

Making Everything Easier!™

Gluten-Free Baking FOR DUMMIES®

Learn to:

- Make more than 150 delicious gluten-free cakes, cookies, and breads
- Use gluten-free ingredients to re-create the tastes you know and love
- Maintain a healthier diet

Dr. Jean McFadden Layton

Doctor of naturopathic medicine

Linda Larsen

*Busy Cooks Guide for About.com and
coauthor of Eating Clean For Dummies*



Making Everything Easier!™

Gluten-Free Baking FOR DUMMIES®

Learn to:

- Make more than 150 delicious gluten-free cakes, cookies, and breads
- Use gluten-free ingredients to re-create the tastes you know and love
- Maintain a healthier diet

Dr. Jean McFadden Layton

Doctor of naturopathic medicine

Linda Larsen

*Busy Cooks Guide for About.com and
coauthor of Eating Clean For Dummies*



Gluten-Free Baking For Dummies®

Visit

www.dummies.com/cheatsheet/glutenfreebaking to view this book's cheat sheet.

Table of Contents

[Introduction](#)

[About This Book](#)

[Conventions Used in This Book](#)

[What You're Not to Read](#)

[Foolish Assumptions](#)

[How This Book Is Organized](#)

[Part I: What Is Gluten-Free Baking?](#)

[Part II: The Nuts and Bolts of Gluten-Free Baking](#)

[Part III: Sweet Gluten-Free Baking Recipes](#)

[Part IV: Savory Gluten-Free Baking Recipes](#)

[Part V: The Part of Tens](#)

[Icons Used in This Book](#)

[Where to Go from Here](#)

[Part I: What Is Gluten-Free Baking?](#)

Chapter 1: The Challenges and Rewards of Gluten-Free Baking

The Basics of Gluten-Free Baking

What is gluten, and where does it lurk?

Why gluten and baking used to be inseparable

How you can bake without gluten

What Gluten-Free Means

Reading labels

Finding safe foods

Getting Excited about the Gluten-Free Lifestyle

Gluten-free doesn't mean flavor-free

Raising kids to love the lifestyle

Setting realistic expectations

Chapter 2: Why Bake Gluten-Free?

Why People Eat Gluten-Free

Understanding celiac disease

Living with gluten intolerance

Dealing with nonceliac gluten sensitivity

Unraveling symptoms in kids

Should You Be Gluten-Free?

[Wheat is not your friend](#)
[Gluten and behavior problems](#)
[Gluten and nutrition](#)

[Exploring Testing Options](#)

[Medical tests for gluten sensitivity](#)
[spectrum](#)
[The elimination diet](#)

[Facing the Inevitable Consequences of Cheating](#)

[Compromised health](#)
[Unpleasant associated conditions](#)

[Chapter 3: Understanding the Rules of Baking](#)

[The Basic Science of Baking](#)

[Decoding recipe ingredients](#)
[Light and fluffy \(or flaky\) instead of flat](#)
[and dense: Getting the right structure](#)
[Baking at high altitude](#)

[Measuring Ingredients for Best Results](#)

[Measuring dry ingredients](#)
[Measuring liquid ingredients](#)
[Measuring everything else](#)

[Testing for Doneness](#)

Using your eyes: Doneness observations
Trying touch tests
Taking the temperature

Cooling Down and Chilling Out

Chapter 4: Unique Issues of Gluten-Free Baking

Tricks and Traps

Measuring, proportion, and mixing
Fixing the lack of structure
Getting the ratios right

Tools of the Trade

Parchment paper and plastic wrap
Ice cream scoops
Piping bags
Scales
Thermometers

Quick Bread Issues

Keeping it tender when you convert
Building structure in quick breads

Yeast Bread Issues

Understanding the basics of gluten-free yeast breads
Building flavor in gluten-free yeast breads

Pie Crust Issues

Building a tasty pie crust structure
Getting a flaky or mealy texture

Cake Issues

Keeping tenderness and moistness
Adding more flavor

Cookie Issues

Making the best gluten-free cookies
Deciding between crisp and chewy

Chapter 5: Building Flavor and Structure without Wheat

Mimicking Gluten's Structure

Developing structure and strength
Retaining freshness

Mimicking Wheat's Flavor

Adding nuttiness
Developing sweetness

Key Alternative Flours

Flours for delicate baked goods
Flours for yeast breads and rolls
Flours for quick breads
Flour weight chart

[Adding Starches](#)

[Arrowroot](#)

[Cornstarch](#)

[Tapioca starch/flour](#)

[Potato starch](#)

[Starch weight chart](#)

[Using Additives to Achieve Tender Baked Goods](#)

[Gums](#)

[Gelatin](#)

[Egg protein](#)

[Chia and flaxseeds](#)

[Raw buckwheat flour](#)

[Sweet whey](#)

[Chapter 6: Understanding Dough](#)

[Understanding Basic Dough Structure](#)

[Gluten's magical secrets](#)

[The role of starch](#)

[How Gluten-Free Doughs Are Different](#)

[The components of gluten-free dough](#)

[Structural differences](#)

[Starches](#)

[Working with Gluten-Free Doughs](#)

[Understanding mixing methods](#)
[Decoding free-form doughs](#)

[Part II: The Nuts and Bolts of Gluten-Free Baking](#)

[Chapter 7: Nutrition, Health, and the Gluten-Free Lifestyle](#)

[Staying Healthy When You're Gluten-Free](#)

[The nutritional impact of celiac disease and gluten intolerance](#)
[Getting enough nutrients when you're gluten-free](#)

[Casein Issues](#)

[The link between gluten intolerance and casein sensitivity](#)
[Avoiding casein in your diet](#)
[Finding alternatives to casein-containing foods](#)

[Lactose Intolerance](#)

[Gluten's role in lactose intolerance](#)
[Uncovering lactose's hiding places](#)
[Making substitutions](#)

[Replacing Key Missing Nutrients](#)

[Finding folate](#)
[Adding fiber](#)

[Getting your B vitamins](#)
[Adding iron](#)

[Managing Weight Issues](#)

[Losing weight](#)
[Gaining weight](#)

[Chapter 8: Keeping a Gluten-Free Kitchen](#)

[Decoding Cryptic Labels](#)

[Understanding label jargon](#)
[Avoiding suspect ingredients](#)

[Making Your Kitchen Safe](#)

[What to toss](#)
[What to keep](#)
[How to clean the kitchen](#)

[Dealing with Cross-Contamination](#)

[Thinking like a crumb to avoid crumbs](#)
[Separating utensils and equipment](#)
[Keeping “twin” foods](#)
[Training your family](#)
[Storing food safely](#)

[Chapter 9: Converting Favorite Recipes to Gluten-Free](#)

[Adjusting the Dough or Batter](#)

[Converting traditional dough and batter recipes to gluten-free](#)
[Mixing gluten-free batters](#)
[Using baking mixes](#)

[Handling and Baking the Dough](#)

[Working with gluten-free doughs](#)
[Baking and cooling doughs](#)

[Managing Expectations](#)

[Flavor differences](#)
[Texture differences](#)
[Visual differences](#)

[Part III: Sweet Gluten-Free Baking Recipes](#)

[Chapter 10: Gluten-Free Baking Mixes](#)

[Getting Started with Easy Baking Mix Recipes](#)

[Chapter 11: Quick Breakfast Recipes](#)

[Why Breakfast Is So Important](#)
[Quick and Easy Breakfast Recipes](#)

[Chapter 12: Sweet Yeast Breads](#)

[Working with Yeast](#)
[Enjoying Easy Sweet Yeast Bread Recipes](#)

[Chapter 13: Cookie Recipes](#)

[How to Make the Best Cookies](#)
[Easy and Delicious Cookie Recipes](#)

[Chapter 14: Brownies and Bars](#)

[The Keys to Delicious Brownies and Bar Cookies](#)
[Delicious Recipes for Brownies and Bar Cookies](#)

[Chapter 15: Pies and Pastries](#)

[Tips for Making Pies and Pastries](#)
[Delicious Pie and Pastry Recipes](#)

[Chapter 16: Cake and Frosting Recipes](#)

[Making the Best Cakes and Frostings](#)
[Delicious Cake and Frosting Recipes](#)

[Part IV: Savory Gluten-Free Baking Recipes](#)

[Chapter 17: Batter and Dough Recipes](#)

[Making the Best Batters and Doughs](#)
[Easy Batter and Dough Recipes](#)

[Chapter 18: Biscuits and Crackers](#)

[Basic Rules for Biscuits and Crackers](#)

[Biscuits](#)
[Crackers](#)

Chapter 19: Savory Breads

Basic Rules for Yeast and Quick Savory Breads

Delicious Savory Bread Recipes

Chapter 20: Pizzas, Savory Pies, and Calzones

Tips for Making Pizzas and Pies

Easy Recipes for Pizzas, Pies, and Calzones

Chapter 21: Casseroles, Soufflés, Crepes, and Dumplings

Tips for Making the Best Entrée Recipes

Quick and Delicious Entrée Recipes

Part V: The Part of Tens

Chapter 22: Ten Important Gluten-Free Baking Tips

Always Weigh Flours and Starches

Consider Weighing All Other Ingredients

Remember That Gluten-Free Doughs Are Like Batters

Increase Flavorings

Bake with Room-Temperature Ingredients

Beat It!

Calibrate Your Oven

Get the Pan into the Oven Quickly

Get the Breads out of the Pan Quickly

Don't Toss Your Mistakes

Chapter 23: Ten Sneaky Places Where Gluten Can Hide

Lunch Meats

Condiments

Food Colorings and Flavorings

Alcoholic Beverages

Candy and Chocolate

Vitamins and Supplements

Medications

Marshmallows

Self-Basting Poultry

Cheat Sheet

Gluten-Free Baking For Dummies®

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



WILEY

John Wiley & Sons, Inc.

Gluten-Free Baking For Dummies®

Published by
John Wiley & Sons, Inc.
111 River St.
Hoboken, NJ 07030-5774

www.wiley.com

Copyright © 2012 by John Wiley & Sons, Inc.

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

Trademarks: Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. John Wiley & Sons, Inc., is not associated with any product or vendor mentioned in this book.

Limit of Liability/Disclaimer of Warranty: The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising herefrom. The fact that an organization or Website is referred to in this work as a citation and/or a potential source of further information does not mean that the author or the publisher endorses the information the organization or Website may provide or recommendations it may make. Further, readers should be aware that Internet Websites listed in this work may have changed or disappeared between when this work was written and when it is read.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit www.wiley.com/techsupport.

Wiley also publishes its books in a variety of electronic formats and by print-on-demand. Not all content that is available in standard print versions of this book may appear or be packaged in all book formats. If you have purchased a version of this book that did not include media that is referenced by or accompanies a standard print version, you may request this media by visiting <http://booksupport.wiley.com>. For more information about Wiley products, visit us at www.wiley.com.

Library of Congress Control Number: 2011941730

ISBN 978-1-118-07773-3 (pbk); ISBN 978-1-118-20610-2 (ebk); ISBN
978-1-118-20611-9 (ebk); ISBN 978-1-118-20612-6 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



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.gfdoctor.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.

Authors' Acknowledgments

From Dr. Layton: When you have the chance to thank people for the first time in print, the thank-you list can go on like an Academy Awards speech.

To Linda Larsen, my coauthor, for her humor, knowledge, and guidance of this newbie author. This project would have been impossible with anyone else. To Barb Doyen, our amazing agent, thank you for finding me, believing in me, and giving me the chance to be the teacher of many. And thanks to all the editors, recipe testers, and technical folks who made our words the reality you are holding.

Leading the way to real food recipes we can all enjoy, Shauna Ahern, Ali Segersten, and the rest of my GFGF (Gluten-Free Girl Friends): Thank you all for keeping it real.

Penny De Los Santos, Clare Barboza, and Helene Dujardin: Thank you for showing the way to make a visual story sing.

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.

I'd also like to thank the Department of Food Science at the University of Minnesota for giving me such a strong foundation in science. Thanks to our agent Barb Doyen. She had such confidence in my ability to write this book and encouraged me every step of the way. Thanks to our wonderful editors and recipe testers at Wiley for their support, suggestions, and guidance. And thanks to my friends, especially my Facebook friends, and my faithful family for their support and love as I worked on this book.

Publisher's Acknowledgments

We're proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial, and Vertical Websites

Senior Project Editor: Tim Gallan

Acquisitions Editor: Michael Lewis

Copy Editor: Todd Lothery

Recipe Testers: Pamela Mitchell, Nicole New, Emily Nolan, and Angela Okragly

Nutritional Analyst: Patty Santelli

Assistant Editor: David Lutton

Editorial Program Coordinator: Joe Niesen

Editorial Manager: Michelle Hacker

Editorial Assistants: Rachelle S. Amick, Alexa Koschier

Art Coordinator: Alicia B. South

Photographer: T. J. Hine Photography, Inc.

Food Stylist: Lisa Bishop

Cartoons: Rich Tennant (www.the5thwave.com)

Composition Services

Project Coordinator: Nikki Gee

Layout and Graphics: Joyce Haughey, Christin Swinford

Proofreaders: Melissa Cossell, Betty Kish

Indexer: Sharon Shock

Publishing and Editorial for Consumer Dummies

Kathleen Nebenhaus, Vice President and Executive Publisher

Kristin Ferguson-Wagstaffe, Product Development Director

Ensley Eikenburg, Associate Publisher, Travel

Kelly Regan, Editorial Director, Travel

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher

Composition Services

Debbie Stailey, Director of Composition Services

Introduction

When 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.