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Baking gluten free bread

Bread that you can make at home using Wellfoods Gluten free flour alternative and a home bread maker.

Wellfoods have tested a range of popular home bread makers and have developed recipes that work. The problem is that the individual machines perform differently and each one requires slight recipe modification for best results. You have to "get to know" your bread maker; we recommend using our recipes as a starting point but then experimenting to get the result you want.

In our tests we found that the amount of liquid (water) in the recipe is critical to getting good results so careful measuring each time is essential.

If you are buying a bread making machine we suggest asking around to get the one that suits you. In our tests we found that the more expensive machines didn't necessarily give the best results for gluten free bread but the ones with the larger mixing paddle and smaller bowl seemed to work better. It's the paddle to bowl ratio that appeared to be important.

What you need:

- Wellfoods gluten free flour alternative
- Water
- Salt (table salt, cooking salt or ground sea salt are all acceptable).
- Sugar (Granulated sugar or Caster sugar)
- Eggs (Large size and free range if you wish)
- Fat (Lard, white vegetable fat, shortening, margarine are all acceptable)
- Yeast (We used Allinson easy bake yeast)
- Butter (brushed on top of loaf just before the baking cycle starts to improve appearance)

Recipes:

Models: Breville Breadmaster, Hinari HB154, Prima ABM5

- Ingredient Quantity
- Wellfoods Gluten Free Flour 600 g
- Allinson Easy Bake Yeast 2 x 7g sachets
- Salt 2 teaspoons
- White vegetable fat 2 tablespoons
- 600ml liquid = 1 large whisked eggs + water *(see note below)

Models: Mellaware 84300, Panasonic 206, Russell Hobbs 4461

- Ingredient Quantity
- Wellfoods Gluten Free Flour 450 g
- Allinson Easy Bake Yeast 1.5 x 7g sachets
- Salt 1.5 teaspoons
- White vegetable fat 1.5 tablespoons
- 450ml liquid = 1 large whisked eggs + water *(see note below)

* The amount of liquid in the recipe is critical to the quality of the finished bread.

Liquid is both the eggs and water together.

Since eggs vary in size use the method below; the water quantity varies dependent on the size of the egg.

Mixing Liquid:

Crack the egg into a measuring jug and whisk. Add water to MAKE UP the water & egg liquid to the amount stated in the recipe (600ml or 450ml).

You can change the bread variety with a little experimentation.

- Throw in a handful of pre-soaked raisins or sultanas to make fruit bread.
- Change the water for milk (if you can consume milk) and hey presto – you have milk bread.
- For softer bread increase the fat slightly.
- For crustier bread reduce the fat slightly.
- Make tomato bread by throwing in a handful of pre-soaked Sundried tomatoes and/or a teaspoon of tomato paste into the liquid mix (adjusting the water accordingly)
- If you can eat cheese throw in a handful of grated strong cheddar half way through the mixing cycle for lovely cheese bread.

Pre-soaking dried fruit or dried tomatoes: Place the fruit into a bowl and pour on some very hot water. Leave it to cool and then strain away the liquid.

For sundried tomatoes add a splash of olive oil. (Tip) you can use the liquid in your bread mix as part of the water – it just adds to the flavour.

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