

Gluten Free Bread - 1lb tin loaf (Sourdough with yeasted option)

To prepare and care for a sourdough culture see separate document – this gives better flavour and health benefits than yeasted bread, although yeasted is simpler

- 100g active culture (I feed mine on rye but you can use buckwheat/pea)
 - 1 tbsp psyllium husk
 - 150ml lukewarm water – approx. (adjustment always needed)
 - 75 g tapioca or potato flour/starch
 - 75 g millet flour (I put seeds in a coffee grinder)
 - 100 g buckwheat flour – or mix of flour and ground linseed for denser loaf
 - scant tsp sea salt
 - 1 tbsp olive oil
 - optional sesame seeds for tin and topping
-
- mix psyllium husk and water, whisk for 1 minute
 - mix flours & salt
 - add the psyllium gel, sourdough culture, olive oil
 - adjust for softness with water/flour – aiming for a thick porridge
 - mix dough with one hand until smooth - a sticky business! scrapers are essential
 - line tin w baking paper, or grease tin and sprinkle seeds in
 - scoop dough into tin, press level with wet fingers, sprinkle seeds on top if used
 - cover the loaf with oiled clingfilm and proof at room temp until risen approx. 70%
 - pre-heat oven to 400F/200C gas 6 - bit less for fan oven
 - remove clingfilm, score the loaf with 4-5 diagonal slashes 0.5 cm deep
 - put loaf into the oven, add a cup of boiling water on a baking tray beneath, steam for 15 minutes, then open the oven door and remove the water tray. Bake for 25-35 minutes longer or until the bread is golden brown and temperature in centre 100C + (a temp probe is v useful).
 - tip immediately on to a drying rack - leave to cool completely before trying

Yeasted version: use 1 tsp instant dried yeast in place of sourdough, adding more approx. 50ml more water and 50g flour, and 1 tsp apple cider vinegar (1 tsp sugar speeds it up but is not necessary)