Zojirushi BrownRice/Oat Flour-PotatoStarch Psyllium 4 Bread.

**Preparatory & Background Info**

* Use a three quart batter bowl (light, works well for dry ingredients)
* Use a **8** cup beaker for the wet so there’s space for beating the eggs.
* ***Whisk 5 oz of milk with a heaping T of psyllium immediately at start; it needs to sit 15 minutes to ‘bloom’ and whisk again at 7 & 12 minutes***

**Ingredients:**

Wet

* 1 heaping T of ground psyllium powder mixed with 5 oz L/F skim milk, DO FIRST
* 14.2 oz lactose free skim milk
* one jumbo egg, room temp, and one egg white, beaten
* 1T/.4 oz apple cider vinegar
* 1 oz olive oil
* 2 oz maple syrup Dry
* 8 oz brown rice flour
* Full .3 oz salt
* 5.5 oz oat flour
* 7.5 oz potato starch
* .1 oz xanthan gum
* 1 tsp active dry yeast, added last thing into pan

***Whisk 5 oz of milk with a heaping T of psyllium immediately at start; it needs to sit 15 minutes to ‘bloom’..and be whisked every 3-4 minutes. Big difference!.***

In a large bowl, mix the flour ingredients (brown rice flour, oat flour, salt , potato starch **and xanthan gum**) well with a whisk, breaking down lumps in potato starch.

Combine the liquid ingredients (milk, beaten eggs, apple cider vinegar, vegetable oil and honey/maple syrup) and whisk to a froth to make sure the eggs are well beaten. Microwave for one minute. When Psyllium/ milk has bloomed, add it

 ***Spray the sides of the bread machine’s pan to add release after baking***; this Rx tends to stick to the pan

Pour liquid into the bread machine pan. Add the flour mixture to the baking pan; it will float atop the liquid.. Make a small indentation in the flour with a spoon, and place the yeast there. Make sure the yeast does not touch any liquid.

Select Custom Home-Made #1 (Rest:0, Knead:17, R1:0, R2:0, Rise3:35, Bake: 80.) and press Start. After it’s been mixing for a while, open the lid and use a rubber spatula to push down flour that may be stuck to the sides of the baking pan. When mixing is complete, smooth over the top of the dough.*. Try longer mix & rise, 20,40*

When bake is done,, check the temp, which should read 205º or more, if it isn’t, add extra time to your bread maker or put the bread maker loaf pan into your oven on 350° F for another 5-10 minutes (keep taking its temperature).

Run grey plastic spatula around the pan edge to help bread release

Based on a much modified Rx:

https://www.zojirushi.com/app/recipe/gluten-free-brown-rice-breadgluten-free-brown-rice-bread1#slcttop

Cost

Maple Syrup, $12/qt, 2 oz=75¢

Olive Oil: $12/48oz, 30¢/oz, 1 oz=25¢

Milk: $3.38/64oz, 5.3¢/oz,19.2oz=$1.02

Brown Rice Flour: $8.17/5lb, 10.2¢/oz, $.80

Potato Starch: $2.65/lb, 17¢/oz, 7.8oz=$1.29

Xanthan Gum $5.59/6oz, 93¢/oz, .28oz=26¢

Oat Flour: $1.50/lb, 9¢/oz, 5.3 oz=50¢

Eggs: $4.80/doz, 40¢@, 40¢

Yeast: $3/16oz, 19¢/oz,.3oz=6¢

**Total Cost: = .75 + .25 + .1.02 + .80 + 1.29 + .26 + .50 + .40 + .06 = $5.33**

**Notes:**

* Xanthan gum appears to give Carol gas. Cutting back on it makes it fall worse. Am now using .1 oz of it, which seems to be OK
* Gluten Free breads do not need and ***must not be kneaded***, just mixed because there is no gluten to develop!
* Observe the hydration after the machine has been beating for 4 minutes and thereafter. The Dough should be almost runny, NOT doughy; fear not. There may be two breast domes forming over the beaters. Adjust hydration, if necessary by adding milk an once or two if too dry, rice flour if too wet…*weigh what you add and record it. Smooth out domes once mixing completes.*

[*https://gfjules.com/baking-gluten-free-bread-in-a-breadmaker/*](https://gfjules.com/baking-gluten-free-bread-in-a-breadmaker/)

How to Program Your Bread Machine for Gluten Free Bread:

1.  a 20-minute mix cycle

2.  a 40-minute rise cycle

3.  a 1-hour bake cycle

Do not allow the machine to do a “punch down” or second rise!

Always take your bread’s temperature before you take it out of the oven or the bread maker. It might look and smell done, but if it’s not over 205° F, it’s not done in the middle.