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Middletons Gluten Free White Bread and Pizza Base Mix - Information

A Gluten Free White Bread and Pizza Mix

TFS Product Code: 025931
Suppliers Product Code: U003A
Information Last Updated: 29/11/2022
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	333.00
Energy (kJ)	1416.00
Protein (g)	4.50
Carb (g)	78.00
Of Which Sugars (g)	4.70
Fat (g)	0.60
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	1.60

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Rice Flour, Tapioca Starch, Cornflour, Fibre (Psyllium Husk), Sugar, Buckwheat Flour, Emulsifier (E491), Thickener (Xanthan Gum), Salt, Dried Yeast, Stabiliser (Hydroxypropyl Methylcellulose).

Handling Information

Directions for Use

Yield: Gluten Free White Bread and Pizza Mix: 1kg Water: 821g (ml) Vegetable Oil: 107g TOTAL: 1.968kg 1. Add the dry mix to a mixing bowl. 2. In a separate container mix the water with the oil. 3. Add the liquids to the dry mix on a slow speed for 3 minutes using a dough hook attachment. 4. Scrape down and mix for a further 3 minutes on medium speed. 5. Remove the dough from the bowl and knead into a large ball. 6. The dough will appear sticky initially but once kneaded using rice flour, will become more manageable. WHITE BREAD Baking times will vary depending upon the equipment and loaf size/ weight. For Rolls: Portion @ 135g, knead and then roll into an even log about 135mm long, place onto a baking tray (a perforated fluted tray is best to hold the shape). For Bread: Portion @ 500g knead and then roll into an even log about 140mm long, place into a small (400g) greased loaf tin. Spray/sprinkle rolls/loaves with water and cover with cling film, or cover with a clean damp cloth and leave to prove in a warm place for approximately 60 minutes, or until double in size. Bake in a pre-heated oven at 220°C/425°F/ Gas Mark 7 for 40 minutes for loaves or 30 minutes for rolls. Alternatively, bake in a combination oven on steam/bake setting for 30 minutes at 175°C and then bake setting for 10 minutes at 190°C for loaves or steam/bake setting for 20 minutes at 175°C and then bake setting for 10 minutes at 190°C for rolls. PIZZA Baking times will vary depending upon equipment and pizza depth. Scale dough at 300g and knead into a ball. Roll out until

Storage Instructions

Store in a cool dry place.

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