

Multigrain Sandwich Bread Gluten-Free and Dairy-Free

Adapted and updated from Gluten-Free Baking Classics by [Annalise G. Roberts](#) by Randy King

- 2 Large Eggs + 3 Tbls Oil[†] – beat oil and eggs with a fork, set aside to warm up.
- Dry-mix these ingredients together in mixer bowl (stand mixer like Kitchen-Aid)...
 - 1½ cups “Bread Flour Mix A” (see below).
 - ¼ cup almond flour (or any other nut flour or chopped nuts of your liking).
 - ¼ cup teff flour (whole teff grain is also OK).
 - 1½ tsp xanthan gum.
 - 1 tsp unflavored gelatin.
 - 3 Tbls psyllium husk.
 - 1 tsp salt.
 - 2¼ tsp dry yeast (not quick rise).
 - 3 Tbls sugar or honey.
- 1 cup plain unsweetened almond milk heated to 110°F.
- After dry-mixing, quickly add egg/oil and milk liquids to bowl.
- Mix on low/medium speed until thoroughly mixed, scrape bowl & beater.
- Mix on high speed for 3 minutes.
- Grease/spray oil on bread pan while mixing.
- Scrape mixture out of bowl into bread pan and cover with cloth.
- Prepare another batch to make 2 loaves if desired (recommend 2 max).
- Rise dough in warmish space for 20 minutes. Do not over-rise dough.
- Preheat oven to 400°F while the bread is rising.
- Bake bread uncovered for 10 minutes, then cover top with foil.
- Bake 30 minutes covered or until finished (thump test, toothpick test, brownness).
- Set out on wire rack to cool.
- Bag cooled loaves – freeze if not going to use right away

†Nut oils are best – coconut, almond, olive, etc. – try to avoid grain-based oils

Bread Flour Mix “A” Gluten-Free Baking Classics by Annalise G. Roberts

You can mix the following ingredients in pretty much any quantity that you like. A good amount for convenient storage is 24 Cups. Put in a suitable container, shake it like crazy to mix all of the flours really well, and store in a cool, dry place.

INGREDIENT	PART	6 CUPS	12 CUPS	24 CUPS
Millet Flour	1/3	2 C	4 C	8 C
Sorghum Flour	1/6	1 C	2 C	4 C
Cornstarch	1/6	1 C	2 C	4 C
Potato Starch	1/6	1 C	2 C	4 C
Tapioca Flour	1/6	1 C	2 C	4 C

Please note that some ingredients are available in both “Starch” and “Flour”. Use exactly what is shown in the table above. In some cases, the starch and flour are the same thing, and that will usually be marked on the package like this.

Good brands for flours can be found in the Gluten-Free and Organic areas of stores like Woodman’s, Willy Street Co-Op, and Whole Foods. Bob’s Red Mill, Ener-G, Arrowhead Mills, and Namaste are established and solid brands.

When measuring, be sure not to pack the measuring cup. Best to fill your cup using another device (spoon, another cup, etc.), then gently scrape across the top of the measuring cup to get an exact measurement. *Gluten-Free foods need accuracy.*

Store all of your gluten-free flours and mixes in a cool place. I have a separate small refrigerator dedicated to gluten-free-only flours and mixes. It also helps you keep track of where stuff is.

