

Gluten Free Bread

PRECISA® Bake GF is a gluten-free solution used as base in gluten-free bread, cakes and muffins. It is based on modified tapioca starch, maize and potato native starch and develops a very soft and moist crumb, maintaining that texture during shelf-life.

Faba Bean Protein Concentrate 60% is protein concentrate from faba bean. It provides elasticity and resilience to the crumb, a golden aspect and balanced flavour to the crust.

Ingredients	%
PRECISA® Bake GF	25.90
Rice Flour	13.00
HPMC	1.70
Faba Bean Protein Concentrate	0.80
Psyllium Husk Powder	2.80
Vegetable Oil	5.90
Salt	1.20
Bakers Yeast	1.70
Sugar	1.90
Water	45.10

Nutrition Facts	
Serving size	(100g)
Energy	242kcal / 1021kj
Fat	6.4g
of which saturates	0.9g
Carbohydrate	41g
of which sugars	2.5g
Protein	3.5g
Dietary Fibre	3.2g
Sodium	0.5g



Preparation:

1. Mix all powders and yeast, and add to Hobart bowl
2. Add water and oil
3. Mix 1minute on speed 1 then scrape
4. Mix another 1minute on speed 1 then scrape
5. Mix 4 minutes on speed 2
6. Shape dough pieces and place in tins*
7. Proof: 36°C/80%RH for 1h15min
8. Baking in deck oven: 230°C down+ 220°C top for 58 minutes
9. Steam at beginning of baking (open valve after 2 minutes, leave it open for 5 minutes then close it)
10. Untin bread after baking and allow to cool down

*the soft dough can be shaped in self-standing buns