



Gluten-Free Baking: Tips & Recipes

From the National Foundation for Celiac Awareness Webinar:
“Holiday Special: Gluten-Free Baking”

Featuring Chef Richard Coppedge, Jr., CMB, Professor, Baking and Pastry Arts, The Culinary Institute of America

Gluten-Free Baking Quick Tips

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| Cakes | <ul style="list-style-type: none"> • Requires higher proportions of fat, sugar, eggs, and gluten-free flour • For pound cake, use creaming process and add meringue before baking • For sponge cake, use warm foam mixing method |
| Cookies and Brownies | <ul style="list-style-type: none"> • Cream softened butter with sugar • Add room temperature eggs • Use piping to create cookies • Brownies can be made using creaming mixing method |
| Gluten-Free Flour Blends | <ul style="list-style-type: none"> • Creates a basis for many recipes • Can use combinations to create your own recipes • Common gluten-free flour brands include Cup for Cup and Bob’s Red Mill • Remember, some starchy ingredients look alike, so keep track of ingredients • Carefully and slowly blend flours with a whisk • Sift thoroughly with a gluten-free sifter before storage • Always label and store blends |
| Quick Breads and Muffins | <ul style="list-style-type: none"> • Use creaming method • Fresh frozen berries can be put in a processor and mixed into batter • Sprinkle sanding sugar on top of muffins |
| Wrapping, Storing and Traveling | <ul style="list-style-type: none"> • Store foods in freezer on day that you bake them • Use wax paper to separate food items in a freezer bag • Keep a cooler with ice packs for long trips |

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| Bread | <ul style="list-style-type: none"> • Increase hydration with carbonated water • Add more yeast to recipe • Use straight mixing method • Use pans with side walls (because mixture is more of a batter than a dough) • Place bread in a warm and humid area to encourage rising • Keep oven moist in the beginning • Bread will bake longer than normal – use thermometer to check for doneness (210 degrees F) • Immediately remove from pan and let it rest on cooling screen |
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General Baking Techniques & Tips

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| Straight Mixing | <ul style="list-style-type: none"> • Combine all dry ingredients, then wet ingredients, then combine all together • Whisk together ingredients until smooth • Pour batter and bake right away • Used for breads, muffins |
| Creaming | <ul style="list-style-type: none"> • Use a mixer with a paddle or beater attachment • Mixing fat and sugar produces a light and fluffy texture • Then, add eggs in stages • Alternate between adding dry and wet ingredients to mix until smooth • Use for muffins, cookie doughs and cakes |
| Rubbing | <ul style="list-style-type: none"> • Sift together gluten-free flour blends • Cut and incorporate cold butter/fat into flour with your hands • Moisten dough with a small amount of cold liquid • Commonly used for pies; may not be necessary for gluten-free baking |
| Cold Foam | <ul style="list-style-type: none"> • Whip egg whites until thick and foamy • Sprinkle dry ingredients into foam quickly and fold in with a spatula • Used for angel food cake |
| Warm Foam | <ul style="list-style-type: none"> • Place eggs and sugar into a bowl over simmering water • Whisk as they heat between 110-120 degrees F • Place egg-sugar mixture into mixing bowl and whip rapidly (foam will rise) • As foam drops, whip at medium speed until mixture is light in color and thick • Gently sift flour into foam, fold it, and then add melted butter • This technique generally provides the highest volume cakes |



Gluten-Free Recipes

All of the following recipes are reprinted from *Gluten-Free Baking with the Culinary Institute of America*, by Chef Richard Coppedge, Copyright © 2008 by The Culinary Institute of America. Used by permission of the publisher. All rights reserved.

For more great recipes, including the flour blends listed below, be sure to check out Chef Coppedge's Book: *Gluten-Free Baking with the Culinary Institute of America*, published by Adams Media, an F+W Media, Inc. Company.

Recipe #1: 3-2-1 Pie Dough

Makes two 12 oz. crusts (8 servings per crust)

Ingredients:

- 12 Tbsp. (6 oz.) butter, cold
- 2/3 cup (4.3 oz.) Flour Blend #2
- 3/4 cup (4 oz.) Flour Blend #4
- 2/3 cup (4 oz.) Flour Blend #5
- 2/3 cup (5.3 oz.) water, cold

Directions:

1. Cut butter in 1/4" chunks.
2. Combine the flour blends with the butter, using your fingertips to rub the butter into the flour in pea-size pieces.
3. Add the cold water and combine just until smooth with your hands or a paddle attachment (hands are best).
4. Refrigerate, unwrapped, for 60 minutes. At this point, the pie dough can be wrapped and frozen for up to one month.
5. When ready to bake, preheat oven to 350 degrees F.
6. Roll out dough and line pie pan. Dock dough with fork and bake for 15 minutes or until pale golden for a parbaked crust; bake for 20 minutes or to the desired golden brown, for a fully baked crust.

****Note: When pre-baking shells (some recipes call for the shell to be baked before the filling is placed in the shell), line the crust with parchment paper and dried beans or pie weights.***



Recipe #2: Blueberry Streusel Pie

Makes one 9" pie

Serves 8

Ingredients:

- 1 recipe (12 oz.) Streusel Topping (**Recipe #3**)
- $\frac{3}{4}$ cup (6 oz.) sugar
- $\frac{1}{4}$ cup (1.5 oz.) Flour Blend #1
- $\frac{1}{4}$ tsp. salt
- 3 cups (1 lb. 3 oz.) blueberries (fresh or frozen)
- $\frac{1}{2}$ recipe (one crust, 12 oz.) 3-2-1- Pie Dough, parbaked (**Recipe #1**)
- 2 Tbsp. (1 oz.) butter

Directions:

1. Prepare Streusel Topping and preheat oven to 400°F.
2. Whisk sugar, flour blend and salt.
3. Add blueberries and place mixture in parbaked pie shell with butter and the streusel on top.
4. Place on baking sheet and bake 45-55 minutes or until crust and streusel are golden brown and filling bubbles.

Recipe #3: Streusel Topping

Covers one 9" pie

Ingredients:

- $\frac{2}{3}$ cup (4.25 oz.) Flour Blend #1
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{4}$ cup (2 oz.) butter, cold
- $\frac{1}{2}$ cup (2.5 oz.) Walnuts or pecans, chopped
- $\frac{1}{2}$ cup (3.75 oz.) brown sugar

Directions:

1. Rub together flour blend, baking soda, butter, and brown sugar until crumbly and then mix in nuts.



Recipe #4: 1-2-3 Cookie Dough

Ingredients:

- ½ cup (4 oz.) butter, cold
- ¼ cup (2 oz.) sugar
- 1 ¼ cups (7 oz.) Flour Blend #2
- 1 ea. egg, room temperature

Directions:

1. Cut the butter into 1” cubes.
2. Combine all ingredients in a bowl. Mix (by hand or with a paddle) until thoroughly combined.
3. Wrap the dough in plastic or waxed paper.
4. Refrigerate for at least one hour before use. Depending on the application, it can be held in the refrigerator for two weeks or even frozen for up to two months.

Recipe #5: Pecan Diamonds

Makes one 8” pie tin

Contains about 20 servings

Ingredients:

- ½ recipe (7 oz.) 1-2-3 Cookie Dough, uncooked (**Recipe #4**)
- ½ cup (3.75 oz.) light brown sugar
- 4 Tbsp. (2 oz.) butter
- 1/8 cup heavy cream
- 3 Tbsp. honey
- 1 cup (5 oz.) pecan pieces

Directions:

1. Preheat oven to 375°F.
2. Roll out cookie dough to cover an 8” fluted tart pan and keep approximately 1/8” thickness on the bottom and sides.
3. Parbake the dough for 6 minutes and keep the oven at 350°F once the pan is removed.
4. Combine sugar, butter, heavy cream, and honey in a saucepot and bring it to a boil while stirring.
5. Let mixture simmer to 240°F, then add nuts and gently stir.
6. Remove saucepot from heat and spread mixture on a prebaked shell.
7. Place pie tin on cookie sheet and bake at 350°F for 25-30 minutes or when mixture bubbles evenly and crust is brown at the edges.
8. When cool, cut into 1” x 1” diamonds.



Recipe #6: Fudge Brownie

Makes one 9" x 9" pan

Contains 9 servings

Ingredients:

- 2 Tbsp. (21 g) Flour Blend #1
- ½ cup unsweetened chocolate chips
- 12 Tbsp. (6 oz.) butter
- 3 eggs
- 1 cup plus 2 Tbsp. sugar
- 1 tsp. vanilla extract
- ¼ cup (1 oz.) Flour Blend #4
- ½ cup (2.5 oz.) walnuts

Directions:

1. Preheat oven to 375°F.
2. Spray pan with cooking spray and dust with Flour Blend #1.
3. Melt chocolate and butter in a bowl over simmering water, blending gently. Allow to cool until just warm.
4. Combine eggs, sugar, and vanilla in mixer bowl and beat with wire whisk until thick and light in color
5. Blend 1/3 of egg mixture into chocolate-butter mixture, then blend chocolate mixture into remaining egg mixture.
6. Add the flour blend and nuts, blend gently, and pour mixture into prepared pan.
7. Bake for 45-50 minutes or until a crust forms while brownies are still moist at the center.
8. Allow to cool completely before cutting.

**Want more gluten-free baking tips from Chef Richard Coppedge?
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