

Our Gluten Free Bread

Sous chef Cody and I spent nearly 2 years working on gluten free bread until we came up with this finalized recipe. This recipe doesn't form a dough, but instead is a batter that rises while proofing and will have risen nearly double by the end of the bake. The texture is light with a just little bit of crumble and is the closest to non-gluten bread in texture that we ever created. We serve it to our guests with Crohn's and Celiac disease and those with wheat allergies and they love it.

Dry Ingredients

1 lb brown rice flour
3 ounces tapioca flour
3 ounces buckwheat flour
3 ounces potato starch
2 ounces cornstarch—use non-GMO
1 ounce sugar, granulated
3/4 ounce salt
3/4 ounce dry yeast

Herbs

1 Tbs parsley flakes
1/2 Tbs marjoram, dry
1/2 Tbs basil, dry

Wet Ingredients

3½ cups warm water about 115°F
6 ounces egg whites, beaten for 2 minutes
2 ounces butter, unsalted, melted
1/2 Tbs white wine vinegar or white vinegar

Procedure

- Sift all the dry ingredients. Put all the dry ingredients into a stand mixer or in a deep enough bowl.
- Add the herbs and mix well.
- Turning on your stand mixer or using an electric hand mixer add the water slowly and steadily.
- Now add the eggs slowly and steadily. Then the butter and finally the vinegar.
- Distribute the batter into 2 buttered 9" x 2½" bread pans and let rise 45 minutes in a warm place—until it has risen at least 50%.
- Bake in a pre-heated oven at 425°F for 35 minutes. The bread will sound hollow when tapped on the bottom.

Yield: 2 loaves