

Gluten-Free Baking

Gluten Free Baking Tips

1. Increase Leavening Agents

When adapting a recipe to make it gluten free, increase the amount of baking powder and baking soda by 25%. (The quick way to do that on your calculator is to take the amount called for and multiply it by 1.25.)

2. Smaller is better!

Since gluten-free baked goods tend to crumble easily, making all baked good smaller tends to improve their quality and keep them “sticking together” more. Think mini cookies, mini muffins, and small loaves of bread.

3. Blend Different Flours Together

Just as with [alternative sweeteners](#), it is best to use more than one flour when making gluten-free baked goods. It helps prevent just one flavor or texture from dominating the final product and also helps with texture. I tend to use about 1/2 sweet brown rice and then make up the rest with whatever flours I have on hand (typically that's buckwheat, brown rice, amaranth, and millet.)

4. Add Starch to the Mix

This is one tip I share with hesitancy. I personally almost never use starches in my baking since we deal with [digestive issues](#) (including [gut dysbiosis](#), which is just too much bad bacteria and not enough good.)

Anyway, most gluten free baking “connoisseurs” recommending using a 1:1 or 1:2 ratio of starch to whole grain when baking to give the baked goods a fluffy texture reminiscent of baking with all purpose flour.

For me, our intestinal health is more important than having the perfect baked good around so I prefer to bake only using whole grains.

The only exception is when I am baking cupcakes or cakes, particularly when making them for others and the “sagging in the middle” thing is a concern. Then I will go “light” on the starch and maybe use a 1:3 ratio of whole grain to starch.

5. Some Sticky Help

Gluten is the part of wheat that gives it its “stickiness”. So when you bake gluten free, by definition, you are going to have a “less sticky” final result.

There are some things you can do to make up for some of that, however.

– Use [sweet rice \(glutinous\) flour](#) as part of your baking mix.

I use brown sweet rice flour for about half of my gluten-free baking mix, with the rest being a mix of whatever I have on hand. Sweet rice is called glutinous rice (it's the kind used in Japan) and it doesn't have gluten but is a little “sticky.”

There's been quite a bit of information in the news recently about arsenic in brown rice. For now, we're not switching off rice or to white rice (because of digestive concerns.) We are also buying California rice, which is less of a concern than rice from the southern part of the U.S. I plan to write more about this in the future, but for now, you can check out [this link](#).

– Add gums (like [guar](#) and [xanthan](#)), [gelatin](#), or [agar-agar](#) to your dough.

I tend not to use the gums as they can cause digestive upset. There's even a new study apparently linking [infant deaths to xanthan gum](#). I haven't looked into this enough yet to know what I think.

However, I really like using gelatin for its health qualities, and I recommend [Great Lakes Brand](#).

Here is a general usage guide for these ingredients:

- Breads and pizza doughs: Add 1 tsp of gum, gelatin, or agar-agar per cup of GF flour used
- Cakes, muffins, quick breads, cookies and bars: Add 1/2 teaspoon gum, gelatin, or agar-agar per cup of gluten-free flour used ([source](#))

6. Gluten-Free Flour List

Safe whole grains for gluten-free baking include brown rice flour, [sorghum flour](#), [millet flour](#), [amaranth flour](#), and [teff flour](#) (a fairly high-protein grain). The grain-seeds, [buckwheat](#) and [quinoa](#), have a higher protein value. White rice flour is safe but I prefer not to use it due to our being a whole grain family. Bean Flours can be used, but I highly recommend using [de-gassed beans](#) and then [dehydrating](#) and grinding your own—or you might not be (ahem) happy with the results. Oat flour can be used can be used, but there are a lot of cautions regarding oats. Some gluten-free folks can't tolerate oats. Others are fine with gluten-free varieties like Bob's Red Mill. The oats from our co-op were testing at “gluten-free” levels for years despite their not being certified. For an extensive list of gluten free flours and their characteristics, check out this post at [Whole Intentions](#).

7. Don't waste your “mistakes”

There is a use for botched kitchen experiments.

You can use savory baked good mistakes for breadcrumbs (just put in a food processor, run it for a bit and store the crumbs in the freezer), and sweet baked mistakes can be crumble toppings. Both can be used for cereals. Just top with milk or [Homemade Coconut Milk](#) or [Almond Milk](#) and enjoy!

8. Lower Baking Temperature

I haven't used this tip much, but perhaps I should. A reader shared that GF baked goods tend to brown more easily so lowering the oven temperature by 25 degrees is a good idea.

9. Put Perfectionism to Rest

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I gave up trying to be the perfect gluten-free baker a long time ago. Well, I still feel bad sometimes about my failings, but for the most part I've accepted that I am aiming for health—not perfect replication of fake-food goodies.

<https://wholenewmom.com/kitchen-tips/gluten-free-baking-tips/>

HOW TO MAKE THE BEST GLUTEN-FREE SANDWICH BREAD: AN EASY RECIPE FOR EVERYONE!

Author: GLUTENFREEBAKING.COM

Prep time: 90 mins

Cook time: 45 mins

Total time: 2 hours 15 mins

Serves: ONE 8 1/2 X 4 1/2-INCH LOAF

This easy recipe for gluten-free sandwich bread contains no corn, dairy, or soy. Be sure to use an 8-1/2" by 4-1/2" by 2-3/4" pan like this one by Chicago Metallic. If you don't have this pan, use a 9x5-inch pan. Bread baked in a 9x5-inch pan will bake up shorter than bread baked in an 8 1/2 x 4 1/2-inch pan.

INGREDIENTS

- 3/4 cup warm (about 110° F) water
- 1 packet (7 grams/ 2 teaspoons) instant/rapid rise yeast
- 170 grams/ 6 ounces (1 1/2 cups) millet flour
- 113 grams/ 4 ounces (1 cup) tapioca starch
- 2 tablespoons granulated sugar
- 2 teaspoons xanthan gum
- 1 teaspoon table salt (not Kosher salt)
- 1/2 teaspoon baking powder
- 3 large eggs* (about 150 grams total, out of shell), whisked
- 2 tablespoons olive or vegetable oil
- 1 teaspoon apple cider vinegar
- *if desired, replace the eggs with 3 large egg whites.

INSTRUCTIONS

- 1 Whisk together water and yeast in a small bowl. Allow to stand for five minutes.
- 2 In the bowl of a stand mixer, combine millet flour, tapioca starch, granulated sugar, xanthan gum, salt, and baking powder. Whisk to combine. Fit the stand mixer with the flat paddle attachment.
- 3 Add the yeast mixture, eggs, oil, and vinegar. Mix on medium speed until smooth. Dough will be thin.
- 4 Spray an 8-1/2" by 4-1/2" by 2-3/4" loaf pan with nonstick cooking spray. Spread dough evenly into the pan. Spray a piece of plastic wrap with nonstick cooking spray and place plastic wrap loosely on the pan. Allow dough to double in size. This takes about one hour.
- 5 When dough has doubled in size, preheat oven to 350°F. Remove plastic wrap from the top of the pan.
- 6 Bake until the internal temperature of the bread reaches 210°F, about 45 minutes. (If the crust gets too dark before the internal temperature reaches 210°F, place a piece of foil onto the bread. This prevents the crust from burning.)
- 7 Remove bread from the oven and allow to cool for two minutes. Transfer bread to a wire cooling rack to cool completely.
- 8 When cool, slice into pieces with a serrated knife.
- 9 Store bread on the counter for up to three days or freeze sliced bread, wrapped in freezer wrap with waxed paper between each slice, and placed into a freezer container, for up to six weeks.

<http://www.glutenfreebaking.com/gluten-free-sandwich-bread/>

GLUTEN-FREE DAIRY-FREE COWBOY COOKIES

PREP TIME 15 MINS TOTAL TIME 30 MINS

Crisp on the outer edges, chewy in the middle, these are also a little lacy from the shortening. We've made dozens of them now, thanks to making a huge number of them for a party. And the kids are still eating them, happily.

If you don't like to use vegetable shortening, you can use coconut oil instead. It will be a stronger coconut taste but that isn't bad.

INGREDIENTS ABOUT 4 DOZEN COOKIES

2 CUPS (280 GRAMS) GLUTEN-FREE ALL-PURPOSE FLOUR

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1 TEASPOON BAKING SODA
1/2 TEASPOON BAKING POWDER
1/2 TEASPOON KOSHER SALT
1 CUP (180 GRAMS) SHORTENING
2 LARGE EGGS, AT ROOM TEMPERATURE
1 CUP (170 GRAMS) BROWN SUGAR
1 CUP (200 GRAMS) WHITE SUGAR
2 CUPS (200 GRAMS) GLUTEN-FREE ROLLED OATS
1 TEASPOON VANILLA EXTRACT
12 OUNCES CHOCOLATE CHIPS
SEA SALT (OPTIONAL)

DIRECTIONS

Combine the dry ingredients. In a large bowl, whisk together the flour, salt, baking powder, and salt. Set aside.

Cream the shortening and sugar. Put the shortening in the bowl of a stand mixer. Put on the paddle attachment. With the mixer running on low, add the eggs, one at a time. When the eggs are fully incorporated, and the mixture looks a little like fresh ricotta (like curds, really), add the brown sugar and white sugar. When the sugars are fully incorporated, the mixture should be light and fluffy. Add the vanilla extract and oats. Mix in fully then turn off the mixer.

Finish the batter. With the mixer running on low, add the dry ingredients, 1/4 cup at a time. Scrape down the sides of the bowl after every few times you add flour. When the flour is fully incorporated, add the chocolate chips and mix for 30 seconds or so.

Refrigerate the batter. Put the dough in the refrigerator for at least 1 hour. Ideally, to develop the flavors, you would refrigerate it overnight.

Prepare to bake. Heat the oven to 375°. Line a baking sheet with parchment paper.

Bake the cookies. Form 1-ounce balls of dough. (That's about the size of a golf ball.) If the cookies are all the same size, they will bake evenly. Lay the balls of dough in 3 rows of 3, evenly spaced, on the prepared baking sheet. If you wish, sprinkle a bit of sea salt on top of each ball of cookie dough.

Bake until the cookies are set at the edges and still a bit soft in the middle, 12 to 15 minutes. (You don't want the centers gooey but you don't want them firm either.)

Cool the cookies on the baking sheet for 10 minutes, then transfer them to a cooling rack.

Repeat with the remaining cookies until the dough is fully baked.

<https://glutenfreegirl.com/2016/07/gluten-free-cowboy-cookies/>