



Grain-Free Crunchy French Bread

Gluten-Free, Grain-Free, Nut-Free

Prep Time: 25-45 Minutes

Cook Time: 25-35 Minutes

Total Time: 55-80 Minutes

Ingredients

- ½ cup warm water (about 100-110°F)
- 2 Tablespoons maple syrup
- 1 package (2 ¼ teaspoons, or 7 grams) Active Dry yeast or Quick Rise yeast (we recommend Red Star Brand)
- 4 eggs, beaten (about 230 grams out of the shell)
- 1 ⅓ cup (180 grams) **Otto's Naturals - Cassava Flour**
- 1 ⅓ cup (180 grams) arrowroot flour
- 1 teaspoon salt
- 4 Tablespoons butter (or sub ghee, palm shortening, duck fat, or lard)

Instructions

1. If using Quick Rise yeast: add directly to dry flour mixture below. If using Active Dry Yeast: Combine the warm water (about 100-110°F) and maple syrup together and then sprinkle yeast on top. Set aside to get frothy. When it has doubled it is ready, about 20 minutes. If there's no indication of frothing activity, either set it in a warm place or try again with new yeast.
2. Stir together cassava flour, arrowroot flour and salt. Add slices of butter to the flour mixture and incorporate with your hands until crumbs form.
3. Add beaten eggs, water, and maple syrup (or if using Active Dry yeast, add frothy yeast mixture) to flour mixture. Mix just until it all comes together well. You can use a stand mixer or a wooden spoon and a little elbow grease.
4. Let rest about 5 minutes to let the dough become a little easier to work with. Your batter **will** be sticky though. Flour your hands well to handle. You can then split the dough in half and place on a well-floured parchment or a baguette tin.
5. Shape into 2 baguettes. Slit the top 3 times lengthwise once safely in your baguette tin. If you

don't have a baguette tin, the loaf will spread out during baking and not keep the round baguette shape. It will still be tasty.

- Alternately, you can put it right into a greased and floured loaf pan (8x4-inches) for sandwich bread
 - Or shape into a ball with a coating of flour on the outside to make a boule/country round loaf
 - Or put in mini springform pans for crusty hamburger buns.
6. *Remember to grease and flour your pans, whatever shape you choose, and dust with more flour.
 7. Allow to rise, covered with a kitchen towel, in a warm place for 20 minutes if using Quick Rise Yeast. If using Active Dry yeast allow it to rise for 40-45 minutes. Set a timer. Don't let it rise too long otherwise it might fall during baking and/or have too many holes developed internally. (Don't worry, it'll still taste good!)
 8. Bake in a preheated oven set to 350-400°F. (We recommend 350 for sandwich bread and 400 for crustier baguette loaves.) Bake 20-25 minutes if making baguettes, 30-35 minutes if making into a sandwich loaf.
 9. Remove from oven when done and immediately take out of pan and allow to cool on a rack. If it stays in the loaf pan while it cools it will lose its nice crust and get soft. If that happens, pop the loaf back in the oven directly on oven rack for a few minutes to crust back up.