



Shop 3, 511 North East Rd, Gilles Plains SA 5086

P.O. Box 91 Greenacres SA 5086

info@breadmakersstore.com.au

Phone: (08) 82 666 633

Fax: (08) 82 666 310

GLUTEN-FREE BAKING

To make the bread should only take a few minutes of prep time and it is very cost effective compared to ready made bread.

If you are baking for a friend, check with them prior to making their bread. Gluten is airborne, you can contaminate it easily by baking it in your regular breadmaker or even slicing it on your cutting board. Check the severity of their condition. The best way of baking for a friend is by making rolls in a lined large muffin tin, this will prevent contamination.

We have two main types of bread mixes both are yeast free – Breadmakers Store Mix – A rice & maize starch bread mix, a lovely bread. It has a good crumb for Gluten Free Bread. If you can't have Dairy – Laucke Gluten Free Mix – A Rice and Potato Starch base mix. This also comes in Meals & Grains. Quite a few Ceolians also are diabetics the grain bread is a more suitable option.

If you are in the process of purchasing a bread maker (make sure it has a gluten free cycle), we have specially designed Professional Gluten Free Baking Tins available for purchase. They are \$25.00. They are bakery quality and will last. Be aware if you purchase a bread tin for gluten free baking it does need to be small in length and deep due to the nature of the mix.

Once you decide on which brand you prefer, you can try other things. Guar gum is gluten free and can be purchased from a health food store and can be used as a gluten substitute. You can try adding things like – Pumpkin and Chives (available in store), Pumpkin Onion and Herbs, Sultanas, Fruit Medley, Linseeds, 2 Tbl spoons orange juice + Citrus Peel (decrease water by this amount), Apricots, Coconut, Linseed Almond and Sunflower meal, Cracked Pepper, other herbs seeds and nuts, depending on your diet.

We also have a range of other sweet recipes for the Laucke Bread Mix, you can make a range of things from pancakes, lamingtons, fruitcake to shortcrust party. It also makes a gluten free pizza. For this just bake it off for 5-10 mins before topping it or it will be too wet.

Remember Gluten Free isn't a problem it's just a new way of thinking. As long as you are careful and prevent contamination you will be very pleased and successful with your new way of baking.

If you have any questions or successful recipes you would like to share with us feel free to contact us via email –
info@breadmakersstore.com.au

