



Gluten Free Cottage Bread Mix

High-top Loaf

Ingredients for a small High-top Loaf of approximately 400gm finished weight:

200g FG Roberts Cottage Bread Mix
3g dry active yeast (about $\frac{3}{4}$ teaspoon)
2 to 3ml oil (about $\frac{3}{4}$ teaspoon)
2 to 3ml white vinegar (about $\frac{3}{4}$ teaspoon)
245ml warm water (Vienna style and free standing loaves require 10 to 15ml less water)

Ingredients for a large High-top Loaf of approximately 680gm finished weight:

330g FG Roberts Cottage Bread Mix
5g dry active yeast (about $1\frac{1}{4}$ teaspoons)
6ml oil (about $1\frac{1}{4}$ teaspoons)
5 to 6ml white vinegar (about $1\frac{1}{2}$ teaspoons)
405ml warm water (Vienna style and free standing loaves require 20 to 25ml less water)

Equipment

- Baking pan or tin
- Sturdy spoon
- Spatula
- Plastic mixing bowl (plastic helps keep the dough warm).

A low sided tin or pan will produce a more rounded high top loaf with a stronger side crust.



Heavy black, high sided bakers tins produce loaves with golden crusted sides which may sink in a little on cooling and which have high rounded tops.



The process is as simple as mix, shape, rise, bake.

1. Mix (takes about two minutes for a 450g water and mix combination).

Mix the correct amount of FG Roberts Cottage Bread Mix with the right amount of warm water and dissolved yeast according to your tin size. Your dough should be quite thick, soft and stretchy

after a minute or two of hand mixing with a sturdy spoon and a plastic bowl.



If you want a larger loaf (or several loaves at once) 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 (takes about half a minute for a 450g ball of dough)

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.



Turn the dough ball over so the smooth side is up.

Place it in your warmed and lightly oiled tin with smooth side up.

3. Rise (takes 40 to 60 minutes)

Allow to rise in a warm place until the dough almost triples in bulk. Keep the rising dough covered with a damp cloth during this time so the crust does not dry out while rising. Otherwise the loaf can go very misshapen during baking. Rising usually takes 30 to 60 minutes depending on warmth, yeast quality and dough size.



4. Bake

Bake in a pre-heated oven for 45 to 55 minutes, depending on your loaf size. Rolls will take about 30 minutes.

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

You'll have to experiment with your oven so your loaf browns nicely all over and does not burn on top or bottom before the inside is properly baked.

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.



When baked, remove from oven and tip out onto a cooling rack to cool for one to two hours.

Note: Attempting to cut it 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.

