

CONTENTS

SECTION

01

Using Psyllium Husk

SECTION

02

Getting Bread to Rise

SECTION

03

Storing Bread Properly





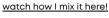




using PSYLLIUM HUSK

HUSK VS. POWDER

For the record, I prefer to use psyllium husk whole vs. using psyllium husk powder.



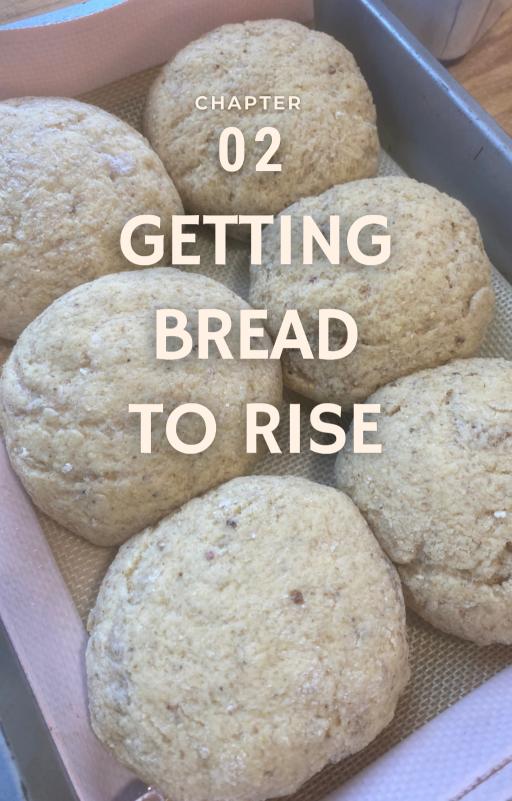


The powder is going to be more finely broken down, so if you're using a recipe that calls for whole husk, you will decrease the ammount needed to about 80-85% of what the whole husk recipe calls for.

A good rule of thumb:

1 CUP OF HUSK = .85 CUPS OF POWDER





BREAD TO RISE

PROOFING

Understanding what goes into getting bread to proof will help you make better bread!

The warmer the environment, the better your bread will proof. The sweet spot is 72-80 degrees. For this reason, in the winter, I will set an oven to 100 degrees and turn it off allowing the bread to proof in a warmer space. You can also do this with your yeast to activate it before adding it to the other ingredients.

Dough fermentation requires a relative humidity of at least 75%.

making a loaf:



oven proofing hack:







BREAD PROPERLY

STORAGE

Counter: Fresh gluten free bread can be stored in a bread box on the counter for 3 days. This will keep it light, fluffy and fresh.

Fridge: After 3 days, move it to the fridge in an air tight container. Once in the fridge, the bread will get harder - but, it bounces back well when you heat it up (I usually toast it or heat at 350 for 7-10 minutes).

Freezer: You can also store the bread in the freezer. I suggest pre-slicing the bread first so that you can take individual slices out or have it ready when it thaws!





Gluten Free Bread Recipes

Needing tried and true gluten free bread recipes that will leave you saying "there's NO WAY this is gluten free?"



GRAB YOUR COPY OF TGFK COOKBOOK