

Compliments of:



Celiac Sourdough Bread

By Beth Hagman

A bread that is springy, chewy, tasty, crusty and good both hot and cold. This recipe is a variation of one Margaret Powers offers in her excellent book "Gluten Free and Good".

Ingredients:

3 cups Gluten Free All Purpose Baking Flour
1/2 cup Sugar
3/4 tsp Sea Salt
1 cup Milk Powder (Non-Fat Dry)
2 tsp Xanthan Gum
3/4 cup Sourdough Starter
1 cup Warm Water (110 degrees)
3 large Eggs
1½ cups Low fat Cottage Cheese

Bread:

Use nonmetal pans and utensils as much as possible when mixing this bread. Since this is a stiff dough, you will need a heavy-duty mixer and a bread hook.

Preheat oven to 350°.

Place Gluten Free All Purpose Flour, sugar, salt, milk and xanthan gum in mixing bowl and blend together on very low speed.

In another bowl, beat together the sourdough starter, water, eggs, and cottage cheese. Mix them slowly into the flour with bread hook of mixer. Beat for about 4 minutes.

Cover and let rise until double in bulk. Don't hurry. This may take up to 1½ hours.

Beat again for 5 minutes. Fill greased pans three-quarter full. Let rise until dough is almost to top of pans, about 40 minutes.

Bake in 350° oven and watch to see when dough rises to top of pans and rounds on top (about 10 minutes), then increase heat to 400° to finish baking.

Feed Starter: After each use, the remaining starter must be fed to provide enough quantity for the next use and to reactivate it.

1 cup starter
1 cup warm water
1½ cups rice flour

Mix together in glass jar or crock. Let stand until double in bulk. Starter is ready when it has bubbled and mounded up. Refrigerate.

Sourdough Starter:

1Tbs Yeast, Active Dry
1cup Lukewarm Water
1½ cups White Rice Flour

Dissolve the yeast in the warm water and let sit 10 to 15 minutes. Slowly add the flour and mix well with a wooden spoon. Place in a clean jar or crock (never use metal) and allow to sit at room temperature until fermented and bubbly.

If in a warm room, this may require only 15 minutes. When bubbly and risen a little, cover and refrigerate. Starter is now ready for use. It should be the consistency of thick pancake batter when ready to use. It is best used within several weeks.