

Gluten Free Sandwich Bread

Yield: 1 lb. loaf

Ingredients

Dry mix:

- 4 oz. brown rice flour
- 4 oz. tapioca flour
- 4.6 oz. corn starch
- 2 1/2 tsp. xanthan gum
- 1 1/2 tsp. salt
- 1 Tbsp. baking powder

Wet mix:

- 3 large eggs, room temperature
- 1 tsp. apple cider vinegar (or buttermilk)
- 1/4 C. butter, room temperature (1/4 C. = 4 Tbsp.)

Yeast mix:

- 1 C. water
- 3 Tbsp. granulated sugar
- 1 packet of active dry yeast (~2 1/4 tsp.)

Instructions

1. Before you bake, set out eggs and butter to come to room temperature.
2. Prepare your bread pan, greasing only the bottom and the corners
3. In a large bowl, combine all dry mix ingredients, and mix thoroughly.
4. Heat the water for the wet mix to ~100 degrees Fahrenheit (~30 seconds in a 1000 watt microwave).
5. Stir sugar into hot water until dissolved.
6. Add yeast to sugar water and give a slight stir, allow yeast to proof for at least 10 minutes, or until frothy.
7. In a bowl or stand mixer, combine your wet mix ingredients.
8. Approximately 1/3 at a time, add your dry mix to the wet mix, combine just until the mixture resembles breadcrumbs. Do not overmix into a sort of loose, crumbly dough.
9. Once the yeast has proofed, pour it into the bowl with the now combined wet and dry mixes and combine, taking care to scrape any dry ingredients from the bottom of the bowl.
10. Mix for approximately 10 minutes with a hand or stand mixer, the dough will come together into a smooth, very thick batter, but not quite into a dough.
11. Pour the batter into the prepared bread pan, and spread it out evenly with a spatula. Afterwards, smooth the top with wet fingers.
12. Allow bread to rise for 45 minutes to an hour, or until it is approximately double it's original height. Proof in a humid, warm place if possible, or simply in a large plastic tub.
13. While rising, preheat oven to 375 degrees Fahrenheit, then when the dough is risen, bake for 45 to 50 minutes. At the end of this time, check that the internal temperature is at least 195 degrees Fahrenheit.

14. Remove bread from oven and immediately turn it from the pan onto a wire cooling rack. If slicing, allow the bread to cool completely before you do so.

Notes

- Some people will also bake their bread in a large covered roasting pan, this helps trap the humidity near the bread and can improve the crust or prevent it from burning. If this is done, a small amount of water is typically dumped in the bottom of the pan, to be turned into steam. If using a pan in this way, be sure to preheat the pan and its cover when you preheat the oven, and throw the water in carefully after the bread!
- If you want conventionally shaped sandwich bread that is rectangular, you need a special type of pan called a Pullman pan. These pans also have holes in the bottom, which allows for airflow that develops a crust around the whole of the loaf. With this recipe, if you use a Pullman pan you must line the bottom of the pan with a cut out sheet of parchment paper (not wax paper, which cannot take the heat) to cover the holes with. This will still allow the air to flow around the loaf but will prevent the batter from falling through.
- If proofing in a box, you may place hot (not boiling) water in a dish, or in the bottom of the proofing box. The yeast likes the humidity. Remember that yeast begin to die at temperatures above 120 degrees Fahrenheit.
- This recipe absolutely does not work without the xanthan gum.
- I use a premixed blend of tapioca and brown rice flours.
- If you have a large enough mixer and pan, you can make a 2 lb. loaf, simply double all the ingredients.
- Once my loaves are cool, I slice and then freeze this bread in a reusable bag. It keeps in the freezer for about two weeks before it will get crumbly, and after that may not survive reheating so well. Reheat it in your toaster to make sandwiches, or toast it twice to make toast.
- If you make a half recipe, but use two egg yolks, you will get a dough that you can roll out for pizza crusts or pies, etc. Omit the yeast if you don't wish to let it rise, and cut the sugar down to about a tablespoon.