

### **TEFF & QUINOA BREAD...GF DF Low**

Gluten & Dairy free and Low Salicylate & Amine

Adapted from <http://tefftribe.com.au/recipes/best-teff-bread-ever/>

The bread is not complicated but it does take time as there is at least 2 hours of proofing and 70 minutes of cooking. You will need a warm spot in the house for proofing.

#### **Ingredients:**

- 14g yeast
- 460ml cold water
- 15g golden syrup
- 1 ½ tsp iodized salt
- 10g canola oil (or suitable oil)
- 1 egg white
- 70g brown rice flour
- 70g quinoa flakes
- 130g teff flour
- 40g corn or potato starch
- 20g psyllium husks



#### **METHOD**

- In a large bowl, stir together with a whisk the yeast, cold water, golden syrup, salt, oil and egg white.
- Add the rice flour, quinoa flakes, teff flour and starch. Continue stirring until all is combined and there are no clumps of mixture
- Now quickly whisk in the psyllium husks
- With a spatula, scrape the bottom of the bowl to ensure it is all mixed through and the dough is smooth.
- Cover the bowl with plastic wrap and leave in a warm place to rise for 1 ½ hours.
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#### **After this time has passed and the dough has expanded...**

- Heat the oven to 230°C.
- If you want to cook it in a loaf tin (as in the picture), line the base and sides of the tin now with baking paper.
- Sprinkle your bench top with some teff flour and take the dough from the bowl and place it in the flour
- You do not need to knead the dough, but rather form it into the shape you desire.
- Place the dough into the loaf tin with the smooth side up
- (You could free form it into a round or oval cob shape and place it on a tray lined with baking paper).
- Cover the bread with a cloth, place back in the warmth and let it prove for 30 minutes more.

**After 30 minutes**, sprinkle the top of the bread with a little teff flour

Place a small heat proof tin in the oven over the rack where the bread will be cooked. Pour about 1 cup of cold water into this tin and immediately place the bread in the oven and shut the door. The steam produced will help create a nice crust on the loaf.

- Turn the oven down to 220°C and cook for 70-75 minutes.
- When done, cool it on a wire rack
- Lovely eaten as toast with pear jam or poached eggs