



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:

120g white rice flour
120g tapioca flour
80g cornflour, maize
50g brown rice flour
3 level tsp active dry yeast
1 level tsp flaky salt
2 $\frac{3}{4}$ level tsp guar gum

3 size 7 eggs @ room temperature
325mls water
10mls runny honey
20mls light olive 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 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.

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.