Wyndelin

GLUTEN FREE SOURDOUGH series

Created in Partnership with Sourdough School House

Welcome to the Sourdough School House and Gluten Free Sourdough Series

We are so happy to have you join us and cannot wait to see your sourdough creations. Our goal is to help you master gluten free sourdough in a simple way, so you can get great results from day one. This course guides you step-by-step with videos, so you can learn the process, get the results and find your fit with sourdough. Once you understand the process, fitting gluten free sourdough into your life and schedule becomes second nature.

Understanding comes with practice, so please be patient with yourself. Our recipes have been tested over and over to give you the best results.

Also, please keep in mind, although this course is organized by WEEKS, please bake at whatever pace fits your life, there is no need to rush. We do not want you to feel overwhelmed, the goal is for you to master sourdough on your schedule.

WHY GLUTEN FREE SOURDOUGH?

Baking sourdough bread is an ancient art, and this course has been adapted to gluten free using age old techniques to ferment grain to make it more digestible. Through fermentation, gluten free sourdough is a bread high in flavour and texture is tremendously improved from regular gluten free bread.

Sourdough is a very simple thing. It is derived from the wild yeast that is literally everywhere - in the air, on the surface of the fruit, fruit trees, leaves, in your bag of flour, *literally everywhere!*

In the sourdough baking process, we simply capture this yeast and tame it - like any PET. Learning to bake with sourdough is a process that cares for this wild yeast, which then rewards us with delicious and healthy breads.

BUILDING YOUR GLUTEN FREE SOURDOUGH STARTER

Sourdough is the KEY ingredient for all of the baking in this course. We use a 100% hydration gluten free sourdough starter, which means it is derived of equal parts of flour (buckwheat and brown rice) and water with a small inoculation of sourdough starter. As you build a sourdough starter, *from scratch*, you will simply be discarding and feeding these gluten free flours and water on a regular schedule, which will in turn:

1. Capture wild yeast from the air, on the surface of the fruit, fruit trees, leaves, in your bag of flour, etc.
2. Tame it with a regular feeding schedule to give it the correct nutrients.

Refer to the the following videos for detailed explanation and written recipe below.

P.1 Building a New Gluten Free Sourdough Starter

P.2 First Feeding of Your Sourdough Starter

P.3 Third Feeding Sourdough Starter

GLUTEN FREE SOURDOUGH STARTER - RECIPE

1. In a clean jar, add 100 grams of water, 50 grams of buckwheat flour and 50 grams of brown rice flour.
2. Mix well, cover and let sit for 12 hours.
3. After 12 hours, place 80 grams of water and 80 grams of flour (equal parts of buckwheat and brown rice flour) in a jar, then add 40 grams of the initial mix (your Sourdough PET). The remaining flour/water from STEP 1 will now be discard - place this DISCARD in another container and store in the refrigerator. You will start to accumulate discard over the week, but we will use it in a recipe at the end of the week.
4. Repeat Step 3 every 12 - 24 hours.
5. Plan on feeding it twice a day for the first 3-5 days. If you miss a feeding, just do it when you remember. Always, always, always DISCARD before you feed.

WHAT IS LEVAIN?

Levain is active sourdough starter. It goes by many names, like mother, chef, pre-ferment, etc. For the purpose of our classes, we call it levain and it is a mixture of equal parts of flour (brown rice plus buckwheat flour) and water with a 25% sourdough seed added to the mix - it is a 1:2:2 ratio (1 part sourdough starter to 2 parts mixed GF flours to 2 parts water). It is responsible for the flavour, the rise and the health benefits of sourdough bread.

STARTER READINESS TEST

How do I know when my starter is ready to use?

1. **THE ACTIVITY TEST** - it will have bubbles. This takes some time, approximately 3-5 days of twice= per day feedings.
2. **THE SENSES TEST** - it should have a pleasant sour aroma. Give it a smell, your senses are very important in this course.
3. **THE TIME AND TEMP TEST** - look for a dome shape on the top. Pay attention to the rise and fall of your Sourdough PET. Make a line on your jar, using a Sharpie marker, watch the rise and use your eyes to judge the domed appearance. It will likely be ready 4 to 8 hours after it is mixed; temperature dependent.

SOURDOUGH FEEDING AND CARE

HOW TO FEED IT

Once established, your pet needs to be fed every 24 hours. Regular feedings are essential if you are baking regularly and keeping at room temperature. This will keep your pet happy and well-nourished.

BASIC RECIPE >
- 40 grams gluten free sourdough starter
- 40 grams brown rice flour
- 40 grams buckwheat flour
- 80 grams water

*The leftover sourdough starter is now sourdough discard. Keep this in your refrigerator and use it in sourdough discard recipes like scones and pancakes/waffles (recipes provided in this course).

HOW TO FRIDGE IT

If you are planning on baking less often, the FRIDGE is your friend. Feed your pet, let it get active for 1 - 2 hours, seal the lid and place in the fridge. The feed it once a week or so, following the above method. This helps make sourdough "fit" into your life.

REFRESHING your refrigerated starter. If you want to bake on SATURDAY morning, remove your sourdough pet from the fridge on THURSDAY morning. Give it a feeding (80 grams of water + 80 grams of your mixed flours and 40 grams of the sourdough starter). Leave it on the counter. Do the same thing on FRIDAY morning. Then on FRIDAY night, prepare your levain according to your recipe.

MORE ON LEVAIN

- Given that it is known as a PRE-FERMENT, think of it as something that must be done in advance.
- Don't stress about the feedings - JUST TRY IT, it is easier than you think and your PET is stronger than it appears. If it looks funky, FEED it! Just remember, ALWAYS, ALWAYS, ALWAYS discard your sourdough pet before you feed it. You are ALWAYS feeding a SMALL PET ONLY!
- Yes, you can freeze your sourdough starter if you are going on an extended vacation, but it is also relatively easy to start a new one, so it is not essential. If you do freeze a starter, you will simply need to refresh it for about 4 days before it will be ready to bake with. That means discarding and feeding regularly

KITCHEN EQUIPMENT

With any hobby, there may be new equipment you wish to purchase. In sourdough baking, you will likely have what you need at home: an oven, some bowls, a large pot (dutch oven), water and various types of gluten free flours. That is technically all you *NEED,* however, you may wish to add some items to your baking repertoire. In addition, you will start to get familiar with your oven as you bake sourdough. This is very helpful, as your oven is critical to your sourdough success.

A few items you may wish to purchase in the future:

1. Proofing Bannetons
2. Bread Cloche
3. Bread Scoring Tool/Lame
4. WECK Jars
5. Bench Knife/Dough Scraper
6. Brushes, Spatulas, Spoons, Spray Bottle, etc.

Refer to the the following videos for detailed explanation.

Get to Know Your Oven

Kitchen Tools - *links for purchasing are provided in the curriculum*

GLUTEN FREE FLOURS

One of the biggest challenges most home bakers find with gluten free baking is knowing which gluten free grains work and taste the best. Through trial and error, you may find yourself a few good grains to lean on, but the goal is to set you up for success from DAY 1.

Through trial and error, extensive research and of course practice, the variety of gluten free whole grains and starches you will see in each recipe are there for a reason. I trust you will find comfort in knowing how to use the ingredients, as well as find great satisfaction in the flavour and texture each grain and starch brings.

Each grain, seed or starch used in this course has a specific purpose within that recipe. I would encourage you to follow the recipe closely as possible as you learn the gluten free sourdough process. However, as you become confident in the process and the recipes, you may want to try different gluten free flours, ratios or additions to discover for yourself how they interact and what kind of loaves they create. You have my blessing and I am so excited for you on this journey of health and understanding.

In the gluten free world; grains are generally broken down into two categories, a whole grain and a starch. Each have different affects on texture and taste, her are the two (2) broad groups.

WHOLE GRAINS

There are many examples of gluten free whole grains. We do not use all of these grains in this course, but below is a list for your reference.

Sorghum	Buckwheat	Oats
Teff	Millet	Brown Rice
Sweet White Rice	White Rice	Amaranth
Bean Flours	Nut Flours	Corn
Quinoa	Coconut flour	And many more ...

STARCHES

There are many examples of gluten free whole grains. Again, we do not use all of these grains in this course, but the list below is here for your reference.

Arrowroot	Tapioca	Potato Starch
Corn Starch	And many more ...	

WHOLE GRAINS / STARCHES USED IN THIS COURSE

As you become confident in the gluten free sourdough process, you will likely want to try different flours and discover how they interact and what kind of loaves they create. I definitely encourage you to experiment, but I would like to recommend you to follow the recipes as they are written until you are very comfortable with the process. Below are the gluten free flours you will need for this course.

- Sorghum – a diverse grain: subtle flavour and hearty texture with a similar feel to a wheat flour.
- Millet – high in fibre and protein, with a mild sweet flavour and a light texture. It can make baked goods a bit crumbly if used in high amounts.
- Buckwheat – despite its name, there is no wheat or gluten in buckwheat. It's actually not a grain at all, but a grass with grain-like texture. A relative of rhubarb, it has an earthy, slightly sour flavour. It is very nutrient dense, thus works great in feeding your sourdough starter.
- Oats – gluten free, but often contaminated, so look for a certified gluten free source. Oats tend to add more lift to bread, but can make the bread GUMMY if used in too high of a ratio.

- Brown Rice – this short-grain rice adds a starchiness to your breads and other gluten free baking, plus its enzymes are very fast working in feeding your sourdough starter.
- Sweet White Rice – often called glutenous rice, it is has a sticky, slightly stretchy texture. It is very mild in flavour, can be ground fine and it does not add that "grainy" dryness to baked goods, as brown or white rice would.
- Tapioca starch/flour – comes from Cassava or manioc (as it's called in some countries). It is the dried root of the cassava plant ground into flour. Its starchiness makes it an excellent addition to baked goods. It is also my preferred choice to use when kneading or rolling out your sourdough, as it is less likely to add dryness to the finished product.

Warning, once you have mastered baking your own gluten free sourdough bread, you will find it very difficult to go back to commercial made gluten free bread. The smell, flavour and pride in making it yourself is incredible!