

SOURDOUGH

GLUTEN FREE

WHAT YOU NEED

Ingredients

- Flour

Your starter culture requires flour to activate and maintain. We recommend using organic flour. It typically contains more yeast that will keep your starter fed and happy

**Gluten
Free**

**Brown rice
flour**

- Water free of chlorine and fluoride (bottled spring water)
- 1 packet dehydrated sourdough culture

Equipment

- Glass jar (one quart)
- Rubber band
- Coffee filter or tight-weave cloth
- Mixing utensil

ACTIVATING YOUR GLUTEN-FREE SOURDOUGH STARTER

1. Add packet of starter to 1 Tbsp. flour and 1 Tbsp. of room temperature water in a quart-size glass jar and stir thoroughly. Cover the jar with a coffee filter or breathable material secured with rubber band and culture the starter in a warm place (70-80°F) for 4-8 hours.

**PRO
TIP!**

You're looking for your starter to bubble between feedings. That's the fermentation at work!

2. After 4-8 hours, feed the starter with an additional 2 Tbsp. of flour and 2 Tbsp. water. Stir thoroughly.

Your starter should have the consistency of pancake batter. Add flour or water to adjust as necessary.

3. After 4-8 hours, feed the starter with an additional 1/4 cup of flour and 1/4 cup water. Stir thoroughly.

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4. After 12-24 hours, feed the starter with an additional $\frac{1}{2}$ cup of flour and $\frac{1}{2}$ cup water. Stir thoroughly.

Discard down to $\frac{1}{2}$ cup starter and then feed the

5. starter with $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup flour. Stir thoroughly.

Repeat step 5 every 4-8 hours for 3-7 days. Do this

6. until the starter has the consistency of pancake batter and is bubbling regularly within a few hours of feeding. That's when your starter is activated and ready to use!

**PRO
TIP!**

Go to culturesforhealth.com/learn for ways to use discarded starter.