

GLUTEN-*free*

breadmaking
in an automatic
breadmaker

*A selection of recipe suggestions
using the JUELA Gluten-Free Mix
and Gluten-Free Fibre Mix*

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NB: For all ingredients marked with an asterisk (), please check in Coeliac UK's Food & Drink Directory or the Coeliac Society of Ireland Food List for a suitable brand.*

Gluten-Free Breadmaking in an Automatic Breadmaker

Automatic Breadmakers - a simple and hassle free way of making your gluten-free bread, giving you freshly baked bread at any time of the day!

The Juvela Gluten-Free White Mix and Gluten-Free Fibre Mix give great results when used in a breadmaker, producing a delicious loaf with a firm crust and even texture.

The Juvela Home Economist has developed a basic recipe which suits the majority of makes and models available. In addition to this, there are lots of ideas for sweet and savoury variations of the basic loaf - by adding just a few extra ingredients, you can create delicious flavoured loaves. We've also experimented with other uses for breadmakers and have developed basic recipes for bread rolls, pizza bases and sponge cakes.

As there are so many types of breadmakers on the market, we may not have tested the particular model you have. However, please do not hesitate to contact us with any queries.

If you are considering buying a breadmaker, but are overwhelmed by the extensive choice available, we would recommend spending no more than £60 and choosing a machine that holds a minimum capacity of 1½lbs (750g).

Basic Recipe

This recipe is suitable for use with most automatic breadmakers and produces a 750g (1½lb) loaf. The loaf will stay fresh for up to 4 days if wrapped well and stored in a cool, dry place. It is suitable for freezing; we recommend that you slice the loaf before freezing.

Ingredients

Approx. 300ml (12fl oz) tepid water

2tbsp vegetable or sunflower oil

1tsp salt

350g (14oz) JUVELA Gluten-Free White Mix

1tsp sugar

2tsp easy blend dried yeast (measured from sachet supplied with Mix)

NB: If using the JUVELA Gluten-Free Fibre Mix, increase the water by approximately 25ml (1fl oz) to ensure a smooth dough.

Method

Place the water, oil and salt in the bread pan. Add the Mix and sprinkle in the sugar followed by the yeast. Place the bread pan in the breadmaker and select the **basic†** programme. Once the mixing blade starts to mix, use a rubber/plastic spatula to incorporate any Mix from the sides of the pan. When the programme has finished, leave to cool slightly before removing from the pan. The mixing blade may stay in the loaf - take care when removing it as it will be hot. (See *Trouble Shooting Guide* on page 9)

† If you have a **Panasonic** breadmaker, we advise you to select the **basic rapid** programme which is 1hour 55mins (not the rapid bake which is different). We recommend the basic rapid, because the 'normal' basic programme has a 'rest' period which is unnecessary when making gluten-free bread. To get to the basic rapid programme, you need to press 'select' button followed by 'option' button on the machine.

NB: Xanthan gum can be a useful, but not essential ingredient when making gluten-free bread in a breadmaker. It can help with the structure of the bread and you may find it keeps better for longer. If using xanthan gum, we recommend adding one teaspoon with the Mix and increasing the water by approximately 50ml (2fl oz).

To make a smaller or larger loaf, follow the basic recipe and adjust the ingredients as follows:

Small Loaf (1lb) - Approx. 225ml (9fl oz) tepid water, 1tbsp vegetable or sunflower oil, 1tsp salt, 275g (11oz) JUVELA Gluten-Free White Mix, 1 level tsp sugar and 1½ level tsp dried yeast.

NB: If using the JUVELA Gluten-Free Fibre Mix, increase the water by approximately 25ml (1fl oz) to ensure a smooth dough.

Large Loaf (2lb) - Approx. 400ml (16fl oz) tepid water, 2tbsp vegetable or sunflower oil, 1½tsp salt, 500g packet JUVELA Gluten-Free White Mix, 1½ tsp sugar and 2 tsp dried yeast.

NB: If using the JUVELA Gluten-Free Fibre Mix, increase the water by approximately 50ml (2fl oz) to ensure a smooth dough.

Savoury Variations

Try some of these tasty savoury alternatives to the basic recipe. Your instruction manual may indicate when to add extra ingredients; if it doesn't, add them once the breadmaker has started mixing the basic ingredients.

Olive and Herb

Add 75g (3oz) chopped olives and 2tsp mixed dried herbs.

Sun-dried Tomato and Basil

Add 100g (4oz) sun-dried chopped tomatoes and 2tbsp chopped fresh basil.

Ham and Wholegrain Mustard

Add 75g (3oz) finely chopped ham and 2tbsp of wholegrain mustard*.

Cheese and Onion

Add 100g (4oz) grated cheese and 1 chopped and lightly fried onion.

Mushroom and Chive

Add 75g (3oz) chopped mushrooms, slightly softened in a little butter and 2tbsp chopped fresh chives.

Italian Pepperoni

Add 50g (2oz) finely chopped Pepperoni*, 3tbsp pizza topping* (or tomato puree*) and 2tsp mixed dried herbs.

Pesto

Add 100g (4oz) red or green pesto*.

Cajun

Add 1tsp Cajun Grill* OR Jamaican Jerk* seasoning.

Chutney & Cheese

Add 4tbsp fruit chutney* and 100g (4oz) grated cheese.

Thai style

Substitute 150ml (6fl oz) of water with 150ml (6fl oz) coconut cream and add 1tbsp Thai curry paste*.

Indian

Substitute 150ml (6fl oz) water with 150ml (6fl oz) natural yoghurt and add 2tbsp mild or medium curry paste*, 1tsp turmeric and 1tsp cumin.

Milk

Substitute all water (approx. 300ml/12fl oz) with milk.

Sweet Variations

These delicious sweet variations of the basic bread recipe are an ideal teatime treat and are a great lower fat alternative to cakes. They can be served hot or cold.

Cinnamon and Raisin

Add 1tsp cinnamon and 75g (3oz) raisins.

Chocolate Hazlenut

Add 3tbsp chocolate hazlenut spread*.

Carrot and Ginger

Add 125g (5oz) finely grated carrots, 2tbsp finely chopped glace ginger and 25g (1oz) soft brown sugar.

Honey and Almond

Add 3tbsp honey and 50g (2oz) finely chopped toasted almonds.

Treacle and Walnut

Add 1tsp treacle and 50g (2oz) chopped walnuts.

Citrus

Add 2tbsp marmalade and 2tbsp lemon curd*.

Peanut Butter

Add 100g (4oz) smooth or crunchy peanut butter*.

Raspberry & Cinnamon

Add 5tbsp raspberry jam and 1tsp cinnamon.

Apricot & Walnut

Add 75g (3oz) chopped dried apricots, 50g (2oz) chopped walnuts, and 25g (1oz) soft brown sugar.

Banana

Add 1 large mashed banana.

Toffee & Date

Add 4tbsp toffee sauce* and 100g (4oz) chopped dates.

Lemon & Lime

Add 2tbsp lemon curd* and 2tbsp lime marmalade.

Making Dough in your Breadmaker

Most automatic breadmakers have a dough programme, giving you the option of making bread rolls and pizza bases. This basic recipe can then be flavoured to make sweet and savoury rolls.

Basic Dough Recipe

Ingredients

200ml (8fl oz) cold water

1tbsp vegetable or sunflower oil

1tsp salt

350g (14oz) JUVELA Gluten-Free White Mix

1tsp sugar

1tsp easy blend dried yeast (measured from sachet supplied with Mix)

NB: If using the JUVELA Gluten-Free Fibre Mix, increase the water by 25ml (1fl oz).

Method

Place the water, oil and salt in the bread pan. Add the Gluten-Free Mix and sugar and sprinkle in the yeast. Place the bread pan in the breadmaker and select the **dough** programme. Once the mixing blade starts to mix, use a rubber/plastic spatula to incorporate any Mix from the sides of the pan.

When the programme is completed, remove the dough from the pan using a rubber/plastic spatula and place directly on to a surface well dusted with Mix. The dough will be quite sticky at this stage. Start to knead the dough lightly for a couple of minutes on a surface lightly dusted with Mix and you will notice it becoming smooth and easy to handle almost immediately. The dough is now ready to use for rolls or pizza bases.

Bread Rolls

Divide the dough into 8-10 equal sized pieces and shape into rounds. Place on a lightly greased baking tray and leave to prove in a warm place for 25 minutes. Bake in a pre-heated oven for 15-20 minutes, until golden brown.

Flavoured Rolls

Tomato & Olive Rolls

Piping hot tomato and olive rolls, ideal with soup or paté - add 3tbsp tomato purée and 50g (2oz) chopped olives to the basic dough recipe.

Teacakes

Delicious served toasted and buttered - to the basic dough recipe, add 1tsp mixed spice, 75g (3oz) mixed dried fruit and increase the sugar to 1tbsp.

Pizza Bases

Roll out the dough into a round 1.5cm (½”) in thickness. Place on a greased baking tray and prick with a fork. Add chosen topping and bake in a pre-heated oven (200°C/400°F/Gas Mark 6) for 15-20 minutes, until golden brown. For a deep pan pizza base, leave dough to prove in a warm place for 20-30 minutes before adding any toppings.

Flavoured Pizza Bases

Ideal as bases for additional toppings or baked plain and served hot, drizzled with olive oil as a starter or an accompaniment to a main meal.

Pesto & Parmesan

Add 2tbsp pesto* and 50g (2oz) grated parmesan to the basic dough recipe.

Garlic & Herb

Add 2 crushed garlic cloves and 2tsp mixed dried herbs to the basic dough recipe.

Making Cakes in your Automatic Breadmaker

Some breadmakers have a programme for making cakes. We did some recipe testing and decided that there are no great advantages in using your breadmaker over baking a cake in the oven. However, the results are delicious and the dense texture of the cake is comparable to a steamed sponge, so could be an ideal hot pudding to serve with custard.

Ingredients

100g (4oz) butter, melted
 ½tsp vanilla essence
 3 medium eggs, beaten
 50ml (2fl oz) water
 225g (9oz) JUVELA Gluten-Free Mix
 2tsp baking powder*
 100g (4oz) caster sugar

Method

Place all ingredients into the bread pan in the order stated above. Place the bread pan into the breadmaker and select the **cake** or **bake** programme. Once the mixing blade starts to mix, use a rubber/plastic spatula to incorporate any Mix from the sides of the pan. When the programme is completed, leave to cool slightly before removing from the pan.

Troubleshooting Guide

1 MIXING BLADE STAYING IN LOAF

This is to be expected and occurs when using traditional flour as well as gluten-free. The blade needs to be removed whilst the loaf is still warm. Turn the loaf over and locate which direction the blade is pointing. Using a sharp knife carefully cut around the outline and then gently pull out the blade. Be careful as the blade will still be hot!!

2 INSUFFICIENT RISE

- a) *Check temperature of water* - If too hot it may have killed the yeast. Cold water is suitable as the breadmaker will bring the ingredients to the optimum temperature.
- b) *Check quantity of water added* - If the batter is too stiff, it will struggle to rise. Increase water by 25ml (1froz) at a time, until a smooth but thick batter is formed.
- c) *Check the yeast* - If the yeast is stale, the bread will not rise. To test the yeast, place a teaspoon into 75ml (3froz) warm water. If it does not develop a foamy head then the yeast is stale.
 (Contact the JUVELA Advice Line: 0800 783 1992 for replacement sachets of yeast).
- d) *Opening the lid* - Opening the lid too often causes warm air to escape and cold air to enter the breadpan, subsequently affecting the rise. The odd peek is OK though!

3 OVER RISEN

- a) *Check temperature of water* - If too warm, it will activate the yeast too soon and cause it to over-prove and rise too quickly. (see 2a. for temperature guide)
- b) *Check quantity of water added* - If too much water is added the batter will be too loose and subsequently rise too much. (see 2b. for batter consistency guide)
- c) *Check quantity of yeast added* - If too much yeast is added the bread will rise too much and may come over the top of the breadpan. Very smoky and very messy! It is important to be accurate when measuring the yeast.

4 CRUMBLY / UNEVEN CRUST

If the bread is crumbly or has an uneven craggy top then increase the water by 50ml (2froz) and the oil by 1tbsp.

5 OPEN CRUMB / AIR POCKETS

- a) *Check type of oil used*- A light sunflower oil or vegetable oil is ideal. Heavier oils, for example, olive oil can result in a very open crumb structure, similar to a crumpet.
- b) *Check blade is fitted correctly* - If the blade is not correctly placed it will not evenly blend the ingredients together. This causes pockets of yeast to remain intact resulting in air holes and an uneven crumb structure.

If there are any queries we have not covered in this booklet, please contact the JUVELA Team and we will be happy to help. (See overleaf for contact details).

The entire JUVELA Gluten-Free Foods Range is available on prescription and to purchase through pharmacies.

JUVELA also provide an extensive range of support services which include:

NEWLY DIAGNOSED SUPPORT

For those who have recently been diagnosed with the coeliac condition, JUVELA have put together a 'starter pack'. The pack introduces the JUVELA Gluten-Free Foods with a selection of samples and provides answers to many of the questions frequently asked at the early stages.

NEWSLETTER

Feedback is the newsletter from Juvela, published regularly throughout the year providing information on activities, events, new products and recipe ideas.

RECIPE SERVICE

A wide variety of gluten-free recipes are available including ideas for every occasion.

COOKERY DEMONSTRATIONS

Juvela's Team of Home Economists travel around the country carrying out demonstrations on how to master the techniques of gluten-free cooking.

EDUCATION LEAFLETS

Juvela produce a range of informative leaflets, written by health professionals, on the coeliac condition and gluten-free diets.

EDUCATIONAL EVENTS

Juvela organise educational events designed to inform and update those following a gluten-free diet on developments and research into the management of the coeliac condition.

HOW TO CONTACT US

If you would like to know more about the Juvela Gluten-Free Foods and Services, contact us by:

Ringling our Advice Line The Juvela Team are only a phone call away for any baking queries or general questions about Juvela Gluten-Free Foods:

UK Freephone: 0800 783 1992

ROI Freephone: 1800 40 50 90

Visiting our website For full product information and recipe ideas:

www.juvela.co.uk

E-mailing us **info@juvela.co.uk**

Writing to us at JUVELA, 19 De Havilland Drive, Liverpool L24 8RN.