

Our Family's Basic Gluten Free Dairy Free Bread

$\frac{3}{4}$ cup milk substitute of choice (rice, almond, etc.)
or water (169 grams), room temperature
 $\frac{1}{2}$ cup garfava or garbanzo flour (63 grams)
 $\frac{1}{4}$ cup sorghum flour (31.75)
2 $\frac{1}{4}$ teaspoon dry active yeast
2 tablespoons sugar or sweetener of choice
1 teaspoon cider vinegar
2 large eggs (110-114 grams), room temperature
2 tablespoons oil
 $\frac{1}{2}$ cup corn starch (64 grams)
 $\frac{1}{2}$ cup potato starch (96 grams)
 $\frac{1}{2}$ cup tapioca starch (60 grams)
1 tablespoon xanthan gum or guar gum
1 teaspoon salt
depending on bread dough texture: up to 2
tablesoons mor milk substitute of choice



Servings/Yield

one 8x4 loaf

Method

In a non-reactive bowl, combine $\frac{3}{4}$ cup milk substitute, garbanzo flour, sorghum flour, yeast, sugar, and cider vinegar. Mix well. Cover bowl and set aside for 2 to 4 hours.

In the mixing bowl of a heavy-duty mixer, beat eggs until frothy. Add oil, blend. Add garbanzo flour mixture and stir well. Wisk dry ingredients together in a separate bowl. Add dry ingredients, mix well on low speed until all ingredients are incorporated. Check texture of dough. If needed, add 1 Tablespoon of milk substitute at a time until the correct texture is achieved (not too stiff, not soupy – thick and sticky). Beat at high speed for 3 minutes. Scoop dough into an oiled 8 inch x 4 inch bread pan. Smooth dough with oiled hands.

Let dough rise in a warm area, covered with oiled plastic wrap for 20-45 minutes. Do not let dough rise past top of

pan or it will be over proofed.

Bake in a preheated 375 degree oven for 50 -60 minutes. If the crust is browning too much for your taste, set a piece of foil over the top of the loaf during last half of baking time.

One more tip for all gluten free bread baking: If you take some ice and put it on an old baking pan you don't mind warping, and put it in the oven (on the bottom rack) with the bread (on the rack next one up from the bottom one), you will get steam in your oven which I find helps eliminate the weird hard top gluten free crusts can get sometimes.

For an egg free version: Mix 2 Tablespoon ground flax seed, golden or dark varieties, with 6 Tablespoons warm water. Let this sit for a couple of minutes, stir again, then add to recipe when the eggs are called for. Due to not needing to worry about the variables in egg size (lucky you!) you should be able to use the entire cup of milk substitute.

