

Downloadable Gluten Free Flour Guide 1.0 *from the Everyday Gluten Free Gourmet*

Baking is a science that requires precise measurements & the ability to follow instructions. Baking gluten free foods you love requires new knowledge about the flours & starches needed to mimic the role of wheat flour. This guide is to help you get started.

| Gluten Free Flour <i>(AKA)</i> | Properties & Pros | Cons | Best Uses |
|---|--|---|--|
| White Rice Flour | <ul style="list-style-type: none"> •adds lightness to baked goods •neutral flavour & smooth texture •fine grind is best (I prefer Asian brands) •long shelf life | <ul style="list-style-type: none"> •too much results in an unappealing translucent-white colour •not ideal in recipes with low liquid & high fat, like cookies •if not finely ground will result in gritty taste | <ul style="list-style-type: none"> •the base ingredient in many store bought & homemade flour blends •30-60% in a flour blend for all uses |
| Brown Rice Flour | <ul style="list-style-type: none"> •finely ground brown rice with the bran still present •slight nutty flavour •tan colour gives baked goods a slightly browner look | <ul style="list-style-type: none"> •some brands have odd earthy flavor •high fat content means shorter shelf life; best stored in fridge or freezer •too much makes baked goods gritty & coarse | <ul style="list-style-type: none"> •30-60% in a flour blend for all uses •replace a portion of your flour blend for crispier cookies |
| Sweet Rice Flour <i>(Glutinous Rice Flour)</i> | <ul style="list-style-type: none"> •made from sweet glutinous rice •clean flavor, smooth & non gritty texture •adds lightness to baked goods •retains moisture better than other rice flours because of its' high starch content | <ul style="list-style-type: none"> •confusing name since it is not sweet & does not contain gluten •does not work in yeasted breads | <ul style="list-style-type: none"> •up to 40% in a flour blend for all uses •excellent in cookies & muffins •dusting flour for baking •thickener in soups & sauces |
| Tapioca Starch <i>(Tapioca Flour)</i> | <ul style="list-style-type: none"> •ground from the root of the cassava plant •gives chew, elasticity & structure to baked goods •helps with browning in fried food | <ul style="list-style-type: none"> •too much makes baked goods dense & gummy | <ul style="list-style-type: none"> •great in combination with potato starch for all baking •switch cornstarch to tapioca starch for improved baking |

Excellent baked goods can be made with more than one combination of GF flours. Keep trying until you find what you love.

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There is no single GF flour or blend that works for all baked goods. Learn the new basics for GF baking to improve your results.

| Gluten Free Flour (AKA) | Properties | Cons | Best Uses |
|---|---|--|---|
| Cornstarch NOT the same as corn flour | <ul style="list-style-type: none"> •finely ground starch •has smooth texture & no flavor •provides stability in sauces •stands up to freezing | <ul style="list-style-type: none"> •gives baked goods a starchy taste •stirring too vigorously may cause a mixture to break down and thin out •cooking over high heat can cause lumping | <ul style="list-style-type: none"> •as thickener for sauces, gravies, pudding & pie filling •dust on meat to help breading stick •use in breading to help with browning & crispiness |
| Potato Starch NOT the same as potato flour | <ul style="list-style-type: none"> •gives smooth texture & tenderness to baked goods •provides structure & binding power •has no potato taste | <ul style="list-style-type: none"> •too much gives baked goods a crumbly texture •needs to be sifted before use to avoid clumps | <ul style="list-style-type: none"> •up to 20% in a flour blend for all uses •great in combination with tapioca flour for all baking |
| Sorghum Flour (Sweet white sorghum flour) | <ul style="list-style-type: none"> •mild, sweet flavour & smooth texture •helps bind moisture & increase CO₂ bubbles formed during bread making •works in savoury & sweet recipes | <ul style="list-style-type: none"> •more than 30% causes a slightly sour taste and dry mouthfeel •best stored in fridge or freezer | <ul style="list-style-type: none"> •up to 30% in a flour blend for all uses •good substitute for oat flour |
| Millet Flour | <ul style="list-style-type: none"> •mild, sweet, nutty taste •adds delicate, cake-like crumb to baked goods •helps build structure in dough •easily digestible grain flour •works in savoury & sweet recipes | <ul style="list-style-type: none"> •more than 20% in muffins & quick breads leaves a starchy taste •more than 20% in bread recipes decreases volume & results in coarse, mealy texture •consuming large amounts is not recommended for people with thyroid concerns | <ul style="list-style-type: none"> •up to 20% in a flour blend for all uses •sprinkling flour for bread before baking |

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