

GF Bread

	OR try . . .
90g millet flour	155g millet flour
90g sorghum flour	
100g tapioca starch	70g cassava flour
50g buckwheat flour	105g buckwheat flour
30g almond flour	30g almond flour
1 tsp sea salt	1 tsp sea salt
10g instant yeast	10g instant yeast

400 ml water	400 ml water
18g psyllium husk	18g psyllium husk
2 tsp lemon juice	2 tsp lemon juice
1 ½ tsp olive oil	1 ½ tsp olive oil
1 Tbsp Barbados	1 Tbsp Barbados molasses

1. Warm the OFF oven by turning on the oven light. Have all flours at room temperature, then blend together w/ salt and yeast. Grease the bowl to be used for rising, and line the Corning loaf pan w/ parchment paper.
2. Warm 400ml water to ~95F; then add the oil, lemon juice, molasses and mix well. Add 18g psyllium husk to the water mixture and stir well; then immediately add to the flour mix. Use the dough whisk for several minutes until a cohesive dough is formed. The dough will be sticky.
3. Turn the dough onto a board lightly floured w/ millet flour and knead briefly. Place the dough in the prepared greased bowl. Cover and let rise for approximately 1 hour in the oven until doubled in bulk.
4. On a lightly floured board, shape the dough into a loaf and place in the prepared pan. Let rise again in the oven (with light on) for about 45 minutes (the remaining rising will take place outside of the oven.) Preheat the oven to 475F and place the round Corning dish on bottom shelf. When the oven is at temperature and the dough has risen, boil 1 cup of water; place the bread pan in the oven and then add the water to the bottom shelf pan.
5. Bake for 15 minutes; then reduce the heat to 430F and bake an additional 35 minutes, or until the internal temperature is between 205-210F.
6. Remove immediately from pan; remove the parchment paper and place on cooling rack. Melt 1-2T ghee and brush loaf all over. (This will prevent a hard crust.)
7. Let cool thoroughly before slicing.