



# Palmira's **Gluten Free** Bread Mix



## Gluten Free White Loaf

500g packet of FGR Palmira's Multipurpose Bread Mix

420ml room temperature water

### Method:

Preheat oven to 200°C F/F and lightly grease a loaf pan (21cm length x 10cm wide x 10cm height).

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.

Spoon mixture into prepared tin and rest for 15 minutes, before baking in preheated oven.

Bake covered with foil for 30 minutes. Uncover and bake for further 15 to 20 minutes or until lightly golden.

Remove from tin and place on a wire rack.

Cool before slicing.

**Note:** For yeast option, add **4g dry yeast** to list of ingredients.



## Gluten Free Multigrain Loaf

500g FGR Palmira's Multipurpose Bread mix

420ml room temperature water

2 tablespoons quinoa grains

2 tablespoons linseed

1 tablespoons poppy seeds

### Method:

Combine Palmira's Bread Mix, grains and seeds in a mixer bowl. Using a dough hook, slowly add water to dry mix and combine for 5 minutes, mixing on a low speed and scraping down side of bowl if required.

Spoon mixture into prepared tin and rest for 15 minutes. Meanwhile preheat oven to 200°C F/F.

Bake covered with foil for 30 minutes. Uncover and bake for further 20 to 25 minutes or until lightly golden.

Remove from tin and place on wire rack.

Cool before slicing and enjoy.

## Using a bread maker

500g FGR Palmira's Multipurpose Bread mix

400ml room temperature water

### Method:

Pour water into the bread maker bowl, add Bread Mix and select a gluten free setting.

Allow a few minutes of mixing before opening the lid of the bread maker and scraping down the side of the bowl with a spatula.

Once the bread maker cycle is completed, remove loaf from tin and cool on a wire rack before slicing.

**Gluten Free Yeast Bread in a bread maker:** As above with the addition of **4g dry yeast** mixed with Bread Mix.



## Gluten Free Fruit Loaf

500g FGR Palmira's Multipurpose Bread Mix  
1 cup mixed, dried fruit  
420ml room temperature water

### Method:

Combine Palmira's Bread Mix and dried fruit in a mixer bowl.

Using a dough hook, slowly add water to dry mix and combine for five minutes, mixing on a low speed. Scrape down if necessary.

Spoon mixture into prepared bread tin and rest for 15 minutes.

Meanwhile preheat oven to 200°C F/F. Bake loaf covered with foil for 30 minutes. Uncover and bake further 20 to 25 minutes or until lightly golden. Remove from tin and place on a wire rack. Cool before slicing.

### 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.



## Gluten Free Focaccia

500g FGR Palmira's Multipurpose Bread mix  
380ml room temperature water  
3 tablespoons tomato puree (optional)  
1 tablespoon fresh chives, chopped  
1 tablespoon fresh oregano, chopped  
¼ cup shredded mozzarella

### Method:

Preheat oven to 200°C F/F. Lightly grease a large flat oven tray.

Place Bread Mix in a mixer bowl. Using a dough hook, slowly add water to dry mix and combine for 5 minutes, mixing on a low speed and scraping down side of bowl if required.

Turn dough onto a lightly greased bench top (FGR Gluten Free Flour can also be used for dusting). Divide into 6 even portions and roll into smooth balls. Flatten each ball with palms and place onto prepared tray.

Tops can be brushed with water and sprinkled with herbs and cheese or tomato puree can be spread on the surface, followed by herbs and cheese.

Bake in preheated oven for 20 minutes or until lightly golden. Allow to cool before slicing to apply fillings of your choice.