

First Recipe Of 2021: Gluten-Free And Vegan Lingonberry Bread

Ingredients:

Difficulty: Easy
(makes 1 round bread)

Printable PDF-recipe (no photos)

2 dl + 2 tbsp (or 1 cup minus 2 tbsp or 150 gr.) teff flour
2.5 dl (or 1 cup or 125 gr.) oat flour*
2 tbsp psyllium husk
1 tsp xanthan gum
1.5 tsp salt
1 dl + 2 tbsp (or 1/2 cup + 2 tsp or 50 gr.) rolled oats
3 dl (or 1 cup + 3 tbsp + 1 tsp or 300 gr.) warm water (not so hot)
20 gr. fresh yeast
1/2 dl (or 3 tbsp + 1 tsp or 60 gr.) dark syrup**
100 + 50 gr. lingonberries, divided (I used fresh)

extra teff flour to spread on baking paper and the bread

*Make sure the oat-related ingredients are gluten-free if you're following that diet.

**Can be replaced with molasses.

Instructions:

1. In a medium bowl, put the first 6 ingredients and whisk a little. Set aside.
2. In a larger bowl, put warm water, fresh yeast and dark syrup (or molasses) and whisk well.
3. Add 100 gr. of lingonberries into the dry ingredients mixture from step 1 and mix.
4. Add flour mixture into the water mixture and fold gently so that the berries don't turn into a mush.
5. Add remaining 50 gr. of lingonberries and gently fold the dough into a bowl shape using your spatula. Cover the bowl with a stretch film and let it sit in a warm place for 2 hours.
6. Preheat the oven to 225C. Put a baking paper on a baking tray.
7. Uncover the bread dough. Spread some teff flour on the baking paper. Put the bread dough on the paper, shaping it into a nice round bread form. Spread a little more teff flour on top of the dough. Put in the medium part of the oven and bake for about 50 min to 1 hour, until the top gets thick and crusty and you get a hollow sound when you tap the bread. Before you slice the bread, let it cool completely to room temperature on a wire rack. The bread tastes delicious on the day it's baked, but leftovers taste great too - but don't forget to cover it well. Enjoy!