

How to Make a Gluten Free Sourdough Starter



After successfully making my regular sourdough starter, I decided to try a gluten free starter. I went in with the same

philosophy as I did before, “if it doesn’t work, at least I tried”. But to my surprise, it worked. In fact, it worked faster than the regular starter. I could not believe that in two days I was already seeing bubbles. I have already made two sourdough discard pizzas and my son has loved them.

A starter is the combination of lactic acid bacteria and wild yeast. It gives great flavor to food and has great health benefits. The long fermentation allows our bodies to process nutrients such as iron, zinc, magnesium, antioxidants, folic acid, and other B vitamins.

The process is exactly the same as the one for a regular sourdough starter. Here is the link to the post I wrote “How to Make A Sourdough Starter” <https://wp.me/pc0thW-a>. The texture will be slightly different but the process is the same. I did not change a thing, but the flour. I used this flour <https://amzn.to/20nJ7T0>.

1/2 cup of gluten free flour

1/3 cup of filtered water

Add flour and water to a glass jar (preferable with a wide mouth) <https://amzn.to/20H7B9T>, and mix well. You want a consistency of pancake batter but a little thicker. Do not over think it, cover with a paper towel and an elastic band, and leave it on your counter for 24 hours.

The next day, discard half of the mix and add the same amount of flour and water that you have in the jar, making it equal parts. I eyeball it and it has worked every time. That is why I constantly say to not stress about it. The process of adding more flour and water after discarding half, is called; feeding it.

Every day for the first 4 days you will do the same, discard half and add flour and water. On day 5, 6 and 7, you will discard in the morning and at night. You should start to see

bubbles and the starter doubling in size. If not, wait and give it a few more days. The warmer your house is, the better it will be for your starter to become active.

I started using the discard a week later, when my starter was bubbly and doubled in size. Because I needed to discard half, I used it to make a small personal pizza on my cast iron skillet. You can also use it to make pancakes and crepes.

After your starter is active, you can use it daily or put it in the fridge and let it rest for a few days or a couple of weeks. When you are ready to use it again, be sure to feed it and leave it out on the counter for at least 4 hours before you use it to bake.

If you have questions, please send me a message and I will do my best to help you during the process.

Enjoy!