

GLUTEN-FREE FLOUR 101

Is there a 1:1 flour substitution for wheat flour?

No. Gluten free flours work best in baking (most of the time) when they are used in combination with each other. However, there are some exceptions- recipes that call for a small amount of flour may work well with a 1:1 brown rice flour substitution. Another example where you wouldn't need a gluten-free flour mix combination would be when thickening a sauce – a singular gluten-free flour would be a fine 1:1 substitution in that instance.

When going gluten-free, how do you pick which flours to buy first?

Unfortunately, there is not a one-size fits all solution. You need to decide what is important to you when you start experimenting with flour mixes.

Typical considerations:

- **Glycemic index**- this would be a good thing for everyone to consider but especially for diabetics, celiacs, or those trying to lose weight.
- **Additional allergies**- if you have to adhere to a casein-free or nut-free diet, you would obviously need to take this in consideration when picking a mix.
- **Taste**- not everyone likes the same things! Pick flours that you like the taste of.
- **Whole grain**- getting enough whole grains is on everyone's mind these days. If you are trying to increase your whole grain consumption, pick those flours from the whole grain category listed below.
- **Performance**- this simply means how well your mix performs. Is the cake moist? How is the texture? Does it taste good?
- **Digestion**- some people do not tolerate certain flours well (think bean based).
- **Cost**- some flours are more expensive than others
- **Availability**- however, with online stores this is becoming less of an issue.

Should you just buy a store-bought pre-made mix or make your own?

Pre-made mixes work well for a lot of people especially in the beginning of their gluten free baking journey. However, if you find yourself using flours to bake gluten free more frequently, the pre-made mixes can be expensive while at times the homemade mixes perform better than the ones you can buy.

Where is the best place to store your flours?



Keeping gluten-free flours in the refrigerator in canisters can extend their shelf life (whole grain flours do get rancid because they haven't been over-processed and stripped of their nutrition like regular all-purpose flour). Some people do fine storing them in their pantry because they use the flours so quickly and they may have limited refrigerator space. Labeled canisters can help your fridge or pantry stay neat and clean.

Where can you get gluten free flours?

You can buy your flour from Schaefer's Market (Crandon), Golden Harvest, Country Seed (Rhineland), Natural Living (Antigo) even Wal-Mart and Trigs have gluten free flour sections. In addition, online ordering can be less expensive and possibly more convenient for you. Amazon.com is a great place to start.

How do you measure gluten-free flour?



Once you become familiar with the process, it is extremely helpful when mixing your own flour to have a scale on hand. It is surprising how quickly your measuring can become inaccurate when working with different gluten free flour types and measuring cups.

Is it important to sift gluten-free flour?

Sifting, shaking or whisking your gluten-free flour mix can help to ensure you do not end up with pockets of one type of flour or pockets of xanthan gum or baking powder in your baking.

What makes a good gluten-free all purpose baking flour?

If you are just starting out, pick a pre-made all-purpose gluten-free mix. Those work great. If you are looking to save money and be more adventurous, there are several options. Some resources report that *equal parts sorghum flour, tapioca flour, and brown rice flour* works perfectly well for cakes, muffins, and quick breads. Others break it down more saying to mix 40% whole grain with 60% white flour/starches (see list below), which is similar to whole-wheat flour ratios. A good place to start is: Mix 200 grams of sorghum flour, 200 grams of millet flour, 300 grams of sweet rice flour, and 300 grams of potato starch. (That's for 1000 grams of flour mix). Or pick your own favorites from the list below:

WHOLE GRAIN FLOURS

brown rice flour
buckwheat flour
corn flour
mesquite flour
millet flour
oat flour
quinoa flour
sorghum flour

sweet potato flour
teff flour

WHITE FLOURS/STARCHES

arrowroot flour
cornstarch
potato flour
potato starch
sweet rice flour
tapioca flour
white rice flour

NUT FLOURS (count nut and bean flours under whole grains)

almond flour
chestnut flour
coconut flour
hazelnut flour

BEAN FLOURS

fava bean flour
garbanzo bean flour
kinako (roasted soy bean) flour

How long can I store my gluten-free flour?

Most gluten-free flours, such as brown rice flour, will keep in the refrigerator for four or five months. Gluten-free flour can be kept in the freezer for up to a year. Before you buy a large amount of flour, make sure to consider if you will use it in this time frame.

GLUTEN FREE FLOURS



Sorghum Flour

Some people describe the taste as nutty; others describe it as bland or tasteless. It adds a great texture to baked goods, along with valuable protein. It is a very popular flour in the gluten free community.



White Rice Flour/Brown Rice Flour-

These two are interchangeable in recipes. The brown rice flour is whole grain and is therefore better for you. If you are concerned about the food budget, buy white rice flour. Rice Flour is great for making a roux and as part of a gluten-free all-purpose baking mix. It works well for recipes that call for a small amount of flour.



Sweet Rice Flour-

This is a preferred flour for making a roux. It is an excellent addition to any baking mix and wonderful in pizza and breads. This is one of the more popular flours in the gluten free baking world.



Tapioca Starch/Flour-

A great binder in baked goods when used in combination with other flours. It is also a great thickener for sauces. The great thing about tapioca flour is that it will thicken at a low temperature.



Potato Starch-

Not to be confused with potato flour, potato starch is a wonderful thickener and can tolerate higher temperatures than cornstarch. It adds moisture to baked goods. A lot of mainstream flourless chocolate cakes recipes contain potato starch.



Arrowroot Starch-

This is generally considered the most neutral tasting thickener, but it is definitely the priciest! Use arrowroot for acidic sauces.



Teff flour-

This whole grain flour has a mild, nutty, and almost sweet flavor. It imparts moistness in gluten-free baking.

Buckwheat Flour -

This flour is great in homemade buckwheat pancakes and waffles. It is also good as part of a flour combination in muffins and quick breads.

Quinoa flour-

This flour gives baked goods a nuttier taste. Quinoa flour is wonderfully healthy; it contains a complete protein.

Coconut flour-

This flour adds moisture to baked goods. It is a great addition to chocolate desserts!

Almond Meal-

This meal/flour adds moisture and protein to baked goods. I use it in baked goods all the time – great in pancakes.

Hazelnut Meal-

This meal/flour also adds protein and moisture to baked goods – usually used for specialty desserts only (think cheesecake crusts).

MORE GLUTEN FREE BAKING NECESSITIES



Xanthan Gum-

This works wonders for gluten-free baked goods. It is expensive, but you only use a little at a time. It is a great binder – it helps lock air bubbles in batter to keep breads light and airy.

Guar Gum –

Works well as a binder, thickener and volume enhancer. Some recipes will call for it – works well to help keep larger particles suspended in batter.

Baking Soda-

Make sure it says “gluten free” like Bob’s Red Mill Baking Soda.

Baking Powder-

Make sure it is aluminum-free and gluten-free. Featherweight Baking Powder is gluten-free and also corn-free. Make sure your baking powder is less than six months old.

Our Fabulous Gluten-Free Recipes

Slow Cooker Chicken Shawarma

- 3-4 Chicken Breasts
- 1 tsp each salt and pepper
- ½ tsp turmeric
- 1 ½ Tbsp cumin
- 3 cloves garlic chopped finely
- 1 Tbsp ginger
- 1 tsp coriander
- ½ tsp cardamom
- Chili pepper (to taste, add more if you like heat, omit if you don't)
- Juice of 1 lemon
- 1 tbsp vegetable oil
- 2 cups chicken stock (approximately)

Place chicken breasts in bowl with salt, pepper, garlic, turmeric, coriander, cumin, ginger, cardamom, and chili pepper (optional)

In the bottom of your slow cooker add the vegetable oil and add the chicken.

Pour the lemon juice on top and add the chicken stock until the chicken is almost covered.

Cook on low heat for 4 hours, until the chicken is falling apart, keep on warm until just before serving.

A few minutes before eating, transfer the chicken and liquid to a large pan. Shred the chicken with forks, and turn the heat on high.

Watch the chicken as the liquid reduces. You will want all of the liquid to be reduced and the chicken to just slightly begin drying up. Enjoy!

Gluten-Free Strawberry Shortcake

- 3 pints fresh strawberries
- ½ c sugar to taste
- 1 c all purpose gluten-free flour blend
- 2 tsp gluten-free baking powder
- ½ tsp guar or xanthan gum

- ½ tsp salt
- ½ c spectrum all vegetable shortening or butter
- ½ c sugar
- 2 large eggs
- ¼ c almond milk or milk
- 1 tsp vanilla
- Gluten-free whipped topping (optional)

Preparation:

Up to 1 day before serving, wash hull and slice strawberries. Place in bowl and stir in ½ c sugar. Cover and refrigerate.

Preheat oven to 350 F

Grease a muffin pan with shortening or use cupcake liners.
You may use a shortcake baking pan, but it is not necessary!

1. Place all dry ingredients in a medium mixing bowl and whisk to thoroughly combine.
2. Place shortening and sugar in another mixing bowl and use a stand-mixer or an electric mixer to cream until fluffy. Add eggs and beat on high just until combined with the shortening and sugar mixture.
3. Add dry ingredients to the wet ingredients and beat on low until combined. Pour in milk and vanilla and beat until the batter is smooth and fluffy, about 1 minute.
4. Fill each muffin cup about ½ full with batter.
5. Bake for about 20 minutes until the cakes are lightly golden on top and a toothpick inserted into the center comes out clean.
6. Cool cupcakes in the pan for about 10 minutes before removing them.
7. To serve, cut the cupcakes in ½ and place on individual plates. Spoon about ½ c strawberries and juice over each cake and top with the whipped topping (optional).

Makes 12 servings

Tabouli – Gluten Free

- 1 cup Quinoa
- 1 bunch (about 3 cups) flat leaf or Italian parsley – finely chopped. -
- Juice of 2-3 lemons
- ½ c olive oil (approximately)
- ½ tomato, diced

- ½ cucumber, chopped
- 2 cloves garlic, finely chopped
- Salt to taste (about 3 tsp)

Prepare the quinoa about 1 hour before combining salad. Add 1 cup quinoa to 2 cups water. Simmer on stove until water is boiled off and quinoa is light and fluffy (about 20 minutes). Remove from heat and stir. Set until cooled.

Combine parsley, cucumber, tomato and garlic together. Add cooled quinoa. Drizzle with olive oil, squeeze lemon juice over and add salt to desired taste and consistency.

Can eat immediately, or let sit and chill in refrigerator. The longer it sits the better it tastes!

Slow Cooker Curried Lentils with Chicken & Potatoes

- 1 ½ c red lentils or yellow split peas
- 1 ½ pounds russet potatoes (about 2) peeled and cut into 1-inch pieces
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 teaspoons curry powder
- 1 tsp chopped fresh ginger, kosher salt and black pepper
- 4 cups low sodium chicken broth
- 6 boneless, skinless chicken thighs (about 1 ¾ lbs total)
- 2 Tbsp fresh lime juice, plus lime wedges for serving
- ¾ c plain yogurt
- ¼ cup fresh cilantro leaves, torn

In a 4-6 quart slow cooker, combine the lentils, potatoes, onion, garlic, curry powder, ginger, 1 ¼ tsps salt and ¼ tsp pepper. Add the broth and chicken and turn to coat.

Cover and cook until the lentils and vegetables are tender and the chicken is cooked through, on low for 7-8 hours or on high for 4-6 hours.

15 minutes before serving, transfer the chicken to a medium bowl and, using 2 forks, shred the meat; return it to the slow cooker. Add the lime juice and stir to combine, adding more water if necessary to reach the desired consistency. Serve topped with the yogurt and cilantro, with the lime wedges on the side. Goes well with the gluten-free pita bread.

Gluten-Free Pita

- 1 package yeast
- ½ c warm water
- 1 tsp sugar
- 1 ½ c brown rice flour
- ½ c tapioca flour
- 1 c sorghum flour
- 2 tsp xanthan gum
- 1 ¼ tsp salt
- 1 c warm water
- 1 egg, or 1 T ground flaxseed mixed with 3 T warm water

Dissolve yeast in ½ c warm water. Add sugar and stir until dissolved. Let sit for 10-15 minutes until water is frothy.

Combine flours, xanthan gum and salt in large bowl using a heavy duty mixer, Pour in yeast mixture and egg (or egg substitute) and mix on medium speed using paddle attachment.

Slowly add ½ -1 c warm water and mix on medium for 2 minutes. Add enough water so that dough is soft and tacky, not liquid.

Coat large bowl with vegetable oil and place dough in bowl. Turn upside down so all dough is oiled. Allow to sit in warm place for 2-3 hours until it has increased in size.

Preheat oven to 500 degrees. Using bottom rack of oven, place baking sheet in oven as it preheats.

Pinch off 12 small pieces of dough and place pieces on floured surface.

Roll each into a circle, about 5-6 inches across and ¼ inch thick.

Place several circles on preheated baking sheet and bake for 4 minutes until bread puffs up. Turn over and bake for additional 2 minutes.

Remove each from baking sheet with spatula and gently push down each puff. Repeat with the rest of the dough. Serve immediately or freeze pita in a plastic storage bag for up to a month.

Hummus

- 2 Cans Garbanzo Beans (Chickpeas)
- Juice of 2 lemons
- 3-4 garlic cloves – chopped
- Olive Oil
- Sea Salt

In a food processor or blender add the beans, lemon juice and garlic cloves. Blend for about 2 minutes. Drizzle olive oil into mixture while blending until desired consistency is met. Add salt to taste and blend more. Do not be afraid of over blending, the longer you blend, the lighter the texture.

The Best Pancakes EVER

- 1 c all purpose gluten-free flour mix
- ¼ c almond flour
- 1 Tbsp Baking Powder (gluten-free)
- 1 Tbsp Sugar
- ½ Tsp salt

Sift dry ingredients together and mix with wire whisk. In separate bowl beat together:

- 2 eggs
- 1 c almond milk
- 2 Tbsp Grapeseed Oil

Add wet ingredients to dry. Let stand for about 5 minutes. Cook on hot preheated griddle. A MUST: Add Blueberries, bananas, raspberries or chocolate chips for extra goodness.