

## Gluten-free bread

Gluten-free flours can be made from many types of grains and starches such as rice, maize, buckwheat and potato. Not only are they gluten-free they are also much lower in fructooligosaccharide than regular wheat flour.

Since the bread dough made from these flour does not contain gluten, it does not have to be kneaded.

This is quite a forgiving recipe as far as the flour is concerned. If you do not have all of the different flours required, you can adjust the ingredients. As long as you maintain the overall weight of the flour and you have at least three of the varieties, the bread will work.

This loaf is great eaten fresh and can be toasted the next day. It can also be frozen for up to two months.



### Ingredients

#### **Makes 1 large loaf or 2 small loaves**

- 125g potato flour
- 125g rice flour
- 50g buckwheat flour
- 100g coarse maize flour
- 1tsp sea salt
- 40g sunflower seeds
- 40g pumpkin seeds
- 40g linseed
- 2tbsp sesame seeds
- 2tbsp poppy seeds
- 1tsp fast-action dried yeast
- 400ml lukewarm water
- flavourless vegetable oil for the tin(s)

## **Method**

Hands-on time 15 minutes

Cooking time 30 minutes plus 1 ½ hours proving time.

In one bowl mix the flours, salt, seeds and yeast together. Pour in the water and mix with a wooden spoon. The mixture will be quite wet and sticky. There is no need to knead the dough. Cover and rest for an hour in a warm place (21°C/70°F).

By this time, the dough should have risen well. Transfer the mixture to the oiled loaf tin(s) cover with a clean plastic bag for cling film and leave for 30 minutes to rise. It should rise 1-2cm during this time.

Preheat the oven to 240°C, gas 9, 475°C. Place a cup of water in a roasting tin at the bottom of the oven this helps the bread to rise.

Place the bread in the oven, immediately reduce the temperature to 220°C, gas 7, 425°C and bake for about 30 minutes. The loaf should be golden brown and when turned out of the tin the base should make a hollow sound when tapped.

If the loaf is not cooked, return it to the oven for a further 5 minutes. Turn out in to a cooling rack and leave to cool.