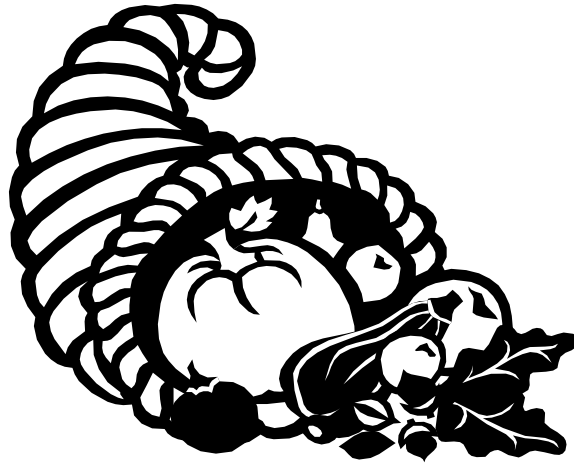


RECIPES FOR
THE GLUTEN-FREE PANTRY'S
FRENCH BREAD & PIZZA MIX



FROM THE

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GENERAL TIPS

Use our ***French Bread & Pizza Mix*** as a starting point in all your favorite baking.

It is our own all-purpose, gluten-free blend and, for most recipes, may be substituted approximately one-for-one in place of wheat and other “forbidden” flours. It can even be used to thicken sauces and gravies and to coat poultry, fish, vegetables, etc. for baking or frying.

Our ***French Bread/Pizza Mix*** contains small amounts of salt, granulated honey, and guar gum. Therefore, as a guide for converting standard recipes, we suggest reducing salt by one-half the amount and decreasing sugar by one tablespoon. In addition, omit extra xanthan or guar gum. Please note that the recipes here have already taken those reductions for you.

To ensure the best texture, many standard recipes will require additional “wet ingredients,” such as butter, oil, milk, yogurt, juice, or other pureed fruits or vegetables, or an extra egg white.

In preparing non-yeast recipes, such as cakes and quick breads, the texture is often improved by separating eggs and beating the yolks into the batter, then folding stiffly beaten egg whites in as a last step before baking.

In preparing yeast dough, use 1/4 teaspoon ascorbic acid or 1 teaspoon cider vinegar per recipe to help the yeast produce a better rise and texture. For gluten-free yeast, we recommend either ***Red Star*** or ***Saf*** brands.

Here are a few of our tried and true recipes.





Bagels

- 3 cups ***French Bread Mix***
- 1 tablespoon gluten-free yeast
- 2 teaspoons cinnamon (optional)
- 1 teaspoon salt
- 1 cup plus 1 Tablespoon water
- 1 teaspoon cider vinegar or 1/4 teaspoon ascorbic acid
- 2 tablespoons honey
- 2 tablespoons vegetable oil
- 1 lightly beaten egg
- 1 cup raisins or currants (optional)
- 1 beaten egg for glazing

Combine mix, yeast, cinnamon, and salt. Heat water to lukewarm (110 degrees). Add vinegar, honey, oil, and egg. (Beat well to prevent egg from cooking.) Add to dry ingredients and beat on low speed to combine. Mixture will be thick. Knead dough by hand or with dough hooks for 2 minutes or until mixture is smooth. Fold in raisins.

Lightly grease a large baking sheet. Sprinkle with 1-2 tablespoons cornmeal. Divide the dough into 9-12 equal pieces. Knead each piece and roll into a ball and make a hole through the center with thumb to create a bagel shape. Set on cookie sheet and cover with oiled plastic wrap. Repeat until all pieces of dough have been shaped. Let bagels rise for 30-40 minutes in a warm, draft-free space.

Preheat oven to 425 degrees. Fill a large frying pan with 3 inches of water. Add 1 teaspoon of sugar and bring water to a boil. Drop the bagels (6 at a time) into the water. Boil 30 seconds, turn with a slotted spoon and boil another 30 seconds. Drain well and transfer back to the baking sheet. Repeat. Brush with beaten egg. Bake bagels for 20 minutes or until lightly browned. Remove and cool on a wire rack for 10 minutes before eating. Store bagels in the freezer. Bagels are at their best when warmed in a 350 degree oven or lightly toasted. Makes 9-12 bagels. For plain bagels, omit cinnamon and raisins. Use browned onions, garlic, sesame or poppy seeds or your favorite topping.

Pretzels

Follow the instructions for making bagels, *omitting cinnamon and raisins*. Form into pretzel twists or sticks instead of rolling into balls. Let rise, covered. Do not boil. Brush with beaten egg, sprinkle with coarse salt and bake at 425 degrees until lightly browned (about 15 minutes). Remove, cool and enjoy!



Quick Buttermilk Biscuits

Great as a slightly sweet shortcake or an unsweetened biscuit.

For Shortcake-Style Biscuits

1 cup *French Bread/Pizza Mix*
1/4 cup sugar *
2 teaspoons baking powder
3 Tablespoons unsalted butter, cold, cut into tiny pieces*
1 egg
1/2 cup buttermilk

Preheat oven to 400 degrees. Lightly oil two cookie sheets or spray with vegetable spray. Combine Mix, sugar and baking powder and toss to combine. Cut in butter until mixture resembles a coarse meal. Beat egg and buttermilk together and add to dry ingredients. Stir to combine. Dough will be stiff. Drop by tablespoonful onto prepared cookie sheet, about 1 inch apart. Bake 10-12 minutes or until tops are lightly browned.

Makes 8-10 biscuits

**For Savory Biscuits* use 1 tablespoon of sugar and 2 tablespoons butter in place of amounts above. Prepare according to instructions above.

*French Bread, Rolls, & Bread Sticks**

This recipe makes two lovely baguettes. However, the lack of gluten makes this dough spread rather than rise. To get the maximum rise (about 2-3 inches) corral the dough in an aluminum collar as described below or use a French Baguette pan. Spread thick slices with jam and butter or brush with olive oil, sprinkle with garlic powder and cheese, and toast for a delicious treat.

3 1/2 cups ***French Bread Mix***
2 tablespoons gluten-free yeast
1 tablespoon sugar
1/2 teaspoon salt
1 1/2 cups milk or water
1 egg plus 1 white, lightly beaten (reserve second yolk to brush top of bread)
2 tablespoons vegetable oil
1 teaspoon cider vinegar or 1/4 teaspoon ascorbic acid

Combine mix, yeast, sugar, and salt. Warm milk to 110-115 degrees. Beat eggs, oil, and vinegar and add to milk. Add to dry ingredients. Beat 3 minutes, scraping down batter as necessary.

Lightly grease two baking sheets or a double baguette pan. Oil one side of a large sheet of plastic wrap. Spoon half the dough onto the center of each sheet or baguette mold and smooth into a long loaf. Smooth the top of the loaf using the oiled plastic wrap. If using baking sheets, tear off a 36-inch sheet of aluminum foil. Fold in half the long way and then in half again. Spray one side with vegetable spray and wrap around formed loaf. Pinch the ends to seal the collar. Cover the top of the bread with the oiled plastic wrap and let rise 40-60 minutes or until dough has risen somewhat. Preheat oven to 425. With a sharp knife, cut diagonal slits in the top of the loaf. Brush with beaten egg yolk. Set in oven and immediately lower heat to 375 degrees. Bake 20 minutes. Remove collar and bake another 10 minutes. Cool slightly on a wire rack. Serve warm or freeze for later use.

Use half the dough to form 12 dinner rolls instead of a second loaf or use the dough to form breadsticks. To prepare the latter, make a 1/2-inch cut in the corner of a plastic bag. Oil the inside of the bag lightly and spoon dough into the bag. Squeeze onto prepared cookie sheet to form 6-inch sticks. Let rise. Just before baking, Brush with beaten egg and sprinkle with sesame seeds or coarse salt. Bake rolls or breadsticks 15-20 minutes at 375 degree.

Use half this dough to make a delicious 12-inch pizza crust. Simply put dough onto a pizza pan. Cover with an oiled piece of plastic wrap and spread dough to edges of pan. let rise 20 minutes. Cover with favorite toppings and bake 15 minutes in a 425 degree oven.

“Whole Wheat” Bread
May be Prepared in Bread Machines

1 Tablespoon gluten-free yeast

½ cup Popcorn Flour or finely ground cornmeal, lightly toasted (350 degree oven 5-8 min.)

3 ½ cups Gluten-Free Pantry *French Bread/Pizza Mix*

1 teaspoon xanthan gum (optional)

1/2 teaspoon salt

1 teaspoon cider vinegar or 1/4 teaspoon ascorbic acid

1/4 cup honey

1 1/2 cup warm water (110-115 degrees)

1/3 cup oil

2 eggs, lightly beaten

Combine dry ingredients, including yeast. (Reserve yeast if using bread machine.) Combine liquids and beat into dry ingredients. Pour into 9 x 5 inch pan. Cover, and let rise to top of pan. Bake 375 degrees 40 to 50 minutes or until bread sounds hollow when tapped.

In bread machine, add liquids, yeast, and dry ingredients according to manufacturer's instructions. Set for quick setting or use program machine for one, 15 minute knead cycle and one, 30 minute rise. Bake 55 minutes. Remove before cooling cycle kicks in.

Our Best Pizza

3 cups ***French***
4 teaspoons gluten-
1 tablespoon sugar
1 teaspoon salt
1 1/3 cups warm milk or water (110-115 degrees)
1/2 teaspoon cider vinegar or 1/4 teaspoon ascorbic acid
1 egg
2 tablespoons olive oil



Bread/Pizza Mix
free yeast

Combine dry ingredients. Beat vinegar, egg and olive oil into warm milk. Beat into dry ingredients. Beat to combine. Knead 1-2 minutes. (If mixture is sticky, dust hands with potato starch or coat with olive oil.) Cover and let rise 40 minutes. Preheat oven to 425. Spread pizza over 2, 12-inch pizza pans or 1 cookie sheet, by covering dough with oiled plastic wrap then rolling or pressing dough to edges of pan. Crust should be about 1/4 inch thick. Cover with favorite toppings. Bake 12-15 min. in the lowest part of oven or until top is bubbly and bottom of crust is golden. Dough may also be formed into personal pizzas by rolling small balls, then flattening them into circles. Wrap each pizza crust in plastic wrap and freeze for future use. Thaw 10 minutes, cover with favorite toppings, and bake as above.

Egg-Free Pizza Crust

1 1/2 cups ***French Bread Mix***
2 teaspoons yeast
3/4 cup warm milk or water (110-115 degrees)
1 tablespoon olive oil
1 teaspoon cider vinegar or 1/4 teaspoon ascorbic acid

Combine mix and yeast. Add liquids and beat 3 minutes. Cover and let rise 30 minutes. Preheat oven to 450 degrees. Lightly oil a 12-inch pizza pan. Transfer dough to center of pan. Cover with oiled sheet of plastic wrap. Using the palm of your hand, press the dough to flatten and fill the pan. Use a rolling pin to help roll out dough, but do not remove plastic until desired thickness is achieved. Roll out to about 1/4 inch thickness. Cover with favorite toppings and bake 12-14 minutes on the lowest shelf of the oven. If thick crust is desired, bake 20 minutes in 425 degree oven.

Cocktail Cheese Puffs

Serve these to all of your guests without apology. They will never guess that these are gluten-free!

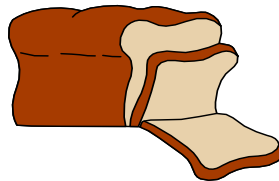
1/2 cup **French Bread/Pizza Mix**
 1 1/2 teaspoons baking powder
 Pinch of salt
 Pinch each, of cayenne, paprika, and white pepper
 1 cup grated sharp cheddar cheese (reduced fat cheeses are fine)
 4 Tablespoons unsalted butter, softened at room temperature

Combine dry ingredients. Using fingers or a portable mixer (low speed), blend in butter. Fold in cheese. Form into 3/4-inch balls (1/2-inch balls for bite-size puffs). Place 1-inch apart on ungreased cookie sheets and freeze for 1 hour. Puffs may be stored frozen for later use.) Preheat oven to 375 degrees. Bake frozen balls 12-14 minutes. Cool 10 minutes and serve.
 Yields about 24 puffs

Variations: Recipe may be doubled or tripled. Dough may be wrapped around baby franks, mushroom caps or olives for delightful hors d'oeuvres.

**Brioche/
 French Bread**
 (Perfect for

4 cups **French Bread Mix**
 1/2 tsp. salt
 1 Tablespoon.
 2 Tablespoon.
 1 3/4 cups
 degrees)
 1 tsp. cider vinegar or 1/4 teaspoon ascorbic acid
 1/3 cup melted butter or oil
 2 eggs plus 1 egg white, lightly beaten
 1 beaten egg for brushing top of bread



**Challah Bread aka Country
 Bread Machines)**

Bread Mix
 gluten-free yeast
 sugar
 warm milk or water (110-115

In a large mixing bowl, combine mix and salt. Dissolve yeast and sugar in warm water. Combine vinegar, oil, and eggs. When yeast begins to bubble, add to mix, then add egg mixture and beat well for several minutes, or until smooth.

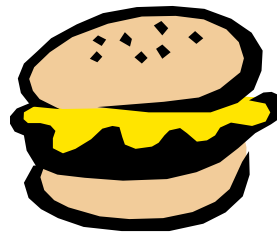
Preheat oven to 375 degrees. Lightly oil a cookie sheet. Form bread into desired shapes. Dough can be rolled into 3-6 braids for challah or formed into two long baguettes. It's also delicious made into rolls. After dough is shaped, cover with oiled plastic and let rise 30-40 minutes. Brush with beaten egg. Sprinkle tops with sesame or poppy seeds, if desired, and bake until bread sounds hollow when tapped (15-20 minutes for rolls; 30-35 minutes for loaves). Bread will not be-

come very dark, but should have formed a firm crust. This may be made in a 9-x-5-inch loaf pan.

In the bread machine: Add ingredients in order recommended by manufacturer. This is best baked on short (single rise) cycle or white bread setting.

Hamburger/Hot Dog Rolls *
From Toni Richardson, Milwaukee, WI

4 cups **French Bread/Pizza Mix**
2 packets (4 1/2 tsp.) gluten-free yeast
1/4 cup powdered sugar
2/3 cup powdered milk
1 teaspoon salt
3 eggs
2 cups water
1/2 stick butter, melted
1 teaspoon cider vinegar or 1/4 teaspoon
ascorbic acid
olive oil for brushing



ascor-

Combine first 5 ingredients. Heat water to 110-115 degrees. Add butter and vinegar. Beat eggs. Add to liquids. Beat to incorporate. Add to dry ingredients and beat for 2 minutes at high speed. Cover tightly and let rise 40 minutes or until doubled in size. Beat again for 2 minutes. Dough will be soft and sticky.

Preheat oven to 350 degrees. Lightly grease a cookie sheet or line it with parchment paper or aluminum foil. Grease the insides of 12 English muffin rings or prepare strips of aluminum foil in circles and seal by crimping the ends. Lightly oil a rubber spatula and scoop out enough dough to half-fill each ring. Oil the bottom of a smooth drinking glass and press gently on the dough to smooth the top and fill in the entire ring. Cover with plastic wrap and let rise just to the top of the rings. Brush lightly with olive oil before baking, if desired. Bake 20 to 25 minutes or until golden brown.

For hot dog rolls or hoagies, just shape aluminum foil rings as desired and follow instructions above. Hoagie buns will need to bake 3-5 minutes longer. Hot dog rolls will need about 3 minutes less than hamburger rolls.

*Recipes adapted from *The Gluten-Free Gourmet by Bette Hagman*. For more gluten-free recipes, see Bette's *The Gluten-Free Gourmet* and *More From*

The Gluten-Free Gourmet, published by Henry Holt.

Cranberry Sticky Buns

1 tablespoon gluten-free yeast
4 cups ***French Bread/Pizza Mix***
1/2 teaspoon salt
2 tablespoons sugar
1/4 teaspoon ascorbic acid or 1 teaspoon cider vinegar
1/3 cup melted butter, cooled
1 1/3 cups warm milk (110-115 degrees)
3 eggs
Cranberry filling, cooled to room temperature
2 tablespoons brown sugar

In the order recommended by your bread machine, add dry mix, liquids, and yeast. Set machine to “dough” setting and press “start.” When the cycle has finished kneading the dough, remove the pan from the bread machine. Stir the mixture to deflate and cover the top of the pan with plastic wrap. Refrigerate overnight.* The next day, remove the pan from the refrigerator. Dust a counter top or a large cutting board with rice flour, Tip dough onto prepared surface and knead lightly until smooth. Set dough between two sheets of oiled plastic wrap and roll into a rectangle about 18 x 12-inches. Spread filling over dough. Beginning from the longest side of the rectangle, roll up like a jelly roll. If dough feels too soft, refrigerate for 30 minutes until firm.

Slice the roll into 12 equal slices (about 1 1/2 inch each). Butter a 7-x-11 inch rectangular pan. Sprinkle brown sugar over the bottom of the pan. Place the pieces of dough in the greased pan and cover with a piece of plastic wrap. Place the pan in a warm draft-free place to rise for one hour. Place the pan in a cold oven and set the temperature to 400 degrees. Bake 15 minutes, then lower the temperature to 350 degrees and bake 20 minutes. Remove from oven and turn onto a piece of light-greased foil. Place a cooling rack on the buns. Slide hand under foil and turn buns over onto rack. Remove foil and let buns cool 10 minutes. Eat warm. Yields 12 buns.

*Note: This dough is much easier to handle if the dough rests overnight. If rushed, that step may be omitted.

Cranberry Filling

2 cups cranberries
1 cup light brown sugar, packed

8 tablespoons (1 stick) butter
1 tablespoon freshly grated orange rind (optional)
Place all ingredients in a large saucepan and simmer over medium heat for 10-15 minutes or until slightly thickened. Remove from pan and chill until ready to use

Sugar-Free Applesauce Raisin Muffins

Here's a delicious, light, flavor-filled muffin that's perfect for people on a sugar-restricted diet, too.

1 egg plus 1 egg white
2 tablespoons vegetable oil or melted butter
1/2 cup unsweetened applesauce
1/2 cup plus 2 tablespoons apple juice
1/2 teaspoon gluten-free vanilla
1 cup ***French Bread/Pizza Mix***
2 teaspoons gluten-free baking powder
1 teaspoon cinnamon
Pinch of salt
1/4 cup dried currants
1/4 cup golden raisins

Preheat oven to 350 degrees. Separate eggs and beat whites until stiff. To egg yolk, add vegetable oil, applesauce, apple juice and vanilla. Toss mix with baking powder, cinnamon and salt to combine. Add to liquids and mix to combine. Fold in currants and raisins. Then fold in egg whites. Transfer to 9 foil-lined muffin cups. Bake 15 minutes.
Yields 9 muffins. Mixture may be doubled and muffins freeze well.

Dilly Casserole Bread

2 1/2 cups ***French Bread/Pizza Mix***
1 Tablespoon sugar
1 Tablespoon instant minced onion
2 teaspoons dill seed
1/2 teaspoon baking soda
1 Tablespoon active dry yeast
1/2 cup water or milk
1 Tablespoon margarine or butter
1 cup creamed cottage cheese

1 egg, separated plus 1 egg white
2 teaspoons margarine or butter, melted

In a large bowl, combine 1 cup of mix, sugar, onion, dill seed, baking soda, and yeast. Toss to blend. In a small saucepan, heat water, 1 Tablespoon butter, and cottage cheese until very warm (115 degrees). Beat egg whites until they form stiff peaks. Lightly beat egg yolk and add warm liquids and egg yolk to flour mixture. Beat at low speed until moistened; beat 3 minutes at medium speed. By hand, stir in remaining flour to form a stiff batter. Fold in beaten egg whites.

Turn into lightly oiled 2 quart casserole. Cover loosely with plastic wrap and let rise in a warm place until dough has risen to the top of the dish. (About 40 minutes.) Preheat oven to 350 degrees. Bake uncovered 30 to 40 minutes or until top is golden brown. Immediately remove from casserole and brush with 2 teaspoons melted butter. Slice and serve. May be frozen.

Variations: Replace dill seed with 1 1/2 teaspoons dried basil and 3 minced sun-dried tomatoes. If using sun-dried tomatoes in oil, use 1 tablespoon of the oil in place of the tablespoon of butter in this recipe.

Spinach "Brownies" -- AKA Crustless Quiche

Although cut into squares like brownies, these savory treats taste more like a quiche. Great as an appetizer or with soup or a salad, these freeze beautifully, just waiting for unexpected company!

1 9-ounce package of frozen chopped spinach, defrosted, drained and squeezed very dry
1/3 cup minced onion
8 ounces grated sharp cheddar cheese
2/3 cup **French Bread/Pizza Mix**
1/2 teaspoon oregano
1/4 teaspoon freshly ground black pepper
Pinch of salt

2 large eggs, separated, plus 2 egg
1 cup milk
4 tablespoons melted unsalted butter or
oil



whites
vegetable
grease a
combine
bowl, mix
spices.

Preheat oven to 375 degrees. Lightly
9-x-9-inch pan. In a large mixing bowl,
spinach, onion, and cheese. In another
together French Bread/Pizza Mix and
Mix egg yolks with milk and butter and fold into cheese mixture. Add flour mix-
ture and mix to combine. Beat egg whites until stiff and fold into mixture.
Spread mixture in prepared pan and bake 30-35 minutes. Cool and cut into
squares. Serve at room temperature or wrap and freeze. Reheat frozen squares in
a 350 degree oven for about 10 minutes.

Variations: use Swiss cheese or a blend of Italian cheeses. Substitute chopped
broccoli or shredded zucchini for the spinach. Add chopped pepperoni or cooked
sausage or bacon pieces, chopped red pepper, or sliced mushrooms.

Apricot Lemon Scones

1/3 cup toasted walnuts and pecans
1 cup dried apricots
1/3 cup dried currants
1/2 **Perky's Nutty Rice Cereal** or other gluten-free crunchy rice cereal
1 Tablespoon grated lemon zest
2 3/4 cups **French Bread/Pizza Mix**
1/3 cup brown sugar, packed (may be cut back to 1 Tablespoon or omitted)
1 Tablespoon baking powder
3/4 teaspoon baking soda
1/2 teaspoon ground ginger
4 tablespoons cold butter, cut into small pieces
1 1/2 cups low-fat vanilla yogurt (read labels carefully, some contain gluten)
3 egg whites

3 Tablespoons lemon juice
1 1/2 Tablespoons vegetable oil

Glaze:

2 Tablespoons low-fat milk
1 Tablespoon brown sugar

Preheat oven to 400 degrees. In a food processor combine nuts and apricots and pulse the machine until apricots are coarsely chopped. Transfer to a medium bowl and add currants, rice cereal and lemon zest. In the food processor bowl, combine French Bread Mix, sugar, baking powder, baking soda and ginger. Pulse to blend and add butter. Process for a few seconds until the mixture resembles coarse meal. In another bowl, whisk together the yogurt, egg whites, lemon juice and oil. Add flour mixture and stir to blend. Stir in the apricot-nut mixture. Using a 1/4 cup measure, scoop the batter onto lightly oiled baking sheets, setting scones about 1 inch apart. Brush with milk and sprinkle tops with sugar.

Bake 18-20 minutes or until scones are golden brown. Cool slightly on a wire rack and serve. May be frozen. Reheat at 350 degrees for 5 minutes.

Yields 20-24 scones.

Notes: For whole-grain texture, substitute 1 cup of brown rice flour for 1 cup of French Bread/Pizza mix. Sugar may be omitted, if sweeteners need to be avoided.

Variations: Use a combination of dried and fresh fruits in place of apricots and currants. Chopped dates, dried or fresh cranberries, blueberries and even chocolate chips are delicious in this recipe. Replace lemon zest and juice with orange peel and juice. Use another yogurt flavor or one which has fruit added; replace powdered with 1 tablespoon freshly grated ginger or crystallized ginger.

Chocolate Pudding Cake

*Adapted from a recipe in **Eating Well Magazine**, January/February 1991*
Deliciously rich, this recipe is also low in fat. Serve warm with scoops of vanilla frozen yogurt for a sinful treat.

1/4 cup toasted pecans or walnuts, coarsely chopped
3/4 cup French Bread/Pizza Mix
1/3 cup sugar
1/4 cup unsweetened cocoa
2 teaspoons gluten-free baking powder
3/4 cup milk
1 large egg, lightly beaten
2 tablespoons vegetable oil
1 teaspoon gluten-free vanilla extract
3/4 cup brown sugar (not packed)
1 1/3 cups hot coffee

Preheat oven to 375 degrees F. In a large bowl, stir together mix, sugar, cocoa, and baking powder. In a measuring cup, combine milk, egg, oil, and vanilla. Mix with dry ingredients until combined. Stir in nuts. Spoon into a lightly oiled 8-x-8-inch baking dish. Spread evenly. Mix brown sugar and coffee until sugar is dissolved. Pour over batter. Bake 25 minutes or until firm to touch. Remove from oven and let stand 10 minutes. Serve warm. Serves 8

Pie Crust

*Adapted from a recipe in "More From the Gluten-free Gourmet,"
by Bette Hagman*

2 1/4 cups *French Bread/Pizza Mix*
1/4 teaspoon salt
Pinch of sugar (optional)
1/2 cup (1 stick) unsalted butter
1/2 cup Crisco
1 large egg
1 tablespoon cider vinegar
4 tablespoons ice water
2-3 tablespoons mix for rolling

Blend together mix, salt, and optional sugar. Cut in butter and Crisco until pieces are the size of large peas. Beat the egg with vinegar and water. Add to flour mixture and stir until mixture forms a ball. Wrap in plastic wrap and refrigerate for at least one hour. (May be refrigerated overnight.)

Apple Pie Filling
(For double crust pie)



6 cups sliced, peeled baking apples, such as Macintosh (about 2 lb.)
2 Tablespoons orange juice or lemon juice, sprinkled over apple slices
Mix together and toss with apples:
1/3 cup firmly packed light brown sugar (less for a more tart pie)
1/3 cup granulated sugar
2-3 Tablespoons ***French Bread/Pizza Mix***
1 teaspoon cinnamon
1/8 teaspoon nutmeg

McCall's Best-Ever Orange Cake
Adapted from a McCall's Cooking School Recipe

6 eggs separated (best let stand at room temperature 1 hour)
1 3/4 cups ***French Bread/Pizza Mix***
1 1/2 cups granulated sugar
6 tablespoons fresh orange juice
1 tablespoon freshly grated orange peel
Confectioners' sugar

Preheat oven to 350 degrees. Lightly oil the base of a 9 3/4 x 4 1/2 inch kugelhopsf pan or a 10-x-4 1/2 inch tube pan (without removable bottom). Measure out mix and sift through a mesh sieve. (Some honey granules will remain in the sieve and can be discarded.)

Beat the egg whites until foamy. Slowly add 1/2 cup of granulated sugar, beating after each addition. Continue beating (medium speed) until whites form stiff peaks. Using the same beaters, beat the egg yolks at high speed, until very thick and lemon-colored, about 3 minutes. (Do not underbeat.) Slowly add the remaining 1 cup of granulated sugar and continue beating until mixture is smooth. Add part of the mix to the yolk mixture, followed by part of the orange juice, beating (low speed) after each addition. Repeat these additions, ending with dry mix and beating after each incorporation. Fold in orange peel. With a rubber spatula, fold the whites into the batter. Pour into pan and bake 50-55 minutes for kugelhopsf pan, 40 minutes for tube pan or until cake springs back when pressed with a finger. Let cool 10 minutes. Invert onto a wire rack and allow to cool completely. Run a knife or spatula around the edges of cake pan. Invert cake over rack or plate and shake to release. Brush away crumbs and sift confectioners' sugar over the top. Cut gently.
Serves 12

Kitchen Magic Cake

This is a version of the old-fashioned “dump cake” that’s so easy to make, even the kids can help.

Dry ingredients:

1 1/2 cups ***French Bread/Pizza Mix***

1/2 teaspoon salt

2 teaspoons baking soda

3 Tablespoons unsweetened cocoa

1 cup sugar

Liquids:

1 Tablespoon cider vinegar

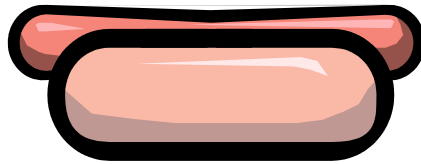
6 Tablespoons vegetable oil

1 teaspoon gluten-free vanilla

1 1/4 cups cold water

2 egg whites, stiffly beaten (May be omitted for those with allergies to eggs)

Preheat oven to 350 degrees. Lightly oil or spray a 9-x-9-inch pan with vegetable spray. In a large bowl, combine dry ingredients. Poke three holes in mixture: one small, one medium, and one large. pour vanilla into small hole. Into medium hole, pour vinegar. Into large hole, pour vegetable oil. Pour water over the whole mixture. Beat 2 minutes on low speed. Fold in whites. Spoon into prepared pan and bake 30-33 minutes. Cool in pan and serve from pan or turn onto plate for serving. May be frozen.



**English Muffin/
Hot Dog Rolls**

Hamburger

Adapted from *More From the Gluten-Free Gourmet* by Bette Hagman

Combine:

3 cups ***French Bread/ Pizza Mix***

1 Tbs. gluten-free baking powder

1 tsp. salt

3 Tbs. sugar

½ tsp. ascorbic acid (Item #80) or 1 tsp. cider vinegar

2 Tbs. dry granulated yeast

Mix together:

2 eggs, lightly beaten

6 Tbs. melted butter or margarine

2 cups warm water
12 lightly-oiled English Muffin Rings

Preheat oven to 375 degrees. Beat liquids into dry ingredients using a heavy duty mixer. Beat 2-3 minutes or until mixture is smooth. Set rings on oiled cookie sheets and spoon 1/3 cup of mixture into each ring. Using a rubber spatula, smooth the tops and cover with plastic wrap. Set in a warm area and let rise to the tops of the rims (about 30 minutes). Bake 20 minutes or until tops are lightly browned. Remove from oven, cool, remove from rings. These freeze well.

Jowar Cinnamon Raisin Coffeecake

¾ cup Jowar flour
¾ cup ***French Bread Mix***
1 tsp. baking soda
2/3 cup sugar
2 eggs
8 Tbs. butter, melted
1 cup plain yogurt
1 tsp. vanilla extract
½ cup raisins

Topping:
½ cup walnuts, chopped
1/3 cup packed brown sugar
2 tsp. cinnamon

Preheat oven to 350 degrees. Lightly oil a 9-inch square pan. In a large bowl, combine dry ingredients. In a separate bowl, combine eggs, butter, yogurt, and vanilla. Add to dry ingredients. Fold in raisins.

Combine topping ingredients. Put half the batter in the pan. Sprinkle with half the topping mixture. Top with remaining batter and cover with the remainder of the topping mixture. Use a knife to swirl the batter to create a marble effect. Bake 25-30 minutes. Cool 20 minutes on a baking rack. Loose edges of cake and invert onto rack. Turn onto a serving plate and serve warm.

Serves 9

Light Lemon Jowar Ring

1 cup unsalted butter, softened
1 ½ cups sugar
4 large eggs
1 cup Jowar flour

1 cup **French Bread/Pizza Mix**
½ tsp. xanthan gum
1 ½ tsp. baking powder
½ cup Seven-Up
¼ cup fresh lemon juice
1 Tbs. freshly grated lemon rind

Preheat oven to 350 degrees. Grease a 9-cup bundt cake pan. Cream the butter with the sugar. Add the eggs, one at a time, beating well after each addition. Combine Jowar flour, French Bread Mix, xanthan gum, and baking powder. Add to butter mixture and beat. Add liquids and rind and beat until incorporated. Pour into prepared pan and bake 50-60 minutes or until cake tester comes away clean.

Jowar Bread

(May be made in bread machines.)

Delicious and full of fiber, you'll love this bread.

1 1/2 cups Jowar Flour
2 cups **French Bread/Pizza Mix**
2/3 cup nonfat powdered milk
1 tsp. salt
1/4 tsp. ascorbic acid
1 tsp. xanthan or guar gum
1/3 cup butter, melted
3 eggs
1/3 cup honey
1 1/4 cups warm water
1 Tbs. active dry yeast

Combine dry ingredients, except the yeast. Combine the liquids.

Bread Machine Method: In a large capacity bread machine, add dry, liquid ingredients, and yeast in order recommended by the manufacturer. Set machine for white bread and medium settings. Use short or programmable cycles, if possible.

Oven Method: Mix all ingredients and beat until smooth. Spoon into an oiled 9-x-5-inch loaf pan. Cover and let dough rise to the top. Bake 50 minutes in a 350 degree oven. Turn onto a wire rack to cool before slicing.