

Top 10 Gluten Free Recipes
(Plus 2 Bonus Recipes)
From Gluten Free Cooking School

Hello -

My name is Mary Frances. I am a gluten free cook and blogger at www.glutenfreecookingschool.com. My husband was diagnosed with Celiac disease several years ago, and not long after that I found out that I had a wheat allergy. So, as you can probably guess, we've been eating a gluten free diet for several years.

I have always loved to cook and have been doing it for nearly as long as I can remember. Since learning that we needed to eat a gluten free diet, I have enjoyed the challenge of cooking healthy, delicious food that we can all eat. After cooking gluten free for a couple of years, I decided to start my blog to help other people who are trying to eat and cook gluten free.

Over the past several years my blog has gotten a tremendous amount of traffic and readers. I have taken our top 10 most popular recipes of all time and put them together in this ebook in the hope that it will help you as you cook your own gluten free food.

I've included the original URL for each recipe, and if you have any questions about cooking it, click the URL and read through the comments on my blog. Chances are good that someone else has had that same question and has found a solution to it already.

If you haven't yet, make sure to sign up for my gluten free newsletter at my blog. You'll get all of my latest recipes and cooking lessons, as well as information about sales and promotions for gluten free products.

- Mary Frances

<http://www.glutenfreecookingschool.com/>

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Really Good Sandwich Bread

After years of eating dry, cakey store-bought gluten free bread, I finally decided to figure out how to bake my own. Several experiments later, I came up with this great recipe. We've tried lots and lots of variations of it over the years, but this is still our favorite.

<http://www.glutenfreecookingschool.com/archives/finally-really-good-sandwich-bread/>

Ingredients:

- 1 Tbsp. active dry yeast
- 1 Tbsp. sugar
- 1 ½ c. water (105 degrees or a little less than hot)
- 2 ½ c. Gluten Free All Purpose Flour Mix (Page 14)
- 2 tsp. xanthan gum
- 1 tsp. salt
- 3 eggs
- 1 ½ Tbsp. oil
- 1 tsp. cider vinegar

Cooking Directions:

Combine the yeast and sugar in a small bowl. Add water while gently stirring the yeast and sugar. Let yeast mixture sit to “proof” while mixing the remaining ingredients – bubbles and foam should form in the yeast mixture. Combine the flour mix, xanthan gum and salt in a large mixing bowl and stir well. In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy. Pour yeast and egg mixtures into the flour and mix with a hand or stand mixer for 3 to 5 minutes.

Oven Directions: Scoop the dough into a greased loaf pan and set in a warm area to rise. When the dough has risen within an inch of the top of the pan, bake in a 375 degree oven for 50 -60 minutes.

Bread Machine Directions: Scoop the dough into the bread machine pan and bake on a setting that lets the bread rise for approximately 20 minutes and bake for 60 minutes. You do not have to use the mixer blade since the dough has been premixed.

Light and Fluffy Gluten Free Biscuits (*Yield: 16 biscuits*)

My husband loves to eat biscuits with soups and stew. We also enjoy these for breakfast with some butter and jelly. Yum!

<http://www.glutenfreecookingschool.com/archives/light-and-fluffy-gluten-free-biscuits/>

Ingredients:

- 1 1/2 c. brown rice flour
- 2 c. corn starch*
- 1/2 c. soy flour or sorghum flour
- 2 tsp. baking powder
- 2 tsp. salt
- 1 1/2 tsp. baking soda
- 2 tsp. xanthan gum
- 1 stick of butter* (chilled in the freezer)
- 1 1/4 c. soy milk*
- 1 1/4 c. water
- 1 Tbsp. cider vinegar*
- 1 egg, beaten (or the equivalent amount of your favorite egg replacement)

Cooking Directions:

Preheat oven to 350 degrees F. In a large mixing bowl thoroughly combine the flours, baking powder, salt, baking soda, and xanthan gum. Grate the butter into the flour using the small holed side of a box grater. Mix the butter into the flour so there are no large balls of butter. Add the soy milk, water, vinegar and beaten egg to the flour and stir until combined. Using a large spoon, drop the dough onto a greased pan to make 16 biscuits. Bake at 350 degrees for 15 minutes or until golden brown.

***Cook's Notes:**

- 1) Potato starch or tapioca flour may be substituted for the cornstarch.
- 2) 1 stick of butter = 8 Tbsp. = 1/2 c. = 1/4 lb. = 115 grams. Earth Balance Buttery Sticks are gluten and dairy free and should work to make this recipe casein free. Grating the butter significantly decreases prep time.
- 3) If vegan or dairy free is not a concern, 1 c. buttermilk may be used in place of the soy milk and vinegar. For those allergic to soy, try using usual milk substitute and keep the vinegar in the recipe.

Gluten Free Pancakes *(Yield: 12 pancakes)*

This is one of our favorite Saturday morning recipes. If you have any left over, you can stick them in the freezer and reheat them later in the week.

<http://www.glutenfreecookingschool.com/archives/saturday-morning-pancakes/>

Ingredients:

2 1/3 c. Gluten Free All Purpose Flour Mix Recipe (Page 14)
2 Tbsp. sugar
2 tsp. baking powder
1/2 tsp. salt
1 1/2 c. soy milk (or cow's milk)
3 Tbsp butter, melted (or canola oil)
2 eggs, beaten (or 6 Tbsp. water and 2 Tbsp. ground flax seed)
1/2 tsp. vanilla

Cooking Directions:

Combine the first four ingredients in a large mixing bowl, stirring to mix. Crack the eggs into a separate bowl and whisk until well beaten. Add milk, butter and vanilla to the eggs and whisk again; pour into flour mixture and stir until combined - a wooden spoon works well. Stir the batter until all of the flour is mixed in. This should just take a few seconds - the batter will be lumpy and that is okay. Set batter aside and heat the griddle.

Put a teaspoon of butter on griddle or non-stick skillet and heat on medium. Once the butter has melted, use a spatula to spread the butter over the entire surface of the skillet to keep the pancakes from sticking.

With a 1/4 measuring cup, dip the batter out of the bowl and pour onto griddle or skillet. Let the pancakes cook until bubbles begin popping in the middle of them. Then flip pancakes immediately and cook for a minute or two on the second side. Remove from griddle and slip them onto a plate in a 200 degree oven. Put some more butter on the griddle continue cooking the remainder of the pancake batter.

Cooking Tips:

Adding melted butter to the other ingredients - If the butter is too hot, it may cook the eggs. If the milk and eggs are super cold, then the butter may solidify. The best solution is to have all ingredients at room temperature. A quick and easier option is substitute canola oil for the butter.

If the pancakes are browning too fast and turning out darker than you like, or if the butter in the skillet is turning brown, turn the heat down. After the first batch, the heat can be turned down to medium low or you may even want to remove the skillet from the burner for a few minutes and let it cool down.

To determine if pancakes are done, use the corner of the spatula to make a small slice in the middle of the pancake and gently press down; if batter oozes out, keep cooking.

Double Chocolate Brownies

I admit it. I have a bit of a sweet tooth. After being gluten free for a while, the total lack of sweet snacks began to get to me. So I came up with this recipe.

=)

<http://www.glutenfreecookingschool.com/archives/double-chocolate-brownies/>

Ingredients:

2 c. Gluten Free All Purpose Flour Mix (Page 14)

2 c. sugar

1 Tbsp. baking powder

1 tsp. salt

1 tsp. xanthan gum

6 Tbsp. cocoa

1 c. semi-sweet chocolate chips

4 eggs

1 c. vegetable oil

1/2 c. water

1 tsp. vanilla extract

Cooking Directions:

Preheat oven to 350 degrees F. Combine and mix all of the dry ingredients in a large mixing bowl. Beat the eggs thoroughly and then add the eggs and other liquid ingredients to flour mixture. Stir until just combined and pour into a greased 13" x 9" baking dish. Bake for approximately 55 minutes, or until the brownies do not wiggle in the middle and a toothpick or fork inserted in the middle comes out clean.

Fresh Blueberry Scones

This is another one of our favorite weekend breakfast recipes. We usually do blueberry scones, but you can substitute your own fruit in if you wish. We've done pumpkin, sweet potato and raisin scones in the past.

<http://www.glutenfreecookingschool.com/archives/blueberry-scones-gluten-free-casein-free/>

Ingredients:

2 c. All Purpose Gluten Free, Soy Free Flour Mix (Page 15)
1/3 c. sugar
1 Tbsp. baking powder
1 tsp. xanthan gum
1/2 tsp. salt
6 Tbsp. vegetable shortening
1 large egg, beaten
1/2 c. soy or rice milk
1/2 c. frozen blueberries
Cinnamon Sugar

Cooking Directions:

Preheat oven to 350 degrees F. Mix all of the dry ingredients in a large mixing bowl. Cut the vegetable shortening (or vegan butter) into the dry ingredients until the largest crumbs are the size of peas. Add the egg and milk to the dry ingredients, and mix until thoroughly combined. Fold the blueberries into the dough and knead a few times so berries are evenly distributed. Cut dough into wedges and place on a lightly greased baking sheet. Drizzle melted butter over the top and sprinkle with Cinnamon Sugar. Bake at 350 degrees for approximately 20 minutes.

Gluten Free Flour Tortillas (Yield: 8 tortillas, gluten and casein free)

It's not too hard to find crispy corn taco shells for Mexican meals, but sometimes you want something a bit more substantial. These tortillas work great for fajitas and quesadillas, and you can also use them like pita bread, and put some tuna salad in them.

<http://www.glutenfreecookingschool.com/archives/gluten-free-casein-free-flour-tortillas/>

Ingredients:

2 c. Gluten Free All-Purpose Flour Mix (Page 14)
1 1/2 tsp. xanthan gum
2 tsp. sugar
1 tsp. salt
1 c. warm water

Cooking Directions:

Add dry ingredients to a large mixing bowl and mix thoroughly by hand. Add warm water and mix by hand until dry ingredients are no longer dry. Keep mixing a minute longer. Separate the dough into 8 pieces and roll each piece into a ball. Place all but one of the dough balls back into the bowl and cover with plastic wrap until needed.

Sprinkle a clean, flat surface with a bit of rice flour and then roll the dough into a circular shape, as thin as possible. Warm a griddle on medium heat with a small amount of shortening or oil. Place the tortilla onto the griddle and let cook approximately 1 minute - or until it has started puffing up and the bottom side is developing brown spots. Flip the tortilla and cook the other side until toasty.

Slide the cooked tortilla onto a waiting plate. Repeat to cook remaining tortillas.

Gluten Free Sugar Cookies

Sweet tooth, again. =) These are great around the holidays.

<http://www.glutenfreecookingschool.com/archives/gluten-free-sugar-cookies/>

Ingredients:

1 c. sugar
1 c. butter (2 sticks)
1 egg
2 1/2 c. Gluten Free Flour All Purpose Flour Mix (Page 14)
1 tsp. baking soda
1/4 tsp. cinnamon (optional)

Cooking Directions:

Preheat oven to 425 degrees F. With mixer, cream together the sugar and butter. (If you barely cream the butter and sugar then the cookies will spread less). With mixer still on medium speed, add egg and mix well. Sift together the flour mix, baking soda and cinnamon; add to the batter and mix well.

Shape dough into a ball and place between two sheets of lightly floured wax paper. Flatten the ball a bit, and then roll out the dough until it is 1/8 inch thick. Move the rolled out dough to the refrigerator and chill for 15 minutes. Take from refrigerator and remove the top layer of wax paper and cut out cookies with a cookie cutter. Place on a greased sheet pan. Sprinkle with sugar and bake at 425 degrees for 8 minutes.

Gluten Free Red Velvet Cake

I baked this for my birthday a couple of years ago and it was a big hit. I even took the last few pieces to the office and my co-workers never guessed it was gluten free.

<http://www.glutenfreecookingschool.com/archives/gluten-free-red-velvet-cake/>

Ingredients:

1 3/4 c. canola oil
1 1/2 c. sugar
2 eggs, beaten (*room temp*)
1 c. brown rice flour
3/4 c. sorghum flour
3/4 c. tapioca starch
1 tsp. baking soda
1 tsp. xanthan gum
1/4 tsp. salt
1 c. buttermilk (or 1 Tbsp cider vinegar and 1 c. milk substitute)
1 tsp. vanilla
1 oz. red food coloring (*this is one of the McCormick bottles*)
1 Tbsp. Cocoa

Cream Cheese Frosting:

1 box confectioner's sugar
8 oz. cream cheese (can sub vegan cream cheese)
1 stick butter (*room temp*)
1 c. chopped nuts (*optional*)
1 tsp vanilla

Cooking Directions:

Preheat oven to 350 degrees F. Use a mixer to cream oil and sugar. With the mixer still going, add one egg at a time and beat until the eggs are thoroughly incorporated. (*This step creates an emulsion that holds the batter together.*)

Sift or whisk all of the dry ingredients together in a separate bowl. Add the flour to the oil and sugar mixture in four parts. Alternate the flour with the buttermilk, beginning and ending with dry ingredients mixing completely with each addition. *(If you were to start with the liquids the emulsion would break.)*

Make a paste of the cocoa, red food coloring, and vanilla and gently stir into the batter. Pour the batter into two greased and floured round cake pans. Bake at 350 degrees F for approximately 25 minutes. (A toothpick inserted into the middle of the cake should come out clean when the cake is done.) When the cakes have cooled completely, frost with Cream Cheese Frosting.

Frosting Instructions:

Cream together sugar, cream cheese, and butter. Mix in the vanilla and chopped nuts. Spread over cooled cake.

Gluten Free Pizza Dough (*Yield: 8 large slices*)

One of our Saturday night traditions in the fall is to put the kids to bed, make some gluten free pizza and sit down to watch some college football. We've tried lots of different toppings, but I think our favorite may be just plain old cheese pizza.

<http://www.glutenfreecookingschool.com/archives/rolling-in-dough-homemade-pizza-crust/>

Ingredients:

- 1 Tbsp. Yeast
- 1 1/3 c. milk (soy, cow or rice)
- 1 tsp. sugar
- 2 1/3 c. Gluten Free All Purpose Flour Mix (Page 14)
- 2 tsp. xanthum gum
- 1 tsp salt
- 2 tsp. olive oil
- 2 tsp. cider vinegar

Cooking Instructions:

Put pizza stone into oven and preheat oven to 400 degrees F. Warm milk in the microwave; combine with sugar and yeast in a small mixing bowl. Let yeast mixture stand to "proof" while preparing dry ingredients. Combine the flour mix, salt and xanthan gum.

Add oil and vinegar to the yeast mixture (which should have air bubbles) and then add liquid ingredients into the flour mixture and mix well with your hands. Place the dough onto a heavily floured rolling board and knead the dough for several minutes, working in the flour until dough is pliable and not sticky. Roll the dough out into a circle that is approximately 1/8" thick.

Move the crust to the hot pizza stone and bake at 400 degrees until the top of the crust gets just a hint of color. Remove from the oven. Add toppings and return to oven to bake until toppings look well done (cheese starts to brown).

Gluten Free All Purpose Flour Mix

This is the flour mix that I use in nearly all of my recipes. If you're ready to start experimenting in making your own gluten free recipes, try starting with a normal recipe, and sub in this flour mix for the regular all purpose flour. A bit of xanthan gum may be necessary too.

<http://www.glutenfreecookingschool.com/archives/gluten-free-all-purpose-flour-mix/>

Ingredients:

3 parts brown rice flour (*Bob's Red Mill recommended*)
3 parts corn starch
2 parts soy flour
1 part masa harina

Instructions:

Combine all the ingredients in a large bowl and mix thoroughly, making sure there are no clumps or streaks of individual flours. Transfer the flour to a canister or other storage container. Store in an air-tight container in your pantry, refrigerator, or freezer; the colder the storage area, the longer the shelf life of the flours.

Common Substitutions:

For corn starch: tapioca starch (also called tapioca flour), potato starch or arrowroot flour

For the soy flour: Fava/Garbanzo flour

For the masa harina: almond flour

All-Purpose Gluten Free, Soy Free Flour Mix

Those of you who have soy allergies as well can use this flour mix instead. It's soy free and very nearly as good as my regular gluten free flour mix.

<http://www.glutenfreecookingschool.com/archives/gluten-free-soy-free-all-purpose-flour-mix/>

Ingredients:

3 parts brown rice flour
3 parts cornstarch
2 parts sorghum flour
1 part masa harina or corn flour

Instructions:

Combine all the ingredients in a large bowl and mix thoroughly, making sure there are no clumps or streaks of individual flours. Transfer the flour to a canister or other storage container. Store in an air-tight container in your pantry, refrigerator, or freezer; the colder the storage area, the longer the shelf life of the flours.

Common Substitutions:

For corn starch: tapioca starch (also called tapioca flour), potato starch or arrowroot flour

For the masa harina: almond flour

Gluten Free Cake Flour Mix

If you want to try your hand at baking a gluten free cake, try this mix. I've used it in several different types of cakes and have always been pleased with the result.

<http://www.glutenfreecookingschool.com/archives/gluten-free-all-purpose-flour-mixes/> (3rd recipe in the post)

Ingredients:

1 part brown rice flour
1 part sorghum flour
1 part tapioca starch

Instructions:

Combine all the ingredients in a large bowl and mix thoroughly, making sure there are no clumps or streaks of individual flours. Transfer the flour to a canister or other storage container. Store in an air-tight container in your pantry, refrigerator, or freezer; the colder the storage area, the longer the shelf life of the flours.