

Bird Bread (large batch) -and how to get rid of any kind of "too-old" and/or buggy flour. (5/16/2021)

(It's a shame to just throw flour away. This recipe also leavens non-bread flours and makes use of chicken broth^.)

* **Preheat:** oven to 400 degrees.

* **Mix:** ~ 4 cups of whatever (bean, rice, pea, radish seed, garbanzo, mung, etc) flour --plus:

~ 1 cup "all purpose" flour (to make it more bread-like).

~ 1 heaping tbsp of sugar (originally for the yeast, so you could probably leave it out).

~ 1 heaping tbsp baking powder. (If it's old and caked, break it up into a powder.

~ 1 rounded tsp Xanthan. An essential ingredient which replaces the gluten content of flours in yeast breads, but less so for Bird Bread. Absent xanthan, this bread tends to tear horizontally when lifted out of the pan. It cracks less when baking.

~ 1 rounded tsp of salt. Stir and blend the dry ingredients.

~ 4 cups chicken broth^ --for a thick pourable batter. Use what's in the jar, adding water to a full quart. Shake as needed to break up congealed grease. **Add more water for a somewhat pour-able batter)**

* Mix in a large bowl. (Alfalfa flour took 2-1/2 more cups of water, radish flour took 1-1/2 cups.)

* **Add** 4 tbsp any kind of cooking oil --**but not if you're using chicken/other broth.** Mix until blended.

* **Pour** into a 10 x 15 inch (more or less), **parchment paper lined** pan. (Some of these batters really stick!) Spread the batter evenly into the corners.

* **Bake** for 60 minutes on the middle shelf of an oven at 400 degrees. When it's done, large cracks appear.



* **Let it cool**, then lift it out (by the paper) and cut it into small pieces, then place into a covered keeper.

* **Only make a double batch** if your oven is large enough to take both pans on the middle shelf. Making a double batch in one deep pan might work at 350 degrees --and maybe 2 hours of baking.

* **Distribute the pieces widely, such that the bully birds don't get it all.**^^

* The seagulls didn't like alfalfa seed flour bread without chicken broth. They loved radish seed flour

bread with chicken broth.

^ We've steamed many chicken breasts, for us and for our little dog, so we've ended up freezing a lot of broth over time. (Go only 1/2 to 2/3rds full on the Mason jars, lest they crack.)

^^ Your state might have laws against feeding wild birds in wild places. We feed them in a city park setting.