

GLUTEN FREE FLOUR MIXES

Thanks to a lot of hard-working and clever cooks and bloggers, there are a large number of gluten free flour mix recipes floating around. Here's a list of all I've found online and in recipe books with a few tips from these sources, friends, relatives, personal research and experience. Everybody has their favourite mix for different baking or cooking purposes, so start experimenting and see what works best for you!

THANK HEAVENS' ALL PURPOSE MIX

- * 200g / 7oz finely ground white rice flour
- * 100g / 3.5oz buckwheat flour
- * 100g / 3.5oz sorghum flour
- * 300g / 10.6oz potato starch
- * 300g / 10.6oz tapioca flour
- * 50g / 1.76oz non-fat dry milk powder (can be dropped for a dairy free option)
- * 10g / 0.35oz xanthan gum

MICHAEL McCAMLEY'S ALL PURPOSE MIX

- * 250g/ 9oz of sorghum flour or brown rice flour
- * 250g/ 9oz tapioca flour
- * 100g/ 3½ oz almond flour
- * 1 tsp xanthan gum

ROBYN RUSSELL'S ALL PURPOSE MIX

- * 2 cups white rice flour
- * ⅔ cup potato starch
- * ⅓ cup tapioca flour

SILVANA'S KITCHEN ALL PURPOSE MIX

- * 6 cups white rice flour
- * 3 cups tapioca flour
- * 1½ cups potato starch
- * 2 tbs xanthan gum
- * 1 tbs salt

EAT WELL LIVE WELL'S ALL PURPOSE MIX 1

- * 6 parts rice flour
- * 2 parts potato flour
- * 1 part tapioca flour

EAT WELL LIVE WELL'S ALL PURPOSE MIX 2

- * 2 parts soy flour
- * 1 parts rice flour
- * 1 part potato flour

EAT WELL LIVE WELL'S ALL PURPOSE MIX 3

- * 4 parts soy flour
- * 4 parts potato flour
- * 1 part rice flour
- * 1 part glutinous rice flour

GLUTEN FREE ON A SHOESTRING'S MOCK CUP4CUP ALL PURPOSE MIX

- * 180g superfine white rice flour (31%)
- * 145g cornstarch (25%)
- * 85g tapioca starch/flour (15%)
- * 80g superfine brown rice flour (14%)
- * 60g non-fat dry milk (10%)
- * 20g potato starch (3%)
- * 10g xanthan gum (2%)



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GLUTEN FREE ON A SHOESTRING'S MOCK BETTER BATTER MIX

- * 160g superfine white rice flour (30%)
- * 160g superfine brown rice flour (30%)
- * 80g tapioca starch/flour (15%)
- * 80g potato starch (15%)
- * 20g potato flour (5%)
- * 18g xanthan gum (3%)
- * 8g pure powdered pectin (no calcium) (2%)

GLUTEN FREE ON A SHOESTRING'S BETTER THAN CUP4CUP MIX

- * 174g white rice flour (31%)
- * 101g cornstarch (18%)
- * 95g brown rice flour (17%)
- * 84g tapioca starch (15%)
- * 78g non-fat dry milk (14%)
- * 17g potato starch (3%)
- * 11g xanthan gum (2%)

GLUTEN FREE ON A SHOESTRING'S BASIC MIX (XANTHAN GUM FREE)

- * 370g white rice flour (66%)
- * 123g potato starch (22%)
- * 67g tapioca starch (12%)
- * add 1 tsp xanthan gum to this flour mix for baking cakes and biscuits, or use without xanthan gum for white/cheese sauce

GRAIN MILL WAGON'S MIX

- * 200g certified GF oat flour
- * 100g millet flour
- * 100g buckwheat flour
- * 300g potato starch
- * 300g tapioca flour

GLUTEN FREE GIRL AND THE CHEF'S MIX 1

- * 200g sorghum flour
- * 200g millet flour
- * 300g sweet rice flour
- * 300g potato starch

WHAT'S COOKING'S CAKE FLOUR MIX

- * 3 cups fine ground brown rice flour
- * 1 cup potato starch (not potato flour)
- * ½ cup tapioca flour
- * 1¼ tsp guar gum OR xanthan gum

MICHAEL McCAMLEY'S CAKE FLOUR MIX

- * 250g / 9oz brown rice flour
- * 250g / 9oz sorghum flour
- * 250g / 9oz tapioca flour

GLUTEN FREE RECIPE BOX'S CAKE FLOUR MIX 1

- * 1¼ cup superfine white rice flour
- * ¾ cup potato starch
- * ½ cup sorghum or oat flour
- * ¼ cup superfine brown rice flour
- * 2 tsp baking soda
- * 2 tsp gluten free baking powder
- * 2 tsp xanthan gum

GLUTEN FREE RECIPE BOX'S CAKE FLOUR MIX 2

- * 1¼ cup / 300ml sorghum flour
- * ⅔ cup / 150ml amaranth flour
- * ⅔ cup / 150ml brown rice flour
- * ¼ cup / 50ml quinoa flour
- * 2 tbs / 25ml potato starch
- * 2 tbs / 25ml tapioca starch
- * ¾ tsp / 4ml xanthan gum
- * ¾ tsp / 4ml salt

BUEN PROVECHO ENJOY YOUR FOOD GLUTEN FREE'S CAKE FLOUR MIX

- * 1 cup brown rice flour
- * ½ cup ground arrowroot or cornstarch
- * ½ cup sweet potato flour
- * ⅔ cup potato starch
- * ⅓ cup tapioca starch
- * 1 tbs potato flour
- * 1 ½ tsp xanthan gum



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GLUTEN FREE DESSERT BIBLE MIX

- * 2 cups rice flour
- * 1/3 cup soy flour (or besan flour)
- * 1/3 cup corn flour
- * 1/3 cup potato flour (or tapioca flour)

TIPS & VARIATIONS

- * For Self Raising flour, add 1 1/2 - 2 tsp GF baking powder for every 1 cup of your all purpose flour mix
- * When converting recipes with wheat flour to become gluten free, always use weight rather than volume measurements, with 1 cup flour = 140g gluten free flour
- * Rice flour is often a very coarse grain that can be noticeable in baking, so always use the finest grain for rice flour if you're not after that coarse texture
- * *Gluten Free on a Shoestring* have taken the hard work out of quantity percentages etc for their special all purpose gluten free flour blend, by providing the following guidelines to make 140g (1 cup) of flour. NB: SF = superfine. For even greater ease of use, check out the GFOAS website for a clever downloadable Excel spreadsheet that works out the calculations for you! For information on the best recipes to use the different Gluten Free on a Shoestring flour mixes, check out The Food Werewolf Pinterest recipes page where I've repinned the recipes from this clever gluten free baker for each of the mixes

30% BRF = 30% (or 0.30) x 140g = 42g SF Brown Rice Flour
30% WRF = 30% (or 0.30) x 140g = 42g SF White Rice Flour
15% TS/F = 15% (or 0.15) x 140g = 21g Tapioca Starch/Flour
15% PS = 15% (or 0.15) x 140g = 21g Potato Starch
5% PF = 5% (or 0.05) x 140g = 7g Potato Flour
3% XG = 3% (or 0.03) x 140g = 4g Xanthan Gum
2% PPP = 2% (or 0.02) x 140g = 3g Pure Powdered Pectin

MAKE YOUR OWN BAKING POWDER

- * 2 parts Cream of Tartar
- * 1 part Bicarbonate of Soda

WHERE TO SOURCE INGREDIENTS FOR YOUR MIX?

As usual, I strongly recommend organic products wherever possible. For particular brands or bulk buying options, see Products Recommendations.

SOURCES

Click on the links below to visit source websites

- * *Thank Heavens: The Gluten Free Lifesaver*
- * *Gluten Free Baking by Michael McCamley*
- * *Buen Provecho Enjoy Your Food Gluten Free*
- * *Gluten Free and Easy*
- * *Silvanas Kitchen*
- * *Eat Well Live Well*
- * *Gluten Free on a Shoestring*
- * *Grain Mill Wagon*
- * *Gluten Free Girl and the Chef*
- * *What's Cooking*
- * *Gluten Free Recipe Box*
- * *Gluten Free Dessert Bible by Fiona Hammond*
- * *Gluten Free Goddess*

