

Gluten-Free Breadmaking

in an Automatic Breadmaker...

...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 and Fibre Mixes give great results when used in a breadmaker, producing a delicious loaf with a firm crust and even texture.

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).

This recipe is suitable for use with most automatic breadmakers and produces a 750g (1½lb) loaf. The loaf will stay fresh for 2 to 3 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 dried yeast

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.

[†] If you have a Panasonic breadmaker, we advise you to select the **basic rapid** programme which is 1 hour 55mins. To get to the basic rapid programme, you need to press 'select' button followed by 'option' button on the machine. (We recommend the basic rapid, because the 'normal' basic programme has a 'rest' period which is unnecessary when making gluten-free bread).

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

Sun-dried Tomato & Basil Add 100g (4oz) sun-dried chopped tomatoes and 1tbsp fresh basil.

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

Cheese & Onion Add 75g (3oz) grated cheese and 1 chopped and lightly fried onion.

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

Italian Style 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* 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 & Raisin Add 1tsp cinnamon and 75g (3oz) raisins.

Chocolate Hazelnut Add 3tbsp chocolate hazelnut spread*.

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

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

Treacle & 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.



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