

Downloadable Gluten Free Flour Guide 1.0 *from the Everyday Gluten Free Gourmet*

Baking is a science that requires precise measurements & the ability to follow instructions. Baking gluten free foods you love requires new knowledge about the flours & starches needed to mimic the role of wheat flour. This guide is to help you get started.

Gluten Free Flour <i>(AKA)</i>	Properties & Pros	Cons	Best Uses
White Rice Flour	<ul style="list-style-type: none"> •adds lightness to baked goods •neutral flavour & smooth texture •fine grind is best (I prefer Asian brands) •long shelf life 	<ul style="list-style-type: none"> •too much results in an unappealing translucent-white colour •not ideal in recipes with low liquid & high fat, like cookies •if not finely ground will result in gritty texture 	<ul style="list-style-type: none"> •the base ingredient in many store bought flour blends •30-60% in a flour blend for all uses
Brown Rice Flour	<ul style="list-style-type: none"> •finely ground brown rice with the bran still present •slightly nutty flavour •tan colour gives baked goods a slightly browner look 	<ul style="list-style-type: none"> •some brands have odd earthy flavor •high fat content means shorter shelf life; best stored in fridge or freezer •too much makes baked goods gritty & coarse 	<ul style="list-style-type: none"> •30-60% in a flour blend for all uses •use to replace a portion of your flour blend for crispier cookies
Sweet Rice Flour <i>(Glutinous Rice Flour)</i>	<ul style="list-style-type: none"> •made from sweet glutinous rice •clean flavour, smooth & non gritty texture •adds lightness to baked goods •retains moisture better than other rice flours because of its' high starch content 	<ul style="list-style-type: none"> •confusing name since it is not sweet & does not contain gluten •does not work in yeasted breads 	<ul style="list-style-type: none"> •up to 40% in a flour blend for all uses •excellent in cookies & muffins •good dusting flour for baking •thickener for soups & sauces
Tapioca Starch <i>(Tapioca Flour)</i>	<ul style="list-style-type: none"> •ground from the root of the cassava plant •gives chew, elasticity & structure to baked goods •helps with browning in fried food 	<ul style="list-style-type: none"> •too much makes baked goods dense & gummy 	<ul style="list-style-type: none"> •great in combination with potato starch for all baking •switch cornstarch to tapioca starch for improved baking

Excellent baked goods can be made with more than one combination of GF flours. Keep trying until you love what you bake.