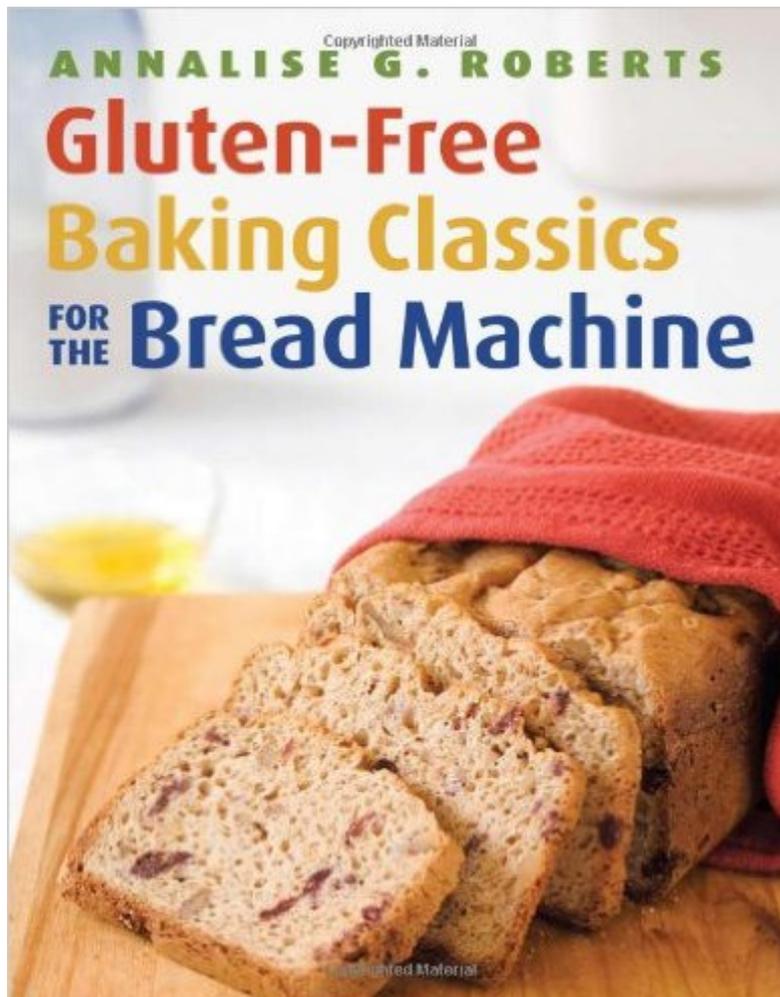


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# Gluten-Free Baking Classics For The Bread Machine



## Synopsis

Bread may be the staff of life, but if it contains gluten it can trigger an allergic reaction, and even provoke serious digestive disorders like celiac disease. Consumers who love bread but must avoid gluten have long been at the mercy of mediocre products and high prices. With this timely cookbook, they can have their bread and eat it, too. Acclaimed author Analise Roberts developed these simple, foolproof recipes for the Zojirushi bread machine. Roberts' outstanding recipes range from simple and satisfying Basic Sandwich Bread to complex and scrumptious Golden Italian Bread with Raisins and Fennel. She also offers ethnic breads like Challah and Babka and seasonal delights such as the irresistible Holiday Breakfast Bread. Included are loaves, like Sundried Tomato Roasted Garlic Bread, that contain no eggs or dairy products.

## Book Information

Paperback: 72 pages

Publisher: Agate Surrey; 1 edition (May 23, 2009)

Language: English

ISBN-10: 1572841044

ISBN-13: 978-1572841048

Product Dimensions: 6.3 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (158 customer reviews)

Best Sellers Rank: #111,427 in Books (See Top 100 in Books) #13 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Bread Machines](#) #128 in [Books > Cookbooks, Food & Wine > Baking > Bread](#) #238 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#)

## Customer Reviews

Bought this book knowing she'd used a Zojirushi and I have a Breadman. Breadman's are fairly well known for "aggressive" mixing and bakes at a much higher temperature, but even with my 10 year old model, I have one customizable program. Because GF flours are very delicate, you just can't mix them for very long -- I've seen a number of producer recommendations to not mix for more than 4 minutes, nor let rise over about an hour. With that in mind, I didn't even bother utilizing Annalise's settings - I considerably shortened the mixing and baking times for my Breadman and increased the rise time by about 10 minutes. Perfection. That being said, the recipes in the book (yes, there aren't many) can really be used as MASTER recipes to convert traditional wheat recipes to GF. For me it was getting the liquid to dry proportions right, as well as the amount of xanthan gum. This book

does that very well and the result is a decent size loaf without the gummy, dense texture of many other GF recipes that tastes great and works as both a sandwich bread, or toasts up for breakfast. Just what I was looking for.

This cookbook is the only one out there for GF Bread-Machine Baking. The book has good recipes and a great flour mix. But I have a problem with her problem fixes and her some of the instructions. The bread machine specific programming instructions, (which take about %10 of the book) only apply to one brand of bread machine, you'd think she got royalties. Her fixes to common problems all start with, "if you read the recipe, and bought the same brand and model of machine I have then you would have no problems". In fact she is wrong. You can use another brand and you can alter the instructions for your needs. They also don't cover basic bread error fixes, like sour smell when mixing (too much yeast or your yeast is bad) and dampness (de-pan after minimum cooling). You need to consult the gluten-centric bread-machine manual for these. I have a 10 year old Breadman model TR-440. I can make perfect bread-machine bread. I use her flour mix and mostly follow the recipe for sandwich bread. I alter it in that I use olive oil instead of canola oil and I use unsweetened almond-milk instead of dairy. I do let all my ingredients come up to room temp before I start. I set my machine for #2-Basic Medium Crust. I scrape down the sides during the first mix with my silicone spatula. Then I walk away. It beeps for fruit and nuts addition, I scrape it down again. Then an hour and a half later, it beeps for done. I take it out, cool it for 10 minutes then de-pan. Let it cool for another 20, and Yum-pass the buttery spread! Oh and don't try to use her flour mix to make bread machine bread with Betty Hagmann's bread machine recipes, it does not work well.

I bought a Zojirushi bread machine a few months ago (in the hope of finally being able to make decent tasting gluten free bread), so I bought this book to go along with it. This wasn't my 1st bread machine nor my 1st book about gluten free bread, I had made gluten free bread in the past that was ok but thought this would make a big difference. I was very excited to try it and had high hopes for this new book, but it was a big disappointment! :( (I really wish previous reviewers (at the time of my purchase) had shared this major bit of information: ALL the recipes are based on ONE and only flour mix. This book has a "look inside" feature on , and you can see she uses a flour mix called "flour mix A". This had me wrongly assuming there was a flour mix B and a flour mix C etc... Well there isn't. :( (So if you don't like the taste of flour mix A (Millet flour + Sorghum flour + cornstarch + potato starch + tapioca starch) or if it doesn't work for you, then this book is pretty much useless!! I had several issues with the 3 recipes (with and without eggs) I tried (several times each of them):\*

The taste was bad, very bitter, sometimes to the point of being inedible, and with a rather "yeasty" taste.\* My loaf was quite dense and didn't rise appropriately and sometimes collapsed in the middle. I tried all the suggestions from the Troubleshooting page with no improvement whatsoever! :(I waited a while before posting my review because I thought it had to be me doing something wrong and I didn't want to give an undeserved bad review, so I tried the recipes again and again (1st following them to a T, then trying the suggestions for troubleshooting), but I am now convinced that the basic recipe just doesn't work. Maybe it's because we are in Florida and it is more humid, but we have air conditioning! I am actually relieved to see that other people have had the same issues... I haven't completely given up trying, as I will try and tweak the recipes to see if the results are better but I'm not holding my breath. For people who are on a GFCF diet, be aware that not all the recipes are dairy free in the book. Based on my experience with it, I would definitely not recommend that book. I would advise you to get *Delicious Gluten-Free Wheat-Free Breads* by LynnRae Ries and Bruce Gross instead, which offers much more diversity and great tasting sweet and savory breads (some of them also with dairy) and recipes suitable both for bread machines and oven!

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