

# EGFG Gluten Free Cookie Tip Sheet

## FREEZING COOKIE DOUGH

- Your cookie dough was made fresh and can be kept wrapped, in the fridge for up to 2 weeks.
- Gluten free cookie dough freezes well, either as is or shaped into balls.
- Cooked cookies tend to dry out when frozen so wrap well or just bake what you'll eat within a week or two.

## ROLLED COOKIES

- Due to the amount of butter in cookie dough it is easiest to work with when cold. Keep cookie dough in the fridge except for the piece you're actively rolling.
- 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 can make it easier. If the dough is sticky lightly sprinkle both the dough and rolling pin with flour. Carefully flip it over, using a thin 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. You'll get 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 cookies on baking sheet in the fridge/freezer for 10 minutes before baking. All cookies can be baked from frozen.
- 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 are usually 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 the thickness you want.
- Thinner cookies bake faster so watch the time and note what you did for next time.
- If your cookies brown too quickly double up the baking pan you cook them on.
- COOLING GLUTEN FREE COOKIES - Gluten free baking continues to form structure and finish cooking as it cools. You can enjoy them warm but you might like the texture better if you let items cool longer.
- 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 so it's worth learning about your oven.

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