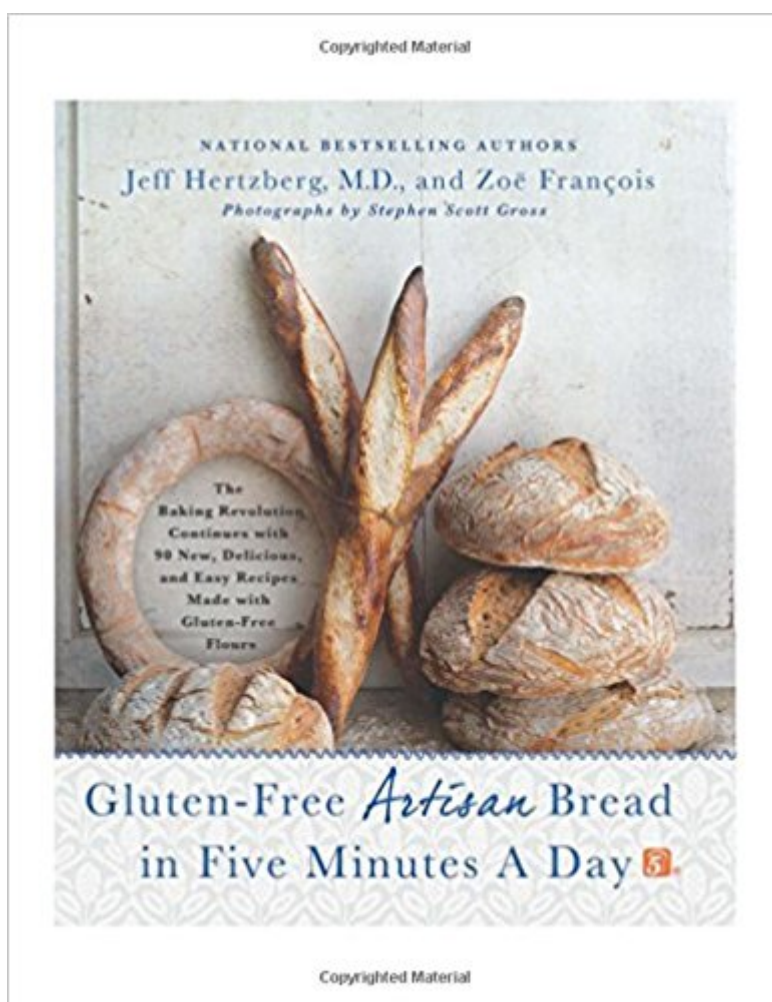


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# Gluten-Free Artisan Bread In Five Minutes A Day: The Baking Revolution Continues With 90 New, Delicious And Easy Recipes Made With Gluten-Free Flours





## Synopsis

The bestselling authors of the groundbreaking *Artisan Bread in Five Minutes a Day* bring you a new cookbook with 90 delicious, entirely gluten-free bread recipes made from easy-to-find ingredients. With more than half a million copies of their books in print, Jeff Hertzberg, MD and Zoë François have proven that people want to bake their own bread, so long as they can do it quickly and easily. But what about people with celiac disease or gluten sensitivity? They want to eat well too, but gluten is everywhere: in cakes, pastas, desserts, gravy • even in beer and Scotch whiskey. But the thing they miss most? Bread. Based on overwhelming requests from their readers, Jeff Hertzberg and Zoë François have returned to their test kitchens to create an entirely gluten-free bread cookbook • most of the recipes that readers loved in *Artisan Bread in Five Minutes a Day* appear here in a gluten-free version. In just five minutes a day of active preparation time, you can create delectable, gluten-free Sandwich loaves, European Peasant Bread, 100% Whole Grain Loaves, French Baguettes, Crock Pot Bread, Caraway "Rye" Bread, Challah, and even fabulous dessert breads like Brioche, Doughnuts, and Sticky Pecan Caramel Rolls. *Gluten-Free Artisan Bread in Five Minutes a Day* extends their revolutionary stored-dough method to yeasted and unleavened breads made without wheat, barley, or rye. With 90 recipes • plus 100 black-and-white instructional photos and 40 gorgeous color images • the authors adopt the rich palette of world breads to their unique method. With this revolutionary approach, you CAN have mouthwatering gluten-free artisan bread in just five minutes a day!

## Book Information

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• Quick artisan breads, no kneading, no proofing, not punching down... You'll be on your way to delicious bread in no time. • Living Free's Gluten Free & More Magazine • For gluten-free bread that tastes like it came from a European bakery, it's worth the wait. • Portland Oregonian • | baked a flatbread for a gluten-free friend "and no one suspected it was not its floury cousin | the book's recipes for blending your own gluten-free flours are easy and fail-safe. • Minneapolis Star Tribune • Hertzberg and Francois offer foolproof recipes for (gluten-free) bread... • Columbus Dispatch • The recipes make you wonder why you use wheat when such fabulous bread can be made without it... We can personally vouch for the doughnuts. OMG. • Minneapolis City Pages • What if your home could be filled with the sweet aroma of a French bakery? And what if baking bread only took about 5 minutes of preparation time? To make matters more interesting, what if the bread was gluten-free?... Gluten-free bread in five minutes, yes you can. • OrganicAuthority.com • Some of you mentioned that this sounds too good to be true... I assure you it isn't. This friends, is the real deal... a total lifesaver, a real gem and it needs to be in your cookbook collection. Know someone gluten free? Give them this book and quickly become their hero. • WithFoodAndLove.com • I've long been a lover of their approach... and this is no exception... fantastic... If you're gluten-free, you really don't have to live a life without great bread. • VeggiesByCandlelight.com • ... I am one happy gluten-free foodie! ... I love this cookbook because it includes everything I ever dreamt about enjoying again and more! ... recipes are so easy and I have to say that it was love at first bite. • GlutenFreeFoodies.com • What if your home could be filled with the sweet aroma of a French bakery? And what if baking bread only took about 5 minutes of preparation time? To make matters more interesting, what if the bread was gluten-free? ...with Gluten-Free Bread in Five Minutes, yes you can. • OrganicAuthority.com • ... a dream to someone who longs for homemade, freshly baked gluten-free goods... it's already changed my entire gluten-free baking game! • DollyAndOatmeal.com • I made gluten-free bread and it didn't suck... It was beautiful!!!... Also it tasted very good. My gluten-free [Thanksgiving] table, for mostly non-gluten-free people, really enjoyed it. It was not grainy; it was moist and had that crunchy outer layer. • TheSavvyCeliac.com • ... looks and sounds too good to be true, that is, until you try the recipes and see for yourselves: gluten-free bread works... up to their usual high standards... another wonderful bread book... no commercial gluten-free bread will come close to theirs. •

The authors met in their children's music class in 2003 and wrote the best-selling *Artisan Bread in Five Minutes a Day*, and *Healthy Bread in Five Minutes a Day*. Jeff Hertzberg, M.D. grew up eating New York pizza and spent years trying to figure out how to make dough that was convenient enough to use for daily pizza, flatbreads, and loaves. But really, he just wanted to learn to throw pizza dough high into the air. He lives in Minneapolis with his wife and two daughters. Zoë François is a pastry chef trained at the Culinary Institute of America, but she is a pizzaiola at heart. While writing this book she traveled far and wide to eat every pizza and flatbread she could find. In addition to tossing pizzas she creates desserts on her pastry blog. She lives in Minneapolis with her husband and two sons.

11/14 UPDATE: Hi GF buddies, I've got a lot of info below; but what I really think you need to know is that we just got through eating two plates of GF Apple Cider Beignets and they were DELICIOUS! We're from Louisiana and know our way around a beignet. While I am very concerned about creating a healthful, wholesome GF loaf of bread; but I almost wept it was so wonderful to bite into those fried puffs of cinnamon sugar coated heaven this morning accompanied by a mug of cafe au lait and a crackling fire (queen of the world today!). It felt so NORMAL! I used the Apple Cider Brioche dough (xanthan gum, don't think psyllium would have made such a perfect sweet dough) and let it sit in frig for about 36 hours. It rose beautifully into a soft orb of fragrant dough (once you read the recipe you will have a hard time believing it could be edible). The dough rolled out easily on rice flour dusted counter--no sticking, tearing or drama. The authors recommend rolling dough 1/2" thick so I fried one per instructions. It was good but a tiny bit doughy. I went 1/3" thick next and it fried up perfect. But, being a fan of the "real deal" I wanted a fatter, puffier beignet. My best results were rolling the dough 1/4" thick, folding in half onto itself and lightly rolling til I got about 1/3". That gave me best results, as did frying at 375. Bonus points, whereas the cooking oil is ruined rather quickly with flour-based beignets, this dough didn't mess up the oil at all. This same dough can be used for traditional doughnuts if that is your happy place :-). Bon appetit! I used the remaining Apple Cider Brioche dough to make the Apple Pear Cranberry Coffee Cake. The dough/fruit mix turned out delicious, but we did not like how sickeningly sweet the streusel topping turned out, and there was way too much of it. Recipe called for half the streusel in middle and half on top. Next time I will make 1/3 the streusel mixture, substitute oat flour (didn't like the sandiness of the rice flour in this context) and only sprinkle on top layer. The pear sweetens the fruit mix nicely and I want to taste fruit not

sugar.-----2014 has been the year of the search for tasty, edible gluten-free products. The search has been frustrating, expensive and mostly unsuccessful. For the most part I've decided I'd just rather go without than eat mediocre food. "Sandwiches" are made with various fillings piled in a crunchy romaine leaf. A couple of gluten-free crackers that I actually really like hold my goat cheese and salamis in place. I've got one good cold cereal on the list and am glad I already loved gluten-free steel cut oats. I sold all of my beautiful bread-baking books (old friends one and all) because it made me sad to see their bindings and know I won't enjoy the end result of all that hard work those great bakers put into their books. I sold all of my "five minute bread" cookbooks as well after copying the few gluten free recipes I liked. I can honestly say I wasn't expecting much from this new effort by Hertzberg and Francois; but appreciated that they took the time to do this. When this cookbook came up on vine for review I grabbed it fast. I've spent the past two weeks baking from the books and am learning how to make a satisfying gluten-free loaf (that my husband didn't know was gluten free-hooray!). Like all bread baking a truly excellent loaf requires a bit of alchemy--terrific fresh ingredients, good clean water, crunchy seeds/grains, etc; but mostly excellent technique. I think most people will be able to make an edible loaf from this cookbook that beats a \$6-7 store-bought loaf. People who are patient and are already good at baking bread are likely going to be able to make a very good to excellent loaf using any number of a variety of recipes. If you weigh ingredients, use a good mixer, have a baking stone and a well calibrated oven you're golden :>). I started by making one bucket of the #1 all-purpose flour mix and one bucket of the #2 whole grain flour mix (hooray that I kept all my bread making equipment!). I used about 30% of the flours/starches from Bob's Red Mill products and the remainder from the bulk grain section of a large international farmers market near me. The prices at the Farmers market were about 50-75% less than Bobs (for organic). I have a grain grinder and have purchased the grains called for in the book and will be grinding my own flour for the next big batch of mixes (and will post my results as my grinder will not get quite as powdery a result as commercially ground flours). I am using xanthan gum right now but want to experiment with the psyllium husk alternative soon (the two ingredients the authors use to approximate some type of "rise" in the bread. I hope others who have actually tried these recipes will be generous in posting their experiences. I share this because I priced out the cost to make each batch of mix. It cost ~\$9.95 to make 4.3# of #1 all purpose mix. That will provide the flour to make ~7-1/2 of the basic boule recipe. With yeast, sugar, and salt that comes to about \$1.50 per finished boule. It cost ~\$9.85 to make 4# of the #2 whole grain mix. That will provide the flour to make ~10 loaves of the 100% whole grain loaf. The whole grain loaf calls for the addition of some other flours/grains (including my favorite version with buckwheat). The cost for my finished

loaves of the 100% whole grain was ~\$1.70. The most expensive loaf made thus far was the seeded whole grain at \$2.20. I started off with the #1 and #2 mixes as per the book. I've made changes in my quest for a great gluten-free bread and know this will be an ongoing process. I've found that both mixes make a much better bread with some millet flour and oat flour in the mix. I add some teff flour to the #2 mix as well. I don't care for the results using just white rice flour in the #1 mix so I use a blend of white and brown rice flours. I highly recommend you not bake with the mixed doughs until after at least two days in the refrigerator. Gluten-free breads really develop a much better and more complex taste with this longer period and all of the grains are fully hydrated. I use the "old dough" technique that I used when making regular breads and that also helps to create a much better loaf (save some of your old dough and mix it into the next batch--simple). You definitely will have the best results if you weigh the ingredients--they are so very different from wheat flour in how they fill a measuring cup. If it's hot outside and you don't want your kitchen to be miserable, I've had good results using my cast iron dutch oven on my gas grill. I turn on the two outside burners, preheat the dutch oven and lid to 450, toss some corn meal in the dutch oven and plop the dough in. From there cook as if in oven. If you use cornmeal on your pizza peel you know how quickly 450 ovens burn the stray cornmeal so you also eliminate that yucky smell from your house. My next experiment from this cookbook is to try the bread in a crockpot. I have to make sure mine can be used without water and if so will update with results of that experiment. In summary I like that this book is simple enough for a beginner but allows more seasoned bakers (and perhaps even pros!) to use ingredients and techniques that they love (sourdough starter, old doughs, longer ferments, stones, dutch ovens, whatever works for you). You definitely will have the best results if you weigh the ingredients--they are so very different from wheat flour in how they fill a measuring cup. If it's hot outside and you don't want your kitchen to be miserable, I've had good results using my cast iron dutch oven on my gas grill. I turn on the two outside burners, preheat the dutch oven and lid to 450, toss some corn meal in the dutch oven and plop the dough in. From there cook as if in oven. If you use cornmeal on your pizza peel you know how quickly 450 ovens burn the stray cornmeal so you also eliminate that yucky smell from your house. My next experiment from this cookbook is to try the bread in a crockpot. I have to make sure mine can be used without water and if so will update with results of that experiment. In summary I like that this book is simple enough for a beginner but allows more seasoned bakers (and perhaps even pros!) to use ingredients and techniques that they love (sourdough starter, old doughs, longer ferments, stones, dutch ovens, whatever works for you).

It's simple but it's not easy - meaning, if you already knew how to bake a great loaf of g-free bread

in this manner, you wouldn't need the book. This is the case for most of us, especially those who wrote negative reviews. I have several failed batches and waited to write my own review to test some theories after failed attempts. I researched "why is my gluten free bread sticky", for example. I found various explanations. Finally, I found the answer that applied to MY loaves. I was using SWEET white rice flour. ALAS, when I finally got to the point of reading the book (and not skipping ahead to the recipe section like I originally had) the authors clearly state NOT to use sweet white rice flour, and that they used stone ground white rice flour. It made a world of difference. I also noticed that my oven lost a ton of heat and took longer to pre-heat, so the thermometer recommendation was key. Also, knowing what the spring form method was helped me to follow the steam bake method better and more carefully. I had previously left the oven open too long and used cold water instead of warm. I suspect that some of the negative reviewers who said the loaf of bread was like a brick didn't let the initial rise take place, or that they didn't properly mix the master flour mixture. As for personal taste, I love the flavour and texture, crisp outer crust, chewy/tender inside (not sticky). My daughter would like a lighter loaf so next time I will move on to the oatmeal sandwich loaf. We tried the brioche and challah donuts. I personally loved the challah ones. I'm so glad that I didn't throw in the towel, we are so happy with these recipes now that I am following the science.

In all seriousness, this makes the only decent GF bread I've tried since being diagnosed. Is it exactly like wheat bread? No. Is it tasty and good? Yes. You can bake it in a Dutch oven if you like it crusty, you can bake it in a loaf pan for sandwiches, or free form. I used 1/2 batch for the loaf pictured, and would probably go 1/3 next time. Toasts well. This is the rare GF book that's worth the investment. I use a stand mixer to make the dough, and then pop it in the fridge until I want to bake.

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