



Gluten Free Cottage Bread Mix

Home Bakers Introduction to Gluten Free Bread Making

The perfect gluten free breads for you to bake. You don't need a bread machine. No messy clean-up. No kneading is required or desired. So it is very easy compared to making wheat based breads which have to be well kneaded to get good results...

It's as easy as mix, shape, rise, bake

1. Mix (takes about two minutes for a 430g water and mix combination).

Mix the amount of FG Roberts Cottage Bread Mix with enough 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 (to keep things warm) bowl.



If you want a larger loaf (or several loaves at once) and the mix is too much to stir by hand (which for me is anything more than 200 to 300g of mix at a time), 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 430g ball of dough).

Shape the soft and damp (but it should not be sticky) dough on a lightly floured board (use a little of the mix on the board) to make a silky smooth ball of dough. Shaping is where you work around the dough shape lifting the rough edges and gently squashing them into the centre while slowly



rotating the dough. Then turn the dough ball over so the smooth side is up. Place it into a warmed and lightly oiled tin with smooth side up.



3. Rise (takes 30 to 60 minutes).

Allow to rise in a warm place until the dough almost triples its bulk. Try to keep it covered 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 loaf size.



4. Bake

Bake in pre-heated oven for 45 to 55 minutes, depending on your loaf size.

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



Hints and Tips

- **Accurate measuring** using digital (battery operated) scales make life much easier than guessing with cup measurements. You can weigh your dry ingredients and liquid measures to get the right dough consistency from the start rather than having to mix extra water into a dry dough... which can be more work.

- With some ovens and loaf types **some initial cracking of the crust** may be evident as the loaves cool. Keeping the crust moist during rising and having moisture available in the oven during baking usually prevents this.

- **When making rolls or hamburger buns**, do not over-flatten the dough using a rolling pin as this may affect the rising and result in large holes inside your rolls.

- **Leaving your dough to overproof** may result in excessive shrinkage during baking or dough collapse, or very open texture, or loaves that refuse to brown at all (due to yeast food depletion).

- **Use a good quality dry active yeast** (we prefer the French and Dutch varieties) as this will ensure good and reliable rises with the minimum of yeast and no extra sugar will be required. Keep remaining yeast in a jar in the fridge or freezer (it does not need thawing out – just use straight from the freezer) and it should keep in excess of 6 months (fridge), and 12 months (freezer).

Bakers compressed or fresh yeast gives excellent results but it only keeps for a few weeks. You also need to use about double the amount compared to dry active or granular yeast, but it can give even better rising, texture and colour to your breads.

- **The cooled loaves** have excellent freezing and thawing characteristics for at least two weeks.

- **Reforming** (microwave refreshing) results in restoration of the flexibility to, and apparent freshness of, the retrograding bread slices for a further day's usage if kept air tight.

- **Equipment clean-up** is extremely easy as the wet dough will dissolve in water after a short period of soaking.

- **Loaves should be removed from tins soon after baking** and cooled on appropriate racks enabling air to circulate evenly around loaves. Crusts exit the oven quite hard and crisp but soften substantially at the sides (tinned loaves only) on cooling. Slicing of any kind should not be attempted for at least 1 hour. Electric knives slice best.

- At this stage we are unable to determine **suitability for slicing** of fresh bread with industrial slicers. Domestic electric knife experience would indicate some blade crumb sticking evident if sliced before 10 hours cooling. However, several slices can be achieved between blade wipes.

- **Toasting ability** is a little longer than equivalent wheat breads but this is less of an issue than with most batter-style mixes currently available.

- **Adding Seeds:** Many varieties of seeds and grains can be added to the dry mix to produce extra healthy and tasty loaves. We recommend starting by adding 10% extra weight of seeds to the dry mix and add extra from there if required. This 10% added should not require any extra liquid but it does depend on the seeds. Some seeds are water absorbers (e.g. linseeds) and may require a little extra water for the mix. Some adjustments may be necessary to achieve a moist firm silky smooth dough.

If you wish to add seeds to the loaf top, just before placing in the oven, spray or brush water or milk generously over the risen dough and sprinkle on the seeds. The water or milk will help stick the seeds on the dough during baking. Adding seeds all around the outside of the loaf is a lovely variation. Simply sprinkle seeds onto your board. Pick up the dough... spray the top... roll the wet top onto the seeds... spray the dry section... roll dough around over the seeds and that's it.

- **Added Browning:** Brushed on milk at the fully risen dough stage will also give extra browning to the bread. Also egg, and or egg white whipped with a fork and then brushed on will give a very golden brown finish but will burn quite easily. This is best added at the last 10 minutes of the baking cycle.