

Quick French bread

Ingredients

- 335g (12oz) **Pure** GF Blended flour *
 - 1 tsp **Pure** Xanthan gum *
 - 1 ½ tsp granulated sugar
 - 1 tsp salt
 - 2 ¼ tsp quick rising yeast
 - 10 fl oz (300ml) warm water
 - 1 tsp (5ml) rice or cider vinegar
 - 2 egg whites (room temperature)
- * Denotes item available from Innovative Solutions on prescription

Preparation method

1. Preheat oven to 200°C/400°F/gas 6
2. In a large bowl combine flour, Xanthan gum, sugar, salt and yeast and mix well.
3. In a separate bowl, combine the warm water, vinegar and egg whites until they are slightly frothy.
4. Add this mixture (all at once) to the flour mixture and beat for three minutes - the dough will be quite soft and easy to mix with a large wooden spoon.
5. Spoon the dough into a greased French baguette tray, or into two small loaf tins and smooth the top using a spatula. If using loaf tins spoon in the dough so that only half of the bottom of the tin is covered and the loaf is up against one side of the pan. This will make two small loaves.
6. Cover the bread with a tea towel and let it rise in a warm place for 15-20 minutes.
7. Bake the bread for one hour at 200°C/400°F/gas 6, followed by a further 15 minutes at 180°C/350°F/gas 4
8. Allow to cool until just warm and then serve fresh.



10 minutes plus 20 minutes
Preparation time and proving time
1 hour 15 minutes
Cooking time

Serves 2-3

By: Innovative

Once cool, store this bread in an airtight container or suitable plastic bag. It can also be frozen in individual slices and used as required.

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