

## **Lucky Pluck Farm Sandwich Bread**

\*\*Please note, I do not use cup measurements and do not know what they would be. There are converters online that you could look at and may help you but I am a strict scale user for my baked goods for several reasons, the most notable being consistency and flour substitution.\*\*

(makes 1 full size loaf of bread)

150 grams starch (sweet rice flour, tapioca starch, arrowroot, potato starch should all work)  
320 grams flour (sorghum and brown rice 50/50 are my goto, millet, teff, buckwheat, white rice, etc)  
30 grams whole psyllium  
1 1/4 tsp Salt  
50 grams Apple Sauce

625 grams Warm Water  
3 Tbsp Sugar  
2.5 tsp Active Dry Yeast

1. Activate Active Dry Yeast in warm water with sugar. Allow to sit at least 10 minutes. Should begin to get frothy.
2. Mix dry ingredients and apple sauce.
3. In standing mixer (or by hand), mix in yeast mixture. Cover and allow to double (or close to double) or sit for up to 2 hours.
4. Grease pan, punch down dough as best you can (this is not gluten dough and doesn't punch down great), put dough in pan and flatten out, cover and allow to rise.
5. Preheat your oven to 350°F (175°C)\* right after starting your second rise (in the pan) unless it is very cold in your home or you are doing the second rise in the refrigerator.
6. Allow loaf to rise until it's even with the edge of the pan on the outside (the center will be higher), pop into oven. Bake for 1 hour and 10 minutes.
7. Take out of oven and remove from pan, allow to cool before cutting into.

\*temperature of oven is based on being in cool temperate climate and about 1000 feet above sea level. If you are in a drastically different climate or altitude you may need to make changes here.

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