

Juvela Tomato, Onion & Herb Bread

Ingredients

1 medium onion

450g/1lb Juvela Low Protein Mix

6 large pieces of sun dried tomato in oil, chopped

1 sachet of easy blend yeast

Salt and pepper to taste

120g/4oz Loprofin Low Protein Herb Crackers, finely crushed

375ml/15fl.oz warm water

Oven temperature: 220°C/425°F/Gas Mark 7



Method

1. Slice half the onion and reserve, finely chop the remainder and fry until tender, using 1 tablespoon oil from the sundried tomatoes.
2. In a large bowl, combine the fried chopped onion, Juvela low protein mix, chopped tomatoes, yeast, seasoning to taste and Loprofin low protein herb cracker crumbs. Add 1 tablespoon oil from the sun dried tomatoes.
3. Gradually beat in the warm water to give a soft batter, beat for one minute until the batter is glossy.
4. Lightly oil 2 x 450g (1lb) loaf tins and divide the batter evenly between them, level the surface of each and top with the reserved onion slices.
5. Using the oil from the sun dried tomatoes, brush over the surface of the batter and the onion slices. Cover loosely with cling film and put in a warm place to rise, until doubled in size or to just above the top of the tins-about 20 minutes.
6. Bake in a preheated oven for 20-25 minutes, until golden brown.

Note

The above quantity of batter is suitable for making 12 rolls, using 10cm (4 inch) Yorkshire pudding tins. Prepare as above and bake for 10-15 minutes.

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