

**Oh man we?ve tried so many sad attempts from the shops. Look great. Break. Taste a bit odd. Die a million deaths as soon as you cut into them?? You probably know the score?**

This recipe is from the Becky Excell book and it really works. They feel like buns, they taste like buns and they smell like buns?.

**Ingredients:-**

330ml of Water
10g of Active dried yeast
25g of Cater Sugar
410g of Gluten free white Bread Flour (and a bit for dusting)
2 Tsp of Xanthan Gum
15g of Psyllium Hush powder
6g of Salt
1 Tsp of Cider Vinegar
3 Egg Whites
30g melted Margarine

**Method:-**

(1) We used a Silicone tray, but you can line a baking tray with baking Parchment if you don?t have one.
(2) In a jug, stir your warm Water, Yeast and Sugar.
(3) Allow to sit for 10 minutes until it is frothy.

(4) In a large bowl add the Flour, Xanthan Gum, Psyllium Husk Powder and Salt.
(5) Mix together until it is all well combined.
(6) Add the Vinegar, Egg Whites, melted Margarine, Yeast to the dry ingredients.
(7) Whisk very well for 3-5 minutes until well combined. It should look like a thick sticky batter
(8) Allow to rest of 10 minutes.
(9) Flour a work surface and divide the dough into 6 potions which are about 140g each.
(10) Transfer each portion in turn to the floured surface and roll them lightly in the Flour so that they are no-long sticky.
(11) Mould by hand into round Bun shapes and place in your tray.
(12) Loosely cover with cling film and allow to prove in a warm area for 45-60 minutes until they have doubled in size.
(13) Preheat the oven to 200c and place a large roasting dish at the bottom filled with boiling Water.
(14) Remove the cling film. Bush each bun with a little water and sprinkle with flour.
(15) Place the tray in the oven and bake for 20-22 minutes until they are golden brown on the top.
(16) Remove from the tray and allow to cool on a wire rack.

**We used these as burger buns and they were really good?..**