

## **"No Corn For Me" Gluten Free Bread**

Yield: 1 loaf

3 1/3 c. (15 oz) Mary's Gluten Free Corn Free Flour Mix

1 tsp. salt

1 Tbsp. guar gum

3 large eggs (6 oz.)

1 1/2 Tbsp. oil

1 1/4 c. (10 oz) water

1 Tbsp. sugar

1 Tbsp. Active Dry yeast

### **Mixing Instructions**

Start by combining the yeast and sugar in a small bowl. Add the water while gently stirring the yeast and sugar. Let this mixture sit while you mix the rest of the ingredients.

Combine the flour mix, guar gum and salt in the largest mixing bowl and stir well.

In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy.

By this point the yeast mixture should be foamy, so you can pour the two liquid mixtures into the flour mixture. Blend the dough with a mixer for 4 minutes.

### **Bread Machine Directions:**

Scoop your dough into the bread machine and smooth the top of the dough. Choose a setting that allows for a short rise. I bake my bread using an 80 minute setting that allows for 20 minutes of kneading, 18 minutes of rise, and 42 minutes of baking. However, since I don't use the paddle in my bread machine, I'm effectively doing a 38 minute rise and a 42 minute bake.

### **Conventional Oven Directions:**

Scoop the dough into a greased loaf pan. Allow the dough to rise in a warm area until it is near the top of the pan. Then bake at 375 degrees for 50 - 60 minutes.

### **Recipe Variations:**

Flaxseed & Millet Bread: Add 2 tablespoons each of whole flaxseed and whole millet seed to the dough - submitted by Barb Reisner.

## **Slovakian Pascha (Easter) Bread**

(Yield: two loaves)

7 c. (27 oz.) of Mary's All Purpose Gluten Free Flour Mix

1 Tbsp. salt

27 oz. milk

16 Tbsp. (2 sticks, 8 oz.) butter

1 c. (7.5 oz) sugar

3 packets of active dry yeast

4 (8 oz) large eggs

2 Tbsp. xanthan gum

1/2 tsp. vanilla

*Note: I tested this recipe using the weight measurements, i.e. ounces. I strongly encourage you to do the same, especially since this recipe uses so much flour.*

*I also replaced some of the masa harina in the flour mix with coconut flour. I did this because I ran out of masa harina, but coconut flour works well in this recipe since the bread is sweet. Masa harina and coconut flour can be used as a 1:1 substitution.*

1. Measure out the milk and butter into a saucepan. Heat this mixture, stirring frequently so it doesn't burn, until steam begins to rise and bubbles form around the edge of the pan. Congratulations, you've just scalded milk. Set the milk mixture, stir in the sugar and then let the milk cool until it is lukewarm.
2. Preheat the oven to 350. Measure out the flour and salt into a large mixing bowl.
3. Beat eggs, then add vanilla, and xanthan gum to the eggs. Mix with a hand or stand mixer until this turns into pretty thick lump of stuff.
4. Check to see if the milk has cooled down enough. Once it has, stir in the yeast and let it proof for few minutes.
5. Add the egg/xanthan gum mixture and the milk/yeast mixture to the flour. Mix with a hand or stand mixer for 4 minutes.
6. Pour equal portions of the dough into two greased loaf pans. Set the loaf pans in a warm place to rise. Once they've risen to near the top of the pan, brush tops of loaves with egg yolk beaten with 1 T of water. Bake in a 350 degree oven. The original recipe says to bake for 45 minutes; I baked my loaves for an hour. Use your own judgment - I'm assuming that you've done some bread baking before if you're trying this recipe.

## **Finally Really Good Gluten Free Sandwich Bread**

(Yield: 1 loaf)

1 Tbsp. bread machine or active dry yeast

1 Tbsp. sugar

1 ½ c. (12 oz.) water

2 ½ cups (12 oz.) Mary's All Purpose Gluten Free Flour Mix

1 Tbsp. xanthan gum

2 tsp. salt

3 eggs (or 9 Tbsp. water and 3 Tbsp. ground flax seed)

1 ½ Tbsp. oil

1 tsp. cider vinegar

### **Mixing Instructions:**

Start by combining the yeast and sugar in a small bowl. Add the water (heated according to directions on yeast package) while gently stirring the yeast and sugar. Let this mixture sit while you mix the rest of the ingredients; bubbles and foam should form if the yeast is happy.

Combine the flour mix, xanthan gum and salt in the largest mixing bowl and stir well.

In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy.

By this point the yeast mixture should be foamy, so you can pour the two liquid mixtures into the flour mixture. Blend the dough with a mixer for 4 minutes.

### **Bread Machine Directions:**

Scoop your dough into the bread machine and smooth the top of the dough. I bake my bread using an 80 minute setting that allows for 20 minutes of kneading, 18 minutes of rise, and 42 minutes of baking. However, since I don't use the paddle in my bread machine, I'm effectively doing a 38 minute rise and a 42 minute bake. (The advantage of not using the paddle is that you don't end up with a hole in the bottom of your bread.)

### **Conventional Oven Directions:**

Scoop the dough into a greased loaf pan. Allow the dough to rise in a warm area until it is near the top of the pan. Then bake at 375 degrees for 50 - 60 minutes.

### **Recipe Variations:**

Rosemary Fennel Bread: Crush 1 tablespoon of dried rosemary and 1 tsp of dried fennel and add to bread dough.

### **Mary's Gluten Free All Purpose Flour Mix**

3 parts brown rice flour  
3 parts corn starch  
2 parts soy, sorghum, or garfava flour  
1 part masa harina

Measurements can be made by weight or volume. The volumetric measurements in my recipes assume that 1 cup of flour mix = 4.5 oz.

### **Mary's Gluten Fee Corn Free All Purpose Flour Mix**

3 parts brown rice flour  
3 parts tapioca starch  
2 parts sorghum flour  
1 part almond flour

Measurements can be made by weight or volume. The volumetric measurements in my recipes assume that 1 cup of flour mix = 4.5 oz.