



Gluten Free Cottage Bread Mix

Fruit Loaves and Buns

Ingredients for a small fruit loaf of approximately 500gm finished weight:

200g FG Roberts Cottage Bread Mix
70g approximately dried diced fruit
(about ½ cup... or more to suit taste)
1 teaspoon cinnamon
1 teaspoon mixed spice
1 tablespoon sugar (or more to suit taste)
3 to 5g dry active yeast (about ¾ to 1¼ teaspoons)
2 to 3ml oil (about ¾ teaspoon)
2 to 3ml white vinegar (about ¾ teaspoon)
245ml warm water
(or a little more if dough is too stiff)

Ingredients for 12 medium size fruit buns or a large fruit loaf of approximately 970gm finished weight:

400g FG Roberts Cottage Bread Mix
140g approximately dried diced fruit
(about 1 cup... or more to suit taste)
1 to 2 teaspoons cinnamon
1 to 2 teaspoons mixed spice
1 tablespoon sugar (or more to suit taste)
8g dry active yeast (about 2 teaspoon)
8ml oil (about 2 teaspoon)
8ml white vinegar (about 2 teaspoon)
490ml warm water
(or a little more if dough is too stiff)

Equipment

- Bun tray or a loaf pan
- Sturdy spoon
- Spatula
- Plastic mixing bowl (plastic helps keep the dough warm).



1. Mix (a 545g water and mix combination will make approximately one small loaf or six medium size sweet buns).

Measure out the required amount of FG Roberts Cottage Bread Mix into a plastic bowl. Add the fruit (try 100g of fruit per 200g dry mix to start with and then adjust up or down from there), 1 teaspoon cinnamon, 1 teaspoon mixed spice,

1 tablespoon sugar or glucose to the dry mix and mix thoroughly.

Into a separate jug according to your chosen recipe size, dissolve yeast into the correct amount of warm water. Add white vinegar and oil.

Tip the liquid into the dry ingredients and mix

with your sturdy spoon until you form a thick moist dough. Your dough should be quite thick, though still soft and stretchy. Add a little more liquid if it appears too dry or the ingredients will not combine well.

If you want a larger batch and the mix is too much to stir by hand, use your electric mixer with a dough hook or put it all into a home bread machine to get it to do the mixing part only. This should take about 5 to 10 minutes (not counting initial warming time if your machine does that as well). Then remove it and continue as follows...

2. Shape

Tip the soft and damp (but it should not be sticky) dough onto a lightly floured board (timber boards are warmer) and shape it to make a silky smooth ball. Shaping is where you work around the dough shape lifting the rough edges into the centre and gently squashing them down. Repeat the process while slowly rotating the dough.

For a loaf, simply place the dough, smooth side up, into a lightly oiled loaf pan.



For buns, divide the dough into required bun size portions. Mould each piece into a smooth rounded shape.



Lightly oil the bun tray and place the buns next to each other almost touching. When they prove, they will push against each other and the side of the tray, and then rise up.



3. Rise

Cover the dough with a damp cloth and leave aside in a warm place to rise. Rising usually takes 50 to 60 minutes depending on warmth, yeast quality and dough thickness.

4. Add Crosses (at Easter time)

For Easter Buns, when they have more than doubled their size, pipe some piping mixture across each row and down its length to form crosses. Place into your pre-heated oven to bake.



5. Bake

Bake in pre-heated oven for 30 to 35 minutes.

Suggested temperature: gas/electric/fan-forced all around 210 to 215°C.

You'll have to experiment with your oven so your loaves and buns bake nicely in the centre but don't burn.

During the first 10 to 15 minutes of baking, your dough will rise another 10 to 20%. Allow for this extra height in your oven.

6. Remove and cool

Remove from the oven after baking and place on a cooling rack. For a sweet glossy surface on your buns, brush on sugar or glucose dissolved in boiling water.

Allow to cool on the rack before eating.

Added crust browning: Brushing milk over the risen dough will encourage more golden browning of the bun tops.

Note: Attempting to cut or eat the bread before this time will cause the bread to stick to the knife and the bread may feel too damp and undercooked.

