

# Challah Bread

Makes 2 loaves

## INGREDIENTS

- 1/3 cup honey
- 1 ¼ cups warm water
- 2 ¼ tsps active dry yeast(1 packet)
- 1 ½ tsps salt
- 2/3 cup olive oil
- 2 eggs
- 4 cups unbleached flour, plus more if needed
- 1 cup whole wheat flour

### FOR GLAZE:

- ¼ cup skim or 1% milk
- 2 TBSPs olive oil
- 1 egg white
- 1 TBSP white sugar

## PREPARATION

1. Dissolve the honey in the water in a large mixing bowl, and stir in the yeast. Set the mixture aside until the yeast forms a creamy layer on top, about 15 minutes. Stir in the salt, 2/3 cup of olive oil, and beaten eggs. **Add the flour 1 cup at a time** until the dough is slightly tacky, but not sticky wet.
2. Turn it out onto a floured surface, and knead until smooth and elastic, about 10 minutes. Lightly oil a bowl, place the dough in the bowl, turn the dough over a few times to oil the surface, then let rise until doubled in a warm, draft-free place, about 90 minutes.
3. To make the loaves, punch down the dough, and cut it into 2 equal-sized pieces. Cut the first piece into 4 equal parts. Set the second piece aside under a cloth to prevent drying out while you braid the first loaf.
4. To braid the first 4-strand loaf, roll the 4 pieces of dough into thin ropes about the width of your thumb, and about 14 inches long. Make the tops and bottoms of each rope thinner than the middle area. Pinch the tops of the 4 ropes together, and fan the 4 ropes out so they don't touch.
5. To make a simple 3-strand braided loaf, cut each half of the dough into 3 pieces. Working on a floured surface, roll the small dough pieces into ropes about the thickness of your thumb and about 12 inches long. Ropes should be fatter in the middle and thinner at the ends. Pinch 3 ropes together at the top and braid them. Starting with the strand to the right, move it to the left over the middle strand (that strand becomes the new middle strand.) Take the strand farthest to the left, and move it over the new middle strand. Continue braiding, alternating sides each time, until the loaf is braided, and pinch the ends together and fold them underneath for a neat look. Repeat the steps to braid the second loaf, and let the braided loaves rise for 1 hour.
6. Preheat an oven to 350°, and line baking sheets with parchment paper.
7. **MAKE GLAZE:** Whisk together the milk, 2 TBSPs of olive oil, the egg white, and the sugar in a bowl. Brush the braided loaves with the glaze, to make a shiny crust, and bake the loaves on the prepared baking sheets in the preheated oven until they are light golden brown, about 30 minutes.

# Winter Squash Rolls

*Makes 12 rolls*

## INGREDIENTS

- 1 ½ cups cubed winter squash (OR canned pure pumpkin puree)
- 1 cup (1%) milk, room temperature
- 2 (.25 ounce) packages active dry yeast
- ½ cup **warm** water (110 degrees F/45 degrees C)
- 4 cups unbleached all-purpose flour
- 2 cups wheat flour
- ½ cup white sugar
- 1 TBSP honey
- 1 tsp baking spice blend
- 2 tsps salt
- ½ cup butter OR coconut oil

## PREPARATION

1. Preheat oven to 400 degrees F (200 degrees C). In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash. **(You can obviously SKIP this step if you are using canned pumpkin!)**
2. In a small bowl, dissolve yeast in **warm** water. In a large bowl, combine 5 cups flour, sugar and salt.
3. Stir in the yeast mixture, shortening, squash and milk. Mix well. Stir in the remaining flour, ½ cup at a time, beating well after each addition.
4. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
5. Divide the dough into twelve equal pieces and form into rounds. Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes.
6. Bake at 400 degrees F (200 degrees C) for 10 to 15 minutes or until golden brown.

# English Muffin Bread

From Cook's Country | April/May 2012

*We love English muffins for their crunchy crust, chewy interior, and many nooks and crannies. We looked for the same great qualities in a quick, easy loaf bread.*

*Makes 2 loaves*

## INGREDIENTS

- Cornmeal (about 1 TBSP)
- 3 cups bread flour
- 2 cups whole wheat flour (bread flour if available)
- 4 ½ tsps instant or rapid-rise yeast
- 1 TBSP sugar
- 2 tsps salt
- 1 tsp baking soda
- 3 cups 1% milk, **heated to 120 degrees**

## PREPARATION

1. Grease two 8½ by 4½-inch loaf pans and dust with cornmeal.
2. Combine flour, yeast, sugar, salt, and baking soda in large bowl. HEAT milk, then stir it in until combined, about 1 minute. Cover dough with greased plastic wrap and let rise in warm place for 20 minutes, or until dough is bubbly and has doubled.
3. Stir dough (**incorporating add-ins if using**) and divide between prepared loaf pans, pushing into corners with greased rubber spatula. (Pans should be about two-thirds full.) Cover pans with **greased** plastic and let dough rise in **warm place** until it reaches edge of pans, about 30 minutes. **Adjust oven rack to middle position and heat oven to 375°F degrees.**
4. Discard plastic and transfer pans to oven. Bake until bread is well browned and registers 200 degrees, about 30 minutes, rotating and switching pans halfway through baking. Turn bread out onto wire rack and let cool completely, about 1 hour. Slice, toast, and serve.

## OUR VARIATIONS

### SAVORY-

ADD ½ cup extra sharp cheddar + ¼ cup good quality Parmesan or Asiago cheese AND about ¼ - ½ cup of your favorite herbs and/or scallions, finely chopped (try scallions, dill & tarragon OR parsley, dill and scallions OR ...)

### SWEET -

ADD 1 & ½ TBSPs cinnamon plus 3 TBSPs all natural, unprocessed (fine) sugar

# Whole Wheat Oatmeal Sandwich Bread

*Yield: 1 large loaf - Total Time: 3 hours Adapted from Good to the Grain by Kim Boyce and Amy Scattergood. A perfect whole wheat loaf for sandwiches and toast. Soft, a touch of sweetness to the loaf from the honey and molasses. Like the authors of Good to the Grain, we make this loaf in the mixer. If you want to make the bread by hand, they recommend kneading by hand for 15 minutes, adding flour as needed.*

## INGREDIENTS

- 1 cup water
- 1 cup, PLUS 2 TBSPs 1% milk
- 1 pkg 1 TBSP Active Dry Yeast
- 1 TBSP Honey
- 2TBSPs unsulphured Molasses, *not backstrap molasses*
- 2 ½ cup Whole Wheat Flour
- 2 cups Bread Flour
- 1 cups Rolled Oats
- 4TBSPs unsalted Butter, *melted and cooled slightly*
- 1TBSPs Sea Salt

**optional:** *bran or additional oats for topping loaf*

## PREPARATION

1. Lightly butter 9x5x3 bread loaf pan
2. Gently warm milk and water to about 115 F. Combine water, milk, yeast, honey, and molasses in the bowl of a standing mixer. Stir to dissolve yeast.
3. Add flours, oats, melted butter, and sea salt to the liquid mix. Using the bread hook and stand mixer, mix for 6 minutes on medium speed. The dough should climb the dough hook and slap around the sides of the bowl without sticking. If the dough is sticking, add a TBSP or two more of flour at a time until the dough comes cleanly away from the sides of the bowl.
4. Cover the bowl with a towel and place in a warm area to rise. Leave to rise for about an hour or until doubled in size (to test if it has proofed enough, gently poke the dough- if it springs back, it needs to proof longer - if a dimple remains, it is ready.)
5.  Shape the loaf. Put the dough on a lightly floured work surface. **Flatten out the bubbles** while working the loaf into a square shape. Grabbing the top edge, fold the dough down towards the middle. Grab the bottom edge and fold up to the middle, bringing the two edges together. Pinch the seam and sides, sealing them with your fingers. Roll the dough back and forth, plumping it into an even log and about the size of your bread pan. Gently place the dough into your bread pan, seam side down. Press the dough gently into the corners of the bread pan.
6. Cover the loaf with a towel and leave it to rise in a warm area for about an hour or until the dough rises to half again its size and is puffing up barely over the edges of the loaf pan. While the dough is rising, preheat the oven to 400 F.
7. Sprinkle the top of the loaf with bran or oats. Bake for about 40 minutes, rotating halfway through. The loaf is done baking when the crust is dark brown and sounds hollow when tapped. Remove the loaf from the pan and allow to fully cool on a baking rack.

# ***Honey Whole Wheat Bread***

*From "The Fresh Loaf" website...makes two loaves*

## **INGREDIENTS**

- 1 lb whole wheat flour
- 12 oz hot water 8 ounces bread or all-purpose flour
- 1 5 oz can evaporated milk (or milk, or more water or soy if you are vegan)
- 1/3 cup honey
- 2 tsps salt
- 3 tsps instant yeast
- **an additional ½ -1 cup flour, as necessary, to achieve the desired consistency**

## **PREPARATION**

**1.** Mix the hot water and whole wheat flour together in a bowl. Cover the bowl with plastic and set aside until around room temperature, at least 1 hour.

**2.** Add the milk, honey, salt, yeast, and bread flour to the original mixture and mix until well combined. Add additional flour and knead by hand or in a stand mixer until **a tacky but not completely sticky** dough is formed. Place the ball of dough in a well-oiled bowl, cover with plastic wrap, and set aside to rise for 60 to 90 minutes.

**3.** Divide the dough in two and shape the loaves. Place the loaves in greased bread pans, cover the pans loosely with plastic (I put them in a plastic bag), and set aside to rise again for 90 minutes.

**4.** During the final 30 minutes of rising, preheat the oven to 425 degrees. Place the pans into the oven and immediately reduce the oven temperature to 375 degrees. Bake for approximately 45 to 55 minutes, rotating the pans once so that they brown evenly, until the internal temperature of the loaves is around 190 degrees and the bottom of the loaf sounds hollow when tapped.

# ***Classic 100% Whole Wheat Bread***

*Who says whole wheat bread has to be dense, dry, and tasteless? This 100% whole wheat recipe features the delightfully nutty taste of wheat in a fine-grained, moist, faintly sweet loaf. Yield: 1 loaf.*

## **INGREDIENTS**

- 1 to 1 ¼ cups lukewarm water\*
- ¼ cup vegetable oil
- ¼ cup honey, molasses, or maple syrup
- 3 ½ cups King Arthur Premium 100% Whole Wheat Flour
- 2 ½ tsps instant yeast, or 1 packet active dry yeast dissolved in 2 TBSPs of the water in the recipe
- ¼ cup Baker's Special Dry Milk or nonfat dried milk
- 1 ¼ tsps salt

\*Use the greater amount in winter or in a dry climate; the lesser amount in summer or a humid climate.

## **PREPARATION**

- 1.** In a large bowl, combine all of the ingredients and stir till the dough starts to leave the sides of the bowl. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 6 to 8 minutes, or until it begins to become smooth and supple. (You may also knead this dough in an electric mixer or food processor, or in a bread machine programmed for "dough" or "manual.") Note: This dough should be soft, yet still firm enough to knead. Adjust its consistency with additional water or flour, if necessary.
- 2.** Transfer the dough to a lightly greased bowl or large measuring cup, cover it, and allow the dough to rise till puffy though not necessarily doubled in bulk, about 1 to 2 hours, depending on the warmth of your kitchen.
- 3.** Transfer the dough to a lightly oiled work surface, and shape it into an 8" log. Place the log in a lightly greased 8 1/2" x 4 1/2" loaf pan, cover the pan loosely with lightly greased plastic wrap, and allow the bread to rise for about 1 to 2 hours, or till the center has crowned about 1" above the rim of the pan. Towards the end of the rising time, preheat the oven to 350°F.
- 4.** Bake the bread for 35 to 40 minutes, tenting it lightly with aluminum foil after 20 minutes to prevent over-browning. The finished loaf will register 190°F on an instant-read thermometer inserted into the center.
- 5.** Remove the bread from the oven, and turn it out of the pan onto a rack to cool. If desired, rub the crust with a stick of butter; this will yield a soft, flavorful crust. Cool completely before slicing. Store the bread in a plastic bag at room temperature.

# ***Practically No-Knead Sourdough Bread***

*We prefer King Arthur all-purpose flour in this recipe; if you can't find it, you can substitute any brand of bread flour. For the best results, weigh your ingredients. The dough can rise at room temperature in step 3 (instead of in the oven), but it will take 3 to 4 hours. Do not wait until the oven has preheated in step 4 to start timing 30 minutes or the bread will burn.*

## **INGREDIENTS**

- 3  $\frac{2}{3}$  cups (18  $\frac{1}{3}$  ounces) King Arthur All-Purpose Flour
- 1  $\frac{3}{4}$  tsps salt
- 1  $\frac{1}{2}$  cups plus 4 tsps (12  $\frac{2}{3}$  ounces) water, room temperature
- $\frac{1}{3}$  cup (3 ounces) mature sourdough starter (see related content)

## **PREPARATION**

1. Whisk flour and salt together in medium bowl. Whisk room-temperature water and starter in large bowl until smooth. Add flour mixture to water mixture and stir using wooden spoon, scraping up dry flour from bottom of bowl until dough comes together, then knead by hand in bowl until shaggy ball forms and no dry flour remains. Cover bowl with plastic wrap and let sit at room temperature for at least 12 hours or up to 18 hours.

2. Lay 12 by 12-inch sheet of parchment paper on counter and spray generously with vegetable oil spray. Transfer dough to lightly floured counter and knead 10 to 15 times. Shape dough into ball by pulling edges into middle. Transfer dough, seam side down, to center of parchment. Pick up dough by lifting parchment edges and lower into heavy-bottomed Dutch oven. Cover with plastic wrap.

3. Adjust oven rack to middle position and place loaf or cake pan in bottom of oven. Place pot on middle rack and pour 3 cups of boiling water into pan below. Close oven door and let dough rise until doubled in size and does not readily spring back when poked with your floured finger, 2 to 3 hours.

4. Remove pot and water pan from oven; discard plastic from pot. Lightly flour top of dough and, using razor blade or sharp knife, make one 7-inch-long, 1/2-inch-deep slit along top of dough. Cover pot and place on middle rack in oven. Heat oven to 425 degrees. Bake bread for 30 minutes (starting timing as soon as you turn on oven).

5. Remove lid and continue to bake until loaf is deep brown and registers 210 degrees, 20 to 30 minutes longer. Carefully remove bread from pot; transfer to wire rack and let cool completely before serving.

# Potato Bread

If you think of bland flavors when you think of potatoes — think again! This recipe produces probably the most flavorful "white" bread we've ever had. Moist and very sliceable, it's wonderful for sandwiches and toast; it has that "spongy" texture, perfect for spreading peanut butter or loading on tuna salad without crumbling. An overnight rise in the fridge is the key here. The longer a batch of dough rises, the better its flavor will be; and the taste of this bread is superb. Somehow, the combination of potato, butter, and eggs produces an elusive hint of cheese in the final loaf. YIELDS 2 loaves

## INGREDIENTS

- 1 TBSP instant yeast
- ½ cup sugar
- 1¼ to 1½ cups lukewarm water or potato water (water in which potatoes have been boiled)\*
- 8 TBSPs softened butter
- 4 TBSPs EV olive oil
- 2 ½ tsps salt
- 2 large eggs
- 1 cup mashed potatoes (1 or 2 large potatoes)
- 5 cups Unbleached All-Purpose Flour
- 1 ½ cups whole wheat flour

*\*Use the lesser amount of water in summer, or in humid weather conditons; the greater amount in winter, or when it's dry out.*

## PREPARATION

- 1) Beat together all of the dough ingredients, using the flat beater paddle of your stand mixer, or your bread machine set on the dough cycle. If you're using a stand mixer, beat the mixture for 4 to 5 minutes at medium-high speed, stopping the mixer to scrape down the sides and bottom of the bowl twice. The mixture should start to become smooth and a bit shiny.
- 2) Switch to the dough hook, and knead the dough at medium speed for 7 minutes, stopping to scrape the dough into a ball twice; it may or may not start to clear the sides of the bowl on its own.
- 3) Scrape the dough into a ball, and place it in a lightly greased bowl or large (greased) plastic bag. Refrigerate overnight, or for up to 24 hours.
- 4) Remove the dough from the refrigerator, divide it in half, and shape it into two 9" logs. Place them each in a lightly greased 9" x 5" loaf pan. Cover the pans with clear shower caps (first choice) or lightly greased plastic wrap, and allow the dough to rise until it's crowned about 1" over the rim of the pan. Since the dough is cold, this will take anywhere from 2 to 4 hours. Towards the end of the rising time, preheat the oven to 350°F.
- 5) Bake the loaves for 25 minutes. Tent with aluminum foil, and bake for an additional 15 to 20 minutes, until the bread is a deep golden brown, and a digital thermometer inserted into the center of one of the loaves registers at least 190°F.
- 6) Remove the bread from the oven, and place the pans on a rack. After 5 minutes, gently turn the loaves out onto the rack to cool completely.
- 7) Store, tightly wrapped, at room temperature for several days, or up to a week in cool/dry weather; for longer storage, wrap well and freeze.

# **Potato Rolls**

*For the lamb bocadillos at Tres Gatos in JP*

## **INGREDIENTS**

- 2 tsp. active dry yeast
- 1 TBSP sugar
- 2 oz. plus 1 TBSP warm water
- 1 oz. melted butter
- 2 eggs
- 8.5 oz. potato, riced
- 1 TBSP kosher salt
- 22 oz. all-purpose flour (about a bit less than 4 & 1/3 cups)
- Sea salt and white pepper (to taste)

## **PREPARATION**

1. In the bowl of a stand mixer add the yeast, a small pinch of sugar, and a splash of warm water. Whisk together to help the yeast dissolve, then let stand for ten minutes until the mixture is foamy and roughly double in size.
2. In the same bowl add the potato, 1 egg, and sugar. Use a spoon to incorporate the ingredients together. Add warmed butter and continue to mix. THEN add a pinch of salt and all of the flour.
3. Fit the stand mixer with a dough hook and turn on lowest speed. Add the water slowly down the side of the bowl. Let the machine knead the dough for about 3 minutes, until the dough comes together.
4. Cover dough with a cloth and let rise in a warm area for two hours or until doubled in size.
5. Punch the dough down and place on a slightly floured work surface. With a bench scraper, portion your dough evenly into 2 oz. portions for 12 rolls.
6. Flour your hand and roll the dough for a few seconds to shape into rolls.
7. Place on a sheet pan lined with parchment paper. Brush with one whole beaten egg and season with coarse sea salt and pepper.
8. **PREHEAT OVEN to 425°.** Let rolls sit for 2 hours, then bake for 14-16 minutes.

## ***Semolina Bread***

*When people think of semolina flour, they usually think of pasta. But semolina, a high-gluten flour made from the hard, coarse endosperm of durum wheat, also makes a lovely loaf of bread. Light golden in color, moist, and of a fine, delicate texture ideal for slicing, this bread recipe is based on one found in Judith and Evan Jones' "The Book of Bread," available in our Baker's Catalogue (as is the semolina flour.)*

*Makes 1 large loaf*

### **INGREDIENTS**

- 1 TBSP active dry yeast
- 1 ½ cups **lukewarm** (110°F) water (OR MILK)
- 1 TBSP honey
- 2 TBSPs **soft** butter (**NOT melted**)
- 2 TBSPs nonfat dry milk powder
- 1 tsp salt
- 3 cups semolina flour

### **PREPARATION**

- Dissolve the yeast in ½ cup of the warm water in a large bowl. Mix the butter, honey and the dry milk into the remaining cup of water, and add to the yeast along with the salt. Stir in the semolina.
- Turn the dough out onto a work surface floured with a little more semolina and knead it for 8 to 10 minutes, until smooth. Grease a bowl, set the dough in the bowl, turning to coat all sides, cover with plastic wrap, and let rise until doubled in bulk, about 1½ hours or more.
- Punch the dough down, turn it out of the bowl, and shape it into a loaf. Place it into a greased 5 x 10-inch bread pan. Cover with a towel and let rise until doubled in bulk, about 50 minutes. **PREHEAT OVEN TO 350°.**
- Bake for 40 minutes, or until bread is a light golden brown and tests done. Turn the loaf out and let it cool on a rack. Let cool thoroughly before slicing.

# ***7-Ingredient Meusli Bread from the Minimalist Baker***

***A simple, 7 Ingredient muesli bread studded with pumpkin seeds, almonds and raisins. Perfect for sandwiches, french toast, or toasted with butter and honey for breakfast.***

TOTAL TIME ~ 1 hour ~ Servings: 18 (slices) ~ Vegan~ Freezer Friendly 1 month

## **INGREDIENTS**

- 1 ½ cups warm water
- 3 cups unbleached flour
- 1/4 cup whole wheat flour
- 1/2 Tbsp salt
- 3/4 Tbsp fast-acting yeast (1 pack yields ~3/4 Tbsp)
- 1/4 cup raw pumpkin seeds
- 1/4 cup raisins
- 1/4 cup raw almonds

## **PREPARATION**

1. Combine warm water (110 degrees F / 43 C), yeast, salt and flours in a large mixing bowl and stir. The result will be a sticky, rough dough. If using a stand mixer, beat at medium speed for about a minute. Otherwise just use a spoon to stir until well combined.
  2. Lift the dough out and lightly grease the bowl with nonstick spray or olive oil. Cover and let rise in the refrigerator for two hours. Alternatively, let rise for 2 hours at room temp and 2 hours in the fridge. **Once risen**, lightly sprinkle the dough with flour and transfer to a floured work surface. Knead a few times and then add pumpkin seeds, almonds and raisins. Knead until just combined, trying to keep the add-ins on the inside of the loaf, or else they'll get too crisp while baking.
  3. Place on parchment-lined baking stone or lightly greased baking sheet. Sift a light coating of flour over the top; to help keep the dough moist. Let rest for 45-60 minutes. Preheat oven to 450°F while the dough rests. Place a metal or cast iron pan (not glass, Pyrex, or ceramic) on the lowest oven rack, and have 1 cup of hot water ready.
  4. When ready to bake, slash the bread 2 or 3 times with a knife, making a cut about ½-inch deep. Place bread in oven and carefully pour hot water into the shallow pan on the rack beneath. Expect it to bubble and steam; then close oven door quickly.
  5. Bake the bread for 25 to 35 minutes, or until deep, golden brown. Remove from oven and
- Nutrition Per Serving (1 of 18 slices)

**Calories: 106 Fat: 1.8g Sodium: 1mg Carbohydrates: 19.4g Fiber: 1g Sugar: 1.3g Protein: 3.1g**

# Gluten-Free Sandwich Bread

2 hrs 37 mins. to 3 hrs 2 mins. ~~ YIELD 1 loaf

*And you thought you'd never enjoy your favorite sandwiches again! This recipe yields a tender, tasty, high-rising loaf, perfect for ham and cheese, a PB&J, or a BLT. Toast or French toast for breakfast or make a luscious grilled cheese sandwich.*

## INGREDIENTS

- 3 cups King Arthur Gluten-Free Flour
- 3 TBSPs sugar
- 2 tsps instant yeast
- 1 1/4 tsps salt
- 1 ¼ tsps xanthan gum
- 1 cup warm milk
- 4 TBSPs soft butter
- 3 large eggs

## PREPARATION

1. Place the flour, sugar, yeast, salt, and xanthan gum in a bowl, or the bowl of your stand mixer. Mix till combined.
2. Using an electric mixer (hand mixer, or stand), drizzle in the milk, beating all the time; the mixture will be crumbly at first, but once all the milk is added, it'll come together.
3. Add the butter and beat until thoroughly blended.
4. Beat in the eggs one at a time, beating each in thoroughly before adding the next. Scrape the bottom and sides of the bowl, then beat at high speed for 3 minutes, to make a very smooth, thick batter.
5. Cover the bowl, and let the thick batter rise for 1 hour.
6. Scrape down the bottom and sides of the bowl, gently deflating the batter in the process.
7. Grease an 8 1/2" by 4 1/2" loaf pan, or a 9" x 4" x 4" pain de mie pan.
8. Scoop the dough into the pan. Press it level, using a spatula or your wet fingers.
9. Cover with greased plastic wrap, and set in a warm place to rise until the loaf barely crowns above the rim of the 8 1/2" x 4 1/2" pan; or until it comes to within about an inch of the rim of the 9" pain de mie pan. This should take about 45 to 60 minutes. Towards the end of the rising time, preheat the oven to 350°F.
10. Bake the bread for 38 to 42 minutes, until golden brown. If you're using a pain de mie pan, leave the lid on the entire time. Remove the bread from the oven, turn it out of the pan, and cool on a rack.

# GLUTEN-FREE, ALL-PURPOSE, WHOLE-GRAIN FLOUR BLEND

This blend utilizes the classification of different types of gluten-free whole grains as outlined in the Guide to Flour Substitutions in Gluten-Free Sourdough Baking. This allows for flexibility and personal grain preference while providing guidelines for using the correct ratio of flour types in a recipe.

## FLOUR INGREDIENTS:

- 4 cups heavy flour such as buckwheat, teff, or millet
- 4 cups sorghum or brown rice flour
- 2 cups starch such as tapioca or sweet rice flour
- 2 cups high-protein flour such as almond or quinoa
- 4 tsps xanthan gum

## INSTRUCTIONS:

1. In a large bowl, whisk all of the flours together for several minutes or until everything is well incorporated. Transfer to an airtight storage container and seal tightly.
2. If the mixture will be utilized within a couple of weeks, it can be kept at room temperature. If it will last you longer, store it in the refrigerator or freezer.

# JAMAICAN COCO BREAD



## INGREDIENTS

- 2 packages yeast
- 1 tsp sugar
- 1/4 cup warm water
- 3/4 cup warm milk
- 1 1/2 tsps salt
- 1 egg, lightly beaten
- 3 cups flour
- 1/2 cup butter, melted

## PREPARATION

1. Dissolve yeast and sugar in water then stir in milk, salt and egg.
2. Add 1/2 of the flour and stir, continue to add flour until you have a dough that can be turned out of the bowl.
3. Knead the dough for 10 minutes until smooth but firm.
4. Oil a clean bowl and turn the dough in it until coated.
5. Cover with a damp towel and let it rise for 1 hours Cut into 10 portions and roll each piece into a 6 inch diameter circle.
6. Brush with melted butter then fold in 1/2.
7. Brush with more butter and fold in 1/2 again.
8. Set breads on a oiled baking sheet and let them rise until they double in size.
9. Preheat oven to 425 F set a pan of hot water on the lowest oven rack.
10. Bake for about 12- 15 minutes or until golden brown (on upper rack, set to middle).

# Indian Flatbread (Naan)

*From America's Test Kitchen Season 13: Indian Classics Made Easy This recipe worked best with a high-protein all-purpose flour such as King Arthur brand. Do not use nonfat yogurt in this recipe. A 12-inch nonstick skillet may be used in place of the cast-iron skillet. For efficiency, stretch the next ball of dough while each naan is cooking.* Makes 4 large pieces

## INGREDIENTS

- ½ cup ice water
- 1/3 cup plain whole-milk yogurt
- 3TBSPs plus 1 tsp vegetable oil
- 1 large egg yolk
- 2 cups (10 ounces) all-purpose flour
- 1 ¼ tsps sugar
- ½ tsp instant or rapid-rise yeast
- 1 ¼ tsps salt
- 1 ½ TBSPs unsalted butter, melted

## PREPARATION

1. In measuring cup or small bowl, combine water, yogurt, 3 TBSPs oil, and egg yolk. Process flour, sugar, and yeast in food processor until combined, about 2 seconds. With processor running, slowly add water mixture; process until dough is just combined and no dry flour remains, about 10 seconds. Let dough stand for 10 minutes.

2. Add salt to dough and process until dough forms satiny, sticky ball that clears sides of workbowl, 30 to 60 seconds. Transfer dough to lightly floured work surface and knead until smooth, about 1 minute. Shape dough into tight ball and place in large, lightly oiled bowl. Cover tightly with plastic wrap and refrigerate for 16 to 24 hours.

3. Adjust oven rack to middle position and heat oven to 200 degrees. Place heatproof plate on rack. Transfer dough to lightly floured work surface and divide into 4 equal pieces. Shape each piece into smooth, tight ball. Place dough balls on lightly oiled baking sheet, at least 2 inches apart; cover loosely with plastic coated with vegetable oil spray. Let stand for 15 to 20 minutes.

4. Transfer 1 ball to lightly floured work surface and sprinkle with flour. Using hands and rolling pin, press and roll piece of dough into 9-inch round of even thickness, sprinkling dough and work surface with flour as needed to prevent sticking. Using fork, poke entire surface of round 20 to 25 times. Heat remaining 1 tsp oil in 12-inch cast-iron skillet over medium heat until shimmering. Wipe oil out of skillet completely with paper towels.

5. Mist top of dough lightly with water. Place dough in pan, moistened side down; mist top surface of dough with water; and cover. Cook until bottom is browned in spots across surface, 2 to 4 minutes. Flip naan, cover, and continue to cook on second side until lightly browned, 2 to 3 minutes. (If naan puffs up, gently poke with fork to deflate.) Flip naan, brush top with about 1 tsp melted butter, transfer to plate in oven, and cover plate tightly with aluminum foil. Repeat rolling and cooking remaining 3 dough balls. Once last naan is baked, serve immediately.

***TECHNIQUE NOTE: Indian Original - Traditionally, naan cooks against the superheated clay wall of a cylindrical tandoor. Heat radiating from the coals below also chars the exposed side, so the bread never needs to be flipped.***

# ***Pocketless Pita***

*Makes 8 small pitas; an easy recipe for homemade pita/Greek flatbread that can be made in less than 2 hours*

*Author: Marie@Feelingfoodish*

## **INGREDIENTS**

- ¾ cup milk
- ½ cup lukewarm water
- 2 TBSPs butter, melted
- 2 TBSPs honey
- 2 tsps instant yeast
- 1 tsp salt
- 2.5 to 3 cups all-purpose unbleached flour
- 1 cup whole wheat **OR** rye flour

## **PREPARATION**

1. Combine milk, water, butter, and honey in mixing bowl of a standing mixer with dough hook
2. Add yeast and mix for a few seconds to combine
3. Add salt followed by enough flour to form a soft dough
4. Knead dough for 3 to 4 minutes
5. Place dough in oiled bowl, cover and let rest for 40 minutes - 1 hour
6. After 1 hour, form dough into 8 smaller balls and heat up a non-stick pancake griddle
7. On a floured flat surface, roll out each dough ball into a flat circle about 6 to 7 inches in diameter, sprinkling with more flour if needed to prevent sticking.
8. Grill each pita for a few minutes until they begin bubbling and are very lightly golden brown, then flip and cook the reverse side – this should only take about 5 minutes.

BASED ON Recipe by Feeling Foodish at <http://feelingfoodish.com/greek-flatbread-or-pocketless-pitas/>