

Gluten Free Artisan Style Loaf

INGREDIENTS

- 8 g active dried yeast
- 20 g superfine/caster sugar
- 390 g warm water, divided
- 20 g psyllium husk powder (or rough husk)
- 130 g buckwheat flour
- 100 g potato starch (NOTE: this is different from potato flour)
- 90 g brown rice flour (needs to be very finely ground, "superfine")
- 10 g table or sea salt
- 12 g apple cider vinegar

INSTRUCTIONS

In a small bowl, mix together the yeast, sugar and 150 g warm water. Set aside for 10 – 15 minutes, or until the mixture starts frothing.

In a separate bowl, mix together the psyllium husk and 240 g water. After about 15 – 30 seconds, a gel will form.

In a large bowl, mix together the buckwheat flour, potato starch, brown rice flour and salt, until evenly combined.

Add the yeast mixture, psyllium gel and apple cider vinegar to the dry ingredients. Knead the dough until smooth and it starts coming away from the bowl, about 5 – 10 minutes. You can knead by hand or using a stand mixer with a dough hook.

Transfer the bread to a lightly oiled surface and knead it gently, forming it into a smooth ball. Place the dough into a lightly oiled bowl, seam side down, cover with a damp tea towel and allow to rise in a warm place for about 1 hour or until doubled in size.

Once risen, turn the dough out onto a lightly floured surface, and knead it gently while forming it into a tight ball. Flip it seam side down onto a part of the work surface that isn't covered in flour and rotate in place to seal the seams.

Place the dough into a 7 inch round proofing basket (or any tray/mould/bowl you wish) that you've dusted with some brown rice flour with the seams facing upwards. Cover with a damp tea towel and proof in a warm place for about 1 hour or until doubled in size.

While the loaf is proofing, pre-heat the oven to 480 °F (250 °C) with a cast iron frying pan the middle rack or a Dutch oven/combo cooker on the lower middle rack. If you're using a skillet, place a baking tray on the bottom rack of the oven.

Once the dough has doubled in size, turn it out of the bread basket onto a piece of baking paper and score the top with a pattern of choice (the easiest pattern is a cross, about $\frac{1}{4}$ – $\frac{1}{2}$ inch deep), using a bread lame or sharp knife. Take the hot cast iron skillet or Dutch oven/combo cooker out of the oven and then transfer the bread along with the baking paper into it.

Use the sides of the baking paper as handles to transfer the bread into the cooking vessel (Dutch oven or frying pan)

If using a skillet: place the skillet in the oven, pour hot water into the bottom baking tray, and close the oven door.

If using a Dutch oven/combo cooker: add 3 – 4 ice cubes around the bread (between the baking/greaseproof paper and the walls of the Dutch oven/combo cooker) and close it, then place it into the pre-heated oven.

Bake at 250 °C with steam for 20 minutes – don't open the Dutch oven or the oven doors during this initial period, as that would allow the steam to escape out of the oven.

After the 20 minutes, remove the bottom tray with water from the oven (for cast iron skillet) or uncover the Dutch oven/combo cooker, reduce the oven temperature to 450 °F (230 °C), and bake for a further 40 - 50 minutes in a steam-free environment. The final loaf should be of a deep, dark brown colour. If the loaf starts browning too quickly, cover with a piece of aluminium foil, shiny side up, and continue baking until done.

Transfer the loaf onto a wire cooling rack to cool completely.

Storage: The gluten free bread keeps well in a closed container or wrapped in a tea towel in a cool dry place for 3 – 4 days.