White bread with psyllium

10 minutes plus 2 ½ hours
Preparation time plus proving
25-50 minutes
Cooking time

Makes 1 loaf/6 rolls

By: Dan Lepard (Guardian 23 May 2009)

Many thanks to Dan for sharing this recipe not only with our customers, but also with the Guardian readers.

Notes

Ingredients

4 tsp soya flour
50g (2oz) ***Pure*** potato starch
300g (11oz) ***Pure*** cornflour
1 tsp ***Pure*** xanthan gum
25g (1oz) ***Pure*** psyllium husk powder
2 tsp ***Pure*** instant yeast
1tsp salt
1tbs caster sugar
2tsp gluten-free vinegar
15ml sunflower oil (+ extra for brushing)
2 tbs yoghurt
325ml warm water
30ml milk

Preparation method

1. Put the dry ingredients into a bowl, whisk the liquid separately, then mix the two really well for one minute until they come together into a soft dough.

2. Leave for an hour then using a lightly oiled worktop and hands, shape into rolls or into a baton shape for a tin loaf.

3. Cover and leave for an hour and a half in a warm place until the dough has almost doubled in size.

4. As gluten-free dough doesn't have "spring" a very hot oven helps, e.g. 245°C (220°C-fan assisted oven)475°F/ gas mark 9.

5. Brush the top of the loaf with oil and bake for 25minutes (rolls) or 50minutes (large tin loaf).

6. Remove from the oven and from the tin or tray, and leave to cool on a wire rack, covered with a cloth-this helps keep the bread soft.