

# Gluten- and Lactose-free White Bread with Dried Onions



## Recipe

<b>KOMPLET Gluten- and Lactose-free Flour</b>	1,000 kg
Vegetable Oil	0,100 kg
Fresh Yeast /Dry Yeast	0,060 kg / 0,020 kg
Salt	0,030 kg
Dried Onions	0,150 kg
Water	1,100 kg

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Total weight 2,440 kg

Yield 4 pieces

### Process:

Make the dough with all the ingredients (using a flat beater)

### Mixing time:

approx. 3 minutes on  
first speed  
approx. 3 minutes on  
medium speed

**Dough temperature:** approx. 30 °C  
**Scaling weight:** 600 g dough pieces  
(tins of: 19 cm x 8 cm x 7 cm)

Do not rest the dough! Scale at 600 g and place the dough with wet hands into the baking tins.

**Proving time:** approx. 40 minutes  
(35 °C and 75 % humidity)

**Baking temperature:** approx. 230 °C,  
falling to 200 °C

**Baking time:** 45 minutes (bake with steam)

### Master Tip:

IF YOU REQUIRE A BREAD WITH A HIGHER VOLUME,  
ADD 4 EGGS PER KG KOMPLET Gluten- and  
Lactose-free Flour.

*Bake the best with something good!*