

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 gluten free oat flour
2/3 cup tapioca flour/starch
1/3 cup potato starch
1 1/2 tbl pectin
1 1/2 tbl xanthan gum
1 tsp salt
1/2 tsp baking soda

Leavening:

2 1/2 tsps active dry yeast (1 pkg)
1 tsp sugar (optional)
1/2 cup warm water

Wet Ingredients:

1/2 cup canola oil
1/2 tsp white vinegar
2 to 2 1/2 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. Add enough water to make dough the consistency of very thick cake batter. Mix for 5 to 10 minutes. Even though there is no gluten to develop, mixing/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 (or line with parchment paper) 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 40 to 45 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 soft muffin batter or "quick bread". Err on the side of too wet and bake a little longer if needed.
- Depending on your mixer, you may want to use the regular beater instead of the dough hook if it is not kneading correctly. E.g. the regular paddle on the large KitchenAid mixer works great.
- If the bread comes out hard or dry or crumbly, try using more water next time.
- Best if baked fresh and served within a few hours. The bread dries out quickly and becomes very crumbly.
- Freezing the baked bread will also make it dry and crumbly.
- Freezing the raw mixed dough in a baking pan, and then thawing before baking works very well, but the bread does not rise quite as much.
- 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. Again, be careful not to overbake, as it will get too dry and crumbly.