



Beyond BREAD

With Annette Reeder

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Feeling the knead for some homemade bread? Roll up your sleeves and get ready for a hands-on class on the Bread of Life.

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Quinoa Cranberry Scones

Instructions

In Bosch mixer with cookie paddles, mix above ingredients until moistened. Place dough on lightly floured board and roll to 3/4" thick. Using a 2" round cookie cutter, cut out circles of dough. Place on parchment paper. Brush tops with buttermilk. Preheat oven then bake at 425 for 12-15 minutes until golden brown.

Notes

Sometimes I use a cookie scoop to do this more quickly and make perfect round scones.



Ingredients

1 cup quinoa flour
Grind fresh in Nutrimill

1 cup spelt flour

1/3 cup maple syrup

1/2 teaspoon salt

1 tsp baking soda

1 1/2 cup butter-softened

1/2 cup buttermilk
Plus extra for tops

2 tsp. orange zest for top of scones

1/2 cup cranberries

Dark Chocolate Tart

Instructions

Recipe altered from: [Ancient Grains for Modern Meals](#)

1:

Position a rack in the center of the oven and preheat to 350°F

2:

Warm the sucanat and milk in a small heavy-bottomed saucepan over medium-low heat, stirring occasionally, until the sucanat has dissolved, 4-5 minutes. Add the honey and cook until it has dissolved and the mixture is smooth, 1 minute or more, depending on the consistency of the honey. Set aside

3:

Slowly melt the butter in a heavy saucepan with the chocolate over low to medium heat. Stir gently with a wooden spoon, about 4 minutes. Remove from heat and set the chocolate mixture aside to cool for 5 minutes. Stir in the orange extract, orange zest and vanilla extract into the sucanat honey mixture. Using a large whisk and gentle hand, add the sucanat honey mixture to the chocolate mixture, and then whisk in the eggs and yolk until incorporated. The mixture will thicken slightly.

4:

After the crust is baked and has cooled, place the tart pan on a large rimless baking sheet for easier handling. Sprinkle the crust with the chopped walnuts. Gently spoon the filling evenly into the crust as to not disturb the nuts.

5:

Carefully place the sheet with the tart pan in the oven and bake for 15 minutes. Remove from the oven and decorate the tart with the walnut halves by lightly pressing them around the outer rim. Continue to bake until the filling barely jiggles when the pan is moved gently, 8 to 10 more minutes (it will puff around the edges, but settle as it cools). Remove from the oven and carefully slide the tart pan onto a wire rack. Leave the tart to cool completely in the pan, about 1/2 hours, before serving. The tart can sit at cool room temperature, under a cake dome, up to 4 hours.

6:

When ready to serve remove the outer ring of the tart pan. Cut the tart into 12 pieces using a sharp knife dipped into hot water and wiped clean between each cut.

Ingredients

1/2 cup honey crystals

1/4 cup buttermilk

1/2 cup honey

6 ounces dark chocolate: 70% chopped

1/4 cup butter cut into 8 pieces

2 Tbs. Orange Extract

1 Tbs. freshly grated orange zest

1 tsp vanilla extract

2 large eggs plus 1 egg yolk at room temperature—lightly beaten

2/3 cup coarsely chopped toasted walnuts

12 toasted walnut halves for garnish



Butter Tart Crust

Instructions

1:

Place flours, salt and sucanat in bowl of a food processor and process 10 pulses to combine. Distribute the butter cubes on top and sprinkle with 3 tablespoons of the ice water. Process 8-10 pulses. Pinch a small amount of the dough with your fingers. It should hold together. If not, add 1 tablespoon more ice water is very dry. Process 2 pulses each time you add water until no floury patches remain but the dough stays uniformly crumbly with time butter pieces. (Do not allow to form a ball.)

2:

Scrape the mixture onto a lightly floured work surface. Gently press it into a flat disk, about 1 inch thick and immediately roll into a 12 inch circle, about 1/8 inch thick. Transfer the dough to a 9 1/2 inches fluted tart pan with removable bottom and gently press the edges. Roll the pin across the top of the pan to remove excess dough. Prick the dough about a dozen times with a fork. Chill, covered with wrap for at least 2 hours or overnight.

3:

Position a rack in the center of the oven and preheat to 375°F. Set the tart pan on a large rimless baking sheet for easier handling. Place a piece of parchment paper on the crust and fill it with pie weights (or dried beans)

4:

To partially bake the crust, carefully place the sheet with the tart pan in the oven and bake until crust starts to pull away from the sides, 15-18 minutes. Remove from the oven and carefully slide the tart pan onto a wire rack. Remove the parchment paper with the pie weights. Allow the crust to cool to room temperature before filling.

Ingredients

3/4 cup fresh milled flour
Multi grains or whole wheat

1 tsp. sucanat with honey

1/4 tsp. salt

7 Tbs. chilled butter cut into cubes

4-6 Tbs. ice water

Spelt Crust Pizza

Instructions

TO PREPARE DOUGH BY HAND. Whisk together the spelt flour, baking powder, salt, and sugar in a large bowl. Make a well in the center. In a small bowl, combine the cream cheese and sour cream, milk, linseed oil, and the egg and beat with a fork until smooth. Pour the cream cheese and sour cream mixture into the well. Combine with a dough whisk or a fork, stirring from the center and gradually incorporating the flour from the sides until a fairly moist dough comes together

TO PREPARE DOUGH IN YOUR BOSCH. In the Bosch cream the cream cheese, sour cream, milk, oil and egg till smooth. Add dry ingredients. Mix till ball forms— if not forming in 1 minute add a little more flour. The dough will be fairly moist. Knead for 2 minutes in the Bosch to get smooth yet tacky dough. Allow dough to rest for 30-45 minutes to allow the bran to soften. (If in a hurry you can bypass this step.)

Place a baking stone on a rack on the bottom shelf and preheat oven to 425°F. Liberally sprinkle pizza peel with coarse cornmeal. Finely chop the white and light green parts of the green onions until you have 1/2 cup. Combine them with the sour cream, capers and 1/4 teaspoon of the pepper in a small bowl. Finely chop the dark green parts as well for garnish.

Knead dough in Bosch for another 1 to 2 minutes till smooth.

Using a rolling pin, roll the dough into an elongated pizza, 11x8 inches about 1/4 inches thick. Do this gradually, occasionally turning the dough over and rolling it out further, lightly flouring your work surface and the rolling pin each time. Place the dough on the pizza peel. Spread half of the sour cream topping across, leaving a 1/2 inch border. Cover with half of the apple slices, top with half of the fennel slices and sprinkle with half of the sausage. Brush border with oil.

Slide the dough onto the baking stone and bake until the fennel just starts to brown at the edges and the rim turns golden brown and starts to crisp—it should yield when pressed with a finger— about 15 minutes. Use a large spatula to lift the edges of the pizza so you can slide the peel underneath; carefully transfer the pizza to a wooden board. Sprinkle with half of the reserved green onions and the pepper. Cut with a sharp knife and serve at once. Repeat with the second pizza.



Ingredients

2 cups whole grain spelt flour (8oz.)
Or other grains such as kamut, wheat, rye.

2 teaspoons baking powder

3/4 teaspoons fine sea salt

1/2 cup teaspoon sugar

1/2 cup cream cheese

1/2 cup sour cream

1/4 cup whole milk

2 tablespoons extra-virgin oil

1 large egg

Coarse cornmeal, if using pizza peel

3/4 teaspoons freshly ground black pepper

1 Granny Smith apple, halved, cored and sliced very thinly

4 ounces seasoned turkey sausage, cooked and crumbled

Extra-virgin olive oil, for brushing

TOPPINGS:

4 or 5 green onions

1 cup sour cream

1/4 cup drained nonpareil capers

Whole Grain Leek Salad With Grilled Halloumi Cheese

Instructions

1:

To prepare the rye/oat berries, bring the water and the rye berries to a boil in a small heavy-bottomed saucepan. Decrease the heat to maintain a simmer, cover and cook until the berries are tender but slightly chewy, 50 to 60 minutes. Remove from the heat, cover and steam for 10 to 15 minutes if you have time. Drain any remaining liquid and transfer to a large serving bowl to cool.

2:

While the rye/oat cools, prepare the salad. Bring the leeks, chicken broth, and orange zest to a boil in a large saucepan. Decrease the heat to maintain a simmer cover, and cook until the leeks are soft, 5 to 7 minutes. Drain the leeks, and add them to the serving bowl with the rye berries. Add the sun-dried tomatoes, 1/4 cup of the mint, and the capers, fennel seeds, salt, and pepper. Taste and adjust the seasoning, keeping in mind the capers and halloumi are quite salty.

3:

To finish, cut the halloumi cheese into thin slices, about 1/4 inches thick. Sprinkle with the oregano, pepper, pepper flakes, and reserved 2 teaspoons of tomato oil; rub the oil and spices all over to coat the slices on both sides (work gently, as halloumi breaks easily).

4:

Grill the halloumi cheese in a small skillet over medium heat. This cheese will brown and not melt. (Watch closely as you don't want the cheese to dry out.)

5:

Top the salad with the halloumi. Sprinkle with the remaining 2 tablespoons mint, and serve right away.



Ingredients

1 1/2 cups water or vegetable broth

3/4 cup berries, soaked overnight and drained

SALAD

2 medium leeks, cleaned and cut into 3/4 inch segments (about 4 cups)

1/2 cup low-sodium chicken broth or vegetable broth

1 (2-by 1-inch) strip orange zest, with pith removal (optional)

1/4 cup chopped oil-packed sun-dried tomatoes or sun dried red peppers, drained, 2 teaspoons oil reserved

1/4 cup chopped fresh mint, plu 2 tablespoons for garnish

2 tablespoons nonpareil capers

3/4 teaspoon fennel seeds

1/4 teaspoons fine sea salt

1/4 teaspoons freshly ground black pepper

1/4 pound halloumi cheese

1 1/2 teaspoons freshly ground black pepper

1/8 teaspoon dried red pepper flakes (optional)

Ezekiel Grains

Instructions

From: Recipe from Bread-Beckers.com

1:
Stir the above ingredients very well. Grind all in Nutri-mill.

2:
Use this four in equal amounts in any recipe.

Notes

In class we made the Surprise Brownies in the Healthy Treasures Cookbook with these grains. Absolutely more delicious.

Ingredients

2-1/2 cups hard red wheat

1-1/2 cups spelt or rye
Biblically spelt was used, Ezekiel 4:9)

1/2 cup barley
Hulled barley

1/4 cup millet

2 Tbs. great northern beans

2 Tbs. red kidney beans

2 Tbs. pinto beans



Meet Author & Teacher Annette Reeder

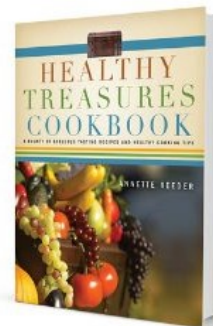
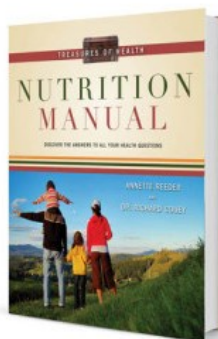
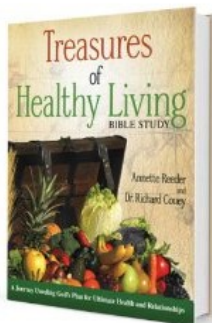
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