

Teff Baguette

-vegan-

-gluten, nut, soy, dairy, egg, and corn free-

ingredients: 2 tbs (21 g) flax seeds, 3 tbs (41 g) hot water, 1/4 cup (50 g) + 1/3 cup (75 g) teff milk [can substitute water], 3/4 cup (90g) teff flour, 3/4 cup (100 g) brown rice flour, 2 tbs (16 g) arrowroot starch/flour, 8 g yeast, 1/4 tsp (a large pinch) sea salt, 2 teaspoons honey or agave nectar

method: In small bowl, pour hot water over flax seeds. Let soak 20 minutes. Combine flax seed mixture with 1/4 cup teff milk (or alternative dairy-free milk or water) until puréed. Set aside.

Combine all dry ingredients in large bowl, adding salt at the very last second before you add liquid. (Salt will kill the yeast if left too long without the sugar to feed on.)

Add flax seed mixture and half of the teff milk. Knead with hands. Add honey/agave nectar and remainder of milk and more if needed to get a moist dough that is not sticky. If too dry, add more milk or a bit water. If sticky, add a bit of rice flour. Knead for about 5 minutes, form into a ball, and let rise in bowl covered with wet towel.

Knead again for 5 minutes, separate into three balls for mini baguettes, two balls for demi baguettes, or keep whole for a large baguette. Roll into a cylinder, then taper out the edges. Place on a prepared baking sheet (silicon mat and a light oiling will do quite well) and flatten a bit in the middle, and then fold in both edges (see photo at beginning of post). You'll make a bit of a smushed taco. Flip over (the smush is the bottom of the baguette) and make lines with a small knife on the top. Cover with a damp towel and let rise about 1 1/2-2 hours minimum.* Pre-heat oven to 400 degrees F (200 degrees C). Bake bread for 5 minutes. Remove from oven and brush with a fine layer of oil and sprinkle with salt. Place back in oven turned the other way, for even cooking, and bake another 10 minutes. If the inside or bottom is not cooked through, reduce heat to 375 F (185 degrees C) and bake for another 5-10 minutes. This really varies upon the size of your baguette and your oven. Remove from heat, let cool to touch, and consume within a day for freshness. To keep longer, keep it in the freezer until use.

**If preparing the night before, keep covered in the refrigerator and let rise in a warm place for 1 1/2 hours the next day.*