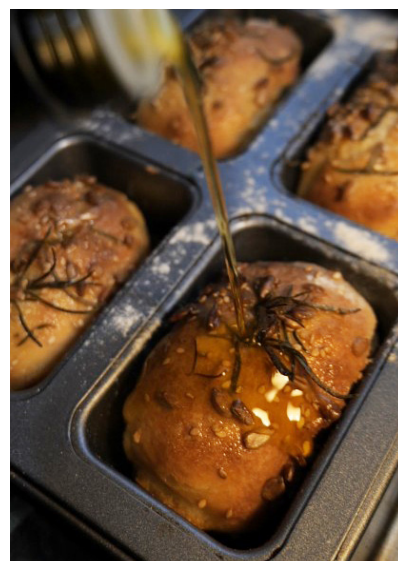


**Gluten Free
Bread
with Kefir**

Essential
Organic
Extra Virgin
Olive Oil

Spanish
Cold-Pressed
500ml e





1. Add the flour and salt into your mixing bowl. Fit the K mixer tool (dough hook) to your mixer and set it to a slow setting. Make a small well in the middle of the mix, add yeast and 1tbsp of oil, and stir together for 2 minutes.
2. Fold in the kefir slowly until it's a sticky wet dough consistency. Then with wet hands knead into a large dough ball.
3. Cover the bowl with a tea towel and leave in a cosy 22°C to 25°C temperature, away from any drafts, for 8 hours/overnight. The longer you leave it the more sour the bread will be and the longer the mix ferments.
4. Check to see if your dough has risen overnight. Pour water into the baking tray in the oven and then pre-heat to 220°C for 5 minutes.
5. Grease a medium bread tin or mini bun trays with the remaining 1tbsp oil. Place in the oven to heat up the oil for 2 minutes. Take out the tray and put the proved dough into the bread tin or separate into small dough balls.
6. Sprinkle evenly with fresh rosemary needles, seeds and coarse sea salt. Dust over a thin layer of rice flour, to give the bread a golden crunchy crust. Pop tray into oven and top up the tray of water, this will make sure the bread stays moist.
7. Bake for 25 -30 minutes on a reduced temperature of 200°C. Remove when baked, adding a drizzle of oil on top, and leave to rest for 5 minutes until ready to tear open. Delicious dipped in a Shakshouka or our Essential Soups!

An easy recipe for a golden brown fluffy Gluten Free Sour Bread. Quick and easy to pull together and a great start to your day, introducing probiotics from the fermented kefir to improve your gut health and digestion.



Prep 10 mins
Resting 8hrs
Bake 25-30 mins
Serves 2 - 4

Ingredients:

- 240g Yeo Valley Organic Kefir Natural
- 250g Gluten Free Bread Flour
- 10g Rice Flour for Dusting
- 1 tsp Fine Salt
- 5g Quick Dry Yeast
- 2 tbsp Essential Olive Oil
- 10g Sunflower and Sesame Seeds
- Sprigs of rosemary, for garnish