



THE ULTIMATE GLUTEN FREE BAKING GUIDE

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GLUTEN FREE GRAINS

✓ **Buckwheat:** this high protein pseudo-grain is gluten-free and works well as a flour alternative. I grew up using it to make crepes (mixed with milk and eggs) and blending it with baked winter squash to make gnocchi. I also make biscuits by shaping cooked buckwheat or kasha (toasted buckwheat) into biscuit shapes and baking them until crispy.

✓ **Millet:** this mild, slightly nutty grain can be used, once cooked, in quick bread and muffin recipes. I like cooking it with 1 part millet to 3 parts water, stirring it like porridge, and spreading it into a baking dish like polenta. As flour, it works well in all baking, especially pancakes and waffles. Get millet flour or grind millet in an espresso bean grinder to make flour.

✓ **Sorghum:** this mild grain is closer in texture and taste to wheat flour, which makes it good for baking, but it will make recipes slightly darker in color.

✓ **Amaranth:** this protein-rich seed is a low-carb, high-fiber option that absorbs water easily, which can make baked goods dense if not blended properly.

✓ **Black beans:** high in fiber, these delicious legumes add a moist texture to brownies, bars, and cookies. They're best used in chocolate or carob baked goods.



✓ **Chickpea flour:** dense and nourishing, this flour does well mixed with a lighter, fluffier flour like tapioca or arrowroot. It's great in savory pancakes, pizza crust, and home-made crackers.

✓ **Coconut flour:** highly absorbent and fibrous flour that gives baked goods a bit more fluffiness. A little goes a long way! Substitute 1/3 as much coconut flour for regular flour. It doesn't hold up on its own, so mix it with equal parts arrowroot and tapioca flours for a satisfying baked good.

✔ **Teff flour:** high-fiber, protein-packed, gluten-free grain is high in calcium and easily digestible. It's great for making savory baked goods, flatbreads and pancakes. Its traditional use is to make injera, a sourdough teff bread indigenous to Ethiopia.

✔ **Cassava flour:** made from a tuber (also called yucca) that's grain-free but still contains quite a bit of carbohydrates. It has a smooth texture, which makes it nice to blend with more grainy or gritty flours like rice and buckwheat.

✔ **Almond flour:** low carbohydrate, high protein flour that gives rich flavor to any bread or muffin. I love using it in the grain free bread I make (recipe below) and include it in pancakes to start the day off with protein.

✔ **Arrowroot flour:** a natural thickener, this gluten-free starch comes from the root of a tropical herb. It has a neutral flavor, which makes it versatile. It gives baked goods a squishy, spongy texture.

✔ **Potato flour:** this flour is usually made from the entire potato, whereas potato starch is just the starch. It gives a creamy texture to breads, bagels and rolls.

✔ **Potato starch:** The starch will help recipes bind together. Use it sparingly in quick breads and muffins. Too much will make baked goods crumbly. I personally prefer to use arrowroot as a binder.

✔ **Rice flour:** naturally gluten-free, all rice flours can give a lighter texture to a baked good made with buckwheat or cassava flour. Don't use it on its own because resulting baked goods will taste gritty and feel crumbly. I like mixing it with arrowroot and almond flours.

✔ **Tapioca:** a starch that comes from cassava root, it adds a chewy bite to breads and baked goods. I use equal proportions arrowroot and tapioca in my quick breads and muffins.



GLUTEN FREE FLOUR MIXES

To make your own gluten free flour mixes, use this rule of thumb: 70% whole grain or nut flour blend to 30% starches – no xanthan gum needed!

Some whole grain flours are more dry and light. Others are more moist and dense. Make sure that you use a balance of these two in your 70% mixture.

Think about the outcome: if you want a rich, dense baked good, use more of the heavy flours. For a light, fluffy crust, use the lighter, drier flours. Consider that some flours taste better in savory or sweet batters, too.

For example, a cauliflower pizza crust will do well with cornmeal. A brownie batter will thrive on rice flour.

Whole grain flours include:

- Buckwheat (*dry & dense; savory*)
- Sorghum (*moist and dense; either sweet or savory*)
- Oat (*moist and dense; sweet*)
- Brown Rice (*moist and dense; sweet*)
- Millet (*medium; either sweet or savory*)
- Quinoa (*dry and light; savory*)
- Teff (*dry and light; savory*)
- Corn (*dry and light; mildly sweet*)
- Almond (*dry and dense; mildly sweet*)

Starches include:

- White sweet rice flour
- Tapioca flour / starch
- Coconut flour
- Arrowroot powder / flour





RECIPES



MAPLE CINNAMON SCONES

Preheat oven to 350 degrees.

In a bowl, mix well:

1 teaspoon cinnamon

Pinch salt

½ cup cooked, gluten free oatmeal

1 ½ cups gluten-free flour blend of your creation

¼ cup applesauce

2 Tablespoons maple syrup

4 Tablespoons olive oil

2 Tablespoons nut or seed butter

Grease a cookie sheet with olive oil and drop dough in spoonfuls. Flatten each cookie with the back of the spoon. Slide cookie sheet into oven and bake for 20 minutes.

Get creative! For variety, add one of the following: 2 spoonfuls raspberry jam; 1 inch fresh chopped ginger root & ½ teaspoon clove powder; ¼ cup raisins (first soak for 5 minutes in hot water and drain).



BANANA BREAD

This recipe also makes great muffins!

Dry ingredients:

1½ cups gluten-free flour blend of your creation
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon each: cinnamon, nutmeg
Pinch salt

Wet ingredients:

2 tablespoons flaxseed meal
¼ cup olive oil
2 ripe, mashed bananas
¼ cup almond milk
¼ cup chopped walnuts (optional)

Preheat the oven to 375 degrees.

Grease 8 or 9 inch pan with olive or sunflower oil.

Combine the dry ingredients in a mixing bowl and stir together.

Make a well in the center, combine the wet ingredients and stir until thoroughly blended.

Incorporate wet and dry ingredients until they are well combined.

Pour batter into greased pan and bake for 50 minutes, or until a knife inserted into the center tests clean.



CHOCOLATE CHIP COOKIES

Preheat oven to 375 degrees.

Grease a cookie sheet with butter or coconut oil.

In a large bowl, mix:

2 cups gluten-free flour blend of your creation

Pinch salt

½ teaspoon cinnamon

½ cup (1 stick) unsalted butter OR ½ cup coconut oil

Make a well in the center of this mixture and add:

2 tablespoons flaxseed meal

4 tablespoons hot water

Whisk together.

Then, add:

¼ cup unsweetened applesauce

½ cup maple syrup

1 teaspoon vanilla extract

Incorporate these wet ingredients, then stir in the flour / butter mixture.

Add ½ cup chocolate chips and stir until barely incorporated.

Drop in spoonfuls onto greased cookie sheet and bake for 15 minutes.

Delicious!



BUCKWHEAT BREAD

In a bowl, mix:

2 cups buckwheat flour

1 teaspoon salt

1 teaspoon coriander

1 Tablespoon ground flax seed

1 egg

¼ cup olive oil

enough water to make batter into pourable consistency (about 1 cup)

Preheat the oven to 350 degrees.

Grease any 8 inch pan with vegetable oil.

Pour batter into greased pan and bake for 40 minutes, or until a knife inserted into the center tests clean.



SWEET POTATO BREAD

You will need:

- 1 cup roasted sweet potato flesh
 - 1 cup coconut flour
 - 1 cup unsweetened yoghurt
 - 6 eggs
 - 1/2 teaspoon baking soda
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Preheat your oven to 400.

Chop sweet potato into chunks, place on a cookie sheet and toss with olive oil and salt.

Roast sweet potato in large chunks for 30 minutes. Remove from oven.

If you would like, roast a larger quantity of sweet potato and set some aside to have as a snack with nuts or nut butter.

Place the sweet potato, coconut flour, yoghurt, and eggs into your processor and blend until the mixture resembles a smooth, runny batter. Add the soda and mix to combine.

Grease a loaf pan.

Reduce oven heat to 350.

Pour the mixture into your prepared tin and bake for 45 minutes.

Remove from the oven and cool in the tin for 10 minutes before gently transferring to a cooling rack. Allow to cool for 30 minutes prior to cutting.



CARROT RAISIN BUCKWHEAT MUFFINS

You will need:

2 ½ cups buckwheat flour (*freshly ground**)

½ cup tapioca flour

½ cup coconut sugar or maple sugar

2 teaspoons baking powder

1 teaspoon baking soda

½ teaspoon sea salt

2 teaspoons cinnamon

1 teaspoon ginger powder

2 cups unsweetened applesauce

¼ cup melted virgin coconut oil

2 teaspoons vanilla extract

1 cup grated carrots

½ to 1 cup raisins, soaked for 10 minutes in ¼ cup water (then drained)



Preheat oven to 375 degrees F. Lightly oil muffin tins or line with paper muffin cups.

** Grind buckwheat in a spice grinder / espresso bean grinder to make fresh flour.*

In a large bowl combine the buckwheat flour, tapioca flour, sugar, baking soda, baking powder, sea salt, and spices. Mix well.

Place apple sauce into a separate bowl and add the melted coconut oil, vanilla, carrots, and raisins; whisk together. Pour the wet ingredients into the dry and gently mix together being careful not to over mix.

Spoon batter into oiled muffin tins. Fill each muffin cup to the top. Bake at 375 degrees F for about 25 minutes. Loosen sides with a knife and gently take out of tins and place onto a wire rack to cool.



WHOLESOME BREAD

You will need:

- 2 ½ cups warm water (105 to 110 degrees)
- 2 ¼ teaspoons active dry yeast (1 package)
- 2 tablespoons extra virgin olive oil
- 1 teaspoon plus 2 tablespoons maple syrup
- 1/3 cup ground chia seeds (ground in a spice grinder or espresso bean grinder)
- 1/3 cup flaxseed meal
- 1 cup teff flour
- 1 cup sorghum flour
- ½ cup sweet rice flour
- ½ cup cornmeal
- 1 ½ teaspoons sea salt

Place the warm water in a bowl or 4-cup liquid glass measure. Add the yeast and teaspoon of maple syrup, whisk together. Let rest for 5 to 10 minutes to activate the yeast. The mixture should get foamy or bubbly. If not, dump it out and start over.

While the yeast is activating, mix together the dry ingredients in a large bowl. After the yeast is activated whisk in the olive oil, maple syrup, ground chia seeds, and flaxseeds into the water-yeast mixture. Let stand for 2 to 3 minutes (not any longer) to let the chia and flax release their gelatinous substances. Whisk again.



Pour the wet ingredients into the dry and mix together with a large wooden spoon until thick. Then knead the dough on a floured wooden board to incorporate the flour. Add more teff and sorghum flours, a little at a time, until the dough holds together and isn't too sticky (about $\frac{1}{4}$ to $\frac{1}{2}$ cup total). Don't add too much flour, otherwise the dough will become very dense; it should still be slightly sticky. Form dough into a ball, place back into the large bowl, and cover with a damp towel. Place in a warm spot to rise. I like to place the bowl over a pot of warm water. Let dough rise for an hour or until doubled in size. Rising time will depend on the temperature of the environment around the dough.

After the dough has risen, place a pizza stone or large cast iron skillet in your oven. Preheat the oven to 400 degrees. Place a pan of water on the bottom rack of the oven (the one beneath the pizza stone/skillet). I usually use an 8 x 8-inch glass pan filled $\frac{3}{4}$ of the way full.

Punch down the dough and turn out onto a lightly floured wooden board. Knead the dough for about a minute. Then form into a round ball. Place on a square of parchment paper and use a sharp knife to cut a shallow "tic-tac-toe" pattern on the top. Drizzle with olive oil. Let rise for about 30 minutes in a warm place while the oven and stone are preheating.