

## 013 GLUTEN-FREE CLASS I

### Gluten-Free Sponge Cake

8 eggs, separated  
3 tbsp. lemon juice  
1 ½ tsp. Orange rind  
1 ½ c. sugar, sifted  
¾ c. potato starch

Beat egg yolks 2 min. Add lemon juice, rind, sugar and beat 2 min. on speed One. Gradually add potato starch. Beat 2 min. more on Speed One. In separate bowl, beat egg whites until stiff. Fold together gently (6 to 7 min.). Take ¼ egg white and mix into yolk mixture before putting together. Place into ungreased tube pan and bake at 350 deg. F. for 60 to 70 min. until cake springs back when firmly touched. Cool thoroughly.

### Pie Crust

¾ c. rice flour  
½ tsp. Salt  
½ c. (scant) shortening  
¼ c. cold water  
2 tsp. Potato flakes or flour

Blend flour, salt, and shortening in bowl with pastry blender. In mixer gradually add potato flour to water. Pour over flour mixture and blend by jogging machine. Press across bottom and up sides of pie pan, flute edge and ease for unbaked or baked pie crust. Bake at 450 deg. F. until golden, about 20 min.

\*For Graham cracker crust, replace graham cracker crumbs with Rice Chex crumbs.

### Mock Graham Crust

Blend Rice Krispies in a blender to make 4 c. crumbs. Add ½ c. melted butter and 2 tbsp. brown sugar. Combine in pan and pat evenly. Bake or refrigerate as desired.

## 013 GLUTEN-FREE CLASS I

### Yorkshire Puddings

1 c. rice flour  
2 tbsp potato flour  
½ tsp baking powder  
¼ tsp salt.

2 eggs, beaten  
2 c. milk

Combine dry ingredients. Add liquids and beat until smooth. Put 1 tsp. Oil in each of the muffin cups of a muffin pan and heat in the oven at 450 deg. F. until smoking hot. Spoon batter into muffin cups and bake at 450 deg. F. for 15 min.

### Gluten-Free AutoBake Breads

Many automatic bread machines are not designed to make rice breads. The biggest problems are the inadequate mixing action the machines create, and the too-long kneading cycle and too-short rising cycle. If your automatic machine has a short or one rise cycle, it is the best choice. For people with a traditional Zojirushi with the programmable Home Made Cycle, use the following times:  
Preheat - 0 time, Knead 1 – 8 min.,  
Rise 1 – 1 ½ hour, Rise 2 – 0 time, Rise 3 – 0 time,  
Bake 55 min.

013 GLUTEN-FREE CLASS I

Yeast Free Rice Bread

3 eggs, slightly beaten  
1 tsp. GF vinegar  
1/3 c. margarine, softened  
1 ¾ c. warm water  
3 c. gluten free flour mix  
(2 c. rice flour, brown or white, 2/3 c. potato flour, 1/3 c. tapioca flour)  
2 to 3 tbsp. xanthum, or guar gum  
1 ½ tbsp yeast  
2/3 c. milk powder  
1 ½ tsp. Salt  
¼ c. sugar

Put eggs and vinegar in pan first. Mix dry ingredients in a large cup and add to pan. Pour water and softened margarine in last. Start on shortest cycle.

Tapioca Bread

3 eggs, beaten  
1 tsp. Vinegar  
1 ¼ c. water  
¼ c. melted shortening  
2 c. rice flour  
2/3 c. powdered skim milk  
1 ½ cup tapioca flour  
¼ c. sugar  
3 ½ tsp. Xanthum or guar gum  
1 ½ tsp. Salt  
1 ½ tbsp yeast

Put eggs and vinegar in pan, mix dry ingredients and add on top. Pour water and shortening on top and start autobake.

013 GLUTEN-FREE CLASS I

Bob's Cheddar Cheese Bread

1 tbsp. Saf yeast  
1 c. brown rice flour  
2 c. white rice flour  
3 ½ tsp. Xanthum gum  
2 tbsp. sugar  
1 tsp salt  
1 ½ c. grated sharp cheddar  
¼ c. skim milk powder  
2 tbsp. butter or margarine  
2 large eggs, beaten  
1 ¾ c. warm water

Place all ingredients except water in bread pan and press start. While the machine is kneading, gradually pour in the water. If the dough does not mix well, use a rubber spatula to assist it occasionally. After baking, allow to cool 1 hour on wire rack before slicing.

\*Rice bread will stale quickly. If the baked product will not be eaten within 2 days, slice, wrap and freeze to ensure minimum loss of moisture and flavour. Breads can be frozen for 1 to 2 month, and cookies for 3 to 4 months. Most gluten free breads taste better toasted or warmed.

013 GLUTEN-FREE CLASS I

Rice Bread (Yeast Raised)

2 c. apple juice  
2 tsp. Salt (to taste)  
½ c. margarine or butter  
8 c. (brown) rice flour  
4 tsp. Fast yeast  
2 large eggs  
1 tbsp. guar gum  
(4 tbsp. lima flour + 2 tbsp. – ¼ c. water)

1 c. apple juice  
½ c. apple juice, warmed  
½ c. water

Pre-warm oven to 200 deg. F. and then turn off

Prepare pans by greasing & lining with a strip of waxed paper

Melt marg in 2 c. apple juice; add salt

Pour into large mixer bowl. Add 1 c. juice and ½ c. water & mix well.

Add 3 c. rice flour and mix until smooth

\*at this point, for a moister bread, you can leave warm and covered ½ hour (or overnight & bake in the morning) resuming at your convenience.

Add yeast to ½ c. warmed juice; let stand 5 – 10 min. to soften. While yeast is dissolving, add eggs to mixing bowl & mix. Add dissolved yeast-juice mixture.

Add last 2 c. flour and beat well. Dough/batter should resemble soft mashed potatoes. Adjust if necessary by adding either flour or water.

Divide and spoon batter into pans. Rise 25 – 30 min. in a warm place (the prewarmed oven) When dough has barely double, turn on the oven to 360 deg. F. and bake until golden. Brushing with melted butter 10 min. before it is done will make it easier to cut.

Turn out onto rack immediately and remove paper.

013 GLUTEN-FREE CLASS I

For Pizza Crust: Spread 1/3 batter over a non-stick 12" pizza pan to ¼ in. Let rise & bake about 10 min. or until barely browned. Cool off pan, on rack. Cover and freeze until needed.

For Breakfast Muffins: Melt 1/3 c. butter with 2 tbsp.+ honey and 2 tbsp. cinnamon. Pour into 1/3 of the batter. (One loaf's worth). Mix. Add ½ c. floured raisins & mix. Fold 1 egg white, beaten until stiff. Spoon into muffin tins and let rise in warm place until barely doubled, as for bread. Bake as bread.