

BREAD

August 2010 Meijer is now stocking Udi's bread, bagels and also French Meadow items - in the frozen section. And the new gluten-free Bisquick will be available- - the word from Nancy Spears is that the product is in the area and will be showing up on grocery shelves very soon.

Many were interested in the rolls made with tapioca flour that are very popular in Brazil & that someone mentioned at the meeting. See our recipes on the website for Pao de Queijos.

April 2010 Bread is a popular concern. We did have many types of breads to sample. There were the “made from scratch” breads, including foccacia! We also had breads made from some of the many mixes out there, including sandwich bread, breadsticks, garlic bread. And there were breads that are “ready-made” or “store-bought” ~ there are getting to be better tasting ready-made breads available. We all had a chance to sample one of the new ones on the scene: Udi bread. It is really good. There are two recipes added to our recipe link: Foccacia and the Cinnamon Currant Bread. Give baking bread a try!

Some of the hints that we discussed on baking bread:

Invest in a small baking thermometer to insert into the bread to check the internal temperature, since with our gluten-free breads, you can't just do the old tap on the top for a hollow sound to check to see when it is done.

Use a “silpat” mat – items seem to bake better on a mat and it saves money to use a silpat rather than parchment paper. King Arthur Flour has a corrugated loaf pan that they state works very well for gluten-free breads because the corrugated feature allows the dough to raise better when baking, (www.kingarthurfLOUR.com if you'd like to check it out).

One suggestion is to use buttermilk instead of the milk or water called for. Another is to use powdered dry milk. (just follow the directions on the dry milk package as to the amount of dry powder and water to make up the required amount.) Put in some plain yogurt or sour cream. (one way to do this is to place the yogurt or sour cream into the measuring cup and then fill the cup to the required amount with warm water. Stir and add to your bread mixture.) Dairy free? Try using some almond flour in your flour mix. It will add a bit of moisture to the bread.

Always be sure your ingredients, including the eggs, flours, etc., are at room temperature.

Bake with a pencil! Meaning, whatever changes you make in your baking, be sure to mark down exactly what you substituted and the amount for future reference.

Add a bit of amaranth flour (perhaps 1/8 cup) to increase the nutritional value of the bread. Or perhaps a tablespoon of ground flax.

Be sure to use a good, strong mixer, and mix the bread dough for the total amount of time listed in the recipe ~ usually about 3 minutes.

And just a reminder, the bread will not have all the preservatives in it, so take care to store the extra slices in a container in your freezer or refrigerator (depending on how fast you will use the bread.) Make sure the container you use (such as Tupperware, or other plastic) does not have scratches or nicks in it. Previous gluten-containing foods may leave contamination in the container.

As mentioned, we sampled Udi's breads ~ a new bread on the market you can find in the freezer sections of Harvest Health and Saffron's.

Reminder: Sami's Bakery out of Tampa, Florida, produces food items that are labeled gluten free but because of gluten cross-contamination in their facility they are not gluten free! There was another recent testing of their items and they continue to test as gluten-contaminated.