

Gluten Free Paska

Hoo boy Poopchik, has Baba gotten lots requests for this! Wheat is not at all what we knew as children. Is all Monsanto-sized, hybridized, GMO'd, pesticided and herbicided. Not to mention grown in toxic synthetic fertilizer, instead of healthy manure. People are getting more and more allergies to basic food. Of course, regular Paska is in *Breads* chapter of my first book, and rituals associated with. Making Paska is extremely spiritual ritual, to call good health and abundance into your household. In nutshell, make you're your house is quiet, and you are in calm spirit to bake sacred bread. Below is best flour for gluten free one that I know. This recipe makes one, 8 inch round Paska is *always* round, shape of Nature and cosmos. **Baba recommend you print recipe**, and glue to cardboard for counter. You can do this with every recipe in her ebooks, too.

Ingredients:

- *Kinnikinnick All Purpose Flour Blend* (gluten free), 2 packages=2 lbs. Use whole package in recipe, use flour from second for use while kneading
- Xanthan gum, 1 tbsp.
- Salt, 2 tsp.
- Baking powder, 1 tsp.
- Instant yeast, quick rising, 2 1/2 tsp.
- White sugar, 1/2 tbsp.
- 2% milk, 1 1/2 cups, warm. 1 1/4 cups goes in dough, 1/4 for egg wash
- Water, 1/4 cup, warm
- Soniashnyk (safflower oil), 3 tbsp.
- Butter, 3/4 cup, softened. 1/4 cup goes into dough. 1/4 is to grease baking pan, 1/4 is for brushing on top of paska
- Large eggs, 6. Organic are best. 4 in dough, 2 for egg wash on top of Paska
- Lemon juice, 1 tbsp.
- Honey, 1/4 cup
- Tin foil
- Springform pan or bundt pan, 8"-9". Never use square or rectangular
- Pastry or clean paint brush. You can use one from dollar shtora
- Kitchen scale
- Cooling rack
- 9" X 13"pan

These last two items are to create proofer.

Your Option:

In Baba's Kitchen: Ukrainian Soul Food is number of suggestions for adding to your Paska, like raisins and saffron. Paska is traditional in white, yellow and black, for ancestors, sun and Mother Earth.

Paska Recipe:

Grease your pan and forget about it.

Mix together yeast, water and sugar. Let it sit, ruminate and bubble for 5 minutes.

Stir together dry ingredients: flour, baking powder, xanthan gum and salt. Xanthan gum is powder, not for chewing. You don't have to spit out your tobacco for this one. If you are going to use mixer (of course not!), put on that paddle thing.

In second bowl, **mix eggs, oil, softened butter, honey and lemon juice.** By way, lemon juice is really optional. It give nice zing zing, but you can leave it out if preferred. It has no effect on chemistry of baking in this recipe.

Now **add warm milk and yeast** to bowl with liquids. Mix for a minute.

Patiently and gently **add dry mixture to liquid**, mixing in. Keep speed low, then increase speed for 3 minutes. Either your arm or your button finger will get tired.

Sprinkle flour on clean counter, and spill dough on top. Sprinkle more flour on top of dough. You'll use about 1/3 to 1/2 cup flour. **Knead** with gentle fingers till it feel like flour is all throughout dough. It will feel less sticky, but not firm. Is lighter feel than bread dough.

Cover with plastic, and let rest 20 minutes. Dough will give sigh of relief from being pummeled, like after good massage.

After time is up, **divide dough.** Use kitchen scale to measure out **one 260 gram (.57 lb.) piece.** If kitchen scale is lacking, put aside 1/5 of dough for making ropey design on top of Paska. Remainder of dough, large piece, will be actual Paska.

Push this dough around in calm prayerful attitude like I instruct you in first book. **Make round shape, and press into your pan.** Press down lightly, until dough is 1/4" from all sides of pan.

Create design on Paska with dough you reserved. Again, instructions in my first book. **Start water boiling for proofer.**

Cover with plastic and proof for 50 minutes. You can make proofer by placing cooling rack over 9" X 13" pan, filled with boiling water.

Preheat oven to 375 F and melt butter.

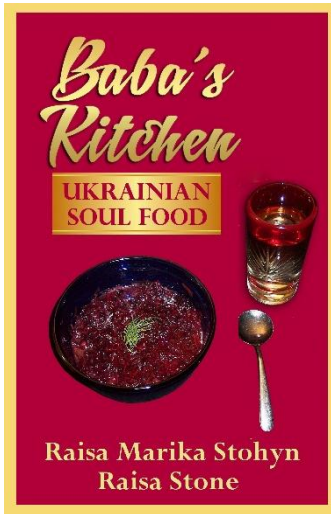
Brush Paska dough with melted butter OR with egg wash, as in regular Paska recipe. **Egg wash** is 2 beaten eggs with splash milk. This make browner crust.

Bake for one hour. Halfway through, remove Paska from oven and make it little tinfoil hat. You can maybe borrow one from “that” neighbour.

Once you take from oven, **remove foil and let cool** for at least 10 minutes. Then remove springform sides and base. Allow to cool completely before serving. Paska is always served with *rushnyk*, sacred embroidered cloth.

Gluten free Paska has best texture when eaten within 48 hours.

Above recipe is from Baba’s upcoming book, **Baba’s Kitchen: Ukrainian Soul Food RETURNS**. There are already **200 traditional recipes** in her first book, below. Also TRUE history of Ukraina, not Russian propaganda!



Top Five Ukrainian Culture Bestseller since 2015!

- Easter & Christmas chapters
- Varenyky (perogies) chapter
- Holubtsi chapter
- Salads
- Soups
- Grains & Beans
- Meat/Fish/Chicken
- Desserts
- Home remedies



**Sacred Beauty
Velyk Den':
Ukrainian Easter Photos**

Created by Ukrainians on 5 continents

Editor: Raisa Marika Stohyn
(Raisa Stone)

Author of Baba's Kitchen: Ukrainian Soul Food
and Rosie's Rescue

www.ukrainiansoulfood.ca

[Click here for paperback](#)

[Click here for ebook](#)

Ukrainian Army Fundraiser

[Click here](#)



Visit *Baba's Department Shtora* for thousands of unique items!

[Click here](#)

