



Gluten-Free CINNAMON-RAISIN BREAD

GLUTEN PLAYS A CRUCIAL ROLE IN THE TEXTURE OF BREAD, BUT WHAT HAPPENS WHEN IT'S NOT AN OPTION? FOR ANSWERS, WE TURNED TO OUR RESIDENT EXPERT ON GLUTEN-FREE BAKING—EATINGWELL SENIOR FOOD EDITOR, DEVON O'BRIEN.



BAKING MAY NOT HAVE BEEN TOP OF MIND FOR WHOEVER COINED THE PHRASE “NECESSITY IS THE MOTHER OF INVENTION,” but the words aptly describe Devon O'Brien's path to developing her gluten-free bread recipes.

As a teenager, O'Brien was diagnosed with celiac disease, an autoimmune condition that causes an acute reaction to gluten, a protein found in wheat, barley, and rye. For most people, gluten is harmless (and defines the texture in cakes, cookies, and breads), but for others, like O'Brien, the protein in these grains causes painful inflammation in the digestive tract.

Even worse than the physical pain, she remembers, was the lack of acceptable gluten-free bread on the market. So after arming herself with a culinary science education, O'Brien experimented with different flours and recipes in her Vermont kitchen, using her partner as a taste tester. “He had no idea my breads were even gluten-free,” she says.

If you're new to gluten-free baking, her decadent spin on cinnamon-raisin bread is a solid place to start. Once you're hooked, follow her on Instagram, @devonob, for more ideas (including her gluten-free sourdough loaves).

GF FLOURS

You can experiment with any brand of GF flour you like, but be aware each all-purpose blend contains different proportions of ingredients so your results may vary. These are O'Brien's favorite brands.

KING ARTHUR GF MEASURE FOR MEASURE

Don't fret if you notice the package statement that this product is best used in non-yeast-raised doughs. O'Brien tweaked her recipe as needed to accommodate the different components of the blend. When our culinary team tested it, we found the texture to be slightly dense but delightfully tender.

KING ARTHUR GF ALL-PURPOSE FLOUR

Our culinary team tested with this flour, too, and found the texture to be more open, with a faintly sandy mouthfeel.

NAMASTE PERFECT FLOUR BLEND

While our culinary team did not test with this product, O'Brien uses it frequently in her own kitchen and loves the results.

ALMOND FLOUR

Use blanched almond flour (sans skins). Find it in large supermarkets or shop for it online.

DOUGH TIME

PREPARE dough.

REST dough, covered, until double in size, about 1 hour. Add raisins; shape as directed.

RISE dough in pan, covered, about 1 hour.

GLUTEN-FREE CINNAMON-RAISIN SWIRL BREAD

HANDS ON 30 minutes RISE 2 hours BAKE 50 minutes at 350°F

- 1½ cups reduced-fat milk, warmed (105°F to 115°F)
- ¼ cup sugar
- 1 pkg. active dry yeast (2¼ tsp.)
- 350 grams gluten-free replacement flour (2½ cups) (info, left)
- 100 grams almond flour (1 cup) (info, left)
- 18 grams psyllium husk powder (2 Tbsp.)
- 1 tsp. salt
- 1 large egg
- 1 tsp. vanilla
- 8 Tbsp. unsalted butter (1 stick), softened
- Nonstick cooking spray
- 1 cup raisins
- 2 Tbsp. sugar
- 1½ Tbsp. ground cinnamon
- 1 Tbsp. reduced-fat milk

1. Whisk warm milk, ¼ cup sugar, and yeast in a small bowl; set aside until foamy, about 5 minutes.
2. Whisk gluten-free flour, almond flour, psyllium, and salt in the bowl of a stand mixer. Add egg and vanilla to the small bowl with the yeast mixture and whisk to combine. Pour the yeast mixture into the bowl of the stand mixer and mix with the paddle attachment on low, scraping sides as needed until dough comes together. Increase the speed to medium-low; add butter, 1 Tbsp. at a time, until fully incorporated.

Scrape down sides of bowl to form dough into one ball (dough may be loose and sticky but will absorb more liquid while standing). Cover; let rest until double in size (about 1 hour).

3. Coat a 9×4-inch loaf pan (info, below) with cooking spray. Turn the dough out onto a lightly floured work surface. Sprinkle the top with raisins and a little gluten-free replacement flour. Knead until the raisins are incorporated and the dough is smooth. Roll or pat out into a 9×12-inch rectangle. Combine 2 Tbsp. sugar and the cinnamon; sprinkle over the dough. Starting from a short end, roll the dough up tightly into a log. Pinch ends closed; place the dough, seam side down, in prepared loaf pan. Cover; let rise until the dough has risen to the top of the pan (about 1 hour).

4. Preheat the oven to 350°F about 30 minutes before the dough is done rising. Brush 1 Tbsp. milk on top of loaf and bake 50 minutes to 1 hour or until browned and a thermometer inserted in the center registers at least 190°F. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely. **Makes 1 loaf** (12 slices).



O'Brien uses a 9×4-inch loaf pan (also called a 1-lb. loaf pan) for this loaf. The narrow pan with higher sides helps the bread climb high for a taller loaf and a nice shape. You can substitute a 9×5-inch loaf pan if necessary.