

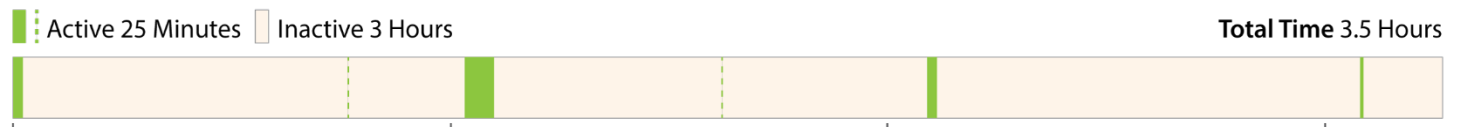
Gluten-Free Currant Oat Bread

This recipe is designed to use a few simple, whole-food ingredients that taste great and provide wonderful nutrition. Featuring whole grain oats, milk, eggs, and dried currants, it comes together quickly in the food processor.

Currant oat bread is absolutely delicious toasted and topped with butter or cream cheese, and also makes good peanut butter sandwiches. For a more versatile flavor that is great for everything from ham sandwiches to grilled cheese, simply omit the cinnamon.

Yield: One loaf.

Timing: Start this recipe about 4 hours before serving time. Active preparation time is 20-30 minutes.



Ingredients	Volume	Grams	Ounces
Currants or chopped raisins	1 C	125	4.4
Milk, scalded	1 $\frac{5}{8}$ C	392	13.8
Gluten-free rolled oats, old-fashioned*	3 $\frac{1}{2}$ C	304	10.7
Chia seeds, ground fine**	2 T	21	0.7
Instant yeast	2 tsp	6.4	0.23
Salt	1 tsp	6	0.21
Cinnamon, optional	$\frac{1}{2}$ tsp	1.3	0.5
Eggs	2	100	3.5
Butter, softened	2 T	28	1

*Be sure to use certified gluten-free rolled oats, such as Bob's Red Mill.

**Chia seeds may be replaced with 1 T xanthan gum.

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, food processor, 8.5 x 4.5" / 22 x 11 cm loaf pan. If using chia seeds, a spice or coffee mill will be needed for grinding. An instant-read thermometer can be helpful for gauging temperature of currant mixture and taking internal temperature of the baked bread.

Soaking the Fruit. Using either the stovetop or the microwave, scald the milk and pour over the dried fruits. Cover and allow to cool to no warmer than 90 °F / 32 °C (this will take at least 1 hour). While the mixture is cooling, grease the loaf pan and coat with gluten-free flour (such as gluten-free all-purpose or rice flour). Set up the Proofer with water in the tray and the rack in place, and set the temperature to 85 °F / 29 °C. Measure the chia seeds and grind them to a fine powder.

Grinding the Oats into Flour. Add the gluten-free oats to the food processor and process for two full minutes, until the oats are powder-fine. Add the remaining dry ingredients (salt, yeast, chia seeds or xanthan gum, and cinnamon) and pulse to combine.

Processing the Main Dough. Add the remaining ingredients (currant-milk mixture, eggs, and butter) to the oat flour and pulse just to combine. Then process the mixture for two full minutes.

Proofing the Loaf. Scrape the wet, soft dough into the prepared loaf pan and smooth the top. If desired, sprinkle additional gluten-free rolled oats over the top crust and press gently to adhere. Place in the Proofer and allow rising for 1 hour and 15 minutes. About 30 minutes before baking, preheat the oven to 350 °F / 180 °C and place a rack in the lower third of the oven.

Baking the Bread. After 75 minutes in the Proofer, transfer the loaf to the preheated oven and bake for 55-60 minutes, until it is nicely browned and the center reaches an internal temperature of about 205 °F / 96 °C (if making the xanthan gum version, bake 5 minutes longer to an internal temperature of 210 °F / 99 °C). Allow to cool for at least 10 minutes and then remove bread from pan.