



A guide to successfully using our gluten-free bread mixes with a conventional oven

MIXES "LA MICHE ANGÉLIQUE" and "LE CAMPAGNARD"

By: Cuisine l'Angélique



The art of baking is a science in itself. Each setting of the recipe has its importance, as much the ingredients as the temperature of the water, the amount of yeast, the amount of salt etc. Each ingredient has a specific interaction and for this reason, to make your life easier, I have created La Miche Angélique and Le Campagnard bread mixes.

For bread mixes, on the back of the box, you will see the ingredients to add as well as the steps to follow.

However, in order to maximize your chances of success, pay close attention to the following factors:

Water temperature

As I often say, one of the essential tools for any good baker is a thermometer. The temperatures required for the recipes must be respected, since gluten-free baking requires even more precision than traditional baking.

The amount of water

The more precision applied to gluten-free, the better the chances of succeeding. The second tool that allows greater precision in baking is the scale. Measuring cups do not have the same accuracy and sometimes a difference of only 30 grams can make a huge difference, especially if gluten-free bread is made without using eggs. So for bread mixes, the weight of water to use is **360 grams**. For the recipe with all-purpose flour, the weight will be indicated.

The addition of an egg

For bread mixes, the instructions on the box do not call for eggs. However, you can add one, which will allow your bread to rise more and have an even airier crumb.

The size of the mould



To help the first rise

As you will see in the instructions, the first rise is done in the oven, with the light on. Here's my little trick to create the right heat to help your first rise: simply put the oven to ON for exactly one minute and then close it, that's all. The warmth of the elements combined with the light of the oven will create the perfect heat.

Baking bread

It is often mistakenly thought that the more bread has risen, the better it will be. Remember that yeast makes bread liquefy, and that a loaf that is too liquid will tend to collapse during baking. The bread will be ready to bake as soon as a slight touch of the finger leaves a small imprint, nothing more. The oven should then be started at the required temperature without removing the bread from the oven. The bread will continue to rise and then begin to bake.

Alternative to parchment paper: seeds

To prevent the bread from sticking to the sides of the mould, parchment paper should be used for gluten-free bread. My little trick to skip parchment and have a nice crust topped with seeds is this: Oil the bottom and sides of the mould, and add seeds to thoroughly coat the whole mould: sunflower seeds, hemp, pumpkin, sesame. The bread won't stick and you'll have a simply delicious crust!

Gluten-free bread has its little quirks...even regarding the size of the mould! It's important to respect what's indicated. For bread mixes, the intended size is an 8 x 4 inch mould. You could also use a round mould 7 inches in diameter. Important: do not use a 9 x 5 inch mould for these mixes, the bread will not rise properly.

Yeast

Yeast is used to make bread rise but also to liquefy the dough. A dough that is too liquid will clump when cooked, while a paste that is too thick will not rise enough. So you have to respect the amount of yeast required and make sure you really have a fast-acting yeast. The traditional yeast, which must be activated in water, is not what I use.