

# Gluten Free Bread

*Care for a gluten free bread recipe? This might work for you as the bread turned out to be soft and pliable, and this bread makes great toasts.*



Gluten is a very serious issue for people that have celiac disease or gluten sensitivity, and lately has been in the news as a new way to boost health and even lose weight. Apparently 1% of the population has celiac disease and about 10% are gluten-reactive. Anyway, as far as we know my husband and I are not in neither group of population, but I found it interesting and challenging the concept of baking goods without wheat flour since gluten is "vital" for the "structure" of the bread.

I must agree with you that the list of ingredients seems "endless", but so little is required after you gather all the

ingredients, once you have it mixed, you almost forget how long and tedious was collecting them all. The recipe that I have below is a blend of many recipes for gluten free bread that I adapted from Delishville.

This bread tasted delicious right out of the oven, and if I did not know that was gluten free, I would have a hard time to believe it. But the problem was the very next day, the bread literally was hard like a brick...therefore in order to eat I had to either microwave or toast it.

BY the way, I did all the mixing in the Zojirushi bread machine, but fell free to mix it manually

***Ingredients:***

$\frac{1}{2}$  cup rice flour  
 $\frac{3}{4}$  cup corn flour (starch)  
 $\frac{3}{4}$  cup tapioca flour (starch)  
 $\frac{1}{4}$  cup sorghum  
2 eggs  
 $\frac{1}{2}$  teaspoon white vinegar  
2 tablespoons agave syrup  
3 tablespoons canola oil  
1 cup warm water  
1 tablespoon xanthan gum  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
3 tablespoon almond meal  
1 teaspoon gelatin  
 $1\frac{1}{2}$  teaspoons yeast



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**Method:**

Grease and lightly flour a loaf pan of 9 x 5 in with corn meal.

In a bowl, mix all the dry ingredients together. In a bigger bowl mix the water (warm), eggs, vinegar, agave syrup and margarine or butter.

Slowly add the dry ingredients to the liquid mixture. The dough will be like a cake batter, mix for approximately 4 minutes.

Pour the batter/dough in the pan and let it rise in a warm place for about 40 minute to 1 hour or until it double its initial size.

Place the dough in preheated oven of 350F for approximately 50 to 55 minutes.

Serve warm, preferably on the same day.



For the gluten free toasts...

Slice the gluten free bread, place in a silicone liner and place in a preheated oven of 275F for 45 to 60 minutes by flipping over once until golden brown.

Let it cool completely in the wire rack. Store the toasts in an airtight container.



If you enjoy this gluten free bread you might want to check on others gluten free bread recipes such as Brazilian Pão de Queijo or the Asian Inspired Pão de Queijo.

### Curiosity Corner

Did you that the term “gluten” is derived from Latin gluten, which means “glue”? Many vegetarian dishes use gluten for imitation meats due to its textures and the ability to absorb broth, therefore the gluten acquires the flavor and the texture of meat.

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