

# Converting Recipes to Gluten Free



**All You Wanted to Know About Gluten Free Cooking** - Connie Sarros

## GF Conversions

- Use a variety of flours - a little bean flour or fava, buckwheat, almond, amaranth, sorghum, corn, sweet potato, quinoa, millet, chestnut.
- Make large batches of flour mixture and store in the freezer. Make one batch at a time then combine batches in large container.
- Bring to room temperature before baking.

## To Lighten Baked Goods

- Whip liquid ingredients first.
- Use buttermilk or non-diet carbonated beverage for liquid.
- Double baking powder or soda.
- Add xanthan gum or guar gum or 2x as much unflavored gelatin or one egg white whipped at room temperature.

## Adding Flavor

- Add 1T mayo or yoghurt, especially to cakes.
- Double flavorings.
- Toast nuts and coconut before adding to mix.
- Add liqueurs or juices.
- Add ingredients with flavor.
- Use 2 flour mix and 2 cornmeal, almond, sorghum, etc.
- Use dark chocolate instead of milk chocolate.

## Pie Crusts

- Make dough a little moist.
- Roll between wax paper dusted with powdered sugar.
- To brown crust, brush w/milk or egg yolk mixed w/ water or water & sprinkle w/sugar.
- Use toasted coconut or nuts for crust.

## Cakes, Muffins, & Cupcakes

- Add an extra egg and mayo or yoghurt.
- Use 1 2 or 2x the amount of baking powder or soda.
- Do not overfill muffin tins.
- Put water in empty muffin cups.
- Center taller cakes in oven.
- Bring ingredients to room temp. & do not overwhip cheesecake, let cool completely.

## Cookies

- Test for doneness by tapping lightly, s/b no imprint. Do not judge by color.
- Do not use dark, teflon pans.
- Place filled cookie sheet in freezer 10-15 min. before baking to prevent spread.
- Let sit 1-2 min. before moving to rack. Don't wait longer.
- FREEZE uneaten breads, cookies, muffins. DO NOT refrigerate.
- Soften dry cookie by wrapping in damp towel and heating briefly. One time only.
- Use rice papers to substitute for filo dough, soak in warm water before use, brush w/oil or butter before baking, must be eaten warm.



## **Bread**

- Yeast must be fresh to get good rise.
- Add 1t sugar to yeast & lukewarm (115-120 deg.) water.
- Thin crust - 1T sugar & 5T milk, simmer & brush loaves before baking.
- Soft crust - butter top after baking & cover w/towel.
- Light crust - put pan of hot water in bottom of oven during baking.
- Crunchy crust - whip egg white with 1T water & brush before baking
- Hard crust - mix 2 c water w/salt & brush before and 2 way thru baking.
- Lower oven temp 25 deg. and cover w/foil after browning.
- Use all ingredients at room temp. Put egg in warm water for 5 min. to bring to room temp.
- Tap to test for doneness, should sound hollow.
- Use only one rising in bread machines.
- Use smaller baking pans.
- Freeze crumbly loaves before slicing. Use Pam on a serrated knife.
- Add baking powder, or soda if mix has acidic ingredients.
- Whip liquid ingredients.
- Add 1t cider vinegar.
- Air holes are caused by too much leavening.
- Substitute 2 water with flavored liquid.
- Add vanilla or almond flavoring, or 1/4 - 2 t cinnamon .
- Add shredded cheese, vegetables or fruit.
- Use dark brown instead of white sugar.

## **Daily Meals**

### **Carbs**

- Limit processed carbohydrates.
- Substitute honey, molasses, apple sauce, unsweetened toasted coconut for white sugar.
- Most cookie & cake recipes will do fine with less sugars.

### **Oils/Fats**

- Avoid hydrogenated trans fats.
- Olive or peanut oils are the healthiest choices. Do not cook with safflower oil.
- Remove skin from chicken before cooking.
- Ground meats have more fat.

### **Fiber**

- Add fiber to diet slowly and gradually.
- Add toasted nuts & seeds to foods.
- Use dried bean products 3-4 times a week.
- Add shredded vegetables to dishes. Squeeze moisture from shredded zucchini.
- Flax seed; oil, powder, seed. Crack seeds before using. 2-3 T daily. Tasteless. The fiber in 1/4 c flax = 60c broccoli.

### **Misc.**

- Starches & white rice can be stored in the cupboard. Store all other flours in the freezer.
- Use cornmeal or powdered sugar when rolling out dough to prevent drying out.
- Recommended web sites: celiac.com for info., clanthompson.com for food lists, St. John's listserve for message board.

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