CHEF HANNAH'S KITCHEN

50 BREAD RECIPES

GLUTEN-FREE & LACTOSE-FREE



Contents

05 **GLUTEN-FREE FLOUR BLENDS**

06 Flour Blend Recipes

07 **BREADS**

08 Skillet Bread

09 Quick Microwave Bread

10 Panini Bread

11 Crispy Bread

12 Banana Bread

13 Peanut Bread

14 Psyllium Bread

15 Flaxseed Bread

16 Crispy Baguette

17 Focaccia

18 Pita Bread

19 Australian-Style Brown Bread

20 Basic Bread

21 Oat Bread

22 Ciabatta Bread

23 Pumpkin Bread

24 Almond Bread

25 Potato Bread

26 Sweet Potato Bread

27 Microwave Sweet Potato Bread

28 Nut Bread

Contents

29 Onion Bread

30 Carrot Bread

31 Coconut Flour Bread

32 Chickpea Flour Bread

33 Hamburger Buns

34 Sandwich Bread

35 Yam Bread

36 Corn Bread

37 Tapioca Bread

38 Buckwheat Seed Bread

39 Buckwheat Bread

40 Sweet Bread with Cinnamon Topping

41 Soft and Fluffy Bread

42 Whole-Grain Bread

43 Simple Whole-Grain Bread

44 Rustic Bread

45 Quick Bread Rolls

46 Brioche Rolls

47 Arracacha Bread

48 Arracacha and Chia Bread

49 French-Style Bread Rolls

50 Blender Bread

51 Multigrain Bread

52 Golden Flaxseed Bread

Contents

53 Salt Bread Rolls

54 Cornmeal Bread

55 Oat Bread with Seeds

56 Homemade Almond Bread

57 Vegan Bread

58 Italian-Style Bread

59 Cinnamon Bread

60 **BONUS RECIPES**

61 Pizza Dough

62 Baked Savory Pastries

63 Mini Savory Pies

64 Pancakes

65 Homemade Pasta

66 Savory Esfiha Pastries

FLOUR BLENDS

Gluten-free mixes for delicious baking



Gluten-Free Flour Blends

Four versatile blends for baking and cooking

BLEND 1 · WHITE BREAD & CAKES

- 1 3/4 cups white rice flour
- 2 cups potato starch
- 1 1/2 cups sweet tapioca starch
- 2 tbsp xanthan gum

BLEND 2 · BREAD, TARTS, FOCACCIA & PIZZA

- 1 cup sorghum flour
- 1 cup millet flour
- 1 1/2 cups white rice flour
- 1 1/2 cups potato starch
- 2 tbsp xanthan gum

BLEND 3 · SEMI-WHOLE-GRAIN BREAD & CAKES

- 1 1/2 cups brown rice flour
- 3/4 cup potato starch
- 1 cup sweet tapioca starch
- 1 1/2 tbsp xanthan gum

BLEND 4 · PANCAKES, CAKES & BREAD

- 110 g brown rice flour
- 70 g chickpea flour
- 60 g potato starch
- 30 g sweet tapioca starch
- 20 g flaxseed meal
- 5 g psyllium (optional)
- 5 g xanthan gum



BREADS

Easy and delicious recipes to bake at home



CHEF HANNAH'S KITCHEN

Skillet Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 egg
- 1 coffee spoon active dry yeast
- 1 tsp toasted sesame seeds
- 1 tbsp almond flour
- 1 tbsp amaranth or quinoa flakes
- 1 tbsp golden flaxseed meal
- A pinch of salt

DIRECTIONS

- Beat the egg in a bowl with a whisk or fork.
- Add the flours and mix well, then stir in the sesame seeds and yeast.
- Heat a small skillet over low heat and pour in the batter. Cover and cook on one side.
- Once golden, flip and brown the other side.
- For a filling, use a cheese of your choice.

CHEF HANNAH'S KITCHEN

Quick Microwave Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 tbsp butter (or ghee, coconut oil, or olive oil)
- 1 egg (or 2 egg whites, although the bread will be drier)
- 1/2 tbsp coconut flour
- 3 tbsp almond flour (or peanut, cashew, or walnut flour)
- A pinch of salt (pink salt was used in the original)
- 1/2 tbsp baking powder

DIRECTIONS

- Place the butter in a mug and microwave for 30 seconds to melt it.
- Add the egg and whisk with a fork for 20 seconds.
- Add the flours and salt, and whisk for another 20 seconds.
- Stir in the baking powder.
- Tap the mug gently to level the batter, then microwave for 90 seconds.
- Remove from the microwave, run a knife around the bread, and turn it out.
- Cut it in half, then cut each half again to make four slices.

CHEF HANNAH'S KITCHEN

Panini Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 egg
- 2 tbsp walnut flour
- 1 tbsp flaxseed meal
- 1 tbsp whole flaxseeds
- 1 tsp baking powder
- Salt to taste

DIRECTIONS

- Combine all the ingredients and microwave for 2 minutes.
- Cut the bread in half and add your favorite filling. Place it in a nonstick skillet and toast until golden.

CHEF HANNAH'S KITCHEN

Crispy Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 eggs
- 3 tbsp almond flour
- 1 tsp baking powder
- 1 tbsp olive oil
- Salt and seasonings to taste

DIRECTIONS

- Beat the eggs well, then add the flour, seasonings, and baking powder.
- Pour the batter into a greased baking pan and spread it thinly.
- Sprinkle with rosemary.
- Bake at 200°C (392°F) until crisp.

CHEF HANNAH'S KITCHEN

Banana Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 4 eggs
- 4 very ripe bananas
- 4 tbsp coconut oil
- 3 tbsp brown or demerara sugar
- 250 g oats
- 1 tbsp baking powder
- 1 tsp cinnamon

DIRECTIONS

- Blend all the ingredients, adding the oats near the end and the baking powder last.
- Fold in any optional additions (the original uses raisins and chopped nuts).
- Pour into a pan greased with margarine and flour, or use an ungreased silicone mold.
- Bake at 180°C (356°F) for 30 minutes.

CHEF HANNAH'S KITCHEN

Peanut Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3 cups roasted peanuts
- 4 eggs
- 2/3 cup water
- 1 tsp salt
- 1 tbsp baking powder
- Coconut oil for greasing
- 1 tbsp dried onion flakes

DIRECTIONS

- Blend the peanuts until finely ground.
- Add the salt, eggs, and water, then blend for about 2 minutes until smooth.
- Turn off the blender, add the baking powder, and gently stir with a spoon.
- Pour into a loaf pan greased with coconut oil, sprinkle with onion flakes, and bake in a preheated oven at 180°C (356°F) for approximately 30 minutes.
- Remove from the oven, let cool, and turn out of the pan.

CHEF HANNAH'S KITCHEN

Psyllium Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 1/4 cups almond flour
- 6 tbsp psyllium husk powder
- 2 tsp baking powder
- 2 tsp apple cider vinegar
- 1 1/4 cups boiling water
- 3 egg whites
- Salt and sesame seeds to taste

DIRECTIONS

- Mix the almond flour, psyllium, baking powder, sesame seeds, and salt in a bowl.
- Add the water, vinegar, and egg whites. Blend with a hand mixer until a firm dough forms.
- Shape the dough into balls of your preferred size and place on a greased baking sheet.
- Bake in a preheated oven at 180°C (356°F) for approximately 50 minutes.

CHEF HANNAH'S KITCHEN

Flaxseed Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 4 eggs
- 3 tbsp extra-virgin olive oil
- 1 1/3 cups golden flaxseed meal
- 2/3 cup almond flour
- 1 tsp salt
- 1 cup water
- 1 tbsp baking powder
- 1 tbsp flaxseeds

DIRECTIONS

- With the mixer running, add the eggs, olive oil, flaxseed meal, almond flour, salt, and herbs, and mix briefly.
- Add the water and beat a little longer.
- Turn off the mixer, add the baking powder, and stir well with a spoon.
- Transfer to a greased loaf pan and sprinkle the flaxseeds over the top.
- Bake at 180°C (356°F) for about 40 minutes in a preheated oven.

CHEF HANNAH'S KITCHEN

Crispy Baguette

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 94 g rice flour
- 82 g sorghum flour (or another flour in the same category)
- 54 g cornstarch
- 1 tsp salt
- 2 tsp xanthan gum
- 2 level tbsp dry baker's yeast
- 1 egg white
- 1 tbsp honey
- 1 tsp apple cider vinegar
- 1 cup cold water (chilled, not room temperature)

DIRECTIONS

- In the bowl of a stand mixer, combine the flours, xanthan gum, yeast, and salt.
- Make a well in the center and add the egg white, honey, apple cider vinegar, and half the water. Mix with the paddle attachment.
- Gradually add the remaining water, stopping when the dough reaches the right consistency; you may not need it all. The original recipe used 3/4 cup in total. The dough should be compact and slightly tacky, but not runny. Divide into three pieces.
- Dust a work surface and each piece of dough with rice flour. Shape each piece into a baguette.
- Place on a perforated baguette tray, mist with water, sprinkle with rice flour, and slash the tops with a sharp knife or razor. Preheat the oven to 220°C (428°F).
- Boil 1/2 cup water, pour it into an oven-safe pan at the bottom of the oven, and bake the baguettes for 30 minutes or until golden.

CHEF HANNAH'S KITCHEN

Focaccia

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 10 g fresh baker's yeast
- 1 tbsp granulated sugar
- 240 ml warm water
- 200 g rice flour
- 1 tbsp xanthan gum
- 1/4 tbsp baking soda
- 2 tbsp olive oil
- 1 egg

DIRECTIONS

- Warm the water; if it becomes too hot, let it cool until just lukewarm.
- Dissolve the sugar and yeast in the warm water. Rest for 5 minutes until foamy.
- In a bowl, combine the gluten-free flour, xanthan gum, and baking soda.
- Beat the egg with the olive oil and gently mix it into the yeast mixture.
- Combine the wet and dry ingredients. The batter is fairly runny, so kneading is not necessary.
- Grease a baking sheet with olive oil and spread the dough onto it.
- Cover with plastic wrap and let rest for 25 minutes.
- Drizzle with a little more olive oil, make small dimples with your fingers, and sprinkle with herbs and coarse salt. Rosemary, thyme, onion, olives, or sun-dried tomatoes all work well.
- Bake in a preheated medium oven for about 25 minutes.

CHEF HANNAH'S KITCHEN

Pita Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3 cups gluten-free flour
- 2 tsp salt
- 5 g dry baker's yeast
- 1 1/2 cups water
- 2 tbsp olive oil

DIRECTIONS

- Place the dry ingredients in a large bowl, then add the liquids and the yeast, activated beforehand in warm water for about 5 minutes.
- Mix with a spatula and then work the ingredients together by hand.
- Cover and let rest for 10 minutes.
- Knead for another 10 minutes with the palm of your hand: push the dough away on the counter, fold it, turn it 90 degrees, and repeat.
- Let rise for another 60 minutes or until doubled in volume.
- Divide into eight 100 g portions. On a floured surface, roll each into a 15 cm (6 in) disk.
- Bake in a preheated oven at 180°C (356°F) for about 8 minutes. Depending on the oven, only two disks may fit at a time.
- Serve with your preferred accompaniments.

CHEF HANNAH'S KITCHEN

Australian-Style Brown Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 eggs
- 3 tbsp honey
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 15 g fresh baker's yeast
- 1/2 cup warm water
- 1/2 cup rice flour
- 1/2 cup precooked cornmeal
- 4 tbsp sweet tapioca starch
- 4 tbsp potato starch
- 3 tbsp flaxseed meal
- 2 tbsp cocoa powder
- 4 tbsp brown sugar
- 1/2 tsp salt
- 1 tbsp precooked cornmeal for finishing

DIRECTIONS

- Combine the eggs, honey, olive oil, vinegar, fresh yeast, and warm water in a bowl. Stir until the yeast dissolves.
- Add the remaining ingredients and mix until smooth.
- Pour into a 24 x 11 cm loaf pan greased with olive oil and dusted with cocoa powder. Smooth the surface with a wet spoon.
- Cover with plastic wrap and rest for 30 minutes.
- Score three slashes on top with a knife and sprinkle with cornmeal.
- Bake in a preheated oven at 180°C (356°F) for about 40 minutes.
- Let cool, remove from the pan, and serve.

CHEF HANNAH'S KITCHEN

Basic Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 cup water
- 15 g fresh baker's yeast
- 3 tbsp sugar
- 3 tbsp oil
- 1 tsp salt
- 1 egg
- 1 cup sweet tapioca starch
- 1 1/2 cups rice flour
- 1 cooked potato, diced

DIRECTIONS

- Blend the water, yeast, sugar, oil, salt, and egg.
- Add the tapioca starch, rice flour, and potato, and blend until smooth.
- Pour into a 25 x 9 x 7 cm loaf pan greased with butter, and let rise for about 30 minutes.
- Bake in a preheated oven at 180°C (356°F) for around 40 minutes. Serve.

CHEF HANNAH'S KITCHEN

Oat Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 tbsp brown sugar
- 10 g instant dry baker's yeast (1 packet)
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 tsp flaxseed meal
- 1/2 tsp salt
- 2 tbsp olive oil
- 1 cup old-fashioned rolled oats
- 1 cup warm water

DIRECTIONS

- Mix all the ingredients except the warm water in a bowl, setting aside 1/2 cup of the rolled oats.
- Add the warm water gradually, mixing thoroughly with a long-handled spoon. The batter should be smooth and sticky.
- Pour into a 26 x 10 x 7 cm loaf pan greased with olive oil and dusted with rice flour.
- Sprinkle on the reserved oats and bake in a preheated oven at 180°C (356°F) for about 20 minutes.
- Serve warm.

CHEF HANNAH'S KITCHEN

Ciabatta Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 cup chickpea flour
- About 1 1/2 cups rice flour
- 1 cup sweet tapioca starch
- 2 tsp xanthan gum
- 11 g dry baker's yeast (1 packet)
- 2 tbsp sugar
- 1/2 tbsp salt
- 1 cup warm water
- 1 egg
- 1/2 cup oil
- 1 tsp apple cider vinegar
- Oil for greasing

DIRECTIONS

- Mix the flours, starch, xanthan gum, yeast, sugar, and salt in a bowl.
- In a separate bowl, whisk the remaining ingredients and pour over the dry mixture.
- Mix until a smooth dough forms and no longer sticks to your hands, adding more rice flour if needed.
- Shape into rolls of your preferred size and place on a greased baking sheet.
- Let rest for 1 hour.
- Bake in a preheated medium oven for 35 minutes, or until lightly golden.

CHEF HANNAH'S KITCHEN

Pumpkin Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 4 tbsp sweet tapioca starch
- 4 tbsp sour tapioca starch
- 2 tbsp water
- 1 cup cooked, well-mashed kabocha squash
- 1 tbsp coconut oil
- 1 tbsp chia seeds (optional)
- Salt to taste

DIRECTIONS

- Using your hands, combine all the ingredients in a bowl to make a uniform dough. If it sticks to your hands, add more tapioca starch until manageable.
- Shape into small balls, like Brazilian cheese buns.
- Place on a baking sheet and bake at 180°C (356°F) for 20 minutes, or until golden. They will look like cheese buns but contain no cheese.
- You may freeze the shaped balls for up to 60 days. Bake directly from frozen whenever you need a quick breakfast.

CHEF HANNAH'S KITCHEN

Almond Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 1/2 cups almond flour (or process whole almonds until finely ground)
- 3/4 cup sweet tapioca starch
- 1/4 cup golden flaxseed meal
- 1 level tsp salt
- 1 tsp sugar (brown sugar was used in the original)
- 1 tbsp dry baker's yeast (not chemical baking powder)
- 4 eggs

DIRECTIONS

- Mix the dry ingredients and set aside. Beat the eggs thoroughly in a blender or with a whisk, then fold in the dry mixture.
- Transfer the dough to a greased loaf pan, cover with a clean cloth, and let rise. In a warm room, you can leave it on the counter. For a cooler room, make a warm proofing space: heat a cup of water in the microwave for 2 minutes, leave the cup inside, and place the loaf pan beside it with the microwave turned off. Close the door and let the dough rise.
- After rising, bake for 5 minutes at high heat, then lower to 180-200°C (356-392°F) and bake for another 30-40 minutes.

TIP

- The traditional family recipe also calls for half a small bottle of coconut milk, but the original author omits it.

CHEF HANNAH'S KITCHEN

Potato Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 4 medium potatoes (about 800 g, mashed)
- 150 g sour tapioca starch (almost a full small drinking glass)
- 150 g sweet tapioca starch (almost a full small drinking glass)
- 2 eggs
- 150 ml oil (olive or canola)
- 150 ml warm water
- Salt, oregano, and basil to taste

DIRECTIONS

- Combine the warm water and oil in a 300 ml glass.
- Transfer to a bowl with all the other ingredients.
- Mix thoroughly. Use a tablespoon to portion into balls, arrange on a baking sheet, and bake.
- Continue baking until lightly golden. The pan does not need greasing.

TIP

- You may replace the potatoes with another starchy root, such as cassava, yam, or arracacha (Peruvian parsnip).

CHEF HANNAH'S KITCHEN

Sweet Potato Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 cup cooked, mashed sweet potato
- 1 tbsp flaxseed meal
- 1 egg
- 1/2 tbsp dry baker's yeast
- 4 tbsp olive oil
- 2 tsp demerara sugar
- 3/4 cup rice flour
- 1/2 cup sweet tapioca starch
- 1 tsp salt
- 1 tsp xanthan gum

DIRECTIONS

- In a stand mixer, combine the sweet potato, egg, flaxseed meal, yeast, olive oil, salt, xanthan gum, and sugar.
- Beat, starting at low speed, until smooth.
- Stop the mixer and add the rice flour and tapioca starch.
- Knead well by hand on a clean, smooth surface until the dough no longer sticks to your hands.
- Shape into balls of your preferred size, or flatten small portions and add a filling.
- Grease and flour a baking sheet, arrange the rolls with space between them, and press gently.

CHEF HANNAH'S KITCHEN

Microwave Sweet Potato Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 egg
- 1 small cooked, mashed sweet potato
- Salt to taste
- 1 tsp baking powder
- 1 tbsp flaxseed meal (optional)

DIRECTIONS

- Mash the sweet potato and mix with the egg and salt.
- Add the optional flaxseed meal for a softer texture.
- Stir in the baking powder gently.
- Pour into a microwave-safe container and microwave for 2 minutes.
- Turn out, cut in half, spread with butter, and brown in a skillet.
- Add your preferred filling.

Nut Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3/4 cup warm water
- 1 tsp xanthan gum
- 3 tbsp sugar
- 11 g dry baker's yeast (1 packet)
- 2 tsp salt
- 3 tbsp softened butter
- 1/2 cup chopped cashews
- About 3 1/2 cups rice flour
- 1/2 cup chopped Brazil nuts
- Oil and rice flour for greasing

DIRECTIONS

- Place all the ingredients in a bowl in the order listed and mix until the dough is uniform.
- Divide between two medium greased, floured loaf pans.
- Let rise for 1 hour, then bake in a preheated medium oven for 35 minutes or until golden.
- Let cool slightly, remove from the pans, and serve.

CHEF HANNAH'S KITCHEN

Onion Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 6 cups rice flour
- 2 eggs
- 1/2 cup oil
- 1 packet dry baker's yeast
- 1 cup warm water
- 1 tsp salt
- 2 level tbsp sugar
- 1 medium onion
- 1 egg yolk for brushing

DIRECTIONS

- Mix 2 cups of the rice flour with the dry yeast in a bowl. Stir in the sugar and salt, and set aside.
- Blend the eggs, water, oil, and onion.
- Gradually pour the blended mixture into the dry ingredients.
- Slowly add the remaining rice flour until the dough reaches a bread-like consistency. Rest for about 30 minutes.
- Shape into small balls and arrange on a baking sheet greased with oil and rice flour.
- Cover with a kitchen towel and let rise until doubled in size.
- Brush with egg yolk and bake in a preheated oven for about 45 minutes or until golden.

CHEF HANNAH'S KITCHEN

Carrot Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 1/4 grams rice flour (quantity printed this way in the original)
- 3 eggs
- 1/2 cup oil
- 1 tbsp sugar
- 1 tsp salt
- 100 g fresh chopped carrot
- 1 tbsp baking powder
- Flaxseeds for sprinkling, to taste

DIRECTIONS

- Blend all the ingredients until smooth. Transfer to a greased loaf pan, sprinkle sesame seeds over the top as instructed in the original, and bake in a preheated oven at 180°C (356°F) for approximately 40 minutes.

CHEF HANNAH'S KITCHEN

Coconut Flour Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3/4 cup sour tapioca starch
- 1/2 cup coconut flour
- 1/4 cup water (60 ml)
- 1 egg
- 4 tbsp oil
- A pinch of salt

DIRECTIONS

- In a bowl, combine the dry ingredients: tapioca starch, coconut flour, and salt. Coconut flour gives this bread a mildly sweet taste; for a sweeter bread, add 1-2 tbsp sugar or sweetener.
- Add the egg and mix well until crumbly. Beating the egg separately first makes it easier to incorporate.
- Add the water and oil and stir until the dough is smooth and firm. Depending on the size of the egg, you may need a little more coconut flour or tapioca starch.
- When the dough is firm enough, form small balls, similar to Brazilian cheese buns.
- Cook in an air fryer preheated to 180°C (356°F) for about 10 minutes. Alternatively, bake in an oven preheated to 180°C for 35-40 minutes.
- Let the gluten-free bread cool for 15 minutes before eating so the center finishes setting.
- Serve this quick coconut flour bread at any time of day.

CHEF HANNAH'S KITCHEN

Chickpea Flour Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 4 eggs
- 1 1/2 cups chickpea flour
- 4 tbsp flaxseed meal
- 1 level tsp sea salt
- 3 tbsp water (or more if needed)
- 2 tsp baking powder

DIRECTIONS

- Preheat the oven to 180°C (356°F) and grease a small loaf pan (approximately 10 x 22 cm).
- Whisk all the ingredients together in a bowl, adding the baking powder last.
- Transfer to the pan and bake for 30 minutes.

CHEF HANNAH'S KITCHEN

Hamburger Buns

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 cup (150 g) rice flour
- 1 cup (100 g) sweet tapioca starch
- 1 level tsp xanthan gum
- 1 tbsp sugar
- 1 tsp salt
- 1 egg
- 1 cup (240 ml) warm milk
- 1 tsp dry baker's yeast
- 2 tbsp olive oil

DIRECTIONS

- Mix the dry ingredients in a bowl and set aside.
- Blend the milk, egg, olive oil, and yeast.
- Pour the liquid into the dry mixture and stir well. The dough should be soft and sticky.
- Transfer to a greased, rice-floured pan that fits inside your air fryer.
- Preheat the air fryer to 180°C (356°F) for about 3 minutes, then turn it off.
- Place the pan in the SWITCHED-OFF air fryer for about 30 minutes to allow the bread to rise.
- Once doubled in volume, turn the air fryer on and cook at 180°C for 15 minutes.
- Open the basket. The bread will be golden but not fully cooked inside. Securely cover with aluminum foil to prevent the top from burning.
- Cook for another 15 minutes at 180°C (356°F). Let cool before removing from the pan.

CHEF HANNAH'S KITCHEN

Sandwich Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 cups rice flour
- 1 1/2 cups sweet tapioca starch
- 3 tsp xanthan gum
- 3 tbsp sugar
- 1 tsp salt
- 1 tbsp dry baker's yeast
- 3 tbsp margarine or olive oil
- 3 eggs
- 1 1/2 cups warm water

DIRECTIONS

- Combine the dry ingredients thoroughly.
- Add the wet ingredients, then enough water to make a soft but firm dough. It should not be runny.
- Place in a greased loaf pan and let rest for 1 hour.
- Bake at 200°C (392°F) for approximately 40 minutes.

CHEF HANNAH'S KITCHEN

Yam Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 cup raw grated yam
- 3 tbsp unflavored coconut oil or olive oil
- 1/2 tsp salt
- 2 tsp mixed dried herbs
- 1 crushed garlic clove
- 3/4 cup sweet tapioca starch

DIRECTIONS

- Combine the grated yam, coconut oil, salt, herbs, and garlic in a bowl.
- Add the tapioca starch and stir until a uniform dough forms that does not stick to your hands. Add extra starch if necessary.
- Grease a baking pan and shape the dough into balls of your preferred size.
- Bake in a preheated oven at 200°C (392°F) for 30-40 minutes.

CHEF HANNAH'S KITCHEN

Corn Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3 eggs
- 150 ml water
- 30 ml olive oil
- 1 1/4 cups (150 g) sweet tapioca starch
- 1 1/4 cups (150 g) corn flour or fine cornmeal
- 1 tbsp instant dry baker's yeast
- 2 tbsp flaxseed meal
- 2 tbsp oat flour
- 2 tbsp sugar
- 1 tsp xanthan gum
- 1 coffee spoon salt

DIRECTIONS

- Combine the dry ingredients in a bowl: corn flour, tapioca starch, oat flour, flaxseed meal, sugar, xanthan gum, and yeast.
- Make a well in the center, add the eggs, water, and olive oil, and mix in circles until smooth.
- Beat the batter in a stand mixer at medium speed for approximately 5 minutes.
- Grease a 24 x 10 cm loaf pan and dust with cornmeal. Pour in the batter, cover with a towel, and allow to rise until doubled inside a switched-off oven or microwave.
- Once risen, bake in a preheated oven at 200°C (392°F) for approximately 30 minutes.
- Switch off the oven, let cool slightly, carefully remove from the pan, and serve.

CHEF HANNAH'S KITCHEN

Tapioca Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 1/2 cups water (or plant-based milk)
- 1/2 cup raw, unsalted hazelnuts (or other nuts)
- 1 egg
- 3 tbsp oil
- Salt to taste
- Dried seasonings to taste (garlic, basil, oregano, rosemary, parsley, marjoram, white pepper, cayenne, and onion)
- 250 g granulated tapioca pearls
- 1/2 cup sweet tapioca starch

DIRECTIONS

- Blend the water and hazelnuts. Add the egg and oil and blend thoroughly.
- Mix the tapioca pearls with salt and plenty of seasonings. Pour in the blended mixture, stir, and let rest until the tapioca absorbs the liquid. Test a few grains to ensure they are soft; if still hard, add a little more water and wait.
- Stir the tapioca starch into the hydrated tapioca mixture.
- Grease a baking sheet. With slightly wet hands, shape balls of dough (or use a spoon if sticky).
- Bake in a hot, preheated oven at 200°C (392°F) until golden.

CHEF HANNAH'S KITCHEN

Buckwheat Seed Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 200 g buckwheat flour
- 100 g almond flour
- 4 tbsp chia seeds
- 450 ml water
- 4 tbsp olive oil
- 1/6 cup sunflower seeds
- 1/6 cup pumpkin seeds
- 1/6 cup flaxseeds
- 1 tsp salt
- 12 g gluten-free baking powder

DIRECTIONS

- Mix the chia seeds with 250 ml water in a bowl. Let stand for 15 minutes until a gel forms.
- In a large bowl, combine the buckwheat flour, almond flour, baking powder, and salt. Add the remaining water and the chia gel, mixing well with a spatula.
- Add the sunflower, pumpkin, and flaxseeds, reserving a little of each for decoration. Mix again.
- Let the dough rest for 10 minutes while preheating the oven to 170°C (338°F).
- Line a loaf pan with parchment paper, add the dough, and sprinkle the reserved seeds on top.
- Bake for approximately 1 hour and 10 minutes. Let cool before slicing.

CHEF HANNAH'S KITCHEN

Buckwheat Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 cups buckwheat flour
- 1 cup rice flour
- 1 cup chickpea flour
- 2 cups warm water
- 10 g dry baker's yeast (1 packet)
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp sugar

DIRECTIONS

- Mix the buckwheat, rice, and chickpea flours with the baking powder and salt in a bowl.
- In another container, dissolve the yeast and sugar in 1 cup warm water. Refined sugar dissolves easily and helps activate the yeast.
- Rest for about 5 minutes until foamy.
- Pour this yeast mixture into the bowl of flours, stirring with a spoon. As the dough thickens, add the remaining cup of warm water and mix by hand.
- Knead until soft and pulling away from the bowl. Shape into a ball, cover with a cloth, and leave in a warm place for 30 minutes. If too sticky, add a little flour; if crumbly, add water.
- Knead once more to release trapped air. Divide in two, transfer to baking pans, cover, and rise for another hour. Alternatively, shape a round loaf on a baking sheet dusted with rice flour.
- Preheat the oven to 200°C (392°F). Bake for 15-20 minutes or until the crust cracks and turns golden. Let cool.

CHEF HANNAH'S KITCHEN

Sweet Bread with Cinnamon Topping

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1/4 cup vegetable oil
- 1 cup sugar
- 4 egg whites, whipped to stiff peaks
- 2 cups gluten-free flour blend
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup water
- Topping: 8 tbsp sugar
- Topping: 2 tbsp cinnamon
- Topping: 1 tbsp oil

DIRECTIONS

- Mix the oil, sugar, and whipped egg whites. Slowly stir in the remaining ingredients, alternating additions of flour and water.
- Combine the topping ingredients in a separate bowl.
- Grease a baking pan and pour in a little batter. Sprinkle on some topping, then add another layer of batter.
- Finish with the remaining topping.
- Bake at 180°C (356°F) for 40 minutes, or until a toothpick inserted in the center comes out dry.

CHEF HANNAH'S KITCHEN

Soft and Fluffy Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3/4 cup warm water (37°C / 99°F)
- 1 tbsp dry baker's yeast
- 1 tbsp brown sugar
- 1 egg
- 1 cup brown rice flour
- 1/2 cup nut flour (cashew flour in the original)
- 1/4 cup sweet tapioca starch
- 1/4 cup potato starch or cornstarch
- 1 tbsp olive oil
- 1 tsp salt
- Optional seeds for topping: sesame, chia, flax, sunflower, or pumpkin

DIRECTIONS

- Combine the warm water, yeast, and sugar. Leave in a warm place until frothy, about 10-15 minutes.
- Mix the flours and starches in another bowl.
- Add the yeast mixture and lightly beaten egg to the flours and mix well; a spatula or whisk is sufficient.
- Stir in the olive oil and salt.
- Pour into a greased baking pan, sprinkle with seeds, and let rise until doubled.
- Bake in a preheated hot oven for 5 minutes, then reduce to 180-200°C (356-392°F) and bake for another 20-35 minutes.

CHEF HANNAH'S KITCHEN

Whole-Grain Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 packet dry baker's yeast
- 1 tbsp brown sugar
- About 2 1/2 cups warm water
- 1 cup brown rice flour
- 1 cup white rice flour
- 1/2 cup flaxseed meal
- 1/2 cup sweet tapioca starch
- 1 tbsp whole flaxseeds
- 1 tbsp amaranth flakes
- 2 tbsp quinoa
- 1 tbsp xanthan gum
- 4 tbsp olive oil
- 1 coffee spoon salt
- 2 eggs
- Margarine and rice flour, cornstarch, or potato starch for greasing

DIRECTIONS

- Combine the yeast, brown sugar, and 1/2 cup of the warm water. Set aside.
- In a large bowl, combine the brown and white rice flours, flaxseed meal, tapioca starch, whole flaxseeds, amaranth, quinoa, and xanthan gum.
- Stir in the olive oil, salt, and eggs with a whisk.
- Add the reserved yeast mixture.
- Gradually add the remaining water while stirring until the dough is smooth and soft, adding more water if needed.
- Cover with a clean towel and rest for 50 minutes.
- Whisk again and divide between two large greased loaf pans dusted with rice flour, cornstarch, or potato starch. Cover and rest for another 10 minutes.
- Bake in a preheated medium oven for 45 minutes or until set and golden. Let cool slightly, remove from the pans, and serve.

CHEF HANNAH'S KITCHEN

Simple Whole-Grain Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 500 g brown rice flour
- 10 g dry baker's yeast (1 packet)
- 3 tbsp olive oil
- 400 ml warm water
- 1 level tsp salt

DIRECTIONS

- Combine the brown rice flour and yeast in a bowl. Add the olive oil and salt.
- Gradually add the water while mixing. Knead by hand for 10 minutes or in a mixer for 5 minutes. The dough should be soft, smooth, and slightly sticky.
- Cover with a clean cloth and rest at room temperature, away from drafts, for 2 hours. Line a baking sheet with parchment.
- Dust a clean counter and your hands with brown rice flour. Transfer the dough to the counter and knead briefly to release fermentation gases.
- Shape into a round loaf, place on the lined sheet, and score the top lightly with a sharp knife or pizza cutter.
- Cover and allow to rise at room temperature for another 30 minutes.
- Bake in an oven with top and bottom heat for 30 minutes, or until golden.
- Cool on a wire rack; serve warm or completely cooled.

CHEF HANNAH'S KITCHEN

Rustic Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 1/2 cups brown rice flour (1 cup = 240 ml)
- 1 1/4 cups white rice flour
- 1 cup chickpea flour
- 1/4 cup ground flaxseed
- 1 1/2 tsp salt
- 3/4 tsp xanthan gum
- 1/4 cup olive oil
- 1/4 cup honey
- 1 cup warm water
- 1/2 tsp instant dry baker's yeast (or 1/4 tsp fresh yeast, as printed)
- 1/3 cup mashed potato

DIRECTIONS

- Preheat the oven to 150°C (302°F) and oil a loaf pan.
- Combine the flours, flaxseed, salt, and xanthan gum in a bowl.
- In another container, mix the olive oil, water, honey, and yeast. Rest for 5 minutes or until the yeast begins to react.
- Slowly add the flour mixture to the liquids, alternating with the mashed potato. Stir with a spatula and your hands only until combined.
- Turn onto a floured surface, knead two or three times, and shape into a loaf. Avoid overworking the dough.
- Place straight into the loaf pan and bake for approximately 2 hours. A toothpick inserted into the center should come out dry.

CHEF HANNAH'S KITCHEN

Quick Bread Rolls

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3 cups gluten-free flour
- 3 heaping tbsp granulated sugar
- 4 tbsp unsalted dairy-free margarine
- 2 heaping tbsp baking powder
- 2 medium eggs
- 200 ml plant-based milk

DIRECTIONS

- Mix all the ingredients in a bowl with a spoon.
- When well combined, grease the palms of your hands with margarine and shape small rolls.
- Place on a lightly greased baking sheet and brush with egg yolk.
- Heat the oven to its maximum temperature for 10-15 minutes while the rolls rest.
- Bake for 5 minutes at maximum heat, lower to 200°C (392°F) for another 10 minutes, then reduce again to 180°C (356°F) for 10 more minutes.
- Turn off the oven, remove the rolls, and serve warm or let cool.

CHEF HANNAH'S KITCHEN

Brioche Rolls

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 300 g basic gluten-free flour blend
- 10 g dry baker's yeast
- 3 eggs
- 3 tbsp sugar (the original includes an incomplete parenthetical note about using 2 tbsp)
- 1 tsp salt
- 3 tbsp margarine or butter (coconut fat was used in the original)
- 150 ml water (warm water was used in the original)

DIRECTIONS

- Grease the loaf pans and set aside.
- In the bowl of a stand mixer, combine the margarine or butter, eggs, sugar, flour blend, and water. Stir first with a spatula.
- Beat at speed 2. Once uniform, increase to speed 5 and beat for 3-4 minutes.
- Transfer to the greased pans and rest for at least 30 minutes.
- Bake in a preheated oven at 180°C (356°F) for approximately 30-40 minutes.

CHEF HANNAH'S KITCHEN

Arracacha Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 cups sour tapioca starch
- 3 cups sweet tapioca starch
- Dried oregano, rosemary, or basil, turmeric, and salt to taste
- 3/4 cup olive oil
- 500 g cooked, mashed arracacha (also called Peruvian parsnip or batata-baroa)
- About 1/2 cup water

DIRECTIONS

- Combine both tapioca starches with your choice of dried herbs, turmeric, salt, and olive oil.
- Add the mashed arracacha and stir. Gradually add water while kneading until smooth.
- Shape small balls and place on a baking sheet lightly greased with olive oil.
- Bake in a preheated oven at 180°C (356°F) for 25 minutes. Increase the heat to 200°C (392°F) for another 15 minutes. Serve immediately.

CHEF HANNAH'S KITCHEN

Arracacha and Chia Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 500 g cooked arracacha (Peruvian parsnip)
- 1 tsp salt
- 1 tsp turmeric
- 1 tbsp chia seeds
- 1/2 tbsp dried oregano
- 1 1/2 cups gluten-free flour
- 1/2 cup olive oil
- 1/2 cup water

DIRECTIONS

- Combine the cooked arracacha with the olive oil, salt, turmeric, chia, oregano, and gluten-free flour in a bowl.
- Gradually add the water until the dough becomes smooth and no longer sticks to your hands.
- Shape small balls and arrange them on a baking sheet lightly greased with olive oil.
- Bake in a preheated oven at 180°C (356°F) for about 30 minutes or until golden. Serve.

CHEF HANNAH'S KITCHEN

French-Style Bread Rolls

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 10 g dry baker's yeast (1 packet)
- 10 g sugar
- 50 g rice flour, for the yeast starter
- 100 ml warm water, for the starter
- 100 g rice flour, for the dough
- 100 g sweet tapioca starch
- 90 g cornstarch
- 4 g xanthan gum
- 5 g baking powder
- 1/2 tsp salt
- 50 ml oil
- 1 egg
- 150 ml water

DIRECTIONS

- For the starter, mix the yeast, 100 ml warm water, sugar, and 50 g rice flour in a bowl. Cover with plastic wrap and set aside.
- In a stand-mixer bowl, gently mix the remaining 100 g rice flour, tapioca starch, cornstarch, xanthan gum, baking powder, and salt.
- Add the oil and egg and mix briefly, then add the reserved yeast starter.
- Beat for 5 minutes with a dough hook or paddle, or knead by hand for 10 minutes.
- Slowly add up to 150 ml water to make a sticky but shapeable dough.
- With wet hands, shape the rolls and smooth their surfaces. Place on a greased pan and let rise for about an hour, depending on room temperature, until doubled.
- Before baking, use a wet, sharp knife to score the tops.
- Place a pan of hot water in the oven with the rolls to create steam and a crisp crust.
- Bake in a preheated oven at 230°C (446°F) for 40-45 minutes or until golden.

CHEF HANNAH'S KITCHEN

Blender Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 25 g baker's yeast
- 1 tbsp sugar
- 2 small drinking glasses (Brazilian copos americanos) slightly warmed milk or water
- 10 tbsp rice flour
- 3 tbsp sweet tapioca starch
- 3 tbsp cornstarch
- 3 tbsp potato starch
- 3 whole eggs
- 2 tbsp oil
- 1 coffee spoon salt

DIRECTIONS

- Add the yeast, sugar, and slightly warmed milk or water to a blender.
- With the blender running, add the rice flour, tapioca starch, cornstarch, potato starch, eggs, oil, and salt.
- Turn off the blender, cover, and allow the batter to rise until it reaches the blender lid. If using an immersion blender in a bowl, cover with plastic wrap. This takes about 15-20 minutes.
- Grease two loaf pans with oil and dust with rice flour. Divide the batter between the pans and place in a preheated oven at 180°C (356°F).
- Bake for 30 minutes or until a toothpick inserted in the center comes out without wet batter.

TIP

- Rice flour and sweet tapioca starch are essential in this recipe. The other starches may be replaced with potato starch, soy flour, corn flour, brown rice flour, or other gluten-free flours. The batter will be very liquid, like cake batter. Let it rise in a properly covered container.

CHEF HANNAH'S KITCHEN

Multigrain Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 350 g white-bread flour blend
- 7 g salt
- 2 small eggs
- 7 g dry baker's yeast
- 70 ml olive oil
- 30 g demerara sugar
- 30 g golden flaxseeds
- 40 g black and white sesame seeds
- A pinch of fresh thyme
- 5 g white vinegar
- Water, as needed

DIRECTIONS

- In a large bowl, mix all the dry ingredients except the salt. Reserve some seeds for topping, if desired.
- Add the eggs, vinegar, and olive oil. Gradually add water while stirring with a spatula until a thick paste forms.
- The amount of water varies. The batter should be very moist and not firm enough to shape. Add the salt.
- Transfer to a greased, floured loaf pan.
- Sprinkle with reserved seeds and carefully pour about 3 tbsp water over the dough to create a thin layer of water on top.
- Let rise for 40 minutes and bake at 180°C (356°F) for 35 minutes or until the crust turns golden.

CHEF HANNAH'S KITCHEN

Golden Flaxseed Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 4 tbsp olive oil
- About 1/3 cup warm water
- 2 cups fine cornmeal
- 1 cup sweet tapioca starch
- 1 egg
- 2 tsp sugar
- 1 tsp salt
- 1 tbsp dry baker's yeast

DIRECTIONS

- Mix the dry ingredients in a bowl.
- Add the egg and olive oil and stir.
- Add the warm water very gradually, stirring continuously; you may need slightly more or less water.
- The batter should be thicker and heavier than cake batter.
- Pour into a greased loaf pan dusted with oil and cornmeal and let rise for 1 hour.
- Bake at 180°C (356°F) for 40 minutes.

CHEF HANNAH'S KITCHEN

Salt Bread Rolls

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1 1/2 tsp xanthan gum
- 3/4 tsp salt
- 1 tbsp demerara sugar
- 3/4 cup warm water
- 5 g dry baker's yeast (about half a packet)
- 1 tbsp melted dairy-free margarine or palm fat
- 1 1/2 tbsp aquafaba (liquid from canned chickpeas or peas)
- 1/2 tsp apple cider vinegar

DIRECTIONS

- Line a baking sheet with a silicone mat, or grease with dairy-free margarine and dust with gluten-free flour.
- Mix the rice flour, tapioca starch, xanthan gum, and salt in a medium bowl.
- In a smaller bowl, combine the warm water, sugar, and yeast. Rest until a layer of foam forms.
- Beat the melted margarine or palm fat and vinegar into the dry ingredients using a stand mixer with a paddle at low speed.
- Add the activated yeast mixture. Increase to medium speed and beat for 2 minutes.
- Whip the aquafaba with a fork or whisk until lightly foamy. Mix briefly into the dough on low speed.
- Oil a tablespoon and use it to portion the dough onto the prepared sheet, one spoonful per roll. Clean and re-oil the spoon between portions.
- With a similarly oiled knife, make a shallow lengthwise slash in each roll, cleaning and re-oiling the blade each time.
- Let rise for 25 minutes, preheating the oven to 200°C (392°F) before the end of the rising time.
- Place the rolls in the oven. Spray water on the oven walls and floor to create a light cloud of steam; do not spray the rolls.
- After 15 minutes, repeat the steaming step. Bake another 15 minutes, then cool the rolls on a rack before eating.

CHEF HANNAH'S KITCHEN

Cornmeal Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 cups fine cornmeal
- 1 cup sweet tapioca starch
- 1 tbsp dry baker's yeast
- 2 tbsp sugar
- 1 tsp salt
- 4 tbsp olive oil
- 1/3 cup warm water
- 1 egg

DIRECTIONS

- Gather all the ingredients.
- In a large bowl, gently combine the cornmeal, tapioca starch, yeast, sugar, and salt.
- Add the olive oil, warm water, and egg. Mix until a thick, heavy batter forms, adding more water if needed.
- Transfer to a loaf pan, cover, and let rise for about 1 hour.
- Bake in a preheated oven at 180°C (356°F) for around 40 minutes. Serve.

CHEF HANNAH'S KITCHEN

Oat Bread with Seeds

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3 eggs
- 1 cup gluten-free oat bran
- 1 cup almond flour
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium husk
- 1 tbsp demerara sugar
- 1/2 cup warm water
- 4 tbsp extra-virgin olive oil
- 1 tbsp apple cider vinegar
- 10 g dry baker's yeast (1 packet)
- 1 tsp salt
- 1/2 cup mixed seeds (flax, sunflower, pumpkin, chia)

DIRECTIONS

- Preheat the oven to 220°C (428°F).
- Mix the dry ingredients and set aside.
- Combine the eggs, water, olive oil, and vinegar.
- Add the dry ingredients and salt, stirring well.
- Let rest for 5 minutes.
- Grease a loaf pan and spread in the batter.
- Bake for 25-30 minutes, or until golden. Serve and enjoy.

CHEF HANNAH'S KITCHEN

Homemade Almond Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 4 eggs
- 3/4 cup room-temperature water
- 1 tbsp extra-virgin olive oil
- Salt to taste
- 1 1/2 cups almond flour
- 2 tbsp white coconut flour
- 1 cup gluten-free oat bran
- 1 tbsp apple cider vinegar
- 2 tbsp baking powder
- Black pepper to taste

DIRECTIONS

- Blend the eggs with the water, olive oil, and salt for about 2 minutes.
- In another bowl, mix the almond flour and oat bran.
- Pour the blended mixture into the dry ingredients and stir well.
- Add the vinegar, baking powder, and black pepper; mix a little more.
- Pour into a greased loaf pan.
- Bake in a preheated oven at 200°C (392°F) for about 30 minutes.

CHEF HANNAH'S KITCHEN

Vegan Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 1 1/2 cups (225 g) white rice flour
- 1/2 cup (80 g) potato starch
- 2 tbsp (20 g) sour tapioca starch
- 1 tbsp (15 g) demerara sugar
- 1 tsp salt
- 2 tbsp (20 g) psyllium husk
- 1/2 cup (60 g) almond flour
- 10 g instant dry baker's yeast
- 3 tbsp (45 ml) olive oil
- 1 1/2 cups (375 ml) warm water
- Cornmeal, for dusting
- Sesame seeds, to taste

DIRECTIONS

- Thoroughly mix the first eight ingredients.
- Add the olive oil and gradually incorporate the warm water, stirring with a spatula.
- Continue mixing by hand.
- Form a ball, brush lightly with olive oil, and rest for 1 hour.
- Shape portions of dough as desired.
- Brush each with olive oil, dust with cornmeal, and finish with sesame seeds.
- Bake in a preheated oven at 180°C (356°F) for 40 minutes. Cool before eating.

CHEF HANNAH'S KITCHEN

Italian-Style Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 2 organic eggs (free-range in the original)
- 2 cups rice flour
- 1 cup potato starch
- 1/3 cup sweet tapioca starch
- 1/3 cup psyllium flour
- 1 tbsp millet flour (or another gluten-free flour)
- 1 tsp soy lecithin or green banana biomass (not used in the original)
- 1 tbsp baker's yeast
- 1/4 cup sunflower or olive oil
- 1 cup water
- 1 tsp sea salt
- 1 level spoon demerara sugar

DIRECTIONS

- Soak the psyllium in the water for about 10 minutes until it becomes a thick paste. Set aside.
- Combine all dry ingredients in a bowl, then add the eggs, soaked psyllium, and oil.
- Mix by hand until the dough becomes smooth and pliable. The original author needed to add another 1/2 cup water because the dough was too dry.
- Shape into one large ball and place on a greased pizza-style pan. Let rise until doubled, about 3 hours in the original.
- After rising, score three shallow cuts across the surface and bake for about 40-50 minutes.
- The dough may also be shaped into smaller rolls.

CHEF HANNAH'S KITCHEN

Cinnamon Bread

GLUTEN-FREE BREAD RECIPE



INGREDIENTS

- 3 eggs
- 20 g almond flour
- 20 g ground flaxseed
- 20 g pine-nut flour or sunflower seed flour
- 15 g coconut flour
- 1 tsp ground cinnamon (optional)
- 1 tsp gluten-free baking powder
- 1 tsp olive oil
- 1/2 coffee spoon salt
- Optional for sweet bread: a little xylitol, honey, or date paste

DIRECTIONS

- This recipe is quick and simple.
- Place all the ingredients in a bowl and beat or blend with an immersion blender until smooth.
- Divide into small molds and bake in a preheated oven at 180°C (356°F) for 35 minutes.

TIP

- Several flours are combined to create a more neutral, bread-like flavor. Walnut, pine-nut, flaxseed, almond, sunflower seed, sesame seed, coconut, and hazelnut flours can be used in various combinations, as long as the total flour amount is 75 g. For the original flavor, follow the proportions above.

BONUS RECIPES

Six extra dishes to explore



CHEF HANNAH'S KITCHEN

Pizza Dough

BONUS RECIPE



INGREDIENTS

- 1 1/2 cups sweet tapioca starch
- 1 1/2 cups rice flour (or rice cream)
- 2 tsp sugar
- 1 tsp salt
- 180 ml warm water
- 10 g baker's yeast
- 2 eggs, lightly beaten
- 3 tbsp extra-virgin olive oil

DIRECTIONS

- Gather all the ingredients.
- Mix the tapioca starch, rice flour, sugar, and salt in a large bowl.
- Dissolve the yeast in the warm water, pour into the dry mixture, and add the eggs and olive oil. Mix well.
- When the dough begins to form, work with your hands until smooth; kneading is not necessary.
- Grease a round pizza pan with olive oil and stretch the dough into a round about 35 cm (14 in) in diameter, less than one finger thick.
- Cover with a cloth and rest for 20 minutes.
- Prebake in a preheated oven at 180°C (356°F) for 10 minutes.
- Add your favorite toppings and bake again until cooked.

TIP

- Drizzle the crust with olive oil before adding the toppings to keep the pizza moist. You may also add a little Parmesan cheese to the dough for extra flavor.

CHEF HANNAH'S KITCHEN

Baked Savory Pastries

BONUS RECIPE



INGREDIENTS

- 2 cups rice flour
- 2 tbsp cornstarch
- 1/2 tsp xanthan gum
- 2 eggs
- 3 tbsp olive oil
- Salt to taste
- 1 tbsp cachaça (optional)
- 1/4 cup water (or enough to make the dough)

DIRECTIONS

- Combine the dry ingredients in a bowl. Add the other ingredients gradually.
- Mix and knead by hand until smooth.
- Cover with a clean cloth and rest for 30 minutes. Prepare your filling in the meantime.
- Cover a work surface with plastic wrap and roll the dough out very thinly.
- Cut circles for small pastries, or larger rectangles or squares for larger pastries.
- Place a little filling in the middle, fold over, and press the edges together with a fork.
- Bake in a medium oven for 35 minutes or until golden. Alternatively, cook in an air fryer at 200°C (392°F) for 15 minutes.

CHEF HANNAH'S KITCHEN

Mini Savory Pies

BONUS RECIPE



INGREDIENTS

- 2 cups gluten-free flour blend
- 1 cup cornstarch (or potato starch)
- 200 g room-temperature butter
- Cold water, as needed
- 2 egg yolks
- Salt to taste

DIRECTIONS

- Combine the flours, salt, and butter. Rub together by hand until the mixture resembles damp crumbs. Add the egg yolks and continue mixing.
- Slowly pour in cold water until the dough becomes smooth and barely sticks to your fingers.
- Cover with a cloth and refrigerate for 1 hour.
- Take small portions of dough and press into buttered mini pie molds to line the bottoms and sides. Add your chosen filling.
- For each lid, roll another small portion into a ball and flatten into a disk. Place over a filled pie, trim excess dough, and firmly press the edges to seal.
- Lightly beat the egg yolk for brushing as directed in the original, brush over the lids, and bake.
- Bake in a preheated oven at 200°C (392°F) for 30-35 minutes or until golden.

CHEF HANNAH'S KITCHEN

Pancakes

BONUS RECIPE



INGREDIENTS

- 1 cup rice flour
- 1 egg
- 1 cup water
- A pinch of salt
- 1 tbsp soybean oil

DIRECTIONS

- Blend all the ingredients until the batter is completely smooth.
- Heat a nonstick skillet or crepe pan over low heat. Pour in a little batter, swirling to coat the bottom in a thin layer.
- Once the top is no longer runny and the edges lift easily, flip and cook the other side.
- Transfer to a plate and repeat until all the batter is used.

Homemade Pasta

BONUS RECIPE



INGREDIENTS

- 3 cups rice flour
- 1 cup potato starch
- 1/2 cup sweet tapioca starch
- 3 eggs
- 5 tbsp oil
- A pinch of salt
- 300 g cooked arracacha (Peruvian parsnip)

DIRECTIONS

- Combine the rice flour, potato starch, and tapioca starch in a bowl.
- Set aside 1/2 cup of this flour mixture and add the remaining ingredients to the bowl.
- Mix until uniform. Add about 1/2 cup water, until the dough no longer sticks to your hands.
- Let rest for 1 hour. Using a rolling pin, roll out to 0.5 cm thickness, dusting with the reserved flour blend. Roll up like a Swiss roll.
- Cut into small pieces and cook in a pan of boiling water with a drizzle of olive oil until they float to the surface, about 2 minutes.
- Remove with a slotted spoon, place on a plate lightly greased with olive oil, and keep warm.
- Serve with your favorite sauce.

CHEF HANNAH'S KITCHEN

Savory Esfiha Pastries

BONUS RECIPE



INGREDIENTS

- 4 cooked potatoes
- 2 tbsp chia seeds
- 3 tbsp gluten-free oat flour
- 1/2 cup tapioca starch of your choice
- 2 tbsp extra-virgin olive oil
- A pinch of salt
- 100 g precooked, sautéed ground beef

DIRECTIONS

- Mix the mashed potatoes with the chia seeds. Add the olive oil, tapioca starch, and salt, and combine.
- Stir in the oat flour and mix well.
- Flatten a portion of dough in your hand and fill with the cooked ground beef. Fold into a triangular esfiha pastry and seal. Repeat with the remaining dough and filling.
- Grill the pastries in a skillet lightly greased with olive oil. Turn to brown the other side, then serve.