

Gluten Free Bread

SEPTEMBER 28, 2023



INGREDIENTS

- 2 ½ cups all-purpose gluten-free flour
- 1 teaspoons xanthan gum (, leave out if your flour already has it in it)
- 1 teaspoon gluten-free baking powder
- 1 packet rapid rise/instant yeast (2 ¼ teaspoons)
- ¼ cup extra virgin olive oil
- ¼ cup honey
- 1 teaspoon apple cider vinegar
- 1 ½ cups warm water (100-110°F)
- 3 egg whites (, from large eggs and room temperature)
- 1 teaspoon salt

METHOD

1. Grease a 9-inch x 5-inch bread pan or a 9-inch x 4-inch Small Pullman loaf pan with gluten-free cooking spray. Place the oven rack in the middle position and preheat to 350°F, using the Small Pullman loaf pan.

2. In a large bowl, combine gluten-free flour, baking powder, and instant yeast, mixing the dry ingredients.
3. Add olive oil, honey, apple cider vinegar, and warm water to the flour mixture. Mix on low for 1 minute; use the paddle attachment if using a stand-up mixer.
4. Introduce egg whites and salt to the dough, mixing on medium for 1 minute until it resembles thick cake batter.
5. Pour the dough into the greased 9-inch x 4-inch Small Pullman loaf pan. Cover the top with plastic wrap, sprayed with gluten-free cooking spray. Then, use a kitchen towel to cover the pan and let the bread rise in a warm place for 30 minutes.
6. Bake on the middle oven rack horizontally at 350°F for 30 minutes until the bread is golden brown and reaches an internal temperature of 205-210°F.
7. After baking, let the loaf cool for 10 minutes in the pan, then transfer it to a cooling rack. Avoid cooling it completely in the pan to prevent sogginess, especially on the bottom. Allow it to cool entirely before slicing.
8. Store any leftover bread in an airtight container once completely cooled, keeping it at room temperature on the counter. Do not pre-slice; store the remaining portion of the loaf.
9. If desired, freeze the fully cooled bread by wrapping it tightly in plastic wrap, then foil or freezer paper. Place the wrapped loaf in a freezer bag. It can be frozen for up to 3 months and should be thawed in the refrigerator overnight when needed.