

Mum's Mill Quick Bread Mix Gluten Free

Mum's Mill Quick Bread Mix includes yeast, making it easy to use for baking delicious gluten free breads, rolls, and pastries.

Ingredients: rice flour, potato starch, potato flakes, psyllium (*Plantago ovata*), yeast, dextrose, salt, E-464, E-491.

Nutritional Information per 100gms flour: Energy: 1389 kJ (335 kcal), protein: 6.1g, carbohydrates: 74.5g, fibre: 4g, fat: 0.6g (saturated fatty acid: 0.3g), sugar: 0.7g, salt: 1.3g

Basic Bread

To make **Basic Bread** simply add water, salt and some oil and mix well: use 500 gms Mum's Mill Quick Bread Mix, 500 ml warm (37°C/99°F) water, 1 level teaspoon salt, 10 gms oil. **Preparation:** Put 500gms Mum's Mill Quick Bread Mix into bowl. Add water, salt and oil and using a whisk (or dough hooks) mix all ingredients for 4 to 5 minutes. Place the dough in a prepared bread tin (10x28x8 cm). Cover with a damp cloth and leave in a warm place. Allow dough to rise for 20 minutes. Bake the bread on the centre shelf of a preheated oven 200°C/392°F/Gas Mark 6 for 40 minutes. Then take the bread out of the tin, and turn it upside down and continue baking for another 20 minutes. Remove and cool on a wire rack.

Pizza

Home-made Pizza couldn't be easier, and you can make and freeze Pizza bases for later use. To make one 28 cm Pizza base you will need 250 gms Mum's Mill Quick Bread Mix, 250 ml warm (37°C/99°F) water, 1 level teaspoon salt, 4 tablespoon oil, 1 egg; **For a basic topping:** 25 gms chopped canned tomatoes, half teaspoon basil, 100 gms mozzarella cheese. **Preparation:** Put 250 gms Mum's Mill Quick Bread Mix into a large bowl, add water, salt, oil and egg and using a whisk (or dough hooks) mix all ingredients for 4 to 5 minutes. Cover with a damp cloth and leave in a warm place. Allow dough to rise for 0.5 hour. Put the dough into a greased 28 cm/11 in pizza pan. Leave the dough for about 10 minutes to puff up while pre-heating the oven to 200°C/392°F/Gas Mark 6. Bake in the oven for 15 to 20 minutes or until the edges of the dough are slightly browned. Remove Pizza base from the oven, top with the tomato sauce, basil, cheese, and preferred toppings, and bake for a further three to five minutes until the cheese has melted. Serve immediately and enjoy!

Chelsea buns

For the buns: 300gms Mum's Mill Quick Bread Mix, 200ml milk, 100 gms butter, 1 egg yellow, 2 tablespoon sugar. For the filling: 100 gms brown sugar, 70 gms margarine, 2 teaspoon cinnamon, 120 gms dried mixed fruit; **For the glaze:** 2 teaspoon milk, 2 teaspoon sugar.

Method: Melt the butter in the milk, add sugar, and cool it (37°C/99°F). Put 300 gms Mum's Mill Quick Bread Mix into a bowl. Add the milk with the melted butter and the egg yellow. Using a whisk (or dough hooks) mix all ingredients for 4 to 5 mins. Cover bowl with a damp cloth and leave in a warm place. Allow dough to rise for 45 minutes. Knock the dough back to its original size and turn out onto a lightly floured work surface. Roll the dough out into two rectangles 2x30x30cm / 12x12in. Mix the brown sugar and the cinnamon with the melted butter/margarine and brush all over the dough. Sprinkle with dried fruit. Roll the dough up into a tight cylinder, cut 4cm / 1½in slice and place them onto a lightly greased baking sheet, leaving a little space between each slice. Set aside to rise for 30 minutes. Preheat oven to 190°C/375°F/Gas Mark 6. Bake for 25 to 30 minutes until risen and golden-brown. Meanwhile, prepare the glaze: heat the milk and sugar in a saucepan until boiling. Reduce heat and simmer for 2-3 minutes. Remove the buns from the oven and brush with the glaze, place Chelsea Buns on a wire rack to cool.

Foccacia

Basic Foccacia: use 200 gms Mum's Mill Quick Bread Mix, 200 ml warm (37°C/99°F) water, half level teaspoon salt, 5 tablespoon olive oil, 1 teaspoon dried rosemary, 40 gms chopped olives, 1 tablespoon olive oil for glazing.

Method: Put 200 gms Mum's Mill Quick Bread Mix into a bowl. Add water, salt, rosemary, olives and olive oil and using a whisk (or dough hooks) mix all ingredients for 4 to 5 minutes. Cover with a damp cloth and leave in a warm place. Allow dough to rise for 0.5 hour. Place the dough on to a greased baking sheet and press into required shape, 1 cm/0.4 in thick. When it is in the desired shape, drizzle with olive oil and then "dimple" the entire surface of the dough with your fingertips. Preheat oven to 190°C/375°F/Gas Mark 5. Bake for 20-25 minutes, until golden brown. Cool on a wire rack. (*Variations: add chopped Sun Dried Tomatoes for Tomato Foccacia; a selection of halved olives for Olive Foccacia; Rosemary with Olives; Olives with Sun Dried Tomatoes etc.*)

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