

Rosemary and olive bread.

Its Bread week on the Great British Bake off!

This bread is gluten free and Low lactose.



Ingredients

Serves 8-10

- 450g gluten free self-raising flour
- 1 tsp of xanthan gum
- 3 tbsp of olive oil
- 15 green olives
- salt to season
- 350mls of lactose free milk
- 5g of rosemary leaves
- spray olive oil
- 2 eggs
- 50g of Parmesan cheese

Method

Preheat oven at gas mark 6, 220 °C, 180° fan.

Wash your hands

Measure out the lactose free milk, add eggs and olive oil mix well, and add salt to season.

Weigh out the gluten free flour and add the xanthan gum, and mix well.

Grate the Parmesan cheese and add 2/3 to the flour leaving the remainder to sprinkle on the finished bread.

Chop the rosemary finely and add to the flour.

Slice the olives and add 2/3 to the flour leaving the remainder to decorate the top of the bread mix before cooking.

Mix the Parmesan and olives into the flour, make a well in the centre of the flour mix and add the liquid ingredients.

Incorporate the liquid into the flour until everything is blended in.

The finished mix has a slightly sticky texture.

Oil a tray well and add the mix, wet your hands and smooth the surface and add a thumbprint in lines down the bread as a decoration.

Spray the surface of the mix with olive oil

Add the remaining olives and cheese to the top.

Cook for 40 minutes or until a skewer inserted into the bread comes out clean.

NB-For a low FODMAP diet xanthan gum is possibly fermentable but is in the bread in very low levels (less than 0.5%) so most people should be OK to have a portion.