

# EGFG Gluten Free Cookie Tip Sheet

## STORING COOKIE DOUGH

Your cookie dough was made fresh and can be kept wrapped, in the fridge for up to a week. Freeze rolled cookie dough as you receive it or double wrap it by putting it in an airtight container. For drop cookies shape it into balls and freeze so you can bake as many as you want at a time.

## ROLLED COOKIES

- Due to the amount of butter in cookie dough it is easiest to work with when cool. Keep cookie dough in the fridge when you're not actively rolling out that piece.
- Sweet rice flour is my favourite sprinkling flour. Tapioca starch works too but avoid a gluten free flour blend that has a binder in it (unless that's all you have).
- Using waxed paper or parchment paper on one or both sides of the dough as you roll it decreases the need for extra flour. Because gluten free flours take time to absorb liquid it's best to minimize their use. If the dough is too sticky lightly sprinkle both the dough and rolling pin with flour. Carefully flip it over, using a cutting board or place mat for support. Peel off the paper, sprinkle with flour and continue. Finish rolling to  $\frac{1}{4}$  -  $\frac{3}{8}$  inch thickness. Slightly thicker cookies are best for young children and people who don't like to fuss. Simple shapes are less likely to break. Everyone gets better with practise.
- If your cut cookies don't keep their shape when you transfer them to the baking sheet the dough is too warm. Put it in the fridge for 10 minutes and resume where you left off.
- Cut as many cookies as possible from the rolled dough by making all the imprints on the dough before transferring them to the baking sheet.
- Combine the scraps, smooch them together, wrap and put back in the fridge until cold then roll out again. The nicest looking cookies will be from the first rolling.
- Always start at the center of the dough and gently roll toward the edge, lifting the rolling pin in the air as you get close to the edge. If you roll the edges too thin they will brown before the cookies are cooked. Work front-to-back with the rolling pin and then side-to-side until the dough is even and at the thickness you want.

## GLUTEN FREE COOKIES

- Gluten free baking continues to form structure and finish cooking as it cools. You can enjoy it warm but you might like the texture better if you let items cool longer.
- If your cookies brown too quickly double up the baking pan you cook them on.
- If you struggle with many baked items invest in an oven thermometer to confirm the oven temperature. Newer ovens can vary up to 30°F from one to another.
- Gluten free baking doesn't stay fresh the way wheat flour baking does. To minimize this don't leave it out too long, double wrap and freeze what you won't eat in a day or two.

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