

GLUTEN FREE WHITE BREAD & PIZZA MIX

Product Information

Description

A delicious versatile Gluten Free bread & pizza mix that is suitable for making tasty crusty white bread with a soft light crumb or a pizza base. Easy to use and perfect results every time. Suitable for those with Coeliac Disease.

Certified by Coeliac UK product GB-163-003

Brand: Middletons

Description: Gluten Free White Bread & Pizza Mix

Pack Size: 3kg

Storage: Store in a cool dry place away from strong odours and direct sunlight

Order Code: **U003A**

(Internal Code: Y101 tub)

Shelf Life

Unopened - 24 months

Portion Yields

Gluten Free White Bread & Pizza Mix	1kg
Water	821g (ml)
Vegetable Oil	107g
TOTAL	1.928kg

30 x 100g portions as sold per 3kg tub

Features and Benefits

- ✓ Easy to use, just add water and oil.
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

Nutritional Information

Nutritional Information	100g as sold
Energy (kJ)	1416
Energy (kcal)	333
Fat (g)	0.6
of which Saturates (g)	0.1
Carbohydrate (g)	78
of which Sugars (g)	4.7
Protein (g)	4.5
Salt (g)	1.6



Ingredients

Rice Flour, Tapioca Starch, Cornflour, Fibre (Psyllium Husk), Sugar, Buckwheat Flour, Emulsifier (E491), Thickener (Xanthan Gum), Salt, Dried Yeast, Stabiliser (Hydroxypropyl Methylcellulose).

Allergens

For allergy advice see ingredients in "**Bold**" and UPPERCASE

Cooking Instructions

Make Up Instructions:

1. Add the dry mix to a mixing bowl.
2. In a separate container mix the water with the oil.
3. Add the liquids to the dry mix on a slow speed for 3 minutes using a dough hook attachment.
4. Scrape down and mix for a further 3 minutes on a medium speed.
5. Remove the dough from the bowl and knead into a large ball.
6. The dough will appear sticky initially but once kneaded using rice flour, will be come more manageable.

WHITE BREAD: Baking times will vary depending upon the equipment and loaf size/weight.

For Rolls: Portion @ 135g, knead and then roll into an even log about 135mm long, place onto a baking tray (a perforated fluted tray is best to hold the shape).

For Bread: Portion @ 500g, knead and then roll into an even log about 140mm long, place into a small (400g) greased loaf tin.

Spray or sprinkle rolls/loaves with water and cover with cling film or cover with a clean damp cloth, and leave to prove in a warm place for approximately 60 minutes, or until double in size. Bake in a preheated oven at 220°C/425°F/Gas Mark 7 for 40 minutes for loaves, or 30 minutes for rolls.

Alternatively, for loaves bake in a combination oven on steam/bake setting for 30 minutes @ 175°C and bake setting for 10 minutes @ 190°C, for rolls steam/bake setting for 20 minutes and bake setting for 10 minutes.

PIZZA: Baking times will vary depending upon equipment and pizza depth.

Scale dough @ 300g and knead into a ball. Roll out until 3-4mm thickness is achieved, and then cut with a 250mm cutter. Place the pizza disc onto a tray, spray with water and cover with cling film or cover with a damp cloth and prove for approximately 35 minutes.

Bake in a preheated oven at 220°C/425°F/Gas Mark 7 for approximately 10-12 minutes.