

Gluten-Free Bread Recipe

～ Erica Milone

Sunbridge Institute graduate Erica Milone authored a cookbook for the outdoor kindergarten (as well as indoor ovens) as her final project. Here is one of the great options that accommodates gluten-free and vegan diets—and is delicious for all other diets as well.

This is a delicious GF bread option that comes out like traditional crusted breads. The dough is on the sticky side. When rolling, keep a bowl of oil to dip fingertips in to make handling a bit easier.

This dough can also be shaped into “Dragon Bread” for festivals like Michaelmas, using wet or oiled hands to shape & dried fruit or nuts for decorating.

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Makes about 24 Rolls

Ingredients

3 Cups White Rice Flour
1 1/2 Cups Sorghum Flour
1 Cup Tapioca Flour
1/2 Cup Arrowroot Flour
2 TB Xanthan Gum
2 TB Sugar
1 TB Salt
1 TB Yeast
3 3/4 Cups Water, 100 degrees F

Directions

Mix all dry ingredients together in large bowl.

Add in water and mix with Danish dough whisk (a special tool useful for mixing dough, made of a flat loop of wire on a handle and available in kitchen shops or online).

Let sit in a warm place, covered, at least 1 hour. Refrigerate before using for easiest handling.

Baking Rolls

Preheat oven to 450 degrees F.

Sprinkle a little extra flour on dough before breaking off and handling.

Form dough into log shape (baguette shape and size) on parchment lined baking sheet, using wet hands.

Cut log into 1 inch rolls and place spaced apart on baking sheet, or leave in baguette shape and bake as is.

Brush rolls with ghee, coconut oil (for vegan), or butter.

Bake 18-20 minutes or until golden brown. ♦

Optional—to makes crisper crust like Italian or French bread:

When preheating oven, place a non-glass, oven-safe pan on bottom rack. When bread tray is ready to go in oven, pour 1 cup of hot water in pan on bottom rack and place bread tray in oven on top rack.

Campfire Option

Bake in parchment-lined Dutch oven over hot coals as a large round loaf for 30-40 minutes.

Erica Milone is an assisting, mixed-age kindergarten teacher at the Waldorf School of Garden City. During the pandemic, she ran her own forest kindergarten based on Waldorf pedagogy. She finds that practical work of preparing and cooking food together feeds the children literally and also fuels sensory experiences that nurture their growing capacities.

As a person with celiac disease, Erica transforms recipes to be safe for those who need to avoid gluten, knowing how isolating it can be for children when they cannot eat the same thing as their peers. Erica holds her diploma in Waldorf early childhood education from Sunbridge Institute.