

EASY BREAD MAKING FOR SPECIAL DIETS

Third Edition

Use your bread machine, food
processor, mixer or tortilla maker
to make the bread YOU need
quickly and easily

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All About Quick Breads

What makes quick bread special? Like yeast bread, it is flour, water or other liquid, and usually a little salt and sweetener, but it is leavened by the chemical reaction between baking soda and an acid ingredient rather than by the action of yeast. Because there is no need for yeast to grow and multiply, it is baked immediately after mixing and therefore can be made more quickly than yeast bread.

When baking soda is mixed with an acid ingredient in a liquid environment, carbon dioxide gas is immediately formed. This gas is trapped in the batter or dough and will be baked as little bubbles into the final product. There are many different acid ingredients that you can use. Cream of tartar and unbuffered vitamin C crystals are two dry acid ingredients. Baking powder consists of a dry acid ingredient plus baking soda and some starch (usually cornstarch) to keep the baking soda and acid apart and dry until you are ready to bake. Quick breads can also be made with a wide variety of liquid acid ingredients such as fruit juices, vinegar, or buttermilk.

There are many kinds of non-yeast bread products besides bread: muffins, biscuits, crackers, granola, waffles, pancakes, and cakes are just a few of them. If you need to make these items for use on an allergy diet, refer to *The Ultimate Food Allergy Cookbook and Survival Guide* or *Allergy Cooking with Ease*, described on the last pages of this book.

There are several bread machines on the market that have a quick bread or cake cycle that can make yeast-free bread for you from start to finish. If you understand the process of making quick breads by hand you will find it easier to make quick bread using these machines.

To make non-yeast breads by hand, combine the dry ingredients in a bowl. These usually consist of flour, salt, spices, and dry leavening ingredients, such as baking powder, baking soda, cream of tartar, or vitamin C crystals. (If you must avoid baking powder because of allergy to the starch component, which is usually corn, you can use baking soda in conjunction with an acid ingredient, such as unbuffered vitamin C crystals, cream of tartar, citrus juice, vinegar, buttermilk, or acid fruit juices, or you can use Featherweight™ baking powder, which contains potato starch). Combine the liquid ingredients in a separate bowl or cup. These include water, oil, fruit juice, fruit purees, eggs, liquid acid leavening ingredients, etc.

It is very important to preheat your oven and to oil and flour your baking pans before you mix the liquid and dry ingredients together. The chemical reaction that produces leavening begins immediately upon mixing and may be finished before you get the bread

into the oven if there is any delay. When everything is ready, allowing no interruptions, quickly stir the liquid ingredients into the dry ingredients. It is more important to be quick than thorough about this; if some lumps or dry spots remain, do not worry. Over mixing is much more likely to cause problems with quick breads than under mixing. Put the batter into the prepared pan and bake, usually at 350°F, for 35 minutes to an hour depending on the type of bread. To test non-yeast breads for doneness, insert a wooden toothpick into the center of the loaf. If it comes out dry, the bread is done. The loaf should also be nicely browned.

As in making quick breads by hand, when you make quick breads in a bread machine, it is important that the batter not be over-mixed. The ideal mixing time for the recipes in this book is three to four minutes. (This may follow a minute or two of slow mixing). If your machine mixes quickly for longer than four minutes, add the oil as directed in the recipe, but delay adding the other liquid ingredients until about two minutes before the end of the mixing time. For example, if it mixes for six minutes, rather than adding the liquids (other than oil) one and one-half to two minutes into the cycle, wait until four minutes after you start the machine.

Quick breads made without eggs or fruit purees can be quite fragile. It is important to cool these breads completely on a rack before slicing them. But if you make a very sturdy bread such as banana bread, go ahead and enjoy it as soon as it comes out of the oven or bread machine.

I store most quick breads in a plastic bag at room temperature or in the freezer. However, some of the fruit-containing breads can be quite moist, so I might keep them in the refrigerator to prevent mold growth if they are not getting eaten quickly. Quick breads do not seem to get stale in the refrigerator as readily as yeast breads do.

For those on yeast-free or low yeast diets, quick breads fill a very important gap in your diet. For everyone, non-yeast breads are quick and easy to make, provide variety in your diet, and the fruit-containing quick breads and cakes are great desserts.

All About Yeast Breads

What is yeast bread? At the most basic level, it is flour, water, yeast, salt and usually a little sweetener. The yeast is the miracle worker that makes these simple ingredients into one of our most delicious foods, with the proper application of heat and the development of a good structure (usually gluten) of the bread dough.

Yeast is single celled microorganism and is what makes yeast breads rise and become the light, fluffy, flavorful delights that we expect them to be. The yeast does this by producing carbon dioxide gas which is trapped in the structure of the bread and causes it to expand.

Several factors influence this process. The most important is the temperature at which the yeast grows and multiplies. When yeast breads are made by hand, the dough should be kept at about 85 to 90°F during the rising process, both initially after the dough is made and after the dough is shaped and put in the pan for the second rise before baking.

The proper temperature of the water used to dissolve the yeast varies depending on the method you are using to make the dough. When making bread by hand or using a mixer, the temperature of the water should be about 115°F because the bread will cool as it kneads. When using a bread machine or food processor, the water should be at or slightly above room temperature, about 80°F, because the bread machine or food processor will heat up the dough slightly as it kneads. The other ingredients that are put into the bread should all be at about room temperature.

There are two almost-foolproof ways to create a cozy place for your yeast bread to rise (or “proof”) if you are making it by hand, mixer, or food processor. One is to heat your electric oven to 350°F for five minutes, turn it off, and leave the door open until it cools to about 90°F. (A yeast thermometer is an essential tool for checking both the temperature of your rising place and the water used to dissolve the yeast). Then close the door and you will have a warm, draft-free rising place for your bread. Or if you have a gas stove, the pilot light will keep the inside of the oven at the right temperature for bread dough to rise.

The second method of keeping your yeast bread at the right temperature during its rising time is to use a microwave oven with multiple power settings. In a microwave, your yeast bread will rise more quickly and save you time, although initially it will take a little experimentation to determine the right setting to use for each microwave oven. To use your microwave to proof your bread, see pages 24 to 25.

In addition to the proper temperature, other factors influence the growth of yeast. One is the availability of food. Most bread recipes contain some type of sugar (usually fruit sugar

in this book) to nourish the yeast, although Italian, French, and sourdough breads do not. (In these types of bread, the yeast is nourished more slowly as the enzymes in the flour break down some of the starch into sugar). Acidity influences the growth of the yeast. Yeast prefers slightly acid conditions, but too much acid, such as is encountered when you try to make the dough very sweet using fruit sweeteners, can inhibit the growth of the yeast. Salt also moderates the growth of yeast. Bread made without salt will rise much faster and higher, and may fall during baking if it over-proofs (rises too much).

The gas made by the yeast must be trapped by the bread dough to cause the dough to rise. In breads made with wheat and spelt and to a lesser degree rye and kamut, the gluten naturally present in the flour is developed during the kneading process into a network of fibers which traps the gas. Kneading causes small molecules of the gluten proteins to form long chains and sheets. This makes the dough feel smooth and elastic, and when you poke your finger into it, it will spring back. The gas made by the yeast is trapped in this gluten structure, and the result is light, fluffy bread.

There are several methods of kneading bread dough to properly develop the gluten structure. The most basic is old fashioned hand kneading. The yeast bread recipes in this book can be made this way if desired; hand kneading is a therapeutic activity if you have the energy for it. If you are interested in making your bread with less effort, you can knead it using a mixer or food processor as described on pages 43 to 53. And of course, a bread machine does all of the kneading automatically, as well as controlling the rising time, maintaining the right temperature, and baking the bread.

If you wish to make gluten-free breads, such as rice, buckwheat, quinoa, or amaranth bread, or breads that contain only a small amount of gluten, such as barley or oat bread, you will have to add something to trap the gas and strengthen the structure of the bread. The most common ingredients to add are guar gum or xanthan gum. Both are soluble fibers that form into chains during kneading. They are not as strong as gluten, so if the dough rises too much, your bread will fall during baking. Other ingredients, such as tapioca flour and eggs, also help to strengthen the structure of gluten-free or low gluten breads. The structure of these breads is best developed by a mixer or bread machine.

All yeast bread making is based on the handmade bread process, so in order to understand making yeast breads in a bread machine, an understanding of the hand process is valuable. Also, if you wish to make the recipes in this book by hand, you can do so by this process. Or, if you wish to make dough in your bread machine and then bake it into a more conventional shape, you can finish the second rising and baking by this process.

To make yeast bread by hand, begin by combining the water and sweetener called for in the recipe in a bowl. Sprinkle the active dry yeast over the surface of the liquid and allow it

to stand for ten to fifteen minutes or until it bubbles or “proofs.” Stir in the salt, oil, and about half of the flour, and beat it until it is elastic. Stir in as much of the remaining flour as you can, and then turn the dough out onto a floured board to knead it. Knead it by pushing on it with the heels of your hands, folding it over, turning it 90 degrees, and then repeating the process over and over for about ten minutes, gradually adding more flour, until the dough is smooth and elastic. The “feel” of the bread will tell you when enough flour has been added; it will no longer be sticky and will be very resilient. Hand-kneaded bread will absorb a little more flour than called for in most bread machine recipes. Other ingredients, such as nuts and raisins, may be added during this kneading time.

Put the dough in an oiled bowl, and turn it over to oil the other side of the dough. Cover it with plastic wrap or a towel, and allow it to rise in a warm place such as your oven as described above, or microwave until it has doubled in volume. In an oven, this will take 45 to 60 minutes for most kinds of breads. In a microwave (this method is described on pages 24 to 25), it will take about fifteen minutes. If quick-rise yeast is used instead of active dry yeast, the rising time will be about one-third shorter.

Punch the dough down and form it into a loaf, rolls, or whatever shape you desire. Place it into an oiled pan and allow it to rise until doubled again. If your dough is rising in the oven or a warm spot in your kitchen, the second rise will take less time than the first rise. If you are using the microwave method of proofing your dough (described on pages 24 to 25), the second rise will take about fifteen minutes. To tell when gluten-containing dough is ready to bake, poke it gently with your finger. If it does not spring back, it is ready. Gluten-free or non-gluten doughs should be judged visually by looking at their size. It is better to bake them when they are only $1\frac{3}{4}$ times their original volume than to let them over-proof or they may collapse during baking.

If you are proofing the bread in your oven, take it out when it has risen enough. Preheat the oven to 350°F or 375°F for most loaf breads or 375°F for most rolls. Bake from 15 to 25 minutes for rolls. Light, fluffy, gluten-containing breads will take 45 minutes to an hour to bake. Dense whole grain, low-gluten, or non-gluten breads can take over an hour to bake. The bread is done when it is brown and pulls away from the sides of the pan. To keep the crust from getting soggy, remove the bread from the pan immediately after baking. For light, fluffy, gluten-containing breads, if you tap the bottom of the loaf and it sounds hollow, it is done. The more dense breads may not sound hollow but should be well browned. If sweet breads brown too rapidly during baking, cover them with a piece of foil partway through the baking time.

Most experts recommend letting your bread cool off before you cut it and eat it. However, around our house, it smells so good that some of the little people can't wait that long. I

have found that if I use a good bread knife and a gentle sawing motion to cut it, I can cut it immediately without smashing the loaf, although the cut edge may not be as nice as if it had completely cooled before I cut it. You may be able to purchase a good bread knife such as a Henckels in a discount store, as I did, for a fraction of the price that they sell for in cooking catalogues or stores. My knife is probably not “top of the line,” but it works very well.

Homemade bread keeps best when stored at room temperature or in the freezer. It gets stale more quickly in the refrigerator. Always let your bread cool completely before storing it. A good, economical way to store bread is in a plastic bag on the kitchen counter. The crust will soften in a plastic bag. Some people use paper or waxed paper bags to store bread if they want the crust to stay crisp. The King Arthur Flour Baker’s Catalogue carries perforated polyethylene coated paper bags that are good for storing bread.

An old-fashioned bread box is also a good place to store homemade bread. You do not need to use plastic bags when you store bread in a good bread box. If you want to see how bread keeps in a bread box before buying one, store some rolls in a metal pan with a snug-fitting lid.

In recent years, many bread boxes have become more decorative than functional and may allow the bread to dry out rapidly. The only brand I’ve found that works well recently is a stainless steel bread box with a frosted glass roll top which is made by WMF. It is sold in Williams Sonoma stores, in their catalogue, and on their website at the time of this writing.

Homemade bread can be a budget stretcher. Some family members who might balk at having soup for dinner think freshly made bread or rolls with soup is a great treat and look forward to soup-and-bread meals. If you are cooking for a special diet and can find commercial bread you can eat, it may cost \$5 or more for a small loaf, so for special breads, the money you save by making your own can really add up over a period of time.

Homemade yeast breads are one of life’s most basic simple pleasures. May this book introduce you to the enjoyment of easily making your own.

Sourdough and Variety Breads

ALL ABOUT SOURDOUGH

What is sourdough? It is yeast bread that is leavened by a sourdough starter or culture. The culture contains wild yeast, which produces gas and causes the bread to rise, and bacteria of the genus *Lactobacillus* that give the bread a sour flavor. There are many different sourdough cultures, each with a special flavor of its own and unique rising characteristics.

Perhaps the use of sourdough cultures is beyond the scope of a book dedicated to making bread as easily as possible. However, there are some people who are allergic to commercial baker's yeast and the bread made with it who seem to tolerate sourdough bread. Sourdough bread is not yeast-free; perhaps these people are not allergic to the wild yeast but are allergic to baker's yeast much as one may be allergic to lettuce but not to endive. If you are allergic to yeast, be sure to ask your doctor before trying sourdough bread.

Another dietary reason to make sourdough bread is because it has a lower glycemic index (GI) score than bread made with the same grain but leavened with yeast only. The acid and sourness produced in bread by *lactobacilli* decrease the bread's impact on blood sugar and insulin levels and make it a good food for a glycemic control weight loss program such as that in *Food Allergy and Gluten-Free Weight Loss* as described on the last pages of this book and at www.foodallergyandglutenfreeweightloss.com

A final reason to make your own sourdough bread is for the flavor of the bread itself. If you have eaten at Fisherman's Wharf in San Francisco and are a fan of the sourdough bread there, you may consider the time spent maintaining and using a sourdough culture (or at least using a Lalvain du Jour™ starter) worthwhile when you taste how delicious your bread can be.

Some cookbooks contain recipes for making your own sourdough starter. However, in the process of catching and growing wild yeasts from your environment, you may also catch some molds and bacteria that you would rather not have. Also, the flavor of bread made from these homemade starters is barely sour. If you want to make sourdough bread that is really sour, purchase a San Francisco sourdough starter from Sourdoughs International, Inc. (See "Sources," page 224) or some Lalvain du Jour™ freeze dried starter from the King Arthur Flour Baker's Catalogue (See "Sources," page 225). For the best flavor, use your Sourdoughs International starter alone in sourdough bread; never use commercial baker's yeast with it.

MAKING BREAD WITH A TRADITIONAL SOURDOUGH STARTER

Sourdough cultures from Sourdoughs International come with detailed instructions on how to activate and maintain your starter. Activating it involves “feeding” it with flour and water several times and keeping it warm. The dried sourdough culture you receive contains a small amount (less than $\frac{1}{4}$ cup) of wheat flour. If you wish to make non-wheat bread, feed your culture with white spelt flour or another non-wheat flour. When I activated my cultures, I fed them with white spelt flour nine times before using them in bread. Sparing you the arithmetic, this meant that there was about $\frac{1}{32}$ teaspoon of wheat flour per cup of starter by the time it was first used, or about $\frac{1}{16}$ teaspoon in a large loaf of bread weighing about two pounds. With repeated use and feeding of the culture, the amount of wheat flour continues to decrease, so eventually I considered my starters to be essentially wheat-free. However, if you have celiac disease, gluten intolerance, or are very sensitive to wheat, the flour in the purchased traditional culture may still be a problem. For truly wheat-free or gluten-free sourdough bread, use a Lalvain du Jour™ starter as described on the next page.

Traditional sourdough bread is a challenge to the bread machine baker because wild yeast takes much longer to leaven bread than commercial baker’s yeast and bread machine cycles are based on the way baker’s yeast leavens bread. In addition to the wild yeast being slower producers of the gas that makes bread rise, the *lactobacilli* take about twelve hours to develop the full flavor you want in your bread. Also, sourdough cultures are unpredictable, behaving differently from one use to the next. I find it best to use the dough cycle or a programmable cycle on my bread machine to make the dough and allow the bread to rise outside of the machine where I can easily judge when it is ready to be baked. For further information about traditional sourdough breads and bread machine baking, refer to *Worldwide Sourdoughs From Your Bread Machine* by Donna German and Ed Wood.

The **procedure for making traditional sourdough bread** using a purchased starter is as follows: Re-activate your starter if you have not used it within the last week by feeding it with equal volumes of flour (wheat flour or non-wheat flour such as spelt or rye) and non-chlorinated water as directed in the instructions that came with the starter. Let it sit in a warm place for 8 to 12 hours. Then stir it thoroughly, refrigerate part of it, and use the rest to begin making sourdough bread.

The evening before the day you plan to serve the bread, thoroughly mix the amount of starter and flour listed above the line in the recipe you are using (pages 99 to 100). You may mix it by hand with a wooden or plastic spoon in a ceramic or glass bowl, or you may use your bread machine to mix it. For most bread machines, use the dough cycle to mix it and then transfer it to a glass or ceramic bowl. (Avoid metal because it can inhibit the activity of the starter). Cover the dough with plastic wrap and a towel and put the bowl in a warm

place overnight.¹ If you have a programmable machine, you can mix your dough and let it rise in the machine overnight. For the Zojirushi™ BBCEC20 (or their older models) program this cycle for making sourdough:

Knead 1 – 10 minutes; Rise 1 – 24 hours, Rise 2 and 3 – off, Bake – off.

The next morning, if you are making the dough by hand, mix in the ingredients below the line in the recipe using the smaller amount listed for the flour. Knead for 10 minutes, adding additional flour as needed, to make an elastic dough that is no longer sticky

If you are using a bread machine on the second day, transfer the sponge back to the bread machine pan. For a programmable machine in which the sponge was rising overnight, stop the cycle. Add the ingredients below the line in the recipe using the smaller amount listed for the flour. Run the cycle above or the dough cycle, adding enough flour to make an elastic dough that is no longer sticky. Stop the cycle after it has finished kneading.

Oil and flour a baking sheet. Shape the dough into a round or long loaf and put it on the prepared sheet. Let it rise in a warm place until doubled, about 3 to 5 hours. Near the end of the rising time, put a small broiler pan and a baking stone (if you have one) in the oven and preheat the oven to the temperature given in the recipe for 20 to 30 minutes. (The broiler pan can be on a different rack). Slash the top of the loaf with a sharp serrated knife or lamé. Put the bread in the oven. Pour 1 cup of boiling water into the broiler pan to make the crust crisp. Bake for the time directed in the recipe. If the top is getting too brown before the bottom browns, cover the loaf with foil part way through baking. Cool the loaf completely before slicing

MAKING BREAD WITH A FREEZE-DRIED SOURDOUGH STARTER

Since the first edition of this book was written, new products have become available which allow us to make sourdough bread without keeping and maintaining a traditional sourdough starter. These products are ideal for anyone who wants to make sourdough bread only occasionally and include Lalvain du Jour™ freeze-dried sourdough starters, instant sourdough flavor, and Heidelberg rye sour flavor. (See page 98 for information about these flavors). Also, bread machines are much more sophisticated than they were years ago, and with the programmable Zojirushi™ machines we can make these **next generation sourdoughs** mostly in the machine. The bread machine, sourdough starters, and flavors are available from King Arthur Flour. (See “Sources,” page 223).

¹ You can easily and inexpensively make a “proofing box” to activate your culture and use as a warm rising place for your bread. For more information about proofing boxes see page 58 of *The Ultimate Food Allergy Cookbook and Survival Guide* as described on the last pages of this book

The LA-4 French sourdough variety of the Lalvain du Jour™ freeze-dried starters makes assertively sour bread which my husband says is “just like real San Francisco sourdough.” This starter is added to each batch of bread in addition to a small amount of instant yeast. It is gluten-free and wheat-free (but may contain traces of beef) so it makes truly wheat and gluten-free sourdough bread. Unlike breads made with traditional starters, bread made with the Lalvain du Jour™ starter rises predictably from batch to batch, which allows us to use a programmable bread machine for the whole sourdough process.

The **procedure for making sourdough bread using a freeze-dried starter** is as follows: The morning or early afternoon of the day before you plan to serve sourdough bread for dinner, mix the ingredients above the line in the recipe you are using – usually flour, non-chlorinated water (bottled but not distilled), and the Lalvain du Jour™ starter – using a wooden or plastic spoon in a glass or ceramic mixing bowl or using a bread machine’s dough cycle or this programmable cycle:

Knead 1 – 10 minutes; Rise 1 – 24 hours, Rise 2 and 3 – off, Bake – off.

Allow this sponge to rise in a cozy (70° to 85° F) place (see the footnote on the previous page) or in the machine on the programmed cycle above for 18 to 20 hours.

The next morning, add the ingredients listed below the line in the recipe you are using. If you are making **wheat containing bread**, allow the dough to mix in the machine, assisting with a narrow spatula, for just a minute or two until a shaggy mass forms. Then turn off the machine. If you are making this by hand, mix briefly to just make a shaggy mass of dough. Allow the dough to rest for 20 to 30 minutes. This part of the process is called autolyse and allows the gluten to absorb water before you start kneading. If you are making bread which does not contain wheat, rye or spelt, a rest at this point is not needed.

If you are using a programmable bread machine and wish to bake your wheat or spelt bread in the machine, after the autolyse, start the cycle given in the recipe you are using. The rising and baking times may need to be adjusted slightly (start with 5 minute changes) for your baking conditions. If the dough over-rises and falls, decrease the rising time; if it is too dense, increase the rising time; if it over browns, decrease the baking time.

If you would like a traditional crisp, cracking sourdough crust on your wheat or spelt bread, do not bake the bread in a bread machine. Use the dough cycle or the programmable cycle above to knead the bread after the autolyse, or knead it by hand to produce elastic but not sticky dough. To make spelt bread, after the kneading is finished, hand-shape the dough into a loaf and put it into a loaf pan that has been oiled and floured. Allow it to rise and bake it as on the next page. To make wheat bread, allow the dough to rise for about 3 hours in a warm place or in the machine on the programmable cycle above. Then gently divide the dough, form it into a ball or balls, and place it on a lightly oiled surface. Oil the

top of the ball(s) and cover them with plastic wrap and a towel. Allow them to rest for 20 to 30 minutes. Oil and flour a loaf pan or baking sheet. Gently, without deflating them too much, form the ball(s) into the desired shapes – either a roll to go in a loaf pan or two round or long loaves to be baked on a baking sheet. Put the dough on the baking sheet or in the loaf pan. Allow both wheat and spelt loaves to rise in a warm place for 3 to 5 hours or until they are doubled (or for wheat more than doubled, depending on how light and holey you prefer your bread). Near the end of the rising time, put a small broiler pan and a baking stone (if you have one) in the oven and preheat the oven to the temperature given in the recipe for 20 to 30 minutes. (The broiler pan can be on a different rack). Slash the top of the loaf with a sharp serrated knife or lamé. Put the bread in the oven. Pour 1 cup of boiling water into the broiler pan. Bake for the time directed in the recipe. If the top is getting too brown before the bottom browns, cover the loaf with foil part way through baking.

If you are making **gluten-containing wheat-free breads** such as rye and spelt without a programmable machine, the dough should be allowed to rise in a loaf pan and baked in the oven. Specific directions are given for each type of bread in the recipe.

For gluten-free breads, on the second day, start the programmable cycle given in the recipe immediately after adding the ingredients below the line in the recipe. No autolyse is needed because there is no gluten. Use a narrow spatula to assist the kneading process and spread the dough evenly in the pan at the end of the kneading time. You will see fibrous strands of guar gum developing in the thick batter as the kneading progresses.

To make gluten-free sourdough bread without a bread machine, mix the ingredients with an electric mixer to “develop” the guar gum. Allow the dough to rise in a warm place for about an hour. Oil and flour a loaf pan. Gently scrape the dough into the prepared pan. Allow it to rise in a warm place until it is just doubled or barely doubled. Preheat your oven to 375°F and bake the loaf until it is brown on the bottom. If the top is browning quickly, cover it with foil part way through the baking time to give the bottom of the loaf time to brown without burning the top of the loaf.

OTHER SOURDOUGH SHORTCUTS

The easiest-to-use sourdough shortcuts are sour flavors which may be purchased from King Arthur Flour (see “Sources,” page 223). Their “instant sourdough flavor” contains corn, rye, and yeast products, but no wheat. Both wheat and wheat-free versions of an instant sourdough bread recipe are included in this chapter. These recipes require just a few hours to make very tasty near-San-Francisco-style sourdough bread with a minimal amount of effort. The Heidelberg rye sour makes wonderful rye breads. It contains rye flour so is not gluten-free, but it is wheat-free.

Index of Gluten- and Wheat-Free Recipes by Grain Used

For gluten-free recipes, see the amaranth, garbanzo, quinoa, rice and teff sections below and three recipes in the corn section. All of the recipes in this index are wheat-free or (in the first section immediately below) can be made with grains other than wheat.

A VARIETY OF NON-WHEAT GRAINS CAN BE USED TO MAKE:

(These recipes may be gluten-free; check the ingredients in the recipe).

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Breadsticks	170	Hot Cross Buns	215
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Chile Sauce, Easy Red	181	Monkey Bread	200
Cinnamon Crisps	216	Onion Dill Bread	112
Cinnamon Rolls	214	Onion Rolls or Buns	125
Cinnamon Roll-Ups	127	Orange Rolls	217
Cloverleaf Rolls	128	Pan Rolls	130
Cornmeal Rolls	126	Parker House Rolls	130
Cranberry Orange Bread	188	Poppy Seed Bread	117
Crescent Rolls, Heart Healthy	129	Poppy Seed Rolls or Buns	126
Danish, Heart Healthy	215	Pretzels	142
Dinner Rolls	132	Streusel Coffee Cake	200
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Enchiladas, Green	176	Tortilla Chips, Very Low Fat	194
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AMARANTH (gluten-free):

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BARLEY:

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