



SKYE BLUE

Kitchens

WALNUT & ROSEMARY BREAD

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

What you need:

140g of the Baking Bag mix

30g tapioca flour

½ cup of LSA

½ tsp baking soda

¼ tsp baking powder

1 ¼ tsp guar gum

1 ¼ tsp active yeast

1/3 cup walnuts, finely chopped

1 TBS finely chopped fresh rosemary or

1 tsp dried rosemary

150ml water

70ml milk (note 1)

1 egg, room temperature, size 7

30ml light olive oil

5ml cider vinegar

10ml blackstrap molasses



To Make:

Mix the water and milk in an oven proof jug. Microwave for about 30-40 seconds (don't overheat it). Add the molasses and whisk with a fork. Add the yeast and whisk again until a little frothy. Switch off the oven. Place the jug in the oven for 5-8 minutes to activate the yeast.

Measure all the remaining dry ingredients into a large bowl and whisk together, make a well in the centre. Add the egg, oil and cider vinegar to a small bowl and whisk 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. Pop back into the still slightly warm oven for about 20 minutes. Remove from the oven and keep in a warm place. Heat the oven to 210°C. Bake for 30 minutes (ovens will vary). Remove from the oven, tap the bottom of the tin with your knuckles, it should sound hollow. Leave in the tin for 5 minutes then lift out onto a cooling rack. Leave until it is completely cold before cutting.

Note:

1. For dairy free use non dairy milk of choice.

Tip: The walnuts keep this loaf nice and moist. Delicious to eat just with a little butter or your favourite toppings. Great for toast.