

Scratch Cooking 201

Ethnic Bread and Gluten-free baking

JoybileeFarm.com



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Course Objectives:

Students will learn:

- ② **“It’s not so much what you throw in the bowl but how you handle the dough that makes the difference.”**
- ② How to avoid stomach upsetting guar gum and xanthan gum in gluten-free baking
- ② How to adapt recipes to increase your bread making repertoire
- ② How to make specialty ethnic bread like bagels, tortillas, chapattis, matzo, and artisan loaves.
- ② How to support gluten-free dough to make a lighter, more satisfying loaf or roll
- ② What to do if your bread fails.
- ② How to manage leftovers
- ② How to work with sour dough starter and how to grow sour dough starter at home

At the end of this course Students will be able to:

- ② Customize recipes using the ingredients that they have on hand
- ② Develop personal recipes based on their family’s preference
- ② Find a rhythm for weekly bread making that fits in with their lifestyle and comfort

My Personal Goals for this course:

I will consider this course a success if at the end of the course I am able to:

A loaf for learning – Wheat breads



Bread baking is an art and a science

Bread Baking is both an art and a science. Good bread depends on having yeast, either commercial or sour dough to create carbon dioxide in the loaf to create air bubbles, as well as gluten or another substance, to create elasticity in the dough to hold the gasses in the loaf and prevent their escape. Gluten occurs naturally in some grains like wheat, barley, or rye. Folks with gluten-intolerance or celiacs disease must avoid gluten and therefore, gluten substitutes are used as dough additives with gluten free flours to reproduce elasticity in the dough.

What causes the dough to rise?

Carbon dioxide causes gas bubbles in the dough, which causes the dough to rise. This is true for both gluten-free baking and traditional baking. In quick breads the carbon dioxide is caused by baking soda or baking powder, which is a pre-mix of baking soda and an acid, plus a stabilizer. In yeast breads, the yeast is fed by the starch, and sugars in the dough, and the by-product of nourishing the yeast is carbon dioxide. In sour dough breads the yeast is fed more slowly and so the by-product of the yeast, carbon dioxide, is slower in creating air bubbles in the dough. Much patience is needed in sour dough baking to achieve lighter bread, or the addition of commercial yeast.

In the ideal loaf, the gluten or the gluten substitute traps this carbon dioxide in the dough, preventing its escape. The best loaves double in bulk at room temperature and then as the carbon dioxide gases are heated in the loaf, in the oven, there is an expansion of gases and the loaf rises again in the oven. This is our aim as wheaten bread bakers, to time the rising and baking of the loaf so that the final oven rising is successful.

Additives to make a better loaf of bread

Protein – gluten-free breads benefit from the addition of milk or eggs to give protein for the yeast to feed on. Gluten is the protein part of the grain, so when you use non-gluten flours, generally there is

less protein to feed the yeast. Gluten flours provide the protein in traditional bread. The addition of milk or eggs makes traditional bread moister.

Oil or fat – in gluten-free breads, and in traditional breads the addition of butter or olive oil improves the tenderness of the crust, and prevents the bread from drying out and going stale too soon.

Gums like guar gum and xanthan gum are often added to gluten free baking to create elasticity in the dough. It's not the same as the elasticity in wheat bread, and so gluten free breads require gentler handling. Both gums are high in indigestible fiber and can cause stomach upset in celiac sufferers.

Seeds – like flax seed or chia seed add texture, crunch, and fiber to traditional loaves. In gluten-free baking the mixture of ground flax or chia seeds and boiling water, creates a jelly like liquid that helps hold the loaf together, in the place of gluten. and makes the use of xanthan gum or guar gum unnecessary.

Dough Conditioners

Ginger – a dough conditioner that improves the rising power of the yeasty breads without affecting taste. Use 1 tsp. per 5 cups of flour.

Lemon Juice – a dough conditioner that improves the rising power of yeasty breads without affecting taste. Use 1 tbsp. per 5 cups of flour.

Vital Wheat Gluten – In lower gluten wheat flours, like all-purpose flour, and whole wheat flour, vital wheat gluten is often added to encourage rising of the bread dough, and hence a lighter loaf of bread. Just 2 tbsp. of vital wheat gluten to 5 to 6 cups of flour can make a big difference in the texture and rising of your yeast bread, when using low gluten flour or all-purpose flour. Bread flour and bread machine flour has vital gluten already added. (Of course, you don't add vital gluten to gluten-free bread. That would defeat the purpose of gluten-free baking.)

A Loaf for learning (wheat) (makes 1 loaf)

Ingredients:

4 cups bread flour

1 tbsp. yeast

1 ½ cups of warm water (103F)

2 tbsp. organic sugar

2 tsp. Celtic salt or Himalayan salt

1 tbsp. butter or coconut oil

½ cup of additional grains such as ¼ c. freshly ground flax, ¼ c. ground nuts or sunflower seeds



Method:

Dissolve yeast in warm water, with 1 tbsp. of sugar. Once yeast is bubbly pour it in a mixer bowl. Add 4 cups of flour, the other tbsp. of sugar, salt, butter or oil, and $\frac{1}{4}$ cup of freshly ground flax seed, plus $\frac{1}{4}$ cup of ground nuts or other seeds. I used ground sunflower seeds in my example.

Mix using the dough hook of your stand mixer until dough forms into a ball. Remove dough from mixer and knead by hand for a few seconds until dough is smooth and elastic. Put dough into mixer bowl, cover with a towel or plastic bowl cover to retain humidity, and keep dough from drying out.

Allow dough to rise $1\frac{1}{2}$ to 2 hours in warm place, until dough is double in bulk. Rising spot should be at least 70F but not more than 90F. Higher temperatures will kill the yeast and prevent rising. If your home is fairly cool, you can put the dough inside your electric oven with the light bulb turned on but the oven turned off. You can also put it inside a gas oven with just the pilot light on.



When the dough has doubled in bulk, remove the dough from the bowl. Knead briefly. Allow dough to rest, covered for 10 minutes. Form the dough into an oblong loaf. Place on a greased baking sheet. Top with a sprinkling of ground nuts. Cut the top to allow the dough to rise unimpeded. If you don't cut the top of the loaf, the loaf can form a dry crust that inhibits rising. Cover the loaf with a kitchen towel and allow to rise for 40 to 60 min.

Preheat oven to 375F. Place baking sheet with loaf in the oven and bake for 10 minutes. Turn heat down to 350F and bake an additional 20 minutes. Remove loaf. If bread is done the loaf will sound hollow when tapped on the underside.



Allow to cool completely on a wire rack before slicing.

Tips for success:

Use warm but not hot water to activate the yeast. Hot water will kill the yeast. Raise the dough at room temperature. If it's cooler than 70F, the rising will take a bit longer but it won't harm the yeast. If it's warmer than 90F the yeast could be killed and then your bread won't rise.

Use bread flour rather than all-purpose flour. Bread flour has extra protein/gluten which gives the yeast the right environment for proper growth and multiplication. It will make lighter bread. You can add up to 1 cup of other flours or grains for every 4 cups of bread flour that you are using in your recipe, without harming the finished product.

Be sure to knead your dough long enough. Kneading is necessary to develop the elasticity in the gluten when working with gluten flours. If you are kneading by hand, knead your dough for at least 10 minutes and set a timer so that you knead it long enough. If you are using a stand mixer and a dough hook, finish the kneading by hand. You may only need an additional 1 or 2 minutes. It's almost impossible to over knead bread dough made with high gluten flour.

Cover your loaves with plastic wrap to rise, rather than a tea towel, if you have put an egg glaze on the loaves before rising. Egg glazes, such as are used in Challah, are famous for sticking to the tea towel.

Once you form the loaves and are letting it rise for the final time, before baking, don't go into town to run errands or get lost in other work. Raise the bread for 30 to 60 minutes, depending on how warm your kitchen is. Let it double in bulk. If it rises too long, your bread will cave in and you will lose loft and lightness of your loaf. If you start to make bread and find that you have to run into town during the first rising, you can put the bread in a cool place, grease the top well to keep it from drying out, cover with plastic wrap or a plastic lid. You can safely leave the first rising for several hours, without ill effect, provided that the dough doesn't have eggs in it. **(Refrigerate it if it has eggs in it and you'll be leaving it more than 2 hours.)**

Preheat the oven to 375F before putting the bread in to bake. Then turn it down to 350F after 10 minutes of baking. This will let the first poofy-rise happen and prevent the top from burning before the centre crumb is cooked through.

Here's some helpful links to aid your learning process:

[Breadtopia](#) - This is a helpful website with videos that cover many aspects of bread baking, including sour dough, gluten-free, no-knead bread,

[Artisan Bread in 5 minutes a Day](#) – There are great recipes on this site, using a methodology where a batch of dough, high in salt, is mixed and refrigerated. Each day you take off a batch of dough for bread baking from the bin of dough in the fridge.

[The Fresh Loaf](#) - Check the artisan bread recipes on the lower-right hand side of this site.



Basic Principles of Working with Wheat Flour

What you need to understand about wheat:

Different kinds of flour for different needs

There are several kinds of wheat. Wheat that is higher in gluten content is “hard” wheat or “winter” wheat. It is usually planted in the fall and overwintered in the field, under a snow cover. In the Spring winter wheat sends up fresh green shoots as soon as the snow recedes and the ground thaws. This wheat matures in the middle of summer. The high gluten content of winter wheat makes it ideal for bread baking and pasta making.

Bread flours and **semolina flours** are high in gluten and come from hard winter wheat.

Pastry flour or cake flour is from varieties of wheat that are sown in Spring and mature in August and September. These are called “soft wheat”. They are lower in gluten and lower in protein. This is ideal for baking pastries, cookies, and cakes, where a tender crumb, and flakiness are desirable.

All-purpose flour, unbleached flour, and whole wheat flour can be either high gluten or low gluten, depending on where the wheat was grown. Western Canadian milled flours usually are of the high gluten wheat, whereas flour in the USA or Eastern Canada is generally milled from softer wheat, with lower gluten content.

Self-rising flour has baking powder added to the flour. If you are using self-rising flour you will need to make adjustments in the amount of leaven that you add to a recipe, in order to accommodate the additional leaven already added to the flour.

Some flours are bromated or bleached. This is a chemical treatment to whiten the flour and condition it. The chlorine or bromine used in the process remains in trace amounts in the flour. It is absorbed in the thyroid, as it mimics iodine. Bromated flour has been banned in Canada.

Hard wheat is heavier than soft what and so if you are weighing your flour rather than measuring by dry measure, high gluten flour has less flour per pound than soft, lower gluten wheat.

Graham flour is the whole wheat flour including the wheat germ. This flour is best if processed fresh, as needed from whole wheat berries, at home. The wheat germ is subject to rancidity and will give the flour an off, bitter taste if it is not fresh. It is named after Dr. Graham, who first advised eating whole grains as a way to improve health. If you grind your own wheat at home using a grain mill, you will be using graham flour in your baking. Commercial graham crackers are usually made from whole wheat flour.

Whole Wheat flour is similar to graham flour but the germ of the wheat has been removed to protect the flour from rancidity.

Many scratch cooks like to play with recipes. In fact, most experienced cooks play with recipes according to what they have on hand when they are baking or cooking. This is the JOY of understanding the principles behind cooking and baking.

Basic Principles of working with wheat flours

When you are working with wheat flours, understanding the basic principles will allow you to play with bread recipes, cake, and muffin recipes. I'd advise making the recipe the very first time, exactly as the recipe is written, so that you understand the method. But once you've mastered the basics, take your freedom to play and have some creative fun in the kitchen.

Understanding Batter and Dough made with wheat flour

Type of Batter	Liquid	Flour (humidity will be a factor)
Thin or pour batters – Pancakes, popovers	1 cup	1 cup soft wheat
Cake batters	1 cup	1 ½ cup soft wheat
Thick or drop batters - muffins	1 cup	2 cups soft wheat
Drop cookie batter	1 cup	2 ½ cups soft wheat
Soft dough – tea biscuit, bread, scone	1 cup	3 cups soft wheat, (use hard wheat for yeast breads only)
Stiff dough – pastry, rolled cookies, shaped cookies, pasta	1 cup	4 cups soft wheat, (Use hard wheat for pasta only)

Use of Leavening Agents

Leavening agents include eggs, baking soda plus an acid, baking powder, and baking yeast.

1. Use 2 tsp. of baking powder to 1 cup of flour
2. After 1st egg, **reduce** the baking powder by ½ tsp. for each egg.
3. If baking soda and sour milk are used, use ½ tsp. of soda per cup of sour milk, and in addition add 1 tsp. of baking powder per cup of flour.
4. If baking soda and molasses (acidic) are used, use ½ tsp. of baking soda per 1 c. of molasses.
5. If baking soda and cream of tartar are used, use ½ tsp. of soda and 1 tsp. cream of tartar per cup of flour.
6. Use 1 tbsp. of yeast (1 pkg dry yeast – 15gms) to 1 ½ cups of liquid and 5 cups of flour in the recipe.
7. When using eggs as the sole leaven in a cake recipe use 4 lg. eggs per 1 cup of cake flour. Beat eggs well, until foamy, before mixing in other ingredients.

Now that you understand the basic principles behind using wheat flour in baking, tomorrow we'll look at a basic drop batter and how you can customize it to your families likes, and what you have on hand in your cupboards.

It's not always what's in the bowl
It's how you handle the dough



Master how you form, and bake the dough and you can use many different wheat dough recipes to make a wide variety of ethnic bread, flat bread, and rolls. While gluten-free bread is a little trickier than working with wheaten dough, the same principle applies. You will be able to make a wide variety of breads once you master the basic recipes. You'll also be able to find new recipes to try and then adapt them to your favorite breads.

Once you find a few favorite bread recipes, that use the ingredients that your family loves, you'll be able to adapt them to a wide variety of artisan baked breads, including pizza, bagels, pita bread, and flat breads.

Don't be afraid to experiment. Even your failures can be put to good use.

Home Baked Bread

Bread is the staff of life and the basis for holiday baking, lunches, Shabbat meals, and many comfort dishes. Bread is also the basis of many ethnic traditional foods. Bread gets its light, spongy texture from gluten in wheat, rye, and barley. Bread is also high in carbohydrates. Although ethnic specialty breads are expensive, they are inexpensive when you make them at home, from scratch.

Those on gluten-free diets because of celiac disease, wheat sensitivity, irritable bowel syndrome, or diabetes should refrain from eating bread made from wheat, rye, or barley flour. If you are on a low carb diet you'll want to save this lesson for a special occasion. If you have a family member who is celiac or has wheat sensitivity, you'll want to avoid this recipe. Gluten-free bread and many other traditional types of bread (wheat and rye) are the focus of this class.

In this lesson I'll just skim the surface on bread baking. Challah is fun bread that is a bit more challenging to master. But it looks so sensational that once you learn the easy braiding technique I know you'll want to add this to your repertoire of scratch cooking. Not only that, but this basic sweet dough can be used as the foundation for many other sweet types of bread, so, provided you aren't gluten-free, you'll want to take the time to learn this technique.

Today I'll give you this basic sweet bread recipe that can be used in other sweet breads as well.

Perfect Braided Challah

Time: About 3 hours start to finish. Hands on time about 15 min plus 25 min — total hands on time 40 min.)

Ingredients:

3 c. warm water

1 tbsp. organic sugar

2 tbsp. dry yeast

7 whole medium eggs

2 tbsp. liquid coconut oil or melted butter

1/4 cup of organic sugar (optional)

1 tbsp. Celtic salt or Himalayan salt

8 cups unbleached bread machine flour

1/2 cup freshly ground flax seed

2 cups whole wheat flour

1/2 cup of raisins, plumped

1 tbsp. cinnamon, powdered

Method:

Dissolve yeast and 1 tsp. sugar in water. Wait until it gets frothy or foamy. Add to mixer bowl. Crack in 7 medium whole eggs, beating after each addition. Add 5 cups of unbleached bread machine flour, 1/2 cup ground flax seed, 3 cups whole wheat flour. Beat with dough hook on your stand mixer after you've added the first 4 cups of flour and then continue beating adding 1/2 cup of flour at a time. Dough should be smooth, pliable, and elastic. Cover dough with cloth or lid, set in a warm place, and allow to rise for 1 hour or until doubled in bulk. The extra protein from the eggs makes this a rapid rising dough.

Once dough has doubled in bulk, punch it down. And allow it to rest again for 15 minutes.

To form Challah loaves:

There are several ways to form the braid. This bread can be divided into 3 portions and each one braided as in the diagram and it will make 3 large loaves. Or it can be divided into 12 portions and each portion can be braided for smaller challah loaves. See the step by step diagram to see how to braid the challah.



Here's the verbal instructions:

Divide dough into 12 portions. Take each of the 12 portions and divide into 3 parts. Roll each part into a smooth log as in picture 1.

Cross the 3 logs in the centre. (picture 2)

Working on one side at a time, braid the 3 strands by passing them alternatively under and over each other as if you are weaving. (Picture 3)

When you run out of dough, press the three ends together and tuck this end under the loaf. (Picture 4)

Repeat steps 1 to 4 on the opposite side of the loaf.

Place each loaf on a greased baking sheet. The loaves will rise until doubled in bulk and then rise more in the oven so leave enough room between them on the baking sheet so that they don't grow into each other during the baking.

Form each loaf in turn and place on baking sheet.

Beat 1 egg, and brush each loaf with the beaten egg. Once you have brushed all the loaves with the egg, go back and repeat the egg brushing so that each loaf has been brushed twice with the beaten egg.

Sprinkle the tops of the loaves lightly with poppy seeds or sesame seeds.

Cover and allow to rise until double in bulk. (about 30 min.)

Preheat oven to 400F. Put baking tray into oven and immediately turn down the oven to 350F. Bread will be done in 25 to 30 min. Bread is done when it is golden brown and the bottom of the loaves sounds hollow when tapped.



Hints:

You can use this recipe for several celebration breads by substituting other dried fruit and nuts for the raisins and omitting the cinnamon. Christmas fruit breads, Easter breads can also be made using this basic recipe, although I personally think, none of them are as pretty as braided challah.

This can be made savoury by omitting the 1/4 cup of sugar, and the raisins and adding spices like oregano, basil, pieces of olives, and grated cheese.

Form individual rolls with the challah dough — and make mini braided loaves or turbans or circular braids. This recipe will make 18 individual rolls.

If you are having trouble getting the dough smooth when you roll it into logs, try wetting your hands. Dough should be smooth and elastic but still moist when you are working with it.

This is one bread that is just as delicious 2 days after baking, as it is fresh, and warm from the oven. The extra eggs and oil keep it moist and tender for several days. If you are making a big batch, you can freeze the extra rolls or loaves to keep for another day.

This bread travels well. Make individual rolls for your next long car trip and slice them lengthwise for deli sandwiches — corned beef, kosher dills, and mustard are a great choice, so is cream cheese and smoked salmon.

French toast

Leftover bread is the basis for some sensational French Toast. To make French Toast, slice the loaf thickly and drag through a mixture of beaten egg with a scant amount of milk and cinnamon added. Fry lightly on both sides. Serve warm with icing sugar, jam, or syrup.

Cinnamon buns

Make cinnamon rolls with this recipe: Divide the dough into 3 portions. Roll out one portion to 1/2 inch thick. Spread the surface of the dough with butter. Sprinkle with cinnamon sugar. Roll up from the long side to form a roll with layers of cinnamon sugar in a spiral. Cut with a sharp knife into rolls about 1 inch thick. Prepare a glass baking dish by buttering the dish. Spread cinnamon sugar over the butter. Lay out the cut rolls, cut side down in the baking dish. Place rolls close together so that when they rise, they press into each other. Cover and allow to rise until doubled in bulk. Bake at a 350F oven for 30 min. Remove from oven and turn out of pan. Cool on a wire rack, upside down. Allow to cool and ice with thin icing if desired.

How to make this bread with 100% whole wheat flour

To make these loaves with whole wheat flour or freshly milled flour your technique needs a bit of adjustment. To use 100 % whole wheat flour, be sure that your flour is freshly milled — still warmed from the mill is not too fresh. Add only half the flour to the liquid and beat well, until strands of gluten begin to form on the beaters or on your wooden spoon, if you are making this by hand. Allow to rest for 1 hour and let the sponge-batter become frothy and light. It will begin to rise.

Add in the remaining dough and 1/4 cup vital wheat gluten (this is a dough conditioner used to give structure to whole grain bread dough) and 1 tbsp. lemon juice. The bread will be heavier and will need additional rising time. Extend the rising time to 90 min. and allow dough to double in bulk before forming loaves. Then proceed as per the recipe.

Multi-grain Artisan Bread in a few minutes a day

Multigrain Artisan Bread in 5 minutes a Day

(This is a Joybilee Farm original recipe)

Here's my version of [Bread in 5 minutes a Day](#), using whole grain wheat, rye, and oats and vital wheat gluten (see below for more information on using vital wheat gluten). I love the flavour of this loaf with the combination of flours here. It tastes better even than the best bakery bread. I think you'll love the multi-grain loaf, too. If you don't have a grain mill, you can purchase whole grain bread flour and use that. If you like the loaf lighter, add more vital wheat gluten. The final texture of the bread has a lot to do with not just the flours that you use, but also how you handle the dough when you form the loaves, and how you bake it, and even what you do when you remove the dough from the oven.



The Concept of Artisan Bread in 5 Minutes a Day

First the concept behind "Artisan Bread in 5 minutes a day" is that the dough is slower rising because of the salt in the loaf, and therefore can be mixed ahead, put through the first rise, and then punched down and refrigerated. Once in the fridge, it will keep for a week, developing a sourdough flavour. When you want fresh bread, you pinch off what you want and bake it or fry it, as you want it. This is really good for small families, because, while the recipe makes about 3 loaves of bread, you can break off just enough for 4 cinnamon buns, or dinner rolls and have fresh rolls in the time it takes to make dinner.

But in reality the first part of making this — the mixing of the original dough, takes about 30 minutes of hands on time. Then the forming of the bread before baking takes just 5 minutes. My recipe is for multi-grain bread and can be used the same way as *Artisan Bread in 5 minutes a Day* or you can bake it as you make it. The choice is yours.

Tip: Be sure to preheat the oven before you put the bread in. Some bakers even preheat the bread pans before they slide the dough onto them, using a dough paddle.

Once you have mixed the multi-grain bread dough in this recipe and it has risen once, it can be used to make a myriad of bread products from artisan loaves, to pizza dough, [bagels](#), rolls, pita bread, pretzels,

or even crackers. The different bread products are created by how the dough is formed and handled after the first rising.

Multi-grain Bread

Makes 3 1 lb. loaves or 18 rolls or combination thereof

3 cups lukewarm water (about 95F)

1 tbsp organic sugar

2 tbsp granulated yeast (2 packets)

1 1/2 tbsp celtic salt or sea salt

4 1/2 cups unsifted, whole wheat flour (hard winter wheat is best for this, or all purpose whole wheat flour, or whole wheat bread flour, not pastry flour. For more info. on flour see [here.](#))

4 to 6 tbsp. vital wheat gluten

1 cup of oat flour, or other whole grain flours

1 cup of rye flour, or other whole grain flours

½ cup ground flax seed or chia seed

½ cup ground sunflower seeds, almonds, walnuts, or other nuts

Method:

Dissolve sugar and yeast in warm water. Allow yeast to become bubbly.



Allow yeast to become bubbly.

Add salt and stir to dissolve. Add liquid to mixing bowl and add 4 cups of whole wheat flour, and 4 tbsp vital wheat gluten. Mix to moisten all flour. Using the dough hook beat in your stand mixer until threads of gluten form in the dough. If you are working this by hand with a large bowl, use a heavy wooden spoon to beat it. Beat an additional 5 minutes in the mixer or by hand with a wooden spoon. Add in rye flour, oat flour, sunflower seeds, and flax or chia seed. Beat well after each addition. Add in final ½ cup of whole wheat flour. Dough should be stiff and form a ball, but very moist still.



Put dough in a bowl. The dough will be moist and sticky.

Put dough in a bowl with a tight fitting lid. It will seem too moist to be done, but don't add any additional flour. Allow to rise, covered, for 2 hours. Be sure the bowl is big enough to allow the dough to double in bulk. The flour will absorb more of the liquid as it rises. This is the secret to light whole, grain loaves – don't add in too much flour at the beginning.

Note: For this recipe I milled whole wheat berries (hard winter wheat), whole rye berries, and stone ground oat groats. The flours were still warm when I mixed the dough. You can use already milled flours, but they ideally they should be very fresh, even kept in the refrigerator of your health food store. If you need to purchase whole wheat flour, get bread flour if you have an option, rather than pastry flour.



I ground the flax seed and sunflower seeds in a coffee/spice grinder just before I mixed the dough. You can use a blender with a small jar.

Once the dough is raised, punch it down. At this point your loaf should be moist and sticky. You can take a few tablespoons of wheat flour and knead it in to make smooth, pliable dough. Knead it for about 3 to 5 minutes and let it rest again for 20 minutes.



Tip: With whole grain doughs, give the dough a chance to absorb and swell the flour that you knead in, or the dough will become too heavy to rise. This is why you let the first rising be with sticky moist dough, and then incorporate a bit more flour just before you form the loaves. If you incorporated all the flour at once, your final dough would be too dry and heavy, after the whole grain flours completely absorbed the moisture in your dough.

You can use this immediately, or use it like the [original Artisan Bread in 5 minutes a day](#). To do that, keep this in the fridge in a covered bowl. When you want to use it, break off a 1 lb. piece of dough. Form into a round loaf, an oblong loaf, pizza crust, [pita flat round bread](#), bagels, or 6 rolls. Allow to rest and rise after forming for 1 hour (don't skimp on this part.), as it comes to room temperature,

and doubles in bulk. **Note: Pizza crust, and Pita bread rise in the hot oven, and are not given a second rising on the counter before baking.**

Preheat oven to 375F for loaves or 400F for rolls or pizza dough. For instructions to [bake pita bread](#).

Place the pan in the oven, on the centre rack. Also place on the lower shelf of the oven a shallow pan of water. Bake loaves for 10 minutes. Turn heat down to 350F and complete the baking for another 20 minutes. For rolls or pizza dough, turn heat down after 10 minutes and bake for an additional 10 to 15 minutes until rolls are lightly brown and sound hollow when tapped.

Remove rolls or loaves from oven and remove from pans immediately. Allow to finish cooling on a rack.



Get the crust you want:

For crusty French loaves – brush the tops of the loaves with warm water before putting them in the oven.

For soft, crumb crusts – brush loaves with butter as soon as you remove them from the oven.

For crispy, crunchy crust – brush loaves with beaten egg yolk and sprinkle with sesame seeds or poppy seeds.

For chewy, bagel like crusts – form dough into bagel shapes and preboil the bagels in salted water, before baking. Pretzels can also be boiled before baking for a chewy texture. (more about this in the next lesson)

Slice the top of artisan loaves after forming into round or oval loaves, and before rising. This keeps the top of the loaf from cracking as the dough rises a second time in the oven, during baking.

How to use vital wheat gluten to improve the texture and crumb of your whole grain breads

First, Vital Wheat Gluten is not the same product as gluten-free flour. If you are baking for someone who must have gluten-free bread, don't add this product to the bread for your loved one.

Vital wheat gluten is the protein of hard winter wheat. It is made by removing the germ and the starch from hard winter wheat flour, by sifting to remove the wheat germ and the bran. The flour that is left is combined with water to make a thick paste. It is stirred to make the gluten hold together and become stringy. This paste is then washed to remove the starch from the dough. What is left is vital wheat gluten. This is then dried and milled again to create vital wheat gluten.

Vital wheat gluten is the protein part of the plant. You could do this process at home, if you raised your own hard winter wheat, but you don't have to. Vital wheat gluten can be found in the baking section of your grocery store or in the health food store. If your local store doesn't carry it, you can buy it at Amazon. Bob's Red Mill is the brand that I have available here in my grocery store.

This is what the company's website says of [Vital Wheat Gluten](#):

“Gluten, Vital Wheat is the natural protein found in wheat. It contains 75% protein. A small amount added to yeast bread recipes improves the texture and elasticity of the dough. This is often used by commercial bakeries to produce light textured breads, and can easily put the home bread baker on a par with the professionals. Vital Wheat Gluten can also be used to make a meat substitute known as seitan.”

That sounds promising, doesn't it? Who doesn't want to produce light textured, whole grain breads like a professional baker, at home?

To use Vital Wheat Gluten in bread baking, add 2 to 6 tbsp. of gluten for every 4 – 5 cups of whole grain flour that your recipe calls for. How much you actually need depends on the amount of natural gluten in the flour or grain that you are using. Even hard winter wheat will vary in the amount of protein in the grain depending on the growing season, so you may need to adjust the amounts of vital wheat gluten if you are using lower gluten flour.

Vital Wheat Gluten is not the same as “gluten flour.” Gluten flour is the same as bread machine flour or bread flour. It is made from hard winter wheat that still has the starch in the flour.

Some helpful articles:

[What's with my bread? Basic principles for working with wheat flour](#)

[Perfect pita every time](#)

[Making bagels from scratch](#)

[Using a grain mill](#)

Bagels

This lesson builds on the last lesson where we made a large batch of bread that could be kept in the fridge and a portion broken off for immediately use. “Artisan Bread in a few minutes a day”. The multigrain dough from this recipe is great for bagels.

What are bagels?

“Bagel” is a Yiddish word. And Bagels are originally from Jewish cuisine in Eastern Europe. Bagels are formed with a hole in the middle because they are a heavier dough and the hole makes sure that they are cooked through the centre.

Forming the Bagels

So here are the steps to making bagels:

Take out your dough. For 6 bagels you’ll need 1 lb of the dough. You can use any bread dough for this recipe, not just the multigrain. What creates the bagels isn’t the ingredients in the recipe but rather the method of handling the dough and baking it.



Break off a 1 lb piece of dough and knead it briefly with a bit of extra flour to make it easier to handle. Let it rest at room temperature for 30 minutes.

Divide the dough into 6 equal portions and roll each portion into a smooth ball, in your hands. Once you’ve made a smooth ball, hold the ball between your two hands and insert both thumbs into the

centre of the ball to make a hole. Work your thumbs around the hole and stretch it so that when the bagel rises, the hole will stay open.



Rising the bagels

Lay the bagel on a greased baking sheet and cover with parchment paper or plastic wrap or a towel. Let them rise in a warm spot until the bagels are double in size — about an hour if your room is warm, longer if it is cold and drafty.

Specialty technique: How to cook bagels

Once the bagels are raised, fill a pot half full of water, add 1 tsp of celtic salt, and bring the water to a rapid boil. Drop the bagels 3 to 5 at a time into the boiling water. Allow to boil for one minute, turn the bagels to the other side and boil one minute more.



Drain the boiled bagels for a few minutes on 4 to 5 paper towels to absorb excess water. Place the drained bagels back on the greased baking sheet. If you'd like a seed topping on your bagels, at this point, brush an egg wash on the top of the bagel and sprinkle poppy seed or sesame seed on top. (Egg

wash: Beat an egg. If it seems too viscous, you can add a 1/2 tsp of water to make it easier to spread. Use a pastry brush to brush the tops of the bagels.)



Preheat oven to 375F. Bake bagels for 10 min. Turn heat down to 350F and bake for an additional 15 minutes, until bagels sound hollow on the bottom, when tapped with your knuckle.

Remove from oven. Allow to cool on a rack until just warm. Serve.



These are traditionally served for a dairy meal accompanied with cream cheese and lox (salted smoked salmon). It's yum!

Here's a different bagel recipe for you to try: [Whole Wheat Bagels](#).

Tweaking bread recipes for homemade pizza

Multigrain Pizza Crust

Any unsweetened, yeast bread dough can be used for pizza crust. The technique is the handling of the dough. So before I give you a few recipes, let's talk about technique so that you can use your favorite recipe to make pizza, too.

There are several kinds of pizza, but pizza is actually a peasant food designed to use up left overs. It originates in Italy and different regions of Italy specialize in different types of pizza crust. Whether your family likes a thin, crispy crust, or a thick, chewy crust, or a deep pizza that's almost a casserole – depends on what you are used to – your family's culture.



Common Pizza characteristics

So first let's talk about the things that all pizzas have in common. With all pizza you are looking for a crisp bottom, you need a turned up crust to hold the toppings in place, and you need cheese melted on top for that stringy, smooth, fatty mouth-feel that makes you crave pizza. (If you need [a gluten-free recipe](#) check out lesson 5.)

To achieve the crispy bottom, you want a high temperature for baking. It's not unusual for a recipe to call for oven temperatures of 400F or even 450F. This is to master that crispy bottom crust. With high temperatures you want to make sure that there is no sugar, molasses, or honey in the recipe. Sugar caramelizes at high temperatures and your crust will brown before it is baked if there is a high sugar content in your dough. If you live at a higher elevation, turn down the heat, just a bit, and aim for the 400F oven. The water will escape from the dough at a lower temperature for you.

In addition to a high oven temperature, the pan that comes in contact with the pizza is often preheated in a professional kitchen. Pizza stones are made to be preheated and to have the pizza slid onto just before baking, using a bread paddle. Alternatively a pizza pan with holes can be used to expose the bottom crust to direct heat – be sure to grease it well before laying the pizza dough onto the pan (voice of experience) or the dough will spread into the little holes making it impossible to separate your perfectly browned pizza from its pan. Special ovens are often used to bake the crust just right, using dry wood heat to crisp it to perfection.

Those backyard pizza ovens are designed to give you the perfect, crispy, thin pizza crust every time. They are preheated with a wood fire and the thick masonry walls; hold the heat evenly, to give you pizza perfection.

So what if you don't have a pizza stone or a special pizza pan? What if you don't have a pizza oven in your back yard? Then what? You can roll out your pizza on parchment paper on a board. Preheat a cast iron frying pan or Dutch oven and slide your pizza, with parchment paper onto the preheated pan just before baking, for a crispy crust. Since your pan is going to cool down when you take it out of the oven and transfer your risen, and laden pizza onto it, preheat it to 450F and then turn the heat down to 400F when you put your pizza in. (use oven mitts to protect your hands and don't get burned when you transfer the pizza to the pan)

I prefer to make my pizza in a pizza pan and avoid the heroics of getting a really crisp bottom crust. So it's up to you how you achieve this or even if it's important to you.

Pizza the way you like it

If you like a thinner edge crust, simply roll your pizza thinner to start with and fold the edge over just once. The crust will rise on the edges that you don't cover with toppings, more than in the middle. You may need to get a feel for how thick to make the edge, so that you don't feel like you've got a loaf of bread on the edge of your pizza. Aim for just a single rolled edge to start and make it thinner or thicker as you practice until you get the results that your family prefers.



The more toppings you put on your pizza, the soggy the pizza will become. Don't use very wet ingredients as pizza toppings – drain the pineapple, slice the cooked meat thinly, grate the cheese, use tomato powder or tomato paste rather than tomato sauce or salsa.

Pizza is a fun meal for a leisurely Friday or Saturday night, when you aren't too pressed for time. You can make the dough ahead and have the toppings prepared in bowls. You can let each family member make their own pizza just with toppings that they like. This helps with picky eaters, and makes the meal

a celebration time. Plan for at least 20 minutes baking time, and a 5 minute resting period, to solidify the cheese and toppings before serving the pizzas. That's enough time to make a salad and homemade dressing to go with the meal. When I'm serving pizza like this, I make the individual pizza dough rounds and put them on a greased baking sheet – I can fit 4 pizzas on a baking sheet (don't try this with gluten-free dough, it will spread and not hold together properly.)

Here is a traditional Pizza Dough recipe from Italy

(makes 2 thin 10 inch crusts)

Ingredients

1 ½ tsp. yeast

1 cup of warm water

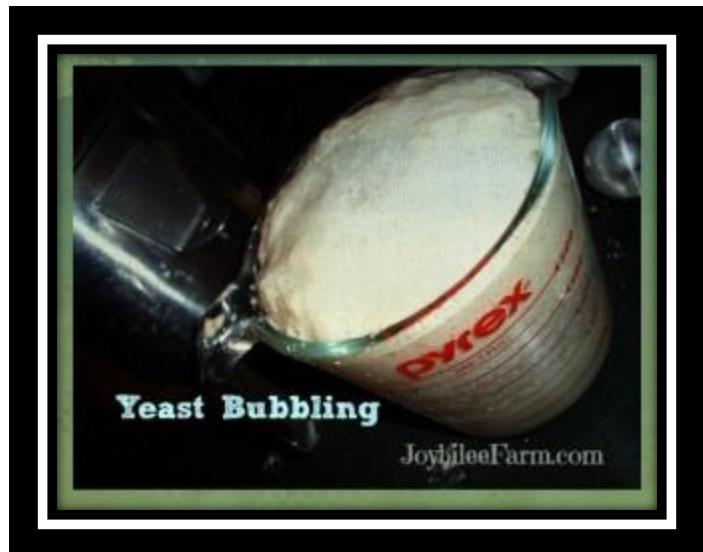
2 tbsp. olive oil

½ tsp. salt

3 ½ cups of all-purpose flour (if the all-purpose flour in your region is soft wheat, use bread flour)

1 tbsp. cider vinegar (dough conditioner)

1 tbsp. warm water (optional if necessary, it will depend on your humidity.)



Method

Dissolve yeast in warm water. Allow the yeast to froth up. Mix together yeast mixture, flour, olive oil, and salt. Beat well until the gluten starts of form strands. Then turn onto floured counter and knead well, till smooth and elastic or process for 5 minutes with your stand mixer using the dough hook. You can also use your bread machine to mix this dough.

Cover bowl and allow to rise until double in bulk, about 1 hour to 1 ½ hours.

Divide dough in half, and roll out thinly to the size of a 10 inch pizza pan.

Now let's look at this recipe and I'll show you how to take the basic recipe and make it more interesting, by adding additional fiber and seeds, and substituting textured flour for the all-purpose flour.

What needs to stay the same is the ratio of yeast, salt, flour, and liquid. But within that framework you can play.

To this recipe you can add up to 2 tbsp. of ground flax, chia seeds, or even shelled sunflower seeds, ground, or ground almonds. This will add both fiber, omega 3 fatty acids, and some oil. Lower the oil by 1 tbsp if you make this substitute.

You can substitute whole grain flour for up to $\frac{1}{3}^{\text{rd}}$ of the white flour – 1 to $1\frac{1}{4}$ cups. More than this and you will need to add more water, as whole grain flours absorb more water than all-purpose white flour or unbleached white bread flour. If your dough seems dry, wet your hands when you knead rather than adding in more flour.

You can add non-glutinous flours if you add 1 tbsp. of vital wheat gluten to compensate. Substitute no more than $\frac{1}{2}$ a cup of non-glutinous flour as a substitute for $\frac{1}{2}$ cup of bread flour.

You can add up to 1 tbsp. of dried herbs to the crust for taste and interest sake or you can add up to 1 tbsp. of dried and powdered vegetables like tomato powder or carrot powder to give it interest and add more texture. Or you can combine dried herbs with dried vegetables – keeping the total addition to 1 tbsp. More than that and you will need to add more water. **Note that 1 tbsp. equals 3 tsp.**

Some creative play:

That's the basic principle of substitution that you can use with any yeast bread recipe to make the recipe truly your own. For this lesson, I'd like you to take the basic recipe and make it as written. And then create your own recipe using the principles I've given you here. If you don't need to have pizza so often this week, just make the crust, bake it till just lightly brown, and freeze it – to add toppings later. Keep track of your creative recipe and write it down so that you can do it again if you want to. Don't be afraid to experiment. This is how you get comfortable baking.

Here's my version of Multigrain Pizza Dough based on this recipe:

Ingredients:

1 $\frac{1}{2}$ tsp. yeast

1 cup of warm water

$\frac{1}{2}$ tsp. Celtic sea salt, coarse

1 tbsp. coconut oil

1 tbsp. ground flax seed

1 tbsp. poppy seeds

$\frac{1}{2}$ c. freshly ground rye flour

$\frac{1}{2}$ c. buckwheat flour plus 1 tbsp. vital wheat gluten

2 ½ cups of unbleached bread flour

1 tsp. dried oregano

1 tsp. dried basil

1 tsp. tomato powder

1 tbsp. cider vinegar

1 tbsp. water (if necessary — it will depend on your humidity)

Method:

Dissolve yeast in warm water. Allow the yeast to froth up. Mix together yeast mixture, rye flour, buckwheat flour, spices, tomato powder, bread flour, seeds, coconut oil, and salt. Beat well until the gluten starts to form strands. Then turn onto floured counter and knead well, till smooth and elastic or process for 5 minutes with your stand mixer using the dough hook. You can also use your bread machine to mix this dough.

Cover bowl and allow to rise until double in bulk, about 1 hour to 1 ½ hours.

Divide dough in half, and roll out thinly to the size of a 10 inch pizza pan.



Divide dough in half. Roll out half to the size of a pizza pan.

Note that buckwheat flour is gluten-free flour. Even though the word “wheat” is in the name, buckwheat is from an entirely different botanical family than wheat, rye, barley, and oats, which are grasses. Buckwheat gives a chewy texture to breads.

Don't stop with just a traditional pizza. There are many ways that you can form the crust for more excitement at your meals. Here's just a few.



One alternative way to form the crust — Pizza Twist Bread



When you tire of pizza, here's another way to form the crust. [Pizza Twist bread](#) can be done using any bread dough that you would use for pizza. The difference is not so much the recipe but how you handle the dough.

This will wow your friends and family!

Start by rolling out the pizza dough as you would if you were making pizza.



Spread tomato paste, spices, and top with cheese. You'll want to go easy on the toppings or you won't be able to roll the dough tightly enough.



Roll up as you would if you were making cinnamon buns — like making a jelly roll.



Instead of slicing the roll the normal way for cinnamon buns, slice lengthwise. Here's the directions that I wrote for my article on the [Grainmill wagon](#):

Using a very sharp knife, cut the dough lengthwise, cleanly through. Take the two halves and twist them together, like a twisted rope, keeping the cut edge on the top of the twist. To make a wreath, overlap the two ends and moisten the dough at the overlap. Place on floured baking sheet. Brush with more melted herb-garlic butter. Cover with a towel to allow to rise. – See more at: [The Grainmill Wagon](#)





Bake this at 400F for 30 minutes. You'll want the oven a little cooler than with a flat pizza, so that the dough cooks all the way through before the crust is over brown, so bake it more as you would bake rolls rather than pizza.

Perfect Pitas every time:

I love pita bread, the Middle Eastern pocket bread. But, often, my whole wheat pitas had to be used like a tortilla because the pocket in the middle was just a ripple of bubbles instead of the voluminous pocket, so necessary for stuffing.

After 30 years of baking this favourite bread I've learned the secret to perfect pitas. Amaze your friends by baking delicious pitas for your next weekend lunch. Here's my secret to perfect pita bread every time.



Start with simple bread dough:

This is the one I use. It's great for busy lives that yearn for fresh baked bread but don't have the time to fuss with it. It keeps in the fridge for up to 2 weeks. Ours never lasts that long. Use it to bake delicious, crusty home-made bread whenever you want. Make a fresh batch of dough in 10 minutes when you run out (10 min. with an electric mixer, 20 minutes hand mixing). I didn't invent it. You can find the original [here](#):

Artisan Bread (my version)

8 cups whole wheat flour (I use Roger's brand or milled fresh)

4 cups bread machine flour (I use Roger's brand)

3 tbsp. celtic sea salt

8 cups hot tap water

3 tbsp. regular bread yeast

Sprinkle the yeast on top of the hot water in a 2 litre (8 cup) glass bowl. Leave until its frothy.

Mix the first 3 ingredients in a mixing bowl. When yeast is dissolved and frothy, add to the dry ingredients. Mix with a bread hook on your mixer or mix by hand. Knead until smooth. Place in a 2 gallon pail with a lid. Cover with a towel, then the lid, and allow to rise until the top of the dough caves in. (Overnight works, too)

Use immediately or refrigerate for up to two weeks.

To make the Pitas:

Roll the Pitas thin and round without tearing the dough or creasing it

Break off 6 pieces of dough the size of a golf ball. Roll each on a floured surface for 1/8 inch thick, 6 inch rounds that are smooth and evenly round. Don't fold it or rip the surface of the dough. If it tears, form it into a ball again and start the rolling again. Rest each round while you roll the next one.

Preheat both the oven and the baking sheet

Meanwhile, preheat oven to 450F. Place a baking sheet in the oven on the lowest rack, to preheat. If your oven needs cleaning your smoke alarm might go off when you open your oven. Deal with it. (Don't disconnect your smoke alarm).



Once the oven is at temperature and the cookie sheet is hot. Immediately remove the baking sheet from the oven, place two pita rounds on the cookie sheet and put back into the oven. Set the time for 9 minutes. At 5 minutes you will see the glorious rounds of pita puffing up in all their sweetness. If yours aren't, check the oven temperature. It may be too cool. Flip them and close the oven, the faster the better. Allow to bake for 4 more minutes.

Remove from the oven to a plate lined with a tea towel. Cover pitas to keep warm.

Work fast and keep the baking sheet hot.

While the baking sheet is still hot, place two more pitas on it and repeat, until all 6 pitas are done.

Line a basket with a handwoven tea towel and serve.

Fill with your favorite protein rich salad, scrambled eggs, or even peanut butter and banana, and enjoy.

How to make doughnuts at home



The doughnut – a fried yeast dough, is an international pastry. The doughnut was originally a round piece of dough, the size of walnut, deep fried in lard. The hole was added in the mid 1800s to make sure that the dough was cooked all the way through. Doughnuts in other parts of the world vary in shape, from twisted dough, to flat ovals that are filled with jam or cream, to the circles with a hole. Per capita, Canadians consume the most doughnuts, and Canada has the most doughnut stores per capita than any other nation.

At last something for us Canadians to be proud of!

Here's my version of doughnuts, although any sweet, moist yeast dough will work. Whole grain dough gives a more bread like texture to doughnuts, but I have made doughnuts with whole grains, too.

Joybilee Farm doughnuts (not gluten-free)

Makes a 16 to 20 doughnuts or rolls

Dissolve:

1 tbsp. yeast

1 c. warm water

Allow yeast mixture to froth.

In another bowl combine:

1 cup warmed milk

1 cup mashed potatoes (leftover mashed potatoes can be used)

2 tbsp. butter

½ cup warmed honey

When mixture is lukewarm to the touch add in yeast mixture and 3 cups of all purpose, unbleached flour. Let stand until mixture starts to bubble up and has a sponge like consistency.

Add in 1 egg, beaten

1 tsp Celtic salt

4 additional cups of flour, **additional flour may be needed if your kitchen is humid.**

Dough should be soft. Turn out on floured counter and knead until satiny, and pliable. Let rise in a warm place until doubled in bulk.

To shape the doughnuts:

To make doughnuts, Roll out dough until 1 inch thick and cut with a doughnut cutter, or take a ball of dough about the size of a small orange, work it till it is a smooth ball, then poke your two thumbs through the centre and work a small hole about the size of your thumbs. Place on greased and floured baking sheet.

Cover and allow rising until not quite doubled in bulk.



When doughnuts are ready to fry, put 2 inches of coconut oil in the bottom of a deep skillet. Heat to 375F – oil should not smoke. **Do not leave oil unattended** – oil that gets too hot can spontaneously burst into flame.

Carefully place doughnuts 3 to 4 at a time into hot oil. **Oil will bubble rapidly, so be careful not to get burned with splattering grease.**

Cook on each side until lightly browned, about 45 to 60 seconds. If oil is too hot, doughnuts will brown too fast and remain doughy in the centre. If oil is too cold, doughnuts will get greasy and absorb too much oil instead of browning.



Remove the finished doughnuts from the oil and drain on paper towels. I put 3 to 4 thicknesses of paper towels on a shallow pan to catch the excess grease. Once drained and while still warm, lay out doughnuts on a baking sheet and glaze with the glaze of your choice.

Glazing Doughnuts

Make glaze in a shallow dish and dip each doughnut into the glaze of your choice. Sprinkle with candy sprinkles, toasted coconut, chocolate bits, or crushed candy bars to decorate your doughnuts. Extra doughnuts can be frozen to keep for the future.

Glaze:

1 cup icing sugar

1 tsp. butter

½ tsp. vanilla

Enough cream to make a thin icing

Orange glaze

1 cup icing sugar

1 tsp butter

½ tsp orange extract

Zest from 1 orange

Cinnamon sugar

¼ cup organic sugar

1 tsp cinnamon

Combine mixture and put into a brown paper bag, 1 tbsp at a time. Place donuts while still warm into bag, one at a time, and shake them in the mixture. Add more cinnamon sugar, 1 tbsp at a time, as the sugar in the bag is used up.



Chocolate glaze

1 cup of icing sugar

¼ cup of cocoa powder

1 tbsp butter

1 – 2 tbsp rich cream

Alternative:

This yeast dough can also be used to make cinnamon buns, sticky buns, dinner rolls, cinnamon twist bread, and coffee cake. You can prepare it the night before and keep it in the fridge overnight. Take it out in the morning and you can make fresh rolls for lunch with the dough. They are a very soft, light, spongy roll – much like commercial dinner rolls or commercial cinnamon buns.

Extra doughnuts or rolls can be frozen. The dough can also be frozen after the first rising, if you want to make it ahead and then thaw it a few hours before you are ready to use it. Commercial donut shops even form the dough and then freeze them. Take them out of the freezer 3 hours before you need them and thaw at room temperature.

Technique video

Watch [the video for the technique of frying doughnuts](#) and applying the glaze.

Jelly Doughnut Mystery Solved:

Have you ever wondered how they got the jelly into the jelly doughnut? While I knew that regular round doughnuts with the hole in the middle were within reach of my culinary skills, I thought if I wanted a cream filled Bismarck doughnut – Tim Horton’s Canadian Maple Cream, comes to mind – I would have to buy from the professionals. No longer! Take that Tim Hortons!



Jelly doughnuts are a traditional Israeli Chanukah treat. They are a little fiddlier than regular doughnuts, but worth the extra effort for a special celebration. If you want a cream-filled doughnut take your favorite vanilla custard recipe, cook it to perfection and allow it to cool, then proceed, using the same technique that I used for filling Jelly doughnuts.

Commercial doughnuts are made from factory-made dough that is preshaped and frozen so that the doughnut store only needs to cook them and decorate them. When you make your own at home, you can choose ingredients based on quality and taste rather than economics. You can avoid genetically modified ingredients, if you choose. And the final donuts are sensational! Doughnuts are a special treat for a special celebration and they just became even more awesome!

Joybilee Farm Jelly Doughnuts (not gluten-free)

Makes a 12 to 18 doughnuts; This recipe can be used for regular doughnuts, and rolls, too.

Dissolve:

1 tbsp. yeast

1 c. warm water

Allow yeast mixture to froth.

In another bowl combine:

1 cup warmed milk

1 cup mashed potatoes (leftover mashed potatoes can be used)

2 tbsp. butter or coconut oil

½ cup warmed honey

When mixture is lukewarm to the touch add in yeast mixture and 3 cups of all purpose, unbleached flour. Let stand until mixture starts to bubble up and has a sponge like consistency.

Add in 1 egg, beaten

1 tsp Celtic salt

4 additional cups of all-purpose flour, **additional flour may be needed if your kitchen is humid.**

Dough should be soft. Turn out on floured counter and knead until satiny, and pliable. Let rise in a warm place until doubled in bulk.



To make doughnuts, Roll out dough until 1 inch thick and cut with a biscuit cutter or other round shape. I used a canning jar lid. Place on greased and floured baking sheet.



Cover and allow to rise until not quite doubled in bulk.



When doughnuts are ready to fry, put 2 inches of coconut oil in the bottom of a deep skillet. Heat to 375F – oil should not smoke. **Do not leave oil unattended** – oil that gets too hot can spontaneously burst into flame. Palm oil or lard can also be used to safely deep fry. Do not use liquid oils like grape

seed oil, olive oil, or canola oil, as these oils create health-damaging, free-radicals when heated to deep fry temperatures.



Carefully place doughnuts 3 to 4 at a time into hot oil. **Oil will bubble rapidly, so be careful not to get burned with splattering grease.**

Cook on each side until lightly browned, about 45 to 60 seconds. If oil is too hot, doughnuts will brown too fast and remain doughy in the centre. If oil is too cold, doughnuts will get greasy and absorb too much oil instead of browning.

Remove the finished doughnuts from the oil and drain on paper towels. I put 3 to 4 thicknesses of paper towels on a shallow pan to catch the excess grease. Remove and fill with the jelly or custard filling of your choice.

How to fill jelly doughnuts:

Tools you'll need:

You'll need 1 cup of grape jelly, raspberry jam, or other filling, like custard.

! Very small metal funnel

Ziploc sandwich bag

Chopstick

Method:

Using the chop stick, make a small hole in the side of the doughnut. Insert the chopstick into the hole and wiggle it back and forth and up and down, gently, to tear the crumb inside the doughnut. Be careful

not to be so rough that you tear the outside of the doughnut. You are making a small cavity to fill with the jelly.



Make a small hole in the corner of the empty sandwich bag. Insert the metal funnel and put the spout through the hole.

Fill the bag with 1 cup of jelly, jam, pie filling, or custard.

Insert the funnel spout into the hole that you made with the chop stick. Put gentle pressure on the closed Ziploc bag to exude some of the filling. Watch carefully, so that you don't overfill the doughnut. Release the pressure on the bag, before removing the funnel spout from the hole. Gravity will force more of the filling out of the bag, so once you remove it from the doughnut cavity; turn it with the funnel spout pointing up.



Repeat with each doughnut.

Insert chopstick, make a cavity, insert filling using the funnel/Ziploc bag. If you have a pastry tube you can use that instead. You need a tube that can fit into the hole that the chopstick made and go deep enough into the doughnut, while not enlarging the hole.

Once all the doughnuts are filled, top them with icing, glaze, or sprinkle with sugar.



Glazing Doughnuts

Make glaze in a shallow dish and dip each doughnut into the glaze of your choice. Sprinkle with candy sprinkles, toasted coconut, chocolate bits, or crushed candy bars to decorate your doughnuts. Extra doughnuts can be frozen to keep for the future.

Glaze:

1 cup icing sugar

1 tsp. butter

½ tsp. vanilla

Enough cream to make a thin icing

Orange glaze

1 cup icing sugar

1 tsp butter

½ tsp orange extract

Zest from 1 orange

Cinnamon sugar

¼ cup organic sugar

1 tsp cinnamon

Combine mixture and put into a brown paper bag, 1 tbsp at a time. Place donuts while still warm into bag, one at a time, and shake them in the mixture. Add more cinnamon sugar, 1 tbsp at a time, as the sugar in the bag is used up.

Chocolate glaze

1 cup of icing sugar

¼ cup of cocoa powder

1 tbsp butter

1 – 2 tbsp rich cream

Bavarian Cream Filling:

This is an alternative to the Jelly or Jam filling. It's a thick, creamy filling like what you find in the centre of a Canadian Maple Donut from Tim Hortons (Canadian Doughnut/coffee shop)

Ingredients:

¾ c. organic heavy cream

1 ½ tsp. unflavored gelatin

⅔ c. cold water

3 egg yolks

½ c. icing sugar (powdered)

1 c. organic milk

1 1/2 tsp. vanilla extract

Method:

Whip heavy cream until it forms soft peaks. Cover and set aside in refrigerator until you need it.

Sprinkle gelatin over cold water and let it soften for at least 10 minutes. Set aside.

Beat egg yolks with icing sugar using a whisk, until egg yolks are thick and have lightened in colour and no lumps of sugar remain. Set aside.

Mix milk and vanilla extract and bring to a simmer in a heavy bottom saucepan. Remove from heat and place saucepan over another pan of simmering water to create a double boiler. Whisk in egg yolk mixture and whisk constantly until mixture thickens enough to coat the back of a spoon. Stir in gelatin mixture, and stir constantly until it forms a smooth custard. Place over a bowl of ice and stir while the mixture cools so that no lumps form and mixture is the consistency of vanilla pudding.

Fold cooled custard into whip cream. Put in the refrigerator until you are ready to use this to fill your doughnuts. Proceed as for jelly doughnuts once your doughnuts are cooled. You may need to use a wider funnel end to fill the doughnuts as the Bavarian cream is quite a bit thicker than jelly or jam.

May be used as a cake filling or pie filling, too. It will keep covered in the refrigerator for up to a week, so you can make it ahead.

How to make chapattis (unleavened bread)

Chapattis are basic unleavened bread — made without yeast. They can be made with just 3 simple ingredients flour, water, and salt. In this recipe I've used whole wheat flour, and flax seed for extra fiber, but you can successfully make chapattis with just all-purpose flour, omitting the flax and bran.

[Chapattis](#) can be used in the place of flour tortillas. They can be used as a scoop for chili or curry dishes. Make a batch in 30 minutes and have them for your next meal — no rising time, and very little clean up necessary.

Chapattis

Ingredients:

3 to 3 1/2 cups of flour

1 1/2 cups water

1/4 cup flax (optional)

1/2 tsp celtic salt

Additional flour for dusting the counter top for rolling

Method:

Mix water, salt, flour, and optional flax in your stand mixer with the dough hook, or by hand. Knead until smooth. You may need additional flour if your kitchen is humid or it is damp outside.

Allow dough to rest for 15 minutes.

Dust counter top and break off a 1 1/2 inch ball of dough. Roll it into a thin circle. You want the dough fairly thin, but not so thin that it is like a noodle. Chapattis are thinner than tortillas.

Heat a dry frying pan until water dropped on the surface sizzles and evaporates immediately. Pan should be hot enough to fry the dough in a minute per side, but not so hot that it cause the dough to burn or char.

Specialty Technique

Place chapatti gently on frying pan and fry each side until brown flecks form on the surface of the dough. Turn the dough over again and fry each side, allowing the chapatti to puff up. This second cooking can be done over a hotter pan or directly over a gas flame for really good results.

We sometimes cook them on our wood cook stove, directly on the surface. We do the initial browning on the cooler area of the stove and then for the second heating place the chapatti directly over the fire box, being careful that the fire isn't so hot as to char the chapattis.

When we first learn to make chapattis we were taught to do it over our barbeque grill which has a griddle and a gas burner. We cooked the chapattis first directly on the griddle and then for the second cooking placed them for a few seconds directly over the gas burner to puff. It was dramatic and we fell in love with chapattis as we saw them puff up for the first time.



In this video, we cook them over a frying pan on an electric stove, and you'll see that the results are not as dramatic, while they remain just as tasty. Chapattis make great travel/camping bread so take the ingredients with you on your next camping trip, too.



Here's the set-up we used with our barbecue. We cooked the chapatti first on the grill and then puffed them over the open flame. When using a single frying pan to cook the chapattis the results are not as dramatic but just as tasty.

I hope you'll add chapattis to your regular bread making repertoire. My family makes them whenever we find ourselves short of bread and need some for the next meal. FYI, this is the same recipe/ingredients you would use if you were making [Kosher matzo for Passover](#). You'd handle the dough differently, after you prepared the initial dough, but the ingredients and the proportions are the same. Matzo is traditional Jewish unleavened bread. Interestingly, I learned to make chapattis from an Israeli woman who stayed at Joybilee Farm for a few weeks to learn about organic gardening with the [Wwoofer program](#). She was a chef in Israel and brought several amazing new recipes to me. It was from her that I learned the value of using coconut oil for all my frying.

Here's the [technique video to show you how to roll out and fry the chapattis](#).

Once you've made the chapatti, you can go one step further and turn them into chips. See my direction for making whole grain chips, using chapatti's as the base on my recipe on [the Grain Mill Wagon Challenge](#).



3 Flax Crackers for your holiday celebrations

Flax Crackers

To whet your appetite for the holiday season, here are three recipes for Flax Seed Crackers with three different methods and three different recipes. It proves that making crackers is not difficult, and that there is lots of room for creativity. The key to successful crackers is the thinness of the dough before cutting and baking — then baking to a crisp, golden brown texture. Times for baking are given for my elevation at 2700 ft. Your time may vary, so change the baking times to suit your environment and your own oven. Once you've tasted homemade crackers, you'll never settle for factory made crackers again.

Note that the flax in these recipes is not essential to success. You can freely substitute other seeds, like chia seeds, sesame seeds or even ground nuts or nut flours for the flax in the recipes. The seeds add texture and flavour, as well as increasing the omega 3 in the crackers.

Joybilee Farm Spicy Flax crackers:

This one is my favorite. Tastes better the second day. This keeps well so you can make it ahead for a party. It's just the right texture to eat alone or with a topping.

Recipe

These crackers have no leavening. The dough is heavy and needs to be kneaded until it is smooth and shiny, awakening the gluten in the flour. Kneading well will ensure a crisp, light cracker. They can be rolled very thin and baked to a perfect, crisp texture.

2 cups of w/w flour, freshly ground

1 cup of flax seed, freshly ground

1/2 cup of whole flax seed

2 tbsp. olive oil

1 tsp. salt

1/2 tsp. onion powder

1/2 tsp. garlic powder



1/4 tsp. cayenne powder

3/4 cup water or enough to make a stiff dough — like a noodle dough

Mix all ingredients together, except water until well mixed and mixture resembles a coarse meal. Make a well in the centre and add water. Mix until mixture forms a firm ball, adding water 1 tsp at a time to get the dough the right consistency. Knead on well-floured surface for five minutes until dough is smooth and satiny. Cover dough with plastic wrap and allow to rest for 15 minutes.

Divide dough into 4 portions. Knead each portion separately and roll very thin. Cut with round cookie cutters. Pierce each cookie with a fork in at least 4 places. Bake on ungreased cookie sheet for 15 minutes in 350F, until golden brown. Cool in a basket lined with a linen towel.

Light Flax Crackers

These crackers use baking powder for their leavening. The dough should be handled only lightly to maintain their flaky, crisp texture. Good with butter or a dip.

1 cup flax seed

2 cups w/w flour, freshly ground

1 tsp. baking powder

1/2 tsp. salt

2 tbsp. butter, softened

1/2 to 2/3 cup of milk, enough to moisten dough, not enough to make it sticky

1 egg white, beaten lightly

1 tbsp. whole flax seed, sesame seeds or poppy seeds

Grind the flax in a blender till it is coarsely cut. Mix flax, flour, salt and baking powder. Mix in butter until mixture resembles a coarse meal. Make a well in the centre and pour in 1/2 cup milk. Mix lightly, adding more milk 1 tsp. at a time until a ball is formed that is dry enough for rolling. Handle as little as possible. Cover and let rest for 15 min.

Roll as thin as possible on floured surface. Cut with the rim of a glass or a Mason jar ring for round crackers. Pierce each cracker at least 4 times with a fork.

Brush with beaten egg white and sprinkle on whole flax seed, sesame seed or poppy seeds.

Bake on ungreased baking sheet in 350 F oven for 15 minutes, until crisp and golden. Cool on cooling rack or in a basket lined with a linen towel.

Joybilee Farm's Flax Flat Bread

These crackers use yeast for their leavening and take longer to make as the dough needs to proof before rolling out. They are easier to roll thinly than the unleavened cracker. If you get tired of rolling out crackers, you can use the left over dough to make a loaf of bread. In this case divide dough in half before rolling out crackers. Alternatively put dough through a pasta roller to get it nice and thin.

7 cups whole wheat flour, freshly ground
1 cup ground flax seed, grind this as you need it
1/4 cup plus 1 tsp. of sugar
2 tsp. salt
1 tbsp. yeast
3 cups water
1 tbsp. olive oil

Mix flour, flax seed and salt. Set aside. Dissolve yeast in 1 cup of water to which 1 tsp. of sugar has been added. Set aside until yeast mixture is foamy and all yeast is dissolved. Add yeast mixture to flour mixture. Add oil. Mix well adding more flour as necessary to make firm bread dough. Knead for 5 minutes, until dough is smooth and elastic.

Oil the top of the dough, cover and let proof in a warm place until dough doubles in bulk — about 60 minutes. Punch down, knead again briefly and allow resting for 5 minutes. Divide dough into 36 portions. Roll each portion as thin as possible to make a 4 inch circle.

Alternatively, roll between two sheets of parchment paper and score into crackers before baking.



Preheat oven to 450F. Preheat cookie sheets before laying out circles of dough. Bake each cookie sheet for 5 minutes. Flip crackers over and bake for an additional 2 minutes. Crackers will puff up like pita bread and become crisp and light.

Store crackers in an airtight container. Will keep at room temperature for a week — if they last that long. Use them as a base for yummy toppings or cheese sliced thinly — or your own homemade goat cheese. Yummy.

Sour dough bread

Basic Principles of working with sour dough cultures

A few questions about sour dough bread came up in the course. While an extensive class on Sour Dough baking is beyond the scope of this class, let me give you a few tips that you can then build on.

True sour dough starter is more than just a sour, yeasty batter, such as what you get when you make the “Artisan Bread in 5 min. a day” recipe and leave it for week in the fridge. True sour dough is a combination of yeast and lactic acid, along with some alcohol and acetic acid (vinegar). You can encourage the correct balance of lactic acid and yeast by adding a little bit of Kosher salt or Celtic salt to your first batch of sour dough, as you are making the starter. Lactic acid requires a bit of salt to keep bad bacteria out of the dough while the lactic acid begins to grow.

If you don't have any sour dough, you can get a starter from a friend, you can buy a dehydrated started from [Cultures for Health](#) or you can grow your own. [Cultures for Health](#) has an e-Book that will help you learn more about working with sourdough, using their commercial culture.

To grow your own sourdough culture using freshly milled rye flour combine ½ cup of warm water and ½ cup of rye flour, in a 2 quart/litre wide mouth jar. Add ½ tsp. of salt and cover with a handkerchief secured with an elastic band. Each day for 6 days add ½ cup of rye flour and ½ cup of warm water. Depending on how warm your house is, the mixture should start to bubble on day 3 and should double in bulk by day 5. Once your culture is active, you should remove all but one cup of starter and make a sponge. Transfer the remaining cup of sour dough starter to a 3 cup, wide mouth jar or stoneware crock with a lid.

To make a sour dough sponge:

Mix 2 cups of flour and 2 cups of water with your starter. Cover and let bubble overnight or up to 12 hours. Place 1 cup back into your starter and move your starter to the crock that can hold 3 cups. From now on, every time you want to use your starter:

Remove 1 cup of starter from the starter jar, leaving 1 cup in the jar.

Add 2 cup of flour and 2 cups of water to the starter in a bowl. Mix well. Cover and allow to ferment overnight and up to 12 hours.

Return 1 cup of starter to the starter jar – so that there remains 2 cups of starter in the jar. Cover and set aside.

You will have 2 cups of sour dough starter left to use for your recipe. Note: You always leave one cup of good starter in the jar when you make a fresh sourdough batter. This is in case something goes wrong with your batter – flies get into it, the cat climbs in the bowl, the batter falls on the floor, etc. It protects your assets from damage. Should the unthinkable happen, you can always revive your original by adding 1 cup of flour, 1 cup of warm water, and a pinch of salt to the original starter that you kept secure in the jar.

If you want to increase your sour dough starter:

You can increase this sponge by adding another 2 cups of flour and 2 cups of starter to this bowl – making 6 cups. Never add anything to your jar of sour dough starter but water and flour, with the occasional pinch of salt. Allow this sponge to sit, covered overnight or until it gets bubbly.

Basic principles for working with sourdough starter

In the morning add more flour, salt, oil, and sugar to make a firm bread dough or pancake batter. If you choose to add commercial yeast, you will have a lighter dough. For pancakes you can add baking powder, but it doesn't remove some of the sour taste, and changes the texture somewhat, while making the pancakes lighter.

Sour dough is a living organism and needs to be fed once a week with at least 1 cup of water and 1 cup of flour. Once you've got the initial sour dough made, you can use rye, or wheat flour to keep the culture going.

If you will have a period of time when you don't want to mix the sourdough culture once a week, you can refrigerate your starter. This will slow down your starter. You should continue to feed the starter once a week, with a minimum of 1 tbsp. of flour and 1 tbsp. of water so that your culture can continue to thrive.

Note that you only need to add salt to the starter on the first day of growing a brand new starter from scratch. If you get a commercial starter, follow the directions that come with the starter.

Sourdough pancakes:

Ingredients:

2 cups of sourdough starter

1 egg

2 tbsp. coconut oil

1 tsp. Celtic salt

1 tsp. baking soda

2 tbsp. sugar

Method:

Combine ingredients until smooth. Batter will bubble up when the baking soda is added. Mix gently. Drop by spoonful onto greased, hot griddle or cast iron frying pan. Pancakes, the size of a silver dollar, cook more evenly than large thick pancakes. If the batter is too thick, thin it with a bit of milk or water.

Sour dough French bread

Makes 2 loaves

Ingredients

2 cups of sour dough starter (kefir can be used in the place of sourdough starter)

1 ½ tsp. commercial yeast

4 cups of bread flour + an additional 2 cups of flour

2 tsp. sugar

2 tsp. salt

½ tsp. soda

Method

Make the sourdough sponge according to the basic principles of sour dough baking. Sprinkle the yeast over the top of the batter. Allow the yeast to dissolve for 30 min. and stir it in well. Add the first portion of flour, sugar, and salt. Mix well to make a sponge. Cover and allow to ferment for 2 hours. Mix soda with 1 cup of remaining flour and knead into batter. Turn the dough out on a floured counter and knead well. Use the remaining cup of flour to control the stickiness of the dough. Knead for 5 to 10 minutes.

Divide dough in half. Shape into two loaves and place on well-greased baking sheet. Cover and allow to double in bulk. About 1 ½ to 2 hours.

Before baking, brush the outside of the loaf with cold water and make slashes diagonally across the loaf. Place a shallow pan of water in the bottom of the oven. Bake at 400F until crust is medium brown – about 45 min. If loaf is browning too quickly, turn oven down to 350F.

Recipe:

Ingredients:

Method:

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

Schedule for bread making day:

Time	Task	Processing time
10am to 10:05am	Mix yeast and water	Allow to bubble
11am to 11:15am	Mix flour and yeast plus other ingredients to make a sponge	Allow to rise 1 hour
12:30pm to 12:45 Rising: to 2 pm	Mix in more flour and knead until it forms a smooth, elastic dough	Allow to rise 1 – 2 hours, until double in bulk
2pm to 2:10pm Rising till 3:15pm	Divide dough into rolls or loaves. Place on greased baking sheet. Cover.	Allow to rise until doubled – 1 hour.
3:15 pm 30 min. baking	Bake at 375F to 400F for 30 min. until golden brown.	
3:45 pm to 4pm	Cool on wire racks.	Serve

Total hands on time: 30 to 40 min.

Gluten-Free Bread, crackers, rolls, and more

✧ ✧ So good you won't believe they are gluten-free



A loaf for learning – Gluten-free Bread

Gluten-free bread must be made from flour that has no gluten naturally occurring in it. But this is not enough. It must also be made from grain processed in a facility that does not process wheat, rye, or barley. The grain must be certified to be gluten-free, for those on a celiac regime. Even the smallest molecule of contamination can send a celiac sufferer's gut into painful spasms for days.



Prevent cross contamination

Keep not just the grains and flour uncontaminated by gluten, but also the baking pans, mixing bowls, and bread machines. The utmost care must be taken to ensure that the celiac sufferer's food and even plates and cutlery remain free from contamination of gluten sources. You can't bake conventional bread in your bread machine and then add a loaf of gluten-free bread into the same machine and expect the bread to be uncontaminated.

Source your flours well and do your homework at the store. Look for the certified gluten-free label on the bag. You can also mill your own flours but again check your sources to make sure that the grain is not processed at the same facility as gluten containing grains.

In your own kitchen prevent cross contamination

Have separate pans, baking bowls, mixers, mills, and bread machines for gluten free baking, if you also bake with conventional flours in your home kitchen. Plan to bake gluten free on different days than you bake with gluten, so that even your towels and oven mitts remain uncontaminated.

If you've taken the necessary precautions you will have confidence that your gluten-free home baking will not make your loved one sick.

Now let's get to the fun part – the creative process of baking gluten free. Gluten-free baking has its own rules and several different flours will bring success.

Gluten-free flours are a mixture of several grains and starches, not just a single ingredient. These flours lack the holding power of gluten and so must be handled more gently. Gums or seed mucilage are added to help them hold together. Protein is added to give the yeast food to grow on.

In this course we'll be exploring both the flour mixtures to use in gluten-free baking plus the special handling techniques that will help you master this process.

First of all, gluten-free baking will not give you the same product as wheaten baked goods. The texture, smell and mouth feel of gluten-free baking is different. The goal of gluten-free baking is not to match wheaten baking but to give a product that can replace gluten bread in the kitchen.

Gluten-Free French loaf

(makes 3 long gluten-free loaves)

Ingredients

2 cups brown rice flour

1 cup quinoa flour

1 cups tapioca starch

½ cup coconut flour

½ cup ground nuts or sunflower seeds

2 tbsp yeast



1 tbsp. salt

½ cup ground flax seed or ground chia seed

1 cup boiling water

1 1/2 cups warm water

4 eggs

1/3 cup coconut oil

2 tbsp organic sugar

Method:

If you are grinding your own rice flour, use short grain brown rice or medium grain brown rice. Look for the GMO-free label on the rice bag. Long grain rice like basmati rice, will not have the stickiness of short grain rice, necessary to help the dough hold together.

If you are grinding your own quinoa flour, use quinoa grains that have already been washed to remove the saponins from them. If you are using your own quinoa that you grew, rinse it until no more bubbles wash off the grains, and then dry thoroughly before milling.

When milling your own, put about 1/3rd less whole grains than you need for the final measure of flour. Ground grain is fluffier than the whole grain.

Mix your flours, starches, ground nuts, together and set aside. Mix the water and yeast and set aside until yeast becomes bubbly. In a separate bowl combine ½ cup of ground flax or chia seeds. Mix in 1 cup of boiling water to the flax or chia. Beat well with a fork until the mixture becomes viscose. Keep beating for a minute longer. Allow to cool to room temperature. Add this mixture to the yeast mixture. Add the oil, eggs, salt, and sugar to the liquid ingredients. In your mixing bowl, add the flour mixture one cup at a time, mixing well after each addition. In this recipe, the eggs, the quinoa flour, and nuts, add protein for the yeast to grow with, as well as sticking power. The flax or chia seed mixture and the eggs help to hold the dough together.

Active yeast

The dough should be sticky, moist, and thick like muffin batter. You don't want it to be dry like wheaten dough. If it is not sticky, add a bit more water. It will seem that the batter is too moist and you will be tempted to add more flour. Don't do it yet. Wait for the dough to rise. It will absorb more of the liquid as it rises.



The dough should be sticky and moist like muffin batter.

Handling Gluten-free dough

Gluten free dough is not kneaded in the same way that yeast breads are kneaded. Cover your mixing bowl and let this rise for 2 hours in a cool to warm place (not too hot or you will kill the yeast), while you do something else.

Once it's doubled in bulk, stir it down. Add another ½ cup of tapioca starch if it is still too loose to pick up. This will only be necessary if you have a lot of humidity today, in your house. To prepare your baking pan, take 3 pieces of parchment paper and tear them about 8 inches long. Fold them in half along the long edge. Greasing them is unnecessary.

Take handfuls of your gluten free dough and lay them in the crease of



the parchment paper. Wet your hands and smooth the top of the dough. Divide the dough into 3 loaves this way, putting an equal amount of dough on each piece of parchment paper.

Slice the top of the loaves to prevent cracking.

Allow rising for 90 minutes (be patient and you will be rewarded). They will spread widthwise more than high. This is ok. It's the nature of gluten free baking. They will still rise a little bit higher.



Preheat oven to 375F. Place bread in the oven and immediately turn the heat down to 350F. Bake for 30 minutes. Bottoms of loaves will be a golden brown.

Remove from heat and place on wire cooling rack. Cool to room temperature.

Most gluten-free bread recipes tell you to add xanthan gum or guar gum to the flours. I have omitted them in this recipe. If you have trouble with celiacs, the gums can give you continued stomach upset and bloating. I use flax or chia seeds in this recipe to serve the same purpose. It's important to mix the ground seeds with boiling water and beat them with a fork to excite the gelling when using them as a substitute to guar or xanthan gum. The gum gives the bread a heavier texture.

Preparing the pans to add structure to Gluten-free baking

If you want to try this bread dough in a bread pan for a taller loaf – you'll get two loaves from this. Fill your well-greased and lined with parchment, bread pans about 2/3rds full. Allow the dough to rise to the top edge of the pan and bake as per the instructions, for the



oblong loaves. Gluten free bread will not rise over the top of your pans, without overflowing the sides.

What if you don't have a grain mill?

You can use commercial gluten-free flours in this recipe:

A simplified Gluten-free flour recipe

2 cups of brown rice flour

1 cup of sticky rice flour

1/2 cup of tapioca starch

1/2 cup of potato starch

You can use this flour in place of gluten flour in your experiments. **Always add ½ cup of ground flax plus 1 cup of boiling water or 1 tbsp. xanthan or guar gum to add holding strength to the gluten-free flours.**

Alternative Flours

The premixed gluten free flours have a high percentage of sugar added. Read the ingredient label before you opt for pre-mixed gluten-free flour.

Other flour that may be used in Gluten-free bread baking:

Teff

Quinoa

Buckwheat

Sorghum

Oat flour (be sure it is certified gluten free)

Almond flour

The addition of the starches – potato and tapioca, lighten the bread making it less heavy. So use the ratio of 3 cups of grain flour to 1 cup of starch plus ½ cup of flax seed, or chia seed and 1 cup of boiling water; or 1 tbsp. xanthan or guar gum. If you use the flax, decrease the water that the recipe calls for -- for a total of 2 ½ cups of water per 4 cups of flour.

Some thoughts about gluten free bread

Don't expect gluten-free baking to resemble baking with wheaten dough

Since those with celiac often have other food sensitivities, experiment with different flours and additives to give your loved one a bread that they can enjoy without pain.

Gums like guar gum and xanthan gum are often added to give structure to gluten-free baking. Ground flax seed or ground chia seed can be added in place to give a lighter loaf of bread while maintaining the structure.

Eggs add both structure and protein. If you want to bake gluten free bread without the eggs increase the flax seed in the recipe, and increase the protein with the addition of nuts or ground sunflower seeds.

Since gluten-free dough lacks structure, you will have to provide the structure for the dough to rise by adapting your baking method or the pans that you use.

A handy chart to help you in your Gluten-Free baking

2 ½ cups Grain Flour	1 cup Starch	½ cup bean or nut flour	Gum or seeds (Pick one)	1 ½ c. Water
Brown Rice	potato	Almond flour	½ c. flax seed, plus 1 c. water	
Sticky Rice	tapioca	Pea Flour	½ c. chia seed plus 1 c. water	
Teff	Arrowroot starch	Quinoa	1 tbsp. guar gum+ 1 cup of water	
Sorghum		Chick Pea Flour	2 ½ tsp. xanthan gum+ 1 cup of water	
Oat flour (GF only)		Coconut Flour	4 extra eggs	
Buckwheat		Milk powder		

Combine the ingredients in each column to achieve the desired amount of each ingredient.

How to Give Structure to Gluten-Free Dough

Gluten free dough lacks the structure of wheaten dough. This structure must be imposed on the dough with dough additives and by mechanical means. Both ways to add structure to gluten-free dough are discussed in this lesson from Joybilee Farm's Scratch Cooking 201.

Ways to impose structure on Gluten-Free bread dough:

Add a gum to the recipe such as xanthan gum or guar gum.

Note: (Adding gum makes the dough texture rubbery. Some people have stomach upset when they consume bread to which gum has been added.)

Add slurry of flax seed or chia seed or a combination.

(1/2 cup of ground flax seed plus 1 cup of boiling water.)

Use a baking pan that supports the rising dough.

Add parchment paper to increase the height of the baking pan, artificially.

Watch the video to gain a deeper understanding of the techniques available to you to add structure and enhance the rise and the lightness of the crumb. (See the [course resources](#) to access the videos for this course.)

To make Gluten-free rolls

Gluten-free dough is moister than wheaten dough. If it's too moist it will be difficult to handle and if it is too dry, it won't rise enough and will crumble when you try to slice it. Not to mention, it feels like eating sawdust. Not very appetizing.

Use the Gluten-Free dough of your choice

Some recipes that work well for this are the

[Gluten Free Loaf for Learning](#)

[Gluten Free Pizza Dough](#)



You want the batter to be firm enough that you can form a very damp ball in your hand, but not so damp that it won't hold its shape and ends up running over your hand when you try to mould it.

Be sure that you have beaten the flax or chia seed with boiling water until the mixture is so thick that it begins to pull away from the side of the bowl. Then you can add your yeast, water, starches, and other ingredients for your dough. If you don't beat the flax and water mixture enough, it will add a lot more moisture to your dough, without actually holding your dough together as you want it to.

Once it's the right consistency, dampen your hands with water so that the dough doesn't stick, and form your balls of dough, about the size of a Christmas orange.

Using a muffin tin, line it with parchment paper, as I showed you in the video and then place your balls of dough inside the parchment paper cups.

Score the top of the rolls. Allow to rise for at least an hour in a warm place.

Bake at 350F for 30 min, until lightly browned and the bottom sounds hollow when tapped.

Cool on a wire rack, still in their parchment cups. Remove the parchment paper, while the rolls are still warm but not hot.



Gluten-free Pizza dough for painless pizza

(Makes 2 – 7 inch pizza crusts or 12 rolls)

When I was forced by Celiac Disease to eat gluten-free, I missed pizza the most. Of all the foods that I couldn't eat, pizza was the one meal that made me want to cheat. I loved the chewy, wheat crusts and the stringy, melting mozzarella cheese. In fact, almost everything about pizza sent me into cravings for the thing that would make me sick. I was addicted to pizza but I couldn't eat it without severe pain.



This gluten-free pizza crust solves the problem, provided that you can still eat cow's milk cheese. If not, there are goat and sheep milk cheeses, which will melt just as nicely as mozzarella. If you are forced into the plastic textured soy cheese or nut cheeses, try pesto or an alfredo sauce instead of cheese on your pizza. It's a less satisfying texture than real mozzarella, but it won't make you sick, and the flavour is better than fake cheese, imho.

A couple of important things to keep in mind before you begin:

Gluten-free dough doesn't feel like wheaten dough. It will be wetter and it will have less structure. If you make it feel as dry as wheaten dough, it will be like sawdust crumbs when you are finished baking it. You don't want that.

Instead trust the process. With practice you'll learn how the gluten-free flours behave and you'll be less likely to stir in more flour.

Gluten-free dough needs to be moist and it needs to stay much wetter than wheaten dough while you are working with it. To make up for the lack of structure in the dough we have to add structure. I like to use parchment paper and tall sided baking pans to give the dough structure. In this lesson I'm using parchment paper inside a cast iron pan. You can use any cast iron pan with sides that are at least two inches high to give structure to the crust. The cast iron gives an even heat to help crisp the crust during the baking.

Instead of adding in more flour to make the dough easier to handle, wet your hands, rather than flouring them, as you would with wheaten dough. If you can take a glob of dough in your wet hands and form a ball that doesn't disintegrate into a soupy mound over the side of you hand, as you are trying to form it, but would stick to you dry hands, then your dough is the perfect texture, and moistness.

Ingredients for gluten-free pizza crust:

1/2 c. ground flaxseed meal

1 c. boiling-hot water

1 tbsp. active dry yeast

1 tablespoon sugar

1 cup of warm water

2 cups brown rice flour (if you are grinding you own, use a short grain brown rice)

½ c. potato starch (might be called potato flour where you live)

½ c. tapioca starch

1 cup buckwheat flour (This one adds a nice grainy, chewy texture)

2 teaspoons sea salt

2 large eggs

1 tablespoon apple cider vinegar

The Method:

Making the flax slurry.

Grind whole flaxseed in a coffee grinder or blender. Place flax seed in a heat proof bowl or measuring cup. Pour in the boiling-hot water. Whisk, quickly, until the seeds form a thick, viscous slurry. Add the 2 tsp. of sea salt, I used Celtic Sea Salt, mix together. Set aside to cool down to room temperature. (Note if you have flax allergies, chia seeds can be used in equal proportions in this part of the recipe, to replace the flax seed, with equal success.)



Raising the yeast.

With a fork, whisk together the yeast, sugar, and 1 cup of hot water (110°F). Set aside the yeasty water in a warm place until it has doubled in volume, and is frothy, about 8 to 15 minutes.



Combining the dry ingredients.

In the bowl of a stand mixer, combine the brown rice flour, potato starch, tapioca starch, and buckwheat flour. Whisk them together to incorporate them together and aerate.

Finishing the dough.

In a small bowl, whisk the eggs and apple cider vinegar together. Pour this into the mixing bowl, along with the flax slurry and yeast mixture, and the flour mixture. Mix well. Warm the remaining 1 cup of water up to 105° and add slowly, until the dough looks like it does in the photograph.



If it's a very humid day, you may need to a little less of the water. If it's dry you'll need the whole cup. Experience will teach you how much water to add, so don't be afraid to experiment. It takes 10,000 hours to master a new skill, so plan to invest a little time to get the feel of working with gluten-free dough.

The dough will be wet and tacky. Don't worry. That's the texture you want. You will be tempted to add more flour, since you are thinking of gluten bread. **Do not add additional flour.** Instead, scrape the dough into a large, oiled bowl. Cover with plastic wrap and let it rise for 2 hours. Over those 2 hours, the dough will become more elastic and a little drier.

Baking the pizza

Preheat the oven to 400°.

The dough will still be sticky to the touch. But you should be able to hold a mound of it in your hand and it will keep its shape, without overflowing your hand. If it overflows like a puddle from your hand, stir in an additional $\frac{1}{2}$ cup of rice flour. Note that the amount of flour you need depends on the amount of humidity in your house on baking day. On a drier day, you may need less flour than on a day when it's raining or foggy.



If you want to avoid bread dough sticking to your hands, wet them with just a bit of water. Grease a cast iron skillet well. Grease 1 piece of parchment paper about the size of the bottom of the skillet and up the sides of the skillet. Press the dough onto the prepared parchment paper, into the bottom of the skillet, with wet hands, until it is about $\frac{1}{4}$ inch thick, and even. Form an edge on the crust, along the circumference of the pizza crust. The skillet will support the sides of the dough as it rises. Allow the dough to rise for 30 min. while you prepare the pizza toppings.



Pizza Toppings:

Spread 1 tsp. of olive oil on top of the dough using a pastry brush. Spread a thin layer of tomato paste over the olive oil. Sprinkle this with oregano, basil, and pepper.

Sprinkle two to four of the following toppings over the tomato paste:

Sliced and washed mushrooms

Pitted and sliced black olives

Drained and rinsed shrimp

Cooked meat like left over roast, hamburger, ham, lamb or what you have on hand

Drained canned pineapple or fresh pineapple cut into bite size pieces.

Fresh tomatoes wedges or sundried tomatoes

Sliced green peppers

Sliced jalapeño peppers (wear gloves when working with or handling hot peppers)

Roasted garlic

Hummus

Creamy goat cheese

Feta Cheese, crumbled

Top everything with 1 to 2 cups of grated mozzarella, Monterey jack, Edam, or gouda cheese.

The cheese will melt as the pizza cooks.



Special structural support for Gluten-Free Pizza

Preheat oven to 400F. Place the frying pan into the oven. Bake for 15 minutes at 400F and then reduce heat to 350F and bake for an additional 10 to 15 min, until crust is golden brown and the bottom of the crust is crisp and golden. You can check this by removing the pan from the oven and lifting the parchment paper from the bottom crust. If it is still pale on the bottom, return the pan to the oven for an additional 5 minutes. At this point, you can lift the pizza out of the pan, using the corners of the parchment paper and supporting the bottom of the pizza. You can lay the pizza on a pizza stone or pizza pan with holes to finish crisping the bottom crust, if desired.

Remove pizza from the oven and allow to cool for 10 minutes to allow the cheese to solidify before cutting into slices.



Here's a way to make [gluten-free dinner rolls](#) using this same dough.



Gluten free, corn-free flour tortillas

These tortillas fill the need for soft, pliable flour tortillas or wraps for those on a gluten-free diet. They are soft and pliable like flour tortillas, and will hold a filling for sandwiches, without cracking or tearing. And did I mention they taste delicious.

While these tortillas will hold together for rolling out, the prep time is shortened if you have a tortilla press.

Tortilla recipe

Ingredients:

1 cup of freshly ground flax seed, divided into 2 portions of ½ cup each

1 cup of boiling hot water

½ tsp. coarse Celtic sea salt (you can use the salt you have, this is what I used)

¾ cup of freshly ground almonds, (unblanched)

½ cup buckwheat flour

1 tbsp. sesame seeds, ground

1 tbsp. toasted sesame oil

Additional coconut oil for frying

This dough ends up less sticky, and more pliable than other gluten-free dough that we've used up till now in the course. The addition of the sesame oil seems to make it more pliable.

Method:

Make flax slurry using $\frac{1}{2}$ cup of ground flax seed plus 1 cup of boiling water. You want to beat the flax slurry well to make it as viscose and sticky as possible. You are looking for the texture of thick egg whites. I beat mine with a fork for about 5 minutes to get the slurry as thick as possible.

Add in the salt and continue beating for a minute longer.

Add to the flax slurry the remaining $\frac{1}{2}$ cup of flax, the almonds, buckwheat flour, and the sesame seeds and sesame oil. Mix it together until it forms a soft ball. Begin to knead it with your hands until the ball becomes dry and pliable. It will begin to get the consistency of playdough.



Form into 8 balls the size of a kiwi fruit. Roll the balls in your hands, moistening your hands with water, if necessary to keep the dough from sticking.

Using a tortilla press:

Using a single piece of parchment paper, folded in half, on the bottom of a tortilla press, makes it easier to work with these gluten-free tortillas.

Place a ball of dough inside the unfolded parchment paper. Fold the parchment paper to cover the ball of dough. Press down on the tortilla press to flatten the ball of dough.



Open the tortilla press and turn the parchment paper 180 degrees and press down a second time.

Heat $\frac{1}{2}$ tsp. of coconut oil or lard in a skillet on medium heat. Do not allow the oil to smoke.

Peel the tortilla from the parchment paper and place in the preheated frying pan. Cook the tortilla on one side for 60

seconds and gently flip the tortilla to cook the other side for an additional 30 to 60 seconds.

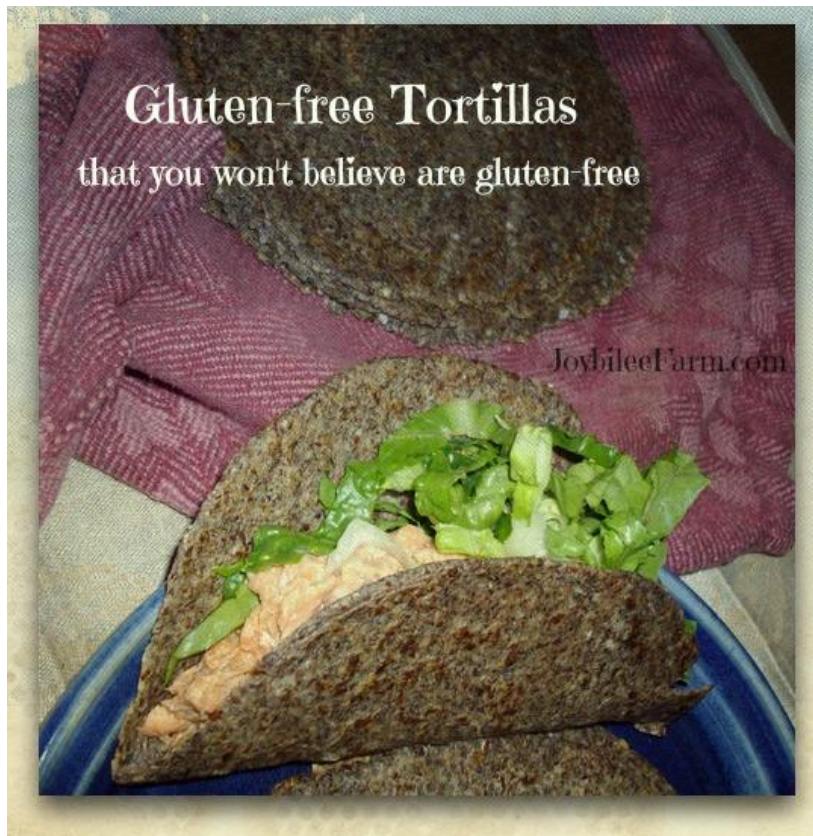
Remove tortilla from frying pan and place on a plate that you have covered with a folded tea towel. Cover cooked tortillas while you press and fry the remainder of your dough, one tortilla at a time. Add additional oil, ½ tsp. at a time as the oil in your frying pan is absorbed in the cooking. If your frying pan is dry, your gluten free tortillas may stick to the pan and tear.

What to do if you don't have a tortilla press?

You can also roll these tortillas out between two pieces of parchment paper

Be cautious not to roll them too thin. You are aiming for a tortilla the thickness of a corn tortilla. If it is thinner it will cook too crisp, and not be pliable for folding and filling with the filling of your choice.

Using other flours than the flours listed?



almonds

Buckwheat flour is what gives this its grain like texture that is so close to wheat flour tortillas. You could try other gluten-free flours and see how you like them.

The JOY of cooking from scratch is experimentation and creativity. Once you try a recipe and get used to the ingredients and how they behave in a particular recipe, it's your turn to play. Make sure, if you find

The essential stickiness in this recipe comes from the flax slurry. While other gluten-free flours behave differently, feel free to experiment.

You can substitute ground chia seed or a combination of chia seed and flax seed in the slurry

If you substitute coconut flour for the almond flour, begin by cutting the proportion of flour in half and allowing the coconut flour to swell up for 20 minutes before proceeding with the recipe.

Coconut flour is usually substituted at a ratio of 1/3rd to 1.

Other nut flours or ground sunflower seeds can be substituted for the ground

an especially successful combination, you write it down in your Scratch Cooking notebook, so that you will be able to do it again.

Creative gluten-free Fun

Here's some fun and creative ways to play with this Gluten-free flour tortilla recipe:

Mix the dough, press the tortillas, and fry them according to the recipe. Take the 6 inch tortillas and cut them into strips about an inch wide. Heat ½ inch of oil in the bottom of the skillet to 375degrees F. and fry the strips until crispy, only a minute or two. Drain on paper towels. Sprinkle with salt and spices.

Nachos

Serve like corn chips or top with ground meat, sliced olives, sliced salsa, grated cheese, and broil in the oven, until the cheese melts. Serve with sour cream and guacamole.

Gluten-free crackers

When you mix the dough, add ½ tsp. onion powder, and 1 tbsp. poppy seeds, or whole sesame seeds. Roll out ½ the dough between two pieces of parchment paper, on a baking sheet. Peel off the parchment paper, and score the crackers with a sharp knife.

Bake on a buttered baking sheet at 350F for 15 to 20 minutes.

Note: A tortilla press is very handy to have when baking flat-bread, making tortillas, pitas, or crackers. It saves much time and stress on your wrists from rolling.

Gluten Free Crackers

Ingredients:

- 1 ½ tsp yeast
- 1 tbsp. organic sugar
- ½ cup warm water
- ½ cup flax seed, freshly ground
- 1 cup boiling water
- ½ cup flax seed, freshly ground
- ½ cup almond flour
- ½ cup coconut flour
- ½ cup potato starch
- ½ cup buckwheat
- 2 tbsp. coconut oil

After first rising add:

- 1 tsp. baking powder (add after first rising)
- 2 tbsp. sesame seed
- 1 tsp. Celtic salt
- ½ c. additional buckwheat flour

Method:

In a small bowl combine 1 tsp. organic sugar, yeast, and warm water. Stir well and set aside until bubbly.

In a separate bowl, combine flax seed and boiling water. Beat well with a whisk until the mixture resembles thick egg whites. Mixture will thicken and turn from clear to opaque. Allow to cool to luke warm. Combine flax slurry and yeast mixture in a large mixing bowl.

Add additional flax seed, almond flour, coconut flour, potato starch, buck wheat flour, oil, and salt. Mix well, making sure that there are no lumps in the flour. Mixture will be thick but soft. You should not be able to form a ball with the dough at this point.



Cover and let rise for 30 minutes. During this time the flours will absorb quite a bit of the liquid and become drier.

Add additional buckwheat flour, baking powder, and sesame seeds. Flour should be stiff and form a ball. You won't be able to manipulate it like wheat flour. If it doesn't hold together add more almond flour or coconut flour until you get the right consistency.

Rolling the gluten-free dough



Divide dough in half. Roll out each half between two layers of parchment paper until $\frac{1}{4}$ inch thick – the thickness of a tortilla.

Remove top layer of parchment paper, and lay dough, still on bottom parchment paper on baking sheet. Score the dough into 1 inch crackers and poke with a fork.

Baking Gluten-free crackers

Bake in 400F oven for 20 minutes. Remove from oven and flip cracker, removing bottom parchment paper. Replace the sheet in the oven and bake for an additional 5 minutes, until crisped through.

Cool on wire rack.

Adding structure to Gluten-Free dough so that your finished baked goods are as close to gluten-baking as possible in texture and structure.

Paleo Seed Crackers – Gluten-Free and Grain Free

Seed Crackers

These savoury crackers offer crunch and interest to the holiday buffet. They are made entirely without grain so they are gluten free and paleo. Lightly salted, they won't spike your blood sugar. What's not to love?

It's helpful if you have a tortilla press for these, to save you effort in rolling them thin.



Seed crackers

Ingredients

1 cup of flax seed, freshly ground

1 cup of boiling water

1 tbsp. coconut oil

1/2 cup of sesame seeds, freshly ground

1/2 cup of poppy seeds, freshly ground

1 cup of almonds, ground finely (other nuts or sunflower seeds can be substituted)

2 tbsp coconut flour

1/2 tsp. Celtic salt

Method:

To grind the smaller seeds like flax and sesame seed I used my Delfino Coffee/Spice grinder. To grind the larger nuts like almonds, I used my Kitchen Aid Food Processor. You can use a blender or food processor. Most grain mills should not be used to grind oily seeds.

Pour boiling water of the ground flax, in a heat proof bowl. Using a whisk beat the flax with the water, until the mixture thickens and pulls away from the sides of the bowl. It will form a thick, viscose batter. Stir in the coconut oil, ground seeds, nuts, coconut flour, and salt. Mixture will form a ball of

dough. Knead it to incorporate all the ingredients well. Wet your hands with water and divide dough into 12 small balls, rolling each ball between your wet hands until smooth.



Press each ball between two sheets of parchment paper, using a tortilla press, or roll thin with a rolling pin. Place on well-buttered baking sheet. Dough holds together well so doesn't require special handling like many gluten free dough.



Preheat oven to 400F. Bake rounds on a baking sheet for 5 minutes. Flip and bake an additional 3 to 5 minutes on the other side. Watch the crackers carefully. They should brown but not burn. Crackers should be crisp. They will continue to crisp as they cool. Cool on wire rack. Serve when cold.

These can be made ahead.

Variations:

Once you've pressed them or rolled them you can cut them into squares for smaller serving sizes.





Quick Bread with coconut flour (makes 1 loaf)

1 cup coconut flour

1/4 c. flax seed, freshly ground

8 eggs, beaten lightly

1/2 cup organic honey

1/4 cup. Virgin coconut oil, melted

2 tsp. baking powder

1/2 tsp. Himalayan salt

1/2 cup dried cranberries

2 tbsp. shredded coconut (optional)

Preheat oven to 350F.

Mix eggs, coconut flour, flax seed, honey, and coconut oil together. Beat well. Allow the batter to rest for 15 to 20 minutes. It should be the consistency of a thick muffin batter. Add more flour if it is too liquidy, 2 tbsp. at a time. Allow to rest for 10 minutes between additions to allow the coconut flour fully absorb the liquid. Add salt, baking powder and dried cranberries to the batter. Spread in a greased bread pan, about 3/4s full. Sprinkle coconut on top.

Place loaf in the middle of the oven. Bake for 30 minutes at 350F. Reduce heat to 325F and continue baking an additional 15 to 25 minutes until centre is done and top of loaf is golden brown. **Don't over bake.**

Allow to cook completely before slicing.

Results:

The loaf is high in fiber, and very filling.

There is a light coconut fragrance when it first comes out of the oven but there is no coconut taste in the finished baked goods, unless you add additional coconut to the top.

For those foregoing gluten or wheat based baking, coconut flour offers comfort, convenience, and the pleasure of eating baked goods without the trauma.

The Very Best Gluten-Free Brownies Ever

Yesterday I talked about coconut flour, the awesomest gluten-free flour I've ever used. It is not a starch. It has its own rules. But if you can master those rules, then the baking that comes from coconut flour will set you free from relying on dry, crumbly gluten-free packaged food forever. Coconut flour is mostly fiber not carbohydrate, so it has a minimal effect on blood sugar levels, by itself. It has a sweet taste and that lets you cut down on the sugar in a conventional recipe.

A few days ago I shared [my family's 100 year old, heirloom brownie recipe](#). It's the one we take to potlucks, and Sunday dinners. It's fast and easy and we often throw it together as we are getting dressed to go out, and put it in the car fresh from the oven, piping hot. It's that easy.

Coconut flour works the best in recipes calling for lots of eggs and this chewy brownie recipe gets its leavening solely from eggs. Perfect for a little experimentation, don't you think? I would have taken a lot more pictures but the brownie didn't last that long. Can you believe they ate brownies for breakfast? They were that good.

For my gluten-free friends — if you aren't diabetic, you'll love this recipe exactly as it is. If you are cutting back on sugar — tweak a bit more with apple sauce or stewed dates in the place of the sugar, and add a few more tablespoons of coconut flour. Or just cut a smaller piece.

“The very best gluten-free brownies ever” – recipe



1 cup of butter, softened

3/4 to 1 cup organic sugar

6 to 8 eggs

¼ cup flax seed, freshly ground (helps hold it together)

½ cup cocoa

½ cup coconut flour

½ tsp. Himalayan salt

1 tsp. vanilla

Beat together butter and sugar until fluffy. Add sugar, salt, and vanilla and beat until smooth. Crack in 6 eggs and beat until frothy. Add coconut flour, cocoa, and flax seed and beat well. Allow to sit for 15 minutes so that coconut flour can absorb the liquid. If it is stiff, add 2 more eggs. You don't want to add water or milk as that will change the texture of the brownie from a chewy brownie to a cake like brownie.

Spread batter into an 8 x 11 pan, that has been prepared by greasing. Bake at 350F for 20 minutes. Decrease heat to 325F and bake for 10 minutes more, or until done. When the brownie is done the centre will appear to be under-cooked, but the edges will be firm. The brownie will firm up as it cools, so don't over bake.

After it has been out of the oven for 5 minutes, spread the top with ½ cup of chocolate chips. Allow to melt from the heat of the brownie. Spread the melted chocolate chips over the top of the bar. Cool completely and cut into squares when cool. May be served warm or cold.

Awesome comfort food for those on a gluten-free diet. They don't last long at our house.



What if you fail?

Don't toss the failures or the left overs:

Croutons – Bread crumbs – Bread Pudding – crumbs for pie
crust -- turkey stuffing



What if you fail? Some things you can do with leftovers.

Croutons

Bread crumbs

Stuffing

Crumb crusts

Casserole toppings

Hamburger stretcher



What's the next step? >>

Start collecting your favorite recipes – the ones your family loves. You only need a few basic bread recipes to make everything from bagels, to loaves, to pizza and even ...

Are you ready for the next step?

Start collecting favorite recipes – you don't need very many. You've learned from this course that it's not so much what you throw in the bowl but how you handle the dough that gives you specialty artisan bread for your table.