

GLUTEN FREE OATMEAL BREAD RECIPE

Makes a great, moist brown bread!

Dry Ingredients

1 cup brown rice flour
1/2 cup certified gluten free oat flour (you can pulverize oats in a food processor to make flour)
3/4 cup millet flour or Gluten Free Flour Blend
1/2 cup tapioca flour
1/3 cup arrowroot starch (you can substitute cornstarch if you need to)
1/3 cup sweet rice flour
1/4 cup fresh ground flaxseed meal (you can't taste it and it adds fiber)
1 tbs xanthan gum
1 1/2 teaspoons salt
3 Tablespoons brown sugar

Wet Ingredients

3 eggs
1 tsp apple cider vinegar
1 tbs molasses
4 tbs butter, butter substitute or coconut oil, melted

1 tbs dry yeast
1 tsp granulated sugar for proofing yeast
1/4 cup warm water (120 degrees)

1-2 cups warm water

DIRECTIONS:

Make sure all your dry ingredients (and eggs!) are at room temperature. Grease the bottom of a 10 inch loaf pan or two 8 inch pans (I used cooking spray). Heat the oven to 200 degrees and then turn off.

In the bowl of your stand mixer (I used my beaters not my dough hook for this recipe), mix together the dry ingredients.

Heat your water for proofing the yeast. In a small prep bowl, stir together your active dry yeast and one teaspoon of sugar. Add 1/4 cup of the heated water to the yeast mixture. Let the yeast sit for 5-10 minutes. It should be foamy and active! If not, start over with fresh yeast.

In a separate medium bowl, mix eggs, molasses, vinegar, and melted butter together.

Once your yeast is ready, add the egg mixture to the dry ingredients. Then add the yeast mixture. Then slowly add your warm water to achieve the right consistency in your batter. Since different brands, flours, measuring techniques act different I do not recommend just blindly dumping in the rest of the water but adding gradually instead. The dough should be like very stiff cake batter.

I beat my dough on high for about 10-15 minutes in my stand mixer. If you accidentally add too much water simply add a little rice flour until you achieve the dough consistency you are after. Put the dough in your prepared pan(s) and place in oven to rise for about 1 - 1 1/2 hours. You can put plastic wrap or a towel over the pan. Keep an eye on the bread so it doesn't overflow the pan.

Once the dough has risen to the top of the pan, bake the bread for 40 minutes at 350 degrees or until internal temperature reaches 190 degrees.

TIPS:

1. Make sure to use fresh ground flaxseeds, otherwise your bread can have a bitter aftertaste.
2. On my mixer, when the dough is too thick it "climbs" my beaters. I keep adding water a little at a time until it stops climbing!
3. Long beating is required to incorporate air!
4. Since this batter is soft, make sure to never fill your pans more than 1/2 way or it will flow over the sides (you can spread the extra batter in muffin pans, etc. – a muffin top pan might make nice buns!)
5. Gluten baked goods can be gummy on the inside if not thoroughly cooked. Be sure to check with a thermometer.
6. Slicing with an electric knife is the best way!
7. Keeps really well in the freezer.