



Palmira's **Gluten Free** Bread Mix



Gluten Free Pizza

500g packet of FGR Palmira's Multipurpose Bread Mix

380ml room temperature water

Gluten free flour for dusting

Olive oil

Toppings of your choice

Method:

Preheat oven to 200°C F/F, grease and lightly dust 3 round pizza trays (25cm or size of your choice) with gluten free flour.

Place Bread Mix in a mixer bowl. Using a dough hook, slowly add water to dry mix and combine for five minutes, mixing on a low speed and scraping down side of bowl if required.

Turn dough onto a lightly greased bench top (gluten free flour can also be used for dusting), divide into three evenly portions. Lightly dampen hands with olive oil and gently press each dough into prepared tray. Place tomato puree over each base, enough to cover dough, followed by shredded mozzarella and other ingredients of your choice.

Bake in preheated oven for 20 to 25 minutes or until cooked.

Gluten Free Scones

FGR Gluten Free Plain Flour for dusting

420g FGR Palmira's Multipurpose Bread Mix

70g butter, softened

1½ cups of milk

Method:

Preheat oven to 200°C F/F. Lightly flour a baking tray. Sift Palmira's Bread Mix into a bowl, rub butter into flour with your fingertips, until mixture resembles fine breadcrumbs.



Add 1¼ cup milk and mix in with a knife, adding more milk if necessary to form a soft dough.

Turn dough out onto a floured bench top and knead until just smooth. Pat or gently roll out a 2cm thick dough and cut into 4 to 5cm rounds with a cutter.

Place on prepared tray and sprinkle with a little flour. Bake for 12 to 15 minutes or until lightly golden.

Serve with jam and cream.



Gluten Free Pikelets

140g FGR Palmira's Multipurpose Bread mix

1 tablespoon caster sugar

1 egg lightly beaten

1 teaspoon vanilla

1 cup milk

Jam

Whipped cream

Method:

Place Bread Mix and sugar in a bowl. Add egg, vanilla and milk to the flour. Whisk until smooth.

Heat a large non stick fry pan over medium heat. Using a tablespoon, spoon mixture into the pan.

Cook pikelets until bubbles form (30 to 40 seconds), gently turn over and cook until cooked through.

Serve pikelets with jam and whipped cream.



Gluten Free Cinnamon Doughnut

¾ cup caster sugar

1 teaspoon cinnamon

2 eggs lightly beaten

¾ cup milk

1 teaspoon vanilla essence

6 slices of gluten free bread

Oil for shallow frying

Method:

In a large dish combine caster sugar and cinnamon, set aside.

Break eggs into a shallow bowl, add milk and vanilla essence, beat until combined.

Cut a circle from each slice of bread and then cut a smaller circle from each larger circle to form a doughnut and soak shapes one at a time into the egg mixture for 10 to 15 seconds each side.

Heat a lightly oiled non-stick fry pan, cook slices over medium heat until golden brown on each sides. Drain on paper towel.

Coat each doughnut with cinnamon mix on both sides and serve.

TIPS

- By following the Focaccia method, you can make bread rolls, small plaits, cobs, etc.
- Dampen hand with olive oil to prevent dough sticking or use FG Roberts Brown Rice Flour when kneading shapes.
- Lightly grease foil to prevent it from sticking to the top of the loaf.
- With some products there is some surface brown specking. This is intermittent and no cause for concern.
- Flavour option: add ½ teaspoon of molasses dissolved in water. This enhances flavour, colour and texture.
- Ovens vary and cooking times may need to be adjusted.
- Best kept in sealed container in cool, dry place and not refrigerated. Best consumed in two to three days. Can be frozen.
- This versatile mix can also be used as self raising flour.
- Toasting: Slice edges can burn if the temperature is set too high.