

Gluten-free Sourdough Herb Boule

127 grams potato starch
100 grams arrowroot flour
73 grams brown rice flour
50 grams almond flour
20 grams sorghum flour
8 grams mesquite flour
50 grams sugar
2 teaspoons xanthan gum
¼ teaspoon cream of tartar
1½ teaspoons kosher salt
2 teaspoons active dry yeast

1 cup “fed” sourdough starter (recipe follows)
3 tablespoons coconut oil, melted and cooled
1½ cups warm coconut milk (about 100°F)
2 tablespoons fresh rosemary, minced
1 tbsp fresh basil, minced
1 tbsp fresh thyme, minced
1 egg white
1 tablespoon water
whole basil leaves
parsley leaves
thyme sprigs

1. In the bowl of a stand mixer fitted with the paddle attachment, mix the flour, xanthan gum, cream of tartar, sugar, salt and yeast to combine. Add sourdough starter and oil and mix to combine.
2. With the mixer on low, pour in the milk in a slow, steady stream. Once the flour has begun to incorporate the liquids, beat the ingredients on at least medium speed for 4 to 6 minutes. The dough will be pretty sticky—thicker than cake batter, not quite as thick as cookie dough. Scrape the dough onto parchment paper on a sturdy oven-safe baking dish (cookie sheet or pizza stone) and smooth into a boule shape with wet hands.
3. To decorate loaves: Place a large bowl of cold water beside the stove. Bring a large saucepan of water to a boil. Drop basil leaves, parsley and thyme sprigs into the boiling water for a few seconds. Retrieve with tongs or a slotted spoon and drop into the cold water. Pat herbs dry.
4. Blend egg white and water with a fork in a small bowl; brush over the risen loaves. Arrange herb sprigs decoratively over the loaves. Brush again with the egg-white glaze.
5. Allow the dough to rise in a warm, humid place for 30 to 45 minutes or until it has about doubled in size. While the dough is rising, preheat the oven to 400°F.
5. Bake the loaf in preheated oven for 40 to 45 minutes or until a nice, golden brown crust has formed on top.

Sourdough Starter

1 tablespoon active dry yeast
(1 cup) 158 gram white rice flour

1 cup lite coconut milk, room temperature
1 teaspoon sugar

1. In a 1- to 2-quart glass jar (*not* plastic or metal), dissolve the yeast in the milk by stirring with a wooden spoon. Add the rice flour and sugar and mix to combine well. Cover the jar loosely and allow it to sit at room temperature for 2 to 3 hours. Remember that the milk must be at room temperature for it to activate the yeast.
2. The mixture should bubble and appear pockmarked on the surface. It will also likely develop a thin liquid along the top. Stir to incorporate that back into the mixture. Cover the jar again loosely and allow it to sit out on the counter overnight.
3. Repeat the procedure in Step 2 for the next two days, stirring to combine, loosely covering, and then stirring again the next day, all the while leaving the jar of starter out on the counter at room temperature.
4. If you do not plan to use the starter soon, place it, loosely covered, in the refrigerator. You will need to “feed” it before you use it.

How to “Feed” Your Sourdough Starter

When you know that you want to use your sourdough starter, you will need to plan at least 4 hours ahead.

1. Remove the starter from the refrigerator, uncover it, and stir it until smooth with a wooden spoon. Remove one cup of the starter and discard it (or donate it to a friend to create another starter).
2. Add ½ cup warm water (about 100°F) and 1 cup white rice flour to the starter. Stir to combine. Allow the starter to sit out at room temperature for at least 4 hours, or overnight, loosely covered. The starter should be bubbling and thick. It is now “fed”
3. Use the amount of starter your recipe calls for. Then replenish the starter by feeding it again with ½ cup warm water and 1 cup white rice flour, stirring to combine, cover again loosely, and return it to the refrigerator.

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