

Sorghum Sourdough (Gluten Free)

Discover the delightful world of gluten-free vegan baking with our scrumptious **Sorghum Sourdough** recipe! Perfectly crafted for those who want to enjoy delicious bread without the use of rice flour, this recipe opens the door to a new culinary adventure.

Whether you're following a gluten-free diet or simply love plant-based foods, this bread is made for you. With no eggs, dairy, or major allergens included, it's a safe and tasty option for everyone!

Sorghum, a fantastic cereal grain, shines as the star ingredient in this recipe, bringing both flavor and nutrition to your table. Plus, we've kept the ingredient list minimal to make it easy for anyone to try their hand at baking this delightful bread.

Join us in creating something special that everyone can enjoy!



Servings: 1 Boule

Prep Time: 30 – 45 minutes

Preferment Time: Overnight

Rise Time: 6-8 hours

Cook Time: 60 Minutes

Ingredients

Day 1 - Preferment

110 g [sorghum flour](#) (1 cup) (+ extra for dusting, optional)

125 g [buckwheat flour](#) (1 cup)

45 g [sunflower](#) or [pumpkin seed meal](#) (1/2 cup) (or a combo of both) *See Notes for DIY!*

60 g arrowroot starch (1/2 cup)

40 g potato starch (not flour) (1/4 cup)

20 g [whole psyllium husk](#) (3 tablespoons)

12 g maple syrup (or honey) (1 tablespoon)

360 g filtered spring water (room temp) (1–1/2 cups)

1/4 cup olive oil (+ extra for topping, optional)

Day 2

365 g [sorghum sourdough starter](#) (1 cup active (fed))

1 tablespoon fermented beet juice, optional for coloring

10 g sea salt (1 tablespoon)

Optional

Seeds: sunflower, pepita, chai, poppy, sesame, hemp or combination of them

Directions

Day One

- In the evening, sift and combine the dry ingredients from Day 1 in a large glass bowl. Pour in the olive oil and 1 cup of water, mixing thoroughly. Then add the remaining 1/2 cup of water and mix until fully combined. Cover the bowl and refrigerate it, or leave it in a cooler room, overnight (for a minimum of 12 hours).
- Feed your Sorghum Starter so it is active and bubbly in the morning.

Day Two

- The following morning, take your bowl out of the refrigerator and allow it to reach room temperature (approximately 1-2 hours). **Note:** If your bowl was already in a cooler room, you can proceed to the next step.
- Add 1 cup of active fed sorghum sourdough starter, sea salt, and beet juice (optional) to the dough bowl.
- Combine the ingredients using your hands until everything is thoroughly mixed and the dough forms nicely. Gently stretch and knead the dough in the bowl a few times, then lightly punch it down to help form it into a ball.
- Place the dough ball into a tea towel-lined small bowl (approximately 6.25 inches in diameter), fold the towel over, and put everything into a sealable plastic bag.
- Place your dough bowl in a warm area of your home to raise.
- Allow the dough to rise for approximately 6-8 hours. It should reach about an inch above the rim of the bowl or show a noticeable increase in size, although it will not double in volume.
- Once your dough is ready to bake, preheat your oven, [Dutch oven/Cast Bread Pan](#), and optionally, a [baking stone](#) to 450°F for at least 30-45 minutes. Keep everything covered in the bag until the oven is ready.
- **Prepare for baking:**
- Position your dough with the flat side facing down and the round side facing up on a sheet of parchment paper, approximately 11×13 inches in size.
- Sprinkle your dough with sorghum flour, using your hands to spread it around if needed.
- Use a lame (or a very sharp knife) to score your boule.
- Tip: If adding seeds, brush the dough with a bit of olive oil before adding them to help them stick.
- Carefully take the preheated Dutch oven out of the oven, place your dough along with the parchment paper inside, and cover it.
- Place the Dutch oven back into the oven, covering it for 25 minutes, then uncovering for another 25 minutes, and finally, bake the loaf directly on the rack or [baking stone](#) (if used) for 8-10 minutes.
- Bake to 210 degrees F. If you don't have a thermometer the bread is done when a hard and hollow sound is heard upon tapping the top and sides with your finger. I have the best results using a [wifi thermometer](#).
- Cool on a [rack](#) for 4 hours or overnight before slicing! Enjoy!

Notes:

Storage tips: To keep this loaf fresh, wrap it in a tea towel and store it on the counter for 1-2 days. Afterward, slice the remaining loaf and refrigerate it in a bag or glass container for up to 5 days. The loaf also freezes well, but it is recommended to slice it before freezing.

Toasting Advice: Gluten-free bread requires longer to toast than regular bread. Use a [cast iron pan](#) for optimal results. Preheat the pan on medium-low, add fresh or frozen slices, then lower the heat for slow toasting. Turn off the heat when nearly done to keep the toast warm until serving.

*You can grind/mill fresh [raw organic sunflower seeds](#) or [pumpkin seeds](#) into a fine flour with either a [coffee/spice grinder](#), [small blender](#) or a [dry container Vitamix](#) will also work. [Sift](#) the flour to remove larger seed bits. Discard or return to the grinder.

Nut free option: Use almond flour in place of sunflower seeds.

