



## 5 Tips for Gluten-Free Baking

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Have your cake and make it gluten-free, too! Here are some tips, tricks and substitutes for working with the different tastes, textures and techniques of wheat flour alternatives:

- 1. Use a blend of gluten-free flours.** A combination of protein flours (such as brown rice or sorghum) and starchy flours (like potato starch or cornstarch) will yield better results than using just one gluten-free flour.
- 2. For a crispy crust and a mouth-pleasing “chew,”** tapioca flours are the way to go.
- 3. Gums like xanthan gum or guar gum are essential**—they replace the function of gluten in baking. If a recipe calls for 1 tsp. of xanthan gum, you can use 1 ½ tsps. of guar gum instead, or ½ tsp. of each.
- 4. Gluten-free batter and dough** are a little softer and wetter.
- 5. Traditional ovens are better for gluten-free baking than convection ovens,** which can bake too hot and too fast. If you must use a convection oven, lower the temperature by at least 25 degrees.

*Source: Bob’s Red Mill*

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