

FOOD



If you think great-tasting, easy-to-make, gluten free hamburger and hot dog buns are impossible, prepare to be surprised. This recipe also makes an amazing Gluten Free Beer Bread or hot dog bun. Makes 8-10 buns.

Gluten-Free Buns

INGREDIENTS:

- Light & Airy Buns
- 10 oz. gluten-free ale (such as Green's Quest Tripel Blonde Ale) or sparkling water, club soda or gingerale – room temperature
- 3 large eggs brought to room temperature
- 3 Tbs. olive oil
- 1 tsp. apple cider vinegar
- 2 Tbs. honey or agave nectar (omit if using gingerale)
- 2 3/4 cups gluten free all purpose flour
- 1/4 cup dry milk powder/non-dairymilk powder OR almond meal OR potato flakes
- 1 tsp. salt
- 1 Tbs. granulated cane sugar
- 2 1/4 tsp. rapid rise or bread machine yeast
- extra olive oil and almond milk for brushing on rolls
- sesame seeds, poppy seeds or other topping of choice

DIRECTIONS:

1. Prepare English Muffin rings or “bun pans” by oiling lightly with olive oil or canola oil spray. Place the rings on a parchment-lined baking sheet and set aside. Or, if you have a hamburger bun pan, oil the pan and set it aside.

2. In a large mixing bowl, whisk together the eggs, oil, apple cider vinegar and honey.

3. In another large bowl, whisk all dry ingredients except yeast (flour, salt, milk powder and sugar). With mixer on low speed, slowly pour the dry ingredients into the liquids to combine. Continue beating while slowly pouring in the ale/sparkling water to mix. When incorporated, add the yeast. Beat until the batter is smooth, then increase mixing speed and beat for 4 minutes.

4. Spoon batter into oiled rings or pans, filling no more than half-way up. Smooth the tops with a rubber spatula. Don't make the buns too large at this stage, unless you're looking for kaiser rolls! Brush all buns lightly with olive oil and sprinkle with sesame seeds, if desired.

5. Cover with oiled wax paper and let rise in a warm, moist place for 30 minutes (an oven preheated to 200 F, then turned off, with a bowl of water in the oven to add moisture, is a good option). Do not let the rolls rise more than double their size, or they will rise too much to support themselves and will collapse when cooling.

6. When the rolls have risen, bake at 375° F (static) or 350° F (convection) for approximately 20 minutes. The internal temperature of the rolls should be approximately 205 – 210° F. The rolls should have risen above the tops of the pans, and will be golden brown with a nice crust.

7. Remove to cool in the pans for 5 minutes, then gently remove from the pans and serve with your favorite burger or dog!

Beer Bread Option: You may simply bake this dough as a loaf in a bread machine by adding the liquids first, then the dry ingredients on top. Set on gluten-free setting or only one rise and no punch-down. To bake in the oven, let the loaf rise in a covered bread pan for 30 minutes to one hour. Bake at 375° F (static) or 350° F (convection) for approximately 35 minutes. Check to be sure the loaf has reached 205-210°F before removing from the bread machine or oven.

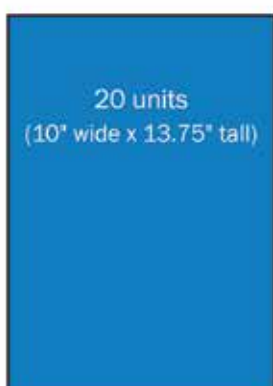
The Portland Observer Minority Business Corporate Special Rates

President Ronald Regan established Minority Enterprise Development Week in a statement on December 17, 1982. It is celebrated a full week in the first part of October. Our challenge today is to enhance the ability of minority Americans to participate in the market economy and to achieve greater economic independence. We are indebted to minority entrepreneurs for their contributions to our economic well being. They bring innovative products and services to the marketplace, create jobs and provide training to thousands of workers.

The Nation is undergoing the most difficult economic times in decades. With the high price of gas and a national economic down-trend, we are facing are most challenging times in America. However it is up to our small business communities to be able to aid in the recovery.

Minority Americans share in the aspiration to have the opportunity of business ownership. Every year the number of minority business ownership has increased representing the hope for opportunity. It is important to look at how minority businesses have added to Oregon's economy and its growth in the global market. *The Portland Observer* recognizes the contributions every year of disadvantaged, women-owned, minority and small emerging businesses with its Minority Business Special Edition to provide information and profile local minority business.

Please join us in this year special on September 30th, 2015. The deadline for advertisements and will be, September 26th, 2014 and for editorial submissions it will be September 23rd, 2015.



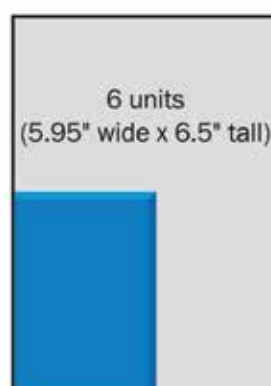
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