

# French Cuisine

MADE SIMPLE

## Homemade GF French Buckwheat Bread

*Pain de sarrasin fait maison*

Gluten-free

 15-20 slices    60 mins prep time    1 hr 45 mins total time    Average

### INGREDIENTS

- 2.5 tsp (8 g) baking yeast
- 50 mL (50 g) of warm water part 1
- 1 tsp sugar
- 2 cups (280 g) of buckwheat flour
- $\frac{3}{4}$  cups (70 g) of potato flour
- $\frac{2}{3}$  cups (70 g) Maizina (corn starch, easily found in the grocery store)
- 450 mL (450 g) of warm water part 2
- $\frac{1}{3}$  cup (24 g) of psyllium husks (found in CVS, Walmart, or online)
- $\frac{3}{4}$  tsp of salt



## DIRECTIONS

1. Part 1: Bread can be fragile to make so to avoid error it is very important to follow the measurements exactly. Whisk with a fork the baker's yeast and 50 mL of warm water together in a small bowl. Leave this rest for 25-30 minutes in a warm area until the mixture begins to rise a bit and get thicker.
2. Part 2: Mix all of the remaining ingredients together in a separate bowl.
3. Next add the yeast mixture to this bowl and mix with an electric beater for 5 minutes. The dough will not look like typical dough but be more like a thick cake mix.
4. Prepare a non-stick bread pan, oil it well, or line it with parchment paper.
5. Transfer the dough into the bread pan.
6. Let the bread sit in a warm sunny place in order for it to rise. This could take 20 minutes or more.
7. Preheat the oven to 460°F (240°C).
8. To add some decoration to the bread put some buckwheat flour in a tea ball and sprinkle the flour over the top of the bread.
9. Take a non-serrated knife and put a few diagonal lines on the very top of the bread.
10. When the oven temperature is ready, gently put the bread in the oven on mid/bottom rack.
11. Set your timer as it will cook for 45 minutes. When it is done, carefully remove the bread from the pan and place on a drying rack.



12. Once it is completely cooled down, store the bread in a zip-lock bag or a sealed container. Add a paper towel around the bread to absorb any moisture during storage. It is best to keep the bread in the refrigerator as gluten free bread tends to mold quickly. If you follow the advice given about persevering the bread properly, then it should last a week.

Bon Appetit!  
Emilie Anne

