

## OLD JOE'S KAIA COUNTRY HAVEN

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## GLUTEN-FREE BREAD

Heat oven to 220°C, prepare a medium-size pan with non-stick spray.

### Prepare dry ingredients

|                                |   |
|--------------------------------|---|
| Combine in a large mixer bowl: | 500 g <a href="#">gluten-free flour</a> |
|                                | 5 g <i>instant yeast</i>                |
|                                | 15 ml <a href="#">nutritional yeast</a> |
|                                | 15 ml <i>baking powder</i>              |
|                                | 10 ml <a href="#">onion powder</a>      |
|                                | 10 ml <a href="#">garlic powder</a>     |
|                                | 10 ml <i>salt</i>                       |

### Prepare wet ingredients

|                           |   |
|---------------------------|---|
| Combine in a medium bowl  | 250+60 ml <i>room temperature water</i> |
| and stand for 10 minutes: | 250+60 ml <i>boiling water</i>          |
|                           | 30 ml <a href="#">flax meal</a>         |
|                           | 30 ml <i>olive oil</i>                  |

Pour WET ingredients into the DRY ingredients and mix. The batter should be fairly wet, easily dripping in lumps off a spoon.

Place in an electric mixer with the 'K' beater and swirl for 4 minutes.

Pour into a medium-size bread pan and allow to rise above the top of the pan.

Bake for 45 minutes at 190°C, then lower the heat to 150°C for a further 15 minutes.

Allow to cool slightly in the pan, then cool completely in the fridge, preferably overnight.

NOTE: Order from our Online Shop:

[Gluten-free Flour](#)

[Nutritional Yeast](#)

[Onion Powder](#)

[Garlic Powder](#)

[Flax Meal](#)