



Bread Machine & Baking Videos with Ellen Hoffman

Gluten Free "Rye" Bread

Ingredients:

375g Half and Half

1 egg

20g Grapeseed or any neutral oil

70g honey

500g Caputo Fioreglut Gluten Free Flour

28g Caraway seeds (plus more for sprinkling on top)

8g salt

70g butter

8g SAF Instant yeast GOLD LABEL for sweeter doughs

Prepare a two-pound loaf pan by spraying with nonstick spray and laying a sheet of parchment across and pushing down into sides and ends. The parchment sticking up and out on both sides will be for lifting loaf out.

Put in bread machine in the order required by your manufacturer's directions. If you do not have a "rest" your times will be different than mine.

In a Zojirushi Virtuoso Plus, put the ingredients into the bread pan in the order listed. Put bread pan in machine, plug in and set for Course 11: Dough. DO NOT USE GLUTEN FREE COURSE!



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Set two timers as soon as you start the machine:

1st timer: 28 minutes. This is a rest plus five minutes of kneading. At this time, grab a silicone spatula, and scrape down the flour around the dough. DO NOT ADD FLOUR OR LIQUID. You are not looking for a smooth dough ball.

2nd timer: 44 minutes. This is when you will take the dough out of the bread machine (cancel and unplug).

Pour dough into the loaf pan. Oil your hands and push down the dough and spread it in the loaf pan evenly. Do your best to smooth the tops.

Proof in a slightly warmed oven for one hour.

Egg wash and sprinkle caraway seeds on top.

Bake at 350 degrees for approximately 40-45 minutes but check at 30 minutes to make sure the top isn't over browning. Tent with foil to prevent the top from burning. The bread is done when it reaches an internal temp of 200 degrees.

Cool on rack for at least 3 hours before slicing. Freeze the day of baking.