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From renowned  
GF expert  
Jules Shepard



GLUTEN FREE  
BREAD BAKING  
*with*  
JULES

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GLUTEN FREE  
BREAD BAKING  
with  
JULES

tips & techniques  
for beginner  
to intermediate  
bread bakers

Gluten-free bread that actually tastes like...bread? Yes! No more gluten-free bread baking disasters, no more concrete or crumbly loaves. With these recipes and tips, and **gfJules™ All-Purpose Gluten-Free Flour**, you can once again enjoy sandwiches, dinner rolls, French toast—you name it! The question and answer section of this guide is divided into two sections: one covering oven-baked breads and one for bread machines. Both these methods make great bread, so choose whichever you prefer. Let the bread baking begin!

## GENERAL Tips

### How should I measure the flour?

When measuring flour, don't scoop from the bag with your measuring cup. This compresses the flour. Use a spoon to scoop flour into the measuring cup and level off with a knife. This will ensure that your flour is measured properly.

### What temperature should my ingredients be before baking?

It is particularly important for yeast recipes to bring all of your ingredients to room temperature before beginning. Yeast needs warmth to grow; ingredients that are too cold may prevent full yeast growth.

### What adjustments might be necessary to bake bread at high altitudes?

Any modifications necessary depend on exactly how high the altitude is where you will be baking and rising the bread. In general though, you may need to add 1-2 tablespoons more of **gfJules™ All-Purpose Gluten-Free Flour** or cut the liquid by 1 -2 tablespoons in each bread recipe. Diligently monitor the internal temperature of your loaf; don't be surprised if you need to increase bake times to achieve the optimum internal temperature.

### I miss the taste of whole-grain bread. Does Jules have any recipes I can use to recreate this kind of bread?

Yes! To make a more "whole grain" bread, replace 1/4 - 1/2 cup of the **gfJules™ All-Purpose Gluten-Free Flour** in a bread recipe with the same amount of buckwheat, brown rice, teff or millet flour or flax seed meal. These ingredients will add more whole grain flavor and additional fiber. You can also add additional seeds to add crunch and fiber. With this amount of different ingredients, you do not need to adjust the recipe at all. However, if you choose to substitute with even more alternative dry ingredients, add 1/2 teaspoon of xanthan gum for every 1/2 cup of flour. Another option is to use my easy **gfJules™ Whole Grain Bread Mix!**

### How do I get my breads to rise higher?

If you really want a tall, fluffy loaf of bread, beer bread or bread made with other carbonated beverages like club soda or gingerale is the way to go!

# OVEN-BAKED Bread Guide

## What kind of pan should I use?

Metal pans tend to work better than glass pans. Glass pans can hold in moisture and can make your bread mushy. Metal pans, however, can help to form a crispier crust: the darker the metal, the darker the crust. Choose a 9 x 4 or 9 x 5 inch pan for the loaf recipes in this e-book. If you're looking for even crustier bread, remove the baked loaf from the pan and return to the hot oven without its pan. Place it directly on a clean oven rack and bake an additional 5-10 minutes.

## How can I get my bread to rise?

It is important to put your bread in a warm enough place. Your best bet is to set your oven temperature to 200° F, then turn the oven off. Place a bowl of water in the oven with the bread – the humidity created in the oven will further encourage yeast growth. Another option is to place the bread directly in a warming drawer, if you have one. Wherever you rise the bread, be sure to cover it. A piece of wax paper coated with cooking spray, a damp towel, or a larger pan set over – but not touching – the loaf, are good options. Be sure to let your loaves rise for at least 30 minutes before baking – I've left loaves to rise for several hours before baking and had wonderful results, so don't shortchange your recipe by not letting it rise long enough. One word of caution though: do not let the dough rise higher than the sides of the pan, or the loaf might collapse upon itself during or after baking.

Due to the nature of gluten-free bread doughs needing less time to rise and no punch-down in between rises, I prefer to use Rapid Rise or Bread Machine Yeast. Double check to be sure that your yeast, baking powder and baking soda are fresh before using. I recommend Red Star Quick Rise Yeast in my bread recipes. It is gluten-free.

## Can bread rise too much? If so, how much should I let it rise?

Yes, bread can rise too much. Don't let it rise higher than the top of your bread pan before baking—if it rises too much, then it can't support itself and is more likely to collapse. This process should take about 30-60 minutes, but altitude and humidity can affect this rise time.

## How can I tell if my bread is fully cooked?

It is very important not to take your bread out of the oven before it is fully cooked. If the bread has a rubbery layer at the bottom, this usually means it was not fully cooked. The best way to tell if bread is done is to insert an instant read thermometer into the middle of the loaf. The temperature should be approximately 205-210° F when it is done. You can also insert a skewer or cake tester to see that the bottom of the loaf isn't still doughy.



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## How should I remove my bread from the oven?

When your bread is done cooking, turn off the oven and open the door so that the bread can cool slowly for five minutes. Taking the bread out of a hot oven and quickly transferring it to a cool counter can sometimes cause the loaf to sink. Allow the loaf to cool on a wire rack for 10 - 15 minutes, then remove from the pan to finish cooling.

## OVEN-BAKED Bread Guide

### What if my bread still sinks when I remove it from the oven?

If you are having problems with your bread sinking, next time, place the loaf on a cooling rack on its side. Rotate it carefully from side to side every few minutes while it cools. This allows the structure of the bread to set up better during the cooling process. Also try reducing the predominant wet ingredient in your recipe by 1/4 cup next time.

### How do I store Jules' bread once baked?

Once it is fully cooled, seal in a zip-top bag on your counter, away from the sun. Do not store in the refrigerator, or it will dry the bread out. If freezing the bread, slice first and put wax paper between slices; or cube before freezing for croutons, bread crumbs or stuffing later.

## BREAD MACHINE Guide

### What kind of breadmaker should I use?

Use a bread maker with a gluten free setting for best results. The most common and quality choices include: Breadman Pro, Cuisinart, Oster and Zojirushi. The Oster seems to be the least expensive model, ranging from \$40 - \$90; the Breadman Pro can usually be found for around \$100, the Cuisinart is slightly more expensive, and the Zojirushi usually runs about \$250.

If using the Zojirushi, use gfJules™ bread recipes calling for 3+ cups of flour. The pan tends to be too large for smaller recipes.

Newer Zojirushi models have a gluten-free setting that works quite well. If you have an older model, or are looking to bake your loaf in less time, you can pre-program a new cycle. I suggest the following cycles be programmed:

Choose Home Made Memory Setting

**Preheat cycle** — 10 minutes — (if ingredients are not already at room temperature)

**Knead cycle** — 20 minutes

**Rise 1 and rise 2 cycles** — turn these cycles off

**Rise 3 cycle** — set for 25 minutes for recipes with baking soda and baking powder. Set for 45 minutes without baking soda and baking powder.

**Bake cycle** — 60 minutes / medium crust setting

**Keep warm cycle** — turn off

# BREAD MACHINE *Guide*

## What if my breadmaker does not have a gluten-free setting?

If there is not a gluten-free bread setting on your breadmaker, set it manually so that there is only one rise cycle and one bake cycle. Do not use a punch down cycle or a second rise. Set for the darkest crust. If the bread is not done on these settings, cook for a little longer by setting a 1 1/2 lb. loaf as a 2 lb. loaf or remove pan from breadmaker and bake in 300° F oven until done.

## How much flour should I use?

A recipe with 2 cups of flour creates an approximately 1 1/2 lb. loaf and a recipe with 3 cups of flour creates an approximately 2 lb. loaf.

## Should I put the ingredients into the breadmaker in any particular order?

Regardless of the breadmaker, always put the wet ingredients in first. Sift the dry ingredients together to prevent lumps of dry ingredients in bread. Make a well in the center of the dry ingredients. If the recipe calls for sugar, put sugar in the well first, then yeast. If it does not call for sugar, just put yeast into the well. Sugar activates yeast while salt can inhibit this process.

## What do I do if my flour has lumps of dry ingredients in it?

Sift the dry ingredients together before mixing in any wet ingredients. This will help reduce lumps.

## Do I need to do anything while the bread bakes in the bread machine?

Near the end of the mixing cycle, make sure all corners have the flour incorporated into the batter. Use a rubber spatula to mix in any patches of flour. (There is only 1 mixing paddle in most bread makers, so you may need to help make sure the dry ingredients are thoroughly incorporated.)

## Popcorn Bread

Popcorn flour is a fun, whole grain flour you make yourself – no shopping around at various health food stores to find it! To make it, simply pop your favorite popping corn, then process it in a blender or food processor until the popcorn becomes a fine powder. In this bread, it offers the benefits of a tasty whole grain flour, but is too airy to support a loaf of bread on its own, so it must be combined with other gluten-free flours that offer bulk as well. A really unique treat that is fun to make and to eat!

### Ingredients:

- 1 cup homemade popcorn flour (4-5 cups of popped corn, blended into flour)
- 6 Tbs. hot water
- 2 Tbs. flax seed meal
- 2 eggs, lightly beaten
- 1 cup vanilla yogurt (dairy or non-dairy)
- 1 tsp. apple cider vinegar
- 3 Tbs. extra virgin olive oil
- 3 Tbs. light agave nectar or honey
- 1 cup gfJules™ All-Purpose Gluten-Free Flour
- 3/4 cup buckwheat flour
- 1/2 cup gluten-free oat flour (or **gluten-free oats** ground into flour)
- 2/3 cup powdered milk (dairy or non-dairy) or buttermilk powder or almond meal
- 1/2 tsp. baking soda
- 2 tsp. baking powder
- 1 tsp. sea salt
- 2 1/4 tsp. (1 packet) rapid rise yeast



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### Directions:

Bring all wet ingredients to room temperature. Measure out approximately 4 -5 cups of popped corn. Grind the popcorn (and afterwards grind oats if using gluten-free oats instead of already ground gluten-free oat flour) in a food processor until fine. Measure out 1 cup of popcorn flour for recipe.

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.

Add flax seed meal to hot water and set aside to steep for 10-15 minutes, or until viscous and water is absorbed.

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## Popcorn Bread

### Bread Machine Directions:

Bring all wet ingredients to room temperature. Stir the eggs with a fork in a small cup to mix the yolks and whites together in a small bowl. 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 wet 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.

If the temperature hasn't reached 205° F, 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:

Bring all wet ingredients to room temperature. Sift dry ingredients (except yeast) together in a large bowl and set aside. When the flax seed meal mixture becomes 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 loaf pan. Spray waxed paper with cooking oil or dampen a clean kitchen towel 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 at least 30 minutes, or until the bread has risen to 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 slicing. Store in a zip-top bag to retain freshness.

Yields: 1 loaf

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## Gluten-Free Beer Bread or Dinner Rolls

I used gluten-free ale in the recipe to add flavor, and the carbonation is a great secret ingredient that assists in rise with yeast breads. For my loaf and rolls, I chose **Green's Gluten Free Quest** (Tripel Blonde Ale), but their Discovery Amber Ale would be great for this recipe as well. You can see from the photo that the Blonde produces a beautiful and moist white bread, which would be even more pure white if I had not used buckwheat flour. I used some buckwheat to enhance the nutritional value of the bread, but you could simply use my **gfJules™ All-Purpose Gluten-Free Flour** for all of the flour required if you don't have any buckwheat flour handy, or if your kids demand a really white bread! Once cooled, you can slice this loaf as thin as you like, so you could make a great sandwich, thick French Toast or anything in between.



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### Ingredients:

- 10 oz. gluten-free ale (I used Green's Quest Tripel Blonde Ale)
- 3 large eggs
- 3 Tbs. olive oil
- 2 Tbs. honey or agave nectar
- 2 3/4 cups **gfJules™ All-Purpose Gluten-Free Flour**
- 1/4 cup buckwheat flour or other whole grain GF flour (or may use equal amount of **gfJules™ All-Purpose Gluten-Free Flour**)
- 1 tsp. salt
- 1 Tbs. granulated cane sugar
- 2 1/4 tsp. rapid rise or bread machine yeast

### Directions:

Bring all wet ingredients to room temperature. Prepare 1 loaf pan or 12 popover pans by oiling lightly with olive oil or canola oil spray.

In a large mixing bowl, whisk together the the eggs, oil and honey.

In another large bowl, whisk all dry ingredients except yeast (flour, salt and sugar). With mixer on low speed, slowly pour the dry ingredients into the liquids to combine. Continue beating while slowly pouring in the ale to mix. When incorporated, add the yeast. Beat until the batter is smooth, then increase mixing speed and beat for 4 additional minutes.

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## Gluten-Free Beer Bread or Dinner Rolls

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Pour batter into loaf pan or, using a large ice cream scoop, measure batter and scoop equal portions into the prepared popover pans.

Cover with oiled wax paper and let rise in a warm, moist place for at least 30 minutes (an oven preheated to 200° F, then turned off, with a bowl of water in the oven to add moisture, is a good option).

When the bread has risen, bake at 375° F (static) or 350° F (convection) for approximately 35-45 minutes for the loaf or 15 minutes for the rolls. The internal temperature of the loaf should be approximately 205 - 210° F. The bread or rolls should have risen high above

the tops of the pans, and will be golden brown with a nice crust. Remove to cool in the pans for 5 minutes, then gently remove from the pans and serve warm.

Yields 1 loaf or 12 dinner rolls.

Note: You may easily use this recipe in your bread machine by adding all the liquids to the pan first, then sifting together the dry ingredients (except yeast) and pouring in on top of the liquids. Form a well in the center of the dry ingredients and pour in the yeast to the well. Set the machine on the gluten-free setting or the setting on your machine with only 1 rise cycle and no punch-down. Use a rubber spatula to go around the inside of the pan while the machine is mixing the dough, to ensure all the dry ingredients are incorporated. Remove the pan from the machine when finished baking, then allow to cool for approximately 10 minutes before removing the loaf from the pan to cool further.

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## Breadsticks

For all of you who have craved wonderful yeasty bread, but thought you would never get to enjoy it again, and for all of you who certainly thought making such bread sticks was out of the question, I have great news for you! These sticks are super easy to make, and the recipe is super flexible - play with the shapes, make rolls instead, top with your favorite additions like different seasoned salts, cheese, chopped nuts, seeds or other variation to accompany your meals. This will quickly become a family favorite recipe, I'm sure of it!

### Ingredients:

- 2 cups gfJules™ All-Purpose Gluten-Free Flour
- 3 Tbs. flaxseed meal  
(or equal amount of gfJules All-Purpose Gluten-Free Flour)
- 1/4 cup dry milk powder, dairy or non-dairy (DariFree™ Original)
- 1/2 tsp. baking soda
- 2 tsp. baking powder, gluten-free
- pinch of salt
- 1/4 cup shortening
- 1 tsp. apple cider vinegar
- 3 Tbs. honey or agave nectar
- 2 large eggs or egg substitute like 2 Tbs. flaxseed meal steeped in 6 Tbs. warm water
- 2/3 cup vanilla yogurt (dairy or non-dairy)
- 2 1/4 tsp. rapid rise yeast (1 packet)
- toppings of choice (e.g. coarse sea salt, grated cheese, sesame or poppy seeds ...)
- Milk (dairy or nondairy), egg white with 1 tablespoon water, or olive oil for brushing on tops

### Directions:

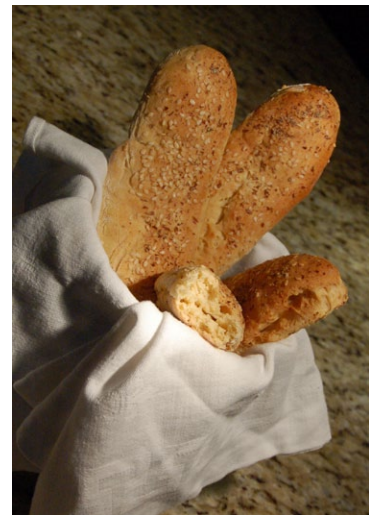
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Bring all wet ingredients to room temperature. Preheat oven to 350° F (static) or 325° F (convection). In a large bowl, whisk together the dry ingredients, except yeast. Cut the shortening into small pieces and cut into the dry ingredients with a dough paddle attachment on a stand electric mixer or a pastry cutter by hand.

In a smaller bowl, stir together the liquid ingredients until combined. Slowly add liquid mixture to the dry ingredient bowl, mixing with the paddle attachment until fully incorporated. Pour in the yeast and beat an additional minute thereafter to well-integrate the yeast granules. The batter will be very wet.

Dust a clean counter or baking mat with gfJules™ All-Purpose Gluten-Free Flour. Dust your hands with more of this flour as well. Grab a chunk of the wet dough, rolling it gently in the flour into the shape you desire.

Lay the sticks onto a parchment-lined baking sheet. Brush tops with milk, egg white and water or olive oil. Sprinkle with toppings and bake for 10-12 minutes until the tops are lightly browned and the dough has risen. Open the oven door and allow the bread sticks to cool slowly; serve warm.



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## Sandwich Bread

Everyone wants a sandwich sometimes. Everyone. When the craving hits you for a sandwich, run ... don't walk to make a delicious homemade loaf, regardless of your food restrictions. This awesome recipe produces a loaf you can slice as thick or as thin as you like, and it may be made nearly allergy-free! Gluten-free, dairy-free, soy-free, nut-free, egg-free ... and higher fiber than a regular white bread, this loaf will stay moist for days (if it lasts in your house that long!). Pass the recipe along to anyone you know with other food restrictions and share the wealth!

I wrote the recipe for breadmaker or traditional oven method. If you do not have a bread maker, it is best to use a stand mixer or a large food processor with a dough blade, as this dough is very thick if choosing yogurt as the liquid ingredient.

While I love using yogurt as an ingredient in my breads – it keeps the crumb nice and moist for days – it is a variable in baking. Whether using low fat, fat free, soy, rice, coconut ... they all have different moisture levels and viscosities. Thus, the directions indicate the minimum yogurt recommended for this recipe; depending on the yogurt used, a small amount of extra yogurt may be needed to thin this thick dough to the consistency needed to spread out in a pan to form a nice loaf. For a fluffier loaf, choose a carbonated liquid instead.

### Ingredients:

- 2 Tbs. agave nectar or honey
- 1 1/4 cup plain yogurt (dairy or non-dairy or carbonated liquid like GF beer, sparkling water or gingerale)
- 1 tsp. apple cider vinegar
- 1/4 cup extra virgin olive oil
- 2 large eggs (or 2 Tbs. flax seed meal steeped for 10 minutes in 6 Tbs. hot water)
- 2 3/4 cups gfJules™ All-Purpose Gluten-Free Flour
- 1/4 flax seed meal
- 1/2 cup millet flour or buckwheat flour
- 1/4 cup dry milk powder, dairy or non-dairy (DariFree™ Original or almond meal)
- 1/2 tsp. baking soda
- 2 tsp. baking powder
- 1 tsp. sea salt
- 1 tsp. granulated cane sugar
- 1 Tbs. rapid rise or bread machine yeast

### Toppings:

- 1 Tbs. flaxseeds or sesame seeds
- 1 Tbs. coarse sea salt



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SANDWICH BREAD

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DINNER ROLLS

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### Oven Directions:

Bring all wet ingredients to room temperature. In the large mixing bowl of a stand mixer, stir together these wet ingredients: honey, yogurt, apple cider vinegar, oil and egg (or flax seed and water mixture). Whisk these dry ingredients together in a large bowl: flours, milk powder, baking soda, baking powder and salt. Gradually add the dry ingredients in with the wet by pouring slowly into the wet bowl while mixing with the paddle attachment. Once incorporated, add the yeast granules and sugar, and beat well – 1-2 more minutes.

If using yogurt, the dough will be very thick (much more like regular wheat flour bread dough than you may be used to with gluten free); however, if the dough seems too thick to spread into a loaf pan, gradually mix in more yogurt, one tablespoon at a time, until the dough is still thick, but able to be smoothed with a spatula.

Scoop the dough into an oiled bread pan (use a dark metal pan if you like a darker crust on your bread; lighter, shiny metal or glass if you like a light crust).

Smooth the top, sprinkle with any toppings, then cover with a damp towel or a sheet of wax paper sprayed with cooking oil. Sit the covered dough for at least 30 minutes in a warm place like an oven warming drawer or an oven preheated to 200° F then turned off.

Remove the cover from the raised dough and transfer to a preheated convection oven set to 275° F or a preheated static oven set to 300° F. (If already using the oven to rise the dough, simply uncover the dough then turn the oven on to preheat while the risen dough remains inside.) Cook for approximately 60 minutes, or until the crust is browning nicely and a cake tester or skewer inserted into the center of the loaf comes out clean (internal temperature should reach 205-210° F). Remove to a cooling rack. When cooled for 15 minutes, gently remove from the loaf pan to finish cooling before slicing.

### Dinner Roll Directions:

Prepare muffin tins or popover trays by oiling. Scoop equal amounts into each tray and smooth the tops. Sprinkle desired toppings. Cover and rise as directed above. Bake at 350° F convection or 375° F static for 15 minutes, or until set.

### Bread Machine Directions:

Bring all wet ingredients to room temperature. Whisk the eggs before adding to the bread machine with the other liquids; alternatively, allow the flax seed meal to steep in water for 10-15 minutes before adding. Whisk together dry ingredients except for yeast, and add on top of liquids in the pan. Make a well in the center and add the yeast. Select either the gluten-free bread setting on your machine, or the setting with only one rise cycle and no punch-down (2 lb loaf setting).

If using yogurt, once the ingredients have mixed, the dough will be very thick (much more like regular wheat flour bread dough than you may be used to with gluten-free); however, if the dough seems too thick as it is mixing in this recipe, gradually add more yogurt, one tablespoon at a time while the bread machine is mixing, until the dough is still very thick, but able to be smoothed with a spatula. Be sure to check the bread with a spatula throughout the mixing process to ensure that all the dry ingredients have been incorporated.

When the machine is done mixing, smooth the top with a rubber spatula and sprinkle any desired toppings on top of the loaf. Close lid to bake.

Test the temperature of the interior of the loaf before removing from the pan – it should have reached approximately 205-210° F. If it hasn't yet reached that temperature, either add time to your bread machine as another bake cycle, or simply put the pan into a regular oven at 350° F (static), testing the temperature again at five minute intervals.

Yields: 1 loaf

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## Yeast-Free Sandwich Bread

While this bread contains no yeast, it does contain the whole grain goodness of no less than six different gluten-free flours & seeds. Don't be put off by the unusually long list of ingredients – feel free to substitute with the flours you have on hand, but look to whole grain gluten-free flours rather than starches for this bread.

People often express to me their fear of baking with yeast – this recipe will not only solve that problem, but will give a go-to, wholesome bread that is easily made and baked within one hour! Whether or not you avoid yeast, you won't miss it in this bread that is sure to become one of your favorites!



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### Ingredients:

- 1 cup gfJules™ All-Purpose Gluten-Free Flour
- 1/2 cup buckwheat flour
- 1/4 cup millet flour
- 1/4 cup flax seed meal
- 1/4 cup gluten-free oats
- 1/8 cup gluten-free oat flour
- 1/8 cup teff
- 1 tsp. sea salt
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 3 eggs
- 1/4 cup sparkling water or club soda
- 2/3 cup vanilla yogurt (dairy or non-dairy)
- 1 Tbs. agave nectar or honey
- 1 tsp. apple cider vinegar
- 1/2 cup sunflower seeds or pumpkin seeds/pepitas (optional)
- gluten-free oats, sesame seeds, sea salt or other toppings

### Directions:

Bring all wet ingredients to room temperature.

Preheat oven to 350° F (static) or 325° F (convection).

Whisk together all dry ingredients in a large bowl and set aside.

Beat the eggs until frothy, then add the remaining liquid ingredients and blend well. Slowly mix the dry ingredients into the liquids and stir until thoroughly incorporated. Mix in any seeds last.

Scoop dough into an oiled loaf pan and sprinkle with any toppings of choice. Bake for 35 minutes, or until a toothpick inserted into the center comes out clean, a nice crust has formed and the internal temperature is approximately 190° F.

Remove to cool on a wire rack for 5-10 minutes, then remove to finish cooling before slicing

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## Positively Perfect Pumpernickel Bread

### Ingredients:

- 3/4 cup water
- 1/2 cup apple cider (or apple juice)
- 2 large eggs + 2 egg whites
- 3 Tbs. molasses (or dark agave nectar or pure maple syrup)
- 3 Tbs. olive oil
- 3 Tbs. apple cider vinegar
- 2 cups **gfJules™ All-Purpose Gluten-Free Flour**
- 1 cup buckwheat flour (certified gluten-free)
- 1/4 cup milk powder, dairy or non-dairy (DariFree™ Original or almond meal)
- 3 Tbs. granulated cane sugar (or granulated unrefined sugar like coconut palm)
- 1 Tbs. cocoa powder (unsweetened, not "Dutched")
- 1 1/4 tsp. salt
- 1 tsp. baking soda
- 1 Tbs. caraway seeds (optional)
- 1 tsp. orange peel, grated (optional, but yummy!)
- 2 1/4 tsp. rapid rise yeast (1 packet)

### Oven Directions:

Bring all wet ingredients to room temperature (including eggs). Mix eggs, molasses, oil and cider vinegar in a large mixing bowl. Combine dry ingredients, including yeast, in a separate bowl and whisk well. Slowly stir the dry ingredients into the wet, pouring the apple cider and water on top to keep the flours in the bowl. Mix on medium speed for 7-10 minutes. The batter will be very wet, not like a typical bread dough.

Meanwhile prepare 2 9x5 inch bread pans, or 6 mini loaf pans by oiling well. Pour batter into pans, but do not fill more than 2/3 full. Cover with oiled wax paper and allow to rise for 45 minutes in a warm place like an oven set to 200° F then turned off. Watch to be sure the loaves do not rise above the top of the pans.

Preheat oven to 350° F (static) or 325° F (convection) and bake mini loaves for 15-20 minutes, larger loaves for 35-40 minutes, removing only when internal temperature is 205-210° F and a cake tester or skewer inserted into the center of each loaf comes out clean. Allow to cool for 5-10 minutes in the pan before removing to finish cooling on a wire rack. Slice once cooled. Keep fully cooled loaves in a zip-top bag at room temperature.



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## Positively Perfect Pumpernickel Bread

### Bread Machine Directions:

Bring all wet ingredients to room temperature, then pour into the bread pan. Whisk together dry ingredients (except for yeast) in a separate bowl, then pour on top of the wet ingredients in the pan. Make a well in the center with your finger, then pour in yeast.

Set bread maker to gluten-free bread setting, OR, if your machine does not have a gluten-free setting, use “Dough” setting or a setting for mixing and rising only. Do not let the machine “punch-down” the bread or set for second rise. After rising, set machine to “Bake” for 60 minutes.

Remove only when the bread has come to an internal temperature of 205-210° F. If necessary, add bake time to the bread machine or when finished the bread machine cycle, finish baking in an oven preheated to 350° F.

Leave bread in the pan for 5-10 minutes before inverting gently to remove. Finish cooling on a wire rack and slice when cooled. Keep fully cooled loaves in a zip-top bag at room temperature.

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“Shepard’s breakthrough was in nailing down a mix of five grains and starches to approximate the properties of wheat flour.”

## The Washington Post

“So she...came up with her own flour mix. And when she entertained, no one could tell they were eating gluten-free.”



Never one to compromise, celiac patient-expert Jules Shepard was tired of the bland-tasting, gritty alternatives too many celiacs suffer with. So she set out to develop a truly all-purpose gluten-free flour she could easily use in her existing recipes. The result is her now-famous formulation that took this experienced baker more than two years to perfect.

Manufactured in a certified allergen-free, gluten-free and kosher facility, gfJules™ All-Purpose Gluten-Free Flour and baking mixes now can be shipped directly to your door. Combined with Jules’ FREE weekly recipe newsletter, gfJules™ products will open many doors for gluten-free eaters...the first of which leads you (back) into your kitchen.

In addition to heading product and recipe development at gfJules™, Jules travels the country speaking to thousands of people annually, teaching cooking classes, educating and inspiring people about her no-compromise approach to living gluten-free. She also has written three books. *The First Year: Celiac Disease and Living Gluten-Free* is a month-by-month reference for newly diagnosed celiacs and anyone making the transition to living gluten free. Her first book, *Nearly Normal Cooking for Gluten-Free Eating* continues to be a best-seller in the gluten-free community. Her third book, *Free for All Cooking*, helps families contending with food restrictions beyond just gluten-free.

For more recipes, advice, gluten-free news and more, follow Jules’ blog at [gfJules.com](http://gfJules.com)

To order gfJules™ All-Purpose Gluten-Free Flour, baking mixes or e-books, visit Jules at [gfJules.com](http://gfJules.com), email at [Support@gfJules.com](mailto:Support@gfJules.com) or call 1-855-GF-JULES (435-8537) // 9a-5p ET Mon - Fri

# About gfJules™ All-Purpose Gluten-Free Flour

A lot of people taking advantage of this e-book may be unfamiliar with my all purpose baking flour. Yet it's called for in many recipes, so I thought I'd say a word about it. What's more, many people ask when I teach gluten free cooking classes if they can use another all purpose gluten free flour in my recipes. My answer is always, "I can't say for sure." What I can say is that these recipes are tweaked, honed and perfected using gfJules™ All-Purpose Gluten-Free Flour; which is to say that, they're not typical gluten-free recipes that are developed to compensate for gritty textured gluten-free flours or flours that leave an aftertaste. Since my flour neither is gritty nor leaves a bad aftertaste, there is no need for extra butter or sugar to mask those distasteful qualities.

I developed my gfJules™ flour to mimic the wheat flour we all grew up baking with. And that it does. Its whole grain-to-starch ratio, its texture and its lack of taste were what I was used to baking with before going gluten free. It also accommodates my penchant for baking low- and very-low-fat recipes – something I've done my whole life (so adding extra butter and sugar wasn't acceptable to me...and shouldn't be for you, either).



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I know you've heard the pitch before from other all-purpose flours. I know you've read that they're cup-for-cup replacements, too. I know you've undoubtedly had less than stellar results with them, too. One of the purposes of this e-book, and the photographs of the foods that I've made with the recipes, is to prove to you – to celebrate – that making all your favorite recipes, but gluten free, is possible! That gluten-free food can be as indulgent, decadent, gotta-have-more yummy as you remember. I simply wouldn't publish a single recipe that wasn't as good as the original, gluten-FILLED version. I have served, and will continue to serve, ALL of these recipes to ALL of my friends, and they'll never think I've compromised on the taste and texture, nor will they think I feel they should lower their standards to eat my gluten free creations.

Here's what some of my customers have said about my flour.

*"I recently ordered a box of your flour, and I LOVE IT!!! I went gluten free this past May and it has been difficult to say the least, to find good flour for baked goods. Thank you for a great product and great service!"*

*- Kim T. Safety Harbor, FL*

*"Gluten Free Flour Power! Your GF flour is a gift to those wrestling with celiac disease."*

*- Lauren H. Scottsdale, AZ*

*"Truly, your flour mix HAS given us back our life! Thanks again. You are truly an angel to many!!!!!!!!!!"*

*- Beth M. South Portland, ME*

# About gfJules™ All-Purpose Gluten-Free Flour

## More Rave Reviews

## Gluten Freeville™

*"I've worked my way through more than a few pounds of Jules' all-purpose gluten-free flour over the past couple of months and I'm honestly pretty thrilled to have found it. I used it for all my holiday baking, including my old family recipes and some of Jules' recipes, and everything I tried turned out great!"*

*The test of a great gluten free flour mix is trying it out with everything I used to make before our family began cooking gluten free. I have really "lived" with it, so my love of this flour is not a hasty recommendation. In fact, I have a pantry full of gluten free flours that may have just become obsolete."*

- GlutenFreeville

I want you to love baking again. I want you to look forward, again, to life's simple, indulgent pleasures: I want you to have a cookie! Try my gfJules™ flour with confidence. I developed it for you and your family, to make living gluten free at least one bit easier. And, as always, it's backed by a money-back guarantee if it doesn't live up to what I hope are your high expectations.

Read more reader reviews, see more free recipes, and order your first box or sample of gfJules™ flour on my website, [gfjules.com](http://gfjules.com).



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## NUTRITION FACTS

These nutritional calculations were made using RecipeCalc version 4.0. Optional ingredients may not have been included in these calculations and other measurements such as “to taste” are approximated. Recipe ingredient choices vary depending on brands, food allergies and dietary restrictions, and affect the ultimate accuracy of these calculations. This nutritional data is not intended to replace the advice of a nutritionist or health-care professional.

### Popcorn Bread

<b>NutritionFacts</b>	
per serving makes 20 servings	
<b>Amount per serving</b>	
<b>Calories</b>	147
Calories from fat	29
<b>% Daily Value *</b>	
<b>Total Fat 3.5g</b>	5%
Saturated Fat 0.7g	3%
<b>Cholesterol 22mg</b>	7%
<b>Sodium 270mg</b>	11%
<b>Total Carbohydrate 26.6g</b>	9%
Dietary Fiber 1.3g	5%
<b>Protein 2.9g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	

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### Gluten-Free Beer Bread or Dinner Rolls

<b>NutritionFacts</b>	
per serving makes 12 servings	
<b>Amount per serving</b>	
<b>Calories</b>	177
Calories from fat	42
<b>% Daily Value *</b>	
<b>Total Fat 4.7g</b>	7%
Saturated Fat 0.9g	4%
<b>Cholesterol 53mg</b>	18%
<b>Sodium 222mg</b>	9%
<b>Total Carbohydrate 30.6g</b>	10%
Dietary Fiber 0.9g	4%
<b>Protein 3.1g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	

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### Breadsticks

<b>NutritionFacts</b>	
per serving	
makes 8 servings	
<b>Amount per serving</b>	
<b>Calories</b>	289
Calories from fat	82
<b>% Daily Value *</b>	
<b>Total Fat 9.2g</b>	14%
Saturated Fat 2.3g	11%
<b>Cholesterol 54mg</b>	18%
<b>Sodium 271mg</b>	11%
<b>Total Carbohydrate 47.1g</b>	16%
Dietary Fiber 1.7g	7%
<b>Protein 4.6g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	

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### Sandwich Bread

<b>NutritionFacts</b>	
per serving	
makes 20 servings	
<b>Amount per serving</b>	
<b>Calories</b>	151
Calories from fat	37
<b>% Daily Value *</b>	
<b>Total Fat 4.2g</b>	6%
Saturated Fat 0.8g	4%
<b>Cholesterol 22mg</b>	7%
<b>Sodium 232mg</b>	10%
<b>Total Carbohydrate 25.6g</b>	9%
Dietary Fiber 1.3g	5%
<b>Protein 2.9g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	

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### Yeast-Free Sandwich Bread

<b>NutritionFacts</b>	
per serving makes 20 servings	
<b>Amount per serving</b>	
<b>Calories</b>	85
Calories from fat	17
<b>% Daily Value *</b>	
<b>Total Fat 1.9g</b>	3%
Saturated Fat 0.4g	2%
<b>Cholesterol 32mg</b>	11%
<b>Sodium 193mg</b>	8%
<b>Total Carbohydrate 13.9g</b>	5%
Dietary Fiber 1.5g	6%
<b>Protein 3.1g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	

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### Positively Perfect Pumpernickel Bread

<b>NutritionFacts</b>	
per serving makes 20 servings	
<b>Amount per serving</b>	
<b>Calories</b>	129
Calories from fat	24
<b>% Daily Value *</b>	
<b>Total Fat 2.7g</b>	4%
Saturated Fat 0.5g	2%
<b>Cholesterol 21mg</b>	7%
<b>Sodium 250mg</b>	10%
<b>Total Carbohydrate 23.9g</b>	8%
Dietary Fiber 1g	4%
<b>Protein 2.4g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	

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