

Bread- White Bread with psyllium husk



Getting a gluten-free loaf to look and taste like one made from wheat involves a spell of weird ingredients. The newest helper in the cupboard is psyllium husk, a fibre that acts more like gluten than tapioca starch. It's not cheap but keeps well in

4 teaspoons soya flour
50 g potato starch
300 g cornflour
1 teaspoon xanthan gum
25 g psyllium husk powder
2 teaspoons instant yeast
1 teaspoon salt
1 tablespoon caster sugar
2 teaspoons vinegar
15 ml sunflower oil, plus extra for brushing
2 tablespoons yoghurt
325 ml warm water
30 ml milk

Add the dry ingredients to a bowl, whisk the liquid separately then mix the two really well for about a minute into a soft dough. Leave for an hour, then using a lightly oiled worktop and hands either shape into rolls or into a baton for a tin loaf, then leave covered for another hour and a half or until almost doubled. Gluten free dough doesn't have any spring, so baking in a very hot oven helps. Heat the oven to 240°C/fan 220°C/465°F/gas 9, brush the top with oil and bake for 25 minutes (for rolls) or 50 minutes (for a large tin loaf). Remove from the oven and tin or tray and leave to cool on a wire rack, covered with a cloth to keep them soft.

Per Serving (excluding unknown items): 293 Calories; 15g Fat (43.7% calories from fat); 1g Protein; 42g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 2157mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.