

Celiac Cucina Panem Quotidianum Rev B. 6/27/26

Light Sandwich Bread Kit Instruction Illustrations

Instructions: Please read completely before beginning. Follow directions during production.

Make the binder/yeast gel

- Place the contents of the small packet(s) in the bowl of a stand mixer (Psyllium Husk Powder and Yeast).
- Whisk in 1 **Cup (240g) water at 100° - 110°F**.
- Affix the hook or paddle and start mixer at medium speed.
- Mix three minutes. (hint – measure oil and grease pan during this time).
- Beat two minutes at high speed.



Incorporate the flour (in two different additions)

- Set mixer to low speed and **add one bag of Celiac Cucina Bread Mix** to the bowl.
 - Mix until flour is incorporated into the gel (three minutes)
- Scrape down the sides of the bowl to ensure no flour remains dry at the bottom of the bowl.



- Add the **oil (56g)** and hot water **7/8 Cup (195g) at 100-110°F** to bowl.
- **Add the second bag of bread mix**, then mix at low speed for three minutes.
- Scrape down the bowl again, ensure to scrape bottom of the bowl to ensure complete flour incorporation.
- Turn mixer to high and beat/knead for another three minutes.
 - If batter/dough appears lumpy, keep mixing on high and scraping down until no more lumps remain.



Prep for the rise periods (two – one with towel, one without)

- Remove dough from mixing bowl and pour/scrape into pan. The dough is wet and sticky.
 - Shape dough to size/shape of the loaf pan and place in the pan. (Wet hands work well to pat top of loaf).
- Cover the pan with a wet towel and rest in a warm (70°F to 76° is ideal) spot to rise for **20 minutes**.



At 20 minutes:

- Remove the wet towel and set the timer for an additional **15 minutes** of rise time.
- **Pre-heat the oven to 450°F** (Don't forget the baking stone before starting the oven).



At 15 minutes: **Note:** Rise should peak over the top of the pan edge.

If not, allow it to continue to rise until above pan edge.



Split the top:

- Use a sharp knife to cut a crease, ½ inch deep down the middle, leaving one inch uncut at each end.
 - Run a wet finger or silicone brush over the cut. If split is sealed, re-cut.

Bake:

Place the loaf in the oven, and restart the oven, reduce the heat to **400°F**, bake for 15 minutes.

- Rotate the pan, restart the oven at **400°F**, bake an additional 15 minutes.
 - Restart the oven (verifies the temp and activates any rapid reheat option).
- Upon removal, allow loaf to cool in the pan for 15 minutes before removing/placing on a cooling rack.
- Allow to cool on rack for at least one hour before slicing. Overnight is best!
- Do not wrap or cover for eight hours because the dough retains a good bit of moisture.
 - We prefer beeswax paper over plastic for storage.

Troubleshooting, because this is what you should be able to expect.



- Modern ovens have a 'fairly' wide (you might not believe $\pm 30^\circ$) set-point range.
 - **This is the reason our instructions note a higher than bake temperature preheat set-point**

A low temperature oven loading will yield a low risen pale loaf.



The lack of Maillard reaction is the true tell-tale sign.