

# Gluten-free bread

Cuisine: **Czech**

Food category: **Pastry**



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Company: **Retigo**



## Program steps

Preheating: 205 °C

1	Combination	80 %	Termination by time	00:05 hh:mm	220 °C	100 %	
2	Hot air	100 %	Termination by time	00:10 hh:mm	190 °C	100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
gluten-free flour	0.5	kg
water	0.5	kg
fresh yeast	0.03	kg
salt	0.01	kg
caster sugar	0.03	kg
5 tbsp vegetable oil	0.03	kg

## Nutrition and allergens

Allergens:

Minerals: Cu, Mg, P

Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	223.8 kJ
Carbohydrate	44.6 g
Fat	4.1 g
Protein	2.1 g
Water	0 g

## Directions

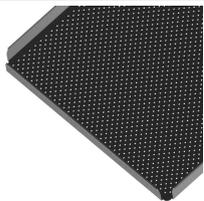
In a bowl, we mix warm water and yeast, add gluten-free flour, salt, and sugar, and knead into a smooth dough. Then we add oil, work it in, and let it rise in a warm place for at least 45 minutes. The dough should double in volume.

From the dough, we roll out the desired shapes.

We top the bread with coarse salt, caraway, poppy seeds, sesame, cheese.

We bake in a preheated convection oven.

We adjust the baking time according to the size of the products.



Perforated aluminium  
sheet, teflon coated