

Gluten Free Breads and Cakes

Gluten Free White and Brown Bread

Ingredients:

Wet Ingredients

3 large eggs, lightly beaten
1 tsp cider vinegar
4 TB oil 2 1/2 cups water

Dry Ingredients

2 1/4 cups white rice flour
1 cup brown rice flour
2 1/2 teaspoons guar gum
3 TB sugar
1 1/2 teaspoons salt
1/2 cup dry milk
2 1/4 teaspoons
(1 package) Red Star active dry yeast

Instructions:

Conventional method Bring all ingredients to room temperature 70to80F. Combine dry ingredients in a mixing bowl and whisk together. Combine all wet ingredients with sugar and yeast in a larger mixing bowl and whisk together . let this sit for 5 minutes until the yeast foams. Add dry ingredients to wet and beat with a mixer or hand beater for about 4-5 minutes or until smooth. Check appearance of the dough. Dough should be stiff like cake batter, but not as stiff as cookie dough. If the dough appears too stiff, add water or other liquid one tablespoon at a time until the desired consistency is reached. Pour batter into a greased bread pan. Allow batter to rise for approximately one hour. Bake at 375F for 45to60 minutes or until a toothpick inserted in the center comes out clean. Bread machine method Bring all ingredients to room temperature (70to80F). Combine dry ingredients in a mixing bowl, whisk together. Combine all wet ingredients in a separate mixing bowl and whisk together. For round-pan models; place dry ingredients in the pan first, then liquids. For square upright or rectangular models, place wet ingredients in pan, then dry. For bread machine with a (bake only) cycle, select dough cycle for mixing and rising. Press (stop) when cycle is complete: then select the (bake only) cycle to complete the bread. The purpose of this step is to eliminate the second kneading cycle that is used for wheat breads. Follow the remaining manufacturer instructions for your machine.

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