

Gluten Free Bread using IREKS Singlupan
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Ingredients:

Singlupan	1.000 kg	2 lb	02 oz
Oil (Vegetable/Olive)	0.100		3.5
Yeast	0.080		3
Salt	0.010		0.5
Water (at 40 C)	0.800	1	12

Method:

Mixing Time 1 minute to blend in water/oil to dry ingredients, 3 minutes on 2nd speed in a planetary mixer fitted with a cake beater. (Like a heavy sponge)

Dough Temp. 32°C (Important)

B.F.T. None.

Scale. 500gm, (1lb 1oz) into shallow sided bread tin.

Proof Time. 30 minutes at 35°C, with 75% humidity.

Bake. With steam, at 220°C, falling to 180°C.

Baking Time. 50 minutes for 500gms approximately

For baps & rolls add 6% fat & 6% sugar, reduce the water. Roll out then cut. Will not pin.