

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

*There is no single GF flour or blend that works for all baked goods. Learn the new basics for GF baking and improve your results.*

<b>Gluten Free Flour (AKA)</b>	<b>Properties</b>	<b>Cons</b>	<b>Best Uses</b>
Cornstarch NOT the same as corn flour	<ul style="list-style-type: none"> <li>•finely ground starch</li> <li>•smooth texture &amp; no flavor</li> <li>•provides stability in sauces</li> <li>•stands up to freezing</li> </ul>	<ul style="list-style-type: none"> <li>•gives baked goods a starchy taste</li> <li>•stirring too vigorously may cause a mixture to break down and thin out</li> <li>•cooking over high heat can cause lumping</li> </ul>	<ul style="list-style-type: none"> <li>•thickener for sauces, gravies, pudding &amp; pie filling</li> <li>•dust on meat to help breading stick</li> <li>•use in breading to help with browning &amp; crispiness</li> </ul>
Potato Starch NOT the same as potato flour	<ul style="list-style-type: none"> <li>•gives smooth texture &amp; tenderness to baked goods</li> <li>•provides structure &amp; binding power</li> <li>•no potato taste</li> </ul>	<ul style="list-style-type: none"> <li>•too much gives baked goods a crumbly texture</li> <li>•sift before use to avoid clumping</li> </ul>	<ul style="list-style-type: none"> <li>•up to 20% in a flour blend for all uses</li> <li>•great in combination with tapioca flour for all baking</li> </ul>
Sorghum Flour (Sweet white sorghum flour)	<ul style="list-style-type: none"> <li>•mild, sweet flavor &amp; smooth texture</li> <li>•helps bind moisture &amp; increase CO<sub>2</sub> bubbles formed during bread making</li> <li>•works in savoury &amp; sweet recipes</li> </ul>	<ul style="list-style-type: none"> <li>•more than 30% causes a slightly sour taste and dry mouthfeel</li> <li>•best stored in fridge or freezer</li> </ul>	<ul style="list-style-type: none"> <li>•up to 30% in a flour blend for all uses</li> <li>•good substitute for oat flour</li> </ul>
Millet Flour	<ul style="list-style-type: none"> <li>•mild, sweet, nutty taste</li> <li>•adds delicate, cake-like crumb to baked goods</li> <li>•helps build structure in dough</li> <li>•easily digestible grain flour</li> <li>•works in savoury &amp; sweet recipes</li> </ul>	<ul style="list-style-type: none"> <li>•more than 20% in muffins &amp; quick breads leaves a starchy taste</li> <li>•more than 20% in bread recipes decreases volume &amp; results in coarse, mealy texture</li> <li>•consuming large amounts is not recommended for people with thyroid concerns</li> </ul>	<ul style="list-style-type: none"> <li>•up to 20% in a flour blend for all uses</li> <li>•good sprinkling flour for bread making</li> </ul>

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