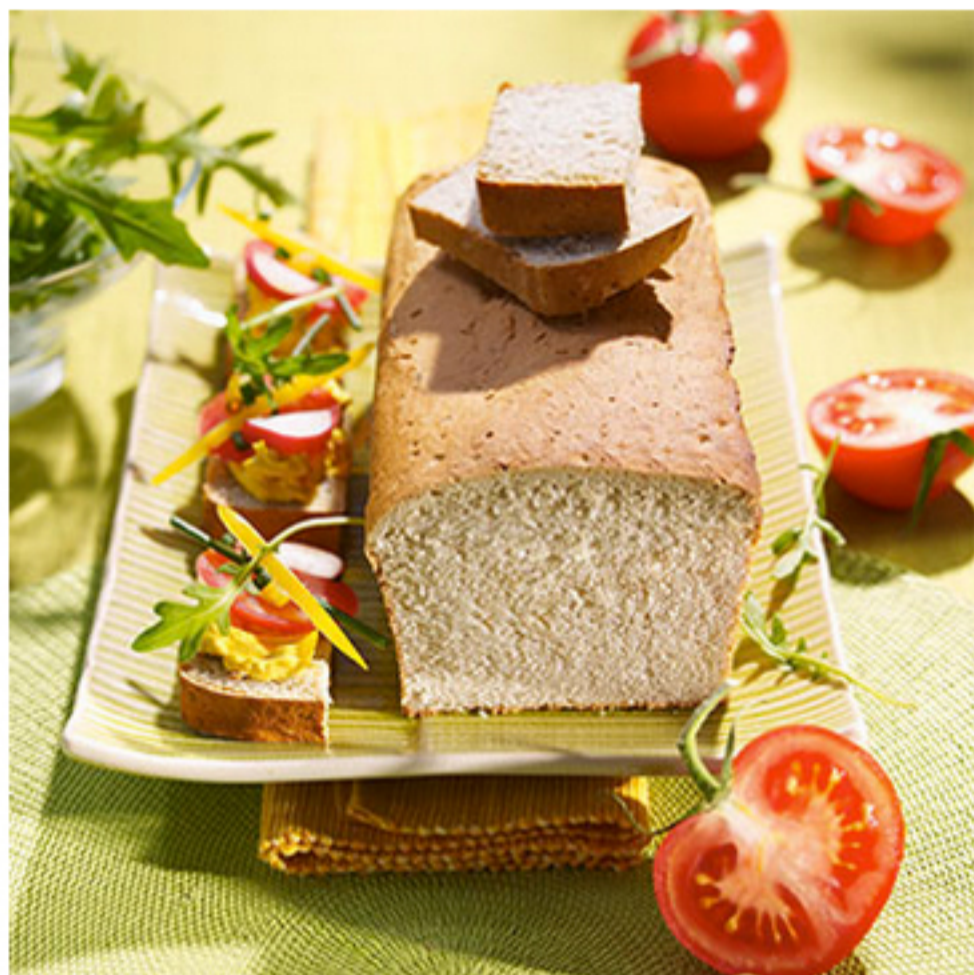




Gluten free bread



A recipe for bread much easier to digest.

Tip:

Avoid the mussels too big, because this dough of gluten is very fragile and the brink helps hold it during cooking.

Preparation time:

0H45

Cooking time:

The time varies depending on the type of machine and program selected. Thank you for referring to the manual for your machine.

15 m

Rating:

★ ★ ★ ★ ★ (No Ratings Yet)

Preparation:



手工制作

Preparation::

- 1 - In a bowl, place flour, buckwheat, potato starch, cornstarch, baking powder, salt, sugar and mix lightly with a whisk.
- 2 - Add the warm water and dry yeast. Mix with a spatula for 2-3 minutes to form a smooth paste.
- 3 - Pour the paste directly into the mould till the half. Let the dough proof and reach ¾ of the mould (about 20 minutes).
- 4 - Spray with water and bake in preheated oven at 210 degrees F. Let it cook about 15 minutes (for small mussels).

Ingredients	
Salt:	8 g
Sugar:	33 g
Water:	273 ml
Buckwheat flour:	200 g
Potato starch:	200 g
Corn starch:	200 g
Dry Yeast:	16 g