



PEA SNAPS... Gluten-Free Brown Sandwich Bread from Donna Washburn and Heather Butt

May 25, 2011

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The 30th Canadian Celiac Annual Conference was held in Ottawa this past weekend. What a busy weekend with speakers, discussions, networking and gluten-free sampling and dining... Thank you to all of you who visited [Best Cooking Pulses](#) in the Food Court . Thank you also to [Pulse Canada](#) for supplying us with copies of the [Pulse Canada Gluten-free Recipe Booklet](#). Congratulations to the [Ottawa Chapter](#) for putting on such a fantastic event!

We met many celebrities of the gluten-free world, including [Donna Washburn and Heather Butt](#), authors of several cook books including the recently released [125 Best Gluten-free Bread Machine Recipes](#). We are thrilled to include the Brown Sandwich Bread recipe from [125 Best Gluten-Free Bread Machine Recipes](#) by Donna J Washburn & Heather L Butt, Robert Rose Inc. www.bestbreadrecipes.com. Thank you Donna and Heather.

Donna and Heather suggest that any type of bean flour may be substituted for pea flour. They also provide a helpful tip: 'Pea flour... has a distinctive odor when wet that disappears with baking.'

[BEST Whole Yellow Pea Flour](#) is made from the whole yellow pea. This whole grain pea may offer [significant nutritional and health benefits](#) when compared to the common split pea flour. [Clinical trials](#) held at the Richardson Center for Functional Foods and Nutraceuticals demonstrated significant benefits when including 56 grams of BEST Whole Pea Flour or 12 grams of BEST Pea Fiber from the seed coat of the pea into their diet. These included: significantly reduced insulin resistance and fasting insulin levels, improved gut health, and a reduction in abdominal-type fat.



Brown Sandwich Bread (makes 15 slices - 1 per serving)

1¼ cups sorghum flour
1 cup pea flour, we recommend BEST Whole Yellow Pea Flour
½ cup tapioca starch
⅓ cup rice bran
2 tbsp packed brown sugar
1 tbsp xanthan gum
2 tsp bread machine or instant yeast
1 ½ tsp salt
1 ⅔ cups water
2 tbsp vegetable oil
2 tbsp light (fancy) molasses
1 tsp cider vinegar
2 eggs, lightly beaten
2 egg whites, lightly beaten

1. In a large bowl or plastic bag, combine sorghum flour, pea flour, tapioca starch, rice bran, brown sugar, xanthan gum, yeast and salt; mix well and set aside.
2. Pour water, oil, molasses and vinegar into the bread machine baking pan. Add eggs and egg whites.
3. Select the 'dough cycle'. As the bread machine is missing, gradually add the dry ingredients, scraping bottom and sides of pan with a rubber spatula. Try to incorporate all the dry ingredients within 1 to 2 minutes. When

the mixing and kneading are complete, remove the kneading blade, leaving the bread pan in the bread machine. Quickly smooth the top of the loaf. Allow the cycle to finish. Turn off the bread machine.

4. Select the 'bake cycle'. Set time to 60 minutes and temperature to 350°F (180C). Allow the cycle to finish. So not turn off the machine before taking the internal temperature of the loaf with an instant-read thermometer. It should be 200°F (100°C). If it is between 180°F (85°C), turn on the 'bake cycle' and check the internal temperature every 10 minutes. (Some bread machines are automatically set for 60 minutes; others need to be set by 10-minute intervals.)
5. One the loaf has reached 200°F (100°C), remove it from the pan immediately and let cool completely on a rack.

Gluten-free cycle

1. If your bread machine has a 'gluten-free cycle', you will need to make these adjustments:
2. Warm the eggs and egg whites
3. Follow the recipe instructions, but select the 'gluten-free cycle' rather than the 'dough cycle' and 'bake cycle'.
4. At the end of the gluten-free cycle, take the temperature of the loaf using an instant-read thermometer. It is baked at 200°F (100°C). If it's between 180°F (85°C) and 200°F (100°C), leave machine on the 'keep warm cycle' until baked. If it is below 180°F (85°C), turn on the 'bake cycle' and check the internal temperature every 10 minutes. (Some bread machines are automatically set for 60 minutes; others need to be set by 10-minute intervals.)

Recipes for future issues include: Gwen's Breakfast Bar and Melanie's Chocolate Mud Pie. Please let us know what other recipes you would like to have.

Over 120 stores in Canada are carrying BEST Pulse Flours and Pea Fiber. For readers in the US, BEST Pulse Flours and Pea Fiber are found on [Amazon](#). They sell out quickly but we are fulfilling on a weekly basis so don't be discouraged.

Happy baking,
Margaret

[Naked Yumpeez](#) were a real hit at the Canadian Celiac Conference Food Fair - you liked them? Be sure to ask your local store to stock them!



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