

Best Gluten-Free Bread Recipe: Instruction Manual

Sure Seeds Gluten-Free Bread

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Introduction

Tired of purchasing expensive and distasteful gluten-free bread products? For too long, you and others within the gluten-free community have had to settle for unpalatable foods that leave you feeling unsatisfied. Food is a vital part of social life, and the gluten-free community has been left out long enough! Having an affordable, mouthwatering, gluten-free bread recipe up your sleeve is indispensable. This instruction manual will guide bakers like you to successfully complete the task of creating delicious and healthy gluten-free bread that you can feel confident about eating and enjoying.

The manual consists of a knowledge background section, easy-to-follow, step-by-step instructions, and a budgetary breakdown, based on Nicole Hunn's "[Easy Gluten Free White Sandwich Bread Recipe](#)." Also included is a "tips and tricks" section at the end of the manual to ensure that the baking process is seamless and efficient - and maybe even a little fun! Knowledge of kitchen safety is important, and children should always be supervised while near a hot oven or stovetop. General knowledge of measurements and kitchen equipment such as mixers and ovens is crucial to guarantee a flawless product.

Follow these instructions anytime you are craving a wholesome, filling snack or for breakfast, lunch, or dinner. But plan in advance, as the bread-baking process can take up to three hours (possibly more for a less-experienced baker). While the process takes patience, attention to detail, and time, the delicious fruit of your labor will be worth it. Now: go get your aprons on!



Figure 1: Chicken and cheddar melt on freshly baked gluten-free bread

Precautionary Statements

⚠ WARNING: Oven temperatures for this recipe reach up to 375 °F. After preheating, be wary of hot air escaping the oven upon opening. Do not touch any items that have been inside of the oven without personal protective equipment (PPE), such as an oven mitt. Direct contact with hot surfaces or air may result in mild, moderate, or severe burns on the place of contact.

⚠ WARNING: Be sure that rotating machinery, such as an electric stand or handheld mixer, is turned or switched "OFF" when using a spatula to clear off the sides of the mixer bowl.

⚠ CAUTION: Eating raw dough may result in contraction of a bacterial infection called salmonella or food poisoning.

⚠ CAUTION: Before baking, check the expiration date of all perishable ingredients. Do not ingest any food items which have a broken seal upon purchase. Do not ingest any food items that are expired.

Technical Background

For the most positive gluten-free bread-baking experience, an understanding of the equipment used for baking with the presented recipe is helpful. Namely, this requires a general knowledge of oven operation and safety, familiarity with measuring cups and conversion rates, and experience using various mixer settings.

When using an oven, it's imperative to wear oven mitts and use hot pads whenever placing something in or removing something from inside the oven to avoid burns and serious injury. Consider also that convection ovens cook foods faster, so reducing a convection oven's temperature by 20°F can allow for a more evenly baked and unburned or dry product. Special attention to measuring cup conversion rates should also be exercised; it's helpful to search the web for guidance on this front if these conversion rates aren't memorized. This is especially important when substitutions of a solid ingredient for a liquid one, or vice versa, occur.

Lastly, since the consistency of gluten-free dough is affected by how vigorously it's mixed, careful application of the recommended settings listed in the recipe instructions - "low" to "medium-high"- is encouraged for best results, as well as selection of the proper mixer attachment ("paddle" versus "whisk," e.g.). Different mixers have different settings and attachments, so delineating what these settings or "speeds" are may most easily be accomplished by referring to the mixer's manual or researching that mixer model online, if a physical copy of its manual is unavailable. With this basic knowledge of equipment and operational measures, you are setting yourself up for success in baking a satisfying loaf of gluten-free bread.

List of Materials and Equipment

There are many items required for baking gluten-free bread. The materials and equipment used for baking are divided into two categories: items used to prepare the dough and items used in the baking process.

The items used to prepare the dough are:

- An electric mixer (stand mixer or handheld) with a paddle attachment
- A medium or large bowl and a small bowl



Figure 2: Gluten-free bread baking equipment

- A set of measuring cups (half-cup and full cup) for wet and dry ingredients, as well as teaspoon/tablespoon measurers
- A handheld whisk
- An instant-read thermometer
- A butter knife
- A small pan
- A spatula
- A roll of plastic wrap
- A paring knife

The items used in the baking process are:

- A 9x5-inch loaf pan
- A set of oven mitts
- A set of hot pads
- A cooling rack
- A bread knife
- A cutting board



Figure 3: Gluten-free bread baking ingredients

Ingredients

For a budgetary breakdown of ingredient costs, please visit the “Budget” section on Page 11, following the “Tips and Tricks” section on Page 10.

- 3 cups (420 grams) of all-purpose gluten-free flour blend, preferably containing xanthan gum
 - If flour blend doesn't contain xanthan gum, use 2 ¼ teaspoons of xanthan gum
- 2 ½ teaspoons (8 grams) of instant yeast
- ¼ teaspoon (1.25 grams) of cream of tartar
 - If no cream of tartar is available, substitute ½ teaspoon of distilled white vinegar

- For more ingredient substitutions, please see the “Ingredient Substitutions” section on Page 9.
- 2 tablespoons (25 grams) of granulated sugar
- 2 teaspoons (12 grams) of kosher salt
 - If personal preference is for less salt, use 1 ½ teaspoons of salt instead)
- 1 ½ cups (12 fluid ounces) of milk, warmed to about 95°F
- 4 tablespoons (56 grams) of unsalted butter, melted and cooled
 - If incorporating seeds topping, melt more butter for brushing top of loaf)
- 1 teaspoon (5 grams) of apple cider vinegar
- 2 egg whites (50 grams), at room temperature
- PAM Original Oil Blend Spray
- Optional: handful of toasted sesame seeds for sprinkling

Step-by-Step Instructions

1. Necessary Kitchen Prep

Lightly grease a 9x5-inch loaf pan with oil spray and set it aside.



If you have a stone loaf pan, do not spray with oil spray.

2. Mixing of Dry Ingredients

In the bowl of a stand mixer fitted with the paddle attachment, combine the 3 cups of flour (followed by additional xanthan gum, if applicable); 2 ½ teaspoons of yeast; ¼ teaspoon of cream of tartar (or ½ teaspoon of liquid distilled white vinegar substitute, if applicable); and 2 tablespoons of granulated sugar. Whisk these dry ingredients together with a handheld whisk. Add the 1 ½ or 2 teaspoons of salt and whisk by hand again.



If you live in a high-altitude area (eight thousand feet or more above sea level) or in a highly humid environment (above 70 to 80 percent), add a teaspoon less of yeast. Also, make sure all measurements are precise; use dry measuring cups for dry ingredients and wet measuring cups for wet ingredients. Lastly, If your gluten-free flour dough does not contain xanthan gum, you will need to add 3 teaspoons by hand.

3. Addition of Wet Ingredients

⚠ WARNING: Be sure to turn off the mixer when scraping the sides of the mixer bowl with a spatula as necessary during this step.

Add each wet ingredient to the bowl of dry ingredients, one by one. Run the mixer on low speed in between adding each liquid ingredient, starting with the 1 ½ cups of warmed milk. Next, add in the 4 tablespoons of melted butter, 1 teaspoon of apple cider vinegar, and 2 egg whites.



Figure 4: Video of dough during the mixing process



If you live in a low-humidity environment (below 30 percent), add a tablespoon or more of extra liquid.

4. Mixing of Combined Ingredients and Required Consistency

After combining all dry and liquid ingredients, run the mixer on medium-high speed for about 3 minutes. The dough will be thick, smooth, and quite wet.



Do not skimp in the mixing process. Doing so could prevent the dough from rising properly.

5. Transportation of Dough to Loaf Pan

Scrape the dough into the prepared loaf pan with the spatula. Then, apply water to the spatula and smooth the top of the dough.

6. Rising Process of the Loaf

⚠ WARNING: Take care to wear oven mitts when placing or removing the loaf pan into or out of the oven.

Cover the dough with lightly spray-oiled plastic wrap and allow it to rise in a warm, draft-free place for 30 to 45 minutes, or until it's about 150% of its original size, overflowing the top of the loaf pan by at least a ½ inch when retrieved.

- If a proofing drawer is not available, let the loaf rise for 40 minutes on the oven's "Warm" setting (typically about 150°F) with the oven door open.



Figure 5: Dough during the rising process



Make sure that you are using instant dry yeast and are allowing the bread to rise for a full half-hour, minimum.

7. Oven Preparation

When the dough has nearly reached the end of its rise, preheat the oven to 350°F.



If you have a convection oven, reduce the temperature by 20°F.

8. Preparation of Dough for Baking

Remove the plastic wrap from the now-risen dough and slash the top of the dough about a ¼-inch deep with the paring knife.

- If incorporating the optional toasted sesame seeds, brush the top of the risen bread gently with extra melted butter, using the spatula, and sprinkle with the seeds.

9. Baking Process of the Loaf

Wearing oven mitts, place the pan in the center of the preheated oven. Bake the loaf at 350°F for the first half-hour; then, turn the oven up to 375°F for the final 20-30 minutes of baking. When fully baked, the internal temperature of the bread will reach about 195°F on an instant-read thermometer, and the outside of the loaf will form into a thick, brown crust.



Figure 6: Baked loaf of gluten-free bread in the pan

10. Cooling Process of the Loaf

While wearing oven mitts or hot pads remove the loaf from the oven. Allow it to cool for about 10 minutes in the pan before transferring it to a wire rack to cool completely.

- The loaf should easily exit the pan if with initial oil spray application. However, if difficulty is experienced in removing the loaf from the pan, loosen the edges by moving a butter knife around the rim of the pan.

11. Enjoying the Loaf

Once the bread loaf has cooled to a safe-to-touch temperature, slice off as many slices as desired with a bread knife on a cutting board. Proceed to



Figure 7: Completed loaf and slice of gluten-free bread

enjoy the bread as part of a sandwich, a piece of toast, a fresh snack, or for later consumption.

- To freeze the loaf, slice it completely after cooling wrap tightly with plastic wrap, and place in freezer. Defrost as many slices as needed within the next two weeks using a toaster or toaster oven.

Ingredient Substitutions

Sure Seeds Gluten-free Bread recipe is not only delicious and affordable, but also exceptionally adaptable! The following ingredients and their substitutes can work in a pinch when you don't want to have to run to the store for that one missing ingredient. But take note: if you're missing an ingredient that is not on this list, that means it cannot be substituted in this recipe and must be purchased.

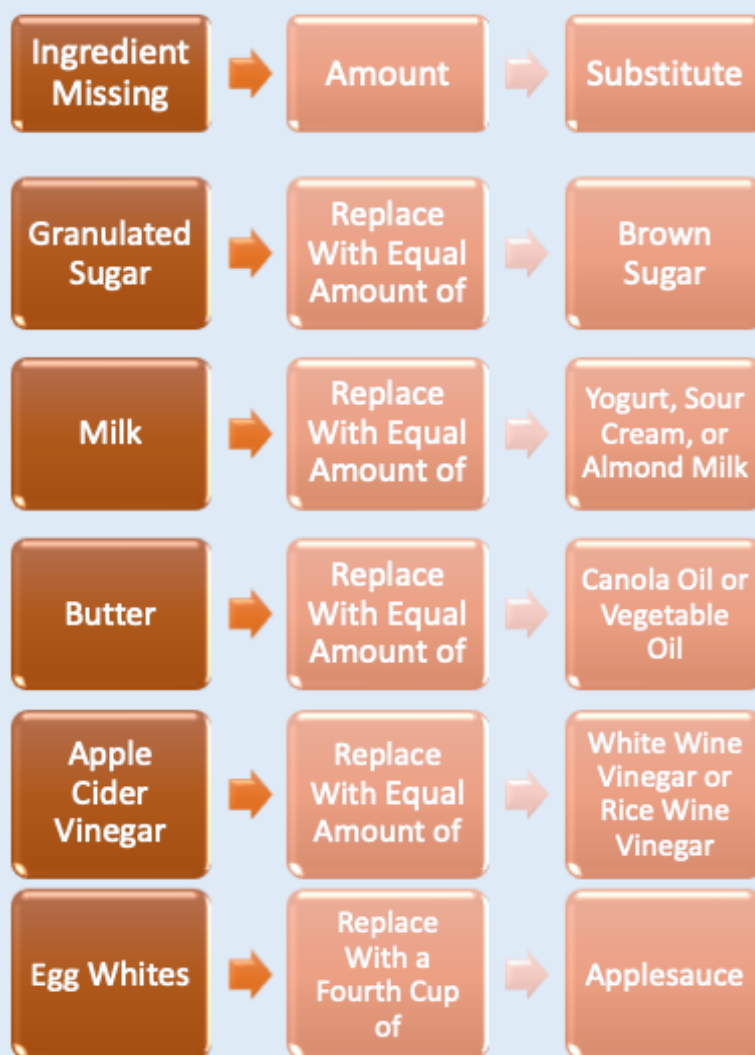


Figure 8: Ingredient Substitutions Chart

Tips and Tricks: How to Ensure Proper Rising and Texture of Your Bread



You've followed the recipe exactly, read all the steps, and the final product was less than satisfactory. Maybe it didn't rise, or the inside was runny. Whatever the case, you're probably wondering what went wrong. The advice below can help locate the error and make corrections so that the next time you give this recipe a go, your bread will be successful.

- If the bread is not rising, make sure that you are using instant dry yeast and are allowing the bread to rise for a full half-hour, minimum. Gluten-free bread is more dense than regular bread, which makes it heavier and harder for it to rise.
- If you live in a high-altitude area (eight thousand feet or more above sea level), you are at risk for the dough rising too much. This causes it to collapse during baking. To remedy this, add a teaspoon less of yeast. High altitudes can also cause the bread to be drier. Add an extra tablespoon of liquid to prevent this from occurring.
- If you live in a dry environment (below 30 percent humidity), the bread is at risk of being too dry and crumbly. This will cause it to have a longer rising process. Add a tablespoon or more of extra liquid to combat this problem.
- If you live in a highly humid environment (above 70 to 80 percent), this can cause the yeast to become more active and rise too much. Add a teaspoon less of yeast to remedy this.
- If you have a convection oven, reduce the temperature by 20°F. Convection ovens cook food faster, and can therefore burn the bread if cooked at the instructed temperature.
- If you have a stone loaf pan, do not spray with oil spray. Because stone pans absorb oils, spraying it will actually damage the pan by leaving a film that is hard to remove with soap and water. Stones have a natural nonstick surface, so spraying is not necessary.
- If your bread is crumbly or too sticky, this could be the cause of inexact measurements. Make sure all measurements are precise. Too much flour could be the cause of crumbly dough. Too little flour could be the cause of sticky dough. Make sure that you use dry measuring cups for dry ingredients and wet measuring cups for wet ingredients. Measure by weight, not volume if possible.
- If you leave out the salt, your bread is at risk of being too sticky. Don't leave out the salt! Salt not only improves the flavor of your bread, but it also helps form the dough while mixing, making it easier to work with. Sticky and runny dough may be the cause of the absence of salt.
- If your dough is not rising in the oven, ensure that you mixed for the correct amount of time. Do not skimp in the mixing process. Taking your time when you're mixing is important. If your dough is not mixed enough, it will lack strength and won't rise in the oven. This dough, because of its gluten-free nature, is too runny to knead by hand, so an electric mixer is essential.

- If your gluten-free flour dough does not contain xanthan gum, you will need to add 3 teaspoons by hand. Without xanthan gum, the dough will not rise properly and may be crumbly.
- If all else fails, it might be that the flour blend you're using is not a good fit for this recipe. We strongly recommend using King Arthur's gluten-free flour blend. This manual was built around this flour blend and worked well for us, so it is highly likely that it will be a success for you, too.

Budget

In total, the cost of all of the ingredients will be between \$32.50 and \$83.00. The cost of the recipe itself is between \$2.72 and \$5.78, assuming no substitutions are made. The cost will vary depending on the brand and where the item is bought. The above prices do not include sales tax or the cost of shipping if an item is bought online. The price ranges are the most common prices for non-bulk items.

- A 1250-gram (44 oz.) bag of all-purpose, gluten-free flour costs between \$7.00 and \$13.00, with the average pricing being around \$10.50. The amount of flour used in this recipe is worth \$1.17-\$2.17.
- Xanthan gum in a 225-gram (8 oz.) bag costs between \$8.00 and \$16.00, with the average price being around \$12.00. The amount of xanthan gum in this recipe is worth \$0.24-\$0.48.
 - Check if the gluten-free flour blend has xanthan gum in it before purchasing to eliminate additional cost and purchase of xanthan gum.
- Instant yeast in a 450-gram (16 oz.) bag costs between \$5.00 and \$11.00. The amount of instant yeast in the recipe is worth \$0.09-\$0.17.
- Cream of tartar in a 40-gram (1.5 oz.) shaker costs between \$2.50 and \$6.50. The amount of cream of tartar in this recipe is worth \$0.07-\$0.18.
 - Substitution: distilled white vinegar in a 1-L (64 fl. oz.) bottle costs between \$1.50 and \$3.00.
- Granulated sugar in an 1800-gram (64 oz.) bag costs between \$3.50 and \$6.00. The amount of granulated sugar in this recipe is worth \$0.05- \$0.08.
- Kosher salt in a 450-gram (16 oz.) container costs between \$2.00 and \$5.00. The amount of kosher salt in this recipe is worth \$0.04-\$0.12.
- A gallon of whole milk costs between \$3.00 and \$5.00. The amount of milk in this recipe is worth \$0.28-\$0.47.
- A pack of four sticks of unsalted butter costs between \$3.00 and \$4.50. The amount of unsalted butter used in this recipe is worth \$0.38-\$0.75.

- Half a liter (16 fl. oz.) of apple cider vinegar costs between \$1.00 and \$4.00. The amount of apple cider vinegar in this recipe is worth \$0.01-\$0.04.
- A dozen eggs cost between \$1.00 and \$3.00. The number of eggs in this recipe is worth \$0.17-\$0.50.
- Optional: a 60-gram (2 oz.) shaker of toasted sesame seeds costs between \$5.00 and \$9.50. The amount of toasted sesame seeds in this recipe is worth approximately \$0.22-\$0.82.

Works Cited

Hunn, Nicole. "Easy Gluten Free White Sandwich Bread Recipe | Tender and Springy." *Gluten Free on a Shoestring*, January 6, 2020, <https://glutenfreeonashoestring.com/gluten-free-white-sandwich-bread/>.