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## Bread Recipes



# Gluten Free Bread

## Description

A very high protein bread recipe.

### Ingredients:

- 3/4 cup brown rice flour
- 1/2 cup buckwheat flour
- 1/4 cup potato starch
- 1/4 cup arrowroot starch
- 1 1/2 tsp xanthan gum
- 2 tsp GF baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1 1/4 cups vanilla soya milk
- 1 tsp vinegar
- 1/4 cup oil
- 3 eggs
- 1/2 cup caramelized bakers honey or other liquid honey
- 1 1/2 cups fresh blueberries



### Preparation:

- In a large bowl combine the rice flour, buckwheat, potato and arrowroot starch, xanthan gum, baking powder, baking soda and sea salt.
- Using a wire whisk mix these ingredients together till well combined. In a separate bowl combine soya milk, oil, beaten eggs, vinegar and caramelized bakers honey.

- Mix with a wire whisk. Add the liquid mixture to the flour mixture. Fold with a spatula just till mixed. Add fresh blueberries and mix. (Note: If you are using frozen blueberries keep them frozen till ready to use. Add a teaspoon of flour to the frozen blueberries, this will help to stop the blueberries from bleeding).
- Pour mixture into a greased 9x5 loaf pan. Bake in a preheated 350 degree oven for about 70 to 80 minutes or temperature registers 180 degrees when a thermometer is inserted into middle of loaf. Cool for 10 minutes before removing from pan.

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# Bread from banana

## Description

Every once in a while I get a real craving for a warm slice of banana bread recipe.

### Ingredients:

- 3 ripe bananas
- 1/2 cup soft butter
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 4 eggs
- 1/2 cup buttermilk
- 1 tsp vanilla
- 2 cups all-purpose flour
- 1 teaspoon salt
- 2 teaspoons baking power
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 cup chopped walnuts



### Preparation:

- In a large bowl peel the bananas and break them into small pieces. Use a potato masher and mash the bananas. Set aside. In a separate bowl cream the soft butter, white sugar and brown sugar all together with a wooden spoon. Add in the beaten eggs and mix till smooth. Add in the buttermilk and vanilla.
- Continue to mix together till well combined. Add in the mashed bananas, then mix. In a separate bowl combine the flour, salt baking powder, baking soda and cinnamon. Using a wire whisk mix together. Pour the flour mixture into the liquid. Mix

together till just combined.

Fold in the chopped walnuts.

- Pour batter into a well greased 9x 5 loaf pan. Peel a banana and slice into pieces. Place the banana slice down the middle of the loaf. Top the banana slices with chopped walnuts.

Bake in a 350 degree oven for 55 - 60 minutes. If you place a thermometer into the center of the loaf it should register between 180 to 185 degrees or until a skewer inserted into center of the loaf comes out clean. Allow the banana bread to sit for 10 minutes before removing from the pan. Cool on a wire rack.

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# Quick Bread

## Description

Quick breads are true to their name. Very quick to make bread recipes.

### Ingredients:

- 2 cups golden raisins
- 3/4 cup dark rum
- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 teaspoons allspice
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 3/4 cup packed brown sugar
- 3/4 cup sugar
- 4 eggs
- 1 cup vegetable oil
- 2 cups pumpkin puree
- 1 cup toasted pumpkin seeds



### Preparation:

- Place the golden raisins into a saucepan. Add rum and bring to a boil. Remove from heat and allow to sit in the rum for 60 minutes. This will help the raisins to absorb the rum. After remove raisins from the saucepan and discard the remaining liquid. Set raisins aside for later.
- Place flour into a large bowl. Add in the allspice, nutmeg and cinnamon.
- Add in the baking powder, baking soda and the salt. Then in a separate bowl pour in the vegetable oil. Using a whisk add the sugars to the oil and mix well. Add in the pumpkin puree and mix. Add in the eggs one at

a time, then mix till all the eggs are well incorporated. Add the pumpkin mixture to the flour mixture. Stir just till blended. Add in the raisins and mix.

- Stir in the toasted pumpkin seeds and mix. Place mixture into 2 greased 9x5 loaf pans. Bake in a preheated 350 degree oven for 60 minutes or until the temperature reaches 180 -185F. Allow to cool for 10 minutes before removing from pans. Place on a wire rack to cool.

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# Pita Bread

## Description:

Flatbreads recipes are a favorite of the Middle East and Mediterranean areas of the world.

### Ingredients:

- 1 1/4 cups water (lukewarm)
- 1/4 cup shortening (melted)
- 2 cups all-purpose flour
- 1 cup semolina flour
- 2 teaspoons instant yeast
- 1 teaspoon sugar
- 1 1/2 teaspoons salt



### Preparation:

- In a large bowl combine lukewarm water and melted shortening. Add in one cup of all-purpose flour and instant yeast. Mix together with a wooden spoon until smooth. Add in sugar, salt and semolina flour.
- Continue to mix together smooth. Continue to add in the rest of the flour. Once the mixture becomes too hard to mix, pour out onto a lightly floured surface and knead for 6 to 7 minutes. The dough should become smooth and elastic. If you are using a stand mixer, knead for 4-5 minutes.
- Create a ball and leave the dough to rest for 15 minutes. Be sure to cover with plastic wrap or a damp cloth. After 15 minutes roll dough into a 12 inch log. Divide the dough into 12 equal portions.
- Roll each piece into a round ball, cover with a damp cloth for 10 minutes. On a well floured surface roll out each ball into a 7 inch round disk. Turn dough over only once. Note: Do not stretch or puncture the

dough and make sure you use enough flour so the dough won't stick. If you put a hole in the dough you will not get a pocket in the middle. Place 3-4 on a cookie sheet and bake in a pre-heated 450 degree oven for 2-3 minutes. Turn over with a spatula and bake for another 2 minutes.

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# Whole Wheat Bread

## Description

Whole wheat bread recipes have become popular because of their nutritional value over white breads.

### Ingredients:

- 1  $\frac{3}{4}$  cup lukewarm milk
- $\frac{1}{4}$  cup butter (melted)
- 3 tablespoons olive oil
- $\frac{1}{4}$  cup buckwheat honey
- 1 large egg beaten
- 4 teaspoons instant yeast
- 5-5 $\frac{1}{2}$  cups whole wheat flour
- 2 teaspoons salt



### Preparation:

- Heat milk to 110-115 F. Pour into a bowl add melted butter, olive oil, buckwheat honey and beaten egg, mix all together until well blended. Add in 3 cups of flour, salt and yeast mix until smooth - about 2 minutes.
- Allow dough to rest for 20 minutes. Gradually add flour until the dough becomes a soft dough. Pour out onto a lightly floured surface and knead for 8 - 10 minutes adding more flour as needed. Place dough into a lightly oiled bowl, cover and let proof for about 1 1/2 hours or till double in bulk. Pour out dough onto a flat surface and knead for a minute or two. Cut dough in half and shape into loaves.
- Place into two greased 4.5x8.5 loaf pans. Cover with plastic wrap and allow to double in size. Bake in a preheated 350 F oven for 30-35 minutes or until golden and sounds hollow when tapped on the bottom. Remove from pans and cool on a wire rack.

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