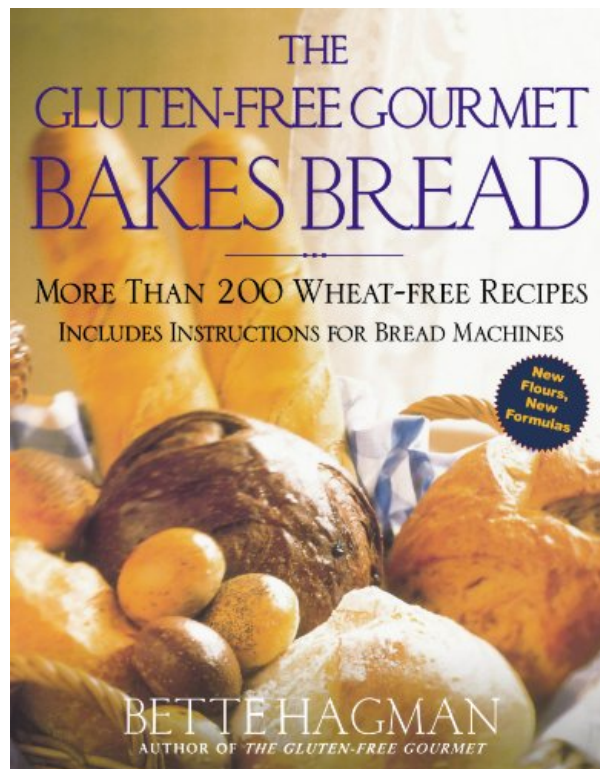
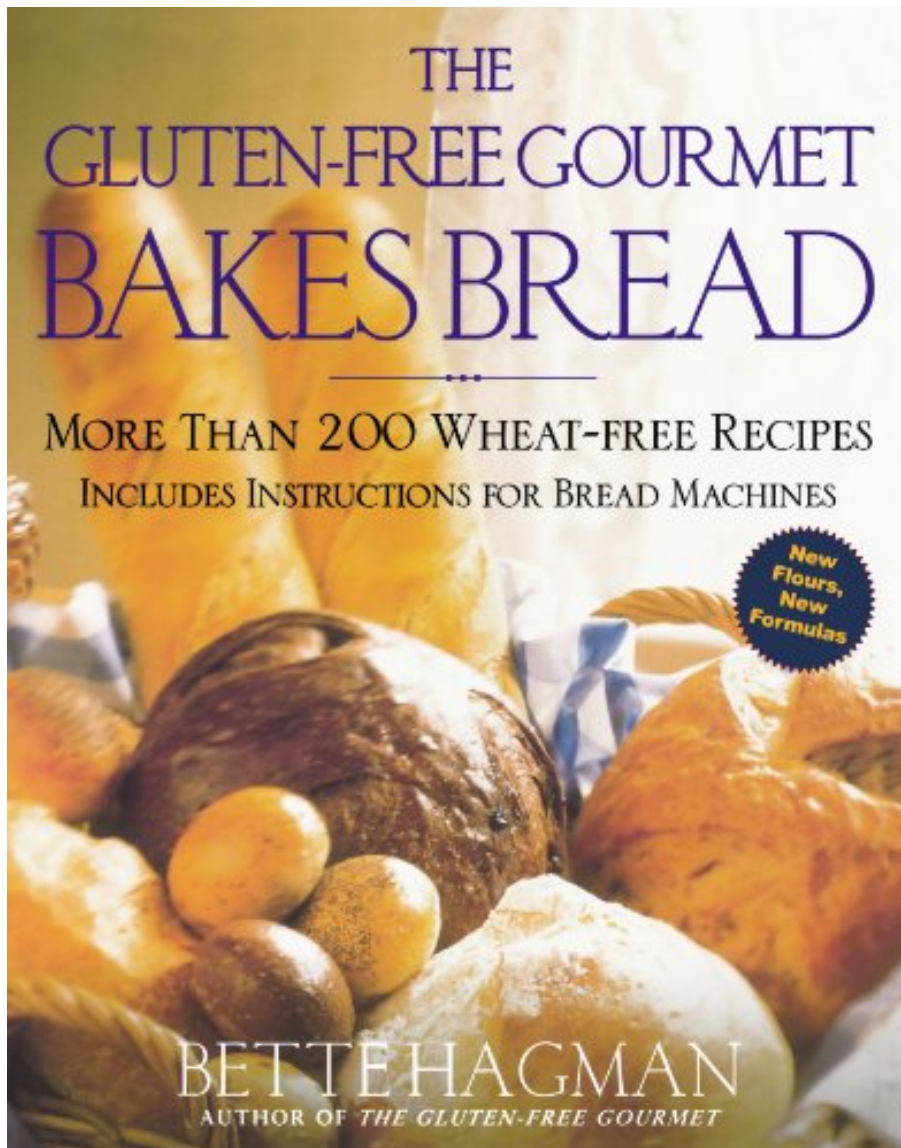


THE GLUTEN-FREE GOURMET BAKES BREAD: MORE THAN 200 WHEAT-FREE RECIPES BY BETTE HAGMAN



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By reading *The Gluten-Free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes By Bette Hagman*, you could understand the understanding and things more, not just regarding exactly what you receive from individuals to individuals. Schedule *The Gluten-Free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes By Bette Hagman* will certainly be much more trusted. As this *The Gluten-Free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes By Bette Hagman*, it will really give you the great idea to be successful. It is not only for you to be success in specific life; you can be successful in everything. The success can be started by knowing the standard understanding and also do actions.

From Library Journal

Anyone suffering from an allergy to wheat will find Hagman's newest book a godsend. The author of three earlier gluten-free cookbooks (e.g., *The Gluten-Free Gourmet*), she tested and retested recipes to come up with dozens of yeast breads and quick breads, rolls and muffins, crackers, and more for those who would otherwise be deprived of their "daily bread." Most of these recipes can be made either in a bread machine or by hand, and many are suitable for those with other allergies or dietary needs as well. Strongly recommended.

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A breakthrough bread book by the unchallenged expert in gluten-free and wheat-free cooking.

In Bette Hagman's three earlier cookbooks, she worked with gluten-free flours that are safe for celiacs (those who are intolerant to gluten) and for those with wheat allergies, to create recipes that actually taste good. Knowing from her own hard-won experience that bread is the greatest loss for the wheat, oats, rye, or barley intolerant, she has experimented with exciting new bean-based flours and now devotes an entire book to breads. Here are yeast breads, yeast-free breads, muffins, rolls, buns, breakfast breads, and crackers—a veritable cornucopia to be made in the oven or the bread machine for people who cannot buy breads at a bakery or supermarket but must rely on their own kitchens to provide the staff of life.

Along with dozens of great recipes comes a medical foreword by Peter H. R. Green, M.D., of the College of Physicians and Surgeons of Columbia University; a beginner's guide to understanding and cooking with gluten-free flours; answers to commonly asked questions about baking with these flours; and a source list of where to buy gluten-free baking supplies. The Gluten-Free Gourmet Bakes Bread joins Hagman's three previous books, each recognized as the best in this special diet category.

- Sales Rank: #264364 in Books
- Color: Brown
- Published on: 2000-10-01
- Released on: 2000-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.15" h x .80" w x 7.30" l, 1.16 pounds
- Binding: Paperback
- 304 pages

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Review

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Most helpful customer reviews

5 of 5 people found the following review helpful.

BUY THIS BOOK if you want to make awesome GF yeast breads

By mythumpa

Ok, bear with me for some history if you will.

I have 2 fave GF authors, one of whom gave me that first eye-opening muffin recipe. I had no idea there was baking without wheat, and handing that first muffin to my treat-deprived-for-months hubby and seeing his expression as he bit into it, was truly priceless. The other author gave me the best quick breads and cakes, which I freely adapt by substituting applesauce for much of the butter, and sugar substitute for much of the sugar, and they are still comparable to wheat.

But... but. Neither of these gave me a yeast bread that worked for me. Sad misshapen piles of dough that would not respond no matter how expensive the commercial flour mix was. Doorstops, sliced thin and toasted with a lot of melted cheese, that hubby gamely tried to eat. They ended up on the compost pile where they rotted, since even the birds knew better.

I bought this book because it was well reviewed and cheap, and I was getting desperate. I was not hopeful, though, because in the excerpt, the author recommends bean flours to add rise and nutrition, and I cannot tolerate the smell and flavor of garbanzo flour. However, I was seduced by her frequent use of the word "springy" to describe her loaves; this soft resilient texture has been noticeably absent from all my GF attempts. She also repeated a promise of non-crumby slices; another selling point since all my GF yeast breads were sadly determined to fall apart at the approach of a hand or knife.

The book arrived and I spent some quality time familiarizing myself with it. The most promising flour mix called for Garfava flour, which was out. I substituted half brown rice and half white rice flour for the garfava. I didn't have Egg Replacer, so left it out; the author said that was ok since it's really a dough enhancer like vinegar but has some yeast, minerals, etc in addition to acetic acid to help the rise. (Edit: Using 1/6 part of white bean flour helped the rise and texture of my breads, especially keeping them from settling. The smell is bad, but dissipates once baked. In a later batch I used the egg replacer, which helped also., So the 4 flour bean mix is best, and best mixed as described though you can leave out the gelatin.)

Ok, I had a flour mix. I tried two recipes, the basic bread (to which I added onion powder and a handful of sharp cheese) and the basic yogurt bread, cinnamon raisin variation. The first was mixed and went into a regular glass loaf pan, the second went into a glass casserole dish, both covered with wrap and left on my stove. The cheese bread rose nicely but slowly and went in to bake; the raisin bread (sitting on top of the stove) popped up beautifully after I started the oven. One GF blogger has said that pans make a huge difference in GF yeast bread success, but I saw no difference between the ones I used.

Of course I couldn't wait for the breads to cool; I immediately cut a slice when they came out. It was an epic OMG moment - this bread was springy, moist, FABULOUS. Without comment I handed a cheese bread slice to my hubby; his eyes widened and he said "This tastes like potato bread. It's the best you've made in years."

The next day the breads are still soft, springy, non-crumblly. Both breads sliced easily, tasted great and were closer to wheat bread than anything I've made since we went GF. Hubby had a turkey and cheese sandwich that afternoon; his first in almost 2 years. Bette Hagman is my GF yeast bread guru; I am excited about bread-making again!

Here's what else you need to know. There are 200 recipes here, classic to exotic (amaranth and quinoa, even) and you should be able to find many that suit your taste. You will use 2-3 times more tapioca starch and corn starch than flours (up to 4 cups each for a small batch; that's a 24 oz bag almost), so buy accordingly. If you are just starting out GF, expect to spend a bit on ingredients, maybe up to \$200; buy bulk on Amazon! Get a big bowl to make up the mix in; it takes up a lot of space and you need to mix it well. And be prepared to store this lovely mix somewhere cool, dry and dark. By all means try the bean flour in a small batch; some folks aren't put off by the smell and the nutrition you gain is worth the effort. Be sure you spray the tops well with some sort of oil when you prep for rise as the batter is sticky and will stick to the wrap if it possibly can. Watch your rise; if you let it over-rise it will lack oven spring, and will crumple when it cools (Bette tells you what to look for). If you've made breads with wheat before, forget what you know; most of it will hinder your success with GF. You should keep the breads out of the fridge (they dry out), so only cook what you can eat in a couple of days. It's soft and moist, and will mold quickly. Last but not least, when you do have a forgotten loaf end or brownies that get hard and too dry to eat, crumble, dry in a warm oven then pulse in the food processor; voila, GF bread crumbs for cooking and cookie crumbs for pie crusts. This stuff is far too expensive to waste!

Now, go buy this book and get back your yeast breads.

4 of 4 people found the following review helpful.

Real bread, at last

By casual gourmet

Stunned by the price of gluten free breads at my local stores, disappointed by the cardboard texture and tiny size, I set out to make bread on my own. How hard could it be? I'm a seasoned whole wheat bread maker after all, and I love spending time in the kitchen whenever I can. Well, all of the recipes I tried on-line were failures. For all the celiacs out there, you know what I'm talking about - the bread falls apart with the first crumbly bite or sticks to the top of your mouth because it's so horribly dense. And forget about making a sandwich with it - none of them rise high to be able to fit a slice of cheese on it.

I decided to bite the bullet and buy a gluten free recipe book and am I ever pleased to have chosen this book! With Bette Hagman's recipes, I was able to make bread that tasted like, well, bread! Bread with a springy texture, that rose high enough to produce a loaf that could be sliced for sandwiches, and which didn't crumble to pieces in my lap.

I didn't give this book 5 stars because I've had problems with the recipes and some of them I just don't like. I've ended up with bread that has a "cap" on it - a huge empty space between the top of the loaf and the body of the loaf. She mentions this in her book and has troubleshooting tips but I haven't been able to fix this problem yet. There are a few recipes that I also didn't like, such as her foccacia recipe - it has an overpowering taste of eggs. The pita bread was hard and dense. The french bread is very, very dense but tastes good. The hamburger buns turn out tasting more like crumpets and they don't rise very high. The pizza crusts are a bit too chewy for me. Despite all that, her formulas actually produce, for the most part, a

delicious tasting bread with a great consistency and I have found my favorite: "flaxseed bean bread, egg and lactose free". It always works for me. The zucchini cheese bread and the dinner rolls are pretty darn good too.

She has 4 flour blends that you can make to keep on hand for her recipes and she includes a nutritional comparison of many gluten free flours to wheat (I like that the garfava that she touts has twice as much protein and fibre than wheat flour). This has made it easier and cheaper for me - I only have to purchase 4 gluten free flours to keep on hand.

There are so many recipes in here that I look forward to trying! Like the ricotta waffles, english muffins, quinoa bread and especially the sourdough.

Bottom line: it's a book that's not perfect but with a little perseverance you'll find some recipes that work well and taste really, really good!

2 of 2 people found the following review helpful.

Awesome if you like "white bread" feel

By Mathgod

If fluffiness and lightness are your ultimate goals when baking bread, this is the book for you. The recipes are easy to follow for a novice bread maker. I have baked bread for years so I often go a little off the beaten path and have included some notes and recommendations below for you more adventurous types.

Most of the recipes are set up like bread machine recipes and have 3 sizes. I don't own a machine anymore so I follow the hand baking instructions with no problem. A medium recipe will make a super high, super big 9x5 loaf. The large recipe make 2 smaller loaves. I find the smaller loaves to be easier to handle.

If you haven't done much bread making before I would get an instant read thermometer for any hand baking because you want your liquids to be around 110 F and the bread is done when the inside of the loaf is about 205 F.

If hand baking, be sure to score the bread lengthwise down the center right before putting it in the oven. This will help avoid huge air bubbles in the bread. I also brush the top of the loaf with oil (coconut, canola, or vegetable) before I let it rise so it does not stick to the plastic wrap I cover it with.

ALSO, cover the bread with tin foil after about 10 minutes of baking so your loaf does not get too brown.

I have started experimenting with subbing most of the "flours" (as opposed to the starch") in the mixes and recipes with whole grain flour like quinoa, millet, teff, buckwheat, brown rice, etc to get a little more nutrition and the results have been just as nice. I also add 1/4 cup of flax meal. (Slightly lower rise, but still incredible for GF bread.)

For fun, I have used coconut flour and coconut oil for a tasty treat. Even added a handful of shredded coconut once. MMMM! Since coconut oil hardens around 78 degrees, I melt it in a cup of the warmed water.

I have been using the sourdough starter with great results. I recommend leaving the lid off of the starter (as long as it is not fly season) when out of the fridge so that it can capture some of the wild yeasts in the air. This makes it more probiotic.

I do NOT use butter milk powder, egg replacer, dry milk powder, rye flavor powder, etc. and have not

missed them. I also do not use commercial dough enhancer which I found out is just Soy Lechitan, ground ginger, and vinegar granules. Instead I add 1 tsp of ginger and 1 tsp of apple cider vinegar to the dough. Don't worry, the ginger flavor does not come through in the bread. Just make sure the batter is the right consistency.

Happy Baking

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