

Paul's Bread Pages

The site for bread lovers everywhere

Gluten Free Bread



For some people who are gluten intolerant, the only option for making bread is to use ingredients that are gluten free. This limits the number of flour types that are available for bread making. It also compromises the rising of dough and the structure of gluten free breads tends to be heavier than wheaten breads.

Rice flour is a good option, but it is difficult to work with as a sole ingredient and needs to be mixed with other flours to lighten the texture of the finished product.

Potato flour can be used, as can mashed potato, to produce good bread, but a raising agent is needed to allow the bread dough to expand during baking.

Tapioca flour is also an option that can be considered as a basis for bread baking, though the taste may need modifying.

Xanthan Gum is a suitable replacement for gluten and has a similar effect in trapping gas from yeast to allow the dough to rise.

Baking powder or **bicarbonate of soda** can also be used as a raising agent to expand the bread on cooking. This makes soda bread from any base flour or mixture.

A typical mix for gluten free bread would be:

> 400g gluten free flour, 320 ml warm water, tablespoon olive oil,
> pinch of salt, teaspoon of sugar, 7g dried yeast.

Mix the dry ingredients in a bowl and add the wet ingredients to form a loose dough. Kneed into an even consistency and place in a bread tin. Leave to rise for about an hour and bake at 220 degrees Celsius for 30 minutes until done.