

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 pillowy-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



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.

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



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 Candéal — 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 (candéal 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 Candéal 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 Candéal 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.



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

Regional Breads Mastered

From Galicia to Andalusia

100%

Gluten-Free

Zero compromise on authenticity

3

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)
- Stand mixer with paddle attachment
- Dutch oven or baking steel
- Instant-read thermometer
- Bench scraper and lame (scoring tool)
- Banneton proofing baskets
- Parchment paper sheets
- Spray bottle for steam
- Cooling rack
- 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!