

GF Bread with Yogurt

Source: Rachel Conners <https://www.bakerita.com/gluten-free-bread-with-yogurt/>

Amount	UOM	Ingredient
18	Grams	Psyllium Husk
20	Grams	Maple Syrup or Cane Sugar
320-350	Grams	Warm Water, 100-110F Divided
200	Grams	Plain Yogurt, thin type works best
5	Grams	Apple Cider Vinegar, 1 Tsp
460	Grams	GF Flour Blend
12	Grams	Sea Salt
7	Grams	Regular Yeast
		EVOO

1. Line small 8x4" loaf pan with parchment paper. Turn your oven's Bread Proofing setting on.
2. Whisk Psyllium Husk, Yogurt, ACV & 220 Grams Water in a large bowl. Sets thick & gel-like.
3. Add Maple Syrup and regular Yeast to 100 Grams of warm Water in a small bowl. Whisk and let it sit for 10-15 minutes to activate the Yeast.
4. Attach dough hook to stand mixer. Add the Yeast and Yogurt mixtures, then blend.
5. Add the GF Flour and Sea Salt to the gel mixture gradually and combine. The dough should be soft and light. If it is dense and dry, add up to 30 grams of Water. Mix then place on a board to knead in any remaining Flour by hand. Shape dough and place in the loaf pan for the final proof. Brush top with Oil.
6. Proof for an hour or until double in size. Remove from the oven.
7. Set oven to Bake Convection, preheat to 425F.
8. Bake bread for 80 minutes.
9. Test internal temperature. If 200F, then turn off the oven. Remove the loaf from the pan and place it directly on the rack. Prop door open and cool loaf for at least an hour to finish cooking off any gumminess.
10. Remove the bread from the oven and place on a wire rack. Cool overnight before slicing or at least let it cool for 4-5 hours until cool to the touch. Place slices in a container at room temperature up to 2 days and/or freeze up to 6 months.