Rye and Caraway Bread
Rye and Caraway Bread

Prep: 20 mins/ Cook: 50 mins/ Stand: 2 hrs

Makes: 1 loaf

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement/Description</th>
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</thead>
<tbody>
<tr>
<td>2 1/2 cups (350g) bread flour, divided</td>
<td>1 tbsp fennel seeds</td>
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<tr>
<td>2 cups (250g) dark rye flour</td>
<td>2 tsp caraway seeds</td>
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<tr>
<td>2 tsp instant dried yeast</td>
<td>2 tbsp (50g) molasses</td>
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<tr>
<td>2 tsp kosher salt</td>
<td>1 1/8 cups (400ml) warm water</td>
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Method

1. Place 1 1/2 cups (250g) bread flour, rye flour, yeast, salt, seeds and molasses in the bowl of a bench mixer. Using the dough hook, mix on low speed to combine. Add the warm water and mix until the dough starts coming together.

2. Add the remaining flour and knead on medium speed for 10 minutes or until the dough is smooth and elastic.

3. Cover the bowl with plastic wrap and let the dough proof in a warm, draft-free place for 1 hour or until doubled in size.

4. Flour a 10-inch x 6-inch oval or 9-inch round proofing basket. If you don’t have a proofing basket, flour a baking tray.

5. Turn the dough out onto a lightly floured surface and roll into a tight ball then shape into a 8-inch log. Place the dough into the floured basket or on the baking tray. Loosely cover with plastic wrap and let the dough proof in a warm, draft-free place for 1 hour or until the dough rises to the top of the basket.

6. Place the wire rack in position 3.

7. Set the oven to BAKE > 350°F > CONVECTION > 50 MINUTES to preheat.

8. If using a proofing basket, flour a baking tray and gently turn the dough out onto the floured tray.

9. Once preheated, place the dough in the oven and cook until golden brown and sounds hollow when the base is tapped.

10. Cool bread on a wire rack.
Banana Bread
**Banana Bread**

**Prep:** 20 mins / **Cook:** 1 hour 20 mins / **Stand:** 10 mins

**Makes:** 1 loaf

<table>
<thead>
<tr>
<th>1½ cups (340g) mashed banana (See Note)</th>
<th>⅛ cup (80ml) milk</th>
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<tbody>
<tr>
<td>1 cup (200g) light brown sugar</td>
<td>1¼ cups (255g) all-purpose flour</td>
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<tr>
<td>3 eggs, lightly beaten</td>
<td>1 tbsp baking powder</td>
</tr>
<tr>
<td>½ cup (80ml) grapeseed oil</td>
<td>½ tsp kosher salt</td>
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</tbody>
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### Method

1. Grease and line a 8½-inch x 4½-inch, 2½-inch deep loaf pan with parchment paper.
2. Place the mashed banana, sugar, eggs, oil and milk in a large bowl and whisk to combine.
3. Sift the flour, baking powder and salt. Add the dry ingredients to the banana mixture and stir to combine.
4. Place the wire rack in position 3.
5. Set the oven to BAKE > 325°F > CONVECTION > 1 HOUR 20 MINUTES to preheat.
6. Pour the batter into the prepared pan.
7. Once preheated, place the loaf in the oven and cook until a skewer inserted into the center comes out clean.
8. Stand the bread in the pan for 10 minutes before turning onto a wire rack to cool.

**Note:**
You will need about 3 large overripe bananas.
Buttermilk Bread
Buttermilk Bread

Prep: 20 mins/ Cook: 40 mins/ Stand: 2 hrs
Makes: 1 loaf

| 1/2 cup (160ml) buttermilk | 1 tbsp sugar |
| 1/2 cup (80ml) warm water | 2 tsp instant dried yeast |
| 2 cups (300g) bread flour, plus extra for dusting | 1 tbsp unsalted butter, at room temperature, plus extra to grease |
| 2 tsp kosher salt | |

Method

1. Combine the buttermilk and the warm water in a bowl. Place the flour, salt, sugar and yeast in the bowl of a bench mixer. Using the dough hook, mix on low speed to combine.

2. Slowly add the buttermilk mixture and knead on medium speed for 7 minutes or until the dough is smooth and elastic.

3. Add the butter and continue kneading until the butter is worked into the dough.

4. Cover the bowl with plastic wrap and let the dough proof in a warm, draft-free place for 1 hour or until doubled in size.

5. Grease a 9-inch x 5-inch loaf pan with butter and coat with flour, shaking out the excess flour.

6. Turn the dough out onto a lightly floured surface and knead until smooth. Shape the dough into an 8-inch log and place into the pan. Loosely cover with plastic wrap and let the dough proof in a warm, draft-free place for 1 hour or until it rises to just above the pan.

7. Place the wire rack in position 3.

8. Set the oven to BAKE > 350°F > CONVECTION > 40 MINUTES to preheat.

9. Carefully remove the plastic wrap. Place the extra flour in a sieve and lightly dust the loaf with flour.

10. Once preheated, place the loaf in the oven and cook until golden brown.

11. Cool in the pan for 10 minutes before turning onto a wire rack.
Gluten Free Bread
Gluten Free Bread

Prep: 20 mins / Cook: 50 mins / Stand: 2 hrs
Makes: 1 loaf

¼ cup (60ml) olive oil, plus extra for brushing
2 tsp xanthan gum

¾ cup (160ml) almond milk
2 tsp kosher salt

¾ cup (180ml) warm water
1 tbsp instant dried yeast

2 tsp malt vinegar
¾ cup (45g) mixed seeds (flaxseed, chia, fennel, poppy, sesame)

2½ cups (375g) gluten-free all-purpose flour
1 tbsp honey

¼ cup (25g) psyllium husk

Method

1. Combine the oil, almond milk, warm water and vinegar in a jug and whisk together.

2. Place the flour, psyllium husk, xanthan gum, salt, yeast, seeds and honey in the bowl of a bench mixer. Using the dough hook, mix on medium speed to combine.

3. Slowly add the milk mixture and knead for 10 minutes.

4. Line the pizza pan with parchment paper.

5. Turn the dough out onto a lightly floured surface and shape into a ball. Place the dough onto the lined tray. Cover loosely with plastic wrap and place in a warm, draft-free place for 1-2 hours or until it starts to crack.

6. Place the wire rack in position 3.

7. Set the oven to BAKE > 350°F > CONVECTION > 50 MINUTES to preheat.

8. Remove the plastic wrap and brush the loaf with extra oil.

9. Once preheated, place the loaf in the oven and cook until golden brown.

10. Cool bread on a wire rack.
Raspberry, Apple and Coconut Muffins
Raspberry, Apple and Coconut Muffins

Prep: 20 mins/ Cook: 17 mins per tray

Makes: 12 muffins

| 1 cup (90g) old fashioned oats | ⅜ cup (120g) honey |
| 2¼ cups (360g) whole wheat all-purpose flour | ⅜ cup (65g) light brown sugar |
| 1 tsp ground cinnamon | 1 tsp vanilla bean paste |
| 2½ tsp baking powder | 250g fresh or frozen raspberries |
| 2 cups (480ml) buttermilk | 1 red apple, cored, cut into ¼-inch pieces |
| 3 eggs | ⅛ cup (25g) shredded coconut |
| ⅛ cup (80ml) grapeseed oil |

Method

1. Combine the oats, flour, cinnamon and baking powder in a large bowl.
2. Place the buttermilk, eggs, oil, honey, sugar and vanilla in a separate bowl and whisk together.
3. Fold the egg mixture into the dry ingredients until just combined.
4. Fold through the raspberries, apple and coconut.
5. Place the wire rack in position 3.
6. Set the oven to BAKE > 350°F > CONVECTION > 17 MINUTES to preheat.
7. Line a standard 6-cup muffin pan with paper liners. Divide half the batter among the prepared muffins cups.
8. Once preheated, place the muffins in the oven and cook for 17 minutes or until a skewer inserted into the center comes out clean.
9. Repeat with the remaining batter.