

CONVERTING NON-GF RECIPES TO GLUTEN-FREE

1. Use recipes with smaller amounts of wheat flour.
 2. Cookies, muffins or sweet breads will be the easiest to convert. Cakes may or may not work. Yeast bread are best made with recipes designed for gluten-free flours.
 3. Substitute equal amounts of GF flour mixture for the wheat flour.
 4. Double the baking soda or baking powder
 5. Double the flavoring (vanilla, etc.)
 6. Add an extra egg to help bind and add moisture.
 7. Add xanthan gum or guar gum.
 8. Increase liquids slightly as GF flours tend to yield a drier product.
 9. When using substitute starches and flours, you may find that the recipe turns out best if you bake the food longer and at a lower temperature.
 10. You may need to use more leavening to compensate for the lack of elasticity in GF flours. Add up to 25% more baking soda or baking powder to baked goods.
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BREAD TIPS

1. To keep bread dough from sticking to the bread maker paddle, pour your oil in first and then add the other ingredients.
 2. To eliminate the hole left once the paddle is removed from bread baked in a bread maker, remove the paddle from the machine after the beating cycle is completed
 3. Gluten-free bread dough should resemble thick cake batter.
 - a. To correct “soupy” bread batter - Add 1 Tbsp of flour at a time, stirring after each addition, until dough is thick and pulls away from the sides.
 - b. To correct dry bread batter - Add 1 tsp warm water at a time, mixing after each addition, until dough is smooth and “swirls” in the bread pan.
 4. Proofing GF bread — Fill a coffee mug ½ full of water and heat in microwave on high for 1 minute. Move coffee mug to one side. Place bread dough in a greased a grey, non-stick pan and set in microwave (without turning it on). Allow the dough to rise until the dough reaches the top of the pan and then bake in the oven as usual.
 5. Putting ¾ tsp cream of tartar and ½ tsp of baking soda in with dry ingredients will help bread to rise and to prevent falling.
 6. If bread collapses as it cool, try baking it a bit longer with a piece of foil over top to prevent excessive browning.
 7. For easier slicing of GF bread, use an electric knife.
 8. All ingredients (except water) should be at room temperature to avoid cooling yeast too much. Cold eggs can be warmed in a pan of warm water for a couple of minutes to get them to room temperature.
 9. Freeze bread that will not be eaten within a day or so to keep it from drying out. Slice it and either package 1-2 slices in a small freezer bag or place waxed paper between slices and wrap the whole loaf in foil. Then place the loaf in a large freezer bag.
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GF Baking Tips For Making Yeast Breads In Bread Machine

PROBLEM	SOLUTIONS
Loaf rises then falls OR Loaf sides cave in	Decrease liquid by 2 Tbsp Increase salt by ¼ tsp Decrease yeast by ½ tsp Ingredients not measured accurately
Loaf rises too high	Decrease liquid by 2 Tbsp Increase salt by ¼ tsp Decrease sweetener by 1 tsp Decrease flour by 2 Tbsp Decrease yeast by ½ tsp Wrong type of yeast used Ingredients not measured accurately
Loaf does not rise enough	Increase liquid by 2 Tbsp Decrease salt by ¼ tsp Increase sweetener by 1 tsp Wrong type of yeast used or too old Ingredients not measured accurately Flour used is too fine, too old or binding agent not used (guar, xanthan gum, etc.) Liquid too hot or too cold Power interruption during bread making cycle
Crust too dark	Decrease sweetener by 1 tsp Ingredients not measured accurately
Crust too light	Decrease salt by ¼ tsp Increase sweetener by 1 tsp Ingredients not measured accurately Power interruption to bread maker Incorrect setting on bread maker
Loaf partially or under cooked	Decrease liquid by 2 Tbsp Power interruption to bread maker Incorrect setting on bread maker
Loaf over cooked	Decrease sweetener by 1 tsp Incorrect setting on bread maker
Loaf is soggy	Bread removed from pan too soon after baking
Gnarled, knotty top	Increase liquid by 2 Tbsp Decrease flour by 2 Tbsp Ingredients not measured accurately
Loaf texture is open, coarse or uneven	Increase salt by ¼ tsp Decrease yeast by ½ tsp Ingredients not measured accurately
Loaf texture heavy and dense	Increase sweetener by 1 tsp Decrease flour by 1 tsp Increase yeast by ½ tsp Wrong type of yeast used Ingredients not measured accurately



BAKING HINTS

GENERAL BAKING TIPS

1. Add soda or sparkling water to baked goods to improve texture and assist with rising. Try it in bread, pancakes or cakes.
2. Manage sticky dough by dipping your spoon or spatula in water first. This also works on fingers or tongs when removing the paddle from dough in a bread machine
3. Soggy bottoms? To prevent fillings in bars and pies from soaking into the bottom crust place baking pans on the bottom rack of the oven for 10-20 minutes of the cooking time
4. Xanthan gum and guar gum are interchangeable as binding agents. Use 3/4 — 1 tsp per cup of flour mixture
5. A teaspoon of un-flavored gelatin can also be added to assist in binding baked goods and to add “spring” to the texture.
6. To make personal size pizzas, use the smallest size of a spring form pan or foil pie plates
7. To make formed buns, such as hamburger buns, use small foil plates or English muffin rings
8. Save “mistakes” (bread, muffins, cakes & cookies) to make crumbs. Break into small pieces and dry at a very low temperature in the oven (around 200°F). Crush in blender, food processor or by rolling inside a plastic bag with a rolling pin. Freeze for use in other recipes.
9. Pre-mix GF flour mixtures and store in plastic containers or large coffee cans for convenience
10. Let baked goods stand 30 minutes before baking
11. Always ensure that the oven is preheated when baking GF goods.
12. Place a pan of water in the oven with baked goods to increase moisture in the finished product
13. GF baked goods dry out quickly. If baking will not be used within a couple of days, freeze portions to thaw and use later.
14. Keep dough from sticking to the rolling pin, wrap with plastic wrap and spray with cooking spray.
15. Roll out dough between sheets of wax paper.
16. Always measure carefully and use good quality measuring cups and spoons.
17. Blend wet ingredients and dry ingredients separately and then combine and blend again to ensure thorough mixing of ingredients.
18. Difficulty rolling our pie crust? Don't worry if your dough breaks and falls apart and you have to try again. GF pastry does not toughen with handling.



Tips from expert baker
Helen Griffith,
Victoria chapter member:

- In a sealed bag or tin, put a mixture of 1 c rice flour and 1c tapioca flour. Use this mix for a thickening agent for gravies, or for use in rolling pastry, flouring cake pans, or to pat out bread dough to make a pizza crust.
- Combine 3 Tbsp of this mix and 1/3 c warm water, shake and thicken gravy or white sauce.
- To make white sauce, use 3 Tbsp butter and 3 Tbsp mix. Cook 1 minute over medium heat. Slowly add 2 c milk and stir until thick. Add cheese for cheese sauce or use as is for scalloped potatoes.



Carol Fenster, Ph.D, says:

“Tapioca flour produces ‘chew’ and a nice outside crust which is important to the structure of baked goods. I find tht tapioca flour does the best job so I don’t normally replace it.”



Carol’s advice on
xanthan gum:

“You must use xanthan gum or guar gum in all baking because it replaces the function that gluten ordinarily performs.”

Gluten-Free Safety Efforts in the Kitchen

1. **Teach household members about the gluten-free diet.**
Family (or roommate) support is essential.
2. **Store gluten-free foods and flours away from gluten-containing foods.**
3. **For households with celiac children, make sure only their gluten-free foods are easily accessible to them.**
Mark safe foods with their names or with colorful stickers.
4. **Beware of sharing foods that could become contaminated with gluten.**
Purchase and label separate jars of jam, jelly, butter, margarine, mayonnaise, and peanut butter for use by the celiac individual(s), to avoid bread crumbs in shared jars.
5. **Purchase a separate toaster.**
Either use a separate toaster for gluten-free breads, or use a toaster oven but place aluminum foil on the rack to avoid contamination.
6. **Clean countertops often to remove gluten-containing crumbs.**
If people are consuming gluten in your house, also watch out for crumbs that can fall into cabinets and drawers.
7. **Have separate cutting boards for wheat breads.**
If possible, get a cutting board with a crumb-catcher underneath it, to limit the spread of gluten-containing crumbs. Wipe up any stray crumbs immediately.
8. **Have separate sifters for gluten-free flours.**
Handling wheat flour in a kitchen used to prepare gluten free food is dangerous, as wheat flour can stay airborne for hours. If you must sift wheat flour, cover or remove all gluten-free food from the area.
9. **Ideally, have separate cooking utensils, colanders, and pans.**
If this is not possible, clean everything carefully after each use and before cooking gluten-free foods. Glass pots and pans are easier to clean thoroughly than metal.

What You Need:

- Separate jars of products (such as jam) that get contaminated with bread crumbs.
- Labels for duplicate products (to identify which ones are gluten-free).
- Separate sifters for gluten-free flours.
- Separate cooking utensils, colanders, and pans, if possible.
- Separate cutting boards for wheat bread.