

# RECIPES FOR NON WHEAT BAKING

provided to you by Rainbow Within

## Spelt Bread

*Makes 3 medium loaves or 2 medium loaves + 2 or 3 little ones*

### Yeast mixture

3 cups warm water – not hot  
2 Tbs. yeast  
1 cup white spelt flour  
1 Tbs. maple syrup or honey

Blend all this with a hand blender (mixer works, too, but this is better). Put bowl on top of hot (not boiling) water on the stove. Do not let yeast mixture get hot – just needs to stay warm enough to activate the yeast. When it starts bubbling on its own, it is ready to be added to other ingredients. This will take 10 – 12 minutes.

### Add yeast mixture to

4 cups of white spelt flour and mix with a hand mixer

### Mix separately

About 3 ½ cups WHOLE spelt flour  
1 Tbs. sea salt  
2 Tbs. Xanthan Gum (available at whole foods stores – helps hold all baked goods made with non-wheat flour together – are very dry and crumbly otherwise!)

### Add

Add whole spelt flour/salt/Xanthum Gum mix to rest of dough. Stir with heavy Spoon. As the batter gets stiff, flour both your hands and the counter with more spelt flour and start kneading.

Continue to add flour to absorb the “stickiness” of the dough and keep it from adhering to the counter.

Oil a large bowl and put bread in it. Turn bread so it is completely covered with oil. Cover with a towel and put in a warm (not hot!) place to rise. Let it rise until doubled in bulk. This will take anywhere from 90 minutes to 2 ½ hours.

When doubled, punch down and knead vigorously in the bowl, then put back in the warm place. Let rise until doubled in bulk. This will take anywhere from 45 minutes to 1 ½ hours.

Oil the bread pans you are using. Again, olive oil is preferable. When the dough has doubled in bulk, re-flour the counter and remove it from bowl. Knead it vigorously for at least two minutes. Then, split the dough into the number of loaves you are making, shape it, and put it in the bread pans.

Cover the bread pans, put them back in yopur warm place, and let the dough rise until it has reached the top of the pans. This should take anywhere from 45 to 60 minutes.

Preheat your oven to 350 degrees. Bake bread for about 45 minutes.

Bread is ready when it "thumps" hollowly when tapped. Let cool, then slice and enjoy!

### **GRANDMOTHER SHEPHERD'S CUT-OUT CHRISTMAS COOKIES**

*Combine the following, let sit for one hour prior to use:*

1 cup + 1 tsp. evaporated milk  
1 TBS vinegar

*Cream together:*

1 cup butter  
1 ½ cup sugar  
2 egg yolks (save whites for frosting!)  
1 tsp. vanilla

*Sift together:*

6 cups sifted spelt flour  
2 tsp. baking soda  
1 tsp. salt  
2 tsp. Zanthun Gum

*Add flour to creamed butter, mixing well. At the end, add the curdled evaporated milk. Let chill, then roll out on floured board and cut out.*

*Bake in 400 degree oven for 10 minutes.*

### **PERFECT SEA FOAM (7 Minute) FROSTING**

*Mix in top of double boiler:*

2 egg whites  
1 ½ cup sugar  
1/3 cup water

*Place top of double boiler on bottom with boiling water in it. Beat until it starts to hold shape. Remove from double boiler and add:*

1 tsp. vanilla

*Continue beating until holds definite peaks. Frost like crazy – this will harden very fast!  
Sprinkle decorations and enjoy!!!*

## **SPELT “VARIETY” BREAD**

*Makes 1 - 5x9" loaf or 3 – 3x5" loaves*

½ cup soft butter  
1 cup brown sugar  
2 eggs, beaten  
2 cups spelt flour  
1Tbs. Aluminum-free baking soda  
½ tsp. Salt  
½ tsp. Xanthun Gum  
2 tsp. ground cinnamon

Variety additions (Pick one):

2-3 bananas  
1 cup blueberries  
½ cup pumpkin  
½ cup chopped almonds  
Whatever your favorite is . . .

Mix dry ingredients together thoroughly

Cream butter, sugar, and eggs

Add dry ingredients, mix well, then add variety flavoring

Put batter in pans.

Preheat oven to 350 degrees. Cook for about 45 minutes or until toothpick comes out clean.

## WHITE CAKE

*Makes 1 – 9x13" cake or 2 – 9" cake pans, buttered and dusted with flour*

½ cup butter  
1 ½ cups sugar  
1 tsp. vanilla  
3 eggs  
1 cup cold water, milk, or goats milk  
2 ½ cups spelt flour  
1 Tbs. non-aluminum baking powder  
1 tsp. Xanthun Gum

Mix or sift dry ingredients together.

Cream butter, sugar, vanilla, and eggs together.

Add water, milk, or goat milk and mix

Add dry ingredients and mix - be careful not to over mix

Preheat oven to 375 degrees.

Cook 9" cake pans for about 20-25 minutes

Cook 9x13" pan for about 40 minutes

If you want to make this using maple syrup instead of sugar for sweetener:

Substitute 1 cup of maple syrup

Use 3 cups of flour

The rest stays the same.

## "LIGHT" CHOCOLATE CAKE

*Makes 1 – 9x13" cake or 2 – 9" cake pans, buttered and dusted with flour*

5 squares baking chocolate, melted

½ cup butter

1 ½ cups sugar

1 tsp. vanilla

1 cup sour cream

2 ½ cups spelt flour

1 Tbs. non-aluminum baking powder

1 tsp. Xanthun Gum

Mix or sift dry ingredients together.

Cream butter, sugar, vanilla, and eggs together.

Add sour cream and mix

Add melted chocolate and mix

Add dry ingredients and mix - be careful not to over mix

Preheat oven to 375 degrees.

Cook 9" cake pans for about 20-25 minutes

Cook 9x13" pan for about 40 minutes

If you want to make this using maple syrup instead of sugar for sweetener:

Substitute 1 cup of maple syrup

Use 3 cups of flour

The rest stays the same.

## SPELT BISCUITS

2 cups spelt flour  
1 Tbs. aluminum free baking powder  
¼ tsp. salt  
1/8 tsp. Xanthun Gum  
About 3/4 cup buttermilk or goats milk  
4 ounces (1/2 stick) soft butter

Mix dry ingredients together.

Cut butter in.

Add liquid and mix.

Form into biscuits and placed in greased cooking sheet.

Cook at 425 degrees for 12 – 15 minutes or until lightly browned.

## SPELT PANCAKES

Thin style:

1 cup spelt flour  
1 egg beaten  
1 tsp. aluminum free baking powder  
¼ tsp. Xanthum Gum  
1 cup milk or goats milk  
1 Tbs. brown sugar, honey, or maple syrup  
3 Tbs. oil

Beat ingredients together. It's OK to let the batter stand a while before frying. Grease a frying pan, fry one side until it bubbles then turn.

Thick style (Note - I haven't tried this myself, it's a borrowed recipe - hope it works!):

2 cups spelt flour  
1 egg beaten  
2 Tbs. aluminum free baking powder  
½ tsp. salt  
¼ tsp. Xanthum Gum  
1 ¾ cup milk or goats milk  
1 tsp. brown sugar, honey, or maple syrup  
3 Tbs. oil

Mix dry ingredients.

Mix wet ingredients.

Combine and mix wet and dry ingredients.

Grease a frying pan, fry one side until it bubbles then turn.