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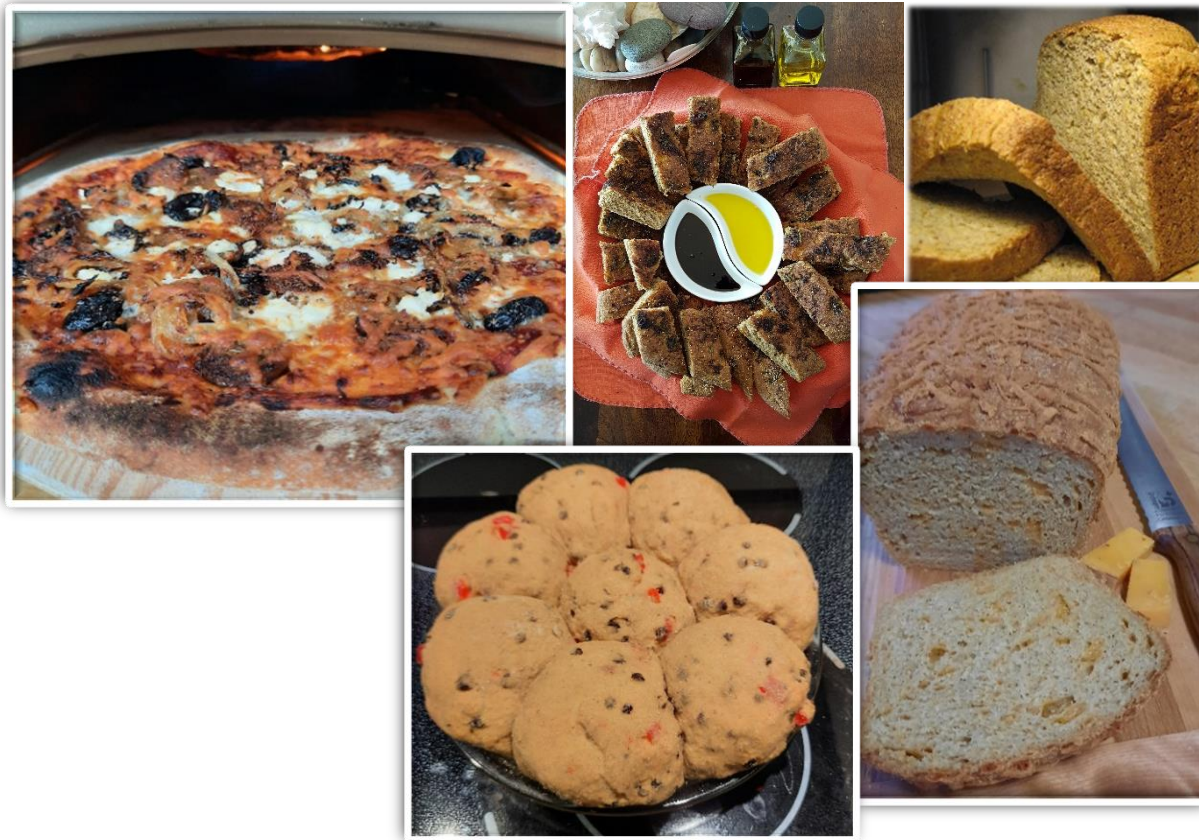


Ingredients and Mixes

# Cooking and Baking

with Valley Kitchen

Bread Mix



Recipes and information at  
[www.flaxflour.com/pages/recpies](http://www.flaxflour.com/pages/recpies)

Enjoy the Goodness: Easy Healthy Everyday

Revised SE1923

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## Valley Kitchen Bread Mix Overview

Personalize your love. Personalize your loaf. Make Your Bread. Your Way.

Valley Kitchen Bread Mix is a wholesome, nutritious blend of freshly milled golden flax flour, corn flour, light buckwheat flour, and oat flour. Includes psyllium husk powder, golden flax powder, yeast, sugar, salt.

- This mix is ready to use. Just add hot water and stir. No additional gums or starches are needed.
- Flax helps make this mix a source of omega-3 fatty acids, prebiotic, and high in fibre.
- Valley Kitchen Bread Mix is a Product of Canada freshly processed in the Valley Flaxflour Ltd gluten free facility.

### Great for use in:

- bread, rolls
- pizza dough
- focaccia
- bagels

Recipes at:

<https://www.flaxflour.com/pages/recipes>





## Basic Darn Good Bread

This bread mix is an easy and convenient way to create your own style of nutritious bread.

Contains everything you need except water and love.

Follow the simple directions below for a perfect loaf of bread or free-form loaf every time. More recipes at [www.flaxflour.com/pages/recipes](http://www.flaxflour.com/pages/recipes)



Yield: 1 medium loaf

1 3/4	cup	hot water 48 to 54°C (120 to 130°F)	440 ml
3 1/2	cups	<b>Valley Kitchen Bread Mix</b>	440 g

1. Heat the water until it is very hot but not scalding.
2. Pour the hot water into a pre-warmed medium size bowl.
3. Using a heavy spoon or spatula, stir 2 cups of the bread mix into the water. Beat for two or three minutes.
4. Cover the bowl and set aside in a warm place for 10 to 15 minutes to give the yeast time to become active.
5. Spread some of the remaining bread mix onto a warm, clean counter. Take the bread from the bowl and knead it with the flour. Form into a loaf, adding in any special ingredients and additional mix, and set into a lightly oiled, medium size bread pan.
6. Cover and set in a warm place to rise for 20 to 25 minutes, or until about doubled in size.
7. Preheat the oven to 350°F.
8. Bake for 30 to 35 minutes.

**Per serving:**

calories 150  
fat 5 g  
saturated fat 0.5 g  
omega-3 fat 2 g  
sodium 130 mg  
carbohydrate 26 g  
fiber 6 g  
sugar 3 g  
protein 5 g

I like to use a low temperature oven to rest (step 4) and raise your bread (step 6).

Makes delicious French toast, toast points, or plain with warm butter.

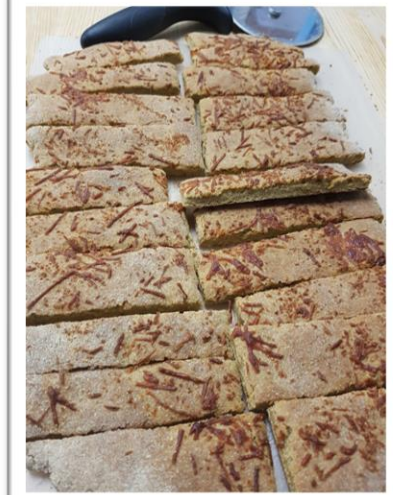
## Pizza Crust and Garlic Fingers

*The perfect gluten free alternative to a wheat dough pizza.*

Yield: 1 x 12 to 16 inch pizza crust

330 g **Valley Kitchen Bread Mix** 2 1/2 cups  
250 ml hot water 48 to 54°C (120 to 130°F) 1 cup  
additional flour as required

1. Heat the water until it is very hot but not scalding.
2. Pour the hot water into a warm mixing bowl.
3. Using an electric mixer, beat 2 cups (260 g) of Bread Mix into the hot water. Mix until a good dough forms. Cover and set aside in a warm place for 10 to 15 minutes.
4. Dust a warm work surface with some of the remaining flour.
5. Turn the dough out onto the floured surface. Knead with additional flour, as required, to form a firm, slightly sticky dough.
6. Using a rolling pin, form the dough into the size required for your stone or pan.
7. Dust the pan lightly with flour to keep the dough from sticking.
8. Lift the dough onto the pan.
9. If desired, let rest in a warm place for a few minutes.
10. Add your favorite sauce and toppings.
11. Bake in an oven preheated to 425° to 500°F until finished.



Pizza fingers are a quick and delicious party snack.



## Focaccia

Yield: 16 portions for appetizer

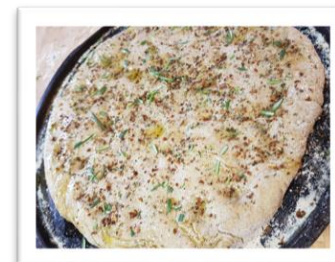
310 ml hot water 48 to 54°C (120 to 130°F) 1 1/4 cup  
 400 g **Valley Kitchen Bread Mix** 3 cups

1. Heat the water until it is very hot but not scalding.
2. Pour the hot water into a pre-warmed medium size bowl.
3. Using a heavy spoon or spatula, stir 2 cups of the bread mix into the water. Beat for two or three minutes.
4. Cover the bowl and set aside in a warm place for 10 to 15 minutes to give the yeast time to become active.
5. Spread some of the remaining bread mix onto a warm, clean counter. Take the bread from the bowl and knead it with the flour. If you are adding seasonings, sautéed onions, or other ingredients to the dough, add them now. You may need to use a bit more flour if your extra ingredients are moist.
6. Knead with Bread Mix to make a manageable, somewhat stiff, dough. Shape the dough into a ball and flatten into a free form loaf. Move to a lightly floured baking sheet or warm oven stone.
7. Dimple with your fingers and top with the olive oil, chopped olives, pesto, and/or fresh herbs or other ingredients of your choice.
8. Keep warm and let rise 20 to 30 minutes.
9. Bake in an oven preheated to 375°F for 25 minutes.

Focaccia is especially delicious served with thick balsamic vinegar and olive oil, or other sides of your choice.



**Per serving  
(without  
toppings):**  
 calories 100  
 fat 3 g  
 saturated fat 0.5 g  
 omega-3 fat 1 g  
 sodium 90 mg  
 carbohydrate 17 g  
 fiber 4 g  
 sugar 2 g  
 protein 3 g





## Date Bread

Personalize your bread.

Valley Kitchen complete bread mix is an easy and convenient way to create your own style of nutritious bread loaf.

Yield: 1 medium loaf

3/4	cup	dates, chopped	100 g
1 3/4	cup	hot water, heated to 120 to 125°F (50 to 52°C)	440 ml
4	cups	<b>Valley Kitchen Bread Mix</b>	480 g



1. Heat the water until it is very hot but not scalding, 120 to 125°F (50 to 52°C). It is very helpful to have a thermometer for this.
2. Cut the dates into small pieces. Place them in a bowl and add ½ cup of the hot water.
3. Pour the remaining 1 1/4 cup of hot water into a pre-warmed medium size bowl.
4. Using a handheld or countertop electric mixer, beat 2 cups of the bread mix into the water. Mix for a 3 to 4 minutes.
5. Cover the bowl and set aside in a warm place for 15 to 20 minutes.
6. Add the water from the dates and another 1 cup of bread mix. Mix for an additional 2 to 3 minutes. Add the dates and mix to blend them into the dough. Cover the bowl and set aside in a warm place for another 15 to 20 minutes.
7. Spread some bread mix onto the warm counter. Take the bread dough from the bowl and knead it with the flour. Work in extra flour as necessary to form the loaf.
8. Set the loaf into a lightly oiled, medium size bread pan or bread pan. Cover and set in a warm place to rise for 25 to 30 minutes, or until about doubled in size.
9. Preheat the oven to 350°F.
10. Bake the loaf for 35 to 40 minutes. Tap and listen for a hollow sound to ensure the loaf is baked.
11. Cool in the pan for 5 minutes. Then remove to a wire wrack to finish cooling.
12. Slice and enjoy with butter, jam, jelly, or marmalade.



## Cheese Bread

Valley Kitchen Bread Mix is an easy, convenient way to create your own style of nutritious, gluten free bread.

Simply add hot water, grated cheese, and love.

Follow the simple directions below for a perfect loaf of bread.

Yield: 1 medium loaf

1 3/4	cup	water heated to 120 to 125°F (50 to 54°C)	440 ml
3 1/2	cups	<b>Valley Kitchen Bread Mix</b>	420 g
250	ml	old cheddar cheese	90 g
15	ml	<b>Valley Kitchen Bread Mix</b> to dust the cheese	10 g



1. Heat the water until it is very hot but not scalding, 120 to 125°F (50 to 55°C). It is very helpful to have a kitchen thermometer for this.
2. Pour the hot water into a pre-warmed medium size bowl.
3. Using an electric mixer, beat 3 cups of the bread mix into the water. Mix for two to three minutes.
4. Cover the bowl and set aside in a warm place for 10 to 15 minutes to give the yeast time to become active. The dough should start to rise.
5. Grate the cheese and dust with 2 Tbsp of Bread Mix.
6. Spread some bread mix onto the warm counter. Take the bread dough from the bowl, spread the dough and sprinkle ¾ of the cheese over the dough. Fold and knead with the extra Bread Mix. Work in additional flour as necessary to form into a firm, but slightly sticky, loaf.
7. Generously grease a medium loaf pan with spray oil or butter.
8. Form the loaf and place it in the pan.
9. Cover and set in a warm place to rise for 25 to 30 minutes, or until about doubled in size.
10. Preheat the oven to 350°F.
11. Bake for 35 minutes.
12. Cool in the pan for 10 minutes.
13. Run a knife around the inside of the bread pan to ensure the cheese will release from the sides. Set the loaf on a bread rack to finish cooling.
14. When cool, slice and enjoy.

Great for grilled cheese sandwiches, bacon, lettuce, and tomato sandwiches, or just plain with warm butter.

**Per serving:**

calories	150
fat	5 g
saturated fat	0.5 g
omega-3 fat	2 g
sodium	130 mg
carbohydrate	26 g
fiber	6 g
sugar	3 g
protein	5 g

Beating the flour into warm water helps form the gel structure that holds the dough together.



## Festive Bread Ring

Follow the simple directions below for a perfect festive bread ring or freeform loaf every time.

Yield: 1 festive bread ring 12 servings

3/4	cup	hot water 48 to 54°C (120 to 130°F)	250 ml
3/4	cup	currants	180 ml
1/2	cup	glaze mix	125 ml
1/4	cup	sugar	60 ml
1/2	tsp	salt	2.5 ml
3		large eggs, room temperature	3
3	cups	<b>Valley Kitchen Bread Mix</b>	390 g
		1/2 to 3/4 cup extra Bread Mix for kneading	



**Per serving (1 of 12 rolls):**  
 calories 190  
 fat 4 g  
 saturated fat 0.5 g  
 omega-3 fat 1 g  
 sodium 200 mg  
 carbohydrate 38 g  
 fiber 4 g  
 sugar 8 g  
 protein 5 g

1. Heat the water until it is hot but not scalding. Use a thermometer if you have one.
2. Use a stand mixer or handheld electric mixer. Pre-warmed the bowl. Pour in the hot water. Mix in 2 to 2 1/2 cups of the bread mix. Mix for 3 to 4 minutes.
3. Add the currants, glaze mix, sugar, salt, and eggs. Mix for 1 to 2 minutes to blend.
4. Cover the bowl and set it aside in a warm place for 15 minutes or so.
5. Spread some of the remaining bread mix onto a warm, clean counter. Turn the dough onto the counter. Knead in extra flour to make a soft dough and cut into 12 equal portions.
6. Oil a 10-inch (26 cm) pie plate and arrange the dough rolls in the pan.
7. Cover and set in a warm place to rise for 20 to 25 minutes, or until about doubled in size.
8. Preheat the oven to 350°F.
9. Bake for 25 to 35 minutes for the ring, longer for a freeform loaf.

For an added festive touch, drizzle vanilla-sugar glaze over the ring before serving.

More recipes at [www.flaxflour.com/pages/recipes](http://www.flaxflour.com/pages/recipes)

## Cinnamon Rolls

Shear decadence

Yield: 12 large cinnamon rolls

**Dough ingredients**

250 ml	hot milk 48 to 54°C (120 to 130°F)	1 cup
100 g	white granulated sugar	1/2 cup
520 g	<b>Valley Kitchen Bread Mix</b>	4 cups
80 g	butter, softened	1/3 cup
2	eggs, large	2

extra bread mix for rolled

**Filling ingredients**

220 g	brown sugar	1 cup
45 ml	cinnamon	3 Tbsp
10 ml	ginger	2 tsp
2.5 ml	nutmeg	1/2 tsp
80 g	butter	1/3 cup

**Glaze ingredients**

210 g	icing sugar	2 cups
30 ml	milk	2 Tbsp
5 ml	vanilla extract	1 tsp
30 g	butter, softened	2 Tbsp



For best results, ensure the bread mix, butter, eggs, and bowls are warm before using them.

1. Measure 3 cups of the bread mix into a large bowl. Add the sugar. Make a well in the center of the dry ingredients and add the warm milk. Beat for 2 to 3 minutes until well blended. Then beat in the soft butter, eggs, and the remaining cup of flour.
2. Remove from the mixer, cover, and let rest in a warm place for 15-20 minutes, or until the dough has started to rise.
3. While the dough is resting, make the filling. Combine the brown sugar, seasonings, and butter in a bowl and mix. Warm in a micro-wave oven to make a spreadable consistency.
4. Butter a 9 x 13 inch baking pan.
5. When the dough has started to rise, turn onto a warm, floured counter. Lightly knead the dough, using extra flour to make a firm, slightly sticky, dough. Shape into a log about 16 inches long. Roll the dough flat, 12 inches long by 16 inches wide. The dough should be about ¼ inch thick.
6. Spread the filling mixture evenly over the surface of the dough.
7. Working with the long edge closest to you, roll the dough into a log shape. The roll should be about 16 inches in length. Cut the roll into 12 x 1 1/4 inch slices.
8. Flatten slightly and place the cut rolls into the prepared pan. Cover with a towel to rise in a warm place for 30-60 minutes, or until they fill the pan.
9. Bake for 25 – 35 minutes.
10. Prepare the glaze by mixing the icing sugar, milk, flavoring, and butter. Add extra milk, in tablespoon portions, as required to make a spreadable glaze.
11. Spread the glaze over the rolls after they have cooled.

**Per rolled, glazed:**

calories 480  
 fat 18 g  
 saturated fat 9 g  
 omega-3 fat 1.5 g  
 sodium 440 mg  
 carbohydrate 76 g  
 fiber 6 g  
 sugar 48 g  
 protein 7 g