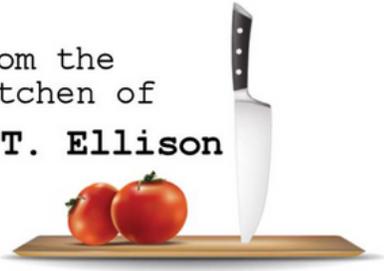


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1/2 cup warm water
- ✓ 1/4 cup extra virgin olive oil
- ✓ 2 tablespoons honey or maple syrup
- ✓ 4 egg yolks
- ✓ 4 egg whites
- ✓ 1 Tablespoon active dry yeast
- ✓ 1 cup plus 1/3 cup cassava flour
- ✓ 1/2 teaspoon salt
- ✓ 4 Tablespoons coconut flour (I prefer almond myself)
- ✓ 1 egg white – beaten until frothy (for egg wash)

Crusty French Bread

Bread. It's something I miss dreadfully having Celiac, and with my husband's soy allergy, finding bread we can both eat is nigh on impossible. So baking my own is really the only decent choice. This recipe is wonderful. Cassava flour makes it taste like actual French bread, and it's the perfect accompaniment to all your fall soup and stew nights. I also appreciate the instructions not to manhandle the dough. This is important... in this recipe, and life in general.

Directions

1. Preheat oven to 375 degrees Fahrenheit and grease a large baking sheet with some olive or coconut oil.
2. In a large mixing bowl, combine the water, oil, honey or maple syrup, egg yolks, and yeast. Whisk together and set aside.
3. Crack the egg whites into a metal or glass bowl (not plastic or copper) and whisk until soft peaks form.
4. In another smaller bowl, combine 1 cup cassava flour with 1/2 teaspoon salt and mix well.
5. Whisk the cassava flour mixture into the yeast mixture.
6. Carefully fold the egg white into the yeast and cassava flour mixture.
7. Fold in the coconut or almond flour, 1 tablespoon at a time. Fold in the remaining 1/3 cup cassava flour.
8. Carefully scoop the dough onto the baking sheet. It will be very sticky. Using floured or wet hands, carefully form the dough into a baguette shape. Don't manhandle the dough too much.
9. Brush the loaf with the egg wash and make a few slashes in the top with a bread knife.
10. Bake for 25-30 minutes, or until golden brown. I bake mine for exactly 28 minutes. Cool, slice and serve.

*Adapted from Create Delicious