

Mary-Louise contributed the following suggestions including this updated **bread recipe**:

The cook book I use now (after all these years!) is put out by the American Test Kitchen. Mine is volume 2, for whole grains. Volume 1 is also available. I paid about (don't remember exactly) \$19.00 on Amazon. I have Amazon Prime so I don't pay extra for shipping.

I can't say enough good things about it, for instance: My oldest son lives with me, now that my husband is gone. My husband was with me all through my struggle to find my problems, so he would put up with anything I made GF even if I didn't like it. Fast forward to my son who is not GF and has little patience with it. I made a pie crust with the recipe from my new cook book and he was amazed at the taste. He said it was like the pies I made when he was a child. So I felt I was on the right track at last.

The recipe for the whole grain brown bread is in two parts. First we mix the flours in a BIG bowl. From that one has a recipe for the bread. First I will give you the recipe for the bread mix:

24oz. teff flour (this is one bag of teff) mix all this together very well in large
bowl and store in a container in fridge

8oz brown rice flour (1 3/4 cup)

8oz golden flaxseed (2 1/3 cup)

5oz sweet rice flour (1 cup)

BREAD RECIPE

2 cups warm water with 1 pkg rapid rise yeast w/ 1 tsp sugar. Let stand till bubbly.

(almost forgot.....preheat oven 200 degrees when reaches 200 turn off and leave door closed.)

this is how I do it: mix dry ingredients in medium size bowl:

4 1/3 cups teff flour blend

1 1/2 tsp salt..... 2 tsp of baking powder (make sure it's not expired)

3 Tblesp of psyllium husk

3 Tblesp of sugar (of honey or maple syrup) if using liquid sweetener don't put it in with the dry ingredients. Mix dry ingredients well.

Now for the wet stuff:

3 eggs room temp, 2 Tblesp melted butter, I use oil.

beat eggs add liquid sweetener if using and oil and yeast.

add flour mixture in cupfuls beating well after each time. I use my hand mixer for this. Continue till dry ingredients are completely mixed. If dough looks too wet add a bit more flour one tblsp at a time. Put into your greased bread pan(s). Cover bread with wetted plastic wrap and put in preheated oven for 10 minutes. Remove and keep covered, put on stove to continue rising. App:30 minutes. Bake in Oven @

350. I have a glass pan so I bake @ 325 for 1 hour and 10 minutes. Then turn off oven and leave pan in for 20 min. with the oven door partly open. THEN !! you may remove from oven and set on rack to cool. I often leave to cool over nite covering with a plastic bag.

GOOD LUCK it reads horribly complicated, but after a few times there's nothing to it.

I purchase my supplies on Vitacost.com. I find their prices a bit cheaper than retail. If your order totals \$50.00 you get free shipping. If you find you like this whole grain bread I suggest you buy several bags of teff, golden flax meal and one or two psyllum husk.

The bread pan was a gift. It is made by King Arthur Flour for GF bread. It is Perhaps porcelain or some kind of glass, but not pyrex, but I'm sure Pyrex would do as well. The pan is long and narrow, allowing the heat to be distributed evenly when baking. I'm sure if one contacted Amazon or King Arthur a pan could be purchased. Perhaps a metal one would be less expensive.

(She says this bread recipe takes a bit of work, but if you are looking for a great GF bread, it can be worth the effort.)

(Teff and psyllum may not work for everyone that has to be gluten free. They do not work for me, Elaine Rubel, and it may be because I have NCGS with symptoms just a bit different from celiac.)