

From Quick Breads
to Yeast Breads

An Introduction to
Whole Grain Baking
... with
Blender Batter Baking
& The Two-Stage Process



SUE GREGG

SueGreggCookbooks

PUBLICATIONS BY SUE GREGG

Sue Gregg Cookbooks

Main Dishes, 3rd edition
Soups & Muffins, 2nd edition
Meals in Minutes, 4th edition
Lunches & Snacks, 3rd edition
Breakfasts, 3rd edition
Desserts, 2nd edition
Master Index & Menu Planner

Holiday Menus
The Creative Recipe Organizer
Four Food Storage Plans

Будте здоровы! *Recipes with Nutrition Basics
for Russian and Russian-speaking families*

Curriculum

Taste & Tell
Cooking with Children
Baking with Whole Grains

Published and distributed by

Sue Gregg Cookbooks

8830 Glencoe Drive
Riverside, California 92503-2135
www.suegregg.com 951.687.5491

An Introduction to Whole Grain Baking

© 2007 by Rich & Sue Gregg
ISBN 1-878272-20-9
Printed April 2007

All rights reserved. No part of this book may be copied or reproduced in any form without the written consent of the publishers.

All scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

Contents

Introduction	2
Getting Started	3
Grain Wonders	39
Quick Breads	79
Yeast Breads	117
Living Bread	166
Index	169
Cut-Out Tabs	173

Introduction

Whole grains are a wonderful gift from God, both for our health and our enjoyment. No food seems to touch the heart more than a hearty tasty bread. Regardless of inroads of high protein or other low-carb diets, bread has a very long history. It is here to stay. But we have lessons to learn in its proper preparation. I have dreamed about writing this book for some time. Finally, it has become a reality. With the growing awareness to properly process whole grains to release more nutrients and improve digestability, I have been prompted to offer this book, incorporating the *two-stage process* into whole grain baking, my own coined term for any one of the three preparation methods: soaking, sprouting, or fermenting.

As the title suggests, this book is an introduction. It is not intended to be an in-depth presentation of the subject from every angle nor to include all of my whole grain recipes. Rather, it is intended to give you the basics for whole grain baking with the two-stage process, both for quick breads and for yeast breads. Thus, key recipes of both types are introduced. An important purpose of this introduction is to teach adapting the process to all whole grain recipes, whether found in my other cookbooks, other wholefoods cookbooks or among your own favorites. This book will provide the basics of what you need to become proficient in two-stage baking.

Not everyone involved in working with whole grains believes that the two-stage process is essential. I recommend you begin by reading *Understanding the Two-Stage Process* and *Evaluating the Importance of the Two-Stage Process*, pp. 12-14.

This book has grown out of our *Baking with Whole Grains* semester course for high school home schoolers. As a result, **An Introduction to Whole Grain Baking** replaces **Breakfasts** as the text for that course. It also stands alone, however, as an introductory cookbook in whole grain baking for all ages. The accompanying *PowerPoint* CD provides over 30 step-by-step demonstrations so that you may see clearly how to prepare the recipes. The close-up color photos will bring the recipe steps to life. The slide format is deliberate, allowing you to go your own pace through a demonstration, pausing at, returning to, and reviewing steps as you find a need. It also acts as a "mother's helper" in teaching children and a "leader's helper" in teaching small groups a foods class in whole grain baking.

Please be aware that this introduction does not cover recipes in the desserts category such as as cookies, cakes, or pie crusts.

Getting Started

*She is like the merchant ships, bringing her food from afar.
Proverbs 31:14*

Getting Started Contents

Should We Eat Grains?	5
Quick Shopping Guide for Quality Ingredients	6
Equipment Check List	10
Understanding the Two-Stage Process	12
Evaluating the Importance of The Two-Stage Process	13
Liquids for Baking	15
<i>Coconut Milk for Baking</i>	16
<i>Almond Milk for Baking</i>	16
Eggs	17
Whole Grains	17
Fats	18
Butter	18
Coconut Oil	18
Olive Oil	19
What about Canola Oil?	20
Sweeteners	21
Honey	21
Sucanat	23
What Happened to Crystalline Fructose?	24
What About Xylitol?	24
Leavenings	25
Homemade Baking Powders	26
Spices & Flavorings	28
Salt	29
Nuts & Seeds	30
The Wonder of Flax Seeds	30
<i>Flaxseed Egg Alternative</i>	31
Allergy Alternatives	32
Measuring Techniques	33
Accuracy, Convenience & Safety Habits for Recipe Preparation	35
<i>Getting Started Bibliography</i>	38



Should We Eat Grains?

Several leading nutritionists are cautioning the consumption of whole grains. There may be reasons for this in the lives of individuals with particular health needs. In general, however, taking grains out of the diet over the long term overlooks the historical grain food foundation of many cultures. Rather, a better approach includes selecting grains according to individual needs, preparing them by a two-stage process, and balancing them appropriately in menus.

Bread has traditionally been regarded as *the staff of life* for a reason. Bread and meat were the staples of the biblical levitical diet in the Old Testament. God sent ravens to Elijah morning and evening for a season to bring him bread and meat to strengthen him for the task ahead of him. During a famine he sent Elijah to the widow of Zeraphath who sustained herself, her child, and Elijah on bread alone. God sent Joseph to Egypt to store up grain for a 7-year famine. The Egyptians traded livestock for grain during this famine. Jesus fed the 5000 with a boy's lunch of two fish and five loaves of barley bread. Our resurrected Lord served his disciples a breakfast of bread and fish on the beach. What are we to conclude from this biblical evidence? Was our Creator God ignorant about the dangers of grain, or somehow so spiritually minded, that he doesn't care about the health of our bodies? *Psalms 65:9* makes it clear that grain is a God-given gift. Every good and perfect gift comes down from the Father of lights (*James 1:17*). Take cautiously what the modern health gurus say about grains and learn to think biblically (i.e. from a Christian perspective) about the foods we are given to prepare and enjoy. See also "Grains & Bread in the Bible," p. 77.

God has provided grains as a wonderful resource for our health, as well as our enjoyment, but we must manage them through the progressive discovery of how to select and prepare them (see *Genesis 1:29* and *Proverbs 25:2*). This is what this book seeks to do in the baking of breads. There is much to learn and we undoubtedly still do not have all the information. But let the lessons and recipes of this book be a good start for you. It is divided into 4 sections: *Getting Started*, *Grain Wonders*, *Quick Breads*, and *Yeast Breads*. For a quick reference to the contents of each section, attach the tabs (p. 173) to the section pages. *Getting Started* and *Grain Wonders* applies to both quick breads and yeast breads. The latter two sections focus on procedures and recipes specific to each type.

Understanding the Two-Stage Process

Maximizing the Nutritional Value of Whole Grains

Just because you've switched from white flour to whole grains does not mean that you are getting all the nutritional value. In fact you may also experience new problems with digestion and assimilation. That is because whole grains contain phytic acid in the bran of the grain. Phytic acid combines with key minerals, especially calcium, magnesium, copper, iron, and zinc and prevents their absorption in the intestinal tract.

Soaking, fermenting, or sprouting the grain before cooking or baking will neutralize a large portion of the phytic acid, releasing these nutrients for absorption. This process allows enzymes, lactobacilli, and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins, and difficult-to-digest proteins including gluten. For many, this may lessen their sensitivity or allergic reactions to particular grains. Everyone will benefit, nevertheless, from the release of nutrients and greater ease of digestion.

The first stage of preparation in making baked recipes by the soaking method is to soak the whole grain flour in an acid medium. In quick breads this is usually a cultured milk such as kefir, plain yogurt, sour raw milk, or buttermilk. A small amount of vinegar, whey,¹ or lemon juice is added when the primary liquid in the recipe is either water,² sweet raw milk, or almond or coconut milk.

As little as 7 hours soaking will neutralize a large portion of the phytic acid in grains. Twelve to 24 hours is even better with 24 hours yielding the best results. Brown rice, buckwheat, and millet are more easily digested because they contain lower amounts of phytates than other grains, so 7 hours soaking is sufficient. Other grains, particularly oats, highest in phytates of the whole grains, are best soaked up to 24 hours.

There are two other advantages of the two-stage process. Several hours of soaking serves to soften the grain, resulting in baked goods lighter in texture, closer to the texture of white flour. This is especially helpful when making blender batters, where the initial blending may not smooth out the grain as much as desired. Secondly, this is a great step in convenience, dividing the task into two shorter time periods. It cuts the time needed to prepare the recipe

¹Yogurt usually separates somewhat once opened or even before opening, leaving some liquid on top. This is whey. To make a quantity of whey from yogurt, see the demonstration CD; it may be frozen in 2 tbsps. portions. ²An acid medium is given as optional in the flatbread recipes (*Blender Crepes* and *Torillas or Chapatis*); see p. 14.

right before cooking and baking when you feel rushed to get food on the table. Doing food preparation tasks in advance is a great convenience facilitator. The two-stage process fits right in.

I believe that, in addition to enhancing nutritional value, the two-stage process may minimize the sensitivity to whole grains that many people frequently experience. As

...this is a great step in convenience, dividing the task into two shorter time periods, cutting the time needed to prepare the recipe right before cooking and baking when you feel rushed to get food on the table. Doing food preparation tasks in advance is a great convenience facilitator. The two-stage process fits right in.

Sally Fallon and Mary Enig, PhD point out, "...virtually all preindustrialized peoples soaked or fermented their grains before making them into porridge, breads, cakes and casseroles." (*Nourishing Traditions* p. 452).

Many are overwhelmed by the thought of doing the two-stage process. This is because it is a *paradigm shift*, something completely foreign to our normal way of doing things. For decades it has never been part of cookbooks with whole grain recipes. Thus a variety of questions arise, such as, "Do I soak the grain and then grind it? Do I grind the flour and then soak it? How will I use the soaked flour or grain in the recipe?" etc. Instead of worrying about how to do it, just follow the recipes in this book, step-by-step. As you become familiar with the basic two-stage preparation for either a quick bread or yeast bread, you will easily learn how to adapt it to any recipe that does not follow two-stage preparation. The only time that separate preparation is needed is when the method used is sprouting the grain. There are some wonderful advantages in using sprouted grain. I have introduced it in the *Yeast Breads* section. Sprouted grain can be used in both quick and yeast breads.

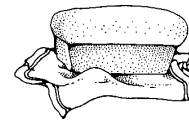
Evaluating the Importance of the Two-Stage Process

While the whole truth is probably not yet known (recall *Proverbs* 25:2), phytates also have promising benefits. Research shows that they may be involved in curbing free radicals in the body that contribute to heart disease and cancers, as well as preventing excessive mineral build up in the body, especially of iron, which also contributes to free radical formation. It is thought that it may be the phytates in the bran layers of whole grains, in legumes, and in nuts and seeds that are providing these protections. However, I question the fear of excessive mineral buildup when real whole foods are consumed.

The value of phytates does not warrant ignoring the value of the two-stage process. First of all, neutralizing phytic acid to release nutrients bound up in the form of phytates is not 100% accomplished except under ideal conditions of temperature and pH. These conditions cannot be easily achieved in home baking. Perhaps they are best achieved in making sourdough breads, a time-honored practice for millenia. Second, take a realistic look at your habits. Home baking notwithstanding, commercial whole grain products not processed by a two-stage process will find their way to our tables (as whole grain pastas, commercially purchased breads, e.g.). Likewise, only the most dedicated will do the two-stage process with every recipe. Stop worrying that you will ruin the benefits of phytates by using the two-stage process. Many more people lack essential minerals and have difficulty with the digestion of gluten in grains. The two-stage process, therefore, plays a valuable role in baking with whole grains.

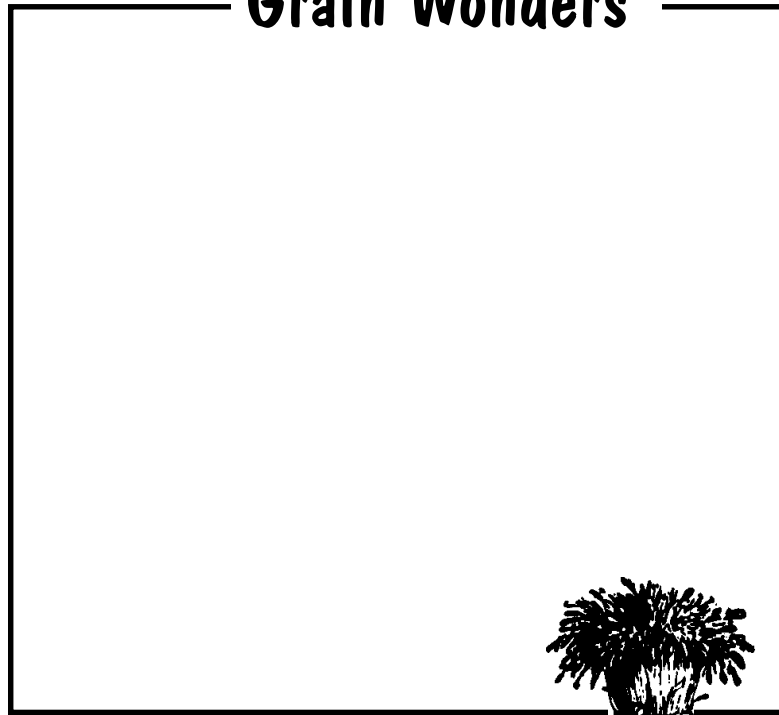
Kaayla T. Daniel, PhD, CNN, author of *The Whole Soy Story*, points to the Hebrews as an example of consuming both leavened and unleavened bread. The former, which was produced through the fermentation process from wild yeasts, was practiced most of the time. The latter, unleavened bread, was part of the the Hebrew preparation for Passover in early spring (see also p. 113), "a natural time for fasting, a practice that encourages detoxification." Daniel suggests that these yearly short periods "might have been a very effective way to rid the body of any heavy metals through the action of phytic acid." On the other hand, she reminds us that "decades of research on the phytates of real foods have shown that phytates are antinutrients--more likely to contribute to disease than prevent it."¹

I suggest that occasional or even short periods of consuming of whole grains that are not processed by one of the three two-stage methods (soaking, fermenting, sprouting) is not likely detrimental to health and may contribute a plus,² while those that are properly processed as the main dietary choice will be greatly beneficial to health.



¹*The Whole Soy Story*, by Kaayla T. Daniel, PhD, CNN, Chapter 17, "Phytates ties that bind," pp. 221, 224, quotes by permission. ²For this reason, I have made the two stage process optional for the two flatbread recipes, *Blender Crepes* and *Tortillas or Chapatis*. However, to many gluten-sensitive and grain-allergic persons, the two-stage process may be beneficial on a basically consistent basis. See also, "Against the Grain-The Case for Rejecting or Respecting the Staff of Life" by Katherine Czapp, *Wise Traditions*, Summer 2006: <http://www.westonaprice.org/moderndiseases/gluten-intolerance.html>

Grain Wonders



*...the valleys are mantled with grain;
they shout for joy and sing.
Psalm 65:13*



Grain Wonders Contents

Isaiah 28:23-29	41	Oats	61
Whatever Happened to Whole Grains?	42	Brown Rice	63
A Little Fiber History	44	Barley	64
A Fiber Analysis	46	Rye	65
A Kernel of Truth	47	Millet	66
God's Grain Wonders	48	Triticale	67
Grains Have Protein!	50	Buckwheat	67
Grains are Low Fat!	51	Sorghum	68
A Summary of Baking Characteristics	52	Quinoa	68
Great Grains!	53	Amaranth	69
Wheat, King of Grains	53	Teff	70
Wheat Bran & Germ	54	Wild Rice	70
Hard Red Winter & Spring Wheats	54	All Grains are Low Cost!	71
Hard White Spring Wheat	55	Whole Grain Storage & Care	73
Soft Spring Wheat	55	What About Whole Grain Flour?	74
Kamut® grain	56	The Value of a Grain Mill	75
Spelt	58	Grains & Bread in the Bible	77
Corn	59	Grain Wonders	78
		Bibliography	

Whatever Happened to Whole Grain?

We may not understand the way that ancient harvesting methods worked as mentioned in the Bible, yet it is clear from *Isaiah 28:23-29* that God had an ordered plan for producing and harvesting the food we eat and that plan was *magnificent in wisdom*. Surely God's plan was intended to produce health-giving grain for mankind's use!

For centuries the bread of peasants in Europe was a coarse, dark, and heavy loaf made of perhaps a little wheat and a quantity of rye or barley, or of barley and oats. For example, from the time of Charlemagne a bread even as hard as *Trencher Bread* was common in the European household. *Trencher* came from a French word referring to a wooden plate. This coarse square-cut flat bread was so hard it served as the plate shared between two people on which they placed their food!

Lay a clean trencher before you, and when your pottage is brought, take your spoon and eat quietly; and do not leave your spoon in the dish, I pray you. Lay salt honestly on your trencher, for that is courtesy. Do not put the meat off your trencher into the dish, but get a voider and empty it into that. Do not play with the spoon, or your trencher, or your knife; but lead your life in cleanliness and honest manners. Heap not they trencher high with many morsels. . . *Advice to a Child*, 1500¹

It is little wonder that civilizations have attempted to produce breads more appealing in texture and color. Little progress was made in these attempts until the 19th century. Fine flour was expensive and thus limited to use by the wealthy before then. All this changed when Governor Washburn of Minnesota tasted his first white French roll at an exhibition in Paris in 1876.

Washburn returned to America and introduced the steel roller mill, an economical method of making white flour available. This flour stored well, traveled across the pioneer miles well, and baked into nice high light loaves of pleasant textured bread. What defined status for the wealthy now became accessible to all. Homemakers were thrilled and no one was the wiser for its nutritional bankruptcy.

When the Depression hit in the 1930's people relied more on inexpensive foods, including white bread. This resulted in a rampant spread of the Vitamin B-1 deficiency disease, beri beri. There were just not enough sustaining nutrients in white bread. Enrichment was thus introduced, adding three synthetic B-vitamins and iron to white flour.

¹Bailey, Adrian. *The Blessings of Bread*. Adrian Bailey. New York: Paddington Press LTD, 1975, p. 37.

But the full nutritional value of over thirty nutrients was not restored, nor was fiber loss even considered.

Enriched white flour products of all kinds have not only become entrenched in our society, but have rapidly spread throughout the world. The desire for convenience, ready availability, and familiarity of taste and preparation far outweigh awareness and concern for nutritional value--even for those who believe in God's magnificent wisdom. As a consequence, we have lost the *synergistic* value of whole grains, that is, nutrients of a whole food working together more effectively than when separated.

Let's consider, for example, the role of dietary fiber. Plant cell walls and properties associated with them make up the dietary fiber in foods. It has traditionally been termed *roughage* or *bulk*, although this doesn't describe soluble fibers very well. It is primarily non-digestible, but not all. The American diet, typically under 20 grams dietary fiber daily, falls far short of the need. In contrast, citizens of countries such as Africa, where dietary fiber averages 40-60 grams daily, do not suffer diseases and health conditions resulting from a deficiency of high fiber foods. While whole grains are not the highest fiber foods, small amounts do add up, making a significant contribution to meet the need. In addition, by studying "A Kernel of Truth," p. 47, you can see that the nutrient losses in white flour are significant. Most of this loss comes from the dietary fiber and wheat germ combined. Thus, more is lost from the absence of dietary fiber than the effective benefits of the fiber alone.

"A Fiber Analysis," p. 46 identifies the types and forms of fiber and what they do, at least according to what was discovered as the end of the 20th century approached. Upon reading "A Little Fiber History," pp. 44-45, you can expect more news to be added to the fiber puzzle beyond the year 2000. *Proverbs 25:2* is still relevant in the 21st century. For example, it is already being discovered that phytates, found in dietary fiber may provide some of the benefits, although this is not to diminish the importance of the "Two-Stage Process" (pp. 13-14).

I want you to appreciate the nutritional riches of whole grains. With tasty recipes you can be liberated from dependence on nutrient and fiber-depleted wheat flour, *one recipe at a time!*



Grains have Protein!

Dairy products compliment grain proteins to provide complete, highly usable protein.¹ For example milk and eggs with whole grain in muffins, waffles, French toast and other baked goods, milk served with breakfast cereals, and eggs served with whole grain toast, rolls, or biscuits. Legumes (dry beans) also compliment grain protein, such as Chili with Cornbread or including a portion of bean flour in yeast breads.



Protein Value of Grains by Weight

Kamut® grain	17.3%
triticale	17%
quinoa ²	16.2% - 20%
oats	14 - 16.7%
amaranth ²	15.7%
spelt	13.1 - 14.28%
wild rice	14%
wheat, hard spring (durum)	12 - 14%
wheat, hard spring/winter (bread)	12 - 14%
teff	12%
rye ²	12%
barley ²	10 - 12%
sorghum	11%
buckwheat ²	10 - 11%
millet ²	6 - 11%
wheat, soft (pastry)	9.1%
corn	9%
brown rice ²	7.5 - 9%

¹A complete protein includes all eight essential amino acids that the body cannot produce, in amounts that makes them highly usable protein.

²These grains contain higher amounts of *lysine*, the essential amino acid that is normally low in grains. The protein value of grains high in lysine is a more complete (usable) protein on its own, but all grain proteins are well utilized when served in the suggested food combinations listed above. If one were on a subsistence diet of grain only, the lysine content would become more significant (see e.g. high-lysine corn and millet, pp. 60, 66).

Grains are Low Fat!



All grains are low fat, high energy foods. Grains that are both higher in fat and protein than other grains are considered especially high energy foods.

Quality low fat foods are not better than quality high fat foods. They are just different; these differences allow balance in the daily diet.

Fat Value of Grains¹ (% of Calories)

oats	15.0%
amaranth	14.0%
quinoa	13.5%
triticale	12.0%
corn	10.5%
millet	8.2%
spelt	6.9%
barley	5.5%
Kamut® grain	6.6%
sorghum	8.0%
teff	4.5%
wheat	6.9%
buckwheat	6.4%
rye	5.9%
brown rice	4.7%
wild rice	1.8%

¹The fat in grains contain valuable *essential fatty acids* in a whole food package. In the 21st century, many nutritionists are gaining a higher appreciation for the role of quality fats, not only in a healthful diet, but for weight management as well. See Recommended Reading, p. 38.

A Summary of Baking Characteristics

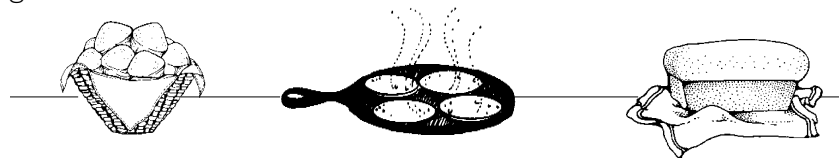
How whole grain flours act in baking depends mostly on the gluten content. High gluten grains, for example, are best for yeast bread recipes. The gluten, a protein part of the grain, develops elasticity as it is kneaded. This in turn traps the gas formed by the yeast as it grows and gives the bread its rise and lightness of texture. Gluten-free and low-gluten grains, therefore, do not produce light textured yeast breads, although a portion of the flour may consist of another grain or combination of grains (see *Yeast Breads* section).

Grains may be classified as having no gluten, low gluten or high gluten content:

Gluten-free grains	Low-gluten grains	High-gluten grains
brown rice corn millet amaranth quinoa sorghum	barley oats rye buckwheat triticale teff soft wheat (<i>pastry</i>)	hard red winter wheat hard spring wheat hard white wheat Kamut® grain spelt

Gluten flour, a commercial product made from white flour, is often added to make whole grain yeast breads lighter. I have never found this a necessity and discourage its use. Gluten flour is an unnecessary expense, costing ten times that of the whole wheat, even if only a small portion is needed. I don't even use it when combining wheat with other grains. Pleasing yeast breads can be made that are light enough without this addition. There also are enough people who have a problem with gluten without adding more of it to recipes. Rather, I believe it is best to develop a taste for denser breads. The measure of taste and texture quality is not in making whole grain breads match refined breads.

Quick breads are more easily adaptable to the use of grains with varying degrees of gluten content, although different results in texture will be achieved. Gluten development is not desirable in quick bread baking for lightness as it is in yeast bread baking. A wider range of grain options in quick breads is a boon for persons with grain allergies or gluten intolerance.



All Grains are Low Cost!

*Why spend money on what is not bread,
and your labor on what does not satisfy?
Listen, Listen to me, and eat what is good.
Isaiah 55:2*

Some grains do cost more than others, yet as a food group, grains are a low budget food item. The higher the proportion of grains to dairy and meats in the diet, the less costly meals will be, even when more expensive grains are included.

Comparative prices of certified organic grains, recorded below from SunOrganic Farm, 2006 prices (www.sunorganic.com), will give you some idea of grain costs. Note that bulk prices are lower cost per lb. than smaller packages.

GRAIN	1 lb.	3 lb.	25 lbs.
Rye Berries	1.95	2.95	15.00
Wheat, Pastry	1.95	2.95	16.00
Wheat, Hard Red Winter	1.95	2.95	16.50
Wheat, Hard Red Spring	1.95	2.95	17.50
Cornmeal, stoneground	1.95	3.25	17.50
Corn, whole kernel	1.95	3.25	18.50
Millet, hulled	1.95	3.35	24.50
Wheat, Hard White Spring	1.95	3.45	18.50
Barley, hulled	1.95	3.50	18.50
Buckwheat, sprouting	1.95	3.50	19.95
Oats, Rolled	1.95	3.50	21.00
Oat Groats	2.25	3.95	23.85
Kamut® grain	1.95	4.25	22.25
Brown Rice, Long/Short Grain	1.95	4.65	26.75
Triticale	2.25	4.85	29.50
Buckwheat, hullless	2.25	5.85	35.50
Spelt	2.25	5.65	32.50
Quinoa	2.75	7.35	43.50
Amaranth	3.50	9.35	49.50
Wild Rice	7.65	22.50	147.00

Translating cost into a recipe, e.g. *Blender Banana Muffins*, p. 108: 3 lbs. pastry wheat @ \$2.95 = about 8 cups grain. Divide 8 cups grain by 1½ cups per recipe = 6 recipes. Each recipe makes 14 muffins or 84 muffins for 6 recipes; \$2.95 divided by 84 muffins = \$.035 per muffin. The average cost of most whole grain muffin recipes is about \$.20 per muffin. The flour is less than 1/5 the total cost. Be aware, however that when mail ordering, the cost of shipping and handling must be added.

Quick Breads



*...establish the work of our hands for us--
yes, establish the work of our hands.
Psalm 90:17*

Quick Breads

Whole Grain Blender Magic!	81
Techniques & Tips for Quick Breads	85
Additional Tips for Coffee Cakes, Cornbread & Quick Loaf Breads	88
Biscuits & Scones	88
Waffles/Pancakes Making Tips	92
Grain Variety for Blender Waffles/Pancakes	95
Tips for Making Crepes	97
Making Muffins	105
Quick Bread Recipes Nutrient Information	116
QUICK BREAD RECIPES	
<i>Almond Coffee Cake</i>	89
<i>Blender Cornbread</i>	90
<i>Cornbread</i>	91
<i>Blender Waffles/Pancakes</i>	96
<i>Blender Crepes</i>	101
<i>Blender Banana Muffins</i>	108
<i>Banana Nut Muffins</i>	109
<i>Cinnamon Scones</i>	110
<i>Hearty Biscuits</i>	111
<i>Tortillas or Chapatis</i>	112
<i>Pumpkin Bread</i>	114
<i>Zucchini Bread</i>	115
FILLINGS & TOPPING RECIPES	102
<i>Cottage Filled Fruit Crepes</i>	102
<i>Fresh Berry Topping</i>	103
<i>Mixed Berry Topping</i>	103
<i>Whipped Cream</i>	103
<i>Fresh Apple Topping</i>	104
<i>Dried Apple Topping</i>	104



Whole Grain Blender Magic!

With my blender, I have always been able to grind rolled oats and tiny grains such as millet, quinoa, amaranth, and teff into flour, to coarsely grind cornmeal from whole corn (this takes a sturdy blender), and to unevenly crack most other whole grains for hot cereal. Then a neighbor shared a whole wheat pancake recipe with me that called for adding the grain, *whole and raw*, to the liquid ingredients in the blender. The high speed blending action of the blender completely "milled" the grain.

The result was incredible! Instead of making whole wheat pancakes, however, I converted my recipe for kamut-oat waffles to the blender procedure, using 1 egg to replace my usual 3 egg yolks + 3 beaten egg whites. These blender waffles were the lightest, most tender I had ever made. Why hadn't I thought of this fifteen years earlier? Convinced this blender process was working, I started experimenting with more waffle/pancake recipes, muffins, coffee cakes, crepes, and cornbread. They all turned out successfully, using all kinds of grains, except instant or parboiled brown rice.

What's most exciting about this is that most households have blenders and they are not expensive. To do many recipes with whole grains you don't have to have a grain mill. This is the ultimate in convenience --requiring less than 15 minutes of your time to get the blender process going and completed, even with the two-stage process. What could be easier?

Now there are limitations to this. There must be enough liquid in proportion to the grain to keep the blender churning for 3 minutes to grind the grain without putting excessive stress on the blender. This is why I call it *blender batter baking*. Any batter recipe with a ratio of about 1 cup grain to 1-1¼ cups combined liquid ingredients usually works. The steps are simple and virtually the same for any blender batter recipe. The details follow the summary of steps below.

Summary of Steps

1. Blend liquids and grain on high speed 3 - 5 minutes.
2. Cover blender and let stand several hours.
3. Add egg and reblend 1 - 3 minutes.
4. Add leavenings, salt, spices; blend just to mix.
5. Fold in nuts, etc.
6. Pour into pan or pans and bake.

Steps in Detail

1. Put all the liquid ingredients (except egg) with grain *whole and raw* (not flour) in the blender. Put liquids in first, followed by the grain.
2. Blend on highest speed 3 - 5 minutes. As the batter blends, it will thicken because the grain is being ground into flour. Sometimes a bubble will form over the blades and stop the churning. The churning creates a *vortex*. Keep the vortex going. If the vortex disappears, slowing or changing the blender speed will help to get the batter churning again. If necessary, add a bit more liquid. Do not worry if you still feel grit in the batter from not-quite-ground grain. It will have a second chance in the second blending stage.
3. Cover blender, unplug it and let stand at room temperature 7 hours or 12 - 24 hours depending on the grain (see p. 12). I have been asked the question: "won't the milk spoil?" The answer is no. The reason is that the milk is cultured either naturally or by adding vinegar to sour it. It is only sweet milk that could spoil, especially in hot weather. And it is not good to leave eggs at room temperature, which is the reason we save them for the second stage of blending.

Another question I have often been asked: "Won't the blended grain lose nutritional value standing at room temperature for several hours?" Use your logic here. The grain is not directly exposed dry to the air. Secondly, neutralizing the phytic acid is releasing nutrients that will make them available to the body when digested. Two contradictory processes are not going on at the same time.

4. Add egg and reblend about 1 - 3 minutes. This normally completes the grinding of the grain. Change blender speed as needed as in step #2 above to keep the vortex going. Add a bit extra liquid, if needed. Feel batter between fingers. If grit remains, you can blend 2 or 3 minutes longer. Beyond that, the grain is probably as smooth as it's going to get. But don't worry, because the grain has already soaked and softened to become edible and nutritious when baked.
5. Blend or thoroughly stir in leavening and spices (baking powder, soda, salt, cinnamon, etc) just before baking and just until mixed in. Stir these through a small strainer into a small bowl or container with a measuring spoon as you are measuring them. This will take out any lumps. Even though a powerful blender will do this, it is a good practice to follow. I usually include the spices in this process for the sake of convenience, even though they don't need sifting. I do this measuring and sifting in the first stage of recipe preparation. Then they are immediately ready to add to the batter in the second stage when you want to save last minute time.

If the blender does not immediately churn when you add the leavenings, don't add more liquid. Just help the blender out by folding them in with a rubber spatula.

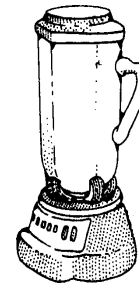
6. Fold in any ingredients such as nuts just before baking without delay. Chopped nuts soaked for 7 hours will improve digestibility and nutrition (see p. 30). Drain and rinse them well before adding leavenings to a recipe.
7. Pour into baking pan or pans and bake. When you start the final mixing of the second stage, preheat the oven and grease the pans.

All these basic steps are written into the recipes, but not all the details. Review these as often as you need to. You will be surprised how fast you will learn and therefore not need to read these details every time.

I can't begin to tell you how easy it is to use the blender method with whole grains for batter recipes. I love it and use it wherever possible even though I have a grain mill. Just remember, you are not going to be making any yeast loaf breads, biscuits, or cookie doughs in your blender! Quick loaf breads and even some muffin recipes will not have enough liquid for the blender method. So if you adapt recipes other than those in this book to the blender, do take care to follow the guidelines given here.

A WORD ABOUT BLENDERS

Generally a blender that crushes ice cubes is acceptable for the blender recipes. Most do. Be cautious if using an old or dull-bladed blender. Turn off a motor that stalls or begins to smell hot and give it a rest. If your blender isn't adequate, this method is worth a new blender for \$30-\$40. Two blenders suitable for blender batters in this cost range are the 450 watt, 12 or 16 speed *Oster* or 525 watt, 5 speed *Braun*. The *Oster* has a slight edge over the *Braun* with its metal gear, which is not as much at risk of cracking through repeated use. On the other hand, the *Braun* has a higher wattage which is an additional advantage. More heavy-duty blenders, of course, such as a *Vita-Mix*, a *Bosch* blender or *DLX* blender are ideal. Be aware that you may need to cut the blending time when using a *Vita-Mix*.



Do not double recipes in a blender! When you add the leavenings you may get a volcanic eruption over the top of the blender. On the other hand, some heavy duty machines have larger capacity blender bowls. You will need to experiment since whole grain blender batters do require more power to blend; less batter in the bowl can ease this process.

Almond Coffee Cake

Our most often served blender coffee cake. See pp. 81-83 for blender tips and pp. 85-88 for additional tips. To mix by hand with flour see p. 84 and use **2 cups whole wheat pastry flour or Kamut® grain flour, 2¼ cups barley flour or brown rice flour, or 2½ cups spelt flour.**

AMOUNT: 11" or 11.5" x 8" Pan (recommended, p.88)

Bake: 325°F (165°C) - 30 to 40 minutes

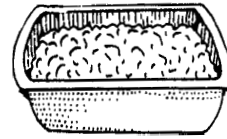
STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature several hours (p. 12):
 - 1 cup cultured milk or non-dairy alternative** (p. 6)
 - ¼ cup melted butter or olive oil** (p. 7; or add melted coconut oil in step 6 below; see p. 19)
 - ¾ cup honey** (p. 9; warm slightly if not easily pourable)
 - grain choice (not flour): 1⅓ cups whole wheat pastry berries or 1½ cups spelt, Kamut® grain or brown rice or 1¼ cups hulled barley**
2. For **topping** blend together in order given with a fork except nuts; soak nuts in salted water overnight (p. 30); set aside:
 - 2 tablespoons melted butter** (unsalted preferred, p. 7)
 - 2 tablespoons Sucanat or Rapadura** (p. 9)
 - ½ cup uncooked rolled oats**
 - (with kamut only) 1 teaspoon cinnamon**
 - ½ cup sliced or chopped almonds**
3. Sift through small strainer into a small bowl; set aside:
 - 1 teaspoons baking powder** (p. 8)
 - 1 teaspoon baking soda** (p. 8)
 - ½ teaspoon salt, to taste** (p. 9)
 - 2 teaspoons cinnamon (omit with kamut)**
 - ¼ teaspoon ginger**

STAGE 2

4. Preheat oven and grease baking pan (p. 82).
5. Drain and rinse almonds well; stir into other topping ingredients.
6. Just before baking, add eggs and blend on highest speed for 1 - 3 minutes; briefly blend in leavening, salt and spices just to mix in evenly:
 - 2 eggs or alternative** (p. 7)
 - leavenings, salt and spices** (from step 3)
7. Pour batter into baking pan. Distribute **topping** evenly over top with fingers, pressing it slightly into batter with a fork. Bake at 325°F (165°C) for 30 - 40 minutes or until knife or toothpick comes clean out of center of cake. Serve cake hot or cold.

Blender Cornbread



A popular quick bread and so easy to make with whole dry corn or a blend of corn and another grain in the blender. See pp. 81-83 for blender tips and pp. 85-88 for additional tips. To mix by hand with flour, see recipe, p. 91.

AMOUNT: 8" Square Baking Pan (recommended, p.87)

Bake: 325° (165°C) - 25 to 35 minutes

STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender (expect batter to be gritty); let stand at room temperature 12 - 24 hours (p. 12):

1 cup cultured milk or non-dairy alternative (p. 6)

¼ cup melted butter or extra virgin olive oil (p. 7)

3 tablespoons maple syrup or honey (p. 9)

⅔ cup whole kernel dry corn (p. 7)

⅔ cup additional whole kernel dry corn

or ⅔ cup whole wheat pastry grain

or ¾ cup Kamut® grain

2. Sift through small strainer into a small bowl; set aside:

1½ teaspoons baking powder (p. 8)

½ teaspoon baking soda (p. 8)

1 teaspoon salt (p. 9)

STAGE 2

3. Preheat oven to 325°F (165°C) and grease pan (p. 82).
4. Just before baking, add eggs and blend on highest speed for 1-3 minutes; briefly blend in leavening and salt just to mix in evenly:
2 eggs or alternative (p. 7)
leavenings and salt (from step 2)
5. Pour batter immediately into greased baking pan.
Bake at 325°F (165°C) for 25 - 35 minutes or until knife comes clean out of center.¹

¹Sometimes my cornbread rises well. Sometimes it hardly rises at all. Who knows why? Maybe it is the liveliness of the leavening. But I don't worry about it because it always tastes good either way!

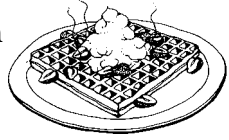
Toasty Cornbread

Great for leftover cornbread! Split cornbread pieces in half. Spread each half with butter and toast buttered side down on griddle.

Waffle/Pancake Making Tips

Become an expert in whole grain waffle/pancake making in no time with the following steps:

1. Use the recipe for *Blender Waffles/Pancakes*, p. 96.
2. Acquaint yourself with *Whole Grain Blender Magic*, pp. 81-83.
3. Take advantage of the additional tips below.

- **Waffle iron** Waffle irons are problematic. Belgian waffle irons, 7" in diameter, make the best whole grain waffles, but all modern irons have a non-stick finish that is suspect of releasing toxic compounds at high heat. An alternative is Rome's Cast Iron Waffle Iron (<http://www.wisementrading.com/outdoorcooking/castiron.htm>). The cost with shipping at the time of this writing is under \$25. It is non-electric, made for stove top burner, and makes 6½" waffles. The grid is very shallow. It comes with its own seasoning instructions.
- 
- **Griddle** A cast iron griddle is the best! It is great to have one that fits over two burners. You can season your griddle in advance to minimize greasing when baking (see seasoning a crepe pan, p. 98).
 - **Grain** Since practically any whole grain or grain combination works great in this recipe, minimize the use of wheat. Wheat makes waffles and pancakes heavier than any other grain, and is used in many other recipes where a wide variety of grains don't work well. This is your opportunity to use variety (see p. 95) and also to meet allergy needs. With experimentation you will discover what grains you like best. My personal favorite is a combination of kamut and oats.
 - **Liquid** Cultured or soured milk will make the lightest waffles. I use yogurt thinned to the consistency of buttermilk, or 1 cup yogurt + ½ cup water for 1½ cups cultured milk. See alternative choices, pp. 15-16. Keep the batter quite pourable--better thin than too thick. A vortex (large hole in the center of churning batter) insures best consistency for waffle batter. Adjust batter consistency to your preference. You may want your batter thicker for pancakes. To substitute juice, stay away from those with high sugar content, e.g. strawberry, that will cause the batter to stick in the waffle iron. Apple or orange juice are fairly safe. Nutritionally, however, I believe nut milks such as almond or coconut milk are better non-dairy alternatives to juice (recipes, p. 16). Even unsweetened fruit juices are concentrated in sugar.
 - **Egg** The egg is optional so there is no need for a substitute, but we always use it. See p. 17 for more information on quality of eggs.

- **Oil Fat** is for crispy waffle lovers, but it also adds nutritional value if you add the right kind (see pp. 18-20). Fat also makes the waffles more golden brown. Nutritionally I recommend butter, coconut oil or extra virgin olive oil. If you omit the fat, special care must be taken to prepare the waffle iron or griddle so the batter does not stick (see Baking Waffles and Baking Pancakes, pp. 93, 94).
- **Vanilla Extract** Many waffle and pancake recipes call for a little sugar. Vanilla acts somewhat similar to sugar in adding that certain something to the flavor. I call it the secret ingredient for especially tasty waffles, except in buckwheat waffles.
- **Salt** See p. 9.
- **Sweetener** Traditional recipes call for a bit. We don't add any. Who needs it with all that sweet stuff on top! Besides, added sugar in the batter will just mean more sticking problems in the waffle iron.
- **Leavening** See p. 8.
- **Follow the two-stage process of mixing**
Recall the key reasons (pp. 12-14):
Nutritional Value - Releasing nutrients; aids digestion of grains.
Smoother Batter - Allows second blending after grain is soaked.
Convenience - Cuts last minute mixing time in half.
- **Baking waffles**
The demonstration CD is especially helpful with this.

Turn waffle iron to hottest setting and allow it to heat up fully. For stove top cast iron, heat as for griddle using sizzling water drops to test for readiness.

Grease surface with coconut oil, or spray just before pouring in batter for first waffle (see Olive Oil Non-Stick Spray, p. 7).

Do not pour batter quite to edges of iron-- ¾ cup batter is about right to fill a 7" waffle iron.

Allow waffles to bake until light goes off or about 4-5 minutes for most of the newer waffle irons. Set a timer! Gently test lifting the lid. If the waffle is done, the lid will lift easily without the waffle sticking to both surfaces of the iron. If it does not come up easily, give it a little more baking time. Stove top cast iron requires turning waffle over.

The best way to prevent scratching the waffle iron while removing the waffle is to loosen and lift the edge up with a shish kabob or party stick (see photo for crepes, p. 99).

Don't throw away broken up waffle pieces! This may happen occasionally when removing waffles stuck to the iron. Dad and boys will eat them!

- **Baking pancakes:**

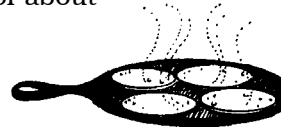
The demonstration CD is especially helpful with this.

Turn griddle to medium-high; drops of water should sizzle on the griddle surface.

Grease surface just before pouring on batter for first pancakes. If seasoned well, you may not need to do this at all.

Pour on batter for any size pancakes you want. Number of pancakes given in recipe are for about 4" pancakes.

Turn pancakes when the bubbles on the top side start to break. Turn only once.



- **Keeping Waffles or Pancakes Hot**

Serving them directly from the iron is best. Otherwise, stack plates in the oven to get hot. As waffles bake, stack them on the top plate. Turn the oven to 200 - 300°. Waffles will crisp up a bit more in the oven. To serve, have syrup heated and/or other toppings already prepared.

- To keep pancakes hot, overlap them on one hot serving plate in the oven or on a plate covered with a large inverted metal mixing bowl on top of the range next to the griddle. As hot baked pancakes are added to the serving plate covered with the bowl, they warm the bowl which in turn keeps the cakes hot until ready to serve. This works especially well if the bowl is metal; I use my large stainless steel mixing bowl.
- Waffles and pancakes also keep hot in a rice cooker turned on low. We have used this successfully in serving groups. A stainless steel rice cooker is now available (look up *Lotus Foods* on Internet).

- **Freezing & Reheating Leftover Waffles/Pancakes**

Allow to thoroughly cool. Wrap snugly in plastic wrap (see p. 11), then firmly in foil. Use within 2 weeks. There are several methods to reheat. For waffles I use the first method.

Turn the waffle iron on medium heat setting. Match the waffles with the grid and reheat. If waffles are still frozen use lower heat.

Toast in toaster on lightest setting. Great for a snack!

Warm on oven rack 3-5 minutes at 350°.

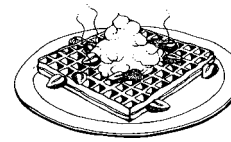
Heat pancakes covered.

Grain Variety for Blender Waffles/Pancakes

In Blender Waffles/Pancakes, p. 96, use 1½ cups grain or less depending on the grains used. Amounts below are approximations. Start with lesser amounts when first learning; make adjustments as desired. The following combinations work well; we like them all.

- **1⅛ - 1½ cups brown rice or millet** (gluten free)
Wonderfully light, these look like white flour waffles! Batter may be very thin. Fill waffle iron almost completely to edges. These two grains also make a great combination using equal parts of each grain.
- **1⅛ - 1⅓ cups Kamut® grain, spelt, wheat**
Kamut® grain is a favorite. We seldom use wheat except kamut because this recipe is our chance to use so many wheat-free grains. Wheat will make the heaviest waffles or pancakes of all the whole grains and many persons are either sensitive or allergic to wheat.
- **1 cup buckwheat**
Reduce to **1 cup grain** (equal to about 1½ cups flour) for 4 servings. It expands. Sprouting buckwheat is our favorite and it is much less costly than toasted or raw buckwheat (see p. 68). Sprouting buckwheat includes the dark outer hull. My husband's favorite. I like this grain best when not combined with other grains. Omit vanilla.
- **1 cup barley**
Hulled, not pearled. Reduce to **1 cup grain** (equal to about 1½ cups flour) for 4 servings. It expands.
- **1⅛ - 1⅓ cups corn** (gluten free)
Use dry whole corn, not cornmeal for the blender method. Expect some crunch and a distinct corn flavor, appealing to most tastes. Also a good combination with whole wheat pastry berries using equal parts of each grain.
- **1½ cups quinoa** (gluten free)
Thoroughly rinse quinoa for 3 minutes in strainer to remove bitter saponins flavor (see p. 69). Use 1¾ cups liquid in recipe for either pancakes or waffles.
- **oats**
Especially good in combination with other grains, using **½ cup rolled oats or ⅓ cup oat groats**. Reduce the amount of the primary grain by about **⅓ cup**. My favorite, for example is **½ cup rolled oats + ¾ - 1 cup Kamut® grain**.
- **nuts & seeds**
Add **2 tablespoons ground flax seed** with the egg in step 4, p. 96 (see pp. 30-31 for nutrition and grinding). Sprinkle nuts or seeds over the top of the batter in waffle iron: **chopped pecans, walnuts, sunflower seeds** (see p. 30 for soaking preparation).

Blender Waffles/Pancakes



Enjoy surprisingly light and crispy whole grain waffles without an expensive grain mill. Versatile allergy alternatives with grain variations. See pp. 81-84 for blender tips and pp. 92-94 for additional tips. For 6 servings you can increase this recipe 1 ½ times, but do not double it; this will overload the blender unless you have a Vita-Mix. To mix by hand with flour see p. 84; use about 2 ¼ cups flour.

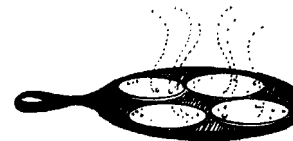
AMOUNT: Serves 4 (4 - 5 waffles--7"; 18 - 20 pancakes--4")

STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature several hours (p. 12):
 - 1 ½ - 1¾ cups cultured milk or non-dairy alternative** (p. 6)
Use the lesser amount liquid for pancakes; batter should be a little thicker than for waffles; adjust to your preference.
 - 2 tablespoons melted butter or olive oil** (p. 7; or add melted coconut oil in step 4 below; p. 19)
 - 1 teaspoon vanilla extract** (omit with buckwheat)
 - 1 cup raw brown rice + ½ cup uncooked rolled oats** (pp. 7-8) or other grain choice (see suggestions, p. 95)
2. Sift through small strainer into a small bowl; set aside (see step 5, p. 82):
 - 2 teaspoons baking powder** (p. 8)
 - ½ teaspoon baking soda** (p. 8)
 - ½ - 1 teaspoon salt, to taste** (p. 9)

STAGE 2

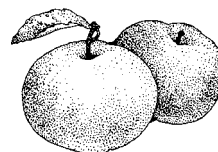
3. Preheat waffle iron at highest temperature, or griddle on medium-high (pp. 93, 94).
4. Just before baking, add egg and any extra liquid; blend on highest speed 1 - 3 minutes; briefly blend in optional ground flax seeds, then leavenings and salt (assist with rubber spatula, if needed):
 - 1 egg or alternative** (p. 7)
 - additional liquid** (add water if batter needs thinning to keep a vortex going)
 - 2 tablespoons ground flax seeds, optional** (p. 95)
 - leavenings and salt** (from step 2)
5. Grease waffle iron or griddle if needed. Pour batter onto hot waffle iron or griddle for pancakes. Bake until light goes off on waffle iron or according to appliance instructions. For pancakes, bake on first side until bubbles on unbaked side begin to break; turn and bake on second side.



6. Serve hot (see p. 94).

Fresh Apple Topping

A favorite waffle, pancake or crepe topping when fresh apples are in abundance. I like tart apples such as Gravenstein, Greening, Newton Pippin, or Granny Smith. Jonathan are also especially good.



AMOUNT: 4 - 6 Servings (2½ - 3 Cups)

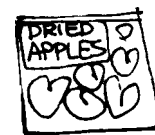
1. Combine in saucepan, bring to boil, lower heat and simmer until apples are just tender, about 5 minutes:
4 apples, cored, peeled or unpeeled; coarsely chopped
just enough water to prevent sticking while cooking
2. Remove from heat, drain, if desired, and stir in:
¼ cup honey, to taste (p. 9)
½ teaspoon cinnamon, to taste (p. 9)

Dried Apple Topping

A favorite off-season waffle and pancake topping. Delicious with yogurt. Dried apples are the least expensive dried fruit to keep on hand.

AMOUNT: About 3 Cups

1. Soak several hours or overnight:
1 cup dried apples, unsulfured (p. 7)
2 cups filtered water (p. 9)
2. Drain the apples, saving the juice. Measure the juice and add enough water to make **1 cup liquid**; pour into saucepan and whisk in:
¼ cup honey (p. 9)
2 tablespoons arrowroot powder (see below) **or cornstarch**
½ teaspoon cinnamon (p. 9)
3. Bring to a low boil over medium heat, stirring constantly with wire whisk. Continue to cook until thickened and clear, about 1 minute. Remove from heat.
4. Snip apples in pieces with kitchen shears, or chop small with a chef's knife. Fold into cooked sauce.
5. To serve, rewarm or keep warm, as needed over low heat.



Ingredient Tip Arrowroot powder comes from the tubers of several tropical plants, containing trace minerals, better nutritionally than cornstarch, but more unstable. It requires lower heat and is best not boiled vigorously. It generally does not hold or reheat well, although this recipe remains thick upon refrigerating and reheating leftover topping. This may be partly due to the thickening effect of the pectin in the apples. Although arrowroot has twice the thickening power of cornstarch, I prefer to use the same amount of either in recipes. Purchase at a health food store.

Data based on first ingredients listed in recipe; g = grams; % = % of Calories

RECIPE	SERVING SIZE	CALORIES	PROTEIN	FAT	CARB	DIETARY FIBER
cultured milk in recipes is based on using 2 parts whole yogurt + 1 part water.						
<i>Blender Waffles/Pancakes (rice/oat)</i> , p. 96	1 Serving of 4	335	8 g (10%)	12 g (33%)	47 g (57%)	2.5 g
<i>Blender Waffles/Pancakes (Kamut® grain/oat)</i> pp. 95, 96	1 Serving of 4	315	10 g (12%)	11 g (33%)	43 g (55%)	9 g
<i>Almond Coffee Cake</i> (cut 3 x 5), p. 89	1 piece of 15	201	4 g (7%)	8 g (33%)	30 g (59%)	3 g
<i>Blender Crepes</i> , p. 101	1 crepe of 15	54	2 g (12%)	2 g (25%)	8 g (62%)	1 g
<i>Blender Cornbread or Combread</i> (cut 3 x 3) pp. 90, 91	1 piece of 9	135	3 g (9%)	6 g (38%)	18 g (53%)	1 g
<i>Blender Banana Muffins without nuts</i> , p. 108	1 muffin of 14	170	3 g (7%)	7 g (38%)	24 g (55%)	3 g
<i>Banana Nut Muffins</i> , p. 109	1 muffin of 12	207	4 g (8%)	8 g (35%)	30 g (58%)	4 g
<i>Cinnamon Scones</i> , p. 110	1 scone of 12	170	2 g (6%)	8 g (44%)	21 g (50%)	3 g
<i>Hearty Biscuits</i> , p. 111	1 biscuit of 9	131	3 g (9%)	4 g (30%)	20 g (61%)	3 g
<i>Tortillas or Chapatis</i> , p. 112	1 tortilla of 12	89	3 g (12%)	1 g (15%)	16 g (74%)	4 g
<i>Pumpkin Bread</i> , p. 114	1 slice of 16	172	3 g (6%)	4 g (18%)	34 g (76%)	3 g
<i>Zucchini Bread</i> , p. 115	1 slice of 16	130	2 g (7%)	4 g (25%)	23 g (68%)	2 g

Yeast Breads

Again he asked, "What shall I compare the kingdom of God to? It is like yeast that a woman took and mixed into a large amount of flour until it worked all through the dough." Luke 13:20-21



Yeast Breads Contents

Introducing Yeast Breads	119
Outline of Steps in Yeast Bread Baking	121
The Value of a Bread Kneader	122
What About Auto-Bake Machines?	122
Pans for Bread Baking	123
Ingredients for Yeast Breads	124
Yeast Bread Baking Techniques	130
Evaluating a Yeast Bread Loaf	141
Trouble Shooting Your Bread	142
Sensational Sourdough	156
The Best Thing Before Sliced Bread	160
Yeast Bread Recipes Nutrient Information	168
RECIPES	
Delicious Whole Grain Dough	144
Delicious Whole Grain Bread	145
Break-Apart Loaves	146
Whole Grain Dinner Rolls	147
Cinnamon Rolls	148
Prune Rolls	149
Cinnamon Bread	150
Oatmeal Bread	150
Little Wheat Nuggets Bread	150
Barley Malt Bread	150
Seven Grain Bread	151
Bread in the Round	151
Parmesan Herb Bread	152
Pizza Crust	153
Party Pizza	153
Sprouted Grain	154
Sprouted Whole Grain Bread	155
Sourdough Starter	157
Sourdough Bread	158
Sourdough English Muffins	159

Introducing Yeast Breads

The wonderful world of whole grain baking is not complete without an introduction to yeast breads. The combination of a variety of whole grain quick breads and yeast breads adds tremendous nutritional and creative value to family meals. Yeast bread baking is more involved and complex than baking quick breads. Most home-makers shy away from it. Nevertheless, yeast breads fill a niche in our diet that quick breads, tasty as they are, fail to completely satisfy. Not only do they provide contrast in taste and texture, but they are suited to all meals and snacks. In comparison, most sweetened quick breads are more suitable for breakfast menus, snacks, brunch or desserts. A Russian experience will serve to illustrate. During my first classes for Russian women, I prepared a quick bread such as muffins to serve with a main dish. While dining on the main dish, I expected the women to eat the muffins as an accompaniment. Instead, they wanted to save the muffins for dessert with tea, and while dining on the main dish asked, "Isn't there any bread?" In Russia, a meal is not a meal without bread, and that means yeast bread.

Yeast bread has been loved by virtually all peoples for millennia, while most quick breads are more recent. Homebaked yeast breads are worthy of our attention since most commercial yeast breads, including whole grain, fail to measure up nutritionally. Likewise, the delectable taste and texture of homebaked yeast breads is hard to match commercially. People who are served a slice of homebaked yeast bread feel like they are getting the royal treatment.

There is always more to be learned about whole grain baking and especially about making yeast breads. For years I made the first basic yeast bread recipe that came with my electric bread kneader with success every time. I have happily used my *Bosch Universal Kitchen Machine* for thirty years (not an autobake machine). I followed the easiest guidelines for producing this recipe almost effortlessly, doing a variety of variations with the same dough: loaves, dinner rolls, variations of cinnamon rolls, date pecan ring, pizza crust, parmesan herb bread, hamburger and hot dog buns. I used hard winter red wheat exclusively until I was introduced to spelt, Kamut® grain, hard white wheat and hard red spring wheat. I continued to have consistent success substituting these grains in the same recipe with slight variations in flour quantity.

The original recipe, *Delicious Whole Grain Dough*, p. 144 still remains my basic recipe, although now incorporating changes based on current nutritional understanding concerning the issue of phytates.

Although instruction is given in the recipes for hand-kneading, I have always used my electric bread kneader. If you have a machine that does the work for you, who wants to discourage it? On the other hand, I believe one gains a much better understanding of the kneading process by learning to hand-knead. Likewise, not everyone will have an electric bread kneader. Either way, try your hand at hand-kneading first before relying completely on an electric bread kneader.

Recall key nutritional reasons for neutralizing the phytic acid in whole grains: to release valuable nutrients, to make the protein more usable, and to reduce stress of gluten on the digestive system. Fermentation with yeast is one of the three ways to accomplish this. Unfortunately, commercial yeast, which includes only one strain of bacteria, does not adequately break down the phytates. According to Claude Aubert in *Les Aliments Fermentes Traditionnels*, as quoted in *Nourishing Traditions*,¹ the fermentation of commercial yeast "becomes mainly an alcoholic fermentation and the acidification is greatly lessened. The bread is less digestible, less tasty and spoils more easily." Thus the two-stage method of soaking is still called for even in my yeast bread recipes that rely on commercial yeast fermentation to neutralize phytic acid. The exception is that when sprouted grain is used for the flour, the soaking stage may be omitted. Likewise, sourdough breads, fermented by a combination of several yeasts, do not require the soaking stage in the same way as when using commercial yeast. Sourdough, nevertheless, has its own soaking stage. Each of these three methods for making yeast breads is introduced in this book.

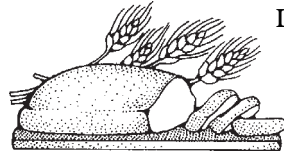
Since you have learned the two-stage method of soaking for quick breads, making the transition to yeast breads and even sourdough bread will not seem so strange or difficult. You will also be able to apply the principles of yeast bread baking in this book to your own favorite recipes as well as all other yeast bread recipes from additional cookbooks and resources.

A yeast bread is not a quick bread because of the time involved in the fermentation process and the kneading process. Yet your own time involved is probably not more than 35 - 40 minutes for two loaves of bread even if you hand-knead without a machine. Shaping the dough into rolls or items other than loaves may add another 10 minutes. It is the hand-kneading process that requires the most effort. Otherwise, it is an exercise in patient waiting for the dough to do its own work. It will not do to be in a rush to start and complete a yeast bread recipe of high nutritional value (see, for example, *Exodus 12:39*).

¹Nourishing Traditions by Sally Fallon with Mary G. Inig, Ph.D.. Washington D.C. , NewTrends Publishing, Inc. (www.newtrendsublishing.com), 2001, p. 489.

The instructions and techniques explained for making yeast breads seem complicated and involved, especially at first. The actual practice, however, is really quite simple and easily understood after a few practices. With increasing experience, you can make yeast breads of any type with ease and confidence and will not need to refer to involved instructions. The basic techniques are the same for all with slight variation for sourdough or sprouted breads. Don't expect to learn all there is to know from this book. It is an introduction to the basics.

Getting the perspective from the outline below will provide a clearer sense of direction to build your confidence.



Detailed explanations of these steps follow on the succeeding pages, paralleling the basic yeast dough and yeast bread recipes. After a few yeast bread baking experiences, the recipes alone will give you sufficient instruction.

Outline of Steps in Yeast Bread Baking

1. Soak major portion of flour.
2. Let stand 12 - 24 hours.
3. Proof the yeast.
4. Add remaining ingredients with yeast.
5. Knead, adding more flour as needed.
6. 1st rise - in the bowl
7. Press down gently.
8. 2nd rise - in the bowl
9. Press down gently; knead briefly.
10. Divide and shape; place in pans.
11. 3rd rise - *Proofing* - in the pans
12. Bake (4th rise - *Oven Spring*).
13. Turn loaves out to cool.
14. Cool completely before slicing/storing.

Troubleshooting Your Bread



Check out the positives first! See p. 141.

Too soft, sticky, or "gooey" after baking?

- Not enough flour added
- Not baked long enough
- Unpasteurized milk not scalded
- If sprouted grain added, sprouts too long or mature
- Too much potato or potato water added

Too dry or crumbly?

- Too much flour added
- Flour too coarse in texture
- Raisins not soaked or drained before adding

Dough doesn't rise?

- Yeast left out (It does happen!)
- Yeast is dead or inactive
- Yeast proofed in too hot water
- Bread allowed to rise in too hot a place (as oven or hot stove top)

Dough rises too slowly?

- Water added was too cool
- Flour was refrigerator cold
- Place of rising too cool
- Yeast old, but not dead

Falls while baking?

- Allowed to rise too high before baking
- Temperature in oven not turned high enough

Doesn't rise very high?

- Don't expect it to rise as high as white bread
- Addition of grains other than wheat
- Dough took too long to rise (see reasons above)
- Not enough kneading to develop gluten, or over-kneading
- Pans too large
- Too much liquid in recipe

Burned?

- Oven temperature too hot
- Baked too long
- Glass pans absorb more heat. Lower by 25° if needed.
- The more honey used, the faster the bread browns.

Tastes flat?

- Salt left out
- Not enough salt

Poor flavor?

- Recipe not followed correctly
- Recipe doesn't suit your taste--adjust to suit your taste
- Your creative additions didn't quite work, but don't give up

Has large air holes?

- Air bubbles not pressed out adequately while shaping the dough (pp. 136-137)

Crumbles when sliced?

- Too dry (p. 131)
- Not allowed to cool thoroughly before slicing
- Wrong kind of knife for the task--an all too common occurrence

Causes indigestion, drowsiness, or other discomfort?

- Not baked long enough
- Sensitive or allergic to wheat, gluten, or other ingredient
- Carbohydrate eaten alone can cause drowsiness--eat some protein with the bread
- The condition, Candida Albicans, a proliferation of yeast throughout the body cells, is aggravated by eating foods containing yeast
- Bread eaten while too fresh (p. 140)

What to do with Bread 'Failures'

Make bread crumbs

Trim off burned part, break up into blender and process to crumbs; freeze in tightly covered container. Use to garnish casseroles or in recipes calling for bread crumbs.

Make bread cubes

Trim off burned part, cut in cubes and freeze to use in bread stuffing.

Make croutons

Make *Soup 'n Salad Croutons*, ***Soups & Muffins*** or ***Meals in Minutes***.

Make a dessert

Use in *Sweet 'n Spicy Pudding*, ***Desserts***; rich and delicious!

Delicious Whole Grain Dough

Master this one recipe and you will be able to make several delicious variations with it. Easily double this recipe with an electric bread kneader (p. 122). For additional ingredient variations not included in specific recipe variations, see pp. 128-129.

AMOUNT: About 3 lbs. Dough (See Recipe Variations)

STAGE 1 (pp.130-131)

1. Blend well in mixing bowl (dough may be quite firm); lay plastic wrap snugly on top of dough (p. 11); cover bowl with damp cloth (p.131); let stand 12-24 hours:

2 cups warm filtered water (p.9)

2 tablespoons whey or apple cider vinegar (pp.6, 128)

4 - 6 cups whole wheat flour, spelt or Kamut® grain flour (p.7)

STAGE 2 (pp.131-136)

2. Blend and allow to stand 5-10 minutes until it bubbles up (p.131):

¼ cup very warm (but not hot) **water**

1 tablespoon active dry yeast (or ¼ oz. packet) (p.8)

½ teaspoon baking soda (neutralizes acid in step 1; see p. 128)

½ teaspoon honey

3. Blend following ingredients in measuring cup; work into dough followed by proofed yeast until all is well blended (pp.131-132):

⅓ cup melted coconut oil or butter, or olive oil (p.7)

⅓ cup honey (p.9)

2 teaspoons salt (p.9)

4. Add flour in the bowl until dough can be handled easily outside the bowl; turn out of bowl and knead 20 minutes or 600-800 strokes until smooth and resistant to kneading action, adding more flour, as needed to prevent sticking (pp. 132-134):

2 - 3 cups flour (sprouted flour or unbleached white bread flour, pp.8, 132)

(expect to use more if spelt flour used in step 1)

5. 1st Rise (p.135) Place dough in lightly greased bowl, grease top of dough lightly, cover with damp cloth; let rise in a warm place until double, about 1-1½ hours. Use *finger poke test*.

6. 2nd Rise (pp.135-136) Punch dough down gently, turn it over; cover and let rise until double, about 45 minutes. Use *finger poke test*.

7. Punch down down; place on counter with a little flour under it; knead briefly, round it up and cover with a damp cloth; let it rest 10-15 minutes (p.136).

8. Shape dough and bake, as desired, into bread loaves, rolls, or pizza crust, etc. using recipes that follow.

Living Bread

I love working with food. I marvel at the variety, the textures, the flavors, the colors, and the endless ways to prepare it. There is almost nothing I like better than to serve others a beautiful satisfying meal of tasty, nutritious food. This interest was sparked in me even before I began my university years in home economics education.

But I had little awareness of the Master Chef, the personal Creator who had originated the foods I loved to prepare. My background wasn't religious, although from childhood I believed in my own idea of God. I had heard of Jesus, but I thought of him only as the greatest man who ever lived. I did not think he was essential to my belief in God. Although I felt some security in my belief in God, it left me with only a vague understanding of who he was. Consequently, as with everything else in my life, my choice of an education in home economics was not grounded in any kind of conscious relationship with him.

When I was invited to attend a Bible study held weekly at my university residence, I brought my own idea of Jesus with me. I wasn't aware that He had created a complete meal for over 5,000 people out of two fish and five loaves of barley bread just by giving thanks for it to his heavenly Father and distributing it to the multitude through the helping hands of his disciples! I soon learned that my conception of him was far too limited.

In the beginning was the Word and the Word was with God, and the word was God...The Word became flesh and lived for a while among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. John 1:1, 14.

Who was Jesus Christ? The greatest Man that ever lived? Yes! But much more. Was it possible that I could believe in God and reject Jesus Christ? *Through him all things were made; without him nothing was made that has been made (John 1:3).* Obviously not; Jesus Christ was present and active in the creation of the world!

Why did I need to concern myself with believing in Jesus Christ? Out of his own eternal relationship with his heavenly Father, he was seeking a personal relationship with me, as well. *My sheep listen to my voice, I know them, and they follow me (John 10:27).* While God created food for me, he created me for himself, to honor and reflect his creative and moral magnificence.

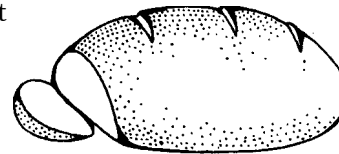
Yet, there is a separation between human beings and God ever since Eve deliberately chose to defy his instructions by eating and serving the wrong food. Just imagine that he chose a food issue to test man's obedience to himself--so homely, so every-day! Adam and Eve suffered the consequences of that choice--separation from his fellowship and death, both physical and spiritual. They chose to make their decisions about life independently of God, and that was exactly what I had been doing!

No one had ever explained to me that I was spiritually dead or that the purpose of God, the Son, *becoming flesh* was not just to identify with my human situation alone. He took the death penalty on himself, to pay the price for my rebellion, that is my independence from God, and to restore a fellowship relationship with himself. Imagine, the eternal, living, personal God taking my death sentence upon himself! Thus I discovered it is not possible to honor God or to know him apart from Jesus. I learned that receiving God, the Son, Jesus Christ, was receiving the Father as well. *I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well. From now on, you do know him and have seen him...Anyone who has seen me has seen the Father (John 14:6-7, 9).*

I gave my life to Jesus Christ. *Yet to all who received him, to those who believed in his name, he gave the right to become children of God (John 1:12).* It was the beginning of a transformed life. *...if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God....God made him who had no sin to be sin for us, so that in him we might become the righteousness of God (2 Corinthians 5:17, 21).*

"I am the bread of life. He who comes to me will never go hungry...I am the living bread that came down from heaven. If a man eats of this bread, he will live forever" (John 6:35, 51). This is Jesus' astounding offer to "whosoever" believes in him (John 3:16).

This is the living bread that you may eat of and not die, the central message God desires to make known to us even as reflected in and made known through our daily bread (*Romans 1:20; Jeremiah 15:16*).



Data based on first ingredients listed in recipe; g = grams; % = % of Calories

RECIPE	SERVING SIZE	CALORIES	PROTEIN	FAT	CARB	DIETARY FIBER
<i>Delicious Whole Grain Bread</i> , p. 145 (6 cups wheat flour; 1 cup=407 Calories)	1 slice/16 per loaf	108	4 g (12%)	3 g (19%)	22 g (69%)	3 g
<i>Parmesan Herb Bread</i> , p. 152	1 slice/16 per loaf	111	4 g (12%)	3 g (22%)	19 g (68%)	3 g
<i>Whole Grain Dinner Rolls</i> , p. 147 (without sesame seeds)	1 roll/15 pan	115	3 g (11%)	3 g (21%)	19 g (68%)	3 g
<i>Cinnamon Rolls</i> , p. 148 (w/out opt. ingred.)	1 roll/15 pan	138	3 g (9%)	3 g (18%)	19 g (68%)	3 g
<i>Prune Rolls</i> , p. 149	1 roll/15 pan	179	4 g (9%)	6 g (26%)	19 g (68%)	4 g
<i>Cinnamon Bread</i> , p. 150 (with raisins)	1 slice/16 per loaf	143	3 g (9%)	3 g (16%)	19 g (68%)	3 g
<i>Oatmeal Bread</i> , p. 150 (¼ C. ea. honey, oil)	1 slice/16 per loaf	107	3 g (12%)	2 g (19%)	19 g (68%)	3 g
<i>Little Nuggets Bread</i> , p. 150	1 slice/16 per loaf	118	4 g (12%)	3 g (20%)	19 g (68%)	3 g
<i>Barley Malt Bread</i> , p. 150	1 slice/16 per loaf	118	4 g (12%)	3 g (20%)	19 g (68%)	3 g
<i>Seven Grain Bread</i> , p. 151	1 slice/16 per loaf	98	3 g (12%)	3 g (23%)	17 g (64%)	3 g
<i>Party Pizza</i> , 13" pizza, p. 153 (all ingred.)	1 wedge of 6	376	20 (21%)	16 (36%)	42 (43%)	6 g
<i>Sourdough Bread</i> , p. 158	1 slice/16 per loaf	91	4 g (15%)	1 g (8%)	19 g (68%)	2 g
<i>Sprouted Whole Grain Bread</i> , p. 155	1 slice/16 per loaf	121	4 g (12%)	3 g (19%)	22 g (69%)	3 g
<i>Sourdough English Muffins</i> , p. 159	1/2 muffin of 20	88	4 g (15%)	1 g (6%)	19 g (68%)	2 g

Index

A

Allergy alternatives, 27, 30, 32, 56-57, 58
Almond Coffee Cake, 89
Almond milk, 9, 16
Almond Milk for Baking, 16
Amaranth, 50-52, 69
Apple cider vinegar 6, 15, 32, 128, 130
Apple Topping, Dried, 104
Apple Topping, Fresh, 104
Appliances, 10

B

Baking pans , 10
Baking powder, 8, 25-27, 32
Baking soda, 8, 25-27, 128
Banana Muffins, Blender, 108
Banana Nut Muffins, 109
Barley, 50-52, 64-65
Barley malt, 9
Barley Malt Bread, 150
Berry Topping, Fresh, 103
Berry Topping, Mixed, 103
Biscuits, 88
 Hearty Biscuits, 111
 See also quick breads
Blender, 10, 81-84
Blender Banana Muffins, 108
Blender Corbbread, 90
Blender Crepes, 101
Blender Waffles/Pancakes, 96
Bread in the Round, 151
Bread kneaders, 122
Break-Apart Loaves, 146
Brewer's yeast, 129
Brown rice, 50-52, 63-64
Buckwheat, 50-52, 67-68
Butter, 7, 18, 34
Buttermilk, 6, 15

C

Canola oil, 20-21
Chapatis, *See tortillas*
Cheese cloth, 10
Cinnamon Bread, 149
Cinnamon Rolls, 148
Cinnamon Scones, 110
Coconut milk, 9, 16
Coconut Milk for Baking, 9, 16
Coconut oil, 7, 18-19
Coffee bean mill, *See mills*
Coffee cakes, 88
 See also quick breads
Corn, 50-52, 59-60
Cornbread, 88
Cornbread, 91
Cornbread, Blender, 90
 See also quick breads
Cornmeal, 8
Cottage Filled Fruit Crepes, 102
Crepe pan, 10
Crepes, 97-100
 See also quick breads
Crepes, Blender, 101
Crystalline fructose, 24
Cultured milk, 6, 15

D

Dehydrator, 10
Delicious Whole Grain Bread, 145
Delicious Whole Grain Dough, 144
Dietary fiber , *See fiber*
Dinner Rolls, Whole Grain, 147
Dried Apple Topping, 104

E

Eggs, 7, 17, 31, 32, 129
Equipment, 10-11

F

Flaxseed Egg Alternative, 31
Flour, 7, 47, 124, 132
 White, 8, 42-43, 47
 Wheat/whole grain, 8, 17,
 54-55, 74-75
Fresh Apple Topping, 104
Fresh Berry Topping, 103
Fructose, crystalline, 22
Fruits, 7

G

Gluten, 32, 52, 133-134, 136,
139
Grain, 7, 17, 48-72, 124
 Biblical, 5, 42, 48, 77
 Cost of, 71
 Converting to flour, 17
 Flour, whole *See flour*
 Storage of, 73-74
 Whole, 17, 42-46
Grain mills *See mills*

H

Hearty Biscuits, 111
Honey, 21

K

Kamut, 50-52, 56-57
Kefir, 6, 15
Kneading, 120, 122, 124-135

L

Leavenings, 8, 25-26
Legumes, 128
Little Nuggets Wheat Bread,
150
Loaf pans, 10

M

Maple syrup, 21
Measuring, 33-34, 35
Milk, 129
Millet, 15, 50-52, 66
Mills

Coffee bean, 10, 76
Grain or flour, 10, 75-76,
130
Mixed Berry Topping, 103
Muffins, 105-107
 See also quick breads
Muffin pans, 10

N

Nonstick spray, 7
Nuts & seeds, 8, 30, 129

O

Oatmeal Bread, 150
Oats, 50-52, 61-62
Oils, 7, 93
 See fats, individual names
Olive oil, 7, 19-20
Olive oil nonstick spray, 7, 18
Organic foods 6

P

Pancakes, 92-95
 See also quick breads
 Blender Waffles/Pancakes,
 96
Parmesan Herb Bread, 152
Party Pizza, 153
Pastry blender, 11
Phytates, 13-14, 54, 62, 128
Phytic acid, 12-14, 15, 26,
29, 128, 130
Pizza Crust, 153
Prune Rolls, 149
Pumpkin Bread, 114

Q

Quick breads, 80, 81-88,
92-95, 97-100, 105-107,
112-113, 116
 Pumpkin Bread, 114
 Zucchini Bread, 115
Quinoa, 50-52, 68

R

Rapadura, 9, 24
Raw milk, 6, 15
Rice, *See brown rice*
Rolled oats, 8
Rye, 50-52, 65

S

Salt, 9, 29, 126
Scones, Cinnamon, 110
Seeds, *See nuts & seeds*
Seven Grain Bread, 151
Shopping
 Quick shopping guide, 6-9
Sorghum, 50, 68
Sourdough, 156-157
Sourdough Bread, 158
Sourdough English Muffins,
159
Sourdough Starter, 157
Spelt, 53, 58
Spices & flavorings, 9, 28
Sprouts, 128
Sprouted grain, 17
Sprouted Grain, 154
Sprouted Whole Grain Dough,
155
Sucanat, 9, 23-24
Sugar
 Brown, 9
 White, 9
Sweeteners 9, 21-24, 125

T

Teff, 50-52, 70
Thermometer
 Chef's, 10
 Digital, 10
 Oven, 11, 138
Tortillas, 112-113
Triticale, 50-52, 67

Two-stage process, 12-14,
81-84

U

Utensils, 10
See also individual items

V

Vanilla extract, 28

W

Waffle iron, 10
Waffles, 92-95
See also quick breads
Waffles/Pancakes, Blender,
96
Water, 9, 127
Wheat, 32, 47, 50-55
Wheat bran, 46, 54
Wheat germ, 54
Whipped Cream, 103
White flour *See flour*
Whole Grain Dinner Rolls, 147
Whole grain (wheat) flour
See flour
Wild rice, 50-51, 70

X

Xylitol, 24

Y

Yeast, 8, 25, 126, 135-136,
156
 Proofing, 131-132
Yeast breads, 118-143, 141

Z

Zucchini Bread, 115