



SKYE BLUE

Kitchens

FIGGY WALNUT BREAD

Line the base and sides of a loaf tin approx. L23xW13xD10cm with baking paper leaving an overhang on two ends. You want to line the sides a bit higher than the tin.

What you need:

280g of the Baking Bag	300mls of milk (note 1)
2/3 cup tapioca flour	150mls cold water
2 ½ tsp guar gum	2 eggs (size 7) @ room temperature
3 tsp active dried yeast	50ml light olive oil or similar
2 tsp baking powder	10ml apple cider vinegar
½ cup of chopped dried figs	10ml runny honey
1 cup chopped walnuts	
¼ cup finely chopped uncrystallised ginger (optional) (note 2)	



To Make:

Measure the flours, gum, yeast and baking powder into a container with a lid. Give it a good shake then tip into a large bowl. Make a well in the centre. Add the figs and ginger (if using) into a small bowl. Use 1 TBS of the flour mix to coat the dried fruit then set this aside. Add the eggs, oil, honey and vinegar to a small bowl, whisk together then set aside. Add the milk and water to a large jug then microwave on high for 45 seconds to 1 minute. Add the egg mix and milk to the bowl. With electric beaters whisk together for about 45 seconds then with a large spoon or spatula gently fold through the dried fruit and walnuts. Tip the dough into the tin, smooth the top. Loosely cover with clingfilm and set aside in a warm place for 20 minutes. (I usually put it in the pantry). Heat the oven to 200°C.

Bake in the centre of the oven for 30-35 minutes (ovens will vary). Remove from the oven. When you tap the bottom of the tin it should sound hollow. Leave in the tin for a few minutes before gently lifting the loaf to a cooling rack. Leave until completely cold before cutting.

Note:

1. For dairy free use non dairy milk of choice. I usually use So Good Soy Lite.
2. I use Buderim Naked Ginger, which is available at the supermarket.

Tip: This bread is delicious on its own, toasted or with cheese and will stay fresh for up to 3 days wrapped in tinfoil and a clean teatowel.