

# GLUTEN-FREE COOKING BASICS



A gluten-free diet is recommended to treat Celiac Disease, gluten sensitivity, and wheat allergies. You will find gluten-free pasta, cereal, bread, waffles, pancakes, and cookies at most natural food stores, some supermarkets, and some local grocers.

## GLUTEN-FREE FOODS



- Potatoes
- Buckwheat
- Oats (must be labeled gluten-free to avoid cross-contamination)
- Corn
- Rice
- Quinoa
- Amaranth
- Teff
- Millet
- Beans
- Nuts and nut butters
- Eggs
- Fresh fruit
- Fresh vegetables
- Herbs and spices
- Meats and fish
- Homemade soups (avoid bouillon cubes, barley malt, and all types of traditional pasta)
- Juice (all natural, 100% fruit juice)

## FOODS THAT CONTAIN GLUTEN



- Wheat
- Kamut
- Spelt
- Rye
- Barley
- Oats (not inherently glutenous, but cross-contamination is rampant)
- Modified food starch
- Barley enzymes (found in a majority of breakfast cereals), soy sauce, and distilled vinegar (malt vinegar)

# TIPS FOR AVOIDING CONTAMINATION



|                                                                                     |                                                                                                                                         |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|    | Clean out cutlery drawers since they often gather crumbs                                                                                |
|    | Replace old wooden spoons and cutting boards                                                                                            |
|    | Wash dish rags/sponges frequently                                                                                                       |
|    | Use a new toaster for gluten-free foods only or buy toaster bags (do not use a toaster that's already been used to toast regular bread) |
|  | Use squirt bottles for condiments like mayonnaise, mustard, jelly, etc. to avoid contamination                                          |
|  | Mark containers with "GF" on the lid of gluten-free items                                                                               |
|   | Keep food prep areas very clean                                                                                                         |
|   | Dedicate shelves and cabinets in your kitchen and refrigerator to gluten-free foods                                                     |



## SUBSTITUTE 1 CUP OF WHEAT FLOUR WITH:

| GRAIN (FLOUR)                                       | AMOUNT     |
|-----------------------------------------------------|------------|
| Barley (for wheat-sensitive only – contains gluten) | 1 1/4 cups |
| Cornmeal                                            | 1 cup      |
| Oat                                                 | 1 1/3 cups |
| Potato                                              | 3/4 cup    |
| Rice                                                | 3/4 cup    |
| Rye (for wheat-sensitive only – contains gluten)    | 1 1/3 cups |
| Soy                                                 | 1 1/3 cups |
| Tapioca                                             | 1 cup      |

### GLUTEN-FREE FLOUR MIX (ALL-PURPOSE)



**MAKES 12 CUPS**

- 8 cups rice flour (preferably brown)
- 2 2/3 cups potato starch
- 1 1/3 cups tapioca flour

### GLUTEN-FREE FLOUR MIX (LIGHT)



**MAKES 12 CUPS**

- 4 cups rice flour
- 4 cups corn starch
- 4 cups tapioca flour
- 4 tbsps potato flour

# APPLE AND PEAR COBBLER



**PREP TIME** 20 min



**COOK TIME** 35-40 min



**YIELD** 6-8 slices

## INGREDIENTS

### DOUGH

- ¼ cup sorghum flour
- ¼ cup tapioca flour
- ¼ cup potato starch
- ¼ cup almond flour
- 1 tsp fine sea salt or kosher salt
- 4 tbsp sugar
- ½ tsp cardamom
- ¼ tsp cloves, ground
- ¼ cup sour cream
- 3 tbsp chilled, unsalted butter or substitute, cut into pieces

### FILLING

- 2 lb apples
- 2 lb Bartlett pears
- 1 tbsp fresh lemon juice
- ¾ cup sugar
- ¼ tsp cloves, ground
- 2 tsp vanilla extract

## DIRECTIONS

1. Preheat oven to 375°F
2. Combine gluten-free flours and potato starch, sugar, cloves, cardamom, and salt.
3. Add butter in small slices until mixture resembles coarse cornmeal.
4. Add sour cream and combine well. Do not form ball.
5. Place the dough between two sheets of plastic wrap or parchment paper.
6. Form a large ball of dough between the sheets, and then gently flatten into a square.
7. Refrigerate while you prepare the filling.

### FILLING

Transfer fruit slices to a pie dish or 9" baking dish.

8. Combine lemon juice and vanilla in small bowl. Pour over apples and toss to coat.
9. Combine ¾ cup sugar, flour, and cloves in small bowl. Sprinkle over fruit and toss to coat.
10. Rearrange fruit to make compact and wipe rim of dish clean.
11. Place dough over fruit and gently tuck edges under at 3-inch intervals
12. Sprinkle with remaining 2 teaspoons sugar. Sprinkle ¼ cup sliced almonds over top.
13. Bake for 35-40 minutes.

# PANCAKES



**PREP TIME** 10



**COOK TIME** 3-5 min



**YIELD** 8 - 10 (small pancakes)

## INGREDIENTS

- 3 cups water
- 1 1/4 cups brown rice flour
- 1/4 cup tapioca starch
- 1 teaspoon baking powder
- 1 tbsp sugar (optional)
- 1 tsp vanilla extract
- 1 egg
- 3 tbsps butter (melt in a pan on low right before adding batter)
- 1 cup milk

## DIRECTIONS

1. In a medium size mixing bowl, sift or whisk together the brown rice flour, tapioca starch, baking powder, and sugar.
2. Add the milk, water, vanilla extract, egg, and butter or oil and whisk well, ultimately creating the pancake batter.
3. Ladle approximately 1/4 cup batter per pancake onto melted butter or oiled, griddle or pan.
4. Cook pancakes 3-5 minutes on each side. Use spatula to flip until golden brown and cooked through.

Time will vary depending on thickness and diameter of the batter.

*Serve hot with maple syrup and/or fresh berries.*

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