

KNOW YOUR FLOURS

FLOUR NOTES

Almond

- gluten-free
- not a whole grain but an ideal flour substitute for pancakes, muffins, cookies
- adds sweetness
- creates a cakelike consistency if used in a large quantity

Barley

- contains gluten
- use to thicken and sweeten gravies and sauces
- combine with other flours like whole-wheat or spelt for breads
- adds sweetness
- lightly toast before using for ideal flavor

Brown Rice

- gluten-free
- use for pie crust, breads, crackers, pizza crust (to make crispy)
- substitute in small amounts
- in breads, must be combined with a sticky flour like oat or with xanthan gum or guar gum
- has a grainy texture
- purchase in small quantities as high oil content causes rapid rancidity

Buckwheat

- gluten-free and wheat-free (despite the name)
- use in pancakes, waffles and pastas
- do not use in sauces — it will turn to glue
- adds an earthy flavor to baked goods

Coconut

- gluten-free and wheat free
- High in fiber and low in digestible carbohydrates
- Mix in with whole-wheat flour in pancakes, waffles, muffins, cakes, breads, cookies
- Adds a light sweetness to baked goods which is great when you're reducing the sugar the recipe calls for

FLOUR NOTES

Garbanzo

- gluten-free
- not a whole grain but an ideal flour substitute for crepes, flat bread, hummus and falafel
- high in protein and calcium

Millet

- gluten-free
- provides structure to flat breads, bread, pizza and muffins
- provides protein
- easy to digest
- sweet, buttery, cornmeal-like flavor

Oat

- low-gluten or gluten-free depending upon the factory in which it is processed
- add to cookies and pie crusts (doesn't rise well, so don't use 100% substitution)
- use in soups and sauces for a dairy-free, milk-like base
- has a sweet taste
- contains antioxidants that help baked goods retain freshness

Quinoa

- gluten-free
- use in bread or try 50 percent in cake recipes, replace 100 percent in pancakes, crepes, muffins, crackers and cookies
- contains twice the protein of corn or rice
- dry-roast to enhance its flavor

Teff

- gluten-free
- use to thicken stews, soups and sauces
- makes breads, pancakes and waffles
- sweet, malty flavor

Whole-wheat

- high-gluten
- can be used as an all-purpose flour
- more nutritious than white, so an ideal 100 percent substitute

Whole-wheat pastry

- less gluten than whole-wheat flour
- try a 50/50 mix with unbleached white flour
- absorbs less water than white, so it tends to crumble more easily