

LEADING THE WAY TO A HAPPY, HEALTHY GLUTEN-FREE LIFE

Gluten-Free LIVING™

Cookies!!!

Home baked to ready made



9 Amazing Apple Recipes

Soup to stuffing,
muffins to muesli

GF Athletes
BETTER, FASTER, STRONGER!

Elisabeth Hasselbeck's GF VIEW

Do you EVER have to worry about gluten in oil?

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Cookie tips

We asked gluten-free cookie experts Roben Ryberg, author of *The Ultimate Gluten-Free Cookie Book*, Elana Amsterdam, author of *The Gluten-Free Almond Flour Cookbook* and the blog *Elana's Pantry*, and Jules Shepard, owner of Jules' All Purpose Gluten-Free Flour Company and author of *The Nearly Normal Cooking for Gluten-Free Eating*, to share tips for success. (And a few comments on cookie flops.)

Here's what they said:



Ryberg Follow recipes exactly as substitutions can change the outcome. Recipe writers have often spent years getting things right.

While overbeating causes problems in wheat flour recipes, purposely overbeating recipes that contain xanthan gum will prevent your cookies from spreading out too much.

Weigh ingredients instead of using measuring cups. You can get a digital scale for less than \$20. If you cannot weigh ingredients, try not to pack them down into the measuring cup.

The thought of a cookie recipe that does not include butter might seem odd. But butter is not essential to baking a good cookie. (Most of Ryberg's recipes use oil instead.)

For cookies cut out with a cookie cutter, always refrigerate the dough.



Amsterdam For all cookies it is important that your oven is properly calibrated to the correct temperature. You can buy a separate oven thermometer to determine what the real temperature is. If, for example, your thermometer consistently shows a temperature 25 degrees higher than the 350 degrees you selected on the oven dial, you can adjust by setting the oven to 325 degrees. Follow the directions that come with the oven thermometer for exact steps you should take.

Use recommended ingredients and brands (if noted) in a recipe.

Chocolate chip cookies made with dark chocolate and high protein almond flour are a healthy treat.

You can make cookies with a single flour, such as almond flour, without using xanthan or guar gum.

The one sure way to ruin a gluten-free cookie is to not follow the recipe.



Shepard Make your cookie dough, then put it in the refrigerator for a few hours—or overnight.

Always use parchment paper on your baking sheet. Place the cookie sheet and cooling rack at the same level, then slide the paper with the cookies on it to the cooling rack. This way the cookies won't break.

Parchment paper also absorbs some of the oil in cookies.

Gluten-free cookies don't brown as well as gluten-containing cookies. Make sure you do not overcook them in an attempt to get them to brown more. Take chocolate chip cookies out of the oven when they still look a little doughy in the middle. They will continue baking as they cool.

Don't put too many chocolate chips in your chocolate chip cookies or they will fall apart. Also don't add chocolate chips to a cookie recipe in an attempt to cover up the taste of the flour. Gluten-free flour should not taste bad. Find a flour that makes a cookie with a taste you like.

If you are looking for gluten-free cookie recipes or have one that you would like to share, look for the GLUTEN-FREE COOKIE SWAP on Facebook. You can search for recipes by clicking on the photo link.