



Getting Started with Gluten Free Baking

If you're newly diagnosed as being gluten intolerant, getting used to gluten free baking can take some getting used to. Keep the following tips in mind for better results in the kitchen, and remember that you can always call our excellent customer service department at 1 (800) 349-2173 if you run into any trouble.

When starting off, we have found that it is best to use specific gluten free recipes so you can get used to the different ingredients and textures. Cookbooks such as Carol Fenster's popular "Gluten Free 101" cookbook, can help you with the transition to a gluten free lifestyle information and recipes. When you get a little more familiar with gluten free baking, then it is a great time to start experimenting.

First of all, make sure that all your flours and baking products are gluten free. Many flours may appear to be gluten free at first glance, but could have been processed in a way that could have included potentially harmful cross-contact. Bob's Red Mill labels all of our gluten free products with a symbol that certifies that the products have been produced in a special facility, and that we have tested each batch for gluten.

In gluten free baking, dough can seem to be a different consistency than traditional baking. Gluten Free breads made with yeast will have a consistency more similar to that of quick breads such as muffins, scones, or biscuits. Cookie dough may appear dryer than you are used to, but should still stick together.

When making gluten free bread in a bread machine, it is recommended to use the White Bread Cycle. This has more consistently successful results.

We have found that a mixture of different types of flour works best for gluten free baking. Usually a good baking mix consists of 2-3 different gluten free flours and a starch.

It's important to note that Potato Starch and Potato Flour are not the same, much like baking soda is very different from baking powder. Potato Starch is just the starch from the potato and is often used as a thickener, while Potato Flour is made from the entire potato. Potato Flour can also be used as a thickener but it will give your foods a strong potato flavor. If a recipe calls for Potato Starch Flour, use Potato Starch.

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Other products such as Arrowroot Starch, Tapioca Flour, Cornstarch, Potato Starch, Rice Flour and White Bean Flour also work well as thickeners.

Baking aids such as Xanthan Gum and Guar Gum need to be added to Gluten Free baked goods for best results. These exotic sounding ingredients work as gluten replacements and help with texture and rising. To use Guar Gum instead of Xanthan Gum in baking, use 1 ½ times the amount of Guar Gum. For example, if a recipe calls for 1 tsp Xanthan Gum, you should use 1 ½ tsp of Guar Gum.

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