



photography vanessa lewis 0825611506

Everyday Gluten-free Bread

(Makes 1 bread)

One of the best recipes so far! Milk powder makes a richer bread with slightly longer keeping quality but the bread can also be made without.

625 ml	brown rice flour
175 ml	corn flour
175 ml	milk powder (optional)
15 ml	Xanthan gum
5 ml	salt
450 ml	warm water
1 x 10 g	packet instant yeast
250 ml	milk or buttermilk
45 ml	sunflower or canola oil
2	extra large eggs

Optional ingredients

125 ml mixed seeds (sesame, poppy, sunflower, pumpkin) nuts, dried fruit

Optional topping

a few drops beaten egg (reserved from eggs above)

seeds to sprinkle

1. Grease one 26 cm or 2 x 23 cm loaf tins well with butter or margarine. Sprinkle with seeds if preferred.
2. Combine all the ingredients and beat at medium speed with the dough hook of an electric mixer or hand beater for 5 minutes.
3. Add the optional ingredients if used and beat until well combined.
4. Turn out the soft mixture onto a floured surface and shape into one or two loaves.
5. Place into the prepared tin or tins (to make it just more than half full) and allow to rise in a mildly warm spot until the tin is almost full (about 1 hour)
6. Preheat the oven to 180C when the loaf has almost completed it's rising and bake about 50 minutes to 1 hour or until the loaf is thoroughly baked, sounds hollow when tapped and a cake tester comes out clean if inserted into the loaf.
7. Cool in the tin for 5 minutes before removing carefully to cool on a wire rack.
8. Enjoy fresh or slice, freeze in an airtight container and enjoy lightly toasted whenever needed.