THE J.M. SMUCKER Co

Gluten Free Sherwood™ Starter

Prep Time	Cook Time	Serves	Difficulty
10 mins	N/A	N/A	N/A

Ingredients

- **Day 1:**
- 1 tsp sugar
- 2 cups warm water
- 1 package active dry yeast
- 2 cups Robin Hood® Gluten Free Flour Blend

  Robin Hood® Gluten Free All Purpose Flour Blend

- **Day 2:**
- 2 cups Robin Hood® Gluten Free Flour Blend
- 1 cup milk
- 1/2 cup sugar

Directions

Step 2:

Dissolve sugar in 1/2 cup (125 mL) of the warm water in large glass bowl. Do not use metal bowl. Sprinkle yeast into water; let stand 10 minutes. Stir in remaining water and flour. Beat until smooth. Cover bowl tightly with plastic wrap and leave overnight at room temperature.

Step 4:

Add Day 2 ingredients to Sherwood™ mixture in bowl. Beat until smooth. Cover loosely with plastic wrap. Refrigerate.

Step 6:

Stir until smooth. Refrigerate.

Step 8:

Repeat Day 3.

Step 10:

Repeat Day 2.

Step 12:

Stir well once a day and refrigerate.

Sherwood is now ready to use. Your SherwoodTM sourdough starter should have grown to at least 4 cups (1 L) and should be the consistency of thin pancake batter. If Sherwood is thicker, add lukewarm water until the desired consistency is achieved before using it in a recipe.

When Sherwood is down to 1 cup (250 mL) OR once every 10 days, follow Day 2 steps and let the mixture grow again.

You can freeze Sherwood for up to 3 months. Before using, thaw slowly in refrigerator for 24 hours. Follow Day 2 steps and leave at room temperature overnight before using.

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