

## Our Gluten Free Daily Bread

I've been teaching the children the Lord's Prayer and they have been very puzzled that we pray for God to provide our 'daily bread' but do not eat bread every day. This past fall we were traveling through some areas where I found it very difficult to find the flours for my Finally Really Good Gluten Free Sandwich Bread recipe and we ate a lot less bread than normal. Finally, I just stocked up on the Bob's Red Mill GF All-Purpose mix and created a bread recipe for it.

440 g Bob's Red Mill Gluten Free All-Purpose Baking Flour	10 g bread machine yeast
12 g salt	15 g sugar
10 g xanthan gum	185 g eggs (approx 3.5 large chicken eggs)
375 g water	30 g oil
	5 g vinegar

### Mixing Instructions:

1. 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.
2. Combine the flour mix, xanthan gum and salt in the largest mixing bowl and stir well.
3. In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy.
4. 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 10" x 5" x 3" 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 until the bread reaches an internal temperature of 210 F (approx 50 – 60 minutes).

## Cocoa & Molasses Brown Bread

Even after 10 years of being gluten free, I still miss the taste of whole wheat bread. I know that my usual bread recipe contains whole grains and is very similar, nutritionally, to whole wheat...but it doesn't have the earthy taste. Fortunately, we can recreate the taste and look of whole wheat bread by adding cocoa and molasses. Definitely plan to make Reuben Sandwiches the first time you make this.

367 g Bob's Red Mill Gluten Free All-Purpose Baking Flour	10 g bread machine yeast
64 g ground flax seed	10 g brown sugar
5 g cocoa powder	45 g molasses
12 g salt	35 g oil
10 g xanthan gum	5 g vinegar
367 g water	190 grams egg (approx. 4 large chicken eggs)

### Mixing Instructions:

1. Start by combining the yeast and brown 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.

2. Combine the flour, flax seed, cocoa, xanthan gum and salt in the largest mixing bowl and stir your bread.) well.

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

4. 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.

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