

Bread, baking your own unusual, gluten free bread

Thanks to : Roy Britton

<http://cruelandunusualgeography.com>

It is expensive to buy gluten free breads, this is a new recipe “weird” but really nice. It is a moist loaf with pretty good keeping qualities and a mildly nutty taste.

Ingredients

1 cup of tapioca flour or potato flour
1 cup of rice flour
1 cup of chickpea flour
1 tspn salt
1 tbsp of sugar
1 tbsp of milk powder
3 tspns of xanthan gum

Method

1. First dissolve 1 tbsp of sugar in 1 ½ cups of warm water.
2. Then add 2 - 3 tspns of yeast and leave until fermentation starts, that is until the mixture starts going frothy. Keep until 4.
3. In a large bowl, mix the above dry ingredients together.
4. Now add water and the yeast mix (from 2).
5. Add 1/3 cup of oil (like canola or ice bran oil, works well) and 1 tbsp of cider vinegar.
6. Mix well and place in a loaf tin, lined with baking paper. Leave in a warm place until it has risen.
7. Bake at 180oC (350oF) until golden brown.
8. After taking the loaf out of the oven, allow the loaf to rest for a few minutes, then cool on a baking rack.

Like most gluten free breads, this will store well in the fridge and it makes excellent toast.

Roy lives in New Zealand and gave us permission to publish this unusual recipe for baking a GF Loaf.