

Not Rye (But so Very close) Gluten Free Bread

2 cups brown rice flour
1 ½ cups teff flour
3 cups tapioca starch (tapioca flour)
2 Tblsp granulated yeast
1 Tblsp kosher salt (increase or decrease to taste)
2 Tblsp xanthan gum (available at Gibsons IGA)
¼ cup caraway seeds, plus extra for sprinkling
2 2/3 cups lukewarm water
4 large eggs
1/3 cup oil
2 Tblsp. Honey
2 Tblsp molasses

1. Mixing and storing the dough: Whisk together the flours, tapioca starch, yeast, salt, xanthan gum, and caraway seeds in a 5-quart bowl, or a lidded (not airtight) food container.
2. Combine the liquid ingredients and gradually mix them with the dry ingredients without kneading, using a spoon, a 14 cup food processor (with dough attachment), or a heavy-duty stand mixer (with paddle), until all the dry ingredients are well incorporated.
3. Cover (not airtight), and allow the dough to rest at room temperature for approximately 2 hours.
4. The dough can be used immediately after its initial rise, or you can refrigerate in a lidded (not airtight) container and use it over the next 7 days. The flavor will be best if you wait for at least 24 hours of refrigeration.
5. On baking day, use wet hands to take out a 1 pound (grapefruit-size) piece of the refrigerated dough. Quickly shape into a ball; this dough isn't stretched because there is no gluten in it—just gently press it into the shape. You might need to wet your hands a little more to prevent the dough from sticking and to create a smooth surface, but don't use so much water as to make the dough soggy.
6. Elongate the ball into a narrow oval. Allow the loaf to rest, loosely covered with plastic wrap, on a pizza peel prepared with cornmeal or lined with parchment paper for 90 minutes (40 minutes if you're using fresh, un-refrigerated dough). Alternatively, you can rest the loaf on a silicone mat or a greased cookie sheet without using a pizza peel.

7. Thirty minutes before baking time, preheat the oven to 450 d. F, with a baking stone placed on the middle rack that won't interfere with the rising bread.
8. Just before baking, use a pastry brush to paint the loaf's top crust with water and sprinkle it with caraway seeds. Slash the dough with ¼ inch deep parallel cuts, using a serrated bread knife.
9. Slide the loaf directly onto the hot stone (or place the silicone mat or cookie sheet on the stone if you used one). Pour 1 cup of hot tap water into the broiler tray, and quickly close the oven door (see pages 27 and 28 for steam alternatives). Bake for about 30 minutes, until richly browned and firm. If you used parchment paper, a silicone mat, or a cookie sheet under the loaf, carefully remove it and bake the loaf directly on the stone two-thirds of the way through baking. Smaller or larger loaves will require adjustments in resting and baking time.
10. Allow the bread to cool on a rack before slicing and eating.

Visit www.healthybreadinfive.com where you will find recipes, photos, videos and instructional material.