



SKYE BLUE

Kitchens



'VOGELS STYLE' BREAD

Grease and line a medium size loaf tin with baking paper (bottom and sides with two ends overhanging). You will need a handheld mixer.

What you need:

175g of Baking Bag mix
60g tapioca flour
30g ground linseed
¾ tsp baking soda
½ tsp sea salt
1 ½ tsp active dried yeast
1 ½ tsp guar gum

45mls milk (note 1)
185mls cold water
2 TBS light olive oil or similar
1 dsp blackstrap molasses
5ml apple cider vinegar
1 egg, size 7 @ room temperature

To Make:

Measure all the dry ingredients into a container with a lid. Give it a good shake then tip into a large bowl. Make a well in the centre. Into a bowl add the oil, egg, molasses and vinegar. Whisk together with electric beaters. Into a large jug add the water and milk. Heat in the microwave, on high for 35 seconds. Add the liquids to the dry ingredients and whisk on low speed for 2 minutes. Using a spatula scrape the dough into the tin, smooth the top. Sprinkle with linseeds or some quinoa flakes if you wish. Cover loosely with a clean tea towel. Keep it in a warm place for 30 minutes. While the dough is rising heat the oven to 180°C. Bake for 30-35 minutes (ovens will vary). Remove from the oven. Tap the bottom of the tin, it should sound hollow. Lift out of the tin onto a cooling rack. Leave the bread until it is completely cold before cutting.

Notes:

1. For dairy free use nondairy milk of choice. I usually use So Good Soy lite.

Tip: Delicious to eat plain with your favourite spread, topping or filling. Great toasted for breakfast. This bread freezes well.