Gluten Free Jamaican Coco Bread Recipe

425 degrees

2 1/2 t instant dry yeast

2 T honey

1 1/4 c non­fat milk (or full­fat, low­fat, rice, almond, soy, or coconut\*), heated to 110°F

1 1/4 c white rice flour

1 c potato starch (in the U.S. not potato flour), plus more for dusting

1/2 c sorghum flour

1/2 c cornstarch (or tapioca flour/starch for corn­free)

1/4 c brown rice flour (or brown rice flour)

1 3/4 t xanthan gum (or guar gum for corn­free)

1 t fine sea salt

1 large egg, at room temperature, separated

1 large egg white, at room temperature

1/2 c (1 stick) unsalted butter (or Earth Balance spread), melted and slightly cooled

5 T unsalted butter (or Earth Balance spread), melted and slightly cooled for basting

Stir the honey into the warm milk and stir until the honey dissolves. Add the yeast and stir again.

Set it aside long enough for a about 1­inch foam forms on top, about 5 minutes.

Add all of the dry ingredients in a separate bowl and whisk together well; and set it aside. In the bowl of your mixer, beat the two egg whites for 15 ­ 20 seconds on high speed. Add the egg yolk, melted butter, and yeast mixture; beat for a few seconds on medium speed. Add all of the flour mixture at one time and beat on high for 4 minutes. Oil a large bowl, scoop out the dough into the bowl, cover the bowl, and allow the dough to rise until double in size, about 30 minutes. Oil two baking sheets and set them aside. Arrange the shelves in your oven so that one is about 6” from the top and one on the bottom. Preheat the oven to 425°F. Scoop 1/4 cup of dough onto a heavily potato starched rolling surface, place a bit of starch on top of the dough, and pat it out into a 6” circle. Butter one half of the circle and using a spatula fold the circle in half. Using the spatula, transfer it to the prepared baking pan. Repeat with the remaining dough. Once you have them all prepared, baste the tops with melted butter. Bake the first pan you filled for 5 minutes on the bottom shelf, turn the pan around for even browning, then them 10 minutes on the top shelf. Immediately transfer the coco bread to a wire rack to cool completely. Open up each pocket to allow the steam to escape and prevent them from sticking together. Fill with your favorite savory filling (like stew), preferably with a sauce or mayonnaise, something moist. Freeze any coco bread that you will not consume immediately. To reheat, rewarm in the microwave.

\*Because of the high fat content in coconut milk, I would water it down or water down enough to look like non­fat milk, especially if using dairy butter.