

## Featured Recipe

### Popcorn Bread

#### Ingredients:

- 2 eggs, lightly beaten
- 6 Tablespoons cup hot water
- 2 Tablespoons flax seed meal (Flax USA™)
- 1 cup Jules Gluten Free™ All Purpose Flour
- 1 cup popcorn flour (homemade)
- 3/4 cup buckwheat flour (Bouchard Family Farm®)
- 1/2 cup gluten-free oat flour or gluten-free oats ground into flour (Legacy Valley™)
- 2/3 cup powdered milk (dairy or non-dairy - Dari-Free™) or buttermilk powder
- 1/2 teaspoon baking soda (Arm & Hammer®)
- 2 teaspoons baking powder, gluten-free (Argo®)
- 1 teaspoon sea salt (Maldon®)
- 1 cup vanilla yogurt (dairy or non-dairy) (So Delicious® Coconut Yogurt)
- 1 teaspoon apple cider vinegar (Bragg® Organic Unfiltered)
- 3 Tablespoons extra virgin olive oil
- 3 Tablespoons honey or light agave nectar (Wholesome Sweeteners®)
- 2 1/4 teaspoons (1 packet) rapid rise yeast, gluten-free (Hodgson Mill®)



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#### Directions:

##### Bread Machine Directions:

Grind the popcorn and oats (if using gluten-free oats instead of already ground gluten-free oat flour) in a food processor until fine. Use a small bowl food processor or blender, as the popcorn is very light and will float away from the blade if given too much room in the bowl. Sift the popcorn flour through a sieve or flour sifter to remove any large or crunchy pieces.

Stir the eggs with a fork in a small cup to mix the yolks and whites together in a small bowl. Add flaxseed meal to hot water in a separate bowl and set aside to steep for 10-15 minutes, or until viscous. Gather all other ingredients and plug in the bread machine, inserting the pan and paddle attachment.

Sift dry ingredients (except yeast) together in a large bowl and set aside.

Add all liquid ingredients to the bread machine pan first. Add the dry ingredients next and make a well in the center for the yeast. Add the yeast last and set the machine to the gluten-free setting or a setting with only one rise cycle and no punch-down.

During the knead cycle periodically check to see that the dry ingredients have been fully integrated into the dough, scraping down the sides with a rubber spatula if necessary. Add any toppings like sesame seeds, sea salt, poppy seeds, etc. at the conclusion of the knead cycle. Check to be sure the internal temperature of the loaf has reached 205° - 210° F before removing pan when the baking is completed. Add baking time on the machine or place the pan in a 350° F (static) oven and check at five-minute intervals to determine when it is fully cooked. Remove the bread to a cooling rack for 15 minutes, then gently remove the bread from the pan and slice when fully cooled.

### Oven Directions:

Grind the popcorn and oats (if using gluten-free oats instead of already ground gluten-free oat flour) in a food processor until fine. Use a small bowl food processor or blender, as the popcorn is very light and will float away from the blade if given too much room in the bowl. Sift the popcorn flour through a sieve or flour sifter to remove any large or crunchy pieces.

Add flax seed meal to hot water and set aside to steep for 10-15 minutes, or until viscous and water is absorbed. Sift dry ingredients (except yeast) together in a large bowl and set aside. When the flax seed meal is viscous, pour it into a large mixing bowl along with the eggs, yogurt, cider vinegar, olive oil and agave. Beat until well mixed.

Gradually stir in the dry ingredients and beat until incorporated. Add the yeast last and beat an additional 2-3 minutes, to ensure that the yeast is fully mixed into the dough.

Scoop dough into an oiled 9 x 5 inch loaf pan. Spray waxed paper with cooking oil and cover the loaf, setting it aside to rise in a warm place like a warming drawer or an oven preheated to 200° F and turned off. Let the bread rise for 30 minutes or until the bread has risen to just above the top of the pan, then bake in an oven preheated to 350° F (static) or 325° F (convection). Bake for 30 - 35 minutes, or until a toothpick inserted into the center comes out clean, it sounds hollow when thumped, and an instant read thermometer inserted into the center of the bread reads 205° F.

Remove to a wire rack to cool for 10 - 15 minutes, then remove from the pan to cool completely before cutting. Store in a zip-top bag to retain freshness.

Yields: 1 loaf