

St. Mark's Lutheran Church (Fargo, ND)

Gluten-free Egg-Free OR with Egg Communion Bread

Utensils you will need:

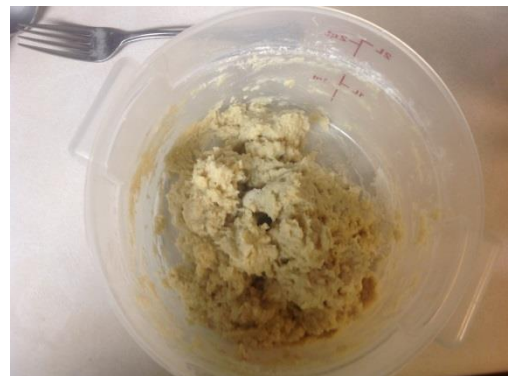
- A small bowl and spoon;
- A small mixing bowl with a tight fitting lid;
- A wooden spoon or bread whisk;
- Kitchen scale (the most accurate way to measure the flours in the recipe);
- Measuring cup and spoons;
- A pizza stone, flat cast iron griddle, or metal cookie sheet (preferably not the "air-cushion" kind);
- A 9x13 or larger metal pan;
- Plastic Wrap

Ingredients:

- Dry Ingredients (mix together in the bowl with the lid):
 - 3.4 oz (3/4c) tapioca flour
 - 1.4 oz (1/4 c) brown rice flour
 - 1.4 oz (1/3 c) sorghum flour
 - 1 oz (2 ¼ TBSP) potato flour
 - 1 tsp kosher flake salt or ¾ tsp table salt
 - 1.5 tsp yeast (room temperature)
 - 1.5 tsp xanthum gum (this is a necessary binder)
- 1 TBSP ground flax seed + 3 TBS water OR 1 large egg
- ¾ c water (105-115 F; usually hot tap water is the right temperature)
- 2 TBSP neutral-tasting oil (corn, vegetable, (extra-)light olive; I use butter-flavored olive)

On Wednesday, Thursday, or Friday:

- Mix flax seed with 3 TBSP warm water; let sit for ten minutes.
IF using an EGG, skip this step.
- Pour flax seed mixture OR egg, water, and oil into the dry ingredients in a medium-sized bowl with a tight lid.
- Stir together until dry ingredients are entirely mixed with wet ingredients. You might find it helpful to use your hands at the end. You can also use a mixer if that works better.
- The resulting dough will look similar in moisture like a slightly grainy cookie dough (see picture to the right). If you have made bread before, this will look and feel different: both wetter and not as smooth and stretchy, since you do not knead the dough and there is no gluten.
- Squish dough into a rough ball, then cover the bowl with the lid.
- Let sit on the counter for 2 hours, then place it in your refrigerator; it can remain there for up to four days.



On Saturday (in the later evening if possible):

- Place a metal (not glass) pan on the lower rack of your oven. If you have a pizza stone or a flat cast-iron griddle, place that on the upper rack at approximately mid-point of the oven.
- Preheat oven to 450 F.
- Spread out the parchment paper provided on counter top or cookie sheet (if you don't have the pizza stone/griddle).
- With very wet hands, remove the cold bread dough from the bowl. You will notice that the top of the ball will be a tad crusty.
- Turn the ball over and put the crusty top onto the parchment paper. With your hands still very wet, shape the ball into a round loaf that is about 5 - 6 inches round and about 1 ½ inches tall. Don't push on the ball too hard; just gently shape.
- Dampen hands again if needed, and use the extra water to smooth out the top somewhat.
- Cover with plastic wrap and let sit for 1 hour.
- At the 1 hour point, use a knife to cut a cross shape into the top of the loaf approximately ¼ inch deep as shown.
- Lift parchment paper with bread and place on the pizza stone/griddle or a baking pan in the oven.
- Pour 1 cup of hot water into the bottom pan. Close the oven door quickly to retain as much steam as possible.
- Bake for 40-45 minutes, until golden brown.
- Remove from the oven and cool on a baking rack for 30 minutes.
- Place loaf in a brown paper bag. Then in a ziplock plastic bag. This will help keep the loaf moist for the next morning. The bag will fill with condensation. This is OK because the brown paper bag protects the bread.



On Sunday morning:

Cut the loaf along the cross marks but not all the way through. This will make it easier to break during the service.

Bring the loaf to church at least 15 minutes before the service so it can be made ready by the person setting up communion.

This recipe comes from *The New Artisan Bread in Five Minutes a Day* by Jeff Hertzberg and Zoe Francois.