



## RECIPES

### GLUTEN-FREE & VEGAN COMMUNION BREAD



*Although some might point out that the ordination of Aaron and his sons specified three different kinds of bread (Exodus 29:1-4) and that because we are all ordained into Christ's priesthood that is appropriate to have different kinds of bread during communion, not many know this scriptural reference (though you can now teach it). Moreover, something is lost when we say that we are all one and partake of the same loaf, namely, the body of Christ, in our liturgy and then offer another type of bread to those with allergies. Because we are all one and when one suffers, we all suffer (I Corinthians 12:26), it is appropriate for us to all share in one loaf together. Therefore, if there are those with allergies, you may want to try baking gluten-free, vegan communion bread. Recipes can be made vegan with soy butter and egg-substitutes, though you may have to experiment to find the right consistency.*

#### **GLUTEN-FREE RUSTIC BREAD**

modified from *Gluten Free Living* magazine

#### ***Ingredients:***

1/2 cup millet flour  
1/4 cup flax meal  
3/4 cup brown rice flour  
1/4 cup tapioca starch  
1 teaspoon kosher salt  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
2 teaspoons xanthan gum (\*)  
2 teaspoons guar gum (\*)  
2 large eggs  
1/2 cup plain yogurt  
1 tablespoon oil (i.e. canola)  
1 tablespoon dark molasses  
2 tablespoons honey  
1/4 cup water

#### ***Directions:***

- (1) Preheat oven to 400 degrees F. Lightly oil baking sheet.
- (2) Mix all dry ingredients in a bowl.
- (3) Mix all liquid ingredients in a second bowl.

- (4) Slowly add liquid mixture to flour mixture while stirring with a spatula.
- (5) You will probably need to add more water to the mixture as the stated amount tends to be a bit dry. The dough should be only slightly stick. There is no need to knead the dough. It should be ready to bake after only 1-2 minutes of stirring by hand.
- (6) Place the ball of dough on the baking sheet and flatten slightly. Make a few knife cuts across the bread about 1/4 each deep.
- (7) Bake until brown and crusty about 25-30 minutes.
- (\*) Guar gum and xanthan gum are used in gluten-free baking to add some of the properties that gluten provides to yeast breads--elasticity and cohesion. Without this, the bread will be crumbly and have an odd texture. These are not actually gums (the name is a misnomer) but instead are sugars produced as part of the fermentation process. You can use only one or the other, but I've found that using both gives the bread a better texture.



## **VEGAN GLUTEN-FREE COMMUNION BREAD**

### ***Ingredients:***

- 1 cup gluten-free flour (i.e. a soy/rice blend)
- pinch of salt
- 2 tablespoons shortening (i.e. vegetable oil or olive oil)

### ***Directions:***

Stir together and add enough water to make a good dough. Roll out into a thin circle. Gently lay on a greased baking tray. Cut lightly into squares with a pizza cutter or knife so it will break easily. Bake at 350F (175C) until it is cooked through. The gluten-free flour won't turn brown. When cool break into pieces. You can freeze these for a number of months.

This recipe can be used with regular flour for a communion bread that is not gluten-free.



## **DELICIOUS, POTENTIALLY VEGAN, GLUTEN-FREE BREAD**

*Recipe Source: [glutenfreegoddess.blogspot.com](http://glutenfreegoddess.blogspot.com)*

This gluten-free bread is tender, fragrant, dairy-free and rice-free, and easily egg-free with proper leavening. Though most gluten-free bread recipes rely on eggs for texture and rise, this recipe is also delicious baked vegan, without eggs (though in all honesty, two whipped egg whites will make it rise higher). Use egg substitute to make it egg-free. **First-** whisk together your dry ingredients and set aside:

- 1 cup sorghum flour
- 1 cup potato starch (not potato flour!)
- 1/2 cup millet flour
- 2 teaspoons xanthan gum
- 1/ 1/4 teaspoons fine sea salt
- 1 packet rapid dry yeast or 2 1/4 teaspoons

You'll need sesame seeds for the top; set aside for later. (Or omit.)

### **For bread machine:**

Pour the liquid ingredients into the bread machine pan first:

- 1 1/4 cup warm water (at 110 to 115 degrees F)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey- or raw agave nectar to keep it vegan
- 1/2 teaspoon mild rice or white wine cider vinegar (or lemon juice)
- 1 tablespoon Ener-G Egg Replacer whisked with 4 tablespoons warm water till frothy

Gently pour the mixed dry ingredients on top of the liquid.

Set your bread machine program for 1.5 loaf medium crust. Used the gluten-free cycle on your bread machine, if you have one. If you don't, a rapid rise cycle should also work.

Check the dough after a few minutes of kneading- it should be closer to a muffin batter than bread dough, soft but not cake batter wet. Adjust dry to wet ratio with a tablespoon of flour or warm liquid, as needed. **Humidity influences the dough.** As does **temperature** (your bread will rise higher on a hot day).

If you like a crusty loaf (or your past experience results in a gummy center/fallen top) remove the bread from the pan and place it in the oven at 350 degrees F for an additional 10 minutes- keep an eye on it and don't let it get too brown. It should be a light golden color.

Cool the loaf before slicing for best results.

Enjoy fresh from the oven. The first day (as with most gluten-free baked goods) has the best texture and taste.

Freeze leftover bread as slices, wrapped in a paper towel and bagged in freezer bags. Thaw to room temperature.

Baking time: 1 hour

Yield: 1 loaf



### **Baking Tips for Fabulous Gluten-Free Bread in a Bread Machine**

Have all the dry ingredients at room temperature.

Water should be 110 to 115 degrees F (too cool and the yeast won't rise; too hot and the yeast will die).

Yeast should be fresh- check the expiration date.

After a minute or two of mixing, open the machine and scrape down the sides of the pan with a soft spatula to help incorporate the bits of flour on the edges. You may have to do this twice.

Immediately after the mixing/kneading cycle is finished reach in and remove the paddle; then smooth and press the dough and with wet fingers to even out the shape.

When the dough is resting, sprinkle a generous tablespoon of sesame seeds all over the top, if you want sesame seeds on your bread.

When the machine beeps "done," immediately remove the pan from the hot machine, and within a minute release the bread from the pan. (If you don't do this, it steams and gets a bit soggy.) Place it on a wire rack. To know if it turned out ok, do the thump test: It should sound hollow when tapped. And the loaf should feel firm (not squishy).

If you think that the sides are too soft, place the naked loaf directly into the oven- on the center rack. Turned on the temp to 350 degrees and bake it for another 12 to 15 minutes, keeping an eye on it. This will give the bread a nice crust.

Cool the loaf on a wire rack -- not in the pan. Slice when cooled with a sharp serrated knife. (If you don't wait for the loaf to cool the bread will not slice evenly.)

A note regarding altitude: at high altitude, you may only need one egg's worth of egg replacer. Experiment.

What really makes this bread tender and not crumbly is the give it gets from the honey and oil. When you don't use eggs or butter, you need to boost the stickiness factor- and flavor. That's why you need to use good-tasting olive oil and honey (agave would work).

You can also use real eggs in this recipe. If I add eggs to bread recipes, beat till frothy. If the dough seems too wet then, add a tablespoon of tapioca starch or sorghum flour.

If you find the center sinking, the dough may be too wet. Your flours might be damp due to humidity. Use less liquid- start with a tablespoon or two less liquid. If you use milk or non-dairy milk instead of water this could also produce a denser loaf as well.

If the bread is gummy in the center, it may need a longer baking time. Also try using less honey or agave; both are humectant. If you use flax seed gel as an egg replacer, this can

also create a gummy dough.

Read more: <http://glutenfreegoddess.blogspot.com/2009/02/delicious-gluten-free-bread.html#ixzz1UYSqOP7Y>



## **GLUTEN-FREE MILLET SORGHUM BREAD RECIPE**

### ***Ingredients:***

- 1 cup sorghum flour
- 1/2 cup gluten free oat flour
- 3/4 cup millet flour
- 1/2 cup tapioca flour
- 1/3 cup cornstarch
- 1/3 cup sweet rice flour
- 1/4 flax seed meal
- 1 Tablespoon xanthan gum
- 3 Tablespoons brown sugar
- 1 1/2 teaspoons salt
- 3 eggs
- 1 tsp apple cider vinegar
- 1 packet active dry yeast+ 1 tsp granulated sugar for proofing yeast
- 1 Tablespoon honey
- 4 Tablespoons butter
- 1/4 cup plus 1 cup heated water

### ***Directions:***

Make sure all your dry ingredients (and eggs) are at room temperature. Grease the bottom of a 10 inch loaf pan.

In a large bowl, stir together your active dry yeast and one teaspoon of sugar. Add 1/4 cup of the heated water to the yeast mixture. Let the yeast sit for 10 minutes.

Add all other ingredients to the bowl. Then slowly add your water (should still be warm) to achieve the right consistency in your batter. The dough should be like very stiff cake batter. Beat the dough on high for about 5 minutes.

Put the dough in your prepared pan and let rise for 30 minutes.

Bake the bread for 30 minutes at 350 degrees. Then cover bread loosely with aluminum foil for another 20 minutes. Remove and let cool on a cooling rack.

Note: this makes a big, dense loaf. You can also divide the dough and let it rise longer to make two smaller ones.



## **GLUTEN-FREE VEGAN BREAD (XANTHAN GUM-FREE)**

from fork and beans <http://www.forkandbeans.com/>

### **Wet Ingredients:**

- 2 1/4 tsp. dry active yeast
- 1 c. (240 ml) warm non-dairy milk
- 2 tsp. granulated sugar
- 1 c. (240 ml) warm water
- 5 Tbsp. (35 g) ground white chia seeds
- 3 Tbsp. (45 ml) vegetable oil
- 2 tsp. apple cider vinegar (or lemon juice)

### **Dry Ingredients:**

- 3 c. (387 g) Cara's Special Blend (see picture at right)
- 1/4 c. (30 g) buckwheat flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

### **Instructions**

Preheat oven to 350°F (190°C).

In a medium bowl combine the warmed non-dairy milk with the yeast and sugar—allow to proof until frothy (approx. 10 minutes). Add the water, oil, vinegar, and chia seeds into the yeast mix and whisk until well-combined. Allow to sit for another 2 minutes so the chia seeds expand.

In a large bowl, whisk together the dry ingredients. Pour the wet ingredients into the dry and stir with a wooden spoon until just combined. Spoon the batter into a 8x4 (20x10 cm) loaf pan. Using the back of a spoon smooth out the top and gently press down to ensure there are no gaps in the batter. Allow to rise until the loaf rises past the top of the pan (approx. 30 to 45 minutes) in a warm, non-drafty area of your kitchen.

Place the loaf in the oven on the middle rack and bake at 350 degrees for 60 minutes. Allow to cool in the pan briefly until you can remove it and transfer to a wire rack until it has completely cooled



## **MILLET-SORGHUM BREAD**

*This is a recipe for those with gluten, egg, and dairy allergies from <http://www.consciouseatery.com/2013/02/millet-sorghum-bread.html>*

### **Ingredients**

1 c millet flour  
1 c sorghum flour  
1 c tapioca starch  
1 t xanthan gum  
2 t sea salt  
4 T honey  
2 t instant yeast  
2 T coconut oil, melted  
1 1/2 c dairy-free (i.e. coconut) milk, warmed to 105-115 degrees

### **Directions:**

Whisk together the dry ingredients thoroughly in a large bowl.

In a medium bowl, whisk together the liquid ingredients.

Pour the liquid ingredients into the dry ingredients and beat with a wooden spoon until you have a thick batter.

Pour the batter into a greased 8x4 loaf pan. Set on top of a warm oven, and cover with plastic wrap or a moist towel. Allow to rise for about half an hour, until it reaches the top of the pan.

Bake in a 400F oven for about 35 minutes. Remove from oven and cool in pan on wire rack for about ten minutes, then remove from pan. Cool completely before slicing.



Comments or notes to other bakers? Leave them in the [comments on the Lord's Supper page](#). If you have other recipes to share, please send them to [Ada.Middleton@pcusa.org](mailto:Ada.Middleton@pcusa.org).

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