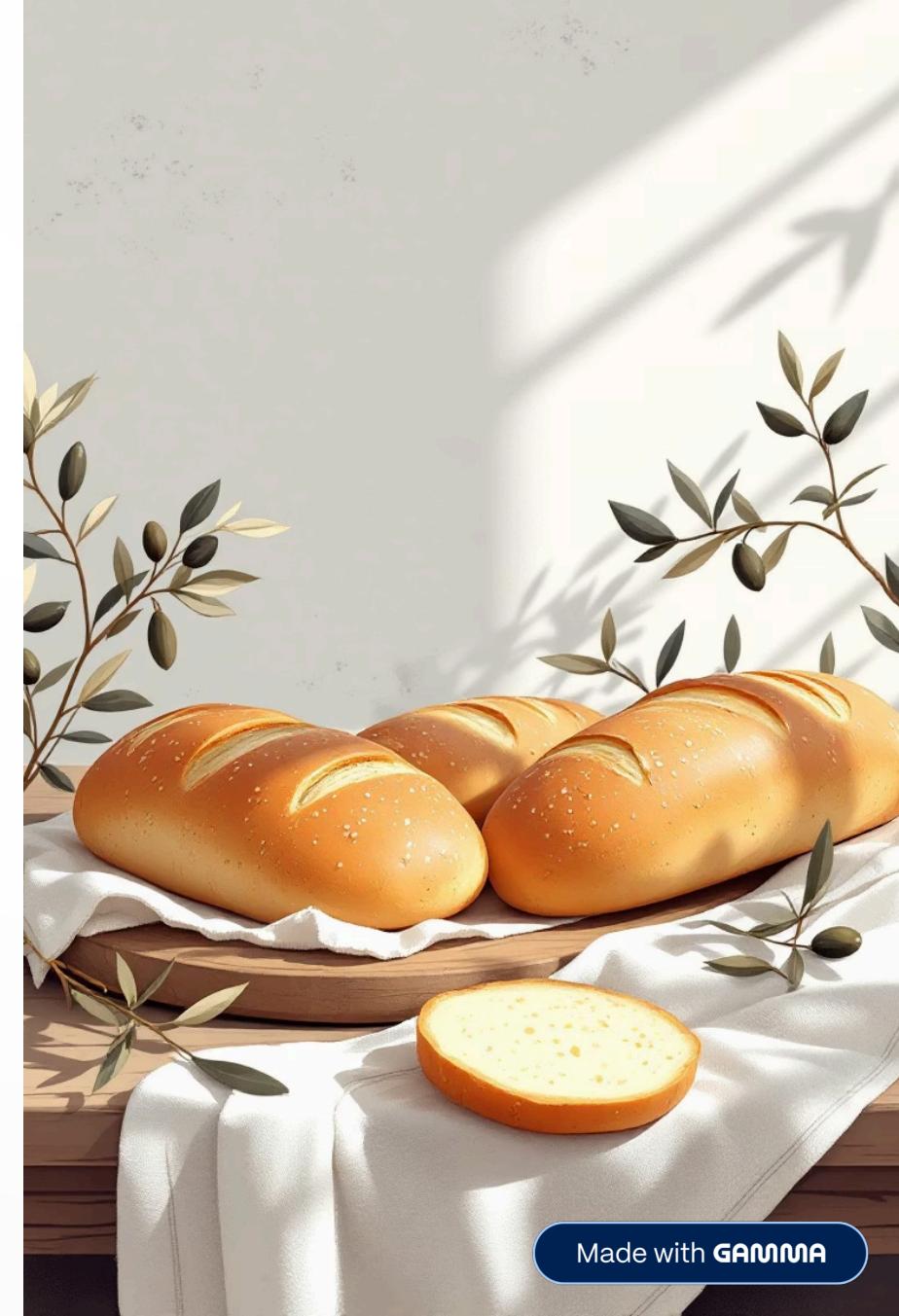


# 10 Iconic Spanish Breads Reimagined

Gluten-Free Artistry from Spain's Bakeries



Made with **GAMMA**

# Pan Gallego — Galician Rustic Bread

## Origin & Character

From Galicia's cool, misty coastline comes this round, crusty loaf with a tender crumb. Known for its rustic appearance and distinctive crosshatch scoring, Pan Gallego delivers a mild, slightly tangy flavor perfect for soaking up stews.

## Difficulty: Medium

Prep: 20 min | Rest: 90 min | Bake: 40 min | Yield: 1 large loaf (800g)



### Dry Ingredients

- 400g white rice flour
- 100g tapioca starch
- 50g potato starch
- 12g psyllium husk powder
- 10g sea salt
- 8g instant yeast

### Wet Ingredients

- 480ml warm water (38°C)
- 30ml olive oil
- 15ml apple cider vinegar
- 2 large eggs (room temp)

### Essential Tools

- Large mixing bowl
- Stand mixer with paddle
- Dutch oven or baking stone
- Bench scraper
- Sharp knife for scoring

01

#### Create Psyllium Gel

Whisk psyllium into 120ml of the warm water. Let stand 3 minutes until thick and gel-like. This replaces gluten's binding power.

02

#### Mix Dry Foundation

Combine all flours, starches, salt, and yeast in mixer bowl. Blend on low 30 seconds to distribute evenly and prevent clumping.

03

#### Combine Wet Ingredients

Add remaining water, oil, vinegar, eggs, and psyllium gel to dry mix. Beat on medium 3 minutes until smooth and cohesive.

04

#### First Rise

Transfer to oiled bowl, cover with damp towel. Let rise in warm spot (26°C) for 60 minutes until doubled. Humidity is crucial.

05

#### Shape & Score

Turn onto floured surface, shape into round boule. Transfer to parchment, cut deep crosshatch pattern. Rest 30 minutes covered.

06

#### Bake to Perfection

Preheat oven to 230°C with Dutch oven inside. Bake covered 25 min, then uncovered 15 min until deep golden (internal 98°C).

#### Pro Tip: Steam Creates Crust

The covered Dutch oven traps steam during the first phase, creating Pan Gallego's signature crispy crust. Gluten-free breads need this moisture to expand properly before the crust sets.

# Pan de Payés – Catalan Country Bread

## Catalonia's Daily Staple

This large, round farmhouse loaf has fed Catalan families for centuries. Its thick, flour-dusted crust and open crumb make it ideal for *pan con tomate*. The slow fermentation develops complex, wheaty flavors.

**Difficulty: Advanced** | Prep: 30 min | Rest: 4 hours | Bake: 45 min | Yield: 1 large loaf (1kg)

## Key Ingredients

- 350g sorghum flour
- 150g tapioca starch
- 50g sweet rice flour
- 15g psyllium husk
- 12g salt, 10g yeast
- 520ml water, 40ml olive oil
- 3 eggs, 20g honey



## Chef's Note: Hydration Balance

This recipe uses 95% hydration (high for gluten-free). The long fermentation allows starches to absorb liquid fully, preventing gumminess while creating an open crumb structure.

## Storage Guidance

Store at room temp 2 days wrapped in linen. Freeze sliced for up to 3 months. Toast directly from frozen for best texture restoration.

# Pan Andaluz & Pan de Barra

## Pan Andaluz



Southern Spain's daily bread features a pillow-soft interior and golden crust. Perfect for breakfast with olive oil or as a side for gazpacho.

**Difficulty:** Easy | 15 min prep | 70 min rise | 30 min bake

### Key Specs

- 300g white rice flour blend
- 200g tapioca starch
- 80% hydration ratio
- Bake: 200°C, 30 minutes

## Pan de Barra



Spain's answer to the French baguette: shorter, thicker, with a crackling crust and tender crumb. Essential for bocadillos (Spanish sandwiches).

**Difficulty:** Medium | 20 min prep | 90 min rise | 25 min bake

### Key Specs

- 400g rice flour, 100g potato starch
- Shape into 3 baguettes
- Score diagonal slashes
- Bake: 230°C with steam



### Activate Yeast

Bloom yeast in warm water with honey. Wait 5 minutes for foam to confirm activity.



### Develop Texture

Beat dough 4 minutes. Should be thick, smooth, and hold soft peaks like mousse.



### Build Structure

Add psyllium gel and vinegar to create elasticity that mimics gluten networks.



### Create Steam

Place water pan in oven bottom. Steam prevents premature crust formation.

# Pan de Aceite — Olive Oil Bread

## Andalusia's Liquid Gold Bread

This enriched bread celebrates Spain's finest olive oil. The oil creates a tender, moist crumb and distinctive flavor. Often studded with olives or sesame seeds, it's equally delicious for breakfast or as tapas.



### Premium Ingredients

350g rice flour, 100g cornstarch, 50g almond flour, 100ml extra virgin olive oil, 10g salt, 8g yeast, 360ml water, 2 eggs



### Timing

**Prep:** 20 min  
**Rise:** 60 min  
**Bake:** 35 min  
**Yield:** 12 rolls or 1 loaf



### Difficulty

Easy to Medium — Perfect for beginners ready to experiment with enriched doughs

## 1 Prepare psyllium gel and activate yeast in warm water

Let psyllium sit 3 min to thicken. Bloom yeast separately with pinch of sugar, 5 min until foamy.

## 2 Combine dry ingredients thoroughly in large bowl

Whisk flours, salt together. Create well in center for wet ingredients to ensure even distribution.

## 3 Add wet ingredients including olive oil and eggs

Pour olive oil generously — this is the star ingredient. Add eggs, activated yeast, and psyllium gel.

## 4 Mix 5 minutes until glossy and elastic

Dough should be soft and slightly sticky. The olive oil creates a silky, pliable texture.

## 5 Shape into rolls or loaf, brush with olive oil

For rolls, divide into 12 portions. Top with sesame seeds, chopped olives, or flaky salt.

## 6 Rise 60 minutes, then bake at 190°C until golden

Brush with more olive oil halfway through baking for extra shine and Mediterranean flavor.

### Flavor Variations

**Olive & Rosemary:** Add 100g chopped Kalamata olives and 2 tbsp fresh rosemary. **Sesame:** Coat rolls in sesame seeds before baking. **Za'atar:** Mix 2 tbsp za'atar spice blend into dough.

**Nutrition (per roll):** 180 cal | 8g fat | 23g carbs | 3g protein | 2g fiber

# Mollete de Antequera & Pan de Cristal

## Mollete de Antequera

Andalusia's beloved breakfast bread: soft, flat, and perfect for toasting. Split horizontally, drizzled with olive oil, and rubbed with tomato and garlic. The tender crumb absorbs flavors beautifully.

**Easy** | 350g rice flour, 150g potato starch, 420ml water | Bake: 180°C, 20 min

1

### Master High Hydration

Pan de Cristal uses 100% hydration — equal parts flour and water. This creates steam bubbles that form the dramatic holes. Handle dough gently to preserve air pockets.

2

### Stretch and Fold Technique

Instead of kneading, perform 4 stretch-and-folds every 30 minutes during bulk rise. This builds structure without deflating the dough.

3

### Extreme Heat Required

Preheat oven to maximum (250°C) with baking steel inside. The intense heat creates rapid oven spring and the glassy crust texture.

4

### Mollete Shaping Secret

For Molletes, shape into 10cm diameter discs, 2cm thick. Press center gently to create slight depression. This ensures even baking and the traditional flat shape.

**Common Mistake:** Overworking high-hydration doughs breaks air pockets. Handle Pan de Cristal like you're working with bubbles — use wet hands and minimal manipulation.

# Pan de Candeal — Traditional Dense White Bread



## Castilian Heritage Loaf

From central Spain's wheat fields comes this dense, hearty bread with a tight crumb and substantial chew. Historically made with hard wheat (candeal wheat), this bread sustained farmers through long workdays. Our gluten-free version honors the dense texture and nutty flavor.

**Difficulty: Medium** | Prep: 25 min | Rise: 2 hours | Bake: 50 min | Yield: 1 large loaf (900g)

### Flour Blend (Lower Hydration)

300g sorghum flour, 150g brown rice flour, 100g potato starch, 50g buckwheat flour — creates the dense structure characteristic of Candeal bread

### Binders & Leavening

15g psyllium husk, 10g xanthan gum, 12g salt, 10g active dry yeast — double binders ensure tight crumb without gluten

### Liquids (70% Hydration)

420ml warm water, 40ml olive oil, 30g dark honey, 2 eggs — lower hydration creates the signature dense texture

#### Autolyse Phase

Mix flours with water only. Rest 30 minutes. This allows starches to hydrate fully before adding other ingredients.

#### Add Binders & Yeast

Incorporate psyllium, xanthan, salt, yeast, oil, honey, and eggs. Mix 6 minutes until very thick and cohesive.

#### Extended Rise

Let rise 2 hours at warm room temp. Dough won't double like wheat bread — look for 50% increase and domed top.

#### Shape Firmly

Turn onto surface, shape into tight oval. Use firm hands — this dough should be compact, not airy.

#### Long, Low Bake

Bake at 190°C for 50 minutes. The extended bake ensures fully cooked interior without burnt crust.

#### Why Dense Texture Matters

Pan de Candeal is intentionally dense — perfect for slicing thin, holding toppings, or soaking up soups. Don't try to make it airy. The lower hydration (70% vs 85-90%) and double binders create the authentic Castilian texture.

**Serving Suggestion:** Slice thinly and toast. Top with jamón serrano, manchego cheese, or use for migas (fried bread crumbs).

# Pan Integral Español – Whole Grain Spanish Bread

Spain's healthful whole grain bread packed with fiber, seeds, and nutty flavors. This hearty loaf combines multiple whole grain gluten-free flours for complex taste and optimal nutrition.

## Whole Grain Blend

200g brown rice flour, 100g buckwheat, 100g sorghum, 50g amaranth, 50g teff flour

## Hydration

480ml warm water – 90% hydration compensates for seed absorption



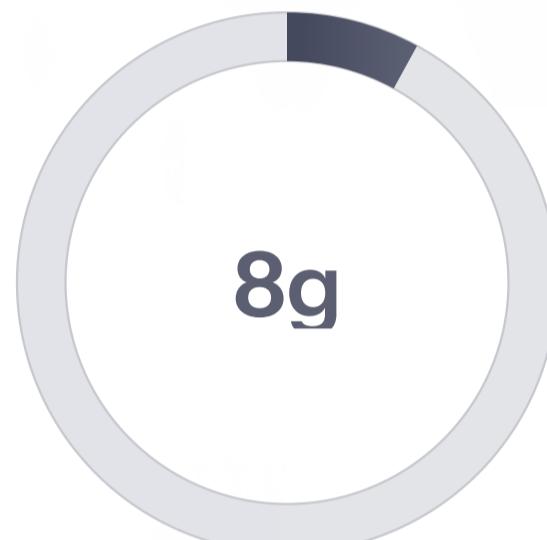
## Seeds & Texture

50g sunflower seeds, 30g pumpkin seeds, 30g flax seeds, 20g sesame seeds

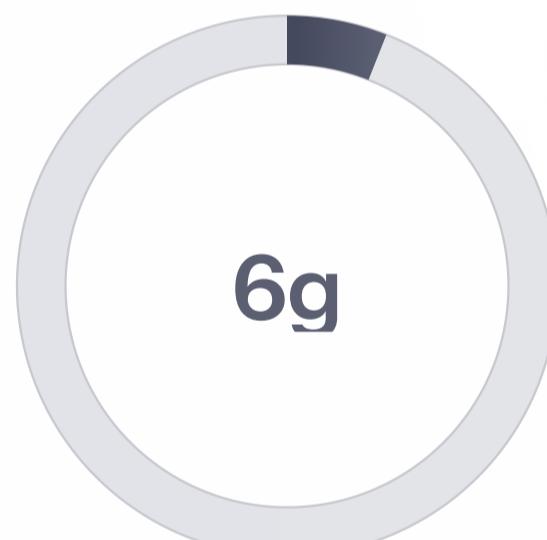
## Enrichment

50ml olive oil, 30g honey, 3 eggs, 12g psyllium husk, 10g salt, 10g yeast

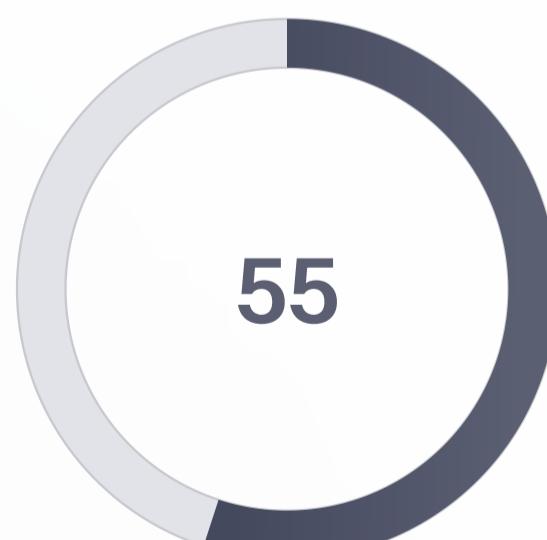
- Toast seeds in dry pan 3 minutes until fragrant, cool completely
- Mix all flours, psyllium, salt, yeast in large bowl
- Combine water, oil, honey, eggs, blend into dry ingredients
- Fold in toasted seeds, mix 4 minutes until unified
- Rise 90 minutes in oiled loaf pan, covered with damp towel
- Brush top with oil, sprinkle extra seeds, bake at 190°C for 55 min



Fiber per slice



Protein per slice



Minutes total bake time

## Grain Selection Strategy

This blend combines **earthy buckwheat**, **mild sorghum**, **nutty teff**, and **protein-rich amaranth** for balanced nutrition and complex flavor. Each flour contributes unique minerals and texture.

## Substitution Options

Swap amaranth for quinoa flour. Replace sunflower seeds with chopped walnuts. Add 2 tbsp chia seeds for omega-3 boost.

# Pan con Tomate — Rustic Tomato Bread Base



## Catalonia's Breakfast Icon

The foundation for Spain's most beloved breakfast: toasted bread rubbed with garlic, fresh tomato, and drizzled with olive oil. This recipe creates the perfect base bread — sturdy enough to absorb juices without falling apart.



### The Perfect Base

Use a blend of 300g white rice flour, 150g potato starch, 50g tapioca starch for a neutral flavor that lets tomato shine. Medium-tight crumb prevents sogginess.



### Traditional Preparation

Slice bread 1.5cm thick, toast until golden. Rub cut garlic clove across surface. Halve ripe tomato, squeeze pulp onto bread. Drizzle generously with EVOO, sprinkle sea salt.



### Oil Quality Matters

Use first cold-pressed extra virgin olive oil from Catalonia or Andalusia. The peppery, fruity notes complement sweet tomato acidity. Don't skimp on quality here.



### Quick Rise Recipe

Prep: 15 min | Rise: 45 min | Bake: 25 min |

Difficulty: Easy



### Simple Method

Mix dry ingredients. Add 380ml warm water, 2 eggs, 30ml oil, 10ml vinegar. Beat 3 minutes. No fancy techniques needed.



### Ideal Texture

Bake in loaf pan at 200°C until golden. Crust should be firm but not rock-hard. Crumb should be slightly dense with small, even holes.

## Regional Variations Across Spain

### Catalan Style

Rub garlic first, then tomato. Finish with coarse salt and premium olive oil.

### Andalusian Style

Add thin jamón serrano slice after tomato. Sometimes includes diced green pepper.

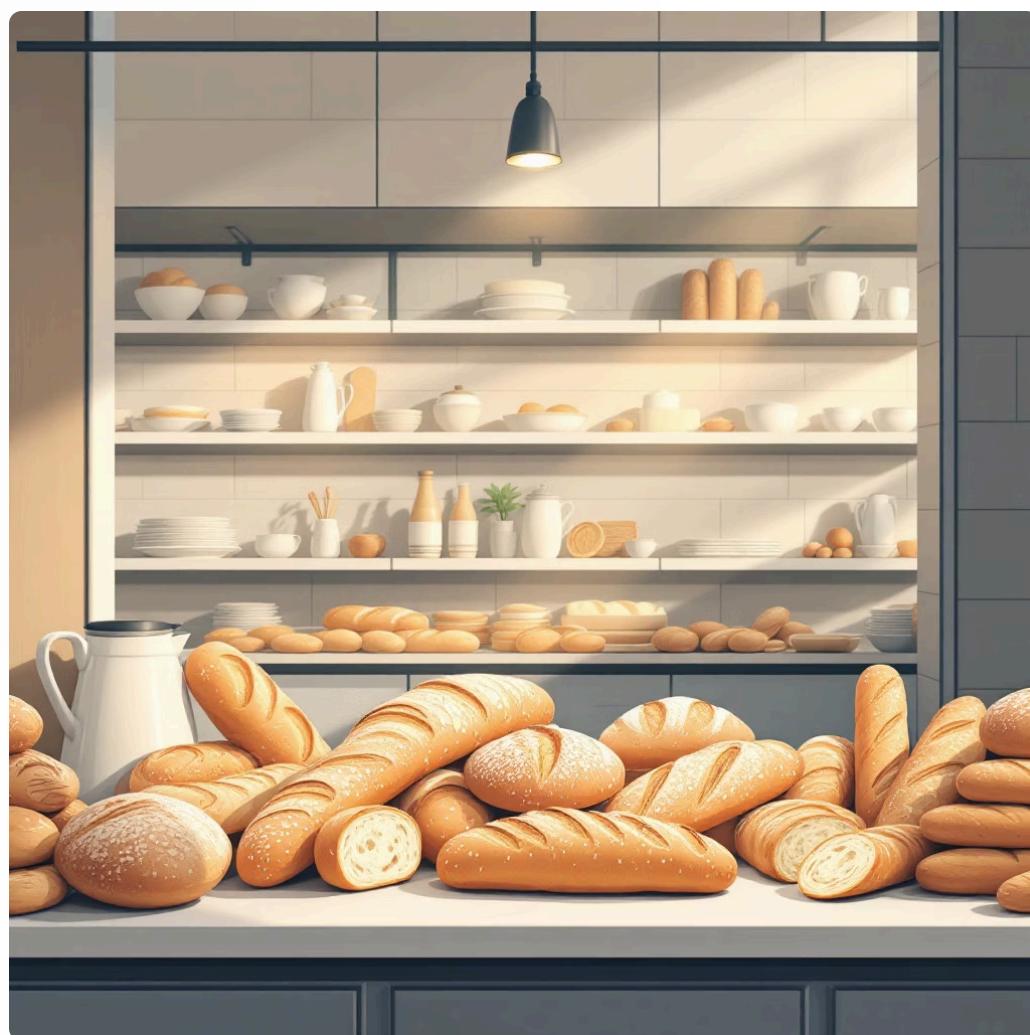
### Valencian Style

Use sweet Mediterranean tomatoes. Skip garlic, add fresh basil leaves.

#### Chef's Secret: Bread Texture Balance

For Pan con Tomate, you want a crumb that's neither too open (tomato falls through) nor too dense (won't absorb juice). Aim for 80% hydration and a 60-minute rise for the ideal structure.

# Mastering Gluten-Free Spanish Breads



## Your Journey to Artisan Mastery

You now hold the keys to Spain's bread-baking heritage – reimagined for modern dietary needs without compromising tradition, flavor, or texture.



### Universal Principles

- Psyllium husk replicates gluten elasticity
- Hydration ratios are critical (70-100%)
- Steam creates professional crusts
- Internal temp confirms doneness (98-99°C)



### Troubleshooting Guide

- **Gummy center:** Underbaked or too much liquid
- **Crumbly texture:** Needs more binder or eggs
- **Flat loaves:** Check yeast freshness, rise time
- **Dense crumb:** Increase hydration 5-10%



### Pro Tips Summary

- Weigh ingredients for consistency
- Room temp eggs mix better
- Don't skip psyllium rest time
- Cold fermentation = better flavor
- Use parchment for easy transfer

10

100%

3

### Regional Breads Mastered

From Galicia to Andalusia

### Gluten-Free

Zero compromise on authenticity

### Difficulty Levels

Recipes for every skill level

*"The secret to gluten-free bread is understanding that you're not replacing gluten – you're building new structure through hydration, binders, and technique. Each Spanish bread teaches a lesson in patience, precision, and the art of working with alternative flours."*

### Essential Tools for Success

• Digital kitchen scale (0.1g precision)	• Banneton proofing baskets
• Stand mixer with paddle attachment	• Parchment paper sheets
• Dutch oven or baking steel	• Spray bottle for steam
• Instant-read thermometer	• Cooling rack
• Bench scraper and lame (scoring tool)	• Linen bread bags for storage

**Final Word:** Spanish bread baking is about more than following recipes – it's about connecting with centuries of tradition, understanding regional differences, and bringing the warmth of a Spanish bakery into your home. Each loaf tells a story. Now go create yours. ¡Buen provecho!