



# 10 Iconic American Breads Reimagined

## Gluten-Free Baking Made Easy

Master the art of gluten-free baking with these beloved American classics. Each recipe is designed to deliver authentic taste and texture without compromise.

# Classic Sandwich Bread

## The Foundation of American Comfort

**Origins:** This soft, white sandwich loaf became an American staple in the early 1900s. Our gluten-free version delivers that same tender crumb and perfect slice-ability.

**Difficulty:** Medium | **Yield:** 1 loaf (12 slices) | **Total Time:** 2 hours 45 minutes

## Ingredients

- 360g gluten-free all-purpose flour blend
- 60g tapioca starch
- 12g xanthan gum
- 50g sugar
- 8g salt
- 10g instant yeast
- 360ml warm milk (110°F)
- 3 large eggs, room temperature
- 60ml neutral oil
- 15ml apple cider vinegar



**Equipment:** 9x5-inch loaf pan, stand mixer with paddle attachment, instant-read thermometer

# Classic Sandwich Bread — Method

01

## Activate & Mix Wet

Combine warm milk and yeast, let stand 5 minutes until foamy. Whisk in eggs, oil, and vinegar. Temperature matters—too hot kills yeast, too cool slows activation.

02

## Blend Dry Ingredients

Whisk flour blend, tapioca starch, xanthan gum, sugar, and salt thoroughly. Even distribution prevents gummy spots and ensures proper structure.

03

## Combine & Beat

Pour wet into dry. Beat on medium-high for 3 minutes—this develops structure that gluten would normally provide. Batter will be thick and sticky, not kneadable.

04


## First Rise

Transfer to greased loaf pan, smooth top with wet spatula. Cover, proof in warm spot 45-60 minutes until doubled. A warm (not hot) oven works perfectly.

05

## Bake & Cool

Bake at 375°F for 40-45 minutes until golden and internal temp reaches 205°F. Cool in pan 10 minutes, then on rack completely before slicing—patience prevents gumminess.

 **Pro Tip:** Brush the top with melted butter immediately after baking for a softer, more flavorful crust. Store wrapped at room temperature for 3 days or freeze sliced for up to 3 months.



# Southern Cornbread & Banana Bread

## Two American Treasures

### Classic Cornbread



**Difficulty:** Easy | **Yield:** 9 squares | **Time:** 35 minutes

This Southern staple features crispy edges and tender center. Naturally gluten-free when made with pure cornmeal.

**Key Ingredients:** 240g fine cornmeal, 120g GF flour, 50g sugar, 15ml honey, 300ml buttermilk, 2 eggs, 85g melted butter

**Secret:** Preheat your cast iron skillet with butter for that signature crispy bottom crust. Bake at 425°F for 20-25 minutes.

### Banana Bread



**Difficulty:** Easy | **Yield:** 1 loaf | **Time:** 1 hour 15 minutes

Born during the Depression era, this moist quick bread remains a favorite way to use overripe bananas.

**Key Ingredients:** 300g GF flour blend, 8g xanthan gum, 450g mashed banana (very ripe), 200g sugar, 2 eggs, 120ml oil, 120g chopped walnuts

**Secret:** The blacker the banana peels, the better. Bake at 350°F for 55-65 minutes until toothpick emerges clean.



# Pumpkin Bread

Autumn's Warmest Welcome

## Origins & Character

This spiced quick bread gained popularity in the 1950s and explodes with flavor every fall. Incredibly moist with warm spices and subtle sweetness.

## The Formula

425g pure pumpkin puree (not pie filling), 300g GF flour, 8g xanthan gum, 300g sugar, 180ml oil, 4 eggs, 10g cinnamon, 5g nutmeg, 3g ginger, 2g cloves

## Master Technique

Whisk wet ingredients until smooth, fold in sifted dry ingredients just until combined. Divide between two 8x4" pans. Bake 350°F for 60-70 minutes.

**Pro Insight:** The high moisture content from pumpkin means this bread actually improves after a day wrapped tightly. The flavors meld and texture becomes even more tender. For extra richness, fold in 150g chocolate chips or toasted pecans. Perfect with cream cheese frosting for special occasions.

# Gluten-Free Sourdough

Ancient Technique, Modern Mastery



## Building Your Starter

1. Day 1-7: Feed daily with 100g GF flour + 100ml water
2. Watch for bubbles, tangy aroma, and doubling in 4-6 hours
3. Maintain at room temp until consistently active

## Bread Ingredients

200g active starter, 400g GF bread flour, 100g brown rice flour, 12g psyllium husk, 10g salt, 360ml water, 30ml olive oil

**Difficulty:** Advanced | **Yield:** 1 boule | **Time:** 24-48 hours (includes fermentation)

True sourdough requires a living starter cultured over 7-10 days. The fermentation develops complex flavors and improves digestibility.

**The Process:** Mix all ingredients, knead 5 minutes. Bulk ferment 8-12 hours at room temp. Shape gently, proof in banneton 2-4 hours. Score top, bake in Dutch oven at 450°F for 30 minutes covered, 15 minutes uncovered. The steam creates that artisan crust.

# Multigrain & Dinner Rolls

## Wholesome Variety

### Hearty Multigrain Bread

**Time:** 2.5 hours | **Yield:** 1 loaf

Packed with seeds and ancient grains for nutty flavor and nutritional power.

Combine 200g GF flour, 100g sorghum, 80g millet, 60g flax meal, 40g each: sunflower, pumpkin seeds.

Soak grains 30 minutes before mixing.

Adds 8g fiber per slice and rich, complex taste.

### Soft Dinner Rolls

**Time:** 2 hours | **Yield:** 12 rolls

Cloud-like pillows perfect for holiday tables. Use 480g GF flour, 12g xanthan gum, 60g butter, 240ml milk, 50g sugar, 2 eggs, 10g yeast.

Shape into balls, proof touching in pan—they pull apart perfectly soft.

### Southern Biscuits

**Time:** 25 minutes | **Yield:** 8 biscuits

Flaky layers without gluten seem impossible—but cold butter is the secret. Cut 115g cold butter into 300g GF flour mix, add 240ml cold buttermilk.

Pat to 1-inch thick, cut straight down. Bake 425°F until golden.



# New York Style Bagels

Chewy Perfection, Gluten-Free

## The Challenge

Bagels demand a chewy, dense texture that seems impossible without gluten. The secret? Psyllium husk creates extensibility, while boiling before baking forms that signature shiny crust.

**Difficulty:** Medium | **Yield:** 8 bagels | **Time:** 2 hours

## Essential Ingredients

- 480g GF bread flour blend
- 20g psyllium husk powder
- 12g xanthan gum
- 10g instant yeast
- 15g sugar
- 10g salt
- 360ml warm water
- 30ml oil

1

### Mix & Rest

Beat all ingredients 5 minutes. Let rest 20 minutes—psyllium needs time to hydrate and create elasticity.

2

### Shape Rings

Divide into 8 pieces. Roll each into rope, join ends firmly. Proof 30 minutes until puffy.

3

### Boil & Bake

Boil 30 seconds per side in water with 30g sugar. Top with seeds. Bake 425°F for 25 minutes.

# Cinnamon Raisin Bread

## Sweet Swirls of Morning Magic

This classic breakfast bread features ribbons of cinnamon sugar throughout soft, slightly sweet dough studded with plump raisins. Toast a slice and the aroma fills your kitchen with warmth.

### Dough Base

- 450g GF flour blend
- 12g xanthan gum
- 50g sugar
- 8g salt
- 10g instant yeast
- 240ml warm milk
- 2 eggs
- 60g softened butter
- 150g raisins, soaked

### Cinnamon Filling

100g brown sugar + 20g cinnamon + 30g melted butter. Brush on rolled dough, sprinkle raisins, roll tightly.



### The Rolling Method

1. After first rise, roll dough into 12x16" rectangle on parchment
2. Brush with melted butter, leaving 1" border
3. Sprinkle cinnamon sugar evenly, press raisins in
4. Roll tightly from short end, seal seam
5. Place seam-down in greased 9x5" pan
6. Proof 45 minutes, bake 350°F for 45 minutes

**Pro tip:** Brush top with honey butter glaze while warm for bakery-style shine.

# Your Gluten-Free Baking Journey

## Essential Success Tips

- Measure by weight for consistency—volume measures vary wildly with GF flours
- Let batters rest 10-20 minutes before baking—hydration is crucial
- Don't over-bake—GF breads dry out faster than wheat breads
- Store properly—most keep 3 days wrapped, or freeze for 3 months

## Understanding GF Flour Blends

Best blends combine **rice flour** (structure), **starches** (tenderness), and **xanthan or psyllium** (binding). Popular brands: King Arthur, Bob's Red Mill, or make your own.

**DIY Blend:** 60% rice flour, 30% starch, 10% protein flour (almond, sorghum)

"Gluten-free baking isn't about limitation—it's about exploration. Each recipe teaches you to build structure, manage moisture, and develop flavor in entirely new ways. Welcome to a world where everyone can enjoy fresh bread."

**Next Steps:** Start with easier recipes like cornbread or banana bread to build confidence. Master sandwich bread next, then advance to bagels and sourdough. Every loaf makes you better.