

# Bird Bread (large batch) -and how to get rid of any kind of "too-old" and/or buggy flour. (12/20/2016)

(It's a shame to just throw flour away. This recipe also leavens non-bread flours.)

\* **Preheat:** oven to 425 degrees.

\* **Mix:** ~ 5 cups of whatever (bean, rice, pea, garbanzo, mung, etc) flour.

~ 1 heaping tbsp of sugar (originally for the yeast, but left in for taste and nutrition).

~ 1 heaping tbsp baking powder. (If it's old and caked, break it up by slamming the can against something that won't be damaged. Break up the chunks with a blender, scrape them through a strainer over a pan, then funnel it back into the baking powder can. **Don't try to stir in chunks of baking powder.**)

~ 1 level tsp Xanthan.           An essential ingredient which replaces the gluten content of flours in yeast bread, but less so for Bird Bread. Absent xanthan, this bread tends to tear horizontally when scraped/lifted out of the pan, it cracks less and the thin layer of batter stuck to the "non-stick" pan is harder to get off.

~ 1 rounded tsp of salt.

~ 5 cups cold water --(or a bit more --for a pourable/leveling batter).

\* Mix in a large bowl with a rubber spatula (adding a half cup more water or flour for a pour-ably thick batter).

\* **Add** 4 tbsp any kind of vegetable oil **--and mix until blended.**

\* **Pour** into a 10 x 15 inch (more or less), well oiled cookie or pizza pan (or a good non-stick pan and **no** oil), tilting the pan to evenly distribute batter into the corners.

\* **Bake** for about 30 minutes on the top shelf of an oven preheated to 425 degrees. It's done when large cracks appear and the corners start to turn up (when using xanthan).

\* **Let it cool**, then scrape it out (using a sharp edged plastic spatula if it's a non-stick pan) and break it all into small pieces --which go into a covered keeper. (If a thin layer of batter sticks to the non-stick pan, briskly use a plastic "brillo" pad under **hot running water.**)

\* **Only make a double batch** if your oven is large enough to take both pans on the top shelf. However, this recipe can probably be increased --without over-flowing a 10x15 pan.

\* **Either selectively hurl bread at the birds or pour out the pieces into several well-spaced piles, such that the bully birds don't get it all.**