

Gluten and Rice Free Gram Bread

One of our members got in touch as her son can't have rice flour, needless to say this is a bit of a challenge as most Gluten Free mixes have Rice flour in them. I've played around and come up with this loaf. Its the sort of loaf you toast, or make open face sandwiches with. I'm going to work on a white version.



The trick with this loaf is getting the yeast to prove. If it doesn't get all frothy throw it out and try again. I put the bowl in the top oven (which was turned off), while the bottom oven was on. I think that provided a nice warm environment for the yeast to grow. Follow the directions on the tin carefully. You want frothy yeast, otherwise a rather dense loaf will be really quite solid. I can never find millet flour, or oat flour so I just throw them into the food processor and whizz for a few minutes and, hey, presto I've flour. If you can have eggs then use them, and ignore the egg replacer. One teaspoon of egg replacer represents 3 eggs.

[Free From: Gluten, Dairy, Eggs, Soya](#)

Preheat oven to 375°F, 190°C

Dry Ingredients

1 cup millet flour

1/2 cup coconut flour

1/4 cup tapioca flour

1 cup gram flour

3/4 cup oat flour

1/4 cup ground flax seeds

3 tsp xanthan gum

1 1/2 tsp salt

3 tsp egg replacer

Wet ingredients

3 tablespoons water (for the egg replacer)

3 tablespoon olive oil

1 tsp apple cider vinegar

1/2 cup Rice Dream

Yeast Mix

1/2 cup boiling water

3/4 cup cold water

2 tablespoons white sugar

3 tsp dry active yeast (not instant yeast)

In a mixing bowl combine all the dry ingredients including the egg replacer powder

In a small bowl combine the water (hot and cold) and sugar. Sprinkle the yeast over the top and whisk. Leave to get frothy (about 10 minutes but the yeast you buy will have instructions so check those!)

In another bowl combine the wet ingredients - including the water for the egg replacer.

Slowly add the wet ingredients to the flour mixture. Then slowly add the yeast mixture. Mix for 2-3 minutes or until the dough is smooth and fully combined.

Pour the dough into a greased bread tin that you've lined with greaseproof paper. Cover with cling film and leave to rise in a warm space for 45 minutes.

Take off the cling film and pop in the oven for 35 - 40 minutes. Remove the loaf from the pan, peel off the greaseproof paper (which is a bit of pain) and allow to cool

Brought to you by Allergy Mums

[Back to top](#)

[Previous](#) | [Next](#)