



Recipe: Gluten Free Communion Bread

Ingredients

1 cup cornstarch (144g)
1 cup tapioca starch (129g)
1 1/8c garbanzo bean flour (105g)
3 1/2 teaspoons xanthan gum
1 1/2 teaspoons kosher salt
3 Tablespoons (41g) brown sugar
1/4 teaspoons cream of tarter
1 3/4 teaspoons instant yeast
3 eggs (room temperature)
1 1/8 cups hot water (not boiling)
3 Tablespoons (42g) oil (canola,
vegetable, etc)
Cooking spray

Tools

Stand mixer with paddle attachment
Loaf pans (or 2-6" cake pans)
Parchment paper
whisk
scraper
plastic wrap
sharp knife
wire rack

Directions

Preparation

1. Grease your loaf pan (or cake pans) and line with parchment paper

Assembly

2. Combine the dry ingredients in the stand mixer up until the yeast (cornstarch, tapioca starch, garbanzo flour, xanthan gum, salt, brown sugar, cream of tarter) and whisk well to combine.
3. Add the yeast and whisk again.
4. In a medium size bowl (about 2 cups/16oz) whisk together the eggs, water and oil.
5. Mix on low speed until combined. Scrape the sides of the bowl and the beater and then mix on high for 1-2 minutes.
6. Spray the top with oil and then cover loosely with plastic wrap.
7. After 15-20 minutes pre-heat your oven to 375.
8. Allow to sit in a warm area for around 45-90 minutes until dough has almost doubled in size. Check it often because it will easily over-proof. until fully combined.
9. Remove plastic wrap and place in the oven. (If baking a loaf, dip a sharp knife in water and make a shallow cut long ways down the loaf.

Baking

1. Bake for 20-24 minutes (cake pans) or 35-40 minutes (loaf pan) When it is done, the bread will be golden brown and internal temperature will be about 200.
2. Allow to cool for 5 minutes in the pans, gently separate the side and take out to finish cooling on a wire rack.



Notes

1. Adapted from Gluten Free Rice Free Bread, Nicole Hunn.
<https://glutenfreeonashoestring.com/gluten-free-rice-free-bread/>
2. This is a forgiving recipe. If you don't have time to proof, it will still be edible, just not as fluffy.
3. If you want to combine all the dry ingredients in a pre-made mix to make it easier for other people to make it, that works, just make sure you whisk them well together in the right order.
4. You can also replace the garbanzo bean flour with sweet white sorghum flour at the same weight measurement.
5. This whole recipe feeds around 125 people for Communion or 60 per six inch loaf.
6. You can freeze it ahead of time, but the texture can change and be more crumbly.
7. The leftovers are great as French toast, or sandwiches