

Basic Yeast Bread - Agar

YIELD: Two (2) 8x4 loaves

IMPERIAL		METRIC		INGREDIENT
3	tsp	15	ml	Agar
½	c	125	ml	Cold water
½	c	125	ml	Boiling water
2	tbsp	30	ml	Yeast
1	tsp	5	ml	Sugar
½	c	125	ml	Warm water
1½	c	375	ml	Brown rice flour
½	c	125	ml	Buckwheat or pure oat* flour
½	c	125	ml	Millet flour
½	c	125	ml	White bean flour
3	tbsp	45	ml	Pumpkin protein powder
¼	c	60	ml	Tapioca starch
4	tsp	20	ml	Xanthan gum
1	tsp	5	ml	Salt
½	tsp	2.5	ml	Methylcellulose (optional)
1¼	c	300	ml	Warm water
2	tbsp	30	ml	Honey or sugar
1	tsp	5	ml	Vinegar
2	tbsp	30	ml	Oil

METHOD:

1. Dissolve agar in ½ cold water. Add the boiling water. Stir until well combined and agar has completely dissolved. Let cool to warm.
2. Place yeast and 1 tsp of sugar into a bowl. Add warm water. The yeast mixture should start to foam as the yeast activates.
3. Measure all flours and starch into a sifter. Sift all flours into a mixing bowl.
4. Place the flours, starch, xanthan gum, salt, and methylcellulose (if using) into the bowl of a stand mixer.
5. Add dissolved yeast, vinegar and dissolved agar onto dry ingredients. Beat on high speed for approximately 5 minutes, scraping sides of bowl as required.

6. Add oil and beat until combined.
 7. Spray two (2) 8x4x2 inch bread loaf pans. Divide batter equally between the prepared pans. Place in a warm place and let rise until double in volume. (Warming the oven up by turning the oven light on is always a good option) Time will vary depending on yeast and temperature of the environment.
 1. Preheat oven to 350° F (180° C, Gas Mark 4). Bake for 20-25 minutes or until golden brown (Loaf is done when it pulls away from the sides and sounds hollow when tapped). If the loaf is getting too brown before it is done – tent with tin foil.
 8. Remove from oven. Let sit in the pan for 5-8 minutes. Remove to a cooling rack. 350° F (180° C, Gas Mark 4).
- Note: Methylcellulose helps to keep bread moister and "fresher" longer