



## WHOLEWHEAT STYLE BREAD

Line the base and sides of a 2lb loaf tin approx. L22xW11xH8cm with baking paper leaving an overhang on two ends. You want to line the sides a bit higher than the tin.

### What you need:

85g buckwheat flour	2 eggs, size 7 @ room temperature
35g brown rice flour	300ml water
65 g white rice flour	15ml blackstrap molasses
85g tapioca flour	10ml oil rice bran or similar
85g cornflour (maize)	¼ tsp apple cider vinegar
½ tsp salt	2 TBS mixed seeds (optional)
2 tsp active dry yeast	or 1 TBS quinoa flakes
2 + 1/8 tsp guar gum	

### To Make:

Measure all the dry ingredients into a large container with a lid. Secure the lid and give it a good shake to thoroughly mix. Tip the flours into a large bowl, make a well in the centre and set aside. Into a separate bowl add the eggs, oil, molasses and vinegar and whisk to combine. Measure the water into a microwaveable jug, heat on high for 35 seconds. Next add the warm water and the egg mix to the dry ingredients. Using handheld electric beaters whisk together for about 20-30 seconds. Then using a wet spatula scoop the dough into the prepared tin and smooth out the top. Spritz the top of the dough with cold water and sprinkle with the seeds if using. Very gently press them down. Cover with a clean tea towel then leave the dough in a warm place (I usually put it in the pantry) for about 20 minutes. You don't want the dough to rise to the top of the tin. While the dough is rising heat the oven to 180°C. Bake in the oven for 35-40 minutes (ovens will vary and I find 37-38 minutes is good in my oven). The loaf will be ready when you tap the bottom of the tin and it sounds hollow. Gently lift out of the tin onto a cooling rack straight away. Leave until completely cold before cutting.

**Tip:** This is another of my "go to" breads to make. Great for sandwiches and toasted. In warmer weather I like to cut the loaf into slices, wrap two or three together (separated by baking paper) then pop into the freezer and just defrost as required.