

On Demand Sourdough Flatbread

This final week of meal prep before our cross-country move was made all the easier with a large batch of this Sourdough Flatbread in the fridge. If you've missed my sharing Aran Goyoaga's sourdough starter, here it is again. Start it on a Friday morning, and by Wednesday, you will be making bread.

Several things make this flatbread recipe a favorite, but topping the list is that it can hang out in the fridge all week, and the dough only improves. You can change up the flour based on what's on hand, and you can top it with literally anything, well, nearly. I love topping ours with a handful of sauteed onions and peppers, drained Kalamata olives, or, as pictured above, herbed cherry tomatoes. Of course, you can also take it up a notch and create this lovely leek and potato pizza.

Sponge— prepare in the morning

- $\frac{1}{2}$ cup (150g) cold sourdough starter straight from the fridge
- $\frac{1}{2}$ cup (70g) superfine brown rice flour
- $\frac{1}{3}$ cup (75 g) filtered water

Blend and sit aside to proof 3-6 hours in a warm kitchen area. It is ready when raised and bubbly.

Dough- mix in the afternoon

- 1 $\frac{1}{4}$ cups (280g) filtered room temp water
- 1 TBL (10g) Psyllium husk powder
- 1 TBL (7g) Ground Flaxseed
- 1 Cup (140g) Sorghum, Light buckwheat, or Brown Rice Flour or a combination. If using dark buckwheat (as shown in the photo) use it in a 1 to 3 ratio with another flour.
- 1 cup (120 g) Tapioca Starch

- 1 TBL Olive Oil
- 1 $\frac{1}{2}$ tea of Salt
- Seeds or Herbs for sprinkling

This dough goes together quite well in a large bowl using a wooden spoon, but you can also use a stand mixer.

Pour filtered water into a large bowl and whisk in the psyllium husk and flaxseed, allowing to stand to thicken for 5 minutes. Blend in the sourdough sponge.

Measure all dry ingredients together in one bowl and whisk to blend. Pour into wet ingredients and combine until well integrated.

You may now place all of the dough into a covered bowl, cold rising in the fridge, and remove portions to bake as desired or allow it to rise for 2 hours on the counter and bake immediately.

Always bake at 450 degrees for 20-25 minutes. You may choose to bake directly on a pizza stone, on a baking sheet, or in a pre-heated cast iron skillet which produces a nice crisp crust.

Mushroom and Walnut Bolognese

Adapted from Alexa Weibel's Vegan Bolognese

Trust me on this, double this recipe because you will surely want more later in the week ahead.

Ingredients

- 1 cup (100 grams) shelled gently chopped toasted

walnuts

- Kosher salt and black pepper
- 1.5 lbs fresh mushrooms (use a combination of shiitake and baby bella)
- olive oil, plus more for serving
- 1teaspoon fennel seeds
- 1 TBL dried porchini powder (optional!)
- 1 TBL teaspoons soy sauce
- 1 TBL teaspoons thick, syrupy balsamic vinegar
- 1 medium yellow onion, finely chopped (about 1 $\frac{1}{3}$ cups)
- 2 medium carrots, peeled and finely chopped (about 1 cup)
- Pinch or two of red pepper flakes
- 3 TBL tomato paste
- 2 TBL White Miso Paste
- $\frac{1}{2}$ - 1 cup prepared vegetable broth
- 1(28-ounce) can crushed tomatoes
- GF Spaghetti cooked until al dente
- fresh basil for serving (optional)

Directions

In a large heavy pot warm oil over medium heat. Add fennel seeds and mushrooms, cooking until golden and tender. Remove and place in a bowl returning the pot to the heat add a splash of oil, onions, carrots cooking also until tender. Add tomato paste stirring well and allowing it to darken a few minutes. Then combine the walnuts, miso paste, soy sauce, balsamic vinegar, broth, tomatoes, red pepper flakes, oregano, and salt and pepper. Adjust to taste. Turn heat to low, cover and allow to simmer 40 minutes. Add more broth as needed.

Prepare pasta according to directions.

Serve along with sauce.

Enjoy!

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!