

Easiest GF Sourdough Starter

SMALLER PORTION | ZERO-WASTE | 7 DAYS



INGREDIENTS/TOOLS:

- 1 cup GF brown rice flour (120g)*
- 2 teaspoons fresh lemon juice
- Water (spring or filtered), room temp.
- Cover (bowl/plate, plastic/fabric wrap)
- Small soup bowl (1-2 cups)
- Chopstick (wood or plastic)
- Small silicone spatula

Recipe creates
3/4 to 1 cup
(170/200g) of
active starter

READ TIPS ON
THE RIGHT!

INSTRUCTIONS:

DAY 1 -

To a small bowl, combine and mix 6 tablespoons of brown rice flour (50g), 1/4 cup of water (60g/60ml) and 2 teaspoons fresh lemon juice. Cover the bowl and place it in a warm spot in your kitchen.

DAY 2 -

During the day, uncover the starter, smell it and stir the mixture. Use a soft spatula to keep the sides of the bowl clean. Cover it and keep it in its warm spot.

DAY 3 -

Repeat Day 2. Uncover the starter, smell and stir it. Clean the sides of the bowl with a spatula to prevent mold. Cover the starter and place it somewhere warm.

DAY 4 -

In the morning, uncover and smell your starter. Add 1/2 tablespoon of brown rice flour and mix. Adding more water might not be necessary. If your mixture is too thick, add a touch of water, mix and cover. You can stir it once in the evening if it separates.

DAY 5 -

Early in the day, remove half the starter**, feed it 1/4 cup of brown rice flour (or heaping spoonful), and enough water to stir. At this point, the mixture might be thin, that's ok. Cover the bowl and let it ferment/rise.

A few hours later, you can add a spoonful of brown rice flour and mix if the starter is too thin. Don't add more water if you don't need it. Later in the evening, you can expect your starter to be fluffy, bubbly and lighter in texture.

DAY 6 -

First thing in the morning, uncover and smell your starter. Remove a spoonful of starter**, feed it a heaping spoonful of brown rice flour with enough water to stir and cover.

DAY 6 - 2nd feeding (pm): Don't remove any starter, add a spoonful of flour, a little water, mix and cover. A few hours later, check on the starter and stir it if you wish.

DAY 7 -

What to expect: Today, your starter might be ready. Smell it! Does it have a yeasty aroma? A little sweet? Can you hear popping bubbles when you gently stir it? **If it's ready, use it!** But ultimately the goal is to make the starter very active by feeding it one more time and build it up to create enough starter for whichever recipe you plan to bake. This smaller portion creates about 3/4 to 1 cup (+/-200g), which is enough for some recipes.

► **TIP 1:** If you need more than 1 cup of starter for a recipe, consider transferring your GF sourdough starter in progress to a bigger bowl or clear glass jar before the next feeding. Doing so will give the starter extra space to grow.

► **TIP 2:** If you want to bake on Day 8, feed your starter later on Day 7, before your bedtime is great! Doing so will hopefully make the starter lively by the morning.

► **TIP 3:** You will need to keep a heaping spoonful of starter to continue the starter process. To reduce waste, save the Day 7 discard (instructions below) as the start of the next sourdough starter batch.

DAY 7 -

Instructions: Before you go to bed, remove a heaping spoonful of your starter and put it in a new bowl to make a fresh batch of starter***.

To the first bowl, add a heaping spoonful (or more) of fresh brown rice flour with enough water to stir, cover and let it ferment overnight. **Remember:** You want to feed it enough flour and water to transform the mixture into a full bowl of wild yeast for the recipe you're making. If you need to create more than 1 cup of active GF sourdough starter, the feeding will require more flour and water.

DAY 8 - First thing in the morning:

Today, the starter should hold its rise and be active. You will hear bubbles popping if you stir it gently. Now is the perfect time to add some to a GF sourdough bread recipe.

You can make the [Gluten-Free BBQ Sourdough](#) or continue to feed and build up the new starter to create even more for a bigger loaf like the [Wild Yeast Bread](#).

*You'll need approximately 1 cup of flour to create a small bowl of GF sourdough starter. Use organic flour when possible. Depending on the GF sourdough bread recipe you are baking, you might need extra flour to make more starter.

**You can keep what you remove to make pancakes, crackers, or quick flatbreads.

***Saving the discard from Day 7 will help you continue the process. With this new bowl, feed it a generous amount of flour and water, mix and ferment. Once active, you can use it or refrigerate it until you're ready to bake again. **Ready to bake?** Take it out of the refrigerator and feed it more fresh flour and water and give it time to get active. You might not need to discard. But if your starter was left in the fridge for 1-2 weeks without refreshing, it might work faster to remove a little before you feed it. If you refresh it regularly and bake with it often, you shouldn't have to discard any. Remember to feed your starter the amount of flour and water it needs to create enough starter for the recipe you want to bake. If you don't use it often, it will be important to refresh it once in a while, every 1-2 weeks will be best for this smaller portion, if not it might dry up.

Additional Notes: If you see mould, don't take a chance, throw it out and start over. Make sure to use clean tools. Scraping the side of the bowl with a soft spatula helps to keep bowl tidy and clean. If your cover gets too messy, switch it for a new one. Lastly, have fun with the process and watch out for fruit flies—they love starter!