



EVERYDAY SANDWICH BREAD

Grease and line the bottom and sides of a medium size loaf tin, approx. L24xW13xD6.5cm with baking paper leaving an overhang on two sides. You want to line the sides a bit higher than the tin.

What you need:

70g white rice flour

120g tapioca flour

80g cornflour, maize

100g brown rice flour

3 level tsp active dry yeast

1 level tsp flaky salt

2 $\frac{3}{4}$ level tsp guar gum

20g ground almonds

1 $\frac{1}{2}$ TBS whole milk powder (note 1)

3 size 7 eggs @ room temperature

305mls water

10mls runny honey

20mls rice bran oil or similar

1 $\frac{1}{2}$ tsp apple cider vinegar

To make:

Measure all the dry ingredients into a large container with a lid. Secure the lid and give it a good shake. Tip the flours into a large bowl and make a well in the centre. Set aside. In another bowl beat together the eggs, honey, the oil and vinegar. Set aside. Measure the water into a microwave proof jug then heat on high in the microwave for 35 seconds. Add the egg mixture and warm water to the dry ingredients. With handheld electric beaters whisk for about 20-30 seconds until smooth. Using a wet spatula scoop the dough batter into the middle of the tin. Spread the dough until even and smooth the top. Spritz the top with cold water and sprinkle with some seeds of choice eg sesame, sunflower, pumpkin etc or dust with rice flour or quinoa flakes if desired. Gently cover with a clean tea towel then leave the dough in a warm place for about 20-25 minutes. (I usually put it in the pantry). While the dough is rising heat the oven to 180°C. Bake for 35-40 minutes (ovens will vary). Remove from the oven, tap the bottom of the tin, it should sound hollow. Lift the bread out of the tin immediately and onto a cooling rack. Leave the bread until completely cold before slicing.

Note:

1. For dairy free use almond or coconut milk powder

Tip: This bread is great for sandwiches or to eat with your favourite spread, topping. Great toasted or for French toast. This bread freezes well.

