



Gluten Free Cottage Bread Mix

Rolls and Baguettes

Ingredients for 4 large Baguette Rolls, 6 to 10 Salad Rolls or 12 to 16 Dinner Rolls:

400g FG Roberts Cottage Bread Mix
8g dry active yeast (about 2 teaspoons)
8ml oil (about 2 teaspoons)
8ml white vinegar (about 2 teaspoons)
490ml warm water

Equipment

- Flat baking tray
or rounded baguette (French-stick) tins
- Sturdy spoon
- Spatula
- Plastic mixing bowl (plastic helps keep the dough warm).

1. Mix (takes about two minutes for a 900g water and mix combination which will make approximately six to ten salad or hamburger size rolls or buns, or two 1ft long baguettes).

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 in a plastic (to keep things warm) bowl.

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.



Now mould or consolidate the dough into an elongated smooth shape. Divide the dough into portions. Mould each piece into a smooth rounded shape for rolls, or elongate for baguettes. For knotted rolls, roll out three pieces to long even lengths and plait. Plait by sliding the outside piece under the centre until you run out of length and pinch the ends.



Place it on a warmed and lightly oiled tray or into a tin with smooth side up.

3. Rise (takes 30 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

rolls can go very misshapen during baking. Rising usually takes about 30 to 60 minutes depending on warmth, yeast quality and bun size.



4. Bake

Bake in a pre-heated oven for 25 to 30 minutes, depending on your roll or bun size. Larger rolls take slightly longer.

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

You'll have to experiment with your oven so that your rolls brown nicely all over and do 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 about half an hour.

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

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 roll or bun top, just before placing it 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.

Added browning: Brush on milk at the fully risen dough stage to 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.

Flour dusting: If you want a dusted flour finish for your buns or rolls, just sprinkle the flour lightly over the surface of the risen dough before placing them in the oven.

