

## **Mary's Gluten Free Flour Mix**

210 grams brown rice flour  
195 grams corn starch  
110 grams sorghum, soy, or garfava flour  
55 grams masa harina

## **Finally Really Good Gluten Free Sandwich Bread**

1 Tbsp. bread machine or active dry yeast  
1 Tbsp. sugar  
1 ½ c. (12 oz.) water

2 ½ cups (12 oz.) Mary's gluten free flour mix  
1 Tbsp. xanthan gum  
2 tsp. salt

3 eggs (or 9 Tbsp. water and 3 Tbsp. ground flax seed)  
1 ½ Tbsp. oil  
1 tsp. cider vinegar

1. Start by combining the yeast and sugar in a small bowl. Add the water (heated according to directions on yeast package) while gently stirring the yeast and sugar. Let this mixture sit while you mix the rest of the ingredients; bubbles and foam should form if the yeast is happy.
2. Combine the flour mix, xanthan gum and salt in the largest mixing bowl and stir well.
3. In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy.
4. By this point the yeast mixture should be foamy, so you can pour the two liquid mixtures into the flour mixture. Blend the dough with a mixer for 4 minutes.

### **Bread Machine Directions:**

Scoop your dough into the bread machine and smooth the top of the dough. I bake my bread using an 80 minute setting that allows for 20 minutes of kneading, 18 minutes of rise, and 42 minutes of baking. However, since I don't use the paddle in my bread machine, I'm effectively doing a 38 minute rise and a 42 minute bake. (The advantage of not using the paddle is that you don't end up with a hole in the bottom of your bread.)

### **Conventional Oven Directions:**

Scoop the dough into a greased loaf pan. Allow the dough to rise in a warm area until it is near the top of the pan. Then bake at 375 degrees for 50 – 60 minutes.

## **“No Corn For Me” Gluten Free Bread**

10 g Active Dry Yeast  
5 g Sugar  
300 g Water (Carefully measured by weight and heated to between 95 and 100 Degrees F.)

186 g Brown Rice Flour  
140 g Tapioca Starch  
105 g Sorghum Flour  
44 g Almond Flour  
11 g Guar Gum  
10 g Salt

170 g Eggs (3 whole eggs including adding extra water to achieve exactly 170 g)  
13 g Olive Oil  
6 g Apple Cider Vinegar

1. Start by combining the yeast and sugar in a small bowl. Add the water while gently stirring the yeast and sugar. Let this mixture sit while you mix the rest of the ingredients.
2. Combine the flours, guar gum and salt in the largest mixing bowl and stir well.
3. In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy.
4. By this point the yeast mixture should be foamy, so you can pour the two liquid mixtures into the flour mixture. Blend the dough with a mixer for 4 minutes.

### **Bread Machine Directions:**

Scoop your dough into the bread machine and smooth the top of the dough. Choose a setting that allows for a short rise. I bake my bread using an 80 minute setting that allows for 20 minutes of kneading, 18 minutes of rise, and 42 minutes of baking. However, since I don't use the paddle in my bread machine, I'm effectively doing a 38 minute rise and a 42 minute bake.

### **Conventional Oven Directions:**

Scoop the dough into a greased loaf pan. Allow the dough to rise in a warm area until it is near the top of the pan. Then bake at 375 degrees for 50 – 60 minutes.

## Mary's Gluten Free Flour Mix

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## My Irish Cousin Bread

12 oz. (2 2/3 c.) Mary's gluten free flour mix  
1 1/2 tsp. salt  
1 Tbsp. baking powder  
1 Tbsp. xanthan gum

12 oz. water

1. Mix the dry ingredients together in a large mixing bowl. Use a fork to stir the ingredients for several minutes to make sure that the baking powder is evenly distributed.

2. Now, find two mixing bowls and a small ramekin and separate your eggs. The white from each egg goes into the the ramekin; the yolks go into one of the mixing bowls. Once you're sure that there is not any yolk in the white you've just separated, go ahead and put that white into the 2nd mixing bowl. Be sure to not get any pieces of egg yolk in the whites and be sure that the mixing bowl for the egg whites is clean and dry. The fat from the egg yolk or water in the bowl will keep the whites from foaming.

Add the sugar to the egg whites.

3. Add the water and oil to the egg yolks and mix all together with a fork.

4. The last step in getting the ingredients ready is to make the egg foam. Using a mixer that has clean, dry beaters, begin to beat the egg whites at a slow speed. Gradually increase the speed to medium-high. Continue mixing the egg whites until your mixer starts leaving trails in the foam. Turn the mixer off and lift it straight up. If the blades leave peaks with curved tips then it's ready.

5. Now, we'll mix everything together. Start by adding the liquid ingredients (egg yolk mixture)

6 oz. oil  
3 egg yolks

3 egg whites  
1 tsp. sugar

to the dry ingredients. Mix this up for 3 – 4 minutes with your mixer. Then, very carefully fold in the egg white foam until the foam is evenly distributed throughout the dough (Watch the video of this; it's much easier to see it than to read it).

### **Conventional Oven:**

Preheat your oven to 375 F before you begin preparing your dough. If you have a pizza stone, put it on the lowest oven rack when you turn the oven on, and then place the loaf pan on top of the pizza stone when the dough goes into the oven.

Scoop the dough into a loaf pan that has been lined with greased parchment paper. Smooth the dough out. Bake the bread until it reaches an internal temperature of 210F. The bread should also be hard on top at this point and hollow sounding when you tap on it. If the bread seems to want to squash down when you touch the top, leave it in the oven for a few more minutes. The bread will probably need to bake for between 60 and 75 minutes.

### **Bread Machine Directions:**

I have not tested this recipe in a bread machine. If you would like to use a bread machine, choose a setting that bakes the bread at 375 F for at least an hour. If you've lost the manual for your bread machine, you can usually find a copy online so that you can figure out which setting, if any, is appropriate for this recipe.