

# Noah bakery of North America

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Intuition/creation/rewarded life

Present  
The good baking program

## January is diabetes awareness month

Flowchart

Getting started questions and answers.

Setting realistic goals.

Plan your healthy eating plan.

Identify your unique challenges

Modifying recipes and food handling

Accept and deal with set back's.

Get and stay active in rewarded learning.

Historic baking past and presents.

Grains and milling the flour.

Essential techniques in baking.

The carbohydrate.

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## The Carbohydrate

Carbohydrate are your body's-brain main energy source  
At the base of all carbohydrates are sugar components,  
build by plants earth and sunlight.

Depending on the number of components and how they are linked together, a carbohydrate is classified as

simple carbohydrate, simple sugar contain any fruits, milk products all non starchy vegetables such as salad-lettuce.

Starches are complex carbohydrates and include grain products such as cereal, bread, pasta, beans, corn, rice and certain vegetables such as potatoes, squash, carrots, beets.

Depending on your calorie need, about half of your daily calories should come from approximately 4-6 servings of starch, 2-4 servings of fruit, 1-2 servings of fermented natural milk products.

Read your nutrition facts label for your calorie intake.

Combining your carb's, it's best to eat a mixture of complex and simple carbohydrate.

Complex carbohydrates, takes your body longer to break them down into sugar, therefore sugar enters your blood stream at more slower rate with some simple carbohydrates sugar may enter your bloodstream faster  
important is how much you eat, you may not have enough available insulin to transport the sugar to your cells, causing an increase in your blood sugar level by eating small portion of carb's spaced apart throughout the day, can help control your blood sugar level. Google for more info.

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## Essential techniques in baking

One of the earliest methods of making bread was to cook it in the hot sand, clay-stone of a small dugout fire pit, after the live coals had been scrape away, the dough was placed in the hot pit and covered with hot sand-clay to insure that it would be cooked through.

## Baking by guess and by gosh

Campfires and the dutch-ovens.

Successful dutch-oven cooking is accomplished by using hot coals and not by inferno pre-heat lid, so that it is hot no red-hot. set the dutch-oven, pile up along sides of the pot and fill the rim of the hot lid with hot coals.

And bake the day's break, no matter what it is or called its delicious to eat

## Good grain bad grain

The transformation of the domesticated wild grass of Neolithic time, into of to-day's daily bread, requires some serious hybridization of wheat-gluten protein complex programmed wheat-seeds variation used in flour for the industries baking-gymnastics to make the viscosity of the dough more spreadable-roll-able, molds into the characteristic of many variations of food products that can be not achieved with any other grain, therefore unique.

Wheat with the chemical engineered environment, increasingly leading its way to the world wide human food supplied chain, vigorously triggers question's for sustain human health.

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North-Americans have steadily and inexorably increased wheat-products white sugar genetic engineered with chemical loaded food consumption. Short circuited lives with underlying damage to our environment.

Google what you can do for your self on vitally important perspective on the most critical health concerns of our time.

## Stove top baking

Throughout the American west, chief of well linked food.

## The Pancakes

We're a mainstay in the old days.

Buckwheat flour is disappeared from the industry lead baker's repertoire.

Snowing crops and harvesting seeds, has been ever since the time when northern native people ceasing hunting game and gathering plants. Buckwheat flour does not have the gluten necessary to make a light baking product like wheat flour. With accompanying ingredients buckwheat will make an enjoyable tasty meal with a excellent nutrition values. Buckwheat was grown on nearly every home-farm was processed in the grist mills. The most commonly served breakfast the pancakes were made with yeast since the batter could be mixed up the night before covered and keeping on a warm place by morning. The batter would have risen and this left free to prepare the best of the meal taken to ensure that about one-third was left in the glass container to "mother" the next day's covered and kept in a freezing pan cake batter added to the quality of the cake.

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## Stove top baking

### The Pancake

Pancake can be made from a different kinds of flour you can use corn, oatmeal, buckwheat, gluten free, mashed potatoes, bread crumbs, leaving by baking soda, eggs instead of egg in your recipe you can use fresh snow, for me at least has the same effect on batter as eggs have. 2 table spoon of snow equaling one egg. The batter is made thicker and the snow is mixed with the batter just before poring on the hot frying pan.

For pancake variation you can add to the batter.

Peel and grated potatoes, apples, carrots, lemon or orange, zest, green onion, berry, nori, beer and sake.

### Rolled up

Accompanying fillings and toppings for you creation.

Variation of ingredients suggestion, on hot pan cake, sprinkle with grated cheese add scramble egg or tofu medley and rolled up.

Pecan crusted chicken strips, lettuce, pasta sauce, spinach, shrimp, avocado, salsa, berry's, mushroom, sprouts, broccoli, cheese, rosemary, lemon zest, fruit spreads.

For pancake quiche, line individual greased custard cups with prepared made thin pancake and add your choice of filling. Google for quiche filling.

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## Stove top baking

### **The Buckwheat pan cakes**

2 Teaspoon dry yeast

1 teaspoon honey, maple syrup or brown sugar

1/4 cup lukewarm water

2 cups buckwheat flour

1 cup gluten free flour or substitute with organic whole wheat flour

1 1/4 cups lukewarm water

2 Tablespoon molasses or honey, maple syrup or brown sugar

2 tablespoon melted butter or coconut oil

1/2 teaspoon salt

4/3 teaspoon baking soda

1 tablespoon boiling water

1/2 cup yogurt or apple juice

Dissolve the yeast and sweets in 1/4 cup warm water combine the buckwheat and gluten free flour and add 1 1/4 cups of lukewarm water add the sugar yeast mix and set a side to raise on a warm place when ready to cook add the molasses, fat, salt, baking soda which has been dissolved in the boiling water and the yogurt, if the batter is too thick for frying, add a little water spoon by spoon.

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## Stove top baking

### Tasty Pancake

- 1 egg
- 3 tablespoon honey or brown sugar
- 1 cup milk
- 1 cup gluten free flour or substitutes with organic whole wheat flour
- 1/4 teaspoon sea salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

Beat the egg and sugar until fluffy add the milk. Combine the flour, salt, baking soda and cream of tartar, and stir lightly into the egg mixture, drop by spoonful onto a medium hot frying pan. Turn when bubbles appear on the upper side.

### Corn pancake

- 1 1/2 cups organic corn meal optional toasted is better
- 1 tea spoon honey or sugar optional
- 1 1/2 cups real hot boiling water
- 2 teaspoon butter or coconut oil, optional nut butter grated orange or lemon rind

Mix dry ingredients add the boiling water while stirring constantly be sure water is boiling, let batter stand a 5 min covered if too thick to drop off a spoon easily add a small amount of water or fruit juice , batter should be thicker than hot cake batter.

Drop by table spoon full onto hot well greased frying pan then turn the heat down and fry cake for 5 to 6 min on each side until golden brown

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## The bannock bread

The bannock is a description of a frying pan bread cooked in north England.

Throughout all of these great historical changes bannock has travelled in the saddle-pack long distance around the world to use.

## Bannock

3 cups flour optional gluten free flour  
1 teaspoon sea salt  
2 table spoon natural baking powder  
1 tablespoon honey or brown sugar  
2 tablespoon lard, optional coconut oil or butter  
3 cups ice cold water

Mix the flour salt baking powder sweets and fat, stir in enough cold water to make a thick batter that will pour. Combine quickly until smooth and pour at once into a greased frying pan. Drain on paper towels.

## Navajo camp dough gods

3 cups flour optional gluten free flour  
1 teaspoon salt  
1tablespoon natural baking powder  
1 1/4 cups canned milk, approximately

Combine flour, salt and baking powder add enough milk to make a soft dough turn out on floured board and knead. pinch off a ball of dough big enough to pat out to a 9 inch cake. Heat lard or mutton tallow in heavy iron skillet and test temperature by dropping in tiny piece of dough. If pieces rise to top at once and begin to brown the fat is ready. fry dough until is brown then turn and brown other side.