

Gluten-Free Baking Tips



It takes time, experience, and patience to master gluten-free baking. Here are some guidelines that have helped me create wonderful gluten-free goodies of my own:

- ❖ **Make your own gluten-free flour.** You can make your own gluten-free mix instead of using store-bought flour. Here are two gluten-free flour mixtures I use, which can be substituted cup-for-cup for regular flour in favorite recipes.

Gluten-Free Flour Mixture #1

¼ cup soy flour
¼ cup tapioca flour
½ cup brown rice flour

Gluten-Free Flour Mixture #2

6 cups white rice flour
2 cups potato starch
1 cup tapioca flour

- ❖ **Use xanthan gum.** Make sure to include a teaspoon of xanthan gum to baked recipes such as breads, muffins, and cakes. If you don't have any, you can use a half-teaspoon of arrowroot powder for each cup of wheat flour called for in a recipe.
- ❖ **Measure flour accurately.** Use a spoon to transfer flour into a measuring cup and carefully level off the flour using the back side of a butter knife after the cup is filled.
- ❖ **Don't over-mix your ingredients.**
- ❖ **Bake right away after you're done mixing.**
- ❖ **Substituting Dairy:** It has been suggested by some experts that half of the celiac population is allergic to casein, the protein found in dairy products. If you happen to be one of these celiacs, I recommend substituting milk in your baking with gluten-free rice milk, almond milk, or coconut milk.

Tina Turbin, Founder of <http://GlutenFreeHelp.info>
Your Dependable Celiac and Gluten-Free Resource Guide

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