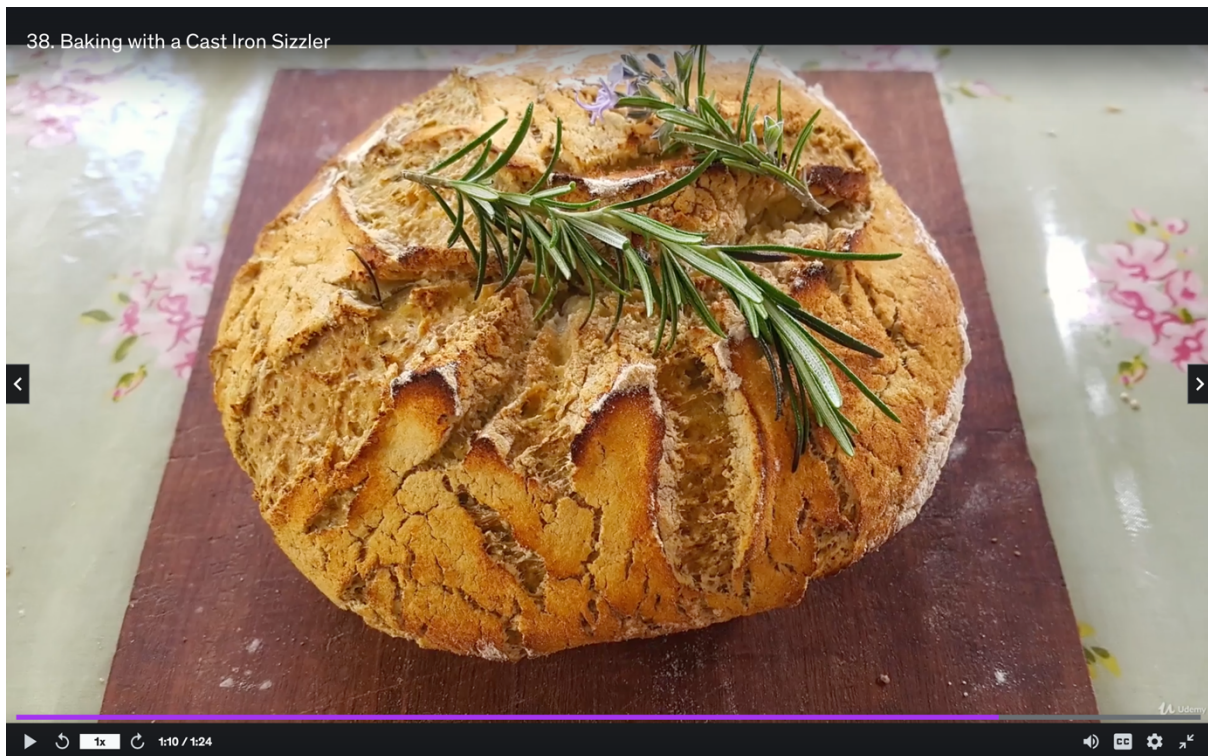
5. Once the dough has risen, you can shape it into a boule and prove it in a basin, lined with a well-floured cloth. Then bake it on a pre-heated cast iron sizzler 230°C / 446° F for 40 - 45 minutes, or until a skewer poked into the loaf comes out clean (internal temperature 94°C /201°F).
6. Alternatively, set the boule in a banneton (proving basket) lined with rice flour. Leave for about 45 minutes to take on the 'stripes' from the basket.
7. Turn out onto a baking sheet, or a pre-heated cast iron frying pan/sizzler.
8. Bake at 230°C / 446° F for 40 - 45 minutes, or until a skewer poked into the loaf comes out clean (internal temperature 94°C /201°F. Allow to cool completely before slicing.

Variation: I like to roast chestnuts in season, and add them to the dough at the end of step 3. You can also use ready-peeled chestnuts, 180g to 200g is enough.

To prepare fresh chestnuts:

1. Slit the skins using a sharp knife or kitchen scissors
2. Cover with cold water and soak for 1 to 2 hours
3. Heat a cast iron frying pan to medium hot
4. Drain chestnuts and add to dry pan
5. Roast until skins are charred – 15 mins approx.
6. Tip nuts into a clean cloth and wrap for ten minutes, to loosen the skins
7. Peel and mix into dough

Rosemary & Pea Flour Sour



Green pea flour is a good source of protein, vitamin a, riboflavin, niacin, vitamin b6, folate, magnesium, phosphorus and copper, and a very good source of dietary fibre, vitamin c, vitamin k, thiamin and manganese.

Prepare your leaven at least 3 to 5 hours ahead:

200g brown rice starter [2/3 cup]

50g brown rice flour [heaping 1/4 cup]

50g tepid, filtered water [1/4 cup]

= 300g leaven

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 5 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 5 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it. You can leave your leaven up to 8 or more hours; you may see that it has 'peaked' and then dropped in the jar, but it is still good to use.

Ingredients

300g ripe brown rice leaven (see above) [1 cup]

150g green pea flour [1 ¼ cups]

150g House White flour [1 cup]

11 g psyllium [1 heaped tsp]

10g salt [1 1/2 tsp]

300g warm water [1 ¼ cups]

20g cider vinegar [1 ½ Tbsp]

20g brown rice syrup [1 Tbsp]

20g chia seed [1 ½ Tbsp]

1 Tbsp finely chopped fresh rosemary

[6g instant yeast optional, if you're in a hurry]

Method

1. Mix psyllium husk with warm water and chia. Add vinegar and syrup.
2. Combine flours with salt and rosemary and instant yeast if using.
3. Add leaven and gel to flours. Mix well.
4. Cover and leave in a warm place to rise for 2 – 3 hours.
5. Shape. Prove for 1-2 hours.
6. Bake at 220°C / 420°F for 35 minutes.
7. Decorate with rosemary sprigs after baking.

This dough is firm enough to shape into a boule or batard and bake on a tray, which gives a slightly airier crumb.

Overnight Pea Flour Super Sour

Green pea flour is a good source of protein, vitamin a, riboflavin, niacin, vitamin b6, folate, magnesium, phosphorus and copper, and a very good source of dietary fibre, vitamin c, vitamin k, thiamin and manganese.

Prepare your leaven at least 3 to 5 hours ahead:

200g brown rice starter [2/3 cup]

100g brown rice flour [heaping 1/2 cup]

100g tepid, filtered water [1/2 cup + 1Tbsp]

= 400g leaven

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 5 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 5 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it.

You can leave your leaven up to 8 or more hours; you may see that it has ‘peaked’ and then dropped in the jar, but it is still good to use.

Ingredients

400g ripe brown rice leaven (see above) [1 cup]

150g green pea flour [1 ¼ cups]

150g **arrowroot** [1 cup]

3g psyllium [1 heaped tsp]

10g salt [1 1/2 tsp]

300g warm water [1 ¼ cups]

20g cider vinegar [1 ½ Tbsp]

20g brown rice syrup [1 Tbsp]

20g chia seed [1 ½ Tbsp]

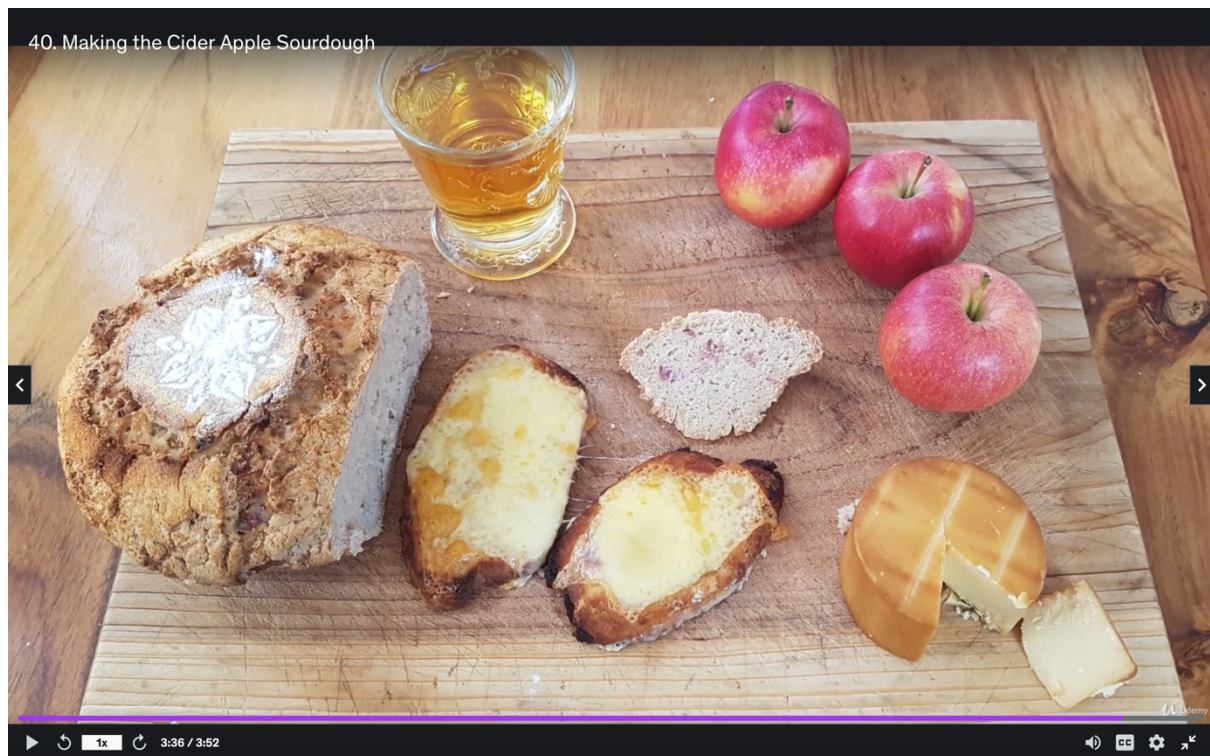
1 Tbsp chopped fresh rosemary

8g extra psyllium [4 tsp]

Method

1. Mix psyllium husk with warm water, chia. Add vinegar and syrup.
2. Combine flours with salt and rosemary.
3. Add leaven and gel to flours. Mix well. **You will have a liquid batter.**
4. Cover and leave in a warm place to rise for 2 – 3 hours.
5. **Refrigerate overnight.**
6. Add 8g [4 tsp] extra psyllium husk.
7. Rest for 2- 3 hours.
8. Shape into well-floured cloth in proving basin.
9. Prove for 1-2 hours.
10. Turn out onto pre-heated cast iron sizzling platter.
11. Bake at 220°C / 420°F for 35 minutes.
12. Decorate with rosemary sprigs after baking.

Cider Apple Sourdough



Prepare your leaven at least 3 to 5 hours ahead:

100g brown rice starter [1/3 cup]

75g brown rice flour [1/3 cup + 2 Tbsp]

75g tepid, filtered water [1/3 cup + 1 Tbsp]

= 250g leaven [1 cup + 3 Tbsp]

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 4 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 4 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it.

You can leave your leaven up to 8 or more hours; you may see that it has ‘peaked’ and then dropped in the jar, but it is still good to use.

Ingredients

250g brown rice leaven (see above) [1 scant cup]

250g grated apple, peel on [1 cup plus 2/3 cup]

300g House White [2 heaping cups]

3g psyllium [1 1/2 tsp]

10g salt [1 1/2 tsp]

6g instant yeast (optional) [1 1/2 tsp]

250g organic cider [1 cup]

Method

1. Measure flour, salt, extra psyllium (there's some already in the House White flour) and instant yeast, if using, into a large bowl.
2. Add the leaven and the grated apple, then the cider.
3. Mix to a magnificently fragrant dough!
4. Cover and leave in a warm place to ferment for one hour if using yeast, and two to three hours if not.
5. Shape dough into a proving basin lined with a floured cloth.
6. Prove for one hour.
7. Turn dough out onto pre-heated cast iron dish. You can quickly brush the loaf with egg, or use a stencil and dust it with rice flour, or leave it as it is.
8. Bake at 230°C /446°F for 35 to 40 minutes.
9. Leave to cool completely before slicing.

You can warm it up again afterwards, if you like, but the cooling down process is important to prevent gumminess in the crumb.

This makes the most amazing bread for toasted cheese...

Little Rolls



Prepare your leaven at least 3 to 5 hours ahead:

100g brown rice starter [1/3 cup]

90g brown rice flour [1/2 cup]

90g tepid, filtered water [1/3 cup]

= 280g leaven

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 4 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 5 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it.

You can leave your leaven up to 8 or more hours; you may see that it has ‘peaked’ and then dropped in the jar, but it is still good to use.

Ingredients

280g ripe brown rice leaven [1 cup]

230g House White [1 ½ cups]

50g cornflour [½ cup]

50g tapioca flour [½ cup]

14g psyllium husk [3 Tbsp]

8g salt [1 rounded tsp]

30g honey /agave [2 Tbsp}

15g vinegar [1Tbsp]

30g melted butter [2 Tbsp] OR olive oil [2 ½ Tbsp]

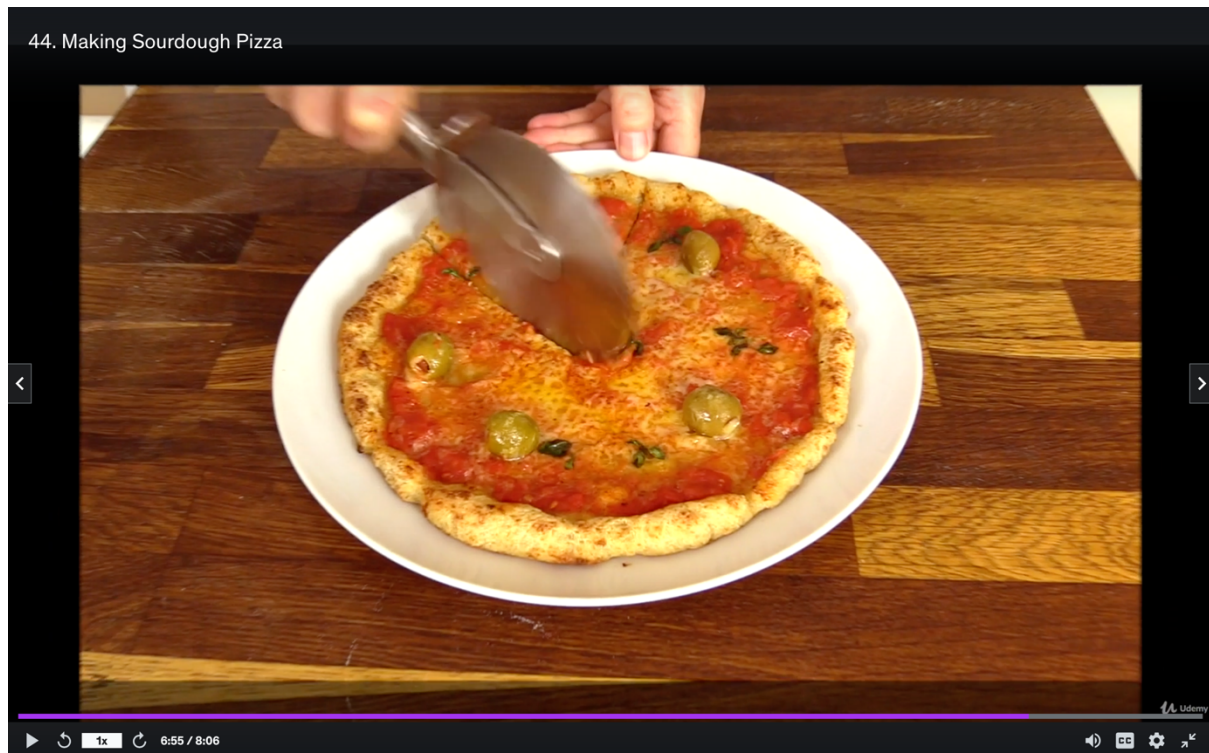
320g tepid dairy or plant milk [1 ¼ cups]

4g instant yeast - optional

Method

1. Measure the flours into a bowl with the salt.
2. Gently warm the milk and melt in the butter and honey, or stir in the olive oil and agave, if preferred.
3. Add the psyllium husk and the vinegar to the milk mixture. (Don't worry about it curdling.)
4. Mix the gelling milk mixture into the flours to form a soft dough.
5. Cover and leave in a warm place to rise for 2 hours, or leave to rise in the fridge overnight.
6. Measure dough into 90g (3 ounce) portions. Leave them for an hour to come to room temperature if the dough has been refrigerated.
7. Now shape and decorate the rolls as per the video, and prove for 30 minutes in a warm place.
8. Bake at 180°C / 356 F for 17 minutes, or longer if you like them crustier.
9. Cool on wire rack.

Sourdough Pizza



Prepare your leaven at least 3 to 5 hours ahead:

100g brown rice starter [1/3 cup]

90g brown rice flour [1/2 cup]

90g tepid, filtered water [1/3 cup]

= 280g leaven

Measure starter from fridge into glass bowl, then add tepid water and flour. Mix. Cover this new leaven with a cloth, leave to develop at room temperature for 3 to 4 hours. (Feed the starter with more flour and water again before you put it back in the fridge.)

After 3 to 5 hours, the leaven may form a crust, but should be visibly bubbly under the surface. Use an elastic band around your glass jar or straight-sided bowl, so you can see how far the leaven is rising above it.

You can leave your leaven up to 8 or more hours; you may see that it has ‘peaked’ and then dropped in the jar, but it is still good to use.

Ingredients

280g ripe brown rice leaven (see above) [1 cup]

60g white teff [1/3 heaping cup]

60g maize [1/2 heaping cup]

60g sorghum [½ cup]

45g tapioca [scant ½ cup]

45g potato [scant ½ cup]

20g psyllium husk [4 Tbsp]

10g salt [1 ½ tsp]

30g agave [2 Tbsp]

20g vinegar [1 ½ Tbsp]

30g olive oil [1 ½ Tbsp]

270g tepid water [1 cup + 1 Tbsp]

[Instant yeast not required here.]

Method.

1. Mix the psyllium husk with 270g warm water, then whisk in the vinegar, agave syrup and olive oil.
2. Measure the flours and the salt into a bowl. Add the leaven and the psyllium gel. Work into a smooth, firm dough.
3. Leave to rest for at least 1.5 hours, and up to 5 hours, or refrigerate overnight for baking next day.

This pizza dough can be used to make great bread with too. After the first rise, shape the dough and prove for around 45 minutes. Bake at 220 C 428 F for 30 minutes, until golden brown, with a firm crust all over. Larger loaves may take up to 45 minutes, but turn the heat down to 210 C 440 F after the first 15 minutes.

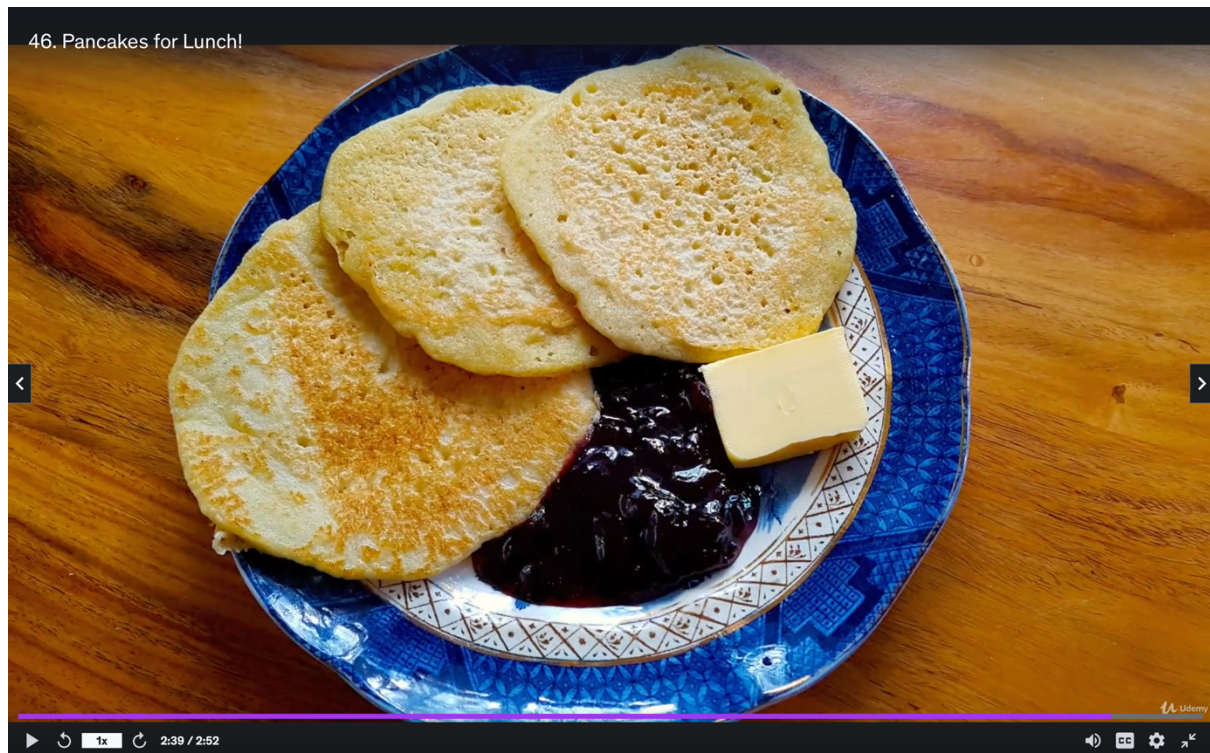
Pizza baking instructions:

* In the film, Dragan shows how to bake pizza using either a pizza stone or the cast iron lid of a Dutch oven, using the grill or broiler in your domestic electric oven.

Set pizza stone or lid under grill at highest setting for 15 minutes, so the stone/lid reaches 340 C 650 F.

Slide the pizza onto the hot stone/lid and bake, still under the hot grill, for 3 to 4 minutes, until done.

Sourdough Pancakes



If you have been diligently feeding your starter twice a week, but not doing that much baking, you might wonder what to do with it all! Pancakes are a perfect solution. You can make them for breakfast, lunch, dinner or dessert, and everyone will love them. They will obviously taste and look different, according to what starter you use; buckwheat is thicker and more sponge-like, rice is thinner and more delicate, sorghum is somewhere between.

Ingredients

200 - 250g starter - [1 cup approx]

1 egg

1/4 tsp bicarbonate of soda

2 pinches salt

Method

Measure starter straight from the fridge.

Beat in egg.

Beat in bicarb and salt.

Fry in hot rapeseed/canola oil. Wait till bubbles appear on surface before turning over to fry other side