



HOW TO MAKE SORGHUM BREAD (Gluten free)

The gluten -free bread is so delicious, healthy as a whole meal with fibre, affordable and attractive.



Note: Gluten-free breads need to be frozen if not eaten within a day to avoid microbial growth. Slice bread, package and store in a cool place.



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Discover the wonders of sorghum and
stay healthy



Introduction



Sorghum is an important food crop in many parts of Kenya, providing livelihoods to more than 3 million people. It is rich in calories, has vitamin B and essential amino-acids.

Value addition in Sorghum in human nutrition has been found to be very innovative.

Ingredients

1. 1 cup sorghum flour
2. 2/3 cup tapioca flour
3. 2/3 cup cornstarch
4. 1 1/2 teaspoons xanthan gum
5. 1/3 cup dry milk powder or nondairy substitute
6. 1/2 teaspoon salt 1 teaspoon unflavored gelatin
7. 1 teaspoon baking powder
8. 3 tablespoons sugar
9. 2 1/4 teaspoons dry yeast granules

Method

-  Grease loaf pan and dust with rice flour.
-  Mix the dry ingredients in a medium bowl.

2 eggs


10.1/2 teaspoon dough enhancer or
vinegar


11.3 tablespoons vegetable oil


12.1 cup lukewarm water


Greased pan 8½" by 4½"





 Beat all ingredients in the mixing bowl of a heavy duty mixer, whisk the eggs, dough enhancer and oil.


 Add most of the water, holding back about 3 tablespoons to add as needed.


 Turn mixer to low and add the flour mixture a little at a time. The mixture should be the consistency of cake batter.

 Add the remaining water a little at a time to achieve this texture.

 Turn mixer to high and beat for 3½ minutes.

 Spoon into the prepared pan, cover and let rise in a warm place about 35 minutes for rapid rising yeast; 60 or so minutes for regular yeast or until dough reaches the top of the pan.

 Bake for 50 to 55 minutes in a 400°F oven. Cover after 10 minutes with aluminum foil.

 Turn off the oven to let it cool. For a softer crust, rub immediately with butter or oil. Cool before slicing.

