# GLUTEN FREE SOURDOUGH BREAD

[ VEGAN BREAD ]

## Vegan Bread Stats

Total Dough Weight: **1,271 grams**
Makes: **loaves**
Hydration: **106%** Skill Level: **Medium**

### 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 water with the ripe levain. Sprinkle psyllium husk and ground flax over the mixture and stir until smooth. Allow to sit for a few minutes to thicken. While you wait, gather the rest of the ingredients and scale out the flours. After 2-3 minutes, oil and sweetener. Stir to combine.

| WEIGHT | INGREDIENTS | BAKER'S % |
|---|---|---|
| 80 grams | sorghum flour | 18.06% |
| 95 grams | tapioca starch | 21.44% |
| 95 grams | buckwheat flour | 21.44% |
| 70 grams | oat flour (gluten free) | 15.80% |
| 95 grams | millet flour | 14.67% |
| 30 grams | psyllium husk | 6.77% |
| 8 grams | golden ground flax (can grind in your blender) | 1.81% |
| 455 grams | water | 102.75% |
| 300 grams | levain (prepared 4-8 hours in advance) | 67.75% |
| 20 grams | oil (olive, avocado or whatever you prefer) | 4.50% |
| 45 grams | raw cane sugar or honey | 10.25% |
| 8 grams | sea salt | 1.75% |

### STEP 4 - Knead the Dough

Add the flours to the mixture and mix well. This is where you get your hands dirty. Use your hands to fully incorporate the flours into the levain and other wet ingredients. It will be sticky. Once the dough is thoroughly mixed, we move into the Bulk Fermentation.

### STEP 5 - Bulk Fermentation > 12 to 18 hours or overnight

Transfer the dough to an oiled, medium size bowl. Cover with a tight lid, plastic wrap or a beeswax sheet. This is where the sourdough magic happens. Place the dough at cool room temperature (16-21°C / 60-70°F) to rest for 12-18 hours. It will rise by about 50%.

### STEP 6 - Shaping > rest up to 30 minutes

Turn the dough onto a well tapioca dusted surface and divide into 2 loaves. Knead well. Do first shape, let sit for 30 minutes. Do a Final Shape into loaves, either ovals for a loaf pan or a round for an artisan loaf. Place into oiled loaf pan or floured banneton or on an oiled cast iron pan.

## STEP 7 - Final Proof / Rise > 2 to 4 hours

Cover and allow to proof for 2-4 hours at room temperature. It will rise some and should bounce back to touch. (under proofing is better than over proofing at this stage, if you over proof, it will rise less in the oven and be more "hilly".).

## STEP 8 - The Bake > Preheat your oven for at least 30 minutes to 500°F

A hot oven is very important in baking bread. Follow either of the steps below to produce steam, which makes the crust just right, thin and crispy, but not hard.
***Please note, cooling is part of the baking process. Be sure to allow the bread to cool on a rack for at least an hour before cutting.***

**OPTION 1: The Covered Method**

This is Shannon's preferred method for regular sourdough and it produces a great result with Gluten Free Sourdough as well. It is all about creating steam to produce a thin, crisp yet soft crust. Preheat a dutch oven or bread cloche in your oven for at least 45 minutes at 500°F.

When ready to bake, invert the dough from the banneton onto parchment paper. Using a sharp knife or blade, score the dough. This is simply cutting into the dough for the most rise.

If using a Dutch Oven, lower the bread into the hot Dutch oven using the parchment paper. If using a Bread Cloche, slide the dough onto the base of the cloche using a pizza peel or the back side of a pan. Cover with the lid.

Bake for 18 minutes covered, then remove the lid and reduce the heat to 450°F. Bake for an additional 15 minutes or until crust is a warm golden brown and the bread sounds hollow when tapped. The timing varies on oven, elevation and humidity, so do pay attention to these things. You can always email in any questions you may have about this process.

**OPTION 2: The Sketchy Method**

This is Marissa's preferred method as it makes for a thin, yet soft crust and you can bake more loaves at a time, if you find yourself to be a batch baker. Preheat oven to 500°F. Place a pan or heat safe tray on lowest rack for water. Boil water on the stove. If your loaves were proofed in a banneton, gently invert the loaf from the banneton to a pan or baking sheet. Using a sharp knife or blade, score the dough. This is simply cutting into the dough for the most rise.

Place bread in oven and pour boiling water in the pan for a steam bath - be very cautious of the hot steam! Wear heavy oven mitts and stand back. Bake for 18 minutes, then drop heat to 450°F and bake for an additional 15 minutes or until crust is a warm golden brown and the bread sounds hollow when tapped. The timing varies on oven, elevation and humidity, so do pay attention to these things. You can always email in any questions you may have about this process.

***EXERCISE EXTREME CAUTION -*** dangerous - very hot steam. You must wear heavy oven mitts and stand clear of the pour. Also, you may wish to place a heavy towel over the glass on your oven door, as the steam could crack the glass. Shannon from the Sourdough School House refers to this as the "Sketchy Method" for such reasons as this. Please watch the video "About the Oven" in the Welcome part of the online curriculum.

# TIMELINE EXAMPLE

| | | | |
|---|---|---|---|
| **PREPARE LEVAIN** | | **SHAPING** | |
| 4 to 8 hours in advance | - 3:00 PM | Divide and Round | |
| **THE MIX** | | **FINAL PROOF/ RISE** | |
| HYDRATE PSYLLIUM HUSK | - 8:00 AM | 2-4 hours | |
| REST 2 - 3 MIN | - 8:03 AM | **OVEN PREP** | |
| MIX & KNEAD DOUGH | - 8:10 AM | Choose a steam method - Watch About the Oven Video | |
| **BULK FERMENTATION** | | PREHEAT | - 500°F for at least 45 minutes |
| LET RISE - 12 to 18 hours or overnight | | BAKE TIME | - 30 to 40 minutes - see above |