

# Sourdough Bread Starter Gluten-Free

Tools you will need for gluten-free bread starter:

- Glass jar or bowl with loose-fitting lid (or cloth)
- Wooden or plastic spatula or spoon
- Organic Pineapple Juice (only when starting a new starter, first addition only).
- Filtered water — very important for the remainder of the leaven creation.
- Organic AND gluten-free flour mix. Remember, the cleaner the inputs, the tastier and healthier the outputs. Either buy a mix or make your own flour mix. I make my own using rice, tapioca, chickpea, and quinoa flours.
- Two glass or stainless steel bread pans 9" x 3"(2), buttered.



## Step 1: The Starter

- For best results, always use organic ingredients. I can't emphasize this enough. Otherwise, artificial ingredients and chemicals will prevent live culture from growing and thriving. I'm repeating myself here because the base ingredients are the difference between failure and success of the starter. Also, do you really want to eat toxic ingredients? Me neither.
- The starter will begin to ferment by the end of the day, if you start the process in the morning. It takes about five to seven days to produce enough volume before moving on to the actual bread-making.

## Starter Process

- In a glass bowl or jar (volume: 2 quarts) combine 1/3 cup organic pineapple juice (unsweetened) with 2/3 cup organic, gluten-free flour mix (one time addition only)
- Stir together thoroughly.
- Cover with a cloth.
- Set the bowl of starter in the warmest place in your home so that it can begin to ferment. Don't cover with a too-tight lid because your culture needs to breathe. It will bubble and grow in volume. It will give off a pleasing fermentation aroma not unlike beer.
- For the rest of the culture, use water instead of pineapple juice. Add water and flour and stir thoroughly morning and night: 1/3 cup filtered water and 2/3 cup flour mix until you have more than five or six cups of leavening, if you want to keep using the sourdough starter method. Otherwise, you'll need only four cups for my recipe.
- You may have to adjust the ratio of water to flour if you have water floating on top when it is time to feed the culture again. I started out using 1/4 cup water to 1/4 cup flour, then I upped it to 1/4 cup water to 1/3 cup flour, and finally I'm at the 1/3 cup water to 2/3 cup flour. Perhaps the gluten-free flour doesn't absorb water quite as well as wheat.
- In about five to seven days you will have enough starter for bread-making, plus you'll have leftovers. I keep leftovers in the fridge, lightly covered. Feed it once a week, until you want to make bread again.

Source: Satinka at <https://heywhichwayisup.wordpress.com/2018/04/04/sourdough-bread-starter-gluten-free/>