



"La Merveilleuse" Gluten-Free Baguette Bread

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique



** FOR THIS RECIPE, PLEASE USE A BAGUETTE MOULD.*

PORTIONS : 8

PREPARATION: 15 MINUTES

TOTAL LIFT TIME : 60 MINUTES

COOKING: 50 MINUTES

INGREDIENTS

- 30 ml (2 tbsp) [chia](#) *
- 385 g (2 3/4 cups) all-purpose flour "[La Merveilleuse](#)"
- 7.5 ml (1 1/2 tsp) instant yeast
- 3.5 ml (3/4 tsp) salt
- 360 g (1 1/2 cups) water at 45° C (113° F)
- 30 ml (2 tbsp) light olive oil
- 30 ml (2 tbsp) maple syrup (or honey)

PREPARATION

1. Finely grind the chia in a coffee grinder.
2. In a large bowl, combine ground chia, flour, yeast and salt. Then add the water, oil and maple syrup.
3. Stir vigorously with an electric mixer or stand mixer with a flat paddle at medium speed for about two minutes.
4. Cover the bowl with a damp cloth and let stand for 45 minutes at room temperature. After this rest time, stir the dough well with a wooden spoon.
5. Oil and flour the baguette pan. Place the dough to form two baguettes about 30 cm (12 inches) long. Use a wet spatula to form the baguettes.
6. Place in the oven on the central grill with the light on and let rise for 20 to 25 minutes.
7. Without removing the bread, turn on the oven to 180 °C (350 °F). Bake for 50 to 55 minutes or until baguettes are golden brown.
8. Remove them from the oven and let them cool on a wire rack.
9. After 30 minutes of cooling, slice and enjoy!



TIP

* You can replace chia with 60 ml (4 tablespoons) of flaxseed.

* I use the model "La Patisserie" from Linen Chest [Product sheet](#)



VARIATIONS

Herbal : Add 7.5 ml (1 1/2 tsp) of each: dried basil, dried oregano, dried marjoram to dry ingredients.

Maple caramelized apples and walnuts :

- 80 g (1/4 cup) maple syrup
- 50 g (1/2 cup) walnuts, chopped
- 110 g (1 cup) peeled apples, diced
- 3.5 ml (3/4 tsp) grated nutmeg
- 2.5 ml (1/2 tsp) ground cinnamon

Cook all ingredients over medium-low heat in a frying pan until the maple syrup caramelizes. Allow to cool to room temperature. Add to baguette mixture after first rise.

NUTRITION FACTS

160 Calories

Per portion:
65 g

Fat: 4 g	6 %
Saturated 0,5 g	
Trans 0,1 g	3 %
Polyunsaturated: 1,5 g	
Omega-6: 0,5 g	
Omega-3: 1 g	
Monounsaturated: 1,5 g	
Cholesterol: 0 mg	
Sodium: 170 mg	7 %
Carbohydrate: 28 g	9 %
Fibres: 3 g	12 %
Sugars: 2 g	
Protéines: 3 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	4 %
Iron	6 %
Magnesium	20 %
Manganese	80 %
Thiamin	20 %