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Let's Get This Bread

Innovation leads to more gluten-free bread offerings
at the bakery and in the bread aisle

BY SUSAN COHEN AND LYDIA GOERNER



George Cho has a lot about bread. For a founder and baker who has been baking bread for over 20 years, Cho has been baking bread alongside his wife, Jennifer, in their bakery, The Bread Box, in Oakland. In those three years, Cho has had time to perfect his baking process. "There's a romance to bread," he said. "Of all I have ever made, I absolutely love making English muffins." For many in the gluten-free community, the word "bread" may not be the first thing that comes to mind when they think of gluten-free products, but it's a word that's becoming more common. When it comes to gluten-free bread and products, there are more options than ever. The depth of product offerings has been possible with the help of innovation that inspired bakers to find out what works with gluten-free ingredients. In 2019, the gluten-free community is starting to see more possibilities with gluten-free bread at the bakery and in the bread aisle. There are more options for gluten-free bakers and more opportunities to enjoy the development of the innovation.

A TASTE OF In Oakland, it's possible to find The bakery, Cho bakes croissants, make gluten-free does it take to gluten? The they have to as anyone r Laminat croissant c is that "yo get flaking



chef and professor of baking and pastry arts at The Culinary Institute of America provides baking tips for home chefs (also see his column on page 64).

THE BAGEL STORE

A fresh gluten-free bagel is one of the harder items to find. With the opening of Modern Bread & Bagel earlier this year in New York City, a fresh gluten-free bagel with cream cheese is totally within reach.

Modern Bread & Bagel is a mix between a bagel store, bakery, deli and cafe. It is the vision of Orly Gottesman, who trained at Le Cordon Bleu Culinary Arts Institute while living in Sydney, Australia, and who developed a line of bread and baking mixes, Blends by Orly, following her husband's diagnosis with celiac disease. She has taken her baking experience one step further by offering fresh daily breads and bagels alongside pastries, spreads and a cafe menu.

When Gottesman first developed Blends by Orly, she made an important discovery. "I realized you can't use the same blend of flour in bread and in cookies without compromising on the taste and texture of one or the other," Gottesman said. Thus began the process of developing different blends for different needs.

How did she go from blends to bagels? Gottesman had been living around the

globe, and when she returned to New York, she and her husband walked by a former bagel store on the Upper West Side. Together, they had a "how great would it be" moment about opening a gluten-free bagel store in the location. Soon, "it really developed into a multi-concept bakery, restaurant, deli" where "everything [is] homemade, everything [is] fresh daily, so anything you see in here was made today."

Modern Bread & Bagel uses a kettle boiler when producing its bagels. The use of this technique leads to what Gottesman described as a "crusty outside and chewy inside" bagel that is available in plain, poppy seed, sesame seed, onion, garlic, everything, superseed and cinnamon raisin. How the bagel gets topped comes down to the customer, and options range from a variety of cream cheeses to egg or tuna salad, smoked salmon and cheese. For those interested in going beyond the bagel, additional bread items on the menu include baguettes, pain de mie loaf, rustic loaf and challah on Fridays.

As far as the impact she is having, Gottesman has seen it on a daily basis. "There's a bigger purpose" underway at Modern Bread & Bagel, she said. "First it was giving back to my husband, who is my community, and then it was growing to the greater gluten-free community." **GF**

The thinking behind bread baking

George Chookazian first started making English muffins in a health store. "They were no longer used in a deli operation, so I took it over. It's 10 feet by 10 feet of it, and I made my first bakeshop," said the Food for the People founder and owner.

Flash forward almost 30 years. Foods by George's products have come a long way from where they started. When asked about what he has learned from baking gluten-free English muffins, Chookazian offers the two sides of the bread.

"I can get both technical and romantic," Chookazian said. "When you bake in small batches or in a large volume, there is a definite science to baking bread of any sort."

A big factor in bread is yeast. "It is a live ingredient and must be handled with respect," he explained. "If it's too hot or too cold, and the final product is inferior." Then there is the balance of flours, starches, water, and the mouthfeel. "I had done a lot of research on my initial flour mix, which helped in creating the light and airy muffins we produce."

Beyond the technical, there is a deep love. "There's a romance in making bread. Of all the breads I have ever made, I also love making English muffins. There's nothing else like it. So much passion can influence the final product."

Most importantly, baking is about patience and sensibility. "A great artisan bread takes time," Chookazian said. "It can't be rushed. It must be handled with care."

For more

Learn to bake your own gluten-free bread with recipes at glutenfreeliving.com

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flavors that goes so well with lots of family favorites, like barbecue and holiday meals."

In addition to this new packaging, Canyon Bakehouse has had a number of other product innovations over the years. One of its first big innovations was a wide slice. What did it take to figure out how to make wider slices?

"Gluten-free bread doesn't rise like wheat breads, so you can't just add more dough to a bigger pan in order to get large slices. Gluten is the 'glue' that holds bread together, so it required a lot of recipe innovation and understanding how ingredients and baking techniques work together to get the right size and shape, but also the same great taste people expect from our breads," Weilert said.

Of note, when it comes to their bread, the bakery has always taken allergens into

consideration. "We have always been free from seven of the top eight food allergens. Egg is our exception," Weilert said.

FLOUR POWER

Authentic Foods (authenticfoods.com) offers an array of gluten-free flours for those who prefer to bake their own bread.

These include almond meal, millet, white sorghum, bean, rice, potato, arrowroot and tapioca flour.

"It's not just gluten free, it's better!" is the Authentic Foods' motto. Their new Steve's GF Bread Flour Blend forms a dough without using any gums. It rises, doubles to triples in size during proofing and has the taste and texture of wheat, according to Aaron Rice, vice president of Authentic Foods. The flour can be used for baking just about anything, including pretzels, cinnamon rolls, hamburger buns, challah, English muffins, breadsticks and more.

"It's also a healthier bread alternative because it is an excellent source of fiber," Rice said.

Authentic Foods studied the gluten molecule and developed a replacement using plant molecules. This flour "delivers on taste and texture and workability," Rice said. Typically, gluten-free bread forms a heavy batter rather than a dough, but Steve's GF Bread Flour Blend forms a true dough and results in the taste and texture of wheat.

Authentic Foods works with bakeries, who use their flour to create artisan bread, to replace their usual gluten-free flour with this one. The flour is used in nearly 100 bakeries nationwide and on average, their business has grown 20% within the first six months of switching to Steve's GF Bread Flour Blend.

Authentic Foods will be coming out with a multigrain bread flour mix in 2019 that contains gluten-free oats, quinoa, amaranth and teff for a hearty bread with lots of texture and nuttiness. Both these flour mixes are vegan.

Authenticfoods.com offers a plethora of gluten-free recipes that can be made using their flours. For more advice on baking your own gluten-free bread, visit glutenfreeliving.com, where an award-winning



Gluten-free bread to try

grocery store shelves hold many fantastic brands of gluten-free bread. Try them all to find your family's favorite. Here are our top recommendations.

Free Bakers
freebakers.com

utino
elderbrands.com

• **Udi's**
udisglutenfree.com

• **BFree**
us.bfreefoods.com

• **Franz Gluten-Free**
franzglutenfree.com

• **Schär**
schaer.com

• **Little Northern Bakehouse**
littlenorthernbakehouse.com