

Gluten-Free Flour Recipe

Description

I have several friends who have an intolerance to gluten. It seems to me it's becoming more and more popular. Fortunately I can still eat good old white and wheat flour. I love homemade cookies and would be extremely sad, but would most likely weigh less if I was told I couldn't eat them. A neighbor of mine gave me this recipe. I haven't personally tried it and don't know what half the ingredients are, but I'm guessing if you have a gluten intolerance you may. She uses it to make Toll House chocolate chip cookies and says they are delicious. You can purchase a lot of gluten-free baked items, but it has been my experience that most of them don't taste very good and are expensive. I thought this recipe would be helpful for those of you who would still like to indulge in baked goods this holiday season without having to worry about allergies. I was told that The Gluten-Free Gourmet is an excellent little book. It has a chapter on the hidden sources of wheat.

Gluten-Free Flour Mixture

From: The Gluten-Free Gourmet "Living Well Without Wheat"

By Bette Hagman. 1990. ISBN 08050-1210-9.

2 parts white rice flour

2/3 part potato starch

1/3 part tapioca flour

To each cup of this mix, add 1/2 tsp xanthan gum.

Note: Rice flour absorbs more moisture than wheat flour. Use 7/8 cup of this mix for each cup of wheat flour called for in your recipe, and/or add extra egg and liquid.

Note: This does not work well in yeast breads. It does work very well for quick breads, cakes, and cookies.

Note: I have found that adding 2 Tbs. of sorghum flour to each cup of the mix above will make a reasonable pie crust. (Not as good as a wheat flour crust, but better than nothing!) The gluten-free flour mix is too fragile to hold together for a pie crust on its own.

Note: The above ingredients are usually readily available and least expensive at Oriental grocery stores.

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