

Gluten Free Flours

September 2010

Nancy Carlson mentioned a pilot study that found that some other grains – and these are grains that are naturally gluten-free - are testing showing gluten contamination. They are looking at how this could be happening.

March 2009

Nancy Spears spoke to us about so many of the flours we have available to us that are gluten-free: Sweet rice flour, soy flour, potato flour, potato starch, quinoa flour, oat flour, millet even chestnut flour to name a few ~ so many out there!

You can go online to check out the recommendations on how to use each different flour. (Sites such as Bob's Red Mill, etc.). Here are some suggestions Nancy had: Sweet rice flour is good in brownies, or add a couple of tablespoons to cookie flour mix or bread flour mix. Soy has a nutty flavor, but add no more than 20% to 25% of soy to your flour mix. Oat flour can be made at home by purchasing gluten free oats and putting some in your food processor and making the powder that way.

Flax seed and almond meal can be used as egg substitutes.

And xanthan gum, beaten egg whites and unflavored gelatin can be used to help gluten-free flour mixes to rise while baking.

If you purchase the individual flours, you can make your own flour mix. There are various “recipes” out there for basic flour mixes – online, Bette Hagman's cookbooks have good information on flour mixes. Many other gluten-free cookbooks too have good information on flour mixes. (In fact, check out some of the cookbooks at our very own lending library! A couple of the new ones look really good!) There are also some good flour mixes already pre-packaged - made by Pamela's, Bob's Red Mill, etc also.

So don't be afraid to try some of the alternative flours in your flour mixes!