

Gluten-Free “Braided” Bread

From Bob’s Red Mill

Makes 1 loaf

Ingredients:

½ cup warm water
1 tbsp active dry yeast
1 tsp sugar
1 cup Bob’s Red Mill rice flour
¼ cup potato starch
¼ cup tapioca flour
¼ cup cornstarch
¼ cup sorghum flour
2 tsp baking powder
1 ½ tsp xanthan gum
¼ tsp salt
2 tbsp butter, melted
¼ cup honey
1 tbsp apple cider vinegar
2 eggs

Topping:

2 tbsp butter, melted
2 tbsp honey

Combine the warm water, yeast and sugar in a bowl and allow to proof for 10 minutes.

Method:

Combine the warm water, yeast and sugar in a bowl and allow to proof for 10 minutes.

In the bowl of a stand mixer, combine the rice flour, potato starch, tapioca flour, cornstarch, sorghum flour, baking powder, xanthan gum and salt. Mix until blended.

Next add the yeast mixture, melted butter, honey, apple cider vinegar and eggs to the dry ingredients. With your dough hook, blend the mixture until well mixed and then knead the dough with your dough hook for 5 minutes.

Place the dough into a well-oiled bowl, cover with plastic wrap, and allow to rise for 1 hour, or until doubled in size.

Once the dough has doubled in size, pour it onto a parchment lined baking sheet dusted generously with rice flour. Wet or oil your hands and separate the dough into 2 or 3 long strips, depending on if you are braiding or twisting it. Roll dough to coat with flour. Refrigerate the dough for 30 minutes.

Overlap the dough ropes to make a twist shape or braid. Cover with an oiled piece of plastic wrap and place in a warm place to allow to rise again about 30 minutes, or until doubled in size.

Mix the melted butter and honey and brush it on the risen dough. Preheat your oven to 350°F and bake for 25 minutes, or until golden brown. Allow to cool slightly before slicing.

Shabbat Shalom

From Congregation Beth Am

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