



HELPFUL HINTS

- Always have your liquid products at room temperature (eggs, milk, etc). A trick for the eggs - put in a warm water bath for about 5 minutes.
- If your recipe calls for baking soda and/or powder...add an additional 25% (about an extra 1/4 tsp - 1/2 tsp)
- WAIT TO BAKE - after you have mixed all the ingredients and ready to pop it in the oven...hold on and wait about 15-20 minutes. This will help the flour do its thing (whatever that is lol)...trust me it does help! I preheat my oven at this point forcing me to wait!
- If your recipe calls for an egg, I automatically add an extra egg white. The coconut flour in the flour like to make things a bit dry....adding an egg white does the trick. Eggs add a binding agent as well as moisture to your baked goods. If you have ever had dry and crumbly, this will help with that.
- 1 cup of flour = 128g of Due North's flour. I would invest in a scale. Gluten free baking is a science. If you do not have one yet, use a spoon to scoop the flour into your measuring cup...never, never scoop with the measuring cup. You will end up with about 25-30% too much flour thus resulting in your baked goods that are dry and crumbly.
- Use a thermometer to see if baked goods' internal temperature is to that temperature. The toothpick test does not work for gluten free baked goods. When converting recipes, you can google the internal temperature of the baked good; for example, a cupcake's internal temperature is 185° - gluten free cupcakes are about 25° higher when done...so it will temp out at about 210°.
- Temperature of the oven – if you have a traditional recipe that calls for the temperature of the oven to be 350°. For best results, you will need to adjust the temperature of the oven or your baked good will bake too fast on the outside and will be underdone on the inside. If you have a standard oven, decrease the baking temperature by 25°. In this example, the temperature will be set to 325°. If you have a convection oven, you will need to decrease the temperature by 50°, in this case the temperature would be 300°
- Traditionally with gluten baking you fill a cupcake liner about 2/3 full. With gluten free baking, you will actually need to fill the baking cup about 3/4 full, leaving about 1/4 inch space from the top. Too much space and the cupcake will look really small. Too little space, and the cupcake will bake over the edge. This is truly a Goldy Locks & the 3 Bears scenario. 1/4 inch seems to be just right! The same goes for quick breads. In addition, Wait to Bake is important here! Wait 15 minutes before baking.
- Improving muffins and cupcakes and items that are typically dense. Adding vinegar (the amount depends on the batch size – somewhere between 2 tsp and 2 TBS is desirable) will help with the acidity and will make your baked goods fluffier. Also, sour cream helps in the same manner. Add between 2 TBS & ¼ cup.