

Gluten Free Bread Baking

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Why I bake my bread...

- Taste
 - Delicious
 - Not like I dropped it in the sand at the beach!
- Cost
 - Less than buying a loaf
 - Less than buying a mix
- No chemicals
 - Well... except xanthan gum...

Gluten Free vs. Traditional

- Maybe the only place where gluten free baking is easier than gluten full baking!
 - Less work
 - Less time
- In my past, I baked bread
 - Every weekend
 - By hand
 - Adding vital wheat gluten (for better texture and elasticity)
 - Adding cracked wheat
 - Ugh!

Traditional Bread Baking

Make a Sponge



Mix Dough



Knead Dough



Let it Rise



Punch Down, Shape, Let Rise Again



Bake



Gluten Free Bread Baking

Mix Dough



Let it Rise



Bake



What you need

- Mixer
 - Stand mixers are easiest, but a hand held mixer would work as well
- Bread Pan
 - I love the aluminized steel pans
 - Any cheap gray metal pan will do
 - Even glass & stoneware pans work – but the crust won't be as good
- Bread Knife



You can do it!

Let's start with my favorite!

Flax Bread

- A nice “light wheat” bread
- Flax has Omega 3s
- Fiber in flax and quinoa (you can add nuts or sunflower seeds or buckwheat groats to add even more)
- Even my non-celiac family eats this bread when it comes out of the oven (and they won't eat much else GF!)

Making a GF Loaf – Flax Bread

Mix dry ingredients in a bowl

- Use active dry or bread machine yeast



2/3 c	sorghum flour
1/2 c	amaranth flour
1/4 c	flax flour
1/2 c	tapioca flour
1/4 c	cornstarch
3 Tbsp	sugar
1 Tbsp	yeast
1 1/4 tsp	salt
2 1/2 tsp	xanthan gum
1/2 c	cracked flax seed
1/2 c	quinoa

Making a GF Loaf – Flax Bread

Mix dry ingredients in a bowl

- Grind your own flax flour by putting flax seed in a coffee grinder
- Make cracked flax seed the same way - just don't process as long
- You may want to rinse the quinoa first – if you do, add it when you mix the wet and dry ingredients



Making a GF Loaf – Flax Bread

Mix dry ingredients in a bowl

- A whisk works nicely



Making a GF Loaf – Flax Bread

In a separate mixer bowl,
blend wet ingredients

- Use paddle attachment on stand mixer, or regular beaters on hand held mixer
- Water should be lukewarm (95° - 110°F to be exact)
- Eggs should be room temperature – but bread won't fail if they are not!
- Mix until well blended

2 eggs

1 egg white

1 c water

¼ c vegetable oil

2 tsp cider vinegar



Making a GF Loaf – Flax Bread

Add the dry ingredients

- Set mixer to slowest speed
- Slowly add dry ingredients
- Scrape sides and bottom of bowl
- Beat at medium speed for 4 minutes – this is your “kneading”



Making a GF Loaf – Flax Bread

Transfer to the pan, let rise

- Spoon / scrape batter into greased pan (oil or cooking spray will make crust soggy, butter or shortening works better)
- Dough will be like a stiff cake batter or frosting – not like a typical gluten bread dough
- Smooth the top of dough with a wet spatula for nice shape
- Let rise, uncovered, 60 – 75 minutes until the dough has risen to the top of the pan



Making a GF Loaf – Flax Bread

Bake

- Preheat oven to 350°F (hotter for a darker crust)
- Bake 30-45 minutes
- Loaf is done when it sounds hollow when you tap on it from the bottom
- Remove from pan to cool on a wire rack (so crust doesn't get soggy from being left in the hot pan)



Making a GF Loaf – Flax Bread

Cut and Enjoy!

- Let loaf cool before cutting – unless it smells too good to wait – letting it cool gives you neater slices
- When completely cooled you can put slices in a gallon bag and freeze for later



Success in GF Bread Baking

My success with GF bread

- Moist
- Good crumb
- Good mouth feel
- No grit
- Good shape

What I still can't do...

- Get a cracklin' crunchy crust
- Can't remove eggs (or egg substitute) from recipe
- Can't remove xanthan gum (I hate it!) and have bread work

Oven vs. Bread Machine

Oven

- Normal “bread” shape
- Better crust
- Can bake multiple loaves at the same time
- I prefer this!

Bread Machine

- Less clean up
- “Dump and Go”
- This works in a pinch

Hints & Tips – Time Savers

Make your own mix!

When you bake a loaf:

- Get out a few small containers or plastic bags
- When you measure your dry ingredients – measure each ingredient into each container
 - Don't add the yeast until you're ready to bake
- Put a note on each container with what's in it
 - Note which bread, the cookbook and page, or
 - Write the remaining ingredients down directly on the bag (I do this when I go on vacation)
- When you're ready for bread, just grab your pre-made mix, add the other ingredients and go!

Hints & Tips – Time Savers

Make a double batch and freeze

- Homemade bread has no preservatives, so you need to eat it quickly (3-4 days)
- When you bake, double the batch and save a lot of time
- Bake the bread, let it cool, and slice it.
- Put the sliced loaf in a gallon freezer bag and store it in the freezer.
- Take out slices when you need them
- Fresh bread, any time!
 - These recipes freeze really well – it's almost as good as when it's first baked – but not quite as good as when it's still warm!

Hints & Tips

- Never store bread in the refrigerator!
 - It will go stale much faster
- Spray the oven walls with water at the end of baking to get a better crust
- Letting the bread rise longer in a cooler place gives a richer flavor – but it's subtle
- Using rapid rise yeast will allow you to get your bread baked faster
 - But... you have to watch the rise carefully – it's easy to have the bread over-rise and collapse during or after baking.

Hints & Tips - Storage

Flour storage

- Invest in some tightly sealable, stackable containers
 - Make sure that you can easily get a 1 cup measure into the container
 - Label each container
 - When you buy flour, transfer the bag into it's container for easy access
 - I use the 5"x8½"-ish Glad/Ziploc plastic containers. They hold almost two bags of the Bob's Red Mill flours and are easy to measure out of
- Foodie wisdom says to store flour in the fridge or freezer to preserve life and flavor. I don't have room, and storing this way works for me.

Yeast

- Store unused yeast in the refrigerator. Let it come to room temperature before using (not entirely necessary, but preferred)
- Yeast can also be stored in the freezer to prolong life – here you really need to allow it to come to room temperature before using – unless you proof it

Hints & Tips - Tools

Bread Knife

- A serrated bread knife is key to nice slices – why ruin a beautiful fresh loaf by smushing it?

Whisk

- Quick and easy mixing of light flours – just make sure you get the flour on the bottom edges of your container mixed in if you use the whisk only!

Stand Mixer

- If you really start to do serious bread baking (without a machine), or serious baking, the stand mixer will be your favorite tool, but they are \$\$

Coffee grinder

- Great for making ground & cracked flax, nuts, even oat flour
- Around \$15, small to store
- I would dedicate one to GF products – I think if you used it for coffee beans, everything you ground in it would taste like coffee...

Hints & Tips – Failures

Loaf doesn't rise

- Yeast was dead (expired)
- Yeast was killed (water too hot)
- Forgot to add the yeast (I've done it!!!)

Loaves collapse

- Under-baked
- Too much yeast
- Loaf over-rose

Line of starch at bottom of loaf

- Too much liquid

It's all still edible though... Even brick bread tastes good warm!