



BAKING SCHOOL

On-Demand

GLUTEN-FREE BREAD BAKING

HIGH-RISING, DELICIOUS LOAVES — WITHOUT THE GLUTEN

Our Baking School

We love to bake and want to share our passion with you. Whether you're a beginner or a bakery professional, let us help you take your baking to the next level. Explore our hands-on classes. Relax and take in a seated demonstration. Bake with kids. Enjoy our special guest instructors. Whatever you wish, you're invited to come bake with us.

Baking for a better world.

Our mission is to share the pure joy of baking nationwide. But that's not all; our 235-year-old employee-owned Vermont company is a certified B Corporation, dedicated to environmental stewardship and helping those in need — because after all, baked goods and doing good go hand in hand.

100% **EMPLOYEE OWNED.**
COMMITTED TO QUALITY.





Baking School On-Demand

**GLUTEN-FREE BREAD BAKING:
HIGH-RISING, DELICIOUS LOAVES — WITHOUT THE GLUTEN**

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TOOLS CHECKLIST

FOR MIXING & DIVIDING:

- ☐ SCALE
- ☐ MIXING BOWLS
- ☐ BOWL COVERS
- ☐ BENCH KNIFE
- ☐ PLASTIC BOWL SCRAPER
- ☐ MEASURING SPOONS
- ☐ WOODEN SPOON OR DOUGH WHISK

FOR PROOFING & SHAPING:

- ☐ FINE-MESH SIEVE
- ☐ 9" ROUND OR OVAL PROOFING BASKETS (BROTFORMS)
- ☐ 8 ½" x 4 ½" LOAF PANS
- ☐ NONSTICK PAN SPRAY
- ☐ RULER
- ☐ RIMMED BAKING SHEETS
- ☐ BAKING SHEET COVERS
- ☐ PARCHMENT PAPER

FOR BAKING & FINISHING:

- ☐ LAME OR PARING KNIFE
- ☐ PEEL
- ☐ PASTRY BRUSHES
- ☐ DIGITAL THERMOMETERS
- ☐ BAKING STONE OR COVERED BAKER
- ☐ CAST IRON PAN
- ☐ SKIMMER
- ☐ WIDE POT, AT LEAST 3" DEEP
- ☐ COOLING RACK



How It Is Possible

TO HAVE WHEAT IN A GLUTEN-FREE PRODUCT

WHAT IS GLUTEN AND WHY DOES IT MATTER?

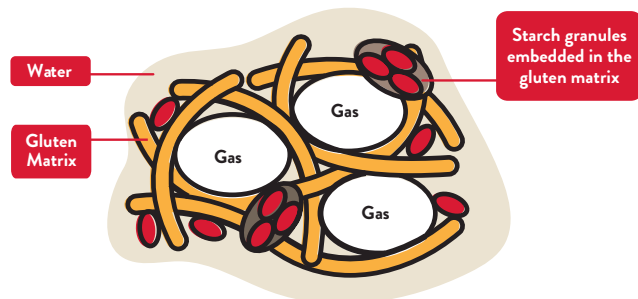
The magical substance that allows dough to rise. Gluten-forming proteins are found in all varieties of wheat.



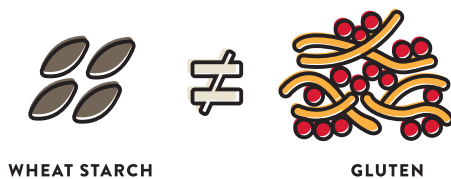
When people with celiac disease, wheat allergies, or gluten sensitivity consume these gluten proteins, they can experience a range of symptoms. Remove the proteins, eliminate the symptoms.

WHAT IS WHEAT STARCH AND HOW CAN IT BE GLUTEN FREE?

Wheat starch is the major carbohydrate in flour. The fine particles are embedded in the gluten matrix that is formed when making dough. **The starch is washed away from the gluten protein.**



What's left is a **gluten-free wheat starch**, which is tested to below the FDA standard for a gluten-free food.



WHY USE GLUTEN-FREE WHEAT STARCH?

To allow those with celiac disease, gluten intolerance, or simply living a gluten-free lifestyle to **experience bread the way they remember!**

The gluten-free wheat starch gives bread made with King Arthur's Gluten-Free Bread Flour a **similar flavor and texture to traditional baked goods. The best bread starts here!**





Buttery Gluten-Free Bread

YIELD: ONE 8 ½" x 4 ½" LOAF

- This tender, slightly enriched gluten-free loaf rises high, making it ideal for toast or sandwiches. Melted butter brushed on top keeps the golden-brown crust delightfully soft.

INGREDIENTS

Dough

1 ¼ cups (284g) water, lukewarm (100°F)
 2 large eggs
 2 tablespoons (28g) butter, softened
 1 tablespoon (12g) granulated sugar
 1 tablespoon (14g) white vinegar
 2 teaspoons instant yeast
 1 teaspoon table salt
 3 cups (360g) King Arthur Gluten-Free Bread Flour

Topping

1 large egg, beaten with 1 tablespoon water (egg wash)
 1 tablespoon (9g) sesame seeds, optional
 2 tablespoons (28g) butter, melted

INSTRUCTIONS

1. In a large bowl or a stand mixer, combine the water, eggs, butter, sugar, vinegar, yeast, and salt. Add the Gluten-Free Bread Flour and beat using either a spoon (if mixing by hand) or the flat beater attachment (if using a stand mixer) for 1 minute on medium speed. If mixing by hand, it's OK if there are some lumps.
2. Cover the dough and set aside for 10 minutes. Then, on an oiled or (gluten-free) floured work surface, gently knead the dough — fold the dough in half toward you (use a bowl scraper for assistance, if needed), then pat it down, rotate the dough 90° (a quarter turn) and fold again — until it becomes firmer to the touch, smoother, and easier to handle, five to six times. As you work, dust your work surface and the dough lightly with flour (or apply more grease), as needed, to prevent sticking. The dough should become noticeably less sticky.
3. Loosely roll the dough into a log and place it in a greased 8 ½" x 4 ½" loaf pan.
4. Brush the dough with the egg wash (reserve the excess), cover, and set aside to rise for 40 to 60 minutes, or until the dough has crowned ½" above the pan in the center of the loaf. It's better to err on the side of underproofing, as overproofing can cause the loaf to rip apart as it bakes.
5. While the dough is rising, preheat the oven to 350°F.
6. Before baking, brush the loaf with egg wash once more and sprinkle sesame seeds on top. Make one swift cut about ¼" deep ("score") lengthwise down the middle of the loaf.
7. Bake for 55 to 60 minutes, or until the bread is well browned and reads approximately 210°F to 212°F in the center of the loaf on a digital thermometer. (The bread may start to brown after 40 or 45 minutes, but leave it in the oven to achieve the best interior texture.)
8. Carefully turn the bread out of the pan onto a cooling rack. Brush the loaf while still warm with the melted butter. Place right-side up and allow to cool completely before slicing.
9. Store the bread, well wrapped, at room temperature for up to 3 days. For longer storage, store slices in a zip-top bag in the freezer.

Gluten-Free Artisan Bread

YIELD: 1 SMALL BOULE

- This crusty, country-style bread made with **Gluten-Free Bread Flour** eats like conventional wheat bread and also has a complex flavor, thanks to a preferment.

INGREDIENTS

Preferment

$\frac{3}{4}$ cup (170) water, lukewarm (100°F)

$\frac{1}{4}$ teaspoon instant yeast

$\frac{1}{4}$ cup (90g) King Arthur Gluten-Free Bread Flour

Topping

all of the preferment (above)

$\frac{3}{4}$ cup (170) water, lukewarm (100°F)

$\frac{1}{2}$ teaspoon instant yeast

2 teaspoons granulated sugar

1 $\frac{1}{4}$ cups (210g) King Arthur Gluten-Free Bread Flour

1 teaspoon table salt

INSTRUCTIONS

1. **To make the preferment:** In the bowl of a stand mixer or a large bowl, mix the preferment ingredients together until combined; some lumps are OK. Cover and set aside at room temperature for 2 to 24 hours.
2. **To make the dough:** Add all of the dough ingredients to the bowl with the preferment. Fit the mixer with the flat beater attachment and beat at medium speed to make a smooth, sticky dough, about 2 minutes. (You can also mix by hand — some lumps are OK.) Cover and set aside for 20 minutes. The dough will begin to firm up slightly during this time and look more like dough than batter.
3. Transfer the dough to an oiled or floured surface and fold and press it over onto itself, turning it 90° (a quarter turn) between each motion, about five to six times. Cover the dough with an inverted bowl (or transfer it to a bowl and cover), and let it rest for 40 more minutes, or until the dough is puffy.
4. Preheat the oven to 450°F with an uncovered Dutch oven or cloche inside; the baking vessel should have at least a 4-quart capacity.
5. Uncover the dough and repeat the folding and pressing motion five to six times, then loosely shape the dough into a round. (The dough doesn't need to be as tightly shaped as a conventional wheat loaf; the proofing vessel will do most of the work to ensure a round final loaf.) Place the shaped dough seam-side up in a (gluten-free) floured brotform or towel-lined bowl. Let it rise for 30 to 45 minutes, or until puffy.
6. Flip the dough out onto a sheet of parchment; gently tuck any loose edges under the dough, reshaping it slightly for a more perfected round look, if desired. Use a lame or sharp knife to cut slashes ("score") the top. Use the parchment to carefully lift dough into the preheated pot.
7. Bake the bread for 40 minutes with the lid on, uncover, and continue baking for another 20 to 30 minutes, or until deep brown. The internal temperature should be between 206°F and 210°F when measured with a digital thermometer, depending on the crust color. Cool completely on a rack before slicing.
8. **Storage information:** Store the bread, well wrapped, at room temperature for up to 2 days. For longer storage, cut the loaf into slices and freeze.





Chewy Gluten-Free Bagels

YIELD: 8 BAGELS

➤ It's hard to believe that these bagels, with their perfectly chewy interiors and slightly crusty outsides, are gluten-free. All you need is our Gluten-Free Bread Flour and a few pantry staples, and you can have fresh bagels in about two hours.

INGREDIENTS

Dough

4 cups (480g) King Arthur Gluten-Free Bread Flour
2½ cups (511g) water, lukewarm
1 tablespoon (14g) light brown sugar or dark brown sugar, packed
2 teaspoons (6g) instant yeast
2 teaspoons (12g) table salt

Water bath

2 quarts (1814g) water
2 tablespoons (28g) light brown sugar or dark brown sugar, packed
1 tablespoon (12g) granulated sugar

Toppings

Everything Bagel Topping, sesame seeds, coarse salt, dehydrated onion, or poppy seeds

INSTRUCTIONS

1. In a large bowl or the bowl of a stand mixer, combine all the dough ingredients. Mix using a spoon (if mixing by hand) or the flat beater attachment (if using a stand mixer) until a sticky, batter-like dough forms, about 1 minute on medium speed. If mixing by hand, there may be some lumps — that is OK.
2. Cover the dough and set it aside for 20 minutes. The mixture will firm up slightly during this time and begin to look more like dough.
3. Transfer the dough to a large greased or (gluten-free) floured work surface. Gently knead the dough — fold the dough in half toward you (use a bowl scraper for assistance, if needed), then pat it down, rotate the dough 90° (a quarter turn) and fold again — until it becomes firmer to the touch, smoother, and easier to handle, six to seven times. As you work, dust your work surface and the dough lightly with flour (or apply more grease), as needed, to prevent sticking.
4. Transfer the dough to a lightly greased bowl, cover, and allow it to rise for 35 to 40 minutes, or until puffy. About halfway through the rising time, line two baking sheets with parchment and preheat your oven to 425°F with racks in the upper and lower third.
5. On a greased or floured surface, gently deflate the dough and knead five to six more times. Use additional flour or grease on your hands and work surface as needed. By this time, the dough will be more pliable but still slightly sticky to the touch.
6. Divide the dough into eight equal pieces (about 128g each) and loosely shape them into rounds by using your cupped fingers and palm to roll the pieces against your work surface in a circular motion.
7. Using a floured or greased index finger, poke a hole through the center of each ball, then rotate the dough around your index fingers to stretch the hole until it's about 1½" to 2" in diameter.
8. Divide the bagels evenly between your lined baking sheets, cover, and let them rest for 10 to 15 minutes. After this rest, the bagels should be firmer and easier to handle.
9. While your dough is resting, prepare the water bath. Bring the water, brown sugar, and granulated sugar to a gentle boil in a large, wide-diameter pan.
10. Carefully pick up the bagels and gently transfer them to the simmering water. Boil about four bagels at a time if possible, ensuring the bagels have sufficient space to move around in the pot without overlapping. Increase the heat to bring the water bath back up to a gently simmering boil, if necessary. Cook the bagels for 30 seconds, flip them over using tongs, a dough whisk, or chopsticks, and cook 30 seconds more, until the bagels are puffy and matte on all sides.
11. Using a strainer or dough whisk, remove the bagels from the water, and place them back on the baking sheet. While the bagels are still hot, sprinkle generously with the topping of your choice.
12. Repeat the boiling process (steps 10 and 11) with the remaining bagels.
13. Once all the bagels are boiled and topped, transfer them to the oven. Bake the bagels for 30 to 35 minutes, rotating top to bottom and back to front once partway through, or until they're as deep brown as you like. Remove the bagels from the oven, and cool completely on a rack.
14. These bagels are best enjoyed the day they're baked, but you can store leftovers, well wrapped, at room temperature for up to 3 days. Freeze for longer storage.

Gluten-Free Sourdough Starter

Made with Bread Flour

YIELD: SUFFICIENT SOURDOUGH FOR ONGOING BAKING

- This gluten-free starter is made using a process similar to a wheat-based starter: build it by fermenting flour and water, then “feed” it each day with more flour and water until it’s active and bubbly.

INGREDIENTS

Initial mix

1 cup (120g) King Arthur Gluten-Free Bread Flour

1 cup (227g) water, cool

For daily feeding

½ cups plus 1 tablespoon (128g) water, cool

½ cup (60g) King Arthur Gluten-Free Bread Flour

INSTRUCTIONS

- Day One:** Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. In a medium bowl, whisk together the flour and water, stirring until thoroughly combined. Cover the bowl and let the mixture rest overnight at room temperature.
- Day Two:** Uncover the starter and stir it several times; a dough whisk is a helpful tool here. Re-cover and allow the starter to rest overnight at room temperature.
- Day Three:** Discard half the starter (about 1 cup or 173g) and feed the remainder with ½ cup plus 1 tablespoon (128g) cool water and ½ cup (60g) Gluten-Free Bread Flour. At this point, the starter can be transferred to a crock or large jar; a vessel with clear, straight-sided edges will make it easy to gauge the daily growth of your starter.
- Days Four, Five...:** Repeat the process from day three. Sometime between days five and seven, you’ll notice that several hours after feeding, the starter will have doubled in size and should be bubbling. At this point, it’s ready to use in a recipe (like our Gluten-Free Sourdough Bread). If it takes longer than this, simply keep repeating the once-a-day feeding process until it matures fully, bubbling nicely and doubling in size within several hours after feeding.
- Once you’ve established a mature, healthy starter, it can be kept in the refrigerator between feedings. Be sure to feed it at least once a week for long-term storage. To feed the starter for maintenance, combine 11 grams (about 1 tablespoon) starter with 40 grams (⅓ cup) Gluten-Free Bread Flour and 80 grams (about ⅓ cup) water. Discard any remaining starter, then return the fed portion to the refrigerator until it’s time to bake or to repeat the feeding process.
- To ready your starter for baking:** Measure out 22 grams (about 2 tablespoons) starter and combine it with 80 grams (⅓ cup) Gluten-Free Bread Flour and 160 grams (scant ⅓ cup) water the night before you want to bake. Allow it to rise until doubled in size and piquant in aroma, about 10 to 14 hours. This will yield enough ripe starter for using in Gluten-Free Sourdough Bread (page 11).

TIPS

For a starter that reaches ripeness in about 4 to 6 hours, feed 125 grams starter (about ⅓ cup) with 44 grams Gluten-Free Bread Flour (about ⅓ cup) and 88 grams water (⅓ cup plus 1 tablespoon). Because this formula includes a much higher percentage of starter, it will peak more quickly, which is convenient for same-day baking.





Gluten-Free Sourdough Bread

YIELD: 1 LARGE BÂTARD OR BOULE

➤ This gorgeous loaf of gluten-free sourdough bread has a subtle tang, making it even more versatile than traditional sourdough.

INGREDIENTS

1½ cups (259g) gluten-free sourdough starter made with bread flour*
 1¾ cups plus 1 tablespoon (412g) water, warm (about 110°F)
 3¾ cup (390g) King Arthur Gluten-Free Bread Flour, plus more for kneading
 1 tablespoon (12g) granulated sugar
 1¼ teaspoons (10g) table salt

*See “tips,” on page 10 for details on readying your starter for baking.

INSTRUCTIONS

- In the bowl of a stand mixer fitted with the flat beater attachment, combine all of the dough ingredients on medium speed for 2 to 3 minutes, until the mixture is cohesive and smooth. The dough will be very sticky, wet, and batter-like at this stage.
- Cover the bowl and allow the dough to rest for 20 minutes so the flour hydrates and the dough becomes stiffer. Then, on a (gluten-free) floured work surface, gently knead the dough — fold the dough in half toward you (a bowl scraper is helpful here), then pat it down, rotate the dough 90° (a quarter turn) and fold again. Repeat the motion five to seven times, until the dough is firmer to the touch, smoother, and easier to handle. As you work, dust your work surface, hands, and the dough lightly with flour as needed to prevent sticking.
- Return the dough to the bowl, cover, and allow it to rise for 2½ to 4 hours, or until very puffy. If your home is particularly cool, place your bowl in a warm area, like an oven with the light on or a sunny window.
- Transfer the dough to a greased or floured surface and gently deflate it. Shape it into a loose bâtard or boule (you will not be able to tightly shape this dough as you would a sourdough loaf made with conventional wheat flour; instead, you’ll be molding and massaging it into shape). Place the shaped dough seam-side up in a brotform, bowl, or other vessel that’s lined with a towel and dusted with flour. (It’s OK if your vessel is very full!)
- For the most flavorful bread, cover the brotform with plastic wrap or a reusable bowl cover and refrigerate for 16 to 24 hours. Otherwise, cover and let it rise for 45 to 60 minutes at room temperature, until puffy.
- Meanwhile, preheat the oven to 500°F for at least 45 minutes with a cast iron pan on the bottom of the oven or on the lowest rack. Place a baking steel or stone on the middle rack to preheat. If you don’t have a stone or steel, see “tips” below for instructions on how to use a Dutch oven instead.
- Line a baker’s peel, a rimless cookie sheet, or the back of a sheet pan with parchment. Turn the dough out onto the parchment. Cut slashes in the top (“score”) using a lame or a very sharp knife.
- Using the peel, cookie sheet, or inverted sheet pan, slide the dough (still on parchment) onto the baking steel or stone. Carefully pour about 1 cup of water into the cast iron pan and quickly shut the oven door. Be sure to wear good oven mitts, as the water will turn into hot, billowing steam.
- Immediately reduce the oven temperature to 450°F and bake for 45 to 50 minutes, or until the bread is very well browned and reaches an internal temperature of 209°F when measured with a digital thermometer. (Since gluten-free bread retains water longer than conventional bread, an internal temperature is the best indicator that it’s fully baked.)
- For the crispest crust, turn off the oven, crack it open about 2”, and allow the bread to cool completely inside. Ideally, slice the bread the next day, or at least 8 hours after removing it from the oven.
- Store the bread airtight at room temperature for 2 to 3 days. For longer storage, freeze slices for easy toasting.

TIPS

To bake this bread in a Dutch oven: Place a 4- to 5-quart Dutch oven onto the middle rack of the oven to preheat at 500°F (step 6). After your dough has risen, turn it out onto a piece of parchment, score, then place into the hot Dutch oven. Cover the Dutch oven and immediately reduce the heat to 450°F. Bake for 40 minutes, uncover, and finish baking for 10 to 20 minutes, until the crust is as brown as you like.



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