

Gluten Free Pulse Bread

Faba Bean Flour V6000 is a very fine faba bean flour that gives gluten-free bread a wholesome aspect and taste, and a very smooth and fresh crumb. It contains twice the amount of proteins than rice flour, and helps to increase the protein content of gluten-free bread

Ingredients	%
PRECISA® Bake GF	17.5
Vegetable Fat	5.30
Sugar	3.70
Faba Bean Flour V6000	17.5
Psyllium Husk	2.10
Xanthan Gum	0.50
Salt	0.60
Instant Yeast	0.60
HPMC	1.20
Water	51.10

Nutrition Facts	
Serving size	(100g)
Energy	239kcal / 994kj
Fat	6.7g
of which saturates	2.7g
Carbohydrate	36.1g
of which sugars	5.2g
Protein	3.1g
Dietary Fibre	5.1g
Sodium	0.323g

Preparation:

- Mix all ingredients in Hobart with paddle attachment
- Mix 1 minute on speed 1 then scrape
- Mix another 1 minute on speed 1 then scrape
- Mix 7 minutes on speed 2
- Scale 400g in tins
- Proof: 35°C/80%RH for 1h15min
- Dock the surface with docking roll
- Bake in deck oven: 200°C down+ top for 55 minutes
- Steam at beginning of baking (open valve after 2 minutes, leave it open for 5 minutes then close it)
- Untin bread after baking and allow to cool down

