



Sandwich Bread

This awesome recipe produces a loaf you can slice as thick or as thin as you like, and it is nearly allergy-free! Gluten-free, dairy-free, soy-free, nut-free (can even be made egg-free)... and higher fiber than a regular white bread, this loaf will stay moist for days (if it lasts in your house that long!).

While I love using yogurt as an ingredient in my breads – it keeps the crumb nice and moist for days – it is a variable in baking. Whether using low fat, fat free, soy, rice, coconut ... they all have different moisture levels and viscosities. Thus, the directions indicate the minimum yogurt recommended for this recipe; depending on the yogurt used, a small amount of extra yogurt may be needed to thin this thick dough to the consistency needed to spread out in a pan to form a nice loaf.

Ingredients:

- 2 Tbs. honey or agave nectar
- 1 ¼ cup vanilla yogurt (dairy or non-dairy)
- 1 tsp. apple cider vinegar
- ¼ cup canola oil or olive oil
- 2 large eggs (or 2 Tbs. flax seed meal steeped for 10 minutes in 6 Tbs. hot water)
- 3 cups Jules Gluten Free™ All Purpose Flour (or 2 ¾ cup Jules flour + ¼ cup flax seed meal or GF oat flour)
- ¼ cup buckwheat flour, brown rice flour or flax seed meal
- ¼ cup dry milk powder (non-dairy DariFree™ powder)
- ½ tsp. baking soda
- 2 tsp. baking powder, gluten-free
- 1 tsp. sea salt
- 1 tsp. granulated cane sugar
- 1 Tbs. rapid rise or bread machine yeast, gluten-free

- 1 Tbs. flax seeds or sesame seeds
- 1 Tbs. coarse sea salt

Stand Mixer and Oven Baking Directions:

Whisk these dry ingredients together in a large bowl: flours, milk powder, baking soda, baking powder and salt.

In the large mixing bowl of a stand mixer, stir together the remaining liquid ingredients (honey, yogurt, apple cider vinegar, canola oil and egg or flax seed and water mixture). Gradually add the dry ingredients in with the wet by pouring slowly into the wet bowl while mixing with the paddle attachment. Once incorporated, add the yeast granules and sugar, and beat well -- 1-2 more minutes.

The dough will be very thick (much more like regular wheat flour bread dough than you may be used to with gluten free); however, if the dough seems too thick to spread into a loaf pan, gradually mix in more yogurt, one tablespoon at a time, until the dough is still thick, but able to be smoothed with a spatula.

Scoop the dough into an oiled bread pan (use a dark metal pan if you like a darker crust on your bread; lighter, shiny metal or glass if you like a light crust). Use a 9 x 5 x 3 inch loaf pan; if using a smaller pan, lower the oven temperature by 25 degrees and expect to bake the loaf longer before being totally cooked in the middle.

Smooth the top, sprinkle with any toppings, then cover with a damp towel or a sheet of wax paper sprayed with cooking oil. Sit the covered dough for 30 minutes in a warm place like an oven warming drawer or an oven preheated to 200 F then turned off.

Remove the cover from the raised dough and transfer to a preheated convection oven set to 275 F or a preheated static oven set to 300 F. Cook for approximately 60 minutes, or until the crust is browning nicely and a cake tester or skewer inserted into the center of the loaf comes out clean (internal temperature should reach 205-210 F). Remove to a cooling rack. When cooled for 15 minutes, gently remove from the loaf pan to finish cooling before slicing.

Bread Machine Directions:

When using a bread machine, always be sure to add all liquid ingredients to the pan first, followed by the dry ingredients. I recommend sifting all dry ingredients together in a bowl first, then pouring it into the bread machine pan after all the liquids are added. Reserve the yeast for last in bread machines, making a small well in the top of the dry ingredients in the pan, and pouring the yeast into that well. It encourages yeast growth to add any sugars in a recipe into this well first, then add the yeast.

Whisk together the yolks and whites before adding to the bread machine with the other liquids; alternatively, allow the flax seed meal to steep in water for 10-15 minutes before adding. Bring all liquids to room temperature before adding to the machine, if possible.

Select either the gluten-free bread setting on your machine, or the setting with only one rise cycle and no punch-down (2 lb loaf setting).

Once the ingredients have mixed, the dough will be very thick (much more like regular wheat flour bread dough than you may be used to with gluten-free); however, if the dough seems too thick as it is mixing in this recipe, gradually add more yogurt, one tablespoon at a time while the bread machine is mixing, until the dough is still very thick, but able to be smoothed with a spatula. Be sure to check the bread with a spatula throughout the mixing process to ensure that all the dry ingredients have been incorporated.

When the machine is done mixing, smooth the top with a rubber spatula and sprinkle any desired toppings on top of the loaf.

Test the temperature of the interior of the loaf before removing from the pan – it should have reached approximately 205-210 F. If it hasn't yet reached that temperature, either add time to your bread machine as another bake cycle, or simply put the pan into a regular oven at 350 F (static), testing the temperature again at five minute intervals.

Yields: 1 loaf

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