

Gluten-Free Sourdough Bread

Ingredients:

- 1 cup brown rice starter
- 3 eggs
- 4 TBS melted butter, not too hot
- 1-1/4 cups or your choice of milk
- 2 TBS honey
- 1 cup sorghum flour
- 1/4 cup brown rice flour
- 1/2 cup buckwheat flour
- 3/4 cup tapioca starch
- 4 tsp. psyllium husks, finely ground--not all brands are the same; I use [THIS BRAND](#) Viva Naturals available through Amazon. (alternative: 1 TBS xanthum gum)
- 2 tsp. salt
- 1/2 TBS (1- 1/2 tsp. baking soda)



Directions:

- In a large bowl, melt butter and stir in water. Add starter, eggs, and honey.
- In a separate bowl, mix dry ingredients (**NOT** baking soda!! Reserve soda for just before baking.) Use a whisk or beaters to thoroughly blend in the psyllium husks.
- Mix wet and dry ingredients, beating with a mixer until very well combined. Cover with a lid, or plate, or plastic wrap and allow to ferment a minimum of 7 hours (12 hours is ideal). If you need to bake bread in less time, place in the oven (turned off) and turn on the oven light to warm things up and speed the fermentation process.

After Fermenting:

- After fermenting, when ready to bake, preheat oven to 400 degrees F. Place bread pan in oven with oil or butter in it and allow it to melt. While it is melting, add baking soda to bread batter and mix thoroughly. Remove hot bread pan from oven and distribute oil around the pan, greasing all the sides. Scrape bread batter into bread pan and smooth the top.
 - **Reduce heat to 350 degrees F** and bake bread for 50-55 minutes.
 - After removing bread from the oven, allow to sit a few minutes. Run a knife around the outside to release from the pan if necessary, and then transfer to a cooling rack. Allow to cool and then slice.
- Makes 1 loaf. Enjoy!

This bread was inspired by a [sandwich bread](#) at Cultures for Health.