

Gluten Free Sourdough Bread

This delicious gluten-free sourdough bread is easy to make, is full of flavor and has a crispy crust and nice crumb!



EQUIPMENT –

This recipe is easiest (and gets best results) when mixed in a stand mixer. I love my [KitchenAid](#)!! If you are in the market for a mixer and plan to bake bread, I highly recommend getting the

[5 quart mixer](#) right away. It is a work horse and you can easily make double batches of bread without any issues. If you don't have a mixer this recipe can be mixed and kneaded by hand.

Most of this equipment isn't necessary to make an amazing boule of bread, but if you have it available make sure you have it readily available.

[Digital scale](#) – if you plan to bake with sourdough, you really need a digital scale!

[Dutch oven](#) or [Cast Iron Loaf Pan](#) - I had wanted a loaf pan for years, but they were just never in the budget. I was looking at some that were around \$300 and I just couldn't justify it. Then I came across this one, still slightly over \$100, but it is fabulous. I love the rise I am getting from my boules since I made the change. It is a high quality, heavy duty vessel!

[Mixing bowls](#) - I like using the large pyrex for bulk fermenting my regular sourdough. I cover with the lid but don't seal it. I use the medium bowl lined with a floured tea towel if I need an extra proofing basket. And the small one is nice for the preferment.

[Proofing basket/bowl](#) - there are so many option here. A wicker banneton, a flour sack lined bowl or [Bulka makes a wood pulp proofing basket](#). I have found that the dough releases a little easier from these than they do from the wicker banneton.

[Dough Scraper](#) - for \$5 the amount of effort this will save you when baking sourdough makes it an indispensable tool!

[Bread Lame](#) - you can use a sharp serrated knife or a scissors if you don't have a lame. If you purchase one, I would recommend the small one like in the link over the longer ones with the blade on the end. I knicked myself a few times trying to change the blade in one of those, plus the smaller ones I feel I can control the score better.

[Oven thermometer](#) – under \$10 & the results may surprise you!!

[Food thermometer](#) – not an absolute necessity, but to get consistent results its worth the \$

If you want ultra convenience this [Wifi Thermometer](#) gets used in our house constantly. It's not only great for baking bread, but I use it for cooking meat, grilling, etc.

Kitchen towels – I prefer [flour sacks](#)

[Bread Sling](#) or Parchment Paper

INGREDIENTS

Preferment

150 grams active [Gluten Free sourdough starter](#) (at peak)

80g grams superfine brown rice flour

100 grams filtered warm water (100 – 110 degrees)

Liquids

20 g psyllium husk (whole husks, not powder)

20 g honey (may substitute maple syrup)

300 g filtered warm water (100 – 110 degrees)

10 g olive oil

Flour Mix

300 grams [Old World Sourdough Gluten Free Bread Blend](#)

or substitute 80 g potato starch (not potato flour)

30 g tapioca flour

30 g arrowroot flour

80 g sorghum flour

80 g superfine brown rice flour

12 grams sea salt

Preferment

In a bowl, mix starter, water, and brown rice flour. Mix until smooth, and then cover and let rest at room temperature for anywhere between 6 to 18 hours. The longer it ferments, the more sour flavor your loaf will have.

Prepare the Dough

Whisk together the psyllium husk, honey and water. Whisk until combined and let it set to gel while preparing the flour mixture.

In a large bowl or stand mixer, combine flour blend (or flours and starches) and salt.

Optional: Add any herbs or other dry seasonings if you want to flavor your dough.

Whisk the psyllium gel mixture into the preferment. Add olive oil and whisk until incorporated, Optional: Add any wet seasonings (like garlic, soaked nuts or seeds, etc.).

Add the wet ingredients to the flour mixture. Use dough hook to mix all of the ingredients until a smooth dough forms. If you are blending by hand use a spoon and then your hands to bring the dough together then knead the dough for a few minutes to make sure all the flour is hydrated and the dough is smooth.

Once your dough is soft and smooth, turn it out onto a clean, smooth work surface. Lightly flour it if your dough is sticky. Knead into a smooth ball, and use your hands to shape the dough into a round (or other shape).

Proofing

Dust your banneton or tea towel-lined bowl generously with **brown rice flour**. You can place the dough directly into the banneton or use a liner dusted generously with brown rice flour.

Use a dough scraper or your hands to transfer the dough into your banneton or bowl. Place the seam side up. The dough will be flipped prior to baking, the seams will be on the bottom after baking.

Cover, and let the dough proof anywhere from three to eight hours at room temperature, or overnight in the refrigerator. Cold proofing in the refrigerator will give a more intense sourdough flavor. Proofing can vary widely depending on ambient temperature, humidity, starter strength, ingredients, etc. Always look for the soft, puffy texture instead of relying on timing. The dough will rise some but probably not double in size. Do not overproof. If it passes the poke test, it is ready to bake.

If you did an overnight proof in the refrigerator, I recommend taking the bread out to finish rising at room temperature for an hour to two while the oven preheats. You want the loaf to feel puffy when it's going into the oven.

Bake

An hour before your dough is fully proofed, turn on the oven to 425°F. and place the Dutch oven in preheating oven.

When your oven is preheated and your dough is well proofed, gently flip the dough onto a sheet of parchment paper. Score the bread making sure your cut is deep enough to prevent cracking.

Remove your hot Dutch oven. Carefully lower your loaf into the Dutch oven, being careful not to drop it in. This can cause gumminess and will reduce the rise of your boule. Replace the lid, and put your bread into the oven for 45 minutes.

After 45 minutes of baking, remove the lid and let it finish baking for 25 to 40 minutes. The exact timing will depend on your oven and how golden brown you want your bread. Internal temperature of the bread should be at least 205 degrees.

Cooling & Storing

When the bread reaches at least 205 degrees and is browned to your liking, remove it from the oven. Carefully remove the bread from the Dutch oven and let cool on a wire rack for 2 - 3 hours. The bread needs to be at room temperature before slicing into it. Slicing when it is still hot can ruin the crumb and make it gummy.

For a softer crust, wrap the loaf in a kitchen towel 30 minutes after baking. Do not wrap in plastic wrap or put in a plastic bag.

Keep the bread covered at room temperature for 4-5 days or slice & freeze it for up to 3-4 months. To defrost, simply place the slices in a microwave for 30-60 seconds. If your loaf gets a bit stale, put it in a 300°F for 10 minutes to refresh the crust. You can also slice and freeze the bread. It toasts from frozen perfectly!