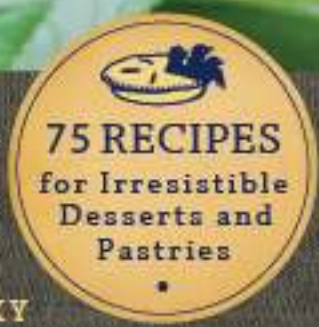




# BLACKBIRD BAKERY GLUTEN-FREE

*by* KAREN MORGAN    *photographs by* KNOXY





**BLACKBIRD**

**BAKERY GLUTEN-FREE**





# BLACKBIRD BAKERY GLUTEN-FREE

75 Recipes for Irresistible Desserts and Pastries

By KAREN MORGAN

Photographs by Knoxy



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## dedication

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I would like to dedicate this work to my son, Leo, the bright light that led me back to the lee shore.

In memory of my beloved nephew and friend, Andy Morgan, who left us too soon.

*"Remember, once is forever."*

—Andrew Morgan (July 25, 1979 to June 22, 2005)



## acknowledgments

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First and foremost, I would like to thank my mother and my grandmother for filling me with the passion to cook and the magic to make it happen.

I would also like to thank Tim Morgan and the entire Morgan family for their patient palates over the years as my recipes came to life.

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## Introduction

**MY AIM FOR THIS BOOK IS VERY SIMPLE:** to provide hope to those who—like myself, suffer from autoimmune disorders like celiac disease, or any other medical condition—such as autism, Asperger's syndrome, ADD, and ADHD—that may require a change in diet. The latest research reveals that a growing number of cancer treatments are significantly more effective when the patients are placed on a gluten-free diet.

So how does one make such a total change in the diet and still find pleasure in food? The act of eating is one of the highest forms of pleasure in the tableaus of human experience. When this aspect of my life was taken from me, I immediately took note. The seemingly simple act of eating became a complex, frustrating task, rather than a moment of pleasure. I set out to reclaim this birthright, and here, in these pages, you will find that life without gluten can be just as good, if not better, than what came before.

At the time of my diagnosis in 2002, the available gluten-free products were so scarce and costly I took it upon myself to do something about it. After seven years of loving experimentation and exhaustive research—including living and working in France, launching a food blog, and opening my online bakery shop, *Back to Bakery*—I have compiled the compilation of recipes that are so delicious you will forget that you are eating gluten-free.

Most important, I wanted to find a way to take away that helplessness feeling from those who are newly diagnosed, empowering a lot of us with the knowledge that life is still truly a delicious pleasure. May this be your food, too.

Life is mutable, but our greatest strength lies in our ability to adapt to these changes in an intelligent way. It is my hope that you will find *Back to Bakery Gluten-Free* to be part of the solution to this ever-growing problem.

**AT LAST! ENJOY!**

## BAKING GLUTEN-FREE

In traditional baking, gluten—the protein in wheat flour—expands and contributes to a series of chemical reactions. These reactions give us the springy texture, rise, craves, light, rolls, breads, rolls, and cakes. So what is one to do when the elastic protein is not present in flour?

Take heart, for gluten-free baking is possible. This book uses the following basic techniques for making your own delicious gluten-free baked goods:

First and foremost, we use only whole-grain flours as possible and used in each recipe. These work together to provide both structure and good nutrition. Our grains, used in combination with the flours to give assembly to the doughs and batters, also provides the necessary structure to prevent the baked goods.

I am a big believer in using only organic ingredients. These include organic produce, dairy products (including eggs), and fats, when possible, to my ever-yearning and for my customers. Organic foods have the nutrients we need for overall health, and the additives that can negatively affect our health, and what's more, they taste better. And as a baker and chef, I cannot stress enough that I don't want...

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# notes on ingredients

Here is a list of the gluten-free flours used in this book, along with other special ingredients found in the recipes.

## GLUTEN-FREE FLOURS

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### ALMOND FLOUR/MEAL

Almond flour is usually made from blanched almonds, while almond meal may be made from either blanched or raw almonds; the two are interchangeable. Almond flour/meal provides excellent flavor and creates a moist crumb.

### AMARANTH FLOUR

Whole-grain amaranth was a staple for the Incas and Aztecs. Like buckwheat and quinoa, amaranth is a complete protein containing a complete set of amino acids. It has 30 percent more protein than rice, wheat flour, oats, or rye. Use sparingly; its flavor is distinctively earthy, and its texture is quite granular.

### CHESTNUT FLOUR

Made from ground chestnuts, this flour is low in fat and high in fiber. It has a strong nutty flavor, so you may want to use it sparingly, but I love it.

### GARBANZO BEAN FLOUR

Made from ground chickpeas (also known as garbanzo beans) one of the oldest cultivated vegetables, dating back seventy-five hundred years. Indian cuisine relies heavily

on this flour for its various flat breads, and the Italians use it to make a flat bread known as socca. It has an intense earthy odor, which can be hard to conceal in sweet baked goods; however, it works wonderfully in conjunction with pureed fruits in gluten-free breads and muffins.

### GLUTINOUS RICE FLOUR

A flour made from ground sticky rice, sweet rice, waxy rice, botan rice, biroin chal, mochi rice, and/or pearl rice. These rice varieties, cultivated in Japan, Korea, China, the Philippines, Thailand, Laos, Indonesia, and Vietnam, date back eleven thousand years. Glutinous rice flour is easily attainable at most Asian markets and is very inexpensive. It is virtually odorless, and is an excellent way to attain a light, moist texture in gluten-free baked goods.

### MILLET FLOUR

First cultivated in East Asia over ten thousand years ago, millet is one of the oldest grains in the human diet. Rich in B vitamins, especially niacin, B<sub>6</sub>, and folic acid, along with calcium, iron, potassium, magnesium, and zinc, it is

exceptionally nutritious. Today, millet is widely used in western India to make flat breads, and in China and Russia for porridge. Pale yellow in color, millet flour is mild in flavor and produces excellent texture in baked goods.

### SORGHUM FLOUR

Native to Ethiopia and Sudan, sorghum was brought to the United States as “guinea corn” from West Africa by slave traders around 1850. Prized for its high protein and fiber content, it also has a low level of carbohydrates, making it a wonderful source of energy. This flour has a nutty, subtly sweet flavor, and adds depth to any baked treat. It is sometimes marketed as “sweet white” sorghum flour.

### TAPIOCA FLOUR

Derived from the yucca or cassava root, tapioca flour is typically used as a thickening agent and has the color and texture of fine talcum powder. Used extensively throughout Brazil and South America, it is also used throughout this book. The flavor is mild, but becomes very strong when used in conjunction with chocolate.

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## OTHER INGREDIENTS

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### **CLARIFIED BUTTER**

The clear butterfat from melted butter, used when you want to heat butter to a high heat without browning it. To make clarified butter: In a small, heavy saucepan, melt 1 cup (2 sticks) unsalted butter over low heat. Remove from the heat and skim the foam from the top. Pour the clear yellow liquid (the butterfat) into a glass jar, leaving the milky layer in the bottom (the milk fat). Cover and refrigerate indefinitely. Makes  $\frac{2}{3}$  cup.

### **CORNSTARCH**

The starch derived from corn. Prized for its thickening properties, it is widely used in gravies and other sauces. In gluten-free cooking, cornstarch aids in thickening batters and dough. For those who suffer from corn allergies, arrowroot can be substituted in equal parts.

### **CULTURED BUTTER**

Butter made from fermented butterfat. During fermentation, the cream naturally sours as bacteria convert milk sugars to lactic acid, resulting in a much rounder, fuller butter flavor.

### **GLUTEN-FREE OATS**

Oats that are grown on gluten-free dedicated farms and planted with non-GMO seed stock. Buy only oats labeled “gluten-free,” as other oats may have been processed or stored in containers that have held wheat flour. Finely ground, gluten-free oats make a great flour.

### **GUAR GUM**

Made from the ground seeds of the guar bean. A water-soluble fiber, guar gum is recommended for overall intestinal health. It has very little odor, making it a great addition to baked goods. More importantly, guar gum is an excellent stabilizer, providing elasticity and structure to gluten-free baked goods. I prefer it to pungent-smelling xanthum gum, which is used as a stabilizer in many gluten-free products.

### **MEXICAN VANILLA**

Vanilla beans from Mexico are especially strong in flavor, both in the bean and in vanilla extract.

### **ORGANIC BUTTERMILK**

Buttermilk adds tenderness and moisture to baked goods, but only

organic buttermilk is gluten-free. Nonorganic buttermilk contains modified food starch, a gluten-based ingredient.

### **SANDING SUGAR**

A coarse-grained sugar used for decorative purposes.

### **TEXAS PECANS**

These nuts are far sweeter in flavor than pecans from neighboring Southern states, where their notes tend to be more bitter.

### **VIETNAMESE CINNAMON**

Vietnamese cinnamon has a much higher oil content than other varieties, resulting in a more pronounced flavor that pervades rather than fades.

### **XYLITOL**

Birch sugar can be substituted in the cookie and cake recipes for those on a low-glycemic diet. I don't recommend substituting in the custards and puddings.





CHAPTER ONE

biscuits, muffins & sweet breads

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## INGREDIENTS

- solid vegetable shortening
- ¼ cup clarified unsalted butter (page 15)
- 1 cup millet flour
- 1 cup glutinous rice flour
- 1 teaspoon guar gum
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 2 tablespoons confectioners' sugar
- 6 large eggs, beaten
- 2 cups whole milk
- 2 tablespoons unsalted butter, melted

# popovers

These popovers are absolutely to die for. Their respectably crisp exterior gives way to a helplessly fluffy center where the custard flavor of the eggs really shines through. The popovers are appropriate anytime, whether slathered with fresh preserves and butter for breakfast or eaten plain with dinner. Either way, you and your guests will be flabbergasted that they are gluten-free!

## MAKES 12 POPOVERS

*Note: Use clarified butter to prepare the pan, as regular butter can burn and smoke at the high temperature used for these popovers.*

Position an oven rack in the center of the oven. Preheat the oven to 425°F. Grease the popover cups with vegetable shortening. Spoon a little of the clarified butter into each of 12 popover or muffin cups, just enough to cover the bottom of each cup.

In a large bowl, combine all the dry ingredients and stir with a whisk to combine. In a separate bowl, whisk together the eggs and the milk. Pour the egg mixture over the dry ingredients and briskly whisk until smooth. Add the melted butter and whisk just until incorporated.

Fill the prepared popover cups about two-thirds full with the batter and bake for 15 minutes. Reduce the oven temperature to 325°F and continue baking for an additional 5 minutes, or until the tops of the popovers have risen over the tops of the pan and are golden brown.

Remove from the oven and unmold the popovers onto a wire rack to cool. Serve warm or at room temperature.

*Make the day of serving and store by wrapping them in a cloth.*





# sunday morning pancakes

My search for the perfect Sunday morning pancakes has been a lesson in patience more than anything. I have to say that the waiting has paid off tremendously, as these babies are the ideal version of the weekend morning staple! They rise up and hold their height with a soft, fluffy texture. Their flavor is so phenomenal, you'll glow with pride when you see that every last one has been devoured by your hungry guests.

## MAKES 8 BIG PANCAKES OR 16 SMALL ONES

In a large bowl, combine all the dry ingredients and stir with a whisk to blend. Add the eggs, buttermilk, and melted butter and stir until smooth.

Heat a large skillet or a griddle over medium-low heat. Spray the pan with safflower oil spray. Run your hands under the faucet to wet your fingertips and then shake them over the hot griddle. If the water dances across the pan, the heat is just right to begin making your pancakes. For each large pancake, pour  $\frac{1}{4}$  cup batter into the pan; for small pancakes, use 2 tablespoons batter. Cook until bubbles form on the top of each pancake; turn and cook until golden brown on the bottom. Transfer to a baking sheet and keep warm in a 200°F oven while cooking the remaining batter.

*To save time, mix all the dry ingredients in advance and keep in an airtight container in a cool dry place for up to 3 months.*

## BLACKBIRD BAKING TIP

This versatile recipe can be customized into whatever type of pancake you are craving. Try adding fresh fruit, such as  $\frac{1}{2}$  cup of blueberries or bananas, and a few dashes of cinnamon or  $\frac{1}{2}$  cup chocolate chips. Add ground spice directly to the batter and whisk to incorporate. When adding fresh fruit or chocolate, simply sprinkle some on top of each pancake before you flip it. After your first batch, you'll find yourself thinking, "Gluten? Who needs it?"

## INGREDIENTS

- $\frac{1}{4}$  cup plus 2 tablespoons almond flour
- $\frac{1}{2}$  cup millet flour
- 2 tablespoons glutinous rice flour
- 2 tablespoons sugar
- 1 teaspoon guar gum
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- 2 large eggs, beaten
- 1 cup organic buttermilk
- 2 tablespoons unsalted butter, melted
- safflower oil cooking spray

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# cranberry-pear scones

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## INGREDIENTS

1 teaspoon unflavored gelatin  
1½ cups organic buttermilk  
1 cup sorghum flour  
1 cup cornstarch  
½ cup tapioca flour  
¼ cup glutinous rice flour,  
plus more for dusting  
2 teaspoons baking powder  
½ teaspoon baking soda  
2 teaspoons guar gum  
½ teaspoon plus ⅛ teaspoon  
kosher salt  
⅓ cup granulated sugar  
½ cup (1 stick) cold unsalted  
butter, diced, plus  
2 tablespoons, melted  
grated zest of 1 lemon  
4 slices dried pears, diced  
1 cup dried cranberries  
sanding sugar for sprinkling

My mom was an avid consumer of scones until we were both diagnosed with celiac disease. Then, like a plethora of other beloved foods, scones disappeared, literally overnight, from our repertoire. After years of torture (walking past bakeries and not being able to buy a single thing, let alone our beloved scones!), I devised this recipe, and the word *scone* was allowed, at long last, to be uttered in our presence. Wanting to really knock my mom's socks off, I filled them with some of her favorite dried fruit—pears and cranberries—for an alternative to the customary currants.

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## MAKES 9 SCONES

Position an oven rack in the center of the oven. Preheat the oven to 400°F. Liberally butter a baking sheet.

In a measuring cup, sprinkle the gelatin over the buttermilk and allow to soften for at least 10 minutes. Using a small whisk, stir the gelatin into the buttermilk to prevent any clumping.

In a large bowl, combine all the dry ingredients and stir with a whisk to blend. Add the ½ cup butter and, using a pastry cutter, cut into the dry ingredients until the butter resembles small peas. Add the lemon zest, pears, and cranberries. Pour the gelatin mixture over the dry ingredients and stir until the dough is a sticky, tacky ball.

Dust a work surface with glutinous rice flour and turn the dough out onto it. Dust the top of the dough with glutinous rice flour and knead the dough about 3 turns, or until it is no longer sticky.

Shape the dough into a rectangle 12 inches long and 5 inches wide. Brush with the melted butter and then sprinkle with the sanding sugar. Cut the rectangle into 9 triangles and then transfer the scones to the prepared pan. You can cut the dough into rounds.

Bake for 20 minutes, or until lightly golden, rotating the pan after 15 minutes of baking. Remove from the oven and transfer the scones to wire racks. Serve warm.

*These scones can be made a few hours ahead and reheated in a low oven.*

## BLACKBIRD BAKING TIP

The type of flour used for rolling out dough for gluten-free baking is extremely important. I always use either glutinous rice flour or tapioca flour. I recommend avoiding cornstarch, as it has a tendency to create a rubbery coating that is highly unpalatable and can ruin all your hard work.





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