



All Gluten-free
“Baking with Buckwheat”
mini-series

June, 2023



Amber Gilbert-Squires
Little Acre Kitchen

Contents:

- 1. Buckwheat Bread (yeast)**
- 2. Savoury Loaf**
- 3. Buckwheat Pancakes (sweet/savoury)**
- 4. Fruit and Nut Cake (sugar-free)**

1. Buckwheat Bread (yeast)

This is my best recipe to date for homemade gluten-free bread. It has the superb texture that you would expect from a delicious loaf of bread without compromising on healthy ingredients. A small amount of sugar is used simply to feed the yeast, and the chia and flax adds heaps of fibre.

Makes 1 small loaf tin

Ingredients

1 cup Buckwheat,
soaked and rinsed
160g warm water ($\frac{1}{2}$ cup)
200g gluten-free plain flour
7g sugar
6g salt
4g yeast

Psyllium Husk Mix

$\frac{1}{2}$ cup Psyllium husk
(or Flaxseed Husk)
 $\frac{1}{2}$ cup warm water
4 tsp chia seeds
1 tbsp apple cider vinegar

Method

1. Blitz the buckwheat and warm water into a batter using a blender.
2. In a large mixing bowl, add the buckwheat batter, sugar, salt, yeast and mix gently.
3. Add the flour and mix gently until incorporated, trying not to overmix.
4. In a separate bowl, add all the 'flaxseed mix' ingredients and leave for 5 minutes or until thick and 'gloopy'.
5. Add the 'flaxseed mix' to the dough and mix gently until incorporated, again trying not to overmix.
6. Leave covered in a warm place for 1 hour, the dough should rise by half again.
7. Preheat the oven to 200C and create a steamy environment by placing inside a tray with 1 inch of water 10 minutes prior to baking the bread.
7. After 1 hour, transfer the dough to a greased loaf tin. Smooth over the top, make fancy cuts with a knife and cook immediately for 20 minutes.
8. Remove the steam bowl from the oven and cook for a further 25-30 minutes.
9. Cool before slicing.

2. Savoury Loaf

Very similar to the buckwheat bread (yeast) recipe.

But I call this a 'loaf' because it simply cannot compare to the buckwheat bread in terms of creating the right crumb and texture. That being said it is delicious in its own right, very quick and easy to put together! Think of it as a delicious vehicle to carry herbs, spices, nuts and seeds!

Makes 1 small loaf tin

Ingredients

1 cup Buckwheat,
soaked and rinsed
160g Water ($\frac{1}{2}$ cup)
3g Salt
4g Baking powder (2 tsp)

Psyllium Husk Mix

$\frac{1}{2}$ cup flaxseed husk
 $\frac{1}{2}$ cup warm water
4 tsp chia seeds
1 tbsp apple cider vinegar

Optional

Sunflower seeds
Hemp seeds
(Black) Sesame Seeds
Walnuts
Turmeric pwd
Italian herbs
Nigella seeds

Method

Blend the buckwheat, water and salt into a batter.

Prepare the Flaxseed mix separately. It should become thick and gloopy after 2 minutes.

In a large mixing bowl, add your choice of nuts, seeds, herbs, spices and the flaxseed mix to the buckwheat batter and mix well.

Finally mix in the baking powder immediately before baking.

Pour the bread mixture into a greased loaf pan and cook for approx. 45 minutes at 200C.

Allow to cool before slicing.

Notes

To prevent excess browning on the top of the loaf, create a steamy oven environment for the first 20 minutes of baking.

Do this by placing a pan with an inch of hot water inside the oven 10 minutes prior to cooking the loaf, and remove again after 20 minutes.

3. Buckwheat Pancakes

These pancakes are really versatile – play around with the sweet and savoury options below before trying your own variations!

Serves 4

Ingredients

1 cup Buckwheat,
soaked and rinsed
160g water
Tiny pinch salt
1/2 tsp coconut oil (per pancake)

Sweet

1-2 Bananas
A few soaked dates
up to 3 tbsp flaxseed
1 tsp Cinnamon

Savoury

1/4 shredded cabbage
seaweed (optional)

Method

Soak the buckwheat for at least 1 hour (or overnight is fine too), then drain and rinse.

Blend the soaked buckwheat, water, salt and optional extras you are using.

Heat ½ tsp of coconut oil in a pan.

When the oil is hot, pour in a portion of the pancake batter and cook until the top of the pancake becomes firm.

Flip and cook the other side.

Serve immediately with fresh fruit or mousse (in this recipe book).

4. Fruit & Nut Cake

You may notice the similarity between this and the [Savoury Buckwheat Loaf recipe](#). In both recipes, the buckwheat is simply acting as a texture to carry other flavours. By adding sweet fruits and nuts, plus olive oil for cakey moisture, we create a delicious sugar-free fruit and nut cake.

Makes 1 small loaf

Ingredients

2/3 cup Buckwheat (200g)
soaked and rinsed
1/3 cup Water (100g)
1 Banana
2/3 cup Olive Oil
2/3 cup Hazelnuts,
2/3 cup Almonds
2/3 cup Currants
1g Salt (small pinch)
3g Baking powder (1.5 tsp)

Flaxseed Mix

1/3 cup flaxseed husk (20g)
1/3 cup warm water (100g)
3 tsp chia seeds
1 tbsp apple cider vinegar

Optional extras

Dates
Sunflower seeds
Hemp seeds
Cinnamon pwd
Turmeric pwd

Method

Blend the buckwheat, water, banana and salt into a batter and put to one side.

Prepare the Flaxseed mix in a small bowl. It should become thick and gloopy after 2 minutes.

Use a food processor or a pestle & mortar to grind the nuts into chunky pieces.

In a large mixing bowl, add the buckwheat batter, olive oil, nuts, currants, flaxseed mix and any extra seeds and spices. Finally mix in the baking powder immediately before baking.

Pour the cake mixture into a greased loaf tin and cook for 45 minutes in a preheated oven at 200C.

Allow to cool before slicing.

Notes

To prevent excess browning on the top of the loaf, create a steamy oven environment for the first 20 minutes of baking.

Do this by placing a pan with an inch of hot water inside the oven 10 minutes prior to cooking the loaf, and remove again after 20 minutes.