

# Gluten Free Sourdough Bread

There was something incredibly comforting about baking this in the midst of packing and listing our home for sale. In a week that felt like a tangle of loose ends, this loaf was solid and real. My wish is that this is the recipe that convinces you to keep a jar of sourdough starter in your fridge. No one ever regrets the time spent bringing one to life.

Below is my adaption of Aran Goyoaga's Seeded Buckwheat Loaf from Cannelle et Vanille Bakes Simple.

This can be baked in a oiled loaf pan or in dutch oven as in the image above.

## Sponge

- 200g (  $\frac{2}{3}$  cup) cold sourdough starter direct from the fridge
- 90 g (  $\frac{2}{3}$  cup) buckwheat flour
- 115 g (  $\frac{1}{2}$  cup) filtered room temp water

Blend until smooth, adding more water if needed to bring to the consistency of thick but pourable cream. Allow mixture to sit 4-6 hours until it is bubbly and has puffed on its surface.

## Dough

- 500g (  $2 \frac{1}{4}$  cup) filtered water
- 30g psyllium husk powder
- 245 g (  $1 \frac{3}{4}$  cups) light buckwheat flour
- 60 g (  $\frac{1}{2}$  cup) tapioca starch
- 2 teaspoons sea salt
- 1 TBL unsweetened cocoa powder
- 1 TBL Honey

- 345 g ( 2  $\frac{3}{4}$  cups) Mixed Seeds ( I use a mix of Sesame, Flax, Chia, Sunflower, and Pumpkin)

## Directions

1. Whisk together water and psyllium husks in a medium bowl and allow to stand 5 mins and thicken
2. Combine flour, starch, salt, and cocoa powder in the bowl of a stand mixer
3. Add thickened water, honey sponge, and seeds to bowl and blend well until all dry ingredients are incorporated. The dough should come together like a very thick, sticky cake batter.
4. Pour into prepared pan or into a round proofing basket dusted with buckwheat flour
5. Cover and cold rise overnight in the fridge
6. In the morning, preheat oven to 450 degrees ( allow the dutch oven to preheat as well if using).
7. In dutch oven, bake covered for 45 minutes at 450, remove lid, reduce heat to 400 and bake for another 30 minutes. In loaf pan bake uncovered for 45 minutes at 450 degrees, remove from pan, reduce heat to 400 degrees and place loaf on rack for the remaining 30 minutes.
8. Cool on rack for 2 hours before cutting.

This loaf freezes well, whole or sliced.

Enjoy!