

Gluten Free Thursday: Loaf Bread With Dried Fruits And Going Nuts!

Ingredients:

Difficulty: Easy

(makes 1 loaf, size approx. 9x23cm)

5 dl (or 2 cups) milk (use non-dairy milk to make it vegan)
3 tbsp (or 50 gr) dark (cane) syrup (or molasses or treacle)
1 dl + 2 tbsp (or 100 gr) buckwheat flour (in Finnish: tattarijauho)
2 dl (or 100 gr) gluten free oat flour (in Finnish: kaurajauho)
1/2 dl + 2 tsp (or 25 gr) buckwheat flakes (in Finnish: tattarihiutale)
2 tsp salt
1 tsp fennel seeds, lightly toasted
1 tsp cumin seeds, lightly toasted
3 tbsp (or 15 gr) psyllium husk
1 tsp baking soda
50 gr. dried figs, roughly chopped in 3 to 4 pieces
50 gr. dried plums, roughly chopped in 3 to 4 pieces
50 gr. dried apricots, roughly chopped in 3 to 4 pieces
50 gr. walnuts, roughly chopped

butter (or vegan butter or vegetable oil) to grease the pan

Instructions:

1. Preheat the oven to 200C. Grease the loaf pan and cover base and at least 2 sides with a baking paper.
2. In a big bowl, put milk and syrup and whisk well.
3. Add the ingredients in the list above from buckwheat flour to baking soda. Whisk well. Let the mixture sit for 5 minutes so that it thickens a bit.
4. Fold dried figs, plums, apricots and walnuts gently into the batter.
5. Pour the batter into the loaf pan. Smoothen the surface with a spatula if needed. Put in the oven, in medium rack and bake for about 45-50 minutes, or until a toothpick inserted in the middle comes out clean. When ready, take out of the oven and let it cool in the pan for at least 30 minutes. After that, take it out of the pan gently and let it cool completely for a few hours, preferably on a wire rack. You can also let it sit (covered with a clean kitchen cloth) overnight. When ready, slice and enjoy with anything you want!