

Celiac Cucina Panem Quotidianum

Light Sandwich Bread Kit Instructions

You'll need:

4 Tbsp (56g) Oil.

Additional oil or baking spray for pan

1 - 7/8C (450g) Good clean water at 100° - 110°F (*added in two steps*)

Equipment:

*Stand-mixer with dough hook or *paddle. Loaf pan. Baking stone. Kitchen scales (*recommended*).

If using paddle, adjust speeds downward to avoid ingredients leaping from the bowl while mixing.

Instructions:

1. Place 1 **Cup (240g) water at 100° - 110°F** in the bowl of a stand mixer.
2. Whisk in the contents of the packets containing Psyllium Husk Powder and Yeast.
3. Set the bowl on the stand, affix the hook, then measure and set aside the oil.
4. Mix the gel at medium speed until there is noticeable elongation/pulling away from walls (3 to 5 minutes).
5. Beat another two minutes at high speed.
6. Set mixer to low speed and one bag of Celiac Cucina Bread Mix to the bowl. Allow incorporation into the gel.
7. Scrape down the sides of the bowl, restart mixer on slow, add the second bag.
8. Restart mixer at low speed and slowly add the oil and hot water **7/8 Cup (210g) at 100-110°F** to bowl.
Hint: Measure 1 Cup (240g) of water, then remove two tablespoons.
9. Mix at medium speed for five minutes. The dough will remain hydrated, thin.
10. While mixer works, lightly coat the bottom and sides of the loaf pan with oil.
11. Scrape down the bowl again, ensure to scrape bottom of the bowl to ensure complete flour incorporation.
12. Turn mixer to high and beat/knead for another three minutes.
 - a. Before continuing to step 14, ensure there are no remaining lumps.
 - i. If lumpy, keep mixing on high and scraping down until no more lumps remain.
13. Remove dough from mixing bowl and pour/scrape into pan. The dough is wet and sticky.
 - a. Shape dough to size/shape of the loaf pan and place in the pan. (Wet hands work well to pat top of loaf).
14. Cover the pan with a wet towel and rest in a warm spot to rise for 20 minutes.
15. At 20 minutes, **Pre-heat the oven to 425°F** (Don't forget the baking stone).
 - a. Remove the wet towel and continue to rise for an additional 15 minutes.
16. Split the top: Use a sharp knife to cut a crease, ½ inch deep down the middle.
 - a. Leave one inch uncut at each end.
 - b. Run a wet finger or silicone brush over the cut. If split is sealed, re-cut.
17. Place the loaf in the oven.
 - a. Restart the oven, reduce the heat to **400°F**, bake for 15 minutes.
 - b. Rotate the pan, restart the oven at **400°F**, bake an additional 15 minutes.
 - i. Loaf should begin to pull away from sides of the pan.
18. Upon removal, allow loaf to cool in the pan for 15 minutes. Remove and place on a wire rack.
19. Allow to cool on rack for at least one hour before slicing. Overnight is best!
20. Do not wrap or cover for eight hours because the dough retains a good bit of moisture.
 - a. We prefer beeswax paper over plastic for storage.