



## **Xanthan Gum or Guar Gum: Which gum should I use?**

If you are new to Gluten Free Baking you may find yourself wondering, “What is the difference between Xanthan Gum and Guar Gum?” Both ingredients are frequently called for in gluten free recipes and can seem exotic at first, but they both serve the same general purpose as thickeners and emulsifiers. Quite simply, both these ingredients help keep your mixes mixed. They keep oil droplets from sticking together and separating, and solid particles from settling to the bottom.

In conventional recipes containing wheat, rye, barley or triticale flour, the protein, gluten in these flours serves the same purpose that guar gum and xanthan gum do in gluten free baking. Gluten is what traditional recipes rely on to thicken dough and batters, and trap air bubbles to make your baked goods light and fluffy.

One of the differences between the two products is where they come from. Guar gum is made from a seed native to tropical Asia, while xanthan gum is made by a micro organism called *Xanthomonas Campestris* that is fed a diet of corn or soy. Since it is unknown whether xanthan gum could cause a reaction in people severely allergic to corn and soy products, we recommend using guar gum as a precaution for people with severe allergies to those foods.

In the kitchen, there are also important differences in using xanthan gum and guar gum. In general, guar gum is good for cold foods such as ice cream or pastry fillings, while xanthan gum is better for baked goods. Xanthan gum is the right choice for yeasted breads. Foods with a high acid content (such as lemon juice) can cause guar gum to lose its thickening abilities. For recipes involving citrus you will want to use xanthan gum or increase the amount of guar gum used.

In general, it is best to add both xanthan and guar gum to the oil component in a recipe, making complete mix of oil and gum before adding to the rest of liquid ingredients. Using a blender or a food processor is a great way to get the gums to dissolve properly.

The final difference between the two gums is the variation in quantities you will need for different foods. Here are some helpful measurements for popular foods:

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#### **How much Xanthan Gum for Gluten Free Baking?**

Cookies..... $\frac{1}{4}$  teaspoon per cup of flour  
 Cakes and Pancakes..... $\frac{1}{2}$  teaspoon per cup of flour  
 Muffins and Quick Breads..... $\frac{3}{4}$  teaspoon per cup of flour  
 Breads.....1 to 1- $\frac{1}{2}$  tsp. per cup of flour  
 Pizza Dough..... 2 teaspoons per cup of flour  
 For Salad Dressings...Use  $\frac{1}{2}$  tsp. Xanthan Gum per 8 oz. of liquid.

#### **How much Guar Gum for Gluten Free Baking?**

Cookies..... $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. per cup of flour  
 Cakes and Pancakes..... $\frac{3}{4}$  teaspoon per cup of flour  
 Muffins and Quick Breads.....1 teaspoon per cup of flour  
 Breads.....1- $\frac{1}{2}$  to 2 tsp. per cup of flour  
 Pizza Dough.....1 Tablespoon per cup of flour  
 For Hot Foods (gravies, stews , heated pudding)...Use 1-3 teaspoons per one quart of liquid.  
 For Cold Foods (salad dressing, ice creams, pudding) Use about 1-2 teaspoons per quart of liquid.

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