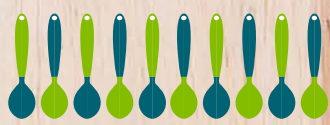


# TIPS FOR BAKING



# GLUTEN-FREE



**Baking gluten-free can be a challenge! We asked some top chefs for their best tips for baking without wheat flour.**



When looking for recipes to convert, avoid ones that use flour as the star ingredient. Those that have a high ratio of flour to other ingredients can make your baking project more like a science experiment.

**Beyond Celiac Blogger Ambassador Jackie Ourman of C.A.F.E.**

Use heavy gauge pans whenever possible as they hold the heat more evenly. It's important to use the pan called for so baked goods cook through. It's okay to scale down or divide a recipe into two smaller pans, but check for doneness periodically. Do not scale up recipes.

**Beth Hillson, Food Editor Living Without's Gluten-Free & More**



Substitute all-purpose flour in gluten-containing recipes with 40% tapioca flour and 60% coconut flour

**Chef Jehangir Mehta, NFCA Chef Ambassador and owner of New York City Restaurants Graffiti and Mehtaphor**



Most folks don't know that cold eggs "separate" easier than room temperature eggs. So, when that recipe calls for just whites or yolks, do the separating straight from the fridge!

**Beyond Celiac Blogger Ambassador Annette Pugliese of Best Life Gluten-Free**



Buy a digital scale. Weighing ingredients is far more accurate than using measuring cups. Not all one-for-one gluten-free flours will work in all recipes — different flours have different weight-to-cup measures and behave differently.

**Chef Oonagh Williams of Gluten-Free Cooking with Oonagh**

Store whole grain flours in a cool, dark place for optimal quality and to keep their delicate oils from turning rancid. Keep in the pantry no more than **6** months; in the refrigerator for up to **9** months; and in the freezer for **9** to **12** months.

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## Jackie Ourman's One-for-One Gluten-Free Flour Blend

- 1 1/2 cup white rice flour
- 1/2 cup brown rice flour
- 2/3 cup potato starch
- 1/3 cup tapioca flour
- 1 tsp. xanthan gum

### ABOUT CONSISTENCY:

Don't expect your batters to have the same consistency as wheat flours. Gluten-free flours need more liquids in order to produce the same results, so the batters are generally thinner by comparison (i.e., bread dough ends up thicker and stickier, and cake batter ends up quite thin). Allowing the batter to sit for a few minutes after combining wet and dry ingredients will allow the liquids to be absorbed more effectively.

While a regular cake or loaf of bread might take **30** minutes to bake, a gluten-free version will often take **45** minutes to an hour.

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