



Teff (Dark) Sandwich Bread

By: Nourishing Meals

This bread is dark and rich with a full-bodied flavor. It is excellent toasted and spread with almond butter or pumpkin seed butter.

- 1 ½ cups warm water (100 to 110 degrees F)
- 1 package dry active yeast (2 ¼ teaspoons)
- 1 teaspoon organic cane sugar or maple sugar
- 4 tablespoons extra virgin olive oil or grapeseed oil
- 3 tablespoons honey or maple syrup
- 2 tablespoons ground flax seeds
- 2 cups teff flour
- ½ cup arrowroot powder
- ½ cup tapioca flour
- 1 ½ teaspoons xanthan gum
- 1 ¼ teaspoons sea salt

Oil an 8 x 4-inch loaf pan (I use glass).

Place the warm water and teaspoon of sugar into a small bowl (a 2-cup liquid measure works well). Make sure the water is the right temperature. If the water is too cold the yeast will not become active and if the water is too hot it will kill the yeast. Add the yeast and stir. Proof the yeast by allowing it to stand for 5 to 10 minutes. It should become bubbly, if not start over with fresh yeast and water.

Add honey, oil, and ground flax seeds. Stir well with a fork or wire whisk until it feels a bit like egg whites. The warm water will cause the flax to form a gel which helps to bind this bread.

In a large bowl, add the teff flour arrowroot powder, tapioca flour, xanthan gum, and sea salt. Combine the flours with a wire whisk. Pour the wet ingredients into the dry and whisk them together as you are pouring to avoid lumps. Continue to whisk for another 60 seconds or so, or until the dough thickens and becomes smooth. You may need to finish mixing this with a large wooden spoon as the teff flour will absorb a lot of moisture.

Transfer dough to an oiled 8 x 4-inch loaf pan using a silicone spatula; shape into a loaf form using the spatula. Place pan, uncovered, in a very warm spot to rise. I like to place boiling water into a 9 x 13-inch pan and then place the bread pan inside of that. Let rise for about one hour or until doubled in size. Preheat oven to 350 degrees F.

After the bread has risen, place pan into the oven and bake for 35 to 40 minutes. Allow to cool for about 10 minutes in the pan and then remove and place onto a wire rack to cool. Wait, if you can, to slice the bread until it has cooled a bit.