

Namaste Foods Bread Mix (Gluten-Free, Nut-Free, Soy-Free)

Namaste Foods is by far and away one of my favorite "mix" companies, gluten-free or not. If you have seen my raves about their Blondies Mix and their Pasta Mixes, then you will know why. Yet, I am always skeptical when someone presents me with a mix for a gluten-free yeast-type bread. Of all the gluten-free foods on the market I would venture to say that yeast breads are the trickiest to get right.

I pondered the instructions before beginning, and they weren't too bad. Some oil, some eggs, some rising time. Overall preparing this bread was a bit less tedious than the Breads from Anna mix, but a bit lengthier than the super simple Kinnikinnick mix. So, I was expecting results somewhere in the middle of those two, which are both quite good.

Thankfully, the Namaste mix seemed to be performing just as it should, rising beautifully in the oven … that is until this haphazard baker took hold. I was multi-tasking, baking more than one thing at a time. My husband came in when he heard the sailor talk emerging from the kitchen. When he asked what was wrong, I quickly began with …" I was making the bread and the cupcakes…" to which he quickly interrupted,"wait, you were baking two things at once, haven't we talked about the hazards of you multi-tasking in the kitchen?" I turned to look at my bread, which had fallen and almost burst into laughter. He was so right, I am far too meticulous in the kitchen to have multiple projects on the go.

First of all, I used a silicone bread pan, not even thinking as I rushed the dough in. The pressure of the bread rising in the oven pushed the sides outward. Then, the instructions specifically said "Do not Undercook the bread." So what did I do? Yes, I undercooked the bread. By a full 10 minutes. I was trying to rush the cupcakes into the oven before the baking soda lost its oomph, but didn't want both in the oven at the same time, and assumed from the look of the bread that it must be done. Completely ignoring the time on the instructions of course.

So, I am afraid I did not do this bread mix justice. But, the end pieces were cooked perfectly, and we still ate the whole loaf, toasting up the undercooked slices. I can report that this bread has a wonderfully thick and crisp outer crust. The interior was very mild in flavor, with no bitter or sweet taste worth making note of. Really, quite simply, it was bread, no matter how you slice it. Sorry, I couldn't resist.

As an added bonus, Namaste's bread has the definite appearance of traditional white bread. It was soft and glutinous, with the perfect spring to it; one that could fool anyone into believing it was a wheat-based bread.

I guess, though I failed miserably at creating a beautiful loaf of bread, I can tell you that Namaste's Bread Mix seems to be quite excellent. I would recommend it to anyone who is seeking that perfect white bread on a GFCF diet.

Just one word of caution … always follow the directions!

Where to Purchase: Namaste products are well distributed in natural food stores and even some major grocers throughout the US. But, if you can't find them, then shop at the Namaste Online Store.