

Gluten Free, Vegan Savoury Bread Rolls



I like bread rolls - maybe it's because I find them easier to bake...These are, as always, vegan and gluten free too. I need to bake without egg and milk for Molly, and without gluten for me. This means I spend a lot of time in the kitchen experimenting..cough..not always with success. But these are nice, very crunchy on the outside, soft in the middle. The recipe works for rolls and bread sticks (they're soft in the middle - I suspect if I cooked them for longer they'd be crunchy all the way through but that will need to wait for another day). Do experiment and let me know how you get on.

I've gone for Rosemary with Sea Salt as it's a herb Molly can have, and olives as they are one of her favourite food items! Next time I'm going to add some Violife cheese and see how we get on.

Free From: Gluten, Dairy, Soya, Egg

Ingredients

3 1/2 cups Dove's Farm Gluten Free Bread Flour

1/3 cup tapioca flour

3 tablespoons ground flax seeds

1/4 cup, plus 1 tablespoon olive oil

2 1/2 teaspoons sea salt

2 tablespoons agarve nectar (you can use honey)

1 teaspoon egg replacer or 1 egg

2 cups warm water

2 1/2 teaspoons dry active yeast (NOT instant yeast...yes I'm shouting)

1/4 cup chopped olives, 4 tablespoons chopped Rosemary, 2 tablespoons sea salt

Method

Mix flours, flax, yeast, salt and egg replacer in a bowl. If you are using egg then mix the dry ingredients first and then add the egg and briefly mix again.

Pour the olive oil and agarve nectar into the dry ingredients. Mix briefly then start adding the water slowly. Mix for 3 to 4 minutes to get air into the batter. The batter should be quite wet.

Put the dough into a greased bowl, cover with plastic wrap and leave in a warm place for an hour (I put the bottom oven on low and then put the bowl in the top oven).

Your dough should have expanded after an hour quite a bit (double in size). Put some GF flour on a board, empty the dough onto the board and kneed it until it is no longer sticky. Dust with a bit more flour if needed to get rid of any final stickiness.

I then grab a handful of dough, roll it like a sausage in your hands, then drop Rosemary or olives onto the dough, fold over and roll briefly again. Take your sausage shaped dough and cross the ends over to make a roll, or using your hands roll it out on the board until it's..well..a bread stick shape.

If you are doing rolls now add chopped rosemary and salt to the top. Do press it down a bit or it just falls off after they are cooked. If you are doing bread sticks then sprinkle the board with the herb you are using and roll them in it.

Put your bread sticks, or rolls onto a lightly greased baking tray and leave to rise again for 30 minutes in a warm place.

Preheat the oven to 200° C

Bake rolls for 20-25 minutes, bread sticks for 10-15 depending on your oven.

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