



## Gluten-free Wild Yeast Starter and Baguettes

Gluten-free, egg-free, dairy-free

Flour blend from Dr. Jean Layton, recipe, Janice Mansfield

Sourdough flour blend (makes 1 large batch of flour, weight, 145 grams per cup)

- 583 grams brown rice flour
- 583 grams sorghum flour
- 583 grams millet flour
- 290 sweet rice flour
- 74 grams garfava flour
- 155 grams white bean flour (I switched the proportions of the garfava/white bean flours)

To make a starter: Mix at 100% hydration (equal parts water and flour), let sit 2 days at room temp until it starts to bubble.

After 2 days, you can start to feed the starter — approximately 1/4 the volume of the total starter. (e.g. if the starter is 2 cups, feed it with 1/4 cup flour + 1/4 cup water. Every 3rd feed or so, adding 1T potato flour will help promote active yeast growth in the starter.

If you keep the starter in the fridge, feed it approximately 1 x per week, or every time you take it out to bake. The starter can be used for breads, but can also be used to leaven other things from muffins to pancakes — just bear in mind that your final product will have the “tang” of the wild yeast starter.

To make a plain-jane baguette:

1-2 hours before you plan to bake, remove the “mother” starter from the fridge, mix together your “starter” for the recipe ...

- 1/2 cup sourdough starter
- 1/2 cup water
- 1 Tablespoon potato flour (NOT starch)

Let sit, covered for 1 –2 hours to get the wild yeast going again.

In a medium bowl, combine dry ingredients and whisk well

- All of the starter you made earlier
- 1 Tablespoon honey
- 1 Tablespoon neutral flavoured oil
- 1 1/2— 1 3/4 cup water



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Add the dry ingredients to the mixer, and mix at medium speed for at least 3 minutes until the dough becomes smooth

- 200 grams Jean's sourdough flour
- 50 grams cornstarch
- 50 grams tapioca starch
- 2 1/4 teaspoons xanthan gum (or guar gum)

The dough will be very soft and billowy, and should be wet enough to allow it to rise easily. If it looks like it needs more water, add 1-2 T at a time.

Use a scoop to place the dough in a greased baguette pan. Smooth out the baguettes and slash. Let sit, covered for at least 1 hour, and up to 4 hours. You can also raise the baguettes overnight in the fridge for further development of the flavours.

20 minutes before baking, preheat oven to 425 degrees.

Bake for 30-35 minutes