

Sourdough Whole Grain Bread – 2021 Version

I love this recipe because it tastes like bread is meant to taste AND it is free from added starches, dairy products, eggs, and yeast. Although the actual effort that goes into this loaf is minimal the process must begin three days in advance.

Ingredients

$\frac{1}{2}$ to $\frac{3}{4}$ cup of brown rice sourdough (which will need organic brown rice flour)

525 grams (3 cups) buckwheat groats

175 grams (1 cup) of quinoa or millet

2-4 teaspoons of salt

Filtered water

1 tablespoon of maple syrup or honey (can omit)

25 g hemp seed

25 g chia seed

25 g sesame seed – white or black

50 g ground flax seed

75 g sunflower and pumpkin seeds

OR any combination of nuts and seeds to equal at least 250 grams or 1 cup. I have used up to $1\frac{1}{2}$ cups of seeds with good results.

Directions

Step One – 5 days prior to baking bread

Make a Brown Rice Sourdough following this or one of the many processes available online. I use only two ingredients: organic find ground brown rice flour and filtered tap water. Store sourdough in a glass lidded jar in fridge.

Step Two – Two evenings before finished loaf

Take starter from fridge and feed with organic brown rice flour and filtered tap water.

Place buckwheat groats in large bowl, cover just to the top of the groats with filtered water, check after an hour and add more as it absorbs water quickly.

Place quinoa or millet in smaller bowl and just barely cover with filtered water.

Allow all three items to stay on the counter overnight covered with a tea towel.

Step Three – 12 hours later

Check buckwheat groats for excess water pooling over the surface, if there is drain off just a bit. Use a metal sieve to catch any groats. Pour into high speed blender, blending well into a dough-like very thick pancake batter. Completely drain millet or quinoa and add to mixture in blender. Continue processing until all grains are incorporated into the dough. Add Add $\frac{1}{2}$ to $\frac{3}{4}$ cup sourdough and pulse blender to integrate.

Empty all into large bowl for further fermentation.

Step Four – 24 hours later

Preheat oven to 375 degrees with convection fan if available.

Measure all nuts and seeds. Measure salt (and honey or maple syrup if desired). Fold all into the proofed dough. Allow to rest 30-60 mins.

Oil loaf pan, pour in batter, smoothing top and sprinkling with your choice of nuts or seeds.

Step Five – Bake for 60 minutes.

Check that top has crusted and is not wet. If loaf is well formed, gently remove from pan, return to oven rack or pizza stone if one is available.

Bake another 30 minutes. Turn oven off and let bread sit in over overnight or at least until completely cooled.

The ability of this bread to keep is completely dependent on local weather conditions. In high humidity it should be stored in the fridge. I prefer to slice the loaf completely once cooled and freeze the individual slices between strips of parchment paper. I remove slices as needed to toast or bring to room temperature.

Enjoy!!