

SOURD UGH_MANIA

MAKING YOUR FIRST GLUTEN-FREE STARTER AND TAKING GOOD CARE OF IT



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MY GLUTEN-FREE STORY AND CHALLENGES

My first gluten-free sourdough starter was a success, my first bread however not. It was brick-like although I had more than 8 years of experience in sourdough baking with gluten flour.

Gluten free flour has completely different characteristics than the one containing gluten.

After 2 years, I took up the challenge after numerous questions when I would prepare some content without gluten.

Again, my attempts were a lot of times big fails. I've produced a few big cave like loaves and sticky baked goods because I used too much water or didn't bake enough time.



Anita Šumer, passionate SourdoughManiac since 2012

But I didn't give up and upon countless successful bakes created **this freebie to shorten your time and way to gluten-free sourdough starter** in the simplest and healthiest way.

You don't have to repeat my mistakes but you can learn from them and make progress as fast as you can even with no prior baking experience.



LET'S GET START(ER)ED



**I'M SO EXCITED YOU WANT TO MAKE
YOUR FIRST GLUTEN-FREE SOURDOUGH STARTER.
LET ME SHOW YOU HOW EASY THIS IS.**



You'll learn what **utensils** you need.

What the **characteristics of gluten-free flours** are, and which one is the fastest to start.

What the right **temperature** is and what kind of **water** you need to use, when your starter is ready.



WHAT KIND OF SMELL, FLAVOR, AND TEXTURE YOUR STARTER NEEDS TO HAVE WHEN IT'S IN PERFECT SHAPE.

Plus, I share with you my famous **SOS-step** that can solve any sourtastic challenge, well almost.

And why it is important to **name your starter**. And how to save it for later.

How much you need to leave behind in the jar before you **feed it**.
And **how much of your starter you need to use** in a recipe.



So let's get start(er)ed.

FERMENTED NOTE: In the case of celiac disease, use labeled gluten-free ingredients and be mindful of cross-contamination with foods, and ingredients containing gluten.

UTENSILS



*Small glass jar
with a lid.*



*A spoon; plastic,
wooden or metal, it
doesn't matter.*



*A kitchen scale, so
you'll always know the
amount of your starter.*





CHARACTERISTICS OF GLUTEN-FREE FLOUR

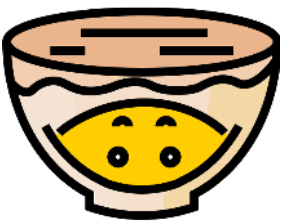
The name says it all. There's no gluten, no extensibility nor elasticity in the dough. It usually soaks up more water. Choose a high quality organic flour for your first starter and not store bought flour mixtures with different add-ins. Make sure it's really finely milled. Perhaps consider purchasing your own stone mill. So your flour will always be as alive as possible and super finely milled. Make sure the stones in your mill were tested at the factory with gluten-free grains if you're celiac.



FERMENTED NOTE #1: *In the case of celiac disease, use labeled gluten-free ingredients and be mindful of cross-contamination with foods, and ingredients containing gluten.*

FERMENTED NOTE #2: *White or brown rice flour can also be used for making a gf starter. Be mindful it soaks up more water than millet flour.*

WHAT FLOUR STARTS THE FASTEST



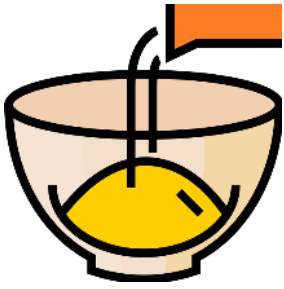
From my experience, millet is the fastest, then buckwheat (which tends to get a pinkish shade, but this is normal), then corn. Others report a quick start also with teff. When you start with one type of flour, use it also for later feedings. Don't change your starter's diet :) But you can use one starter for all types of bread and other treats.

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FERMENTED NOTE #2: *White or brown rice flour can also be used for making a gf starter. Be mindful it soaks up more water than millet flour.*

FERMENTED NOTE NR. 3: *Pinkish coloring on the surface of buckwheat flour occurs due to oxidation. You can remove the outer/top layer, and discard it in compost. Feed the rest.*



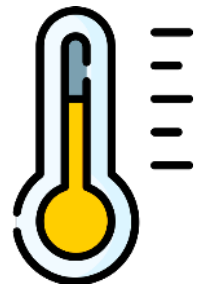


WHAT KIND OF WATER YOU NEED

Your water needs to be of room temperature, you can also leave it to stand for a while. Or you can use filtered water at the beginning. When your starter is older and stronger, it will tolerate tap water too if it's of drinking quality of course. If not, you can use bottled water for your starter and then your dough.

ROOM TEMPERATURE

Appropriate temperatures range from 22-25 C (71-77 F). With lower temperatures, it takes longer for the starter to be active. With higher, it will be faster. But not more than 30 degrees C (86 F). Just be patient.



DAY-TO-DAY TO YOUR FIRST GF STARTER

(everything happens at room temperature)



Day 1 (RT)

In a clean jar, mix 10 g of water, and 15 g of millet flour. Mix with the handle, and make sure it's thick. If needed, adjust the flour/water ratio. Clean the sides of the jar. Then cover and leave at room temperature.

FERMENTED NOTE: If using any other type of flour (rice, buckwheat, teff etc.), make sure the mixture is thick, not runny.



Day 2 (RT)

Add 10 g of water to the jar, mix, and then add 15 g of millet flour. Mix well, clean the sides. Then cover and leave at room temperature.



Day 3 (RT)

By now, you should be able to see some activity in the jar, like small bubbles. If they aren't there yet, just be patient. My millet starter was ready after 3 days. But depending on the room and flour, it might take a bit longer where you live.

So again add 15 g of water, mix, and then add 20 g of millet flour. Mix, and make sure it's thick, not runny. Cover, and leave at room temperature.

FERMENTED TIP: If you notice any activity sooner, you can also feed your starter as soon as you notice it rising. With labeled gluten-free flour (important for celiac patients), it might take a bit





Day 4 (RT)

Remove almost everything from the jar and use it in the pancakes recipe. Leave a minimum amount in the jar, just tiny remnants on the bottom. Then add 15 g of water, 20 g of millet flour. Mix well, clean the sides. Cover, and leave at room temperature.

FERMENTED NOTE #1: The starter can have a bad/unpleasant smell in the first few days. Just keep on going. If it smells sour or like acetone, this is ok at the beginning. Later on, we'll resolve



Day (RT)

Add 20 g of water to the jar, and mix. Then add 25 g of millet flour. Mix, cover, and leave at room temperature.

IF THERE'S NO ACTIVITY (repeat Day 4-Day 5)

If needed, repeat Day 4 and Day 5, if nothing happens in the jar. It's also possible to leave the mixture unattended for 2 days. Sometimes this helps and the mixture becomes alive. Then after that you can do the same as on Day 4.

FERMENTED TIP #1: All quantities are just approximate, pay attention to the consistency and structure of the starter not so much to the weight. Start with a small flour amount. Gluten-free flour is more expensive thus we use smaller amounts and don't discard during the process unless the starter becomes moldy or starts to smell really unpleasantly (like something rotten, old cheese, fungus, rotten eggs etc.).

FERMENTED TIP #2: In the first 2-3 days, your starter might smell odd, or even stink, that's normal. Don't worry. After a few days, it will get its typical slightly fermented smell. It takes time for the starter to stabilize, so the right microorganisms become active.

FERMENTED TIP #3: With labeled gluten-free flour (important for celiac patients) it might take a bit longer, so be patient. It can take up to 10-14 days for the starter to stabilize.



FREQUENTLY ASKED SOURTASTIC QUESTIONS

WHEN IS YOUR STARTER READY?

Your starter is ready when it reaches a dome shape, becomes puffy, it grows, not necessarily for 100% like with a gluten starter. You can notice that by placing a rubber band on the jar right after the feeding. Your starter is ready when you can hear bubbles cracking when you mix it.

WHAT'S THE SMELL, TASTE, CONSISTENCY OF A GOOD STARTER?

A well-taken care starter should smell of milk kefir, yoghurt, and that should be its taste too. If it smells or tastes like vinegar, use the SOS step. Consistency should be thick, quick-sand like, not runny.

SOS STEP

When your starter gets too sour or hasn't been used for a while, and it's not active, take a small portion (a quarter of a teaspoon or even less), place it in a clean jar. There add 15 g of water and 20 g of millet flour. Mix and make sure it's thick. Clean the sides, place a rubber band, cover and leave at room temperature for it to become alive again. To bubble up, to swell up. Patience is key.

NAME YOUR STARTER

After you've created your starter, give it a name. Thus you'll take better care of it and establish a special bond with it. I'm sure.

HOW TO STORE YOUR STARTER?

If you bake every day, you can leave it at room temperature. Otherwise, fear not, it will patiently wait for you in the fridge. Just make sure you feed it well, make it even a bit thicker than usual.



HOW MUCH STARTER YOU NEED TO LEAVE BEHIND IN THE JAR BEFORE YOU FEED IT?

Before you feed your starter, leave a minimum amount in the jar, small residues covering the bottom of it. Personally, I add water first, cover the jar, and shake it and thus clean it. Then I add flour, mix and clean the sides. Cover with a lid, and leave at room temperature for an hour. Then place it in the fridge.

HOW MUCH STARTER TO USE IN A RECIPE?

The more starter you add the faster your dough will rise, and vice-versa. No matter how much starter you use, make sure it's in top shape. If it's more sourish, you can add less starter than stated in the recipe. If you have more starter than in the recipe and it smells great and is puffy and active, you can use a larger quantity. Pay attention: your dough will also rise faster.



Wow, so we've created your first gluten-free sourdough starter together!

What sourtastic news!

Now let's name it, so it will stay with you as long as you want it.

I wish that your sourdough baking becomes a pleasure, time for you and an opportunity to create something healthy for yourself or for your dear ones in a simple yet effective way.

So we can bake the world a better place.



So is this the end or just a sourtastic beginning?



We've created your first gluten-free starter together and learned how to take care of it. If you want to **delve deeper into gluten-free bread baking with sourdough plus some other delicious treats** (like pizza, focaccia, buckwheat bread with walnuts, cornbread, pancakes), learn everything about your gluten-free starter, get answered to the most frequently asked questions, check my



**ONLINE GLUTEN-FREE
MASTERCLASS.**

You can find it HERE.

It's packed with many fermented bonuses, baking schedules, how to use a grain mill, comparison of different flour types, and much more.



Perhaps you're more artistic type and want to make your own bread art, then the **Best Cookbook in the World 2022** aka my 3rd book **Bread Art Ebook** is just the right one for you. It's available as an ebook accompanied by 25 videos.

Click here or the picture of the book.

Let my sourtastic baking tools make your baking easier. They are lovingly hand-crafted in Europe (Slovenia).

The proud members of this sourtastic family are **a scoring knife** for scoring your dough before baking, **a bench knife** for shaping your dough, **a proofing cap** to cover your banneton, and **a set of durable stencils.**

**SOURTASTIC HELPERS
CLICK HERE AND
HAVE A LOOK.**





About Anita Šumer

I've been passionately in love with sourdough since 2012 and on a mission to spread sourdough baking in a simplified way across the globe. Ambassador for the Quest for Sourdough since 2016.

And author of several bestsellers available in 5 languages (1st book **Sourdough Mania** named Best Bread Book in 2019).

Recently I was awarded by the Gourmand World Cookbook Awards for the **Best Cookbook in the world 2022** – Bread Art (e)book.

I began baking with sourdough out of love for my deceased husband who after a gallbladder removal couldn't eat yeasted bread anymore. In October 2016, I created her **Instagram account @sourdough_mania** and my content got viral (Buzzfeed, Bored panda, Unilad, Daily Mail, and others shared her artworks). My IG account is followed by more than 87.700 people.

Sourdough for me is sharing knowledge, passion, and love for better bread so everyone can incorporate it into everyday life. Baking is meditation, relaxation, a chance to connect to oneself, and nature through carefully choosing ingredients. What you put in the dough is multiplied in the baked goods.

Not only did sourdough change my life, it has also led me to numerous workshops around the world, so far more than 12 countries, with more than 2000 happy and enthusiastic students.

And before we say goodbye ...



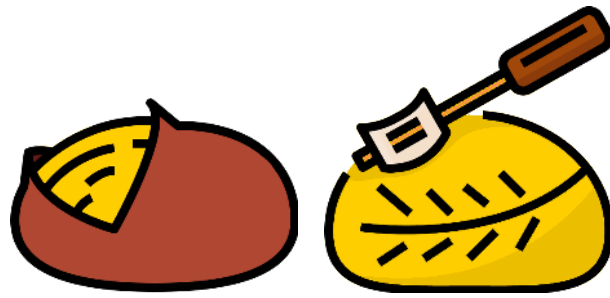
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When you create your first gluten-free starter,
please share it on social media.
Use #glutenfreesourdoughmania #sourdoughmania.



Join me on Instagram @sourdough_mania, and tag me in your
posts so I can reshare them in the stories.



*p.s. Subscribe to sourtastic newsletter
to stay updated on all things sourdough-related.
Click **HERE**.*

**Let's Bake the World a Better Place,
Anita**

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