

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.