

Gluten-Free, Casein-Free White Bread (almost like “store-bought”)

From www.recipezaar.com

- 2/3 cup **sorghum flour** (also called juwar flour)
- 2/3 cup **cornflour** or **potato starch**
- 7 tablespoons **tapioca flour**
- 3 1/2 tablespoons **maize flour** (masa de harina)
- 6 g **active dry yeast** (not rapid rise)
- 1 tablespoon **sugar**
- 1 cup of 40 degrees celsius **water** (minus three tablespoons if using whole eggs)
- 1 cup **cornflour** or **potato starch**
- 1/4 cup **soy milk**
- 2 teaspoons **xanthan gum**
- 1 1/2 teaspoons **salt**
- 1 tablespoon **vegan margarine** or **butter**
- 3 whole **eggs**, beaten (if reducing the water) or **egg whites**, beaten
- 1 teaspoon **vinegar** (cider, white or rice)

To test your yeast before starting, mix the yeast, sugar and water in a bowl. Let stand for about five minutes, till it's foamy.

In a large bowl mix the first four dry ingredients (sorghum flour, corn flour/potato starch, tapioca, maize flour) and use a mixer at low speed to thoroughly blend the dry ingredients. This creates a basic gluten-free flour mix.

Measure out two cups of the basic flour mix. (Any leftovers can be saved for other uses) To the two cups of flour add: the sugar, corn flour (or potato starch), Xanthan Gum, and salt. Again use the mixer at low speed to thoroughly combine the dry ingredients.

Now add the yeast mixture, margarine (or butter), vinegar, soy milk and three whole eggs (or egg whites if you prefer). Beat the mixture on high for two minutes to create a soft runny batter.

Use a non-stick (or grease and flour) a 8 1/2" x 4" bread loaf pan. Fill the loaf pan with batter and allow the batter to double in size.

Pre-heat your oven to 220C (425F). When temperature is reached place bread in oven for twenty minutes or till lightly browned. Then cover with aluminium foil and continue to bake for another twenty minutes or until a cake tester inserted into the centre can be removed clean.

Turn the bread out on a cooling rack and allow to cool before slicing.