

## Fate Machine Onion & Herb Bread

### Ingredients

- 500g Fate Low Protein All-Purpose Mix
- 1 sachet of yeast (enclosed with the Fate Mix)
- 2 teaspoons salt
- 30ml oil
- 400ml warm water
- 2-3 drops suitable gravy browning
- 150g chopped & fried onion
- ¼ teaspoon dried sage
- ¼ teaspoon dried thyme
- 1 teaspoon dried parsley



### Method

1. Take the bread pan out of the machine and place the kneading blade (paddle) onto the shaft in the base of the pan. Warm the bread pan by filling it about half way with hot, not boiling water, from the warm tap is fine. Leave the pan to warm while you collect and prepare the ingredients.
2. Plug the machine in and select the Basic, Bake Rapid programme. Also select the XL size of loaf, and Medium or Dark crust. It should show 1:55 (for medium) or 2:00 (for dark) on the display.
3. Empty the water from the bread pan. The pan should now be nice and warm.
4. Measure the oil and pour it into the warm bread pan.
5. Measure the warm water and pour it onto the oil. Add a couple of drops of browning if liked, to lightly colour.
6. Add the chopped fried onion and the sage, thyme and parsley. Next, add 2 teaspoons of salt.
7. Empty the full pack of Fate All-Purpose Mix into the pan, and then pour the sachet of yeast onto the top.
8. Do not stir or mix in. Place the pan into the machine and press start.
9. If necessary, use a non-metal spatula to carefully scrape down the excess Fate All-Purpose mix from the inside of the pan, to prevent a ring of uncooked mix being on the outside of the loaf. Close the lid.
10. Do not lift the lid.
11. When the machine beeps at the end of the cooking time, switch off the machine. Using a cloth, carefully take out the bread pan, and turn the loaf onto a wire rack to cool.
12. If the paddle is still inside the base of the loaf, leave it until the bread is cold and remove it by just gripping it with your fingers and pulling it out. Do not use anything that will scratch the paddle.
13. When the loaf is cold, wrap it in foil, cling film, or place it into a plastic bag or suitable container. It will stay fresh for a couple of days.
14. Alternatively, the loaf can be sliced or cut into chunks and stored in the freezer.

This recipe has been provided by ©Fate Special Foods

*National Centre for Inherited Metabolic Disorders*