



Gluten Free Cottage Bread Mix

Vienna Style and Free-form Loaves

You're now no longer limited to the tin shape to produce great looking gluten-free breads. Practically any shape you can form the dough into will give you a bread of that shape.

All your classical favourites like Vienna, Cottage, Cob, Farmhouse, Bloomer and many more can be easily made. You are limited only by your imagination.

The same basic process applies as with high-tin or high top loaves.

Ingredients for a small Vienna style loaf of approximately 400g 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)
230ml warm water (high-top and pan loaves require an extra 10 to 15ml water)

Ingredients for a large Vienna style loaf of approximately 680g 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)
380ml warm water (high-top and pan loaves require an extra 20ml water)

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 desired loaf 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, 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.



When the dough ball is smooth, either shape it by rolling, folding, plaiting or whatever to make your desired shape. A Vienna loaf is rolled to a slightly elongated oval which is allowed to rise before slashing at angles across the top with a razor sharp knife just before placing it into the oven. These cuts will open up a little during baking and leave the distinctive slash look of a traditional Vienna style loaf.





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 hold the seeds on the dough during baking. Simply sprinkle seeds onto your board, then 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 you're done.



Added Browning: Brushed on milk at the fully risen dough stage will also give extra browning to the bread.

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 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 approximately 30 minutes.

Suggested temperature: 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 cooling rack to cool for one to two hours.



Note: Attempting to cut 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.

