



Healthy Recipes for Healthy Living

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Rice Bread



1 cup Fresh Gluten-Free Buttermilk
1/4 cup Butter, melted
1 teaspoon Rice vinegar
1 1/2 teaspoons Salt
2 cups Brown rice Flour
1/3 cup Potato Starch Flour

1/3 cup Tapioca flour
1/4 cup Sugar
3 1/2 teaspoons Xanthan gum
3 Eggs
1/2 cup Water +2 Tablespoons
1 1/2 Tablespoons Active Dry Yeast

Place the buttermilk, melted butter, rice vinegar, and salt in bread pan. Stir with a rubber spatula. In a large bowl, combine all the dry ingredients except the yeast. Mix well with a whisk. In a separate bowl, combine the eggs and water; beat lightly. Place 1/2 of the dry ingredients in the bread pan.

Add the egg mixture. Add the remainder of the dry ingredients; sprinkle the yeast on top. Select Light Crust setting and press Start. Observe the dough frequently during the kneading cycles. If it does not appear to be mixing well, use a rubber spatula to assist it occasionally. After the baking cycle ends, remove bread from pan, place on wire rack, and allow to cool 1 hour before slicing.

VARIATIONS

- * You can substitute olive oil for the butter.
- * Replace 1/4 to 1/2 cup of the rice flour with another gluten-free flour, such as yellow or blue corn flour, polenta meal, or soy flour.
- * You can add at least 1/4 cup grated cheddar cheese for a new flavor.
- * Sauté some onions in the melted butter, allow them to cool, then add them and your favorite herbs to create an onion/herb bread.