

Baker-at-Large shares bread secrets

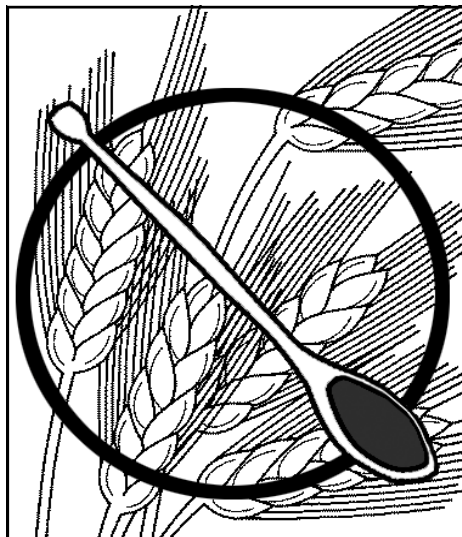
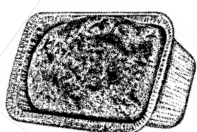
Mary Louise Catura's Gluten-Free Flour Mixture

By MARY LOUISE CATURA

Please be advised that you don't have to use *all* these flours, because it does run up the price. But, if you *really* like bread, you will love this mixture.

2 C brown rice flour
 2 C garfava bean flour
 2 C teff flour, either brown or ivory. (I found a nice mixture at *New Life* on Speedway)
 1 C sorghum flour
 1 C tapioca flour
 ½ C potato starch (**not** potato flour. Some brands call it *potato starch flour*, which is OK.)
 ½ C flax seed meal
 ½ C amaranth flour
 ½ C hazelnut or almond meal (available at Trader Joe's)
 ¼ C mesquite meal (available at *The Health Hut* on Fort Lowell. Warning, don't use this if you have a diarrhea problem.)

Mix this all together in a large bowl and keep in a tightly sealed container in the freezer or refrigerator.



Multi-flour Bread - using the flour mixture above

In a small bowl, proof your yeast as follows:
 ½ C very warm water
 2 tsp sugar
 2 pkgs yeast, (**NOT** Rapid Rise as this is a heavy flour and needs time for the yeast to work.) Let the water/sugar/yeast mixture sit in a warm place while you prepare the following:

In a large mixing bowl:
 4 C GF flour mix
 ½ C sugar
 1½ tsp salt

4 tsp of xanthan gum
 Mix together well

In another bowl:
 3 eggs beaten
 1 tsp vinegar
 4 Tbs oil (Olive oil is best for this)
 ¾ to 1 C water (see below)

Add the yeast mixture to the egg mixture and stir the whole thing into the flour mixture. If you have a stand mixer or a powerful hand mixer, use it. Or, you can stir vigorously by hand. This is where the less water comes in. If the dough is too thick to mix, add a bit of water until you can mix the whole batch thoroughly.

Let this rise in the mixer bowl, covered with a damp paper towel, for about 45 minutes. Stir it down and spoon it into small bread pans. I use four small 3 x 5 aluminum bread pans, which I spray generously with Pam. Let the mixture, covered with damp paper towels, rise in the pans about the 45 minutes. Preheat your oven to 350F and bake for 45 minutes.

As soon as the pans are cool enough to handle, turn the bread out and let it cool completely (about an hour) before trying to slice it. I then slice it, put waxed paper between the slices, bag it and freeze.

Potato Crust Quiche

from *Cuisine at Home*, Issue 45, June 2004.

3 T. **unsalted butter**, divided
 ½ lb bulk **Italian sausage**
 ½ C **onion**, chopped
 ½ C jarred **roasted red bell pepper**, drained and chopped
 2 T vegetable oil
 1 pkg (1 lb 4 oz) fresh **hashbrown potato shreds**
 1-½ C **fontina or Swiss cheese**, shredded
 6 **eggs**
 ½ cup **heavy cream**
 2 dashes **hot sauce**
 8 slices **Roma tomatoes**
 ¼ cup **Parmesan cheese**, shredded
 ½ cup **sour cream**

1 T minced **fresh chives**
Preheat oven to 400F.

Melt 1 T butter in a 10" *ovenproof non-stick skillet* over medium-high heat. Add sausage; brown for 3 minutes. Stir in onion and sauté 2 minutes. Transfer to a bowl with the bell pepper; stir to combine. Return skillet to the burner and add 1 T butter and the oil.

Arrange hash browns in pan, pressing and spreading them up the sides with a spatula to form a crust. Season with salt and pepper, then dot with 1 T butter. Cook 10 minutes, or until the edges start to brown.

Sprinkle fontina over potato shell and spoon sausage mixture over cheese.

Whisk together eggs, cream, hot sauce, salt, and pepper to taste; pour over sausage and cheese.

Arrange tomatoes on top and sprinkle with Parmesan. Bake for 25 minutes, or until filling is firm and the tip of a knife inserted near the center of the quiche comes out clean. Let stand 5 minutes, then run a spatula around the rim to loosen the quiche. Slide it onto a serving dish and cut into wedges. Combine sour cream and chives, and dollop onto each serving.