



Miele

Seeded gluten free bread

By Miele

20 minutes, plus proving time

Preparation Time

1 hour

Cooking Time

8

Serves

INGREDIENTS

7 g (2 tsp) dried yeast
75 g (½ cup) fine white teff flour
350 ml (1 ½ cups) warm water
2 tbsp brown rice flour
60 g (¼ cup) sorghum flour
1 tbsp arrowroot flour
40 g (¼ cup) potato flour
2 tbsp psyllium husks
2 tbsp chia seeds
1 tbsp nigella seeds
2 tbsp sesame seeds
1 tsp salt flakes
1 tbsp (20 ml) olive oil
1 tsp white vinegar

Topping

1 tbsp nigella seeds
1 tbsp sesame seeds

Miele accessories

Universal tray

METHOD

1. In a small bowl, combine the yeast, 1 tablespoon of the teff flour and 150 ml of the warm water. Stand for 10 minutes until mixture is foamy.
2. Place the remaining dry ingredients in the bowl of a freestanding mixer with a dough hook attachment, combine on low speed. Add the yeast mixture, remaining water, oil and vinegar.
3. Mix for 5 minutes on medium-low speed until it forms a soft dough. Rest the dough for 5 minutes and then mix again for a further 10 minutes.
4. Shape the dough into a loaf shape, place the topping seeds onto the bench and then roll the loaf into the seeds. Place the loaf onto a universal tray.
5. Place into the oven on Prove yeast dough and prove until the dough doubles in size.
6. Preheat oven on Fan Plus at 190°C. Select Moisture Plus with 2 manual bursts of steam, releasing a burst of steam immediately and the second burst of steam at 10 minutes. Bake on shelf level 2 for 55 minutes, or until bread is cooked and golden.
7. Leave the loaf in the oven for 15 minutes after oven is turned off. Remove loaf and allow to cool before slicing.

HINTS AND TIPS

- Teff flour is a tiny grain that grows predominately in Ethiopia and Eritrea. It is an excellent gluten free alternative.
- Gluten free flours can be purchased from gourmet grocers and health food stores.