

FRENCH BREAD MIX  
RECIPES REVISITED



*THE GLUTEN-FREE PANTRY*  
**P.O. BOX 840**  
GLASTONBURY, CT 06033

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## **Sourdough Bread**

Adapted from recipes from Bette Hagman & Red Star Yeast

The Starter (Must be made 1 day ahead):

1 ½ cups water  
1 tsp. sugar  
1 Tbsp. active dry yeast  
1 ½ cups white rice flour

Stir ingredients until smooth and thick. Let sit at room temperature overnight, stirring 2-3 times.

Note: To replenish, there must be at least 1 cup of sourdough starter remaining. Add 1 cup warm water and 1 ½ cups rice flour. Let stand overnight at room temperature. Refrigerate until ready to use.

Dry Ingredients:

3 cups ***French Bread/Pizza Mix***  
1 tsp. salt  
2 tsp. xanthan gum  
½ tsp. ascorbic acid  
3 Tbs. sugar  
1 ½ tsp. Surgel or other pectin

Liquids:

1 2/3 cups warm water  
¾ cup sourdough starter  
¾ cup ricotta cheese (use ricotta with citric acid starter rather than vinegar)  
4 Tbs. melted butter  
3 eggs lightly beaten  
1 Tbs. active dry yeast

Combine all dry ingredients (except yeast). Combine liquids.

Bread Machine Method: Works well in all larger (1 1/2-2 lb) machines. Add ingredients in the order recommended by your bread machine. Set machine to medium crust and white bread setting or use rapid cycle. Remove immediately after baking.

Oven Method: Combine yeast and dry ingredients. Mix together liquids and add to dry ingredients. Beat on medium speed for 2-3 minutes. Transfer to a lightly oiled 9-x-5-inch pan. Cover and let rise to top of pan. Preheat oven to 375 degrees. Bake 35-40 min. Turn onto rack and cool completely before slicing. May be frozen.

### **Almond Flour Bread**

For use in a 1 1/2-2 lb. bread machine.

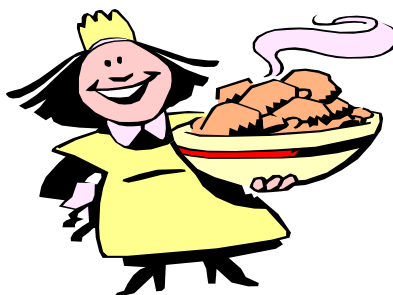
2 1/2 cups + 2 Tbs. ***French Bread & Pizza Mix***  
 1 1/4 cups almond flour  
 1 cup powdered milk  
 1/2 tsp. ascorbic acid  
 1 1/2 tsp. xanthan gum  
 1/3 cup brown sugar  
 1 tsp. Surgel or pectin  
 1 tsp. salt  
 1 3/4 cups warm water  
 5 Tbs. melted butter  
 2 eggs, lightly beaten  
 1 Tbs. yeast

In a large bowl, combine first eight ingredients. Combine wet ingredients in separate container. Add dry, liquid, and yeast in order recommended for your bread machine. Makes a generous 1 1/2 lb. loaf

## Almond Thumbprint Cookies

1 ½ cups *French Bread Pizza Mix*  
½ cup sugar  
1 cup almond flour (¾ cup reserved)  
Grated rind of 1 lemon  
¾ cup unsalted butter, softened  
1 egg separated  
Raspberry, strawberry or apricot preserves

Preheat oven to 375 degrees. Combine mix, sugar, ¼ cup of the almond flour, and lemon rind. In a separate bowl, beat butter until soft and fluffy. Add egg yolk and beat well. Add flour mixture and beat until blended. Roll dough into walnut-size balls. Roll into slightly beaten egg white and then roll in reserved ¾ cup ground almonds. Set about 2 inches apart on lightly greased cookie sheets. Press thumb into center of each cookie and press any cracked edges back together. Bake 12 to 15 minutes or until lightly browned on edges. Press tip of a teaspoon into thumbprint to deepen the depression. Fill cookies with a small amount of preserves. Makes 16-18 cookies



## Cinnamon Raisin Coffecake

$\frac{3}{4}$  cup Jowar flour  
 $\frac{3}{4}$  cup ***French Bread Mix***  
1 tsp. baking soda  
 $\frac{2}{3}$  cup sugar  
2 eggs  
8 Tbs. butter, melted  
1 cup plain yogurt  
1 tsp. vanilla extract  
 $\frac{1}{2}$  cup raisins

### Topping:

$\frac{1}{2}$  cup walnuts, chopped  
 $\frac{1}{3}$  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. Loosen edges of cake and invert onto rack. Turn onto a serving plate and serve warm.

Serves 9



## **Crazy for Crackers**

### Incredible Crackers

4 Tbs. unsalted butter (1/2 stick)  
½ cup milk (2% or whole milk)  
2 ¼ tsp. active dry yeast  
1/3 cup toasted, finely ground walnuts\*  
1 ¼ cups ***French Bread/Pizza Mix***  
2 tsp. olive oil  
Kosher salt

Preheat oven to 350 degrees. Melt butter in a small saucepan. Simmer on low heat for about 5 min. or until butter begins to brown and has a nutty fragrance. Let butter cool slightly. In a large microwavable bowl, warm the milk and add the butter. Stir in yeast and 1 Tbs. French Bread Mix until dissolved. Let sit until yeast begins to foam. Add nuts and remainder of French Bread Mix. Beat mixture until well-blended. Mixture will be crumbly. Using finger tips, work dough, adding a teaspoon of warm water at a time (up to 1 ½ Tbs. of warm water), until dough can be pressed into a ball. Allow to rest, covered, in a warm place for 15 minutes. spray the back of an 11-x-17- inch baking sheet with vegetable spray. Set dough on center of sheet and press and roll dough until it reaches the edges of the pan. (Cover dough with oiled sheet of plastic wrap to prevent sticking as dough is rolled out.)

Trim edges and cut into squares. Brush with olive oil, prick with a fork, and sprinkle with salt. Bake 15 minutes. Turn pan to allow crackers to brown evenly. Bake an additional 10 minutes or until tops are brown. Remove and cool. Store in an airtight container. Keeps 5 days.

Makes 24-30 crackers

\*1/3 cup almond flour may be substituted

## **Water Biscuits**

2 cups *French Bread/Pizza Mix*  
½ Tbs. sugar  
1 tsp. baking powder  
½ tsp. salt  
4 Tbs. cold butter, cut into small pieces  
4-5 Tbs. cold water  
Olive oil  
Coarse salt

Preheat oven to 375 degrees. Combine French Bread/Pizza Mix, sugar, baking powder and salt. Add butter and rub into flour mixture until texture is crumbly. Add water a tablespoon at a time until dough forms a firm ball. Spray a flat surface with vegetable spray. Roll out dough to 1/8 inch. Cut out 3 or 4-inch rounds. Place on a parchment-lined cookie sheet, prick all over with a fork, brush with olive oil and sprinkle with coarse salt. Bake 15-20 minutes or until light brown. Cool and store in an airtight container.

## **Cheese Cracker**

2 cups *French Bread/Pizza Mix*  
3 Tbs. Cabot Cheddar Cheese powder or other powdered cheddar cheese  
½ Tbs. sugar  
1 tsp. baking powder  
½ tsp. salt  
4 Tbs. cold butter, cut into small pieces  
4-5 Tbs. cold water

Preheat oven to 375 degrees. Combine French Bread/Pizza Mix, sugar, baking powder and salt. Add butter and rub into flour mixture until texture is crumbly. Add water a tablespoon at a time until dough forms a firm ball. Spray a flat surface with vegetable spray. Roll out dough to 1/8 inch. Cut out 3 or 4-inch rounds. Place on a parchment-lined cookie sheet, prick all over with a fork, brush with olive oil and sprinkle with coarse salt. Bake 15-20 minutes or until light brown. Cool and store in an airtight container.

## **Maple Walnut Sour Cream Cake**

½ lb. (2 sticks) unsalted butter, softened  
2/3 cup lightly packed brown sugar  
3 eggs, separated , whites stiffly beaten  
2/3 cup dark maple syrup  
2 cups *French Bread Pizza Mix*  
1 cup light sour cream  
½ cups toasted chopped walnuts (optional)

Preheat oven to 350 degrees. Lightly grease 2, 9-inch cake pans. Beat butter with sugar until fluffy. Add yolks and beat. Add syrup and beat to combine. Fold in French Bread Mix, alternating with sour cream. Stir to combine. Add nuts and fold in whites. Spoon into prepared pans. Bake 25-28 minutes or until cake tester comes away clean. Cool 10 min. in pan. Loosen around edges with a sharp knife and remove from cake pans. Cool completely on a wire rack. Frost with maple frosting below.

### ***Maple Frosting***

6 Tbs. unsalted butter, softened  
4 cups confectioner's sugar  
¼ cup maple syrup

Beat butter until light and fluffy. Add half the confectioner's sugar and beat to combine. Add the syrup and beat. Add enough of the remaining sugar to produce a thick and fluffy frosting. Frost when cake has cooled. Decorate with walnut halves, if desired.

## Almond Wild Rice Bread

2 ½ cups plus 2 Tbs. *French Bread Pizza Mix*  
½ cup powdered milk  
¾ cup wild rice flour  
1/3 cup chopped toasted almonds  
½ tsp. xanthan gum  
1 tsp. baking powder  
1 tsp. salt  
2 Tbs. firmly packed brown sugar  
¼ tsp. ascorbic acid

### Liquids:

1 ¾ cups warm water  
4 Tbs. butter melted and heated until it turns light brown  
3 eggs  
2 ¼ tsp. yeast

**Bread Machine Method:** Combine dry ingredients.. except yeast. Mix liquids together. Add dry ingredients, liquids and yeast in order recommended by bread machine manufacturer. Prepare on medium crust, white bread settings or use rapid cycle. Remove immediately after baking. Cool completely.

**Oven Method:** Combine dry ingredients and yeast. Add liquids and beat on medium speed for 2-3 min. Lightly oil a 9-x-5-inch loaf pan. Preheat oven to 350 degrees. Transfer dough to pan and let rise (covered) until loaf has reached the top of the pan. Bake 30-40 min. or until lightly browned.

### **Breadsticks**

Adapted from *Wheat-Free Recipes & Menus* by Carol Fenster

These are a little slice of heaven. The first batch were devoured by the family in record time.

1 Tbs. active dry yeast  
 1 cup *French Bread/Pizza Mix*  
 1 Tbs. powdered dry milk  
 1 tsp. xanthan gum  
 ½ cup grated Parmesan cheese  
 1 tsp. onion powder  
 1 tsp. unflavored gelatin powder  
 2/3 cup warm water  
 1 Tbs. olive oil  
 1 tsp. cider vinegar  
 1 large egg white, beaten to a foam  
 ½ tsp. seasoned salt  
 Vegetable spray

In a large bowl, combine the first seven ingredients and mix well. Combine the water, oil and vinegar and beat into the dry ingredients. Beat on high speed for 3 minutes.

Preheat the oven to 400 degrees for 5 minutes, then turn off. Spray the inside of a heavy-duty plastic bag with vegetable spray. Transfer dough to bag and cut a ½-inch opening diagonally in one corner. Line a baking sheet with parchment paper or coat a cookie sheet or breadstick pan with vegetable spray. Squeeze the dough into a ball in the corner of the bag with the cut edge. Squeeze dough into 10-12 strips about 1-inch in diameter. Brush with egg white then sprinkle with seasoned salt. Cover with tented aluminum foil and set in oven to rise for 20-30 minutes. Remove from oven and preheat to 400 degrees. Remove tent and bake 20 minutes or until golden brown. Cool completely and store in an airtight container or freeze for future use.

## **Pretzels**

Adapted from *Wheat-Free Recipes & Menus* by Carol Fenster

1 Tbs. active dry yeast  
 1 cup ***French Bread/Pizza Mix***  
 1 Tbs. powdered dry milk  
 1 tsp. xanthan gum  
 1 tsp. onion powder  
 1 tsp. unflavored gelatin powder  
 2/3 cup warm water  
 1 Tbs. olive oil  
 1 tsp. cider vinegar  
 1 large egg white, beaten to a foam  
 2 tsp. coarse salt  
 vegetable spray

In a large bowl, combine the first six ingredients and mix well. Combine the water, oil and vinegar and beat into the dry ingredients. Beat on high speed for 3 minutes.

Preheat the oven to 400 degrees.. Spray the inside of a heavy-duty plastic bag with vegetable spray. Transfer dough to bag and cut a 1/4-inch opening diagonally in one corner. Line a baking sheet with parchment paper or coat a cookie sheet or breadstick pan with vegetable spray. Squeeze the dough into a ball in the corner of the bag with the cut edge. Squeeze dough into 15 or more pretzel sticks. Brush with egg white then sprinkle with salt. Set in a warm place to rise for 10-15 minutes. Bake 20-30 minutes or until dry and golden brown. Cool completely and store in an airtight container or freeze for future use.

For crispier pretzels, spray uncooked dough with mixture of 1 tsp. baking soda and 1 cup warm water. Bake until brown and crusty (about 20-25 min.)

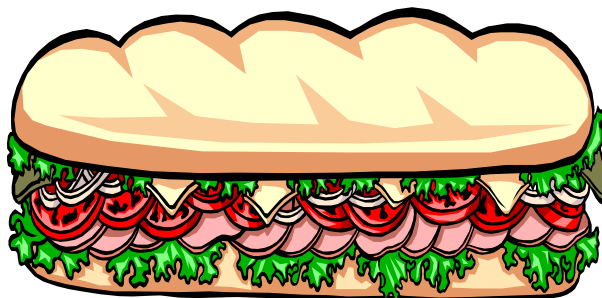
### **Our New French Bread**

Adapted from a Recipe in *Wheat-Free Recipes & Menus*

2 Tbs. instant dry yeast  
2  $\frac{3}{4}$  cups **French Bread/Pizza Mix**  
2 Tbs. sugar  
 $\frac{1}{4}$  cup powdered dry milk  
 $\frac{1}{2}$  tsp. salt  
2 tsp. egg replacer or 1 tsp. baking powder  
1 Tbsp. unflavored gelatin  
1  $\frac{1}{2}$  cups warm water  
3 Tbsp. vegetable oil  
3 large egg whites, lightly beaten  
1 tsp. cider vinegar  
2 Tbsp. cornmeal  
Vegetable spray

Combine the first seven ingredients and mix well. Combine water, vegetable oil, egg whites and cider vinegar and mix well. Add liquids to dry ingredients and beat on medium speed for 2 minutes.

Coat baking pans or French Bread baguette pans with vegetable oil. Sprinkle with cornmeal. Preheat oven to 425 degrees. Spoon dough into prepared pans. Form into loaves and smooth tops using oiled plastic wrap to help prevent dough from sticking to your fingers. Cover with oiled plastic wrap and let rise in a warm, draft-free place. (Setting breads on top of a preheating oven is ideal.) Bake 25-30 minutes or until nicely browned. Yields 2 loaves



## **Chocolate Pizza**

First Prize Winner in our Baking Contest  
Submitted by Annette Meyers

3 cups *French Bread/Pizza Mix*  
1/2 cup currents, soaked in hot water  
4 tsp. active dry yeast  
1 egg  
2 Tbs. canola oil  
2 Tbs. sugar  
2 Tbs. unsweetened cocoa  
1 scant tsp. salt  
1 1/3 cups warm milk or water  
1/2 tsp. cider vinegar

Combine all ingredients and knead with oiled hands for 2-3 min. or beat on medium speed for 1-2 min. Cover bowl and set in a warm place to rise for 1 hour. Preheat oven to 425 degrees.

### The Filling:

1 1/2 Tbs. cinnamon mixed with 1/2 cup sugar, set aside  
1 cup apricot preserves melted with 2 Tbs. water  
1 cup semi-sweet chocolate chips

Combine melted preserves and chocolate chips and warm until chips become soft. Set aside.

### Streusel Topping:

1/4 cup sweet butter, melted  
2 Tbs. brown sugar  
1/2 cup toasted almonds, coarsely chopped  
1/4 cup brown or white rice flour

### To Assemble:

Lightly oil two 12-inch pizza pans. Spread the dough about 1/4 inch thick with fingertips or oiled plastic. Press to edge of pan and crimp edges. Spread each layer with cinnamon sugar. Scatter melted preserves and chocolate mixture on top. Dribble streusel topping over all. Bake 15-20 min. or until top is bubbly. Let cool slightly, then cut into thin wedges like a pizza.

### **Elene Smith's Gluten-Free Tortillas**

Combine:

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

2 Tbs. vegetable shortening

1 tsp. baking powder

1/2 tsp. xanthan gum

Add:

1/2 cup very hot water

Mix ingredients and “knead” to create a smooth ball. Invert onto lightly floured board (dust with rice flour or ***French Bread Mix***). Let dough rest 5 min. Pinch off wads of dough to form golf ball size balls. Roll out on floured board.

Heat ungreased griddle to high. Place tortillas on griddle and bake a short time until blisters appear on the surface. Flip to the other side and cook through (about 1 min.). Keep warm while making the remainder of the batch. Makes 10-12 tortillas. These may be frozen. Reheat on a griddle. Microwaving will make them tough.

### **Lila's Pie Crust**

4 Tbs. softened butter or margarine  
1/2 cup *French Bread/Pizza Mix*  
3 Tbs. finely grated peeled raw apple

Blend ingredients with a fork and form into a ball of dough. Grease an 8-inch pie plate. Pat dough into greased plate.

If filling is already cooked, (e.g. pudding, softened ice cream), prick empty crust with fork and bake at 350 degrees until golden brown. If filling needs to bake, fill crust with your favorite filling and bake for the length of time specified in the recipe. Dough may be frozen in balls for later use.

Makes 1 single crust.

