



The Basic Recipe – Step By Step.

Before we get to the recipe, there is one thing we must address: your desired baking time frame. The baking timetable discussed here can be adjusted based on your own schedule, giving you the flexibility to bake a loaf that works for you. Ideally, we encourage bakers to ferment their dough in the refrigerator overnight, as this approach gives the dough enough time to develop tangy flavors, and helps the loaf retain it’s structure when it is scored prior to baking. That being said, you can definitely mix your dough in the middle of the day and have it fully baked that same day. Now let’s move on to tips for making sourdough bread and, finally, the recipe.

Secrets For Baking The Perfect Loaf

Here are a few more tips to ensure your sourdough bread comes out perfectly when you start the basic recipe.

1. Use an active starter

Your starter should be at peak activity. It should double in size and have a bubbly texture. If your sourdough starter isn’t active, the bread will struggle to rise and your final loaf will be overly dense.

2. Make your own flour blend

While gluten-free all-purpose flours may be convenient, they are not always the best option for making gluten-free sourdough bread. Our sourdough bread recipe uses a mixture of gluten-free flours and starches. The starches and ground psyllium husk hold the bread together. There are many more flours and binding agents you can use to make sourdough bread (see our substitution guide in Chapter 6). This



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3. Use a digital scale to measure dry ingredients: A digital kitchen scale is more accurate than dry measuring cups or spoons. If you ask ten professional bakers to measure one cup of flour using a one-cup measure, you will receive ten different quantities (in grams) of flour, with a spread between the high and low estimates that can be as large as 15%! Kitchen scales provide a more standardized and accurate measuring system, and they are cheap!

4. Sift the dry ingredients: Gluten-free flour, particularly starches, can clump up. The dry ingredients need to be mixed well before you combine with the wet ingredients. If there are lumps in the dough, the final product can have clumps

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