



# Guide to Converting Recipes to Gluten Free

## Congratulations and Condolences

**“Congratulations”** if you have just discovered you have a food allergy, intolerance, or Celiac Disease that makes removing gluten or wheat from your diet a medical necessity. Congratulations because you are finally on the path to feeling good again. Kiss mysterious symptoms that make your life miserable goodbye.

**Deep Condolences.** Changing your lifestyle so drastically can seem overwhelming. But don't worry. This guide will help you begin the process of learning to cook again. Be patient with yourself as you learn. It takes time and will involve plenty of failures. It took years to learn to cook the way you do now, and you had failures along the way. Learning to cook gluten free will be the same.

We strongly recommend that you find a local support group and attend. The members will be able to recommend local sources of gluten or dairy free ingredients, help you find good recipes, and give other valuable tips. We also recommend that you visit the website of Beyond Celiac ([www.beyondceliac.org](http://www.beyondceliac.org)).

## Learning to Look at Recipes Differently

When you want to change a favorite recipe to gluten free, you must first look at what is in the original recipe. Recipes include ingredients that build structure, serve as a fillers/flavor carriers, make the texture, and add flavor. Some ingredients have a dual function. Once you figure out what your ingredients do, you can gain a better idea of what they can be replaced with.

For practice let's analyze a recipe that contains gluten. Macaroni salad.

Ingredient	Function
4 C uncooked macaroni	filler/flavor carrier
1 C mayonnaise	texture and flavor
¼ C vinegar	flavor
2/3 C sugar	flavor
1 ½ T yellow mustard	flavor
1 ½ tsp salt	flavor
½ tsp black pepper	flavor
1 chopped onion	flavor and texture
1 chopped bell pepper	flavor, texture and color
¼ C grated carrot	flavor, texture and color
2 T chopped pimento	flavor, texture and color



## Strategy #1- Swap Gluten Ingredients for Gluten Free Versions

Most of the ingredients in macaroni salad are already gluten-free with the exception of the biggest ingredient, macaroni. In this case you can use gluten-free macaroni in place of the traditional macaroni and leave the rest of the recipe as is.

## Strategy #2- Keep Flavor and Texture Ingredients and Change Fillers/Flavor Carriers

In this case, there is a gluten-free version of macaroni, but if there weren't, or you didn't like the performance of the gluten-free version, you could make the sauce as usual but put it on another filler like quinoa, rice, sorghum or potatoes.

This strategy of pulling the flavor and texture ingredients out and placing them on another filler/flavor carrier also works well with casseroles. Fillers you might consider are cooked gluten-free grains like rice, quinoa, and sorghum, potatoes (chunks, shreds, tater tots) or corn tortillas.

## Strategy #3 -Create Your Own Recipes

Below is a list of the basic seasonings of common ethnic foods. You can use these to create your own recipes and sauces. Copy the flavors you love, but put them in different dishes that are gluten or dairy free.

An example of this might be spaghetti sauce. Suppose you discover that the spaghetti sauce you have used for years contains gluten. You can use the seasonings below added to tomato sauce as a replacement.

<u>MEXICAN</u>	<u>ITALIAN</u>	<u>FRENCH</u>
Garlic	Garlic	Garlic
Onion	Onion	Bay
Cumin	Oregano	Basil
Chili powder	Basil	Thyme
Peppers	Fennel	Tarragon
Cilantro	Olive oil	Parsley
Oregano		Chives
		Sage
		Marjoram
		Chervil

<u>GREEK</u>	<u>INDIAN</u>	<u>MIDDLE EASTERN</u>
Parsley	Curry	Cilantro
Marjoram	Cardamom	Cumin
Oregano	Chilies	Gingerroot
Dill	Onion	Nutmeg
Mint	Garam Masala	Basil
Lemon	Cinnamon	Dill
Cumin	Gingerroot	Marjoram
Olive oil	Mustard seeds	Parsley

## Converting Baked Good Recipes

The challenge of making great baked goods like cookies, pies, muffins, biscuits etc. is getting the structure right. In baked goods made with wheat flour, gluten and starches provide structure and add bulk and flavor. Fortunately, there are recipes and commercially available gluten-free flour blends that can duplicate these functions well. Once you have found a good GF flour blend, it is possible to use your former recipes for cookies, cakes, muffins, pies etc. However, yeast breads **MUST** be made with a recipe that is specifically designed for gluten free.

## Finding a Good GF Flour

Gluten free all-purpose flours contain a variety of different flours and starches along with structure builders like xanthan or guar gum. You can make your own blend or use a commercial brand (our favorite is Grandpa's Kitchen). We recommend starting out with a commercially available blend when first diagnosed, but have included recipes to make your own as well. When purchasing or making a flour blend consider the following:

- All-purpose flours which translate cup for cup into traditional recipes have a high starch content.
- Look for blends that already contain xanthan gum.
- Add 1 tsp-1 Tbsp. Teff flour per cup of flour blend to add a "whole wheat" type flavor.
  - A measurement range is suggested because adding teff dilutes the xanthan in your final blend. Pancake and muffin recipes are not as sensitive to xanthan changes as rolls and biscuits.



## All-Purpose Flour Blend

This All-Purpose Flour Blend can be substituted cup for cup in traditional recipes that call for all-purpose flour made from wheat. For recipes including yeast, add an additional  $\frac{3}{4}$  tsp of xanthan gum per 1 cup of flour called for in the recipe.

Mix all ingredients together and store in an airtight container.

4 $\frac{1}{2}$ cups white rice flour	1 cup tapioca starch
1 $\frac{1}{2}$ cups sweet rice flour	4 teaspoons xanthan gum
2 cups potato starch	

## High Protein Flour Blend

This High Protein Flour Blend is a great flour for bread, pie crusts, and other baked goods. For recipes including yeast, add an additional  $\frac{1}{2}$  tsp of xanthan gum per 1 cup of flour called for in the recipe.

Mix all ingredients together and store in an airtight container.

2 $\frac{1}{4}$ cups chickpea flour	2 cups tapioca starch
2 cups superfine brown rice flour	4 tsp xanthan gum
2 cups potato starch	

## High Fiber Flour Blend

This High Fiber Flour Blend works well for bread and other recipes that you want to add nutritious, high fiber flour. For recipes including yeast, add an additional  $\frac{1}{2}$  tsp of xanthan gum per 1 cup of flour called for in the recipe.

Mix all ingredients together and store in an airtight container.

2 cups superfine brown rice flour
2 cups sweet white sorghum flour
1 $\frac{1}{3}$ cup tapioca starch
$\frac{2}{3}$ cup potato starch
3 tsp xanthan gum



## A Word of Encouragement

It is hard to change your cooking style overnight, but hang in there. You can do it. If you have any questions please contact us at [ViviansLiveAgain.com](http://ViviansLiveAgain.com). We are happy to help.

## Ingredient Substitutions

<b>Canned Cream Soups</b>
Vivian's Live Again Creamy Mushroom and Creamy Chicken Soup

<b>Whipped Cream</b>
Vivian's Live Again Allergen-Free Creamy Whipped Topping

<b>1 Cup Milk</b>
1 cup Soy Milk
1 cup Almond Milk
1 cup Rice Milk
1 cup Coconut Milk
1 cup water
1 cup water or rice milk + 1 egg yolk (for full fat milk)

<b>1 Cup Buttermilk</b>
1 cup of any of the milk substitutes + 1 tablespoon of vinegar or lemon juice. Allow to sit for 5 minutes to acquire "sour" flavor.

<b>1 Cup yogurt</b>
1 cup unsweetened applesauce
1 cup soy milk yogurt
1 cup coconut milk yogurt
1 cup fruit puree
1 cup rice milk yogurt

<b>1 Stick of Butter (8 Tablespoons)</b>
8 tablespoons Margarine
1/3 cup coconut oil
8 tablespoons butter flavored Shortening
8 tablespoons vegan butter spread
1/3 cup canola oil
1/3 cup olive oil (not for baking)

<b>8 Ounces Cream Cheese</b>
8 ounces Cream Cheese Substitute (Brands: Tofutti Better Than Cream Cheese, Follow Your Heart Cream Cheese Alternative)

<b>1 Cup Sour Cream</b>
1 cup Sour Cream Substitute (Brands: Tofutti Better Than Sour Cream, Follow Your Heart Sour Cream Alternative)

<b>1 Cup Cheese</b>
1 cup vegan cheese alternative (Brands: Follow Your Heart Vegan Cheese, Parma!

Vegan Parmesan, Teese Vegan Cheese, Daiya Vegan Cheese, Cheezly)
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<b>1 Cup Heavy Cream</b>
1 cup full fat coconut milk
2/3 cup dairy-free milk of your choice + 1/3 cup melted margarine (or vegan butter, canola oil, or coconut oil)
1 cup cream replacement ( Brands: MimicCreme, So Delicious Creamer, Silk)

<b>1 Egg</b>
3 Tbsp. unsweetened applesauce + 1 tsp baking powder
1 Tbsp. ground flax + 3 Tbsp. hot water (mix and let sit for 5 minutes to become gel-like)
1 ½ tsp Ener-G Egg Replacer + 2 Tbsp. water or dairy free milk
1 tsp baking powder + 1 1/2 Tbsp. water + 1 1/2 Tbsp. oil
3 Tbsp. mashed bananas
3 Tbsp. fruit puree + 1 tsp baking powder

4 Tbsp. pureed silken tofu + 1 tsp baking powder
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3 1/2 Tbsp. prepared gelatin
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1/2 cup crushed cornflakes
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1/2 cup crushed crispy rice cereal
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1/2 cup crushed potato chips
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<b>1 Egg White</b>
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1 Tbsp. plain agar pwd dissolved in 1 Tbsp. water. Beat, chill 15 minutes, beat again.
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<b>1 Cup Mayonnaise</b>
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1 cup mayonnaise alternative (Vegenaise, Spectrum Light Canola Mayonnaise, Mindful Mayo)
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<b>1 Cup Peanut butter</b>
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1 cup sunflower seed butter
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<b>1 Cup Corn Syrup</b>
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1 cup honey
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1 cup maple syrup
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1 cup agave nectar
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<b>1/2 Cup Nuts</b>
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1/2 cup sunflower seeds
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1/2 cup pumpkin seeds
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1/2 cup toasted coconut
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