Homemade Arrowroot Flour

Ingredients:

5 arrowroots (adjust quantity depending on need)

1. Choose fresh mature arrowroots rhizomes that are firm and free from mould or damage.
2. Wash the arrowroot rhizomes thoroughly under running water to remove any dirt. Peel to get rid of outer skin.
3. Grate the peeled arrowroot rhizomes using a fine grater or slice them thinly. The goal is to increase the surface area for drying.
4. Spread the grated or sliced arrowroot on a. clean surface or use a food dehydrator to dry them. If using the sun, place them in a sunny location. The drying process may take a few days. The arrowroot should be completely dry and brittle when ready. It should break easily without any moisture.
5. Using a coffee grinder, food processor or high quality blender grind the dried arrowroot into a fine powder. Process until you achieve a flour like consistency.
6. If there are any coarse particles you can sift the arrowroot flour to obtain a smoother texture.
7. Store your homemade arrowroot flour in an airtight container in a cool, dry place. Use it in a gluten free baking, thickening sauces or as a starch substitute in cooking.