

Gluten-Free Rice Bread (Yeast Raised) - Sugar Free (by Beth Politano)

2 cup apple juice
2 tsp. salt (to taste)
1/2 cu[margarine or butter
1 1/2 cup apple juice , warmed
1/2 cup warm to hot water
8 cups (brown) rice flour
4 tsp. Saf yeast
2 large eggs
1 Tbsp. guar gum
4 Tbsp. lima bean flour
2 Tbsp- 1 1/4 cup water

Prewarm oven to 200 degrees F. and turn off. Prepare pans by greasing and lining with strips of wax paper. Melt margarine in 2 Cup. of apple juice and add salt. Pour into the Bosch bowl equipped with the whips. Add 1 1/2 cup warmed juice and 1/2 cup warm water and jog to mix. Add 3 cups rice flour and mix until smooth. (At this point for a moister bread, you can leave warm and covered for 1/2 hour or overnight and bake in the morning) Add yeast and eggs and mix. Add 3 more cups of rice flour with the guar gum and the lima flour mixed in. Mix everything together with the whips on speed one while add the remaining 2 cups of rice flour and beat well. Dough/batter should resemble soft mashed potatoes. Adjust if necessary by adding more flour or water. Divide and spoon batter into pans. Rise 25 to 30 min. in the warmed oven. When dough has barely doubled turn on the oven to 350 degrees F. and bake until golden brown. Brushing with melted butter 10 min. before it is done will make it easier to cut. Turn out onto a rack immediately and remove paper and let cool. Makes 3 loaves

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