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- **Maintain a healthier diet**

**Dr. Jean McFadden Layton**

*Doctor of naturopathic medicine*

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*Busy Cooks Guide for About.com and  
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# ***Gluten-Free Baking*** FOR **DUMMIES®**

**by Dr. Jean McFadden Layton and  
Linda Larsen**



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# About the Authors

If you could find a doctor who truly understands gluten intolerance and celiac disease, what would be your first questions? Better yet, what if she could also serve as a recipe consultant, adapting your favorite family recipes so you can continue to enjoy the foods you love?

**Dr. Jean McFadden Layton** combines the best of both worlds as she guides her patients and the general public toward an understanding of gluten intolerance and its role in people's health.

Following the premature death of her first husband, Dr. Layton's interest in alternative medicine was launched. "There has to be a better way" became her mantra. She left the world of professional food service to return to school to complete her undergraduate degree, meeting her second husband, Ed, while catering in New York City.

They moved to Portland, Oregon, to complete their respective degrees — hers a doctorate in naturopathic medicine, his a master's in Oriental medicine — and to begin their family. Fiona and Katie were born in the middle of medical school.

Celiac disease and gluten intolerance became a part of their life after moving to Bellingham, Washington, when Ed fractured his femur in an ice-skating accident. He was 48 and had osteoporosis. Research and experience pointed toward a gluten-free diet as a solution, and so it began for him. He now has a bone density that's appropriate for his age.

Dr. Layton discovered that her brain fog, menstrual irregularities, and body temperature fluctuations all improved with a gluten-free diet. Celiac disease and gluten intolerance have a genetic component. Realizing that their daughters' growth had plateaued, the Laytons took gluten out of their daughters' diet. The girls responded by increasing their heights by 1½ inches each within three months of starting a gluten-free diet.

Dr. Layton specializes in celiac disease and gluten intolerance, attracting patients from around Washington State and the lower mainland of Canada. She proudly serves on the board of directors for the Bellingham Gluten Intolerance Group and facilitates the local Healthy Gluten-Free Kids group.

Building on the medical oath she swore to uphold, which includes the concept of *docere* (doctor as teacher), Dr. Layton teaches gluten-free baking and cooking classes with the Community Food Co-op and Whatcom Community College. Conveying the ease and breadth of healthy gluten-free food, Dr. Layton has written her well-known blog, *GFDDoctorRecipes*, since 2006. Here, she explores the world of recipe development as well as the current research in gluten intolerance.

As @GFDDoctor, Dr. Layton is active in the social media world with thousands of international Twitter followers. Her website, [www.gfddoctor.com](http://www.gfddoctor.com), and her Facebook sites, GFDDoctor and Healthy Gluten-Free Kids, convey even more information to the general public about up-to-the-minute changes in foods and products.

**Linda Larsen** is an author and journalist who has written 26 books, many about food and nutrition. She earned a BA degree in biology from St. Olaf College and a BS with high distinction in food science and nutrition from the University of Minnesota.

Linda worked for the Pillsbury Company for many years, creating and testing recipes. She was a member of the Pillsbury Bake-Off staff five times, acting as manager of the search team and working in the test kitchens. Linda is the Busy Cooks Guide for About.com and writes about food, recipes, and nutrition. She has written articles for *Woman's Day*, *Quick & Simple*, and *First* magazines. Her books include *Eating Clean For Dummies*, *Medical Ethics For Dummies*, and *Detox Diets For Dummies* (all published by Wiley); *Knack Grilling Basics* (Knack); *The Starter Cook* (Lyons Press); *The \$7 a Meal Cookbook*, *The Everything Tex-Mex Cookbook*, and *The Everything Healthy Cooking for Parties Cookbook* (Adams Media).

## Dedication

**From Dr. Layton:** For my husband and daughters, without whom this book would never have been written, at least not by me. They have been my inspiration, cheerleaders, and tasters of everything, good and bad. We're an outstanding team to create the real food that our palates crave.

Fiona, thanks for being the amazingly honest critic that you are. It makes life interesting. I still owe you a gluten-free croissant. It's coming soon.

Katie, you bake an amazing gluten-free brownie, as your blue ribbon from the county fair demonstrates. Collaborating with you in the kitchen is fun!

Ed, our life together for the past 16 years has had so many challenges and joys. I've learned that together, we can do anything. Thanks for covering my back in so many ways. All those late nights of social media swirling are finally worth it.

**From Linda:** I dedicate this book first and foremost to my husband Doug. Throughout the last 30 years, we've had many adventures in food. Gluten-free foods were new to him, and he was a willing taster for many of these recipes. Through it all, he's been by my side and is my biggest cheerleader and confidant. I'd also like to dedicate the book to my parents, Duane and Marlene Johnson, for their support and encouragement. They always told me I could do anything I attempted and let me cook and bake anything I wanted to.



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Finally, thanks to all my patients, Healthy Gluten-Free Kids support group members, fellow naturopaths, Bellingham Gluten Intolerance Group members, Facebook friends, and Twitter followers for inspiring my professional development, continued research, recipe creation, and answer-seeking.

**From Linda:** I'd like to thank my coauthor, Dr. Jean Layton, first of all, for being such a wonderful friend and guide while working on this book. We have the same sense of humor and the same desire to share this information with the world. She is such a valuable resource for nutrition and medical information.

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# Introduction

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**W**hen Jean's family was diagnosed with gluten intolerance, she became a detective and an investigative baker. She started experimenting with baking and cooking to make sure her daughters would be healthy and could enjoy the joys of childhood. She researched gluten-free baking and found resources that helped her create delicious gluten-free recipes that her husband and daughters love. In fact, her daughters now feel sorry for people who don't enjoy gluten-free cookies, pies, and cakes!

Gluten-free foods are the only way people with celiac disease and gluten intolerance can live healthy lives. Gluten is a protein molecule found in wheat, rye, barley, and triticale. In people who are intolerant to gluten, this protein does a lot of damage.

The medical community has known about celiac disease for a long time. In 1887, a pediatrician described this condition in London. The link with wheat was made in the 1950s by a Dutch pediatrician. More recent research discovered diagnostic mechanisms and a more complete understanding of this condition. In the past ten years, interest in gluten-free baking has skyrocketed. Hundreds of blogs, books, and articles are devoted to the topic, along with some scientific research. And great strides have been made in making light and fluffy gluten-free baked goods.

In this book you discover the scientific reasons for eating gluten-free and ways to bake yummy gluten-free cakes, cookies, breads, and more. We break down the science so it's easy to understand. And we give you many options so you can bake to your (gluten-free) heart's content.

## *About This Book*

The gluten-free lifestyle is unique in that a complex disease can be treated (though not cured) with a special diet. People who must avoid gluten have to be very vigilant in what they eat and how they cook and bake. Baking, of course, is most problematic because gluten, the protein in wheat that provides structure to baked goods, must be avoided. Dedicated bakers have made great strides in this area over the past decade.

This book is arranged in a practical format. First, we look at the basics of gluten-free living and how to adapt to this new lifestyle. We tell you why people eat gluten-free, list the symptoms of gluten intolerance and celiac disease, and tell you a bit about testing options.

Then we delve into baking, first looking at the science of baking with wheat, including how to measure ingredients, mix batters and doughs, bake in a properly calibrated oven, and interpret doneness tests. After you have a pretty good understanding of baking science, we discuss the unique issues of gluten-free baking, including special tips and rules, tools of the trade, and how to handle issues with different types of baked goods.

Next we discuss the flours and starches you use in your gluten-free baking adventure. We list most of the popular flours, starches, and additives, with their protein and fiber content and unique characteristics. Then we look at the structure of dough and why it's been so difficult to get to an airy, mouth-watering loaf of bread with a tender texture.

Nutrition, of course, can't be omitted in any discussion about food. We help you understand what gluten intolerance may have done to your body and how to get yourself back into good health. Casein and lactose are other compounds many celiac patients must avoid; we tell you what they are, where to find them, and some good ideas for workable substitutes.

Next, we tell you how to make your kitchen and your home gluten-free and where to buy the products you need. And we show you how to convert your favorite wheat recipes into delectable gluten-free treats.

Finally, this book has recipes! These recipes will see you through your day from morning to night, with baking mixes, breakfast foods, sweet yeast breads, quick breads, savory yeast breads, brownies, cookies, pies, cakes, doughs, biscuits, pizzas, calzones, and casseroles.

The great thing about *Gluten-Free Baking For Dummies* is that it's so versatile. You can pick and choose the information you need to read and follow our tips for adapting to this new lifestyle. After you start seeing the very real physical changes that accompany eating gluten-free, you can stay on it for life.

## *Conventions Used in This Book*

Like with all cookbooks, we recommend that you read through each recipe before you start making it. If you jump right in, you may not account for the refrigerating time, standing time, or freezing time in your schedule (and, as a result, your recipe may not be ready to eat when you are!). Reading the recipe's directions beforehand also clues you in to any special tools or materials, like food processors or piping bags, you may need to complete that particular recipe.

Here are a few other guidelines to keep in mind about the recipes in this book:

- ✓ All butter is unsalted. Margarine isn't a suitable substitute for butter unless we state you can use either one.

- ✓ Unless otherwise noted, all eggs are large.
- ✓ All milk is organic whole milk unless otherwise specified.
- ✓ When the recipe ingredients say “sugar” or “granulated sugar” (as opposed to brown sugar or powdered sugar), we use organic cane sugar.
- ✓ All measurements for flour and flour mixes are given in cups as well as grams. Because precision for flour measuring counts in baking, especially gluten-free baking, *using gram weights gives you the best results*.
- ✓ All onions are yellow unless otherwise specified.
- ✓ All salt is sea salt or fine salt.
- ✓ All pepper is freshly ground black pepper unless otherwise specified.
- ✓ All dry ingredient measurements are level, but the flours and starches are measured by gram weight.
- ✓ All temperatures are Fahrenheit.
- ✓ All lemon and lime juice is freshly squeezed.
- ✓ All vanilla is vanilla extract unless otherwise defined.
- ✓ Most pans and baking sheets are prepared by greasing with unsalted butter, solid shortening, or nonstick cooking spray to prevent sticking. We include this information in the recipe directions but not in the recipe ingredients.

The following conventions are used throughout the text to make things consistent and easy to understand:

- ✓ All web addresses appear in `monofont`.
- ✓ New terms appear in *italic* and are closely followed by an easy-to-understand definition.
- ✓ **Bold** is used to highlight keywords in bulleted lists and the action parts of numbered steps.

We include information gleaned from Dr. Layton’s practice and years of experience throughout the text. And in the last three chapters, we give you tips on how to bake the best gluten-free products, how to help your child adjust to a gluten-free lifestyle, and some sneaky places gluten can hide.

## *What You’re Not to Read*

We’ve arranged this book so you can find information easily and understand what you find. Each chapter covers one area of gluten-free baking and baking science. But if you don’t want to read every word, you can skip the text that’s set off from the main information; it’s interesting and relevant but stuff you can live without:

- ✔ **Text in sidebars:** Sidebars are the shaded boxes that give detailed examples or add interesting information that helps enhance your understanding of gluten-free baking.
- ✔ **Every paragraph:** You don't need to read every paragraph of this book to understand the eating clean lifestyle.

## *Foolish Assumptions*

The following are some things we've assumed about you since you're reading this book:

- ✔ You've been diagnosed with celiac disease or gluten sensitivity or intolerance, and you don't want to give up bread, pizza, cookies, cakes, and pies.
- ✔ A family member has been diagnosed with celiac disease or a condition on the gluten intolerance spectrum, and you're in charge of cooking and baking in your house.
- ✔ You've heard about the wheat-free or gluten-free lifestyle and want to know whether it's a good plan for you.
- ✔ You want to know more about how food and the body interact. We've tried to avoid using much scientific jargon in this book so anyone can understand it. An interest in the topic is all you really need to find out more.

## *How This Book Is Organized*

This book is divided into five parts. Each part deals with a certain aspect of transforming your life through the gluten-free plan and discusses the relevant issues related to gluten-free baking, including structure, taste, mixing and baking methods, dough science, nutrition, conversion of your own recipes, and lots and lots of scrumptious recipes specifically developed to be gluten-free.

You don't have to read straight through the book; you can pick a chapter of interest and read it to discover all you need to know about that issue.

### *Part I: What Is Gluten-Free Baking?*

So what is gluten and why is it such a problem for so many people? Avoiding gluten is the only way to control conditions such as celiac disease and gluten intolerance. Because gluten is the plant protein molecule that forms a solid

web when mixed with water, you have to find ways to mimic its structure and texture. Before you begin in the kitchen, you should know a little bit about the science of baking. Don't be scared; this isn't rocket science! We tell you how ingredients work in baked goods and then discuss some of the issues of gluten-free baking. We tell you all about the ingredients you need and techniques to use so you can produce wonderful loaves of gluten-free bread, along with cakes, cookies, pies, pizza, calzones, soufflés, casseroles, and pastries.

## ***Part II: The Nuts and Bolts of Gluten-Free Baking***

Many of you will begin (or have begun) your gluten-free path for medical reasons. Perhaps you've been diagnosed with celiac disease or gluten intolerance. Or maybe you've heard that wheat and gluten can negatively affect your health and that what you eat has a direct impact on how you feel and you want to eat for more energy and physical fitness. We tell you how to get your health back on track through nutrition, how to keep a gluten-free kitchen, and how to convert old family favorite recipes to the gluten-free lifestyle.

## ***Part III: Sweet Gluten-Free Baking Recipes***

Now we get to the recipes. When gluten-intolerant people hear they can't eat wheat, all the treats that are off-limits come to mind. What about pancakes and waffles? Can I ever eat banana bread again? What about chocolate chip cookies, pizza, and apple pie? Well, take heart. With these recipes you can eat all those foods again, and more. This section has recipes for sweet baked goods, including Sour Cream Blueberry Crumb Muffins, Cinnamon Rolls, Thin Mint Cookies, Chocolate Chip Cookies, Butterscotch Brownies, Vanilla Cupcakes, and Pecan Pie.

## ***Part IV: Savory Gluten-Free Baking Recipes***

This part focuses on savory baked goods. If you're craving a savory pizza with a crisp yet tender crust, this is the part for you. If you want to toast some English muffins and fill their crevices with melting butter and jam, you'll find a recipe for them here. Then we get into recipes for crepes, pot pies, quiches, casseroles, and soufflés. There's really no food that you can't

adapt to gluten-free baking! Try Ham and Cheese Muffins, Sourdough Bread, Pepperoni Pizza, Vegetable Cheese Calzone, Classic Chicken and Dumplings, and Soft Egg Bread.

## *Part V: The Part of Tens*

Finally, we look at some ways to help you make the transition to your gluten-free diet as easy as possible and how to keep it up for life. We start with ten important gluten-free baking tips and end with ten (or so) sneaky places gluten can hide.

## *Icons Used in This Book*



To make this book easier to read and simpler to use, we include some icons that can help you find and fathom key ideas and information.

Whenever you see this icon, you know that the information that follows is so important that it's worth reading twice. Or three times!



This icon appears whenever an idea or information can help you in your quest for better health or in your progress in the eating clean lifestyle.



This icon highlights information that's important and that can be dangerous to you if you don't heed it.

## *Where to Go from Here*

This book is organized so that you can go wherever you want to find complete information. Want to know more about cleaning your kitchen to make it free from gluten? Check out Chapter 8. Do you need to know how to convert Grandma's recipe for Snickerdoodles into a gluten-free treat? Flip to Chapter 9. And if you want recipes, Chapters 10 through 21 give you lots of choices for treats, meals, and snacks. You can also use the table of contents to find broad categories of subjects or use the index to look up specific information. If you're not sure where to start, read Part I. It gives you all the basic information you need to understand the gluten-free lifestyle and tells you where to get the details.

# Part I

# What Is Gluten-Free Baking?

The 5<sup>th</sup> Wave

By Rich Tennant



"See? Living gluten-free isn't that hard. Now, let's try living goatee-free."



## *In this part . . .*

**G**luten-free living boils down to one simple fact: You must avoid gluten for the rest of your life. But why? What is gluten, and what foods have it? How do you read a label to determine whether the product contains gluten? And how can you possibly change your whole life to accommodate your condition? In this part, we look at the basics of gluten and why you should eat gluten-free, and we tell you a bit about the rules of baking. We also examine the issues and problems of gluten-free baking and tell you how to build baked goods with wonderful flavor and structure — and without gluten.