

# The Everything Free Life

## Sourdough Tips and Tricks

### Starter:

- Reserve at least 40g of starter every time you use the starter
- Feed 1:1 ratio of flour to water (but adjust if needed to obtain correct consistency)
- 60 g brown rice, 20 g buckwheat is my preferred ratio, but feel free to experiment.
- Feed every day if keeping on counter
- Store in refrigerator if you won't be baking for a while, but plan to give it at least two good feeds before you use it for baking
- You can forego discarding for a couple feeds if you're trying to build up enough to double a recipe or will be doing a lot of baking, but you want to keep the starter a manageable size.
- You can store discard in a container in the refrigerator and use for pancakes, waffles, crackers etc... Most "discard" recipes are simply calling for unfed sourdough starter.
- If the starter is turning weird colors, scrape off the top layer, feed and resume using. The purple/pink hue is due to the buckwheat.
- If the starter has a layer of liquid, or "hooch", pour this off, feed and resume using (you may need to add a little more water with feeding)
- Do a smell check! The starter should have a sour, fermented smell, but it shouldn't be offensive.
- Pro tip: make sure to share your starter with a couple friends — then if yours gets funky you've got backup 😊

### Bread Baking:

- Bake at 425 one hour, reduce temp to 415 and bake for another 15-17 minutes
- For a crispy crust, remove from loaf pan for the last 15 minutes; for a softer crust, leave in the pan.
- Use 70 g of brown rice flour (a nice mid point for texture).
- Substitute white rice for sorghum if you can't find sorghum.
- Substitute arrowroot starch for tapioca starch, and tapioca starch for potato starch if you can't tolerate nightshades.
- As long as the proportion of whole grain flours (millet, quinoa, brown rice, white rice, sorghum) to starch (tapioca, potato, arrowroot) remains the same, you will likely have good luck with substitutions.