



Serves	10-12
Prep (min)	15+30
Cook (min)	50

TOMATO, ONION AND GARLIC FOCACCIA RECIPE (DAIRY, SOYA, NUT, EGG & GLUTEN FREE)

A simple and tasty recipe, although time is needed for the yeast to rise and the bread to bake. But it's worth the wait.

PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label when buying pre-packaged foods.

Free from

Dairy (DF)
Egg (EF)
Gluten (GF)
Nuts (NF)
Soya (SF)

Ingredients

380ml warm water
1 tbsp ground linseed (flax seed)
1 tbsp sugar
1 tbsp dried yeast
120g Doves Farm gluten free gram flour (chickpea flour)
120g potato starch (not potato flour)
80g Doves Farm gluten free self-raising flour
½ onion, finely chopped
2 tsp xanthan gum

1 tsp salt
125ml extra virgin olive oil
4 tbsp tomato purée

Topping

2 garlic cloves, crushed
5 plum tomatoes, sliced
1 tbsp dried basil
60ml extra virgin olive oil

Method

1. Place warm water, ground linseed, sugar, dried yeast in to a bowl and set aside for 10 minutes.
2. In another large bowl mix together the gram flour, potato starch, gluten free self-raising flour, chopped onion, xanthan gum and salt.
3. Then combine the yeast liquid mixture with the dry flour mixture and mix in the oil and tomato purée.
4. Line a 30cm x 20cm baking tray with baking parchment and lightly brush with olive oil.
5. Spread the dough mixture over the baking tray and leave to rise in a warm place for 30 mins.
6. While your dough is rising, pre-heat your oven to 190°C / gas mark 5.
7. Create the topping by mixing together the garlic, plum tomatoes, dried basil and oil in a small bowl.
8. Once your dough has risen, spoon over the garlic and tomato oil topping and bake for 50 mins.

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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