

Hello! Welcome back for the second video in the Joy of Gluten Free Baking video series.. I'm Mary Frances with Gluten Free Cooking School and I'm so happy to back with you again today. First off, thank you for all of your comments on the first video. I've loved seeing what recipes you're wanting to share with your family again.

You know, I feel like I'm re-living the early part of my gluten free journey when I read them. You have that same desire to be back in a place where the gluten free part of your life is not standing in your way and distracting everyone from the love and the bonds that you're building through food.

I learned something while I was reading through all of your messages and comments. I learned that I have a remarkable group of readers who love their family, and understand how important good food is in holding relationships together and that you will not settle. You will not let gluten free ruin that for you.

You will find a way to move forward and get back to the kind of cook that you were before, no matter what it takes. I am so excited about that. I'm excited for you, and I'm excited for all of us as a group because we can make that happen so much more powerfully when we're working and learning together.

In my first video I shared a story that I thought would probably be familiar to you. - The story of how I grew up with a grandmother who was an amazing cook. Who showed her love for all of us by making our favorite foods and including us in the kitchen. and how by the time that I married, being able to cook and bake for my family was a part of who I was too.

When my husband found out that he had celiac. I was faced with a decision. I could abandon all of my hopes and dreams of making the recipes that were important to him, or I could figure out how to make them gluten free. Well you know which decision I made.

From reading your comments I know that you are somewhere on that same path. No matter how badly your recipes have gone so far, no matter what challenges you're facing besides being gluten free, you have what it takes to make your dreams come true.

You have the burning desire and the determination that is going to carry you through any rough spots. If all you have is that burning desire, that's enough to get started.

In the last video I told you after a few years of being gluten free I had an "aha moment" It truly was like a lightbulb. I had been making biscuits that were "good enough for what they were" for a couple of years. But these biscuits were different. They were phenomenal. They were as good as any biscuit that I'd ever had....and I'd had a few.

This was the confirmation that I needed. the confirmation that my goals were not out of reach. confirmation that I could create gluten free recipes that were just as good or better than the originals. In this video I will share some of the takeaways from that moment that have driven my recipe creation for the past six years and allowed me to fulfill every single request that my family has made for a gluten free recipe.

But before we talk about that, let's take a moment to get our bearings. It's easy to become focused in on the details of gluten free cooking and lose sight of the overall landscape.

There are two aspects to food...food feeds your body and food feeds your soul.

You may have never thought about it that way, but think of all the emotional connections we have with food. You eat with the people you love the most. When families or friends get together, they sit and eat a meal. They enjoy each other's company more because they're eating together. There's more to food than just the physical, bodily aspect.

When you find out that you need to eat gluten free, it's almost always for physical reasons. Your focus as you eliminate gluten is on feeding your body. That's not a bad thing. It's a great thing. It's completely necessary. If your body is sick because of gluten, you have to heal your body. But this physical focus often leads to ignoring the other aspect of food - feeding your soul.

If gluten free food doesn't feed your soul, then you're going to be miserable. You and your family need to have gluten free food that tastes good. You NEED to be able to sit down and eat together with friends and family. You need to be able to make special foods for holidays and birthdays,.

If you're not able to do those things with gluten free foods, then you're going to eat gluten. You're going to harm your body because you neglected the feeding of your soul. If we take care of feeding the soul first, then you'll enjoy the gluten free diet, you'll stay on it, you'll start to feel better, and then you'll have a foundation for making further improvements to your diet.

So what does this mean for you? It means that if your family has gone gluten free, then one of your utmost priorities needs to be making sure that being gluten free is not ripping the fabric of your relationships apart. That it's not robbing your family of the experiences that will bind you together. It means that you need to reclaim your family's favorite recipes and reclaim the joy of food.

Having said that, I want to take a minute to quickly respond to a customer email. I know from my teaching experience that if one person asks a question, there are usually 10 more people that have the same question but didn't ask. And this one email addresses issues that many of you mentioned as one of your top two frustrations, so I know that hundreds if not thousands of you are wanting to hear the answer

Bonnie writes: "Funny, because I "was" the accomplished baker before having to go gluten free. What keeps me from baking much now is that no matter what I do, bread will never taste as good as wheat. My husband won't eat any GF breads I bake. He is not gluten intolerant and thinks it all tastes terrible. "

Bonnie, first off thank you so much for being open and honest and vulnerable about what you're experiencing because I know from reading the other emails that many, many people are going through the same things. You brought up several really important issues succinctly, thus giving me an opportunity to address them succinctly too.

The first thing that I hear you saying is that you don't believe that gluten free foods can be as good as wheat foods. Unfortunately, that is a very widely held belief because it's very common for people to experience a lot of gluten free failures. The truth is, that if people

are not saying “this is the best that I’ve ever eaten” when they eat your gluten free food, then there is potential that is still yet to be realized. There is nothing inherently inferior about gluten-free grains. They are not wheat; they will never be wheat; but they can be used to create foods that taste just as good if not better, than the foods that we used to make with wheat.

So, if there’s nothing inherently inferior with out gluten free ingredients, then you be thinking that the fault is with you. And that’s not true either. There is absolutely nothing wrong with your skills as a baker. It’s just that those skills aren’t all the skills that we need in ordered to be a good gluten free baker.

Here’s the deal. When we were baking with wheat, we were baking with recipes that, in many cases, had been developed and perfected centuries ago and then handed down through generations. We had family members to stand beside us and teach us what the dough should look like and tell us what mistakes not to make. But now, we’re in a whole different world, and we need an additional set of skills in order to bake well in it. When we tweaked wheat recipes, that was like redecorating a room. Converting a wheat recipe to gluten free ingredients is like redoing the foundation of the house and moving load-bearing walls. It’s totally doable, you just need some additional skills and we’ll address one of those later in today’s video.

The third thing that you need to know is that your husband is not the only one that’s refusing to eat any more gluten free breads. I looked back at the other emails and quickly found tow more that I want to share, just to show you that you’re experience is not unusual.

"1: [When I first started baking gluten free my husband didn't like it, so now he won't even try it. I have just backed off trying. I need some real successful results so he will trust my stuff again.](#)"

2. My non-GF family members don't always like my gluten free stuff compared to what I used to make, so to buy double ingredients to please everyone is too expensive--I make their stuff and go without.

This. This is the brokenness that going gluten free can create and this is what we have to be absolutely determined to overcome. We have a mama who’s leaving herself out, just so her family can keep having the foods that feed their souls. . We have husband who is being honest (which couldn’t have been easy) and telling their wife that the food that she’s preparing just isn’t good enough to eat. And, I know that hearing that had to feel like someone was stabbing a knife into your heart. Please don’t settle for where you are at. Believe that there is a way to make gluten free good - that you can get back to a place where you can share good food with your family.

Now let’s get into the two takeaways from my “aha” moment.

First. Mistakes are good. I know that sounds crazy. You’re probably thinking, “But Mary, i’ve made lots of mistakes and they haven’t helped me a bit” The difference with my mistake - and this is the key - is that I knew exactly what mistake I made. And since I knew exactly what mistake, I knew why my biscuits were suddenly so much better.

The obvious next question is “How can I know exactly what mistake I’m making”, and the answer is: You must measure everything accurately and take detailed notes. For example, when I make a loaf of bread, I measure all of my ingredients with a digital scale. I use thermometers to measure the temperatures of the room, and oven and bread . And I use clocks and timers to measure how long my bread takes to rise and how long I baked it. I keep a notebook in the kitchen and record everything that I do and the results that I get. Then, when I get a result that I’m not expecting - whether it was on purpose or not - I can look back at all of my notes and figure out what caused the difference.

Now, I know some of you are going to hate the idea of this. Your grandmother and your grandmother’s grandmother all made biscuits and bread without measuring anything and by golly, you’re going to do it that way too. But remember, we’re in a totally different world of baking now. If you take the time to measure everything you do, you’ll reduce your chances of failure and you’ll learn faster.

The second takeaway is: “There is no magic flour mix. I know you really want one. It seems like it would make life so much easier. But the reality is, there’s not even just one wheat flour that works perfectly for every recipe. The difference is magnified greatly in gluten free baking. The “mistake” that I made with my biscuits was to increase the amount of one flour and decrease the amount of another. I didn’t even change the kinds of flours. And the great thing about this, is that choosing the flours based on the recipe lets you get the amazing results that you’re used to and that you just can’t get with a box mix. I can tweak any ingredient in my recipe to get the results that I want. And it’s really not difficult at all, especially when you’re starting from a “master recipe” that you know gives good results. Start today by taking an inventory of the flours that you have in your pantry. A good starting point is to have one grain flour, one bean flour, one starch flour and either xanthan gum or guar gum.

This week I had the chance to chat with one of my students, and I asked her to share with you how she reclaimed the joy of food for her family after she was diagnosed with celiac disease.

<I don’t have a transcript of the testimonial. If you’d like to watch it, then it begins at 13:59. Victoria is just a lovely person and I think you’ll really enjoy hearing what she has to say. The testimonial is given in English and ASL.>

Now it’s time to take action. What have you heard in this video that resonated with you? What one action will you take today? Will you get a notebook for your kitchen? Order a digital scale? Or maybe restock your flours? When we’re starting something new. Something that may seem daunting; it’s important to state our intentions out loud - to share them someone. Use the comment box below this video to let me know what your first action step will be.