

Gluten Free Communion Bread

Makes 2 loaves, 9" round

Dry Ingredients:

1 1/3 cup white rice flour

2/3 cup brown rice flour

1 cup sorghum flour

2/3 cup tapioca flour/starch

1/3 cup potato starch

4 tsp xanthan gum

4 tsp pectin (Sure-Jel)

1 tsp salt

1/2 tsp baking soda

Egg Replacement Powder equivalent to 3 eggs

[contains: Potato Starch, Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Cream of Tartar), Cellulose Gum, Modified Cellulose]

Leavening:

2 1/2 tsps active dry yeast (1 pkg)

1 tsp sugar

1/2 cup warm water

Wet Ingredients:

1/2 cup oil

1 tsp cider vinegar

1 1/2 to 2 cups warm water

1. Combine dry ingredients in bowl and mix very well.
2. Proof leavening for a few minutes in large mixer bowl.
3. Create warm humid space for rising (I turn on the oven for a couple minutes then turn off. Also, I boil a small pot of water and place in the oven to create steam).
4. Add everything to the large mixer bowl and mix well. Knead with mixer dough hook for 5 to 10 minutes. The dough will be pretty sticky. Even though there is no gluten to develop, kneading is important to help the flours absorb the liquids and be less grainy. This also makes the bread less crumbly. (see NOTES)

5. Grease 2 round cake pans or pie plates. Divide and spread dough to fill, but not quite touching the edges of the pan.
6. Place in warm, humid space and let rise for about 45 minutes to an hour.
7. Heat oven to 350 degrees.
8. Bake for 35 to 40 minutes or until bread just begins to brown. Remove bread from pan and return directly to oven rack to bake for another 5 minutes or so to nicely brown all over and develop a good crust.
9. Cool on wire rack.

NOTES:

- This is a fussy recipe, so keep trying until you find the consistency and baking times that work for you.
- The dough should be VERY soft and fairly wet - don't expect a yeast bread dough. It will have more of a consistency of a muffin batter or "quick bread" until after it bakes.
- Depending on your mixer, you may want to use the regular beater instead of the dough hook if it is not kneading correctly.
- If the bread comes out hard or dry, try using more water next time.
- If the outside is nicely baked but the inside still seems a bit raw, use less water.
- Best if baked fresh and served within a few hours. The bread dries out quickly and becomes very crumbly.
- Freezing the bread will also make it dry and crumbly.
- Freezing the raw mixed dough in a baking pan, and then thawing before baking works pretty well, but the bread does not rise as much and the baked bread will be a bit more dense.
- Because there are no eggs in the recipe, the bread takes longer to brown than what you might expect. I have baked it for as long as an hour.