

Two Whales Gluten Free Seed Bread

1 Loaf or 5 panini buns

This is the recipe for our gluten free bread and our panini bun version follows below.

Step 1

Mix together:

1½ cups warm water

2¼ tsp yeast

1 tbsp honey or brown sugar

Set aside

Step 2

Combine 1 tbsp flax meal with 3 tbsp water and set aside OR beat one large egg and set aside.

Step 3

Mix together:

¼ cup sunflower seed

1 tbsp chia seed

1 tbsp caraway seed

1 tbsp sesame seed

1 tsp poppy seed

Or your own favourite seed mix – pumpkin seeds are great too.

Step 4

Mix together:

1 cup chickpea flour

¾ cup potato starch

½ cup quinoa flour

1 tbsp xanthan gum

1 tsp salt

Add

¼ cup canola oil

Flax mixture or egg

Yeast mixture

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To Make the Seed bread

Grease and line a loaf pan.

Beat thoroughly, spoon into prepared pan and put into a proofing bag to rise (any large plastic bag is ideal for this job) for 20-30 minutes – until mixture reaches top of pan.

Heat oven to 350f. Bake for 45 minutes or until it is golden brown and sounds hollow when tapped – just like regular bread. Cool in pan for 15 minutes before moving to a wire rack.

To Make the Buns

Follow the recipe as above, omitting Step 3, the seeds. Line a cookie sheet with parchment paper and divide the mixture into 5 'piles'. Using a butter knife spread the dough into your preferred shape, about 3" x 4". Put the tray into a proofing bag in a warm place and leave to rise until twice the height.

Bake at 350f for 20 minutes or until golden brown and firm. Cool on a wire rack.

Both the bread and the buns freeze well.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

