

FAST ED'S GLUTEN-FREE BREAD



Makes 1 loaf

WHAT YOU'LL NEED

300g cornflour
50g potato starch
50g amaranth flour
30g psyllium husk
1 Tbsp caster sugar
1 tsp xanthan gum
7g dried yeast
1½ tsp fine salt
350ml water
80g yoghurt
50ml vegetable oil
2 tsp cider vinegar

METHOD

1. Preheat oven to 220°C. Combine the dry ingredients in one large bowl and the wet ingredients in a second, then incorporate together and mix thoroughly.
2. Form into a log shape and place into an oiled medium loaf pan. Set aside for 2 hours, until doubled in size, then bake for 45 minutes, until deep-golden. Cool on a wire rack

**RAISE
DOUGH**