

GFCF Wholegrain Sandwich Bread

<http://onlysometimesclever.com/gfcf-wholegrain-sandwich-bread>

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Dry Ingredients:

1 1/2 cup brown rice flour
3/4 cup white rice flour
3/4 cup sorghum flour
3/8 cup millet flour
3/8 cup potato starch
1/4 cup ground flax seeds
1/4 + 2 Tbsp rice milk powder
2 Tbsp rice protein powder
4 1/2 tsp xanthan gum
1 1/2 tsp unflavored gelatin
4 1/2 tsp Sure-Jell (pectin)
3/4 tsp salt

Leavening Ingredients:

5 1/2 tsp active dry yeast
1 tsp brown sugar
1/4 + 2 Tbsp warm water (105* - 110* F)

Wet Ingredients:

1/4 cup + 2 Tbsp Butter Crisco
3 Tbsp brown sugar
1 1/2 tsp apple cider vinegar
3 eggs, room temperature
3 egg whites, room temperature
1 1/2 cups warm water (105* - 110* F)

Directions:

1. Heat oven to 170* and turn off, keeping the door closed.
2. Prepare pans: 2 large (5" x 9") bread pans, or two small (4" x 8") bread pans PLUS six muffin cups or 16 mini muffin cups (for dinner rolls). Spray with oil or line breadpans with nonstick aluminum foil.
3. In a large bowl (or the bowl of a stand mixer), thoroughly whisk together all of the dry ingredients. Set aside.
4. Proof the yeast: Mix together the leavening ingredients, set aside. It should become aromatic and bubbly.
5. In a medium bowl, microwave the Butter Crisco until just melted (appx. 25 seconds in the microwave). To the melted Butter Crisco, add the 3 Tbsp brown sugar, apple cider vinegar, eggs and egg whites. Whisk to mix well. Mix in the 1 1/2 cups warm water and all of the leavening ingredients.
6. Gently pour wet ingredients into dry ingredients. For a stand mixer: Mix dough with paddle attachment for 5-8 minutes, scraping down the sides of the bowl with rubber spatula occasionally. By hand: With a sturdy wooden spoon, mix dough at least 100 strokes, scraping down the sides of the bowl with rubber spatula 2-3 times. Dough will be quite thick.
7. For large loaves: Spoon as evenly as possible into prepared large loaf pans. Smooth top with rubber spatula, and firmly tap loaves on countertop to settle the dough. Spray two pieces of plastic wrap with oil, and place atop the pans, oil-side down. Set in oven to rise for 1 hour.
8. For small loaves and dinner rolls: Into a pastry bag with no tip, place about 1 1/2 cups of dough. Pipe into prepared muffin tins, filling level with the top of tins. (A pastry bag isn't required, but rolls will look quite gnarled if you choose not to use a pastry bag.) Spoon rest of dough into the small loaf pans. Pans will be just shy of half-full. Smooth tops of loaves with rubber spatula, and firmly tap loaves on countertop to settle the dough. Optional: Brush tops of dinner rolls and small loaves with one beaten egg. (NOTE: Since large loaves get quite brown upon baking, you don't want to do this for the large loaves, which bake longer.) Spray two pieces of plastic wrap with oil, and place atop the pans, oil-side down. (No need to cover the muffin tins.) Place in oven to rise. Let the dinner rolls rise 25 minutes. Let the small loaves rise 45 minutes. (After the dinner rolls rise completely, you can remove all the pans from the oven, and proceed to step 9, baking the rolls as the small loaves rise for an additional 20 minutes atop the oven.)
9. Remove pans from oven. Gently remove plastic wrap from loaves. The loaves will have risen just over the top edge. Heat oven to 350* F. For large loaves, bake 45 minutes. For small loaves, bake 35 minutes. For dinner rolls, bake 20 minutes. Bread/rolls will not rise further upon baking. After baking, turn out, and cool on racks.
10. Bread slices more cleanly when loaves are completely cooled. For best results, use a serrated bread knife.