29 Tips For Cooking

with Gluten Free Flour



EVERYDAY
Gluten Free
GOURMET

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With over 20 gluten free flours plus countless blends, these are general tips to help you in the kitchen. With a positive mindset and a willingness to learn you can make anything you want.

1. There's no single gluten free flour to replace all the things wheat flour does.
2. Popular flour blends (even those named 1-to-1, Cup-4-Cup or All-Purpose) will work in many recipes but not all recipes.
3. Gluten free baking gets a whole lot easier when you find a flour blend (homemade or store bought) that works in most of the recipes you make.
4. Learn the 3 roles of flour; it thickens, coats and creates structure.
5. Be willing to try new gluten free flours, starches and binders.
6. Gluten free recipes have instructions that seem odd (use a whisk to mix dry ingredients or melted butter in cookies). Be curious and try them.
7. Not *every* recipe will work for *every* person. Cook, eat, repeat.
8. The high starch content of some flour blends can result in a gritty texture. Follow percentage guidelines in my Downloadable Gluten Free Flour Guide* and experiment with all these tips to suit your palate.
9. Gluten free flours/starches do not absorb liquid/fat as well as wheat flour.
10. Adding more liquid can help with absorption, but then may require a longer baking time.
11. Letting batter rest can allow liquid and fat to be absorbed more fully. Try 15-30 minutes and see if you notice a difference. Cookie dough can rest in the fridge overnight.
12. Using two fats, like butter and oil together, can help flours absorb fat more fully.
13. Gluten free dough can be soft and sticky. Use the fridge or freezer to chill pastry or rolled cookies until you have workable dough.
14. Sweet rice flour and tapioca starch work well for sprinkling on dough (ie. pastry or rolled cookies). Keep a small jar of it with your baking supplies.
15. Try using two leavening agents (ie. baking powder and baking soda) to help create light, airy baked goods.

**Visit www.everydayglutenfreegourmet.ca and search Downloadable Gluten Free Flour Guide.*

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16. Binders add structure and elasticity to gluten free baking so try them. (ie. xanthan gum, guar gum and psyllium husk powder).
17. An extra egg or yolk can also help create structure in baked goods.
18. Gluten free baking goes stale quickly. Xanthan gum helps with freshness as does storing food properly.
19. Psyllium husk powder absorbs liquid effectively making it the best binder for yeast breads.
20. Know if there is a binder in your flour blend. Some recipes (like batter for fish) work best without a binder.
21. Cookies are high fat, high sugar and cook in a short time. Start with gluten free recipes and adjust to recreate your favourites. Don't give up!
22. Some basic rules of baking still apply for gluten free cooks. (ie. room temp ingredients, large eggs, use measuring spoons/cups)
23. Preheat your oven past the time it beeps to ensure a constant temperature. Newer ovens vary more than older ovens. Get to know the ovens you use.
24. Gluten free baking takes a little longer than the 'toothpick test'. Use a kitchen timer to learn how long each recipe takes in your pans and your oven so you can repeat them and get the same results.
25. If baking browns on the bottom before the food is fully cooked, double up your baking pan to prevent over browning (instead of decreasing the oven temperature).
26. Cooling time is critical for the development of structure. Compare baked goods cooled for 5 minutes (still gummy) then 15 minutes (done). This is a game changer!
27. Serious bakers measure by weight for the most consistent results. Get a digital scale so you can try any recipe you want. (I use my digital scale to make my flour blend.)
28. Listen to your gut. Not everyone can tolerate all grains and binders.
29. There's an exception to every rule. If it's working in your kitchen already then just keep doing it.

COOK, BAKE AND HAVE FUN!

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