

Introduction *to* LOW CARB BREAD RECIPES

from
Low Carb Breads of the World
Real Bread that Happens to be Low Carb



Joy Y. Kiddie, MSc, RD – The Low Carb Healthy Fat Dietitian



www.lowcarb-bread.com

Low Carb Breads of the World

is a new category of low-carb bread.

There are NO nut flours.

NO psyllium or chia seed.

NO xanthan gum. No guar gum.

No inulin.

No fathead-style dough.

No whipped egg whites.



Low Carb Calzones



Low Carb Yeast-Risen Pizza



Low Carb Naan



Low Carb Sourdough English Muffins





Low Carb Pita Bread



Low Carb Baking Powder Biscuits

The breads in *Low Carb Breads of the World* are very different from conventional bread and other low-carb breads made from nut flours, cheese, or whipped egg white. Just as someone who bakes traditional bread needs to understand the difference between soft, hard, and all-purpose flour or between baking powder and baking soda, bakers of this new category of low-carb bread need to know the "basics" of the ingredients with which they will be working.

Low Carb Breads of the World dedicates all of Chapter 3 to explaining the fundamental differences between traditional bread and the low carb and describes in detail the unique low-carb ingredients used to make these breads, the science (in simple terms) behind baking with them, the availability of the ingredients where to order them, and much more.

A fundamental factor that needs to be understood before beginning to work with these ingredients is that the more protein solids in a recipe, the more water is required.

The baking industry has already determined how much water (or other liquid) is needed for bread made with different types of conventional flour (determined using a machine called a farinograph.) While the ingredients used in *Low Carb Breads of the World* are used in small quantities in commercial baking, they are used as **flour substitutes** in this book. Unfortunately, there is not yet any baking industry information available about the amount of water each ingredient needs when used as a flour substitute.

In addition, the protein content varies not only between types of ingredients but within the same type.

For example, whey protein powder is available with 30g, 24g, and 18g of protein per 30 g scoop. Which whey powder is used in a recipe will affect the bread's macronutrient content ("macros") and change the amount of water required. This same principle is true for each high protein, low-carb ingredient used as a flour substitute in the book, and several are used. The information in Chapter 3 of the book is not provided as interesting background information but is essential to read to be able to bake successfully using these ingredients. Without this knowledge it would be very challenging to make most of the breads in the book.

I have included in this booklet the recipe for the first low-carb bread of this type that I made in December of 2021 so you can get a feel for working with some of the ingredients. The recipe is on the following pages. I hope you enjoy it.

Low Carb High Protein Yeast Bread

In addition to its excellent texture and crisp crust, the most impressive part of this bread are the macros!

Ingredients

1 cup (250 ml)
lukewarm water

1 tbsp (12.5g) sugar

2 teaspoons (7g) dried
baker's yeast

1/4 cup (20g) dried egg
white powder + 2 tbsp.
lukewarm water

3/4 tsp. (3g) fine sea salt

2/3 cup (80g) flaxseed
meal

1/2 cup (50g) oat fiber

1.25 cups (180g) vital
wheat gluten flour

1/3 cup (85g) salted
butter, room
temperature

Preparation

1. Stir in sugar into the lukewarm water, sprinkle yeast on top and leave it to foam for 20-30 minutes.
2. Mix the dried egg white powder with the lukewarm water and set aside.
3. Put all the dry ingredients into a bowl, put the butter on top then pour in the yeast mixture and egg white mixture. Fold together with a spatula.





Low Carb High Protein Bread

4. Begin to knead the dough by hand in the bowl, then transfer to a clean, dry counter or board and knead by hand for 5 minutes, add in the salt, then knead 5 minutes more, until it's nice and smooth.

(can knead in a stand mixer if you prefer)



5. If you want, you can line the bread pan with parchment paper (soaking it in hot water for a few minutes makes it pliable but be sure to dry it off well before putting in the bread pan).



Or, you can simply put the dough directly in the bread pan to rise.



6. Leave the bread to rise in a warm place for 1.5 hours.

I use the proof setting on my oven, but you can preheat the oven to 200°F (93°C), turn it off, open the door to let some of the heat out, then proof the bread in the oven without the heat, but the door of the oven closed.



7. Punch the dough down with a closed fist to remove as much air as you can, and then place it back in the oven to rise for another hour.



8. When the bread has risen, remove it from the oven (if you were letting it rise in there), then preheat the oven to 340°F (171°C).

9. Bake the bread for 40 minutes (or until the bread sounds hollow when tapped on the bottom).

10. Let cool on a wire rack.



11. Slice the bread into 18 slices (16 slices with 2 "heels").



12. Enjoy with butter.





Low Carb High Protein Bread

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	112.7 kcal	6 %
Total Fat	5.6 g	9 %
Saturated Fat	2.5 g	13 %
Trans Fat	0.2 g	
Cholesterol	10.2 mg	3 %
Sodium	78 mg	3 %
Total Carbohydrate	5.2 g	2 %
Dietary Fiber	3.6 g	14 %
Sugars	0.2 g	
Protein	11.4 g	23 %
Vitamin A	2 % • Vitamin C	0 %
Calcium	2 % • Iron	5 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com

</>



More than a Cookbook

Low Carb Breads of the World is not just a cookbook or a collection of recipes.

This book introduces low-carb ingredients needed for baking authentic bread and explains how to work with them successfully in different types of recipes.

Baking with these ingredients differs from baking with high-carb grain flours, and understanding the differences is essential to being successful in baking low carb bread.

The recipes in this book provide an opportunity to utilize these methods to produce a variety of breads of the world. Understanding the science behind using these ingredients will enable people to adapt their bread recipes to be low carb.

Low Carb Breads of the World

Real Bread

That Happens to be Low Carb



Joy Y. Kiddie MSc, RD

The Low Carb Healthy Fat Dietitian

Contents

More Than a Cookbook	12
About the Author.....	14
The “Why” Behind the Book	16
INTRODUCTION.....	18
Chapter 1: The History of Low Carb Bread	26
The Mystery of the Oopsie Roll & Cauliflower Pizza	28
Egg and Whey Protein Breads	32
Fat Head Pizza & Breads Made from Cheese and Nuts	35
Low Carb Bake Mix / Flour Replacement	38
My Starting Point: Real Breads that Happen to be Low Carb.....	39
Variations on a Theme	42
Postscript	43
Chapter 2 - Baking Basics	46
Different Types of Ounces.....	50
Measuring Liquid Ingredients.....	51
Measuring Dry Ingredients by Volume	51
Measuring Dry Ingredients by Weight	52
Using a Scale to Weigh Dry Ingredients	53

Chapter 3: The Making of Bread 54

Conventional and Low Carb Bread 55

Low Carb Bread Ingredients58

Availability of Ingredients81

Putting it All Together81

Experimenting with Variations85

Summary.....86

References88

Chapter 4: Yeast Breads..... 89

Fiber Mix (use as ingredient) 91

Low Carb High Protein Yeast Bread 92

Crusty Low Carb Multigrain-style Baguettes102

Low Carb Braided Egg Bread (Challah)109

Low Carb Burger Buns 118

Chapter 4: Yeast Breads (cont'd)

Spinach and Feta Stuffed Brioche	120
Low Carb Pizza Crust	130
Low Carb Sourdough English Muffins	135
Low Carb Crumpets	146
No-Knead Wheat-Style Bread.....	148

Chapter 5: Ethnic Breads..... 152

Low Carb Manakeesh	155
Low Carb Za'atar Bread	158
Low Carb Middle Eastern Cheese Bread.....	161
Low Carb Middle Eastern Meat Pies	164
Low Carb Calzone	168
Low Carb Pita Bread	176
Low Carb Chapati / Roti	185

Chapter 5: Ethnic Breads (cont'd)

Low Carb Naan	190
Low Carb Paratha	196
Low Carb Corn-Style Tortillas	203
Low Carb Flour-Style Tortillas	209

Chapter 6: Quick Breads and Decadent Exceptions

214

Low Carb Chocolate Chip Muffins	215
Low Carb Chocolate Raspberry Scones	221
Low Carb Baking Powder Biscuits	226
Low Carb Chocolate Chip Pancakes	233
Low Carb Zucchini Bread	238
Low Carb Chocolate Zucchini Loaf.....	245
Low Carb Cinnamon Rolls	250

FINAL THOUGHTS

260



www.lowcarb-bread.com

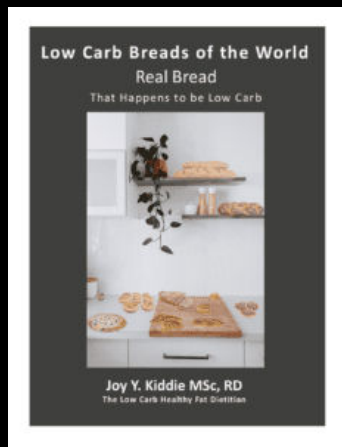
Do you wish that low carb bread could be made from something other than nut flours such as almond flour and coconut flour, cheese, and beaten egg white?

Now they can.

***Low Carb Breads of the World* is a new class of low carb bread. These breads do not contain any nut flour and while cheese and egg may be included as ingredients, they do not form the basis of the bread. They contain no psyllium, chia seed, xanthan gum, guar gum, or inulin, as these ingredients often cause people digestive issues.**

***Low Carb Breads of the World* removes several barriers that people have to adopting a low-carb lifestyle and make culturally appropriate and ingredient-appropriate bread available to people from bread-centric cultures that have high rates of type 2 diabetes, including those from Southeast Asian and Hispanic backgrounds.**

***Low Carb Breads of the World* are ‘real bread that happen to be low carb.’**



ISBN: 978-1-7780355-0-0

Low Carb Breads of the World can be purchased for
\$24.99 (USD), plus tax.

Learn more [HERE](#).

This digital publication has been deposited in the Library and Archives Canada collection and is subject
to the Copyright Act.

Copyright © 2022 Low Carb High Fat Dietitian
(a division of BetterByDesign Nutrition Ltd.)