

*Gluten Free Bread 201:  
Variations On  
The Basic GF Loaf*

From Gluten Free Cooking School  
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**W**elcome to Gluten Free Bread 201! Now that you're comfortable making bread, we're going to dig a bit deeper. Starting from the basic gluten free sandwich bread, we'll study how to make adjustments and substitutions so that you can create your own gluten free bread recipes.

## Goal:

This class consists of a numbers of challenges, and your goal, of course, is to complete as many of them as you like. The final challenges include developing your own “Master Bread Recipe and using it to convert a non gluten free bread recipe to gluten free flours. If that sounds terrifying, don't panic now. We'll work up to it =)

## What to Expect:

This class will be a bit different. It's not focused on technical baking skills. The lessons that you'll learn will serve to deepen your understanding of ingredients and recipes; give you some analytical tools for adjusting and creating gluten free recipes, and give you permission to play with gluten free baking. Take your time with the assignments and focus on developing good note-taking habits and enjoying the process. I'm going to suggest many areas that you might want to explore on your own over the next months and years.

Here's a quick overview of the skills you'll be developing

- 1. Recipe Analysis:** Why does one recipe work and another doesn't? Usually my first clue comes from looking at two recipes side-by-side and analyzing the differences. Recipe analysis is a tool that you'll throughout this course, as we work toward the ultimate goal.
- 2. Knowledge of Ingredients:** Sometimes the key to working out a thorny recipe problem is simply having enough experience with different ingredients to know that using X ingredient instead of Y will produce the result that you want.
- 3. Dough Handling:** The video in this course demonstrates how to roll a slack dough. This same concept is covered in the Cinnamon Roll class, so you'll either get your introduction to it here, or get to practice it a bit more.

## Challenge #1: Recipe Analysis

### Part 1:

For this challenge you will need a copy of the Finally Really Good Gluten Free Sandwich Bread Recipe, “FRGGFSB” (included in Gluten Free Bread 101) and the Cinnamon Raisin Swirl Recipe or Pascha Bread recipe (included in this class). You'll also need a printed copy of the Recipe Analysis Worksheet from the end of this book.

The first step in recipe analysis is to lay out the recipes side by side. Go ahead and jot down the ingredients (and amounts) for FRGGFSB in the Recipe 1 column. Do the same for the Cinnamon Raisin Swirl Bread or Pascha Bread recipe in the Recipe 2 column. In the third column, note the differences. Form a hypothesis about what effect these differences will have.

If you need a corn free recipes, than take the adjustments that you've noted in the third column and apply them to the No Corn For Me recipe that you've been using.

### Part 2:

Now bake the new loaf and remember to use the Baking Notes Template from the Gluten Free Bread 101 class. If you make the Cinnamon Raisin Bread, be sure to [watch this video](#) before you start. When you're done, taste the bread, and then look back at your Recipes Analysis notes. Note any new observations or questions that you have.

## Challenge #2: Playing with Substitutions

To get started with Challenge Two and get a taste of what we're going to be working on, read this article about [How I Developed My Gluten Free Brown Bread recipe](#). Then come back here and keep reading so that you can decide what experiments you'd like to try.

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Before we go very far into this section, we need to review the basic ingredients of bread:

- |          |              |               |
|----------|--------------|---------------|
| 1. Flour | 4. Salt      | 7. Oil/Butter |
| 2. Water | 5. Gums/Gels | 8. Eggs       |
| 3. Yeast | 6. Sugar     | 9. Flavorings |

In Challenge 2, you'll have the opportunity to play around with all of these except for the flour. I'm saving that for the third challenge. Skipping flour brings us to water, so let's start there and work through everything in order. (You may also wish to refer to the first article in the Gluten Free Bread 101 class)

**Water:** The water in a bread recipe can be replaced by other liquids. Milk and beer come to mind. What effect do you think that will have on the finished loaf?

**Experiment Suggestion #1:** The Pascha Bread recipe replaces uses milk as the liquid, so that would be a good recipe to try in order to explore this area for substitution further.

**Experiment Suggestion #2:** Make FRGGFSB or No Corn For Me using beer instead of water.

**Yeast:** Commercial yeasts are the most common leavening, but baking powder and ferments can be used too. Sourdough recipes are outside the scope of this course, but you can try your hand at baking-powder leavened bread with the yeast-free recipe in Gluten Free Bread 101.

**Experiment Suggestion #3:** Bake the Irish Cousin Bread from Gluten Free Bread 101, if you haven't tried it already. Or read the article and watch the video on Soda Bread from the 101 class, and then experiment with any gluten free Soda Bread recipe that you like.

**Experiment Suggestion #4:** If you used to make sourdough breads before you went gluten free, and know about how much starter goes into a single loaf, then why not make a starter using gluten free flours. Keep track of the flour:water ratio amounts in your starter, and then adjust the flour and water amounts in FRGGFSB or No Corn For Me down to accommodate the amount of starter that you need.

**Salt:** Bread doesn't taste very good without salt, but you can play around with how much salt that you use. You might also try sprinkling a a more expensive, flavored salt on the crust prior to baking.

**Gums and Gels:** I prefer to use xanthan gum in my recipe, but gelatin, guar gum, and various mucilaginous seeds will also work. If you substitute the binding agent, it's very possible that you'll need to make other adjustments to the recipe. What adjustments should you make? That's where the recipe analysis skill that we practiced in Challenge One and will expand in Challenge 3 come in. Until then, I'll suggest a very simple experiment below that uses unflavored gelatin.

**Experiment Suggestion #5:** Replace the xanthan gum in FRGGFSB with one pack of unflavored gelatin. Follow the package instructions to bloom the gelatin in the water that you'll be using for the recipe.

**Sugar:** Sugar is included in bread in small amounts as food for the yeast. If it's present in larger amounts, then it's there to add sweetness. Since sugar weakens the structure of baked goods,

consider whether additional “structure-building” ingredients like eggs, binding agents or flour are needed.

**Experiment Suggestion #6:** After you've baked the Pascha Bread recipe, see if you think that it needs an additional structure builder. If you do, then decide what you think might work and try it out!

**Oil/Butter:** Oils and butter are not an essential ingredient in bread recipes, but they are often included. Why is that? Play around with different ones and see if you are able to notice any differences.

**Experiment Suggestion #7:** Try some of the oils that you don't typically use. If you use canola oil, see if there's any difference with coconut oil. Does bread made with butter taste any different than bread made with olive oil?

**Eggs:** Eggs are included in most gluten free breads as a structure builder. In fact, 3 large chicken eggs are my default if I'm developing a new bread recipe. However, there are lots of substitutes for eggs and knowing what they are and how they work may serve you well down the road.

**Experiment Suggestion #8:** Replace each egg in a bread recipe with  $\frac{1}{4}$  c. applesauce. Or if you've never tried flax eggs, replace each egg with 3 Tbsp of freshly ground flax seed and 1 Tbsp. hot water that have been combined and allowed to sit for 5 minutes.

**Flavorings:** Flavorings can vastly change a bread recipe without a lot of effort. Most of the changes to the Cinnamon Raisin Swirl recipe fall into this category, so you can see how effective these can be.

**Experiment Suggestion #9:** Bake the Gluten Free Brown Bread recipe from this class to see how the addition of spices can change the color and flavor of the bread.

## Challenge #3: Make Bread With Any Flour Mix

In this challenge you're going to develop your own master bread recipe. A master bread recipe, at least as I define it, is your favorite basic bread recipe. It uses the ingredients that you like, it's easy to memorize, and is the base from which you start creating more complex bread recipes. For me, this is Finally Really Good Gluten Free Sandwich Bread.

If you'd like the flexibility to be able to pick up any random bag of flour mix and make a decent bread, or you'd just like to have your own custom recipe that works perfectly for your family, this is where you learn how to do that.

### Part 1:

For this challenge, I want you to get a bag of flour mix that doesn't already have xanthan gum or guar gum in it, and I want you to make a loaf of bread without knowing exactly how much flour and water you need. It's your first step away from *\*having\** to have a recipe.

1. Start by reading this article: [How I Make Bread Without A Real Recipe](#)
2. Using the article for reference, jot down the recipe that you think you might want to use. You can use the one in the article if you want, or make substitutions for other food allergies.
3. Gird your loins and bake that loaf of bread. Take notes as you go and then evaluate your finished loaf. Usually the only adjustment that I need to make is to start with more or less flour, so that the loaf rises to the height that I want.

### Part 2:

In part two, I want you to continue experimenting with using different flour mixes, just like we did in Part 1. But I want you to do it with an eye at developing a chart of the different flour:water ratios of each of the mixes. When you can note the specific amounts of individual flours.

I'd also like to see if the total weight of flour + water in a recipe is always the same, (i.e. the amounts of flour and water change, but the total remains the same) or whether even the total weight of flour and water changes with certain flour mixes.

## Challenge #4: Convert a Bread Recipe to Gluten Free Flours

The culminating challenge probably looked impossible when you began this class, but I think that it should be very achievable once you've worked through the first three challenges.

In this challenge, I want you to find a bread recipe that uses wheat flours and convert it to

gluten free flours. Start of with some recipe analysis. Utilize your knowledge of substitution options. Work from your collection of master bread recipes. And then come up with a trial recipe! I have every confidence that it will be a success.

When you finish, please do take photos and write me a long, chatty email about your bread. I'd love to hear about it!

# The Secret To Whole Grain Gluten Free Bread

**W**

e Americans seem very fixated, correctly or not, on eating plenty of whole grains. Most parents would not dream of feeding their children anything but whole wheat bread, and many people think their diet is healthy because they are eating whole wheat bread. In fact, most of us who were raised on squishy white Sunbeam have even gotten used to the taste of healthier, heartier brown bread.

And then you find out that you need to be gluten free, and that most bread recipes call for lots of corn starch or potato starch or tapioca starch....which is not whole grain at all. What's a whole grain believer to do?

Well, when I decided to make a brown bread I decided to make a fake brown bread. I wanted to basically stick to the flours and ratios that I know work well for gluten free bread....but make it a bit more whole grain in appearance and in actuality.

So, here's what I did.

## **Add fiber:**

First, I started with a Gluten Free Mock Rye bread recipe that a reader had told me worked well. The recipe started with a flour mix that is brown rice flour, rice bran, and potato starch and tapioca starch in a ratio of 3 parts rice flour, 2 parts starch, and 1 part bran. Since I didn't have rice bran, I decided to substitute ground flax seed meal so that the recipe would have more fiber than my normal recipe

## **Add color:**

Now, ground flax seed will just give you light brown flecks in the white bread. It doesn't turn the bread brown. For that you need cocoa powder. Yes, it's a cheat, but it turns the bread a really nice brown color and it only takes 1 Tbsp.

## **Cut unessential ingredients:**

The recipe also called for 1/2 c. dry milk powder. I nixed that so that the bread would be casein-free. Milk powder is used in bread recipes that have been written for bread machine use. However, water is the only liquid you **HAVE** to have for bread, so out goes the milk powder.

## **Add seeds and nuts:**

This bread recipe added caraway seeds, since it's a mock Rye bread, but you can add whatever



seeds you like. And you can add them in greater quantities than I've done. Add an extra tablespoon or two each time you make the bread until you get to a consistency that you like. You can also sprinkle extra seeds on top of the loaf.

### **Check the ratios:**

One other thing that I look at when I'm baking bread is the ratio of flour to liquids. If I'm using my flour mixture I know that I need equal amounts by weight of flour and water. However, my flour recipe is very absorbent, and the flour mixture for this recipe is not, so I made sure that the weight of water was less than the weight of flour.

And that's pretty much it. I tested the recipe; the dough was a great consistency (watch the video in Bread Lesson #1 to learn about that), and the final products were a well risen loaf that didn't fall. Four out of the five of us liked it, and I think that's pretty impressive since 3 of the 5 are kids that have never had brown bread before. The bread didn't really taste like rye bread, but it did taste a lot like the whole wheat bread that I used to buy before we went gluten free.

## How I Make Bread Without A Real Recipe

**W**hen we are traveling, it's often difficult to find the individual flours that I need for my flour mix so I often resort to making a loaf of bread with whatever gluten free flour mix that I can find. As you know, my FRGGFSB recipe uses a very absorbent flour mix, so I can't use that recipe with other flour mixes. And I'm much too lazy to try to find a bread recipe that was written for the flour mix I found. Instead I follow a bare bones recipe that always makes a nice loaf of bread. Here it is, with a description of what's running through my head as I make this.

- I start with 15 oz of flour. This is three more than I'd usually use with my own flour mix. Now I need to add 1 Tbsp of xanthan gum and 1 tsp of salt and that fixes up my flour.
- Now I need to add the leavening: 1 Tbsp. of yeast and 1 Tbsp of sugar to feed it.
- Add three eggs for structure, 2 glugs of olive oil, a small splash of cider vinegar.
- Now for the water. I have to remember to add this slowly. I know the total amount of water will be less than 15 oz, so I just add 8 ounces to start. Mix that in well and then measure out another 7 oz. I drizzle this water in while I mix the dough and while I keep a close eye on the dough consistency. When the dough looks like it should, then I stop. (And, if I'm really on top of my game, I note how much flour and water I used in my baking notebook. )
- Put the dough in the pan and find a warm place for it to rise. Keep an eye out because only heaven knows how long it will take to rise. Bake it at the usual temperature until the temperature reaches 210. And then remember that I've no idea what altitude I'm at, so find the altimeter app, consult my notes, and set my thermometer to sound an alarm at the correct temperature.
- Done!

## Gluten Free Brown Bread Recipe

13 fl oz. water	1/2 tsp. salt
1 Tbsp. yeast	1 Tbsp. cocoa powder
1 1/2 c. (6.75 oz) brown rice flour	3 large eggs (6 oz)
1/2 c. (2.25 oz) ground flax seed	3 Tbsp. olive oil
1/2 c. (3.20 oz) tapioca starch OR corn starch	1 Tbsp. brown sugar
1/2 c. (2.55 oz) potato starch	2 Tbsp. molasses
1 Tbsp. xanthan gum	1 tsp. vinegar
1 Tbsp. caraway seed (optional)	

### Instructions:

This recipe has ALOT of ingredients, so let's start by getting all of the ingredients out.

Mix the yeast and water in a separate container so that the yeast can start to proof.

Next, measure and mix all of the dry ingredients (brown rice flour – cocoa powder) in a large mixing bowl. Use a fork to stir the dry ingredients until the cocoa powder and flax seed are evenly distributed throughout.

Finally, measure out all of the wet ingredients into a different mixing bowl and stir them with a fork until the eggs are well beaten.

Assuming that your yeast has proofed successfully, add the yeast/water and other liquid ingredients to the dry ingredients. Mix everything up with a mixer for 3 – 4 minutes.

### Conventional Oven Directions:

Scoop the dough into a loaf pan that has been lined with greased parchment paper. Smooth

the dough out and then cover the pan with greased plastic wrap. Let the bread rise in a warm place until it reaches the top of the pan at the edges. The amount of time that this will take will vary.

Once the bread has risen, put it into an oven that has already been heated to 350 degrees F. If you have a pizza stone, put it on the lowest oven rack when you turn the oven on, and then place the loaf pan on top of the pizza stone when the dough goes into the oven. Bake the bread until it reaches an internal temperature of 210F.

### Bread Machine Directions:

Scoop the dough into the bread machine pan. Remove the mixer blade if you want. If your machine has a gluten free bread setting then use that. Otherwise, choose a setting that is approximately 80 – 120 minutes long and allows approximately equal times for mixing/rise and bake. The paddle is not necessary since you've already mixed your ingredients with the mixer.

## Mary's Gluten Free Flour Mix

210 grams brown rice flour  
195 grams corn starch

110 grams sorghum, soy, or garfava flour  
55 grams masa harina

## Cinnamon Raisin Swirl Bread Recipe

12 oz (2.5 c.) Mary's AP GF flour mix  
2 Tbsp. sugar  
1 Tbsp. xanthan gum  
1 1/2 tsp. salt  
3 eggs (6 oz)  
1 1/2 Tbsp. oil  
1 tsp. cider vinegar  
1 tsp. vanilla  
1 Tbsp. yeast

1 Tbsp. sugar  
12 oz. (1.5 c.) water  
1/4 c. sugar + 1 Tbsp. cinnamon (reserve 2 tsp)  
1.5 Tbsp. butter, melted (sub Earth Balance if dairy free)  
1 c. raisins, soaked in hot water  
1 egg  
more melted butter

### Instructions:

Add the yeast and 1 Tbsp of sugar to the water that is approximately 110 degrees F and stir gently. Set this aside and let it proof.

In large mixing bowl combine the flour, the remaining 2 Tbsp. of sugar, xanthan gum and salt. Mix thoroughly with a fork. In a separate bowl combine the eggs, oil, vinegar and vanilla and mix until the eggs are well beaten.

Add the proofed yeast and the egg mixture to the flour mixture and beat with a mixer for 3 – 4 minutes.

Tear off a section of parchment paper that is approximately 2 ft. long. Use a pen to draw a 8" x 17" rectangle on the paper to serve as a guide for spreading the dough. Grease the parchment paper with butter.

Scoop the dough onto the parchment paper and use wet hands to spread the dough over the rectangle. Keep the depth of the dough as even as possible. Drizzle the melted butter over the top of the dough and spread it out evenly with your hands or the

back of a spoon. Mix together the 1/4 c. sugar and the cinnamon and sprinkle this evenly over the dough. Be sure to go all the way to the edges of the dough to that all of the bread slices will have cinnamon sugar.

Then sprinkle the raisins evenly over the surface of the dough. Lift the short edge of the parchment paper that is close to you and start rolling the dough away from you, gathering the parchment paper in your hands as you go (Watch the video!!) Once the dough is rolled, carefully lift/dump it into a loaf pan that is lined with parchment paper.

Let the dough rise in a warm place until the dough reaches the top of the pan. Preheat your oven to 350 F while the bread rises. If you have a pizza stone, place it on the bottom rack of the oven so that you can place the loaf pan on the pizza stone when the dough is ready to be baked.

Before putting the bread in the oven, beat that last egg and brush the egg over the top of the bread and sprinkle the reserved cinnamon sugar on top of that. Bake the bread until it's internal temperature is 210 degrees.

Hey! It's Time To Watch A Video

*Go to:*

[www.glutenfreecookingschool.com/cooking-  
class-videos/](http://www.glutenfreecookingschool.com/cooking-class-videos/)

click on Gluten Free Bread 201,  
and watch the video.

*The Password is: moregfbread*

**R**ecently a reader, Amy, emailed me to ask if I knew of a gluten free recipe for Pascha Bread. Amy married into a Slovakian family and they have a long tradition of making and eating Pascha bread at Easter. This is Amy's first Easter on a gluten free diet and she was desperately hoping that she'd be able to eat Pascha Bread with everyone else. (And after tasting this bread, I understand why she was looking so hard for a gluten free version.)

The Pascha Bread recipe that Amy sent me has been handed down for generations, and each generation teaches the next generation how to make it. The recipe even has a curse that comes with it. The first time that anyone make the Pascha Bread it turns out as hard as a brick. Every succeeding attempt gets better. I was a little worried about the curse until Amy told me that the curse gets a little help from the older generation which purposefully doesn't teach all the tricks of bread making in the first lesson. Thankfully, all of those tricks aren't needed for gluten free bread! The bread is delicious – rich and sweet – and perfect for a special holiday meal.

## Gluten Free Slovakian Pascha Bread (Easter Bread) (two loaves)

7 c. (27 oz.) of Mary's gluten free flour mix	3 packets of active dry yeast
1 Tbsp. salt	4 (8 oz) large eggs
27 oz. milk	2 Tbsp. xanthan gum
16 Tbsp. (2 sticks, 8 oz.) butter	1/2 tsp. vanilla
1 c. (7.5 oz) sugar	

Measure out the milk and butter into a saucepan. Heat this mixture, stirring frequently so it doesn't burn, until steam begins to rise and bubbles form around the edge of the pan.	enough. Once it has, stir in the yeast and let it proof for few minutes.
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Set the milk mixture aside, stir in the sugar and then let the milk cool until it is lukewarm.	Add the egg/xanthan gum mixture and the milk/yeast mixture to the flour. Mix with a hand or stand mixer for 4 minutes.
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Preheat the oven to 350. Measure out the flour and salt into a large mixing bowl.	Pour equal portions of the dough into two greased loaf pans. Set the loaf pans in a warm place to rise. Once they've risen to near the top of the pan, brush tops of loaves with egg yolk beaten with 1 T of water.
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Beat eggs, then add vanilla, and xanthan gum to the eggs. Mix with a hand or stand mixer until this turns into pretty thick lump of stuff.	Bake in a 350 degree oven until the internal temperature of the bread is 210 F.
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Check to see if the milk has cooled down

# Gluten Free Bread 201

## Recipe Analysis Spreadsheet

Recipe 1	Recipe 2	Differences/Notes
Flours:		
Liquids:		
Binding Agents & Eggs:		
Leavening:		
Oils:		
Flavorings:		

