

## Rice Bread Rolls



### Rice Bread Rolls (9 pcs)

450 g water  
FiberHUSK® :  
1 level tbsp (15 ml) + 1 level tsp (5 ml)  
330 g rice flour  
100 g corn starch  
40 g oil  
25 g caster sugar  
20 g fresh yeast (or 2½ tsp. dry yeast)  
1 tsp salt  
½ tsp ground fennel

The dough should be mixed in a food mixer. Heat the water to lukewarm and mix with FiberHUSK® in the mixing bowl. Stir for 5 min. so FiberHUSK® forms a gel. Weigh the different flours, oil, caster sugar, crumbled yeast and spices in a bowl. Add the weighed ingredients to the FiberHUSK® mixture in the mixing bowl and stir the dough for 15 min. Cover the mixing bowl with cling film and leave to rise for 30 min. in a warm place (28°C/82°F). Rub your hands in oil before handling the dough. Beat the dough in the mixing bowl and turn it out on the table surface.

Divide the dough into 3 equal portions and roll them into sausages. Cut the sausages in 3 equal pieces and place them on a bread roll tray. Cover the tray with a slightly damp tea towel and leave to rise in a warm place (28° C/82° F) for ca. 45 min. Brush with beaten egg.



**Bake in a preheated oven at 250°C/480°F for 15 min.**

## Chocolate Cake



### Chocolate Cake

100 g hazel nuts  
100 g plain dark chocolate  
150 g egg  
160 g caster sugar  
80 g oil  
100 g double cream  
150 g buckwheat flour  
50 g corn starch  
20 g cocoa  
FiberHUSK® :  
1 level tbsp (15 ml)  
1 tsp vanilla sugar  
1 tsp baking powder  
½ tsp salt

**Decoration:** 2 tbsp icing sugar

Crush the hazelnuts coarsely: fill the hazelnuts into a plastic bag and crush them with a hammer. Chop the chocolate coarsely. Whisk egg and caster sugar until stiff. Mix oil and double cream and slowly stir into the egg. Mix hazelnuts, chocolate, flour, cocoa, FiberHUSK®, vanilla sugar, baking powder and salt in a separate bowl and mix well, before folding it into the eggs. Grease a non-stick cake tin (1.7 l/ 3 pt) with butter or margarine; flour with a little buckwheat flour and pour the cake mixture into the tin.

**Bake in a preheated oven at 175°C/350°F for 40-50 min.**

Leave the cake to set in the tin for 5 min. before turning onto a wire rack. Leave it to cool and decorate before serving: sift the icing sugar over the cake.

## Cinnamon Danish

### Cinnamon Danish (24 pcs)

**Dough:**  
450 g low-fat milk  
FiberHUSK® :  
1 level tbsp (15 ml) + 2 tsp (10 ml)  
450 g rice flour  
200 g corn starch  
100 g soft butter or margarine  
90 g caster sugar  
25 g fresh yeast (or ¾ tsp dry yeast)  
½ tsp ground coriander  
120 g egg

**Filling:**  
75 g soft butter  
100 g caster sugar  
3 tbsp ground cinnamon

The dough should be mixed in a food mixer. Heat the milk to lukewarm and mix with FiberHUSK® in the mixing bowl. Stir for 5 min. so FiberHUSK® forms a gel. Weigh the different flours, butter, caster sugar, crumbled yeast and coriander in a separate bowl. Stir the egg into the FiberHUSK® mixture and add the weighed ingredients. Beat for 15 min. Mix cinnamon and sugar in a small bowl. Rub your hands in oil before handling the dough and turn it on to the table. Sprinkle corn starch on the table surface. Divide the dough into two portions and form each piece into a long sausage. Roll out each sausage with a rolling pin to a ½-1 cm thick square. Spread the butter evenly over the squares and sprinkle with cinnamon/sugar. Roll each square into a roll. Cut the rolls into 24 pcs and place them on a baking tray with baking paper.

Cover the tray with a slightly damp tea towel and leave to rise in a warm place (28°C/82°F) for about 1 hour. Brush the cinnamon Danish with beaten egg. **Bake in a preheated oven at 250°C/480°F for 10-15 min.**

**Decoration:** Icing made with water.





### Natural gluten-free baking with FiberHUSK®

It takes great accuracy and excellent kitchen tools to achieve a good result when baking gluten-free. Yeast dough and natural sour dough must be beaten for a long time (up to 20 minutes) in order to avoid the bread crumbling. A stand-mounted food mixer with a 4 litre (ca. 8½ pint) mixing bowl, which can work independently, is a necessity.

For all recipes applies that the ingredients must be measured and weighed accurately and an electronic weight measuring from 5 - 2000 g is therefore necessary. Accurate measuring spoons, which measure 1 tsp= 5 ml and 1 tbsp = 15 ml, are also necessary since FiberHUSK® must be measured in spoons to be accurate enough. This is essential to the rising quality of the dough and the consistency of bread and cakes. Fluids in the recipes must be weighed accurately, as some measuring cups and jugs can be inaccurate. If too little fluid is added to the dough, it will not rise properly. If the dough is too wet, it becomes too heavy and rolls and buns will not rise sufficiently and become very flat.

Bread and cakes made with yeast require the best conditions when rising, i.e. ca. 28°C/82°F and some humidity. If you do not have a cooker with a thermostatic warming drawer, you can achieve a good rising temperature in the oven by turning on the oven light and closing the oven door. Bread and cakes can be brushed with a little oil, before they are covered with a slightly damp tea towel. This way the dough will not stick to the tea towel during the rising process. Buns, rolls and cakes get the best colour if they are placed in the top of the oven and are not baked in a convection oven.

FiberHUSK® is a water soluble fibre product made from pulverized Psyllium husks from the Indian plant *Plantago ovata* Forsk. The fibres consist of water soluble hemicellulose, pectin, pentose and hexose.

FiberHUSK® makes natural gluten-free bread moister and improves the rising ability of dough made with natural gluten free flour; the consistency of bread and cakes also improves and they do not crumble so easily.



### HUSK PRODUCTS

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## Natural gluten-free baking with



### RECIPES FOR BREAD AND CAKES



By clinical dietician Turid Nagelhus