

Beator Blade for stand mixer



The Natural Foods Alternative.

Sandwich Bread

This awesome recipe produces a loaf you can slice as thick or as thin as you like, and it is nearly allergy-free! Gluten-free, dairy-free, soy-free, nut-free (can even be made egg-free)... and higher fiber than a regular white bread, this loaf will stay moist for days (if it lasts in your house that long!).

While I love using yogurt as an ingredient in my breads – it keeps the crumb nice and moist for days – it is a variable in baking. Whether using low fat, fat free, soy, rice, coconut ... they all have different moisture levels and viscosities. Thus, the directions indicate the minimum yogurt recommended for this recipe; depending on the yogurt used, a small amount of extra yogurt may be needed to thin this thick dough to the consistency needed to spread out in a pan to form a nice loaf.

Ingredients:

- 2 Tbs. honey or agave nectar
- 1 ¼ cup vanilla yogurt (dairy or non-dairy)
- 1 tsp. apple cider vinegar
- ¼ cup canola oil or olive oil
- 2 large eggs (or 2 Tbs. flax seed meal steeped for 10 minutes in 6 Tbs. hot water)
- 3 cups Jules Gluten Free™ All Purpose Flour (or 2 ¾ cup Jules flour + ¼ cup flax seed meal or GF oat flour)
- ¼ cup buckwheat flour, brown rice flour or flax seed meal
- ¼ cup dry milk powder (dairy or non-dairy like Dari Free™ powder)
- ½ tsp. baking soda
- 2 tsp. baking powder, gluten-free
- 1 tsp. sea salt
- 1 tsp. granulated cane sugar
- 1 Tbs. rapid rise or bread machine yeast, gluten-free

- 1 Tbs. flax seeds or sesame seeds
- 1 Tbs. coarse sea salt

Stand Mixer and Oven Baking Directions:

Whisk these dry ingredients together in a large bowl: flours, milk powder, baking soda, baking powder and salt.

In the large mixing bowl of a stand mixer, stir together the remaining liquid ingredients (honey, yogurt, apple cider vinegar, canola oil and egg or flax seed and water mixture). Gradually add the dry ingredients in with the wet by pouring slowly into the wet bowl while mixing with the paddle attachment. Once incorporated, add the yeast granules and sugar, and beat well -- 1-2 more minutes.

The dough will be very thick (much more like regular wheat flour bread dough than you may be used to with gluten free); however, if the dough seems too thick to spread into a loaf pan, gradually mix in more yogurt, one tablespoon at a time, until the dough is still thick, but able to be smoothed with a spatula.

Scoop the dough into an oiled bread pan (use a dark metal pan if you like a darker crust on your bread; lighter, shiny metal or glass if you like a light crust). Use a 9 x 5 x 3 inch loaf pan; if using a smaller pan, lower the oven temperature by 25 degrees and expect to bake the loaf longer before being totally cooked in the middle.

Smooth the top, sprinkle with any toppings, then cover with a damp towel or a sheet of wax paper sprayed with cooking oil. Sit the covered dough for 30 minutes in a warm place like an oven warming drawer or an oven preheated to 200 F then turned off.

Remove the cover from the raised dough and transfer to a preheated convection oven set to 275 F or a preheated static oven set to 300 F. Cook for approximately 60 minutes, or until the crust is browning nicely and a cake tester or skewer inserted into the center of the loaf comes out clean (internal temperature should reach 205-210 F). Remove to a cooling rack. When cooled for 15 minutes, gently remove from the loaf pan to finish cooling before slicing.

Bread Machine Directions:

When using a bread machine, always be sure to add all liquid ingredients to the pan first, followed by the dry ingredients. I recommend sifting all dry ingredients together in a bowl first, then pouring it into the bread machine pan after all the liquids are added. Reserve the yeast for last in bread machines, making a small well in the top of the dry ingredients in the pan, and pouring the yeast into that well. It encourages yeast growth to add any sugars in a recipe into this well first, then add the yeast.

Whisk together the yolks and whites before adding to the bread machine with the other liquids; alternatively, allow the flax seed meal to steep in water for 10-15 minutes before adding. Bring all liquids to room temperature before adding to the machine, if possible.

Select either the gluten-free bread setting on your machine, or the setting with only one rise cycle and no punch-down (2 lb loaf setting).

Once the ingredients have mixed, the dough will be very thick (much more like regular wheat flour bread dough than you may be used to with gluten-free); however, if the dough seems too thick as it is mixing in this recipe, gradually add more yogurt, one tablespoon at a time while the bread machine is mixing, until the dough is still very thick, but able to be smoothed with a spatula. Be sure to check the bread with a spatula throughout the mixing process to ensure that all the dry ingredients have been incorporated.

When the machine is done mixing, smooth the top with a rubber spatula and sprinkle any desired toppings on top of the loaf.

Test the temperature of the interior of the loaf before removing from the pan – it should have reached approximately 205-210 F. If it hasn't yet reached that temperature, either add time to your bread machine as another bake cycle, or simply put the pan into a regular oven at 350 F (static), testing the temperature again at five minute intervals.

Yields: 1 loaf

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Graham Crackers

These are the real deal! Thought you might never have one again? Think again! This recipe opens up so many more possibilities, think s'mores and graham cracker pie crusts!

Ingredients:

½ cup butter or non-dairy alternative (e.g. Earth Balance® Buttery Sticks)

¼ cup shortening

Earth Balance Buttery Shortening → don't use salt

¼ cup honey or agave nectar

1 cup brown sugar

1 tsp. gluten-free vanilla extract

1 ½ cups Jules Gluten Free™ All Purpose Flour

1 cup fine rice flour

½ cup buckwheat or brown rice flour

dash of salt

2 tsp. cinnamon

3 tsp. baking powder

½ cup water

sugar-cinnamon mixture to sprinkle on top (optional)

*graham cracker crust
pop tarts
ginger bread houses*

Graham Crackers

Directions:

Beat together the first five ingredients (butter, shortening, honey, brown sugar and vanilla) using an electric mixer; whisk together remaining dry ingredients (flours, salt, cinnamon and baking powder) in another bowl. Slowly stir the dry mixture into the first bowl, adding water as necessary to create a consistency such that you could make a ball with the dough without it crumbling. Divide the dough in half, cover tightly and refrigerate for one hour or more, until very cold.

Preheat oven to 325 F (static) or 300 F (convection).

Roll one half of the dough out onto a clean counter or baking mat dusted with Jules Gluten Free™ All Purpose Flour. The dough should make a large ¼ inch thick rectangle. Roll it more thinly or more thickly, depending on how you prefer your crackers: the thinner the dough, the crispier the cracker. Cut into smaller rectangles like graham crackers and lift with a spatula onto a parchment-lined baking sheet. Finally, prick each cracker with a fork in rows, as you would with a graham cracker and sprinkle with sugar and cinnamon, if desired.

Bake for 25-30 minutes, or until they are lightly browned. Let cool on the baking sheet 5 minutes before transferring to a cooling rack.

Gingerbread Cookie Variation:

Follow above recipe but substitute molasses for honey and add ½ teaspoon of cloves to the recipe as well. Cut into gingerbread men and decorate with frosting and sprinkles.

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Birthdays Cake

Cake Ingredients:

3 cups Jules Gluten- Free™ All-Purpose Flour
1 Tbs. gluten-free baking powder
¼ cup powdered milk (dairy or non-dairy alternative like Dari-Free™)
¼ tsp. salt
½ cup butter or non-dairy alternative (e.g. Earth Balance Buttery Sticks®)
2 cups granulated cane sugar
4 large eggs
2 tsp gluten-free vanilla extract
1 cup milk or non-dairy alternative

Chocolate Cake
Add ¼ c cocoa pdc
¼ c choc milk

Directions:

Pre-heat oven to 350 F (static) or 325 F (convection). Spray two 9-inch round cake pans with non-stick cooking spray and dust entire surface lightly with Jules Gluten- Free™ All-Purpose Flour. Use 7-inch round cake pans if your cake design does not need to be as wide and requires a larger crown (like a football).

Whisk together the flour, powdered milk, baking powder and salt and set aside.

In a large mixing bowl, combine the butter and sugar and beat well with the paddle attachment, until the mixture is very light and fluffy (approximately 3-4 minutes). Add the eggs next, one at a time, beating well after each addition. Mix in the vanilla with the last egg addition. Slowly add the milk, alternating with the flour mixture and beating in between the additions. Beat until smooth and pour into the prepared pans.

Bake for 30 minutes, turning the pans half-way through if using convection setting. (If using smaller pans, the cakes will be thicker and may need to bake for longer). To test the cakes for doneness, insert a cake tester or toothpick in the middle of each cake and be sure it comes out clean. The cakes will also begin to pull away slightly from the sides of the pans. Add time if necessary to fully bake the cakes.

When done, turn off the oven and leave the oven door open to let the cakes cool slowly there for 10 minutes or so, then remove the cakes to a cooling rack. After 15-20 minutes of total cooling time, gently invert the cakes in their pans to remove them from the pans, then flip gently back onto the cooling rack until fully cooled.

Frost the cakes only when fully cooled, or in the alternative, you may wrap the cakes with wax paper or plastic wrap and seal inside freezer bags to freeze or refrigerate until ready to use.

White Frosting

Ingredients:

½ cup butter or non-dairy alternative, softened
2 ½ cups confectioner's sugar
1 ½ teaspoon gluten-free vanilla extract
¼ cup milk of choice (up to ¼ cup)
food coloring, optional

Directions:

Cream the sugar and butter together with an electric mixer. Add the vanilla and 2 tablespoons of milk, beating well to combine, then add the food coloring if using, and milk (if and as necessary) to achieve a spreadable consistency, beating for several minutes at the end until light and fluffy.

Chocolate Frosting

Use white frosting base and add ½ cup cocoa powder. Use additional milk until proper consistency is achieved.

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Pierogies

This recipe is not difficult, but it involves several steps, so I've also just posted a video to my cooking channel if you need more visual cues! Get creative with fillings: sweet potatoes; leftovers; hummus; salsa and cheese; even cream cheese and sugar for an after dinner treat!

Ingredients:

2 cups Jules Gluten Free™ All Purpose Flour
½ tsp. salt
¼ cup extra virgin olive oil
1 large egg
¼ cup sour cream (dairy or non-dairy alternative)
¼ cup +/- very warm water

No sourcream = ravioli

Directions:

In a large-bottomed bowl, pour the Jules Gluten Free™ All Purpose Flour and salt. Whisk together with a fork. Form a well in the center and pour the oil and cracked egg into the well. Whisk these together without incorporating much flour, until well mixed. Add the sour cream next, whisking to integrate.

Gradually begin stirring the flour in with the wet mixture in the center. Meanwhile, pour 1/8 cup of water on top of the dry ingredients and stir that in as well. As the dough gets too dry, add in the additional 1/8 cup water. Continue stirring with the fork until all the liquid is completely integrated. If the dough is too dry, add more water, one tablespoon at a time. The dough should hold together without being overly wet and sticky.

Gather the dough into a ball and wrap tightly with plastic wrap. Set out on the counter for 30 minutes while you prepare your fillings.

After 30 minutes, prepare a clean counter or pastry mat by dusting with Jules Gluten Free™ All Purpose Flour. Divide the dough in half, turning one half of the dough onto the dusted surface and leaving one half of the dough wrapped tightly in plastic wrap.

*don't roll
dough in
need flour
corn starch*

Begin rolling the dough by rolling gently in one direction, then in the other, to form a 1/8 inch thick round of dough. Using a 3-inch round cutter (or larger), cut out circles of dough until all the dough is used. One half of the dough should yield 20-22 3-inch rounds.

Pierogies

Gather your prepared filling which should not be wet, but should be thick enough to roll into lots of small balls, approximately the size of a large marble. Press each ball into a longer shape, more like the last knuckle of your index finger. Lay each piece into the center of each of the pastry circles.

Dip your finger in water and lightly dab around the edge of each pastry circle to wet it, helping one side to adhere to the other when folded over the filling. Fold one side of the pastry over the filling, forming a semi-circle. Press gently to seal the edges, then press again lightly with the tines of a fork. Set each formed pierogi aside and cover with a towel until ready to boil.

Bring a large pot of water to boil and gently submerge each pierogi in the boiling water. Put only as many pierogies into the pot as can boil without crowding. Stir once in awhile, if necessary to prevent them from sticking together. Once they begin to float, boil another 5 minutes – total boil time should be approximately 6-8 minutes. Remove with a skimmer or slotted spoon to a colander, rinse and drain. Try not to let the pierogies touch while they are draining, so that they will not stick to one another. Repeat until all pierogies are boiled.

Serve at this point, or pan fry in butter or non-dairy alternative until slightly crisp. Serve alone or with a topping like my Onion-Mushroom Sauté (recipe below), caramelized onions, marinara sauce, or other sauce of your choosing.

Refrigerate any extras by laying flat on a covered plate or in a zip top bag, and reheat at low-medium temperature in the microwave for a few seconds only. If freezing, allow the pierogies to cool, then lay on a parchment-lined baking sheet and freeze for 5 minutes. Remove and lay pierogies onto parchment so that they are not touching, then seal inside freezer bags. When re-heating, microwave, flash fry or re-boil 2-4 minutes, just until warmed.

Yield: 40-45 3-inch pierogies.

Onion-Mushroom Sauté

Ingredients:

1 medium yellow onion, finely chopped
1 cup mushrooms of choice, chopped
3 Tbs. extra virgin olive oil
2 Tbs. Jules Gluten Free™ All Purpose Flour
2 cups gluten-free vegetable broth
¼ tsp. salt
¼ tsp. black pepper

Directions:

Sauté chopped onion and mushrooms in the oil until translucent. Stir in the Jules Gluten Free™ All Purpose Flour until absorbed and thickened. Add in the vegetable broth, salt and pepper.

Combine with mashed potatoes for filling and thin any remaining sautéed filling mixture with additional vegetable broth or water, until thin enough to pour over cooked pierogies as a topping. Set aside and reheat, as necessary, when serving.

Mashed Potato Filling

Ingredients:

Onion-Mushroom Sauté

1 ½ lbs. Russet potatoes

6 oz. grated cheddar cheese or non-dairy alternative

Directions:

Peel potatoes and cut into quarters. Boil in salted water for 8-10 minutes, until tender but not mushy. Drain and mash in a large bowl.

Stir in just enough of the sautéed filling mixture to the mashed potatoes to create a creamy, but not wet filling. Add the grated cheese and stir. Form balls with the mixture, approximately the size of a large marble, and set aside on a plate, covered, until ready to use in the pierogies.

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