

## Gluten-Free Thursday: Toast Bread With Poppy Seeds

### Ingredients:

Difficulty: Easy

(makes 1 loaf in a 240x80x55mm baking mould)

Printable PDF-recipe (no photos)

2 dl (or 3/4 cup + 4 tsp or 150 gr) rice flour (in Finnish: riisijauho)

2 dl (or 3/4 cup + 4 tsp or 150 gr) potato flour (in Finnish: perunajauho)

1/2 dl + 2 tbsp (or 1/3 cup or 50 gr) cornflour (in Finnish: maissijauho)

2 tsp salt

3.5 dl (or 1 1/2 cups minus 2 tsp or 350 gr) hot warm (NOT boiling, just hot to touch)

3 tsp (or 10 gr) active dry yeast

1 tsp (or 5 gr) granulated white sugar

1 egg white

1/2 dl + 2.5 tsp (or 1/3 cup + 1/2 tsp or 50 gr) vegetable oil (I used rapeseed oil)

3 tsp (or 10 gr) psyllium husk

2.5 tsp (or 10 gr) xanthan gum

generous amount of poppy seeds to cover all the surface of the bread

vegetable oil to grease the mould

### Instructions:

1. In a medium bowl, put rice flour, potato flour, cornflour, salt, and whisk. Put aside.
2. In a mixing bowl, put hot water, yeast and sugar and mix slightly with a fork. Let the mixture stand for 10 minutes so that the yeast activates (you will see foam forming on the water's surface).
3. Add egg white and oil and whisk for 5 minutes at medium speed.
4. Add flour mixture and continue to whisk for 3-4 minutes until all the dry ingredients are mixed well with wet ingredients.
5. Add psyllium husk and xanthan gum and continue whisking until you have a well-mixed dough. If needed, scrape the sides with a spatula.
6. Grease your baking mould generously with some vegetable oil and transfer the dough into the mould. Flatten the surface of the dough using a spatula and cover the surface well with poppy seeds. Cover the mould with a stretch film and let it rise for about 1 hour.
7. Preheat the oven to 200C.
8. Put the stretch film covering the mould away. Put the bread in the medium part of the oven and bake for about 45-50 minutes until you have a nicely browned surface and a toothpick inserted in the middle comes out clean. Let the bread cool entirely on a wire rack after baking before slicing it to eat. Enjoy!