

Greek bread, gluten-free

B005-07.24

PEKTOS Beet Fiber BF 5 C

	[g or ml]	approx. [%]
Gluten-free flour mix	500	38.6
Water (quantity depends on flour blend and required dough firmness)	300	23.2
PEKTOS Beet Fiber BF 5 C	30	2.3
Olive oil	50	3.9
Salt	10	0.8
Sugar	25	1.9
1 Whole egg, slightly beaten	60	4.6
Green olives, chopped	200	15.4
Feta, pieces	100	7.7
Fresh herbs 1tbsp	5	0.4
Instant dry yeast	15	1.2
TOTAL approx.	1,295	100.00

Process:

1. Add all dry ingredients in dough mixer and mix together.
2. Add water, oil and egg.
3. Mix thoroughly for about 4 - 5 minutes to a smooth dough.
4. Dough proof for 30 minutes.
5. Take out onto a floured benchtop, add olives, feta and herbs, and work them gently into the dough.
6. Divide into 2 pieces. Form into flat, long loaves and place them on a tray lined with baking paper.
7. Let rise in a warm place for approximately 30 minutes or until double in size.
8. Brush with water.
9. Bake in a preheated oven at 200°C for approx. 15 minutes.



B005-07.24, Greek bread, gluten-free, Beet Fiber BF 5 C.docx

The described formulation serves as a recommendation and was developed and tested in the laboratory of the PEKTOS AG. Since the product preparation can vary a lot between customers, we do not guarantee the applicability of this information or the suitability of our products in each situation. Sometimes, it may be necessary to adapt instructions. Compliance with the food law is the responsibility of the customer.