

FATE TIGER BREAD

Ingredients

- 500g Fate Low Protein All-Purpose Mix
 - 1 sachet yeast (enclosed with the Fate Mix)
 - 2 tsp salt
 - 120mls oil, or 50mls for the lower fat version
 - 2–3 drops suitable browning
 - 450mls warm water
 - Extra Fate All-Purpose to shape
- For the Tiger topping:
- 2tbsp light soy sauce
 - 2 ½ tsp tomato puree
 - ¼ tsp caster sugar
- Pre-heat the oven Gas 6 200°C 400°F



Method

1. Make bread by hand using the Fate basic bread recipe (see previous bread recipes if you are unsure how). You can make the bread in any shape you want – bread rolls, baguettes, continental style loaves etc– just follow the basic recipe, then shape how required.
2. The bread should be placed on a greased baking tray. When finished with the mixture, place the baking tray into a large polythene bag and tie the ends up, trapping enough air so that the polythene is lifted well above the bread.
3. Leave the bread in a warm place for the bread to prove. It should rise to almost double in size.
4. Whilst you are waiting for the bread to prove you can make the Tiger topping. Simply place the light soy sauce, tomato puree and caster sugar in a bowl and mix together until smooth.
5. When the bread has proved, use a wet knife to mark lines in the bread in a traditional style. Then use a pastry brush to quickly spread the topping across the bread.
6. Bake the Tiger Bread for around 30minutes. You may need to turn the oven down half way through baking to prevent the bread getting too dark.
7. When the bread is done, transfer it to a cooling rack to cool.

Fate Tiger Bread freezes well.



This recipe has been provided by ©Fate Special Foods

National Centre for Inherited Metabolic Disorders

