

# Bread From Oat Flour, Rice Flour, and Rye Flour (No Eggs Required)

## Oat Flour

Put 1 cup of Quaker Oats (Quick or Old-Fashioned) through a grinder. Or blend for about one minute in a blender. Store in a tightly covered container in a cool dry place for up to six months. It has a sweet aroma and a nutty fresh flavor. Do NOT sift oat flour or you will lose some of its nutrients. May be used for baking, thickening, coating, or browning. If used in baking, substitute up to 1/3 oat flour for regular flour. Baked items will be heartier, more tender, and a little more crumbly.

## Rice Flour

Uncooked white rice ground to a fine powder. Can be used as a thickener or binder instead of flour. Particularly useful for sauces. Can be cooked with milk and flavorings for a smooth dessert or added to biscuits to improve their texture. Can be used in equal amounts with wheat flour or cornmeal. Most people prefer a 1/4 to 1/3 ratio of rice flour to wheat flour.

## Oatmeal Bread

3/4 cup rolled oats	3/4 cup boiling water	1 cup buttermilk	1/3 cup oil	1/2 cup honey
1/2 pkg. yeast (1/2 tbsp.)	1/2 cup warm water	5 cups flour	1/2 tsp. baking soda	1 tbsp. salt

**Preparation:** Dissolve yeast in 1/2 cup warm water and let stand 12 minutes. In separate saucepan add the rolled oats to 3/4 cup boiling water. Cook for the time required for the type of oats you are using (quick or old-fashioned). Remove from heat. Add the buttermilk, oil, and honey. In a separate bowl, combine the flour, baking soda, and salt and mix well. Add the yeast solution to the flour mixture and stir well. Add the oat mixture and stir well. Knead on a board for about 10 minutes. Put in mixing bowl, cover, and let rise for 90 minutes. Punch down, divide in half, and form two loaves. Put one loaf in each bread pan. Let rise until double in bulk.

**Cook:** Bake at 375°F for 45 minutes.

## Three-Grain Bread

2 cups cornmeal	4 cups boiling water	2 tsp. salt
1/2 pkg. yeast (1/2 tbsp.)	1/2 cup warm water	1 tsp. sugar
2 cups rye flour	2 cups wheat flour	

**Variation:** You can substitute oat flour or rice flour for the rye flour.

**Preparation:** Dissolve yeast in 1/2 cup warm water with 1 tsp. sugar and let stand 12 minutes. To make a sponge, pour boiling water over cornmeal and salt in a large mixing bowl. Let it sit until the water is absorbed. Then stir in the yeast solution and 1 cup of rye flour. To set the sponge, cover the bowl and let it rest overnight in the refrigerator. The sponge will probably look flat, but the yeast will have worked. To the sponge, add the wheat flour and 1 cup rye flour. Knead for 10 minutes. Divide dough in half. Grease two 8-9 inch pie plates or 2 5"x9" loaf pans. Shape round loaves so that the dough covers the bottom of the pan. For rectangular loaves, roll out or flatten the divided dough into two 9-in. long cylinders, and fit

them from end to end in each loaf pan. Set in a warm place to rise until double in bulk, about 2 hours.

**Cook:** Preheat the oven. Bake bread at 425°F for 45-50 minutes.