

French Bread - Gluten Free

AZ Central

Ingredients

2 tbsps active dry yeast
1 tbspn sugar
1 ¼ cups of warm water (about 110 degrees)
¾ cup of Sorghum Flour
1 ¾ cups of potatoe starch
½ cup of Tapioca Flour
1 tspn Xanthan Gum
¼ cup of powdered milk
1 ½ to 2 tspns salt
1 tbspn Cider Vinegar
1 tbspn of butter or margarine, softened
4 large egg whites, at room temperature

Method

1. Line a two-baguette French bread pan with parchment paper or coat with cooking spray.
2. In a small bowl, combine the yeast, sugar and water and stir until dissolved. Then set aside for 5 minutes.
3. In a large bowl, use an electric mixer, to combine the Sorghum flour, potatoe starch, tapioca flour, xanthan gum, guar gum, powdered milk, salt, butter, cider, 3 egg whites and the yeast mixture.
4. Beat on low to blend. Once blended, beat on high speed for 2 minutes, scraping down the sides of the bowl as needed. The dough will be soft.
5. Transfer half of the dough to each side of the prepared pan.
6. Use a wet spatula, to smooth each into a 12-inch loaf.
7. Lightly beat the remaining egg white, then use a pastry brush to lightly coat the top of the loaves.
8. Use a knife to cut 3 diagonal slashes (about 1/8-inch deep) across each loaf.
9. Place the pan on the middle rack of a cold oven.
10. Set the oven to 425 degrees and bake for 30 to 35 minutes, or until nicely browned.
11. Remove the bread from the pans and cool completely on a wire rack, before slicing.