



Gluten free bread is more like chemistry than baking to get it right. Gluten and Dairy free Bread feels like you've actually lost the plot and are messing with the Occult / Alchemy.

But it worked. We'll need to adjust the recipe slightly for our taste. More Salt and slightly less Honey next time. But the slightly sweet overall taste worked really well for Prawn Toast. Certainly the best version we've ever eating at home or in a restaurant.

Prawn Toast.

Ingredients:-

150g of Raw Prawns
1 Tsp of Ginger, grated
2 Cloves of Garlic, minced
1 Egg White
2 Spring Onions, chopped
1 Tsp of Soy Sauce (Gluten free for us)
¼ Tsp of ground White Pepper
¼ Tsp of Salt
3 Slices of Gluten free White Bread, cut into triangles (Gluten free for us ? See recipe below)
6 Tbsp of Sesame Seeds
Oil to fry

Method:-

(1) Add the Prawns, Ginger, Garlic, Egg White, Spring Onions, Soy Sauce, Salt, white Pepper

together and blitz to a smooth paste.

- (2) Spread the paste generously on one side of the Bread.
- (3) Dip each triangle of bread in the Sesame Seeds, paste side down.
- (4) Heat Oil and fry paste side up for 1 to 2 minutes.
- (5) Flip over and fry until the paste is golden brown.
- (6) Drain on kitchen paper.

The flavour enhances as they cook, so these are probably best served at room temperature as a side. They were really good. Certainly a recipe we will repeat next time we do an Asian dish.

For the Gluten free / Milk free Bread:-

Ingredients:-

335ml of Almond Milk, unsweetened
35g of Dairy free Margarine
2 Eggs, beaten
1 Tsp of Apple Cider Vinegar
400g of Plain Flour (Gluten free here)
120ml of liquid Honey
1 Tsp of Salt
1 ½ Tsp of Xanthan Gum
1 ¾ Tsp of Instant Yeast

Method:-

- (1) Add all the wet ingredients to your Bread machine.
- (2) Add all the dry ingredients excluding the Yeast.
- (3) Make a small well in the top and add the Yeast.
- (4) Bake on the Gluten free setting (It's No.9 on our machine)
- (5) Remove and allow to cool on a wire rack.