

Gluten-free Artisan Bread with Timtana flour

(Makes two 2-pound boules, or 4 small 1-pound loaves)

Timtana flour is a gluten-free flour made out of timothy grass by Montana processors. It is very high in protein, and helps create nice moist baked goods. It is particularly good in yeast-raised baked goods, and here, combined with the delayed fermentation, creates a really tasty loaf with excellent crust, that remains moist and pliable for a few days after baking.

This is a dense loaf, as it contains a fairly high whole grain/starch ratio. For those who don't have timtana flour, a variation on the loaf can be made with teff and light buckwheat flour. This recipe is adapted from Healthy Bread in 5 Minutes per day to use the Timtana flour, as well as be egg-free.



REAL
FOOD

Made Easy

Combine dry ingredients in a bowl and whisk well to mix.

- 2 cups (316 grams) brown rice flour (or sub 240 grams light buckwheat flour)
- 1 1/2 cups (180 grams) Timtana flour (or sub 180 grams Teff flour)
- 1 1/2 cups tapioca starch (180 grams)
- 1 1/2 cups potato starch (288 grams)
- 2 Tablespoons xanthan gum
- 2 teaspoons agar powder
- 2 teaspoons salt
- 2 Tablespoons instant yeast

Add liquid ingredients to the bowl of a mixer, then add the dry ingredients and mix well with the paddle attachment and mix until the dough smooths out, about 2 minutes.

- 2 2/3 cup water at room temperature
- 1/3 cup grapeseed oil
- 2 Tablespoons light agave syrup or cane sugar

Cover and allow the dough to sit at room temperature for 90–120 minutes, until risen. If you use immediately, take about 700 grams and shape into a smooth ball on parchment. Allow the dough to rest for 30-40 minutes while the oven preheats to 400 degrees. Slash the top just before baking. Bake (with steam) for 45-50 minutes.

Refrigerate the remaining dough. Let the cold dough sit for 90 minutes after shaping.

Dough will keep in the refrigerator for up to 7 days.