

## GLUTEN FREE BREAD BAKING TIPS

- Level metric cup and spoon measures were used for these recipes.
- All quantities must be measured accurately for the best result.
- A Panasonic SD-253 Bread Maker was used to develop and test these recipes. On this bread maker a 3 hour cycle can be obtained by pressing the 'Select' button to obtain the 'whole wheat' setting and the 'Option' button to obtain the 'rapid bake' setting.
- You may need to allow the yeast to soften in the water for a few minutes before adding the other ingredients.
- Ensure that all ingredients used are wheat and gluten free by reading the ingredient list and any allergen statement on the product pack before using.
- Yeast : In New Zealand Edmonds Active Yeast (with a yellow lid) is gluten free.

To measure 5g of yeast: 1 level metric teaspoon + 1 level metric ½ teaspoon

To measure 10g of yeast: One slightly heaped metric tablespoon of yeast.

- If an accurate scale is not available 500g of Simple Bread mix can be obtained in the following way:

3 cups + ¼ cup + 2 Tbsp OR

3 cups + ? cup + 1 Tbsp

loosen the flour, scoop into the measure (cup or spoon) and level off.

Substitution of gluten free flours for wheat flour in recipes is often not successful. Gluten free breads generally require the addition of extra proteins from sources such as milk, soy, nut, gelatin, or eggs in order for them to rise and bake well. Recipes using gluten free flours are usually specially developed.

## BAKING GLUTEN FREE BREAD

Breads made with gluten free flours look, taste and smell slightly different from those made with wheat flours. There are several reasons for this. Gluten free breads do not contain the gluten protein that normally creates a soft, flexible product with good volume. As a result, gluten free breads have a smaller volume and a finer, heavier consistency. Because gluten free breads do not contain wheat, the taste and smell will be somewhat different due to the different grains used.

For best results quantities must be measured accurately. We recommend using 500g of Simple bread mix with 420ml of water, either 5g or 10g yeast (depending on the baking method) and 50ml of oil. The amount of water can then be adjusted in small ( $\pm$  20ml) increments for subsequent loaves if the results are not as desired. Addition of too much water results in a loaf that is dense and 'rubbery'.

The amount of yeast required for baking bread is determined by the baking method. When using the bread maker, less yeast is used to prevent the bread from becoming overproofed. If the dough is overproofed, there is insufficient yeast action remaining to allow oven rise during baking. This creates a hole in the middle of the loaf. Loaves baked in a conventional oven can also become



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overproofed if left to proof for too long before being baked.

Allow the yeast to soften in the water before adding the rest of the ingredients especially when large granules of yeast are used. This helps the yeast to disintegrate and become well dispersed within the dough helps the dough to rise.

When adding extra salt, never allow salt to come in direct contact with the yeast as this will inactivate the yeast.

### One White Loaf - Bread Maker

#### **Ingredients**

420ml water(cold water tap)

1 ½ tsp (5g) active dry yeast

500g Simple Bread Mix

50ml Vegetable oil

#### Directions:

Add the water and yeast into the bread maker pan.

Add the Simple Bread Mix and oil and load the bread pan into the bread maker baking chamber. Select a 3 hour baking cycle and start the bread maker.

Once baked, remove promptly from bread pan. Allow to cool on a wire rack before cutting.

If you want to use the rapid bake mode the water used must be luke warm or the cycle time will not be long enough to give a good loaf.

### One White Loaf – Oven

#### **Ingredients**

450ml warm water (body temperature)

3 tsp (10g) active dry yeast

500g Simple Bread Mix

50ml vegetable oil

#### Directions:

Add the water and yeast into the bowl of an electric mixer and allow a few minutes for the yeast to soften.

Add the Simple Bread Mix and oil and using the paddle attachment mix for 4 minutes or until a smooth consistency is achieved. (This can also be done by hand if required). Transfer the mixture into a greased loaf tin (24x13x7cm deep) and smooth down the top with a wet rubber spatula.

Place tin inside a loose, sealed plastic bag and allow to rise in a warm draft free place (hot water cupboard is ideal) for 30-40 mins (will vary depending on the temperature of the water used and the proofing conditions) until the dough is about 0.5-1cm below the top of the loaf pan at the sides.

The bread is ready to bake when a touch on the surface leaves an indentation and reveals a



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sponge-like texture.

Place a small metal bowl containing 1 cup of water on a rack on the bottom of the oven. This prevents the surface from drying out excessively. The water should be replenished during baking. Place tin in the middle of the oven. Bake in an oven preheated to 200°C for 55-60 mins. Once baked, remove from loaf pan and allow to cool on a wire rack before cutting.

## **Two Pizza Bases – Oven**

### Directions:

Prepare the dough by following the One White Loaf – Oven instructions. Grease two baking trays and spread half the dough on each tray using a wet rubber spatula.

Add the desired toppings and allow to rise for about 15 minutes in a warm draft free place. Bake the pizzas for 15-20 minutes at 200°C.

### 1 White Loaf in Bread Maker with Egg

#### **Ingredients**

1 whole egg (or 1 egg white)  
approx. 420ml water (see instructions)  
1 ½ tsp (5g) active dry yeast  
500g Simple Bread Mix  
50ml vegetable oil

### Directions:

To a measuring jug add one whole egg or one egg white and fill with water to 420ml mark and transfer into the bread maker pan.

To this add the yeast, Simple Bread Mix and oil and load the bread pan into the bread maker baking chamber.

Select a 3 hour cycle and start the bread maker.

Once baked, remove loaf promptly from bread pan and allow to cool on a wire rack before cutting.

### 1 White Loaf in Bread Maker with Milk Powder

#### **Ingredients**

480ml water (cold water tap)  
1 ½ tsp (5g) active dry yeast  
500g Simple Bread Mix  
1 ½ cups milk powder (skim or whole)  
50ml vegetable oil

### Directions:

Add water and yeast into bread maker pan.

In a bowl mix the Simple Bread Mix and milk powder and add to the bread pan.

Add the oil and load the bread pan into the bread maker baking chamber.

Select a 3 hour cycle and start the bread maker.



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Once baked, remove loaf promptly from bread pan and allow to cool on a wire rack before cutting.

### Seeded Loaf – Bread Maker

#### **Ingredients**

2 Tbsp sago  
5 Tbsp plain thick yoghurt  
500g Simple Bread Mix  
1 tsp active dry yeast  
1 tsp sugar  
1 Tbsp milk powder  
1 Tbsp Healtheries ground linseed  
2 Tbsp whole linseed  
½ tsp salt  
1/3 cup potato flour (approx.)  
1/3 cup pumpkin seeds  
1/3 cup sunflower seeds  
2 ¼ cups water (cold water tap)

#### Directions:

Soak sago in yoghurt for 4 hours.

Soaking can be done overnight in a sealed container.

Put Simple Bread Mix in a bowl. In a cup put the yeast, sugar, milk powder, linseed (whole and ground), salt and fill the remainder of the cup with potato flour and add to the bowl with the Simple Bread Mix.

Add pumpkin seeds and sunflower seeds.

Mix lightly then make a well in the centre and add the yoghurt/sago mixture then add the water. Mix well and spoon into the bread maker pan pressing down the mixture to eliminate any air pockets.

Load the bread pan into the bread maker baking chamber and select a 5 hour cycle. Once baked, remove loaf promptly from bread pan and allow cooling on a wire rack before cutting.



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