



SALTBUSH ECO STORE

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Gluten free bread (mix)

Truly versatile, this mix is easy to use and can be baked in a large or small loaf or even as rolls. We've also used it to make foccacia and you could even adapt the mix to make flatbreads.

The mix is a combination of rice and corn flours with psyllium husk and is soy free

INGREDIENTS

Makes one large loaf

800gm Gluten free bread mix*
5gm Salt
420ml Water, warm
7gm Instant dried yeast
5gm Sugar



METHOD

Sift dry mix into a large bowl or stand mixer with the salt

Mix 350ml of the warm water with the yeast and sugar and let stand for 10 minutes to activate. You can tell when it is ready as it will go frothy on the top. If your mix does not froth, your yeast is no good.

Combine the dry mix with the yeast mixture and knead until smooth. Note that there is 120ml of water left, you may not need all of it so add as you go. The mixture will be sticky but should not be wet.



Cover with a clean towel or cloth and allow to rest for an hour in a warm location. Dough will rise but not double like wheaten bread.

Fold out into a lined bread tin and smooth the top. The dough can be sticky so try not to handle too much. If making rolls, dust your bench and hands generously with rice or gf flour and divide dough into 6-8 balls.

Bake at 185deg for approximately 40 minutes. Check bread by lightly tapping on the top and listening for a hollow sound. Leave bread to cool in the tin before removing.

Bread is best eaten fresh however freezes well also.



Dry Mix ingredients: corn starch, rice flour, thickener, dextrose monohydrate, sugar, acidity regulator, psyllium husk, raising agent



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