

Oat Bread -Ver: 7g, using a Zojirushi BBCC-X20 bread machine & "custom" pgm or an Oster & Basic Pgm (12/31/2017)

(We've often seen several bread maker machines at the Salvation Army Store --maybe \$10 each.)

* **Mix:** ~ 2 cups oat flour (or ground from organic groats) (ground rolled oats results in a "mealy" texture)

~ 1 cup sorghum flour (grind your own grain from Bob's Red Mill or purchase ground --from Azure Farm)

~ 1 cup get-rid-of/what have you flour (buckwheat, discontinued grains/flours, rye flour is good --or more sorghum).

~ ½ cup organic corn meal (adds texture/bite)

~ ½ cup ground flax seed, a bit rounded (also goes for a 2nd egg, assists the xanthan, adds oil, plus it's a health item)

~ ½ cup rolled oats (for texture) (or: lightly ground Walnuts (2.5oz av.)

~ 1/4 cup dark brown sugar (sorghum is naturally sweet, but yeast needs real sugar).

~ 1-1/4 tsp salt (1 tsp if you use salted nuts)

~ 1 tsp tumeric (health and color additive)

~ 1 tsp xanthan gum. (**Level it!** Commercially: ½ to 1% by weight. (More = cratering, less = dense, low)

* **Mix:** ~ 3 tbsp olive oil or butter into:

~ 2-3/4 cup of very warm water. (**You want** a thick "batter", which mixes, rises, levels and bakes well.)

~ 1 egg (alt: 1/2 diced banana + 1/4 cup water or 1/4 cup masa harina + 1/2 cup water). **pour it into the bread maker's pan.**

* **Lay/float** the dry ingredients on top of the liquid in the bread maker's pan.

* Make a depression in the dry ingredients and add 2 rounded tsp active dry yeast. (When using a bread maker, the yeast should remain dry through the preheat. For manually made bread, mix all the ingredients, pour into the pan, level, rise, stir down, rise and bake.)

** The absence of gluten, a minimum of xanthan gum and water --results in the dry ingredients needing help to submerge and mix during the "Knead" cycle of our bread maker. Use a rubber spatula to scrape down the sides until the dough/batter begins to cohere enough to stop crawling up the sides of the bread pan. The batter/dough will look too dry at first.

* Close the lid, plug Z-machine in, select "Memory 1" (2:35 displays). (Be sure that "Preheat" and "Keep Warm" are not turned off. (Note: if crust selection displays, select "Dark", but it seems to make no difference. Z machine max bake time is 70 minutes.)

Preheat	Kneading	1st Rise	2 nd Rise	3 rd Rise	Bake	Keep Warm
20min	15min	30min	none	20min	70min	60min
(82°)	(82°)	(82°)	(82°)	(97°)	260°	(194°)
(2:35 remaining)	(2:15)	(1:45)	(---)	(1:00)	(Done)	(Pull the loaf soonest.)

* Notes: * A bread maker should turn over this dough as a **thick**, but self-leveling batter. * You might see a slight mound or well over the running mixing blades, but you don't get/want a dry dough ball with xanthan dough/batter. * **Since this is a "batter", not a dough, don't let it rise above the top of the pan. Makes a 3 to 4 pound loaf that stands 3-3/4 inches tall (from a BBCC-X20).**

* Upon completion, pull the pan, flip it, bonk the loaf out and place on a small rack to cool. (**Don't cut until cooled.**)

* Always refrigerate non-gluten bread, but don't freeze it --which makes the crust hard and frangible.

* If you go w/o xanthan, skip buckwheat & cornmeal too. Use 3-1/4 cup bread flour, 2-1/4 cup water, & 3 tsp yeast. An alternative is to use a recipe with 25% "gluten flour".