



SKYE BLUE

Kitchens



'VOGELS STYLE' BREAD

Preheat oven to 40°C. Grease and line a medium size loaf tin with baking paper (bottom and sides with two ends overhanging). You will need a stand or hand held mixer with dough hook.

What you need:

140g of Baking Bag mix

30g tapioca flour

¾ cup LSA or buckwheat flour

½ tsp baking soda

½ tsp salt

1¼ tsp active yeast

1½ tsp guar gum

50ml milk (note 1)

150ml cold water

2 TBS light olive oil

1 dsp blackstrap molasses

5 ml cider vinegar

1egg @ room temperature, size 7

To Make:

Add the water and milk to a large ovenproof jug and microwave for about 30-40 seconds. (Don't over heat). Add the molasses and whisk well with a fork. Add the yeast and whisk again until a little frothy. Switch off the oven. Place the jug in the oven for 8-10 minutes to activate the yeast.

Next, measure the remaining dry ingredients into a large bowl and whisk together then make a well in the centre. Whisk the eggs, oil and cider vinegar together with a fork. Add to the dry ingredients along with the yeasty liquid. Beat on low for 7 minutes, scraping down the sides as needed. Tip the dough into the tin, smooth the top. Cover loosely with cling film. Pop back into the still slightly warm oven for 20 minutes. Remove from the oven still keeping it in a warm place. Heat the oven to 210°C. Bake for 30minutes (ovens will vary). Remove from the oven. Tap the bottom of the tin, it should sound hollow. Leave in the tin for 5 minutes before lifting out onto a cooling rack. Leave the bread until it is completely cold before cutting.

Notes:

1. For dairy free use non dairy milk of choice

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