



Gluten-Free Sourdough STARTER CULTURE INSTRUCTIONS



You can make delicious sourdough bread!

Total time: 3-7 days ★ **Active time:** 5 minutes every 4-8 hours

**YOU
CAN DO
THIS**

Making and maintaining a sourdough starter at home is easy and rewarding. Although it needs to be fed regularly, sourdough is one of the more forgiving cultures. It's the perfect starter for your culturing adventure.

Activating the Starter

1 Add packet of starter to 1 tablespoon brown rice flour and 1 tablespoon 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 **leave** the starter in a warm place for 4-8 hours.

2 After 4-8 hours, **feed** the starter with an additional 2 tablespoons of flour and 2 tablespoons water. **Stir** vigorously. *Your starter should have the consistency of pancake batter, and you may need to add more flour or water.*

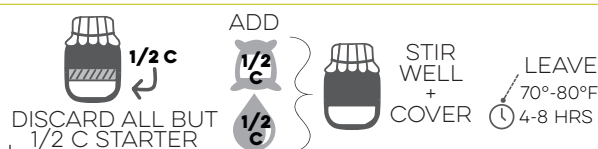
3 After 4-8 hours, **feed** the starter with an additional ¼ cup of flour and ¼ cup water. **Stir** vigorously.

4 After another 4-8 hours, **feed** the starter with an additional ½ cup of flour and ½ cup water. **Stir** vigorously.

5 **Discard** down to ½ cup starter and then **feed** the starter with ½ cup water and ½ cup flour. **Repeat** every 4-8 hours for 3-7 days, until the starter has the consistency of pancake batter and is bubbling regularly within a few hours of feeding. *Go to our website for ways to use discarded starter!*

What You'll Need

- 1 packet dehydrated sourdough culture (in this box)
- 💧 Water free of chlorine and fluoride (bottled spring water)
- 🍷 Brown rice flour
- 🫙 Quart-size glass jar or similar container
- ☕ Coffee filter or breathable material
- 🌀 Rubber band
- 🥄 Non-aluminum mixing utensil (stainless steel is OK)



REPEAT FOR 3 TO 7 DAYS

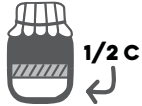
What's next? Keep your starter fed and healthy, bake with it, plus troubleshooting tips. →

Instructions for Maintaining your Sourdough Starter

On your counter (frequent bakers)

Feed your starter once every 4-8 hours using **1 part starter, 1 part water, and 1 part flour.**

We suggest discarding down to ¼ or ½ cup starter to keep your feedings smaller and your starter manageable.



In your fridge (weekly/monthly bakers)

In colder temperatures, your starter goes into hibernation, and you don't need to feed it as often.

Feed it every 3 to 4 days just like you would keeping it on your counter.



USING YOUR STARTER

To build up starter for a recipe, feed according to the ratio above—just don't discard as you go. It's ready to bake with 2 hours after the last feeding. Reserve at least ¼ cup to continue maintaining.

Be sure to plan ahead when baking with a refrigerated starter, as it needs to come to room temperature and be fed 2-3 times according to the countertop instructions before use.

FROM THE FRIDGE

Recipe: Gluten-Free Sourdough Loaf

Total time: 11-15 hours ★ **Active time:** 30-45 minutes

INGREDIENTS

- ½ cup gluten-free sourdough starter
- 1 cup brown rice flour
- 1 cup potato starch
- ⅓ cup + 1 Tbsp. buckwheat flour
- ⅓ cup + 1 Tbsp. millet flour
- ⅓ cup + 1 Tbsp. sorghum flour
- 1 cup lukewarm water
- 3 eggs, room temp.
- 1 Tbsp. molasses
- 1½ Tbsp. organic sugar, raw honey, or maple syrup
- 1 tsp. salt
- 4 Tbsp. coconut oil, olive oil, or sunflower oil

INSTRUCTIONS

- In a medium-sized bowl, **mix** the molasses and warm water. **Melt** the coconut oil, and **mix** it in. The mixture should be lukewarm, not hot.
- In a separate large bowl, **mix** the flours, starch, and salt.
- If using a dry sugar, **add** the sugar to the dry mixture. If using a liquid sugar (honey or maple syrup), **add** the sugar to the wet mixture.
- Whisk** the eggs in a separate bowl. **Mix** the eggs and the gluten-free sourdough starter into the wet mixture.
- Add** the wet mixture to the dry mixture in multiple additions, mixing well after each addition, until the mixtures are thoroughly incorporated. **Pour** the dough into a greased bread pan.
- Allow the dough to **rise** in a warm spot for 4-12 hours. *Gluten-free dough may not rise as much as expected.*
- Preheat** the oven to 350°F. **Bake** the bread for 40 minutes. **Cool** the bread upside down on a wire rack for at least an hour before cutting.

Questions? We can help!

Q *Why is there a thin layer of liquid on my starter?*

A It's normal for gluten-free sourdough starter to separate. As long as it smells pleasant, it's fine. If the liquid has a strong vinegary or alcoholic aroma, the starter should be fed more frequently. Pour the liquid off or stir it back in before feeding.

Q *What can I do if my starter isn't bubbly?*

A Bubbling should be visible within 4-12 hours of feeding. Feed your starter more often and check the temperature.

LET US HELP

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support at www.culturesforhealth.com

Q *My starter smells weird. Is that normal?*

A Fermented foods have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

Q *It's hot/cold outside. Where can I find a 70°-80°f spot to culture my starter?*

A Get creative! If it's too cold, keep your starter on top of a warm appliance or in the oven with the light on. If it's too hot, try a low cabinet or pantry. Test your new spot first.

We have dozens of recipes, how-to videos, and articles for beginners and sourdough pros on our website, www.culturesforhealth.com

WANT MORE?