

Gluten-Free, Vegan Homemade Bread

(aka Farmhouse Seed Bread)



Tested and Approved by 86lemons.com

<http://86lemons.com/glutenfree-vegan-homemade-bread>

Original Recipe Source:

Whole Life Nutrition Kitchen

<http://www.nourishingmeals.com/2011/04/gluten-free-bread-xanthan-free-vegan.html>

Comments and recipe taken directly from the recipe source unless otherwise noted:

There are so many variations to this bread. I've made it into an Olive-Rosemary bread using 1 cup pitted kalamata olive sliced thin and 2 to 4 tablespoons chopped fresh rosemary. You could also try a Garlic-Seed bread by adding in chopped fresh garlic and seeds. I am sure there are many more variations. If you have a corn allergy, try replacing the cornmeal with almond meal. I have made this bread with many different flour combinations so feel free to experiment, but this one is my favorite for flavor and texture. The bread gets its crusty crust from being baked on a stone pan with a pan of water on the lower oven rack. The steam from the water helps to form the crust. The bread will be a little gummy hot out of the oven so be sure to let it cool a bit before cutting into it. Slice it and serve with a good quality olive oil for dipping. It is also delicious spread with either almond butter or hummus!

TIP: Be sure to buy whole chia seeds and then grind them very finely in a coffee grinder or the dry container of your Vita-Mix. If using a Vita-Mix, it is best to grind at least one cup at a time so they grind properly. Store them in a glass jar in your fridge for no longer than a week. ([Livy at 86L](#): or [buy ground chia seeds](#))

NOTE: If you are adding garlic or olives to this bread, add them in when you are kneading the dough the first time.

WET INGREDIENTS:

2 ½ cups warm water (105 to 110 degrees F)
2 ¼ teaspoons active dry yeast (1 package)
1 teaspoon maple syrup or organic cane sugar
2 tablespoons extra virgin olive oil
2 tablespoons maple syrup
⅓ cup ground chia seeds
⅓ cup whole psyllium husks

DRY INGREDIENTS:

1 cup teff flour
1 cup sorghum flour
½ cup sweet rice flour
½ cup cornmeal
1 ½ teaspoons sea salt

TOPPING:

extra virgin olive oil
poppy seeds
sesame seeds

STEP 1:

Place the warm water in a bowl or 4-cup liquid glass measure. Add the yeast and teaspoon of maple syrup, whisk together. Let rest for 5 to 10 minutes to activate the yeast. **The mixture should get foamy or bubbly. If not, dump it out and start over.**

STEP 2:

While the yeast is activating, mix together the dry ingredients in a large bowl.

STEP 3:

After the yeast is activated, whisk in the olive oil, maple syrup, ground chia seeds, and psyllium husks into the water-yeast mixture. Let stand for 2 to 3 minutes (**not any longer**) to let the chia and psyllium release their gelatinous substances. Whisk again.

STEP 4:

Pour the wet ingredients into the dry and mix together with a large wooden spoon until thick. Then knead the dough on a floured wooden board to incorporate the flour. Add more teff and sorghum flours, a little at a time, until the dough holds together and isn't too sticky (about $\frac{1}{4}$ to $\frac{1}{2}$ cup total). **Don't add too much flour, otherwise the dough will become very dense; it should still be slightly sticky.**

STEP 5:

Form dough into a ball, place back into the large bowl, and cover with a damp towel. Place in a warm spot to rise. I like to place the bowl over a pot of warm water. Let dough rise for an hour or until doubled in size. Rising time will depend on the temperature of the environment around the dough.

STEP 6:

After the dough has risen, place a pizza stone in your oven. Preheat the oven to 400 degrees F. Place a pan of water on the bottom rack of the oven (the one beneath the pizza stone). I usually use an 8 x 8-inch glass pan filled $\frac{3}{4}$ of the way full.

STEP 7:

Punch down the dough and turn out onto a lightly floured wooden board. Knead the dough for about a minute. Then form into a round ball. Place on a square of parchment paper and use a sharp knife to cut a shallow "tic-tac-toe" pattern on the top. Drizzle with olive oil and sprinkle with poppy seeds and sesame seeds. Let rise for about 30 minutes in a warm place while the oven and stone are preheating.

STEP 8:

Carefully lift the parchment paper with the risen loaf and place it onto the stone in the oven. Bake for about 40 minutes.

STEP 9:

Remove from oven and let cool 30 to 60 minutes before cutting into it. The bread will be very gummy hot out of the oven. The texture is perfect once cooled. It reminds me of a hearty whole wheat bread.