

GLUTEN-FREE CONVERSION CHART

AMOUNT OF WHEAT FLOUR IN RECIPE	RICE FLOUR	POTATO STARCH	TAPIOCA STARCH	XANTHAM GUM
1/2 C	1/3 C	2 TBSP	1 TBSP	1/4 TSP
1 C	1/2 C	3 TBSP	1 TBSP	1/2 TSP
1-1/4 C	3/4 C	1/3 C	3 TBSP	2/3 TSP
1-1/2 C	1 C	5 TBSP	3 TBSP	3/4 TSP
1-3/4 C	1-1/4 C	5 TBSP	3 TBSP	1 TSP
2 C	1-1/2 C	1/3 C	1/3 C	1 TSP
2-1/2 C	1-1/2 C	1/2 C	1/4 C	1-1/8 TSP
2-3/4 C	2 C	1/2 C	1/4 C	1-1/4 TSP
3 C	2 C	2/3 C	1/3 C	1-1/2 TSP

Courtesy of www.Gygi.com/blog

*Important note: if your baking mix does not contain xanthan gum, be sure to add it at 1/2 tsp per 1 cup of flour mix.



FUN WITH KIDS IN THE KITCHEN

Gluten-free recipes your kids will love



Baked Macaroni and Cheese

Please note: This is NOT similar to the blue box brand macaroni and cheese

Precursors:

This recipe can be converted to regular flour or gluten-free flour and cow's milk or non-dairy milk and cheese. Just simply swap cup for cup. The beauty of this recipe is that you can use blended cheese and pastas & it's still delicious.

This recipe makes a full pan of mac and cheese and can feed 10-12 people. It's great for pot luck too.

Ingredients

1-1 lb Box Elbow macaroni (regular or gluten free Ronzoni works best)

1 medium onion, diced

3 Tbs butter

3 Tbs flour OR brown rice flour + 1 tbs

1-2 cups of milk OR Soy Milk

2 ½ cups sharp shredded cheddar cheese (or use non-dairy)

1 Tbs mustard (anything but yellow or honey mustard)

¼ C bread crumbs mixed with ¼ cup grated Parmesan add 1 Tbs melted butter and mix well.

Salt & pepper to taste

Directions:

- ◆ Cook the pasta in a large pot until al dente. Be careful not to overcook it. Drain and rinse to cool.
- ◆ Butter the sides of the baking dish with 1 Tbs of butter or use Pan Spray.
- ◆ Dump half the macaroni into the dish and cover with 1 cup of cheese.
- ◆ In a medium sized sauce pot, over medium high heat, melt the butter and add the onions
- ◆ Preheat the oven to 375°F
- ◆ Sauté the onions until translucent (don't burn them or darken them)
- ◆ Add the flour and stir to cook the flour over the heat without burning it.
- ◆ Add the milk slowly and continue to stir while it thickens. Add the mustard and salt and pepper to taste continuing to stir.
- ◆ Add 1 cup of cheese and allow to melt stirring constantly.
- ◆ Once the cheese has melted, pour half of the cheese sauce over the macaroni in the pan.
- ◆ Add the rest of the macaroni and cover with the rest of the cheese. Pour the remaining sauce over the top and make sure to spread it around. Top with the remaining shredded cheddar and then the bread crumb topping (above).
- ◆ Bake on the middle rack 30-40 minutes until a lovely shade of done on the top. Allow to cool for a few minutes before serving.

Mock Cheezits Crackers

By Jules Shepherd

Ingredients

- Half stick butter (I used salted)
- 8oz shredded sharp cheddar cheese
- pinch of onion powder
- pinch of powdered mustard
- pinch of cayenne
- pinch of garlic powder
- 1 cup flour (Jules Gluten Free Flour blend, or other similar blend.
- 2 - 4 Tbs ice cold water

Directions

- ◆ Blend or mix butter, cheese and spices using a good processor or stand mixer, until combined
- ◆ Add flour and mix until completely combined, adding water to hold the dough together.
- ◆ Wrap in plastic for an hour and refrigerate.
- ◆ Roll to 1/8" thick, cut into squares, poke with a skewer, and bake at 375 for 15 (rotate half way) minutes.
- ◆ Let cool and then enjoy!
- ◆ (OR roll the dough into logs before wrapping and refrigerating it, then slice and bake for less mess if you don't care that they will be round, not square.)

For more information please use these resources
www.gluten.net/localbranches/westbrook
[Facebook/gluten-intolerance-gig-of-shorelineeast](https://www.facebook.com/gluten-intolerance-gig-of-shorelineeast)
www.gabrielsjourney.org
Gluten Intolerance Group of Shoreline East
PO Box 957, Westbrook CT 06498
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Completely flourless and the best Macaroons you've ever had.

Preheat oven to 350 degrees F (180 degrees C) and line two baking sheets with parchment paper.

2 large eggs, room temperature
1/2 cup (100 grams) granulated white sugar
1/8 teaspoon salt
1 teaspoon pure vanilla extract
3 cups (720 ml) sweetened dried coconut (shredded or flaked)



Chocolate Coating:

4 ounces (115 grams) semi-sweet or bittersweet chocolate, coarsely chopped
1/2 teaspoon shortening or butter

- ◆ For a change, add the chips without the butter to the batter. Form balls after mixing with wet hands and bake as directed.
- ◆
- ◆ In a large bowl whisk the eggs until well beaten. Whisk in the sugar, salt, and vanilla extract. Finally, stir in the dried coconut, making sure that all the coconut is thoroughly moistened.
- ◆ Place small mounds (about 1 tablespoon) (I use a small ice cream scoop) of the batter on the parchment-lined baking sheet, spacing several inches apart. If desired, place a small chunk of chocolate in the center of each cookie. Bake for about 14 to 18 minutes or until golden brown. Remove from oven and place on a wire rack to cool. Then dip or spread the bottoms of each macaroon with the melted chocolate. Place the macaroons, chocolate side down, on a parchment lined baking sheet. Refrigerate the cookies for about 15-30 minutes, or until the chocolate hardens. Can be covered and stored for several days at room temperature or in the refrigerator.
- ◆ Chocolate Coating: Place the chopped chocolate and shortening in a microwaveable bowl. Melt in the microwave (or over a saucepan of simmering water). Let cool to room temperature before using.

Makes about 24 Macaroons.

Graham Crackers

Ingredients

Dry ingredients:

1 1/2 cups brown rice flour
1/2 cup cornstarch
1/3 cup dark brown sugar
1 teaspoon baking powder
1/2 teaspoon salt

Wet ingredients:

5 tablespoons butter, cold
6 tablespoons milk, any
3 tablespoons honey



Directions

- ◆ Preheat oven to 350°F.
- ◆ In the bowl of a food processor, combine dry ingredients. Pulse to combine
- ◆ (If you don't have a food processor, whisk dry ingredients together in a medium mixing bowl.)
- ◆ Add the butter. Pulse until flour mixture is coarse. No large pieces of butter should remain.
- ◆ (Or cut cold butter into flour mixture with a pastry cutter, two knives or by rubbing the butter
- ◆ between your fingers.)
- ◆ Add milk and honey. Pulse until dough forms. (Or stir using a wooden spoon.)
- ◆ Turn dough out onto a lightly rice floured piece of 12x16 parchment paper.
- ◆ Pat dough into a rectangle. Dust the top of the dough lightly with rice flour.
- ◆ Place another piece of 12-by-16-inch parchment paper on top of the dough. Roll dough out until
- ◆ it covers all of the paper. Dough rectangle will be about 1/8 inch thick.
- ◆ Carefully remove top piece of parchment paper.
- ◆ Transfer dough, with bottom parchment paper, to a 12 x 18 baking pan.
- ◆ Using a pizza wheel, score the dough into rectangles. (The rectangles should be 6 x 2 3/4 inches
- ◆ large for "standard" graham crackers and 3 by 2 3/4 for a "s'more" size graham cracker.)
- ◆ The graham crackers will break apart after baking.
- ◆ Do not worry if the dough seems to still be touching after scoring with the pizza wheel.
- ◆ Prick dough all over with a fork.
- ◆ Chill dough for 10 minutes.
- ◆ Bake for 15 minutes or until evenly brown.
- ◆ Remove graham crackers from the pan and place on a wire rack to cool.
- ◆ (I slide the parchment, with the crackers, directly onto the cooling rack.)
- ◆ Allow crackers to cool completely. Break along scored lines

“Girl Scout” Type Thin Mint Cookies

Jules Shepherd website

1/2 cup of butter (softened)

1/4 tsp of salt

1 cup of white sugar

1 egg

1 1/4 cups Bob’s Red Mill All Purpose Gluten-Free Flour

1/2 tsp of mint extract

1/2 cup of unsweetened cocoa powder

3 squares of semisweet chocolate (chopped)

1/4 cup of butter

- ◆ Preheat the oven to 350 degrees.
- ◆ Stir together the sugar and softened butter until combined, beat in the egg, and add the mint extract. In a separate bowl mix together the gluten-free flour, cocoa, and salt. Add the flour mixture to the butter mixture.
- ◆ This is when it becomes difficult if you don’t have a automatic mixer. The dough will be very dense (like the cookies themselves). We took the easy route to mix the flour and liquid ingredients and just used our hands.
- ◆ Put the dough in the fridge – how long is really up to you. Seattle Weekly’s recipe recommended refrigerating the dough for four hours, they did 40 minutes. Us? We left it to sit in the cold for 2 hours.
- ◆ Roll the dough out onto wax paper and use a shot glass to form the cookies. Once done they’ll be the perfect thin mint size. Put them in the oven for 12 minutes and let them cool once they’re done.
- ◆ While cooling melt the 1/4 cup of butter together with the chocolate in the microwave or on the stove. To make the cookie more legit add another splash of mint

extra to the chocolate mixture. Dip the cookies into the chocolate mixture and set them on a fresh sheet of wax paper to dry.

- ◆ Makes 2-4 dozen cookies. (if preferred, use gf mint flavoring for kids)



Chocolate Chip Cookies

Ingredients

3/4 cup butter, softened

1 1/4 cups packed brown sugar

1/4 cup white sugar

1 teaspoon gluten-free vanilla extract

1/4 cup egg substitute

2 1/4 cups gluten-free baking mix

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon salt

12 ounces semisweet chocolate chips



Directions

Preheat oven to 375 degrees F (190 degrees C). Prepare a greased baking sheet.

In a medium bowl, cream butter and sugar. Gradually add replacer eggs and vanilla while mixing. Sift together gluten- free flour mix, baking soda, baking powder, and salt. Stir into the butter mixture until blended. Finally, stir in the chocolate chips.

Using a teaspoon, drop cookies 2 inches apart on prepared baking sheet. Bake in preheated oven for 6 to 8 minutes or until light brown. Let cookies cool on baking sheet for 2 minutes before removing to wire racks.

This booklet has been brought to you by www.gabrielsjourney.com

