

Fate Ciabatta Rolls

Ingredients

500g Fate Low Protein All-Purpose Mix

1 sachet of yeast (enclosed with the Fate Mix)

1½ teaspoons salt

30ml olive oil

2–3 drops suitable gravy browning

450ml very warm water

Extra Fate All-Purpose Mix to shape

Preheat the oven Gas Mark 7/220°C/425°F



Method

1. Place the Fate All-Purpose Mix into a mixing bowl.
2. Add the sachet of yeast and the salt. Stir.
3. Measure the olive oil and warm water and place into a separate jug. Add a couple of drops of browning.
4. Pour all the oil and water mixture onto the dry ingredients, making sure that all the oil comes out of the jug. You may need to scrape out the oil as it tends to cling to the jug.
5. Use a balloon whisk to quickly mix well to get everything blended together. Continue to mix for about 1 minute.
6. Place a piece of cling film onto your scales, and sprinkle it with a little extra Fate All-Purpose Mix.
7. Dust your hands well with Fate All-Purpose Mix, and using a large spoon or spatula, take a heaped spoonful of the bread mixture, and push it onto the cling film on the scales.
8. For a nice sized ciabatta, you need around 120g - you do not have to be too precise, just as long as they are within about 20g of each other.
9. Using the cling film to help you, transfer the mixture into your other dusted hand, and gently pass the mixture from one hand to the other, once or twice, until the surface is smooth and a round ball is made. You do not have to press or knead the mixture at all. Dust the work surface with a little Fate All-Purpose mix, and lightly roll the dough into a fat sausage shape, about 10 or 11cm long.
10. Carefully place it onto a baking tray. Then very gently ease it into an oval shape about 7cm at the widest point. Do not make it too flat, it should still be rounded.
11. Continue with the remainder of the mixture.
12. 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 dough. Leave in a warm place to prove until double in size.
13. Meanwhile, fill a spray bottle with water.
14. Just before they are ready to go into the oven, dip a knife into water and press down in the middle of the ciabatta to mark it in the traditional style. Press the knife about 1cm deep into the bread. Then quickly, spray the surface of the ciabatta lightly all over to moisten.
15. Place into the preheated oven and bake for about 10 minutes. By this time they should just be starting to turn slightly brown. Spray the rolls lightly again.

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16. Return to the oven and cook for another 10 minutes. Then spray the ciabatta again. Return to the oven to finish cooking. They should take about another 10-15 minutes.
17. The total cooking time should be about 30-35 minutes.
18. Towards the end of cooking, if you think they are browning too much, just turn the oven down Gas Mark 5/375°F/190°C.
19. The ciabatta should be golden brown and crispy.
20. If you want even extra crispy bread, you can give it another spray, and bake for longer, but be careful you don't make the bread too dark.
21. The ciabatta freeze very well. To retain the crispness, do not defrost or reheat in the microwave, just place into a hot oven for about 5 minutes.

Fate Quick Crispy Garlic Ciabatta

Ingredients

100g butter

2-3 garlic cloves, chopped or grated

2 tablespoons fresh parsley, chopped

Method

1. Blend together the butter, garlic cloves and parsley.
2. Cut a Fate ciabatta roll in half and lightly toast or grill on both sides until golden and crispy.
3. Spread with garlic butter. Serve hot.
4. Freeze any leftover garlic butter.

