GLUTEN FREE SOURDOUGH FOCACCIA

Focaccia Stats

Total Dough Weight: **1,081 grams**
Makes: **2 large - 540 grams / 3 small - 360 grams**
Hydration: **94%** Skill Level: **Medium**

WEIGHT	INGREDIENTS	BAKER'S %
115 grams	sorghum flour	31.94%
130 grams	tapioca starch	36.11%
85 grams	oat flour	23.61%
30 grams	psyllium husk	8.33%
8 grams	ground golden flax	2.25%
350 grams	milk (slightly warmed) *use water for dairy free	97.25%
300 grams	levain (prepared 4-8 hours in advance)	83.25%
30 grams	honey	8.40%
25 grams	olive oil	7.00%
8 grams	sea salt	2.25%

STEP 1 - Prepare Levain

4-8 hours in advance, prepare your levain.

1. In a jar, add 130 grams of water
2. Add 40 grams of your sourdough starter
3. Add 130 grams of flour (65 grams buckwheat and 65 grams of brown rice)
4. Stir until well combined
5. Ferment at room temperature for 4-8 hours.

STEP 2 - Mise en Place

Gather ingredients, baking tools and proofing bucket.

STEP 3 - Mix the Final Dough

In a bowl, mix warm milk (use water for dairy free) with the levain. Whisk in the psyllium husk and ground golden flax, allow to sit for 2-3 minutes. The mixture will gel. Once it has gelled, add the honey and olive oil, stir until smooth. Then, add the flour and salt, combining with a spoon, dutch whisk or your hands until all the flour is incorporated.

Optional Inclusions for Sunshine Bread: Add in at the shaping stage STEP 5 below

40 grams golden currants	1 clove fresh minced garlic	5 grams dry minced onions
2 grams turmeric	1 gram dried rosemary	2 grams dried marjoram

STEP 4 - Bulk Fermentation > 6 to 8 hours or overnight

We are now moving into the fermentation of the dough. Cover with a lid and allow to rest for 6 to 8 hours or overnight in the refrigerator. It can rise up to about 50%, but may not rise much at all - so don't think you did it wrong if it does not rise much.

STEP 5 - Shaping > Final Rise 2 to 3 hours

Turn the dough onto a surface or pastry liner lightly dusted with Tapioca starch. Dust your fingers with rice flour and knead the dough until it is smooth. Flatten the dough a bit and sprinkle the herb mixture over it, then continue folding and kneading until it is smooth. Place the dough on a pan and gently smooth and push into the desired shape. Use your fingers to make deep indentations throughout the dough. Brush the top with olive oil and cover with a damp towel to let it rest and rise for 2 - 3 hours.

Refer to corresponding videos in Focaccia Week for complete instructions.

STEP 8 - The Bake > Preheat your oven to 400°F for at least 30 minutes

Sprinkle with course sea salt and any dried herbs you like. Bake for 30-35 minutes until golden brown..

VEGAN/EGG FREE/DAIRY FREE OPTIONS

Use water in lieu of the milk.

TIMELINE EXAMPLE

PREPARE LEVAIN		**SHAPING**	
4 to 8 hours in advance	- 3:00 PM	Divide and Shape	
THE MIX		**FINAL PROOF**	
HYDRATE PSYLLIUM HUSK	- 8:00 AM	TEMP DEPENDENT - 2 to 3 hours	
REST 2 - 3 MIN	- 8:03 AM		
MIX & KNEAD DOUGH	- 8:10 AM	**OVEN PREP**	
BULK FERMENTATION		PREHEAT	- 400°
LET RISE - 6 to 8 hours or overnight		BAKE TIME	- 30-35 minutes

NOTES: