

Wonderful Sandwich Bread

This recipe was inspired by a recipe I found at Genius Kitchen (www.geniuskitchen.com) called Gluten-Free Multigrain Miracle Bread, a submission by Whats Cooking.

I have experimented with grinding each of the grains and seeds fresh with varying results, but I have settled on this recipe as the one that is eaten best by my kids. You'll need a stand mixer and something to grind your seeds/grains.

2 teaspoons yeast

1 cup warm water (not hot)

2 tablespoons local honey

½ cup Bob's Red Mill brown rice flour

½ cup Bob's Red Mill sorghum flour

¼ cup Bob's Red Mill arrowroot flour

¼ cup Bob's Red Mill potato starch (not potato flour)

¼ cup freshly ground white quinoa (measure after grinding) OR freshly ground whole grain teff (measure after grinding)

¼ cup freshly ground whole golden flax seed (measure after grinding)

1 teaspoon salt

3 teaspoons xanthan gum

2 whole eggs

2 egg whites

2 tablespoons olive oil

2 teaspoons apple cider vinegar

Process (completed in this order):

1. Preheat oven to 200 degrees F.
2. Mix yeast, water, and honey in a small bowl. Stir. Set aside while you mix the other ingredients.
3. Mix all the dry ingredients in a medium sized bowl. Set aside.

4. In a large stand mixer (I use my Kitchen-Aid.), whip the eggs and egg whites well with the oil and vinegar, about 2 minutes.
5. Add the dry ingredients and the yeast mixture to the egg mixture. Turn on the stand mixer and allow to run on high while you prepare the bread pan. I use a brown glass loaf dish.
6. Grease the bottom and sides of the bread pan. Then, line the pan with parchment paper.
7. Turn OFF the oven. (You were only heating it to provide an even, consistent temperature for the best rise.)
8. Pour batter into prepared loaf pan and place it in the pre-warmed oven that is turned off now.
9. Allow to rise about 40 minutes. I cannot give an exact time. Just allow it to rise over the top of the pan to a good loaf size. It will run over the sides if you let it rise too long.
10. GENTLY take dough out of oven and set aside to allow the oven to preheat.
11. Preheat oven to 350 degrees F.
12. Return loaf GENTLY to the oven and bake for approximately 40 minutes or until browned.
13. Each oven and loaf is different. Tap the top for doneness and remove when firm and hollow-sounding.
14. Lift bread out of pan. Allow to cool before slicing. (Don't leave it too long in the parchment paper or the bottom will get gooey.) I use a special slicing knife to get clean cuts of uniform size.
15. Keeps well in plastic baggie.

Notes:

I have used three whole eggs instead of the two eggs plus two whites, and the loaf was just a little less airy.

Using teff instead of quinoa gives a brown, whole grain color, whereas the white quinoa looks like a white bread.

I have tried omitting the xanthan gum, but the bread always falls.

The recipe doubles pretty well.

A tad extra of any of the flours doesn't affect the loaf much, so if I grind a little too much, I'll toss it in.

I grind the grains and seeds fresh in my coffee grinder on the finest setting.

If you measure the oil into the egg bowl first, then do the honey/yeast/water combo, the honey slides right out of your spoon!

I've had success with interchanging potato starch, tapioca flour, and arrowroot when I am out of either arrowroot or potato starch.