Gluten Free Baking
 by Sharolyn Dihigo

Preface
Before I am judged too harshly for posting these recipes, let me give you a little more information. To me, these recipes were the ones that required the most work and the most trial and error, and testing to see what would actually hold together without the gluten.

These recipes are some of my favorites, but by no means do I eat them all the time! Chocolate chip cookies were my first recipe to convert to gluten free (GF), because, yes, they are my favorite! I had worked for years perfecting the perfect crispy on the outside, chewy on the inside chocolate chip cookie, before I became allergic to wheat! Yes, anaphylactic allergic – as in no cheating ever allergic!

And those of you who know me, I am a Southern girl born and raised in the great state of Texas. With that, it means I grew up on chicken fried steak, steak fingers, and everything that was fried, of course. I have successfully recreated some of those favorites as well. I have learned many recipes can quickly be converted to gluten free by using oatmeal flour or rice flour. Chicken fried steak, fried chicken, chicken tenders, etc can be coated in rice flour which holds up nicely when pan fried.

A lot of cake and cookie recipes can be made with the substitution of oatmeal flour. I used to make my own oat flour using gluten free oats, but I could not get it fine enough for baking. A very fine flour is needed, and this will help the baked goods or gravies to hold together. Yes, I mentioned another Southern favorite – gravy! You can’t have GF chicken fried steak without a GF gravy! I simply substitute oatmeal flour in white gravy or sausage and biscuit’s gravy. It works very well.

Now let me stress that I do not eat like this all of the time. I eat very healthy the majority of the time, but occasionally, I have to satisfy that Southern craving! When I make chocolate chip cookies, I eat 1or 2 and freeze the rest for another day. I tend to bring my own cakes to birthday parties, because I want cake, too. Who wants to do without? And once I convince people to try my gluten free cakes, they cannot believe it’s gluten free. I have included the 20 Minute Chocolate Cake in the recipes below. One of my other favorites is converting the Italian Crème Cake – all I did was substitute oatmeal flour for wheat flour, and no one could tell a difference. People actually rave about my gluten free goodies. My goal is to make them taste as yummy and as much like the “old wheat” version as possible. So happy baking – and no judging! 😊

\*These are not dairy free, egg free, or sugar free, but can be adapted.

Gluten Free Recipes

**Chocolate Chip Cookies**
3 T real butter
1/3 cup organic shortening
½ cup sugar
1 cup brown sugar
2 eggs
2 ½ cups of oatmeal flour
1 ½ tsp vanilla extract
1 tsp baking soda
1 tsp baking powder
1 cup or more of chocolate chips

Cream butter and sugars; then add each egg and mix well; add dry ingredients. Add extra ¼ cup of oatmeal flour if dough is too thin

Bake at 375 x10 minutes.

**Gluten Free Sugar Cookies (Cut out)**

1 cup sugar
½ cup butter
1 large egg
2 tsp vanilla extract
1 tsp almond extract
¼ tsp salt
2 cups gluten free all purpose flour (Cup 4 Cup)

Cream sugar and butter about 3 minutes then slowly add flavorings, salt, and flours. Blend until well incorporated. Do not over mix.

Shape into 2 balls and cool in the refrigerator x30 minutes or freezer x 10 minutes.

Take out dough and roll out using extra flour to coat the surface and the rolling pin, cut out cookies, and Bake at 350 x 10-12 minutes. Bake on parchment paper. Cool and decorate as desired using Royal Icing (below).

**Royal Icing**

**1 pound of powdered sugar (about 4 cups)
3 T meringe powder
5 T water for stiff icing
or 8 T water for flood icing**

**Color before changing consistency.**

**Let sit for 15-30 minutes and let any bubbles dissipate/rise naturally**

**Can store for several days or Store in icing bags for several days**

**The Best Gluten Free Brownies**

2 cup almond flour
½ cup cocoa powder
2 tsp baking soda
1 tsp salt
2/3 cup melted butter or coconut oil
3-6 T extra oil or water to thin batter as needed
2 eggs
2/3 cup of sugar
2 tsp vanilla extract

Melt butter and mix all ingredients together. Do not over mix.

Bake at 350 x 20 minutes.

Ice if desired. Or sprinkle with chocolate chips.

**Cream Cheese frosting**

4 oz butter
4 oz cream cheese
2 cup powdered sugar
1 tsp vanilla extract

Mix until fluffy.

**Almond Flour Blonde Brownies**

½ cup butter, melted
¾ cup brown sugar
2 eggs
2 tsp vanilla extract

**Beat until fluffy.**

Then add:
1 ¾ cups almond flour
1 tsp baking powder
½ tsp salt

**Mix well.**

Then Add 1 to 2 of the following or create your own:

1 cup of dark chocolate chips

1 cup of milk chocolate chips
1 cup of butterscotch chips

1 cup of peanut butter chips

1 cup of white chocolate chips
½ cup of pecans, almonds, or walnuts
1 cup of M&Ms

**Bake at 350 for 20-25 minutes or until golden brown**.

**20 Minute Chocolate Cake or Texas Sheet Cake
 with Chocolate Fudge Frosting**

2 cups sugar
2 cup flour **Mix in a bowl. Set aside.**

2 sticks of butter, melted
4 T cocoa powder
1 cup water
 **Mix butter, cocoa powder, and water in a sauce pan. Bring to a quick boil. Then pour over dry ingredients and stir.**

**Mix in**½ cup buttermilk
2 eggs
1 tsp baking soda
1 tsp cinnamon or coffee
1 tsp vanilla extract
 **Bake for 20 minutes at 400 degrees. Frost while warm.
Chocolate frosting recipe to follow.**

**Chocolate Fudge Frosting**1 stick butter
4 T cocoa powder
6 T milk

Melt butter, then add cocoa powder and milk. Bring to a quick boil.

Then add:

1 box (3 ½ to 4 cups) of powdered sugar
1 cup of pecans or walnuts (optional)
1 tsp vanilla

Frost while warm.

**Sweet Cornbread – a Winter favorite for chili or stew**

1 cup buttermilk
½ tsp baking soda
½ cup butter
1/3-1/2 cup sugar
2 eggs
1 cup cornmeal
1 cup oatmeal flour
½ tsp salt

Melt butter and mix all ingredients together until well incorporated.

Bake at 375 x 25-30 minutes or until golden brown.

**Gluten Free Focaccia Bread**

2 cups mozzarella cheese
2 oz cream cheese
2 cup almond flour
1 T baking powder
1/8 tsp salt
2 eggs
Olive oil; rosemary, coarse salt, or garlic

Mix dry ingredients in a bowl; set aside. Melt cheeses in the microwave x 60-90 seconds then quickly mix in eggs and dry ingredients; work quickly before the cheese cools.

Spread evenly into a shallow baking dish lined with parchment paper and a thin coating of olive oil.

Sprinkle with additional olive oil, rosemary, garlic, salt, or other spices as desired.

Bake at 400 for 12-18 minutes.

Add a ceramic dish with 5-6 ice cubes to the bottom of the oven to help create steam.

Serve warm with olive oil dipping sauce or marinara sauce.

**Olive Oil Dipping Sauce**

2/3 cup olive oil
1 T parsley
2 tsp rosemary
1 ½ tsp Italian seasoning
¼ tsp red pepper
1/8 tsp salt
1/8 tsp pepper

Mix well.

**Gluten Free Sausage Balls**

1 pound of sausage, turkey sausage, or ground chicken
1 egg
1 cup almond flour
8 oz cheddar cheese
2 tsp baking powder

Mix well. Roll into balls and bake on parchment paper at 350 for 18-20 minutes.

**Almond Flour Biscuits**

**2 cups almond flour
2 tsp baking powder
½ tsp sea salt
2 large eggs, whisked
1/3 cup butter, melted
¼ cup sour cream or Greek yogurt

Melt butter then mix in all ingredients. Stir until well mixed. Grease or spray a square baking pan with cooking oil. Spoon or dollop 4-6 spoonsful of biscuit dough. Shape as needed.**

**Bake at 350 for 15 minutes.**

**Gluten Free Buttermilk Biscuits**

**2 cups GF flour blend (Cup 4 Cup)
1 T baking powder
½ tsp soda
1 tsp salt
2 T sugar (optional)
¼ to ½ cup buttermilk (use to desired consistency)
6 T Butter
1 large egg

Melt butter, and mix in all ingredients adding buttermilk last. Start with ¼ cup of buttermilk and stir well. You want a consistency firm enough to hold the shape of a biscuit.**

**Spoon into a greased baking pan.**

**Bake at 450 for 15-20 minutes.**

**Fluffy Waffles**

**2 cups of oatmeal flour or gluten free flour
1 tsp salt
¾ tsp baking powder
1 T sugar
1 cup milk or dairy free milk (oat or almond)
1 egg
2 T butter, melted
1 tsp vanilla extract

Mix dry ingredients. Whisk egg until fluffy and beaten. Melt butter and begin mixing all ingredients together. Whisk until fluffy.**

**Pour into heated waffle iron and cook until steam stops. Remove carefully. Allow waffle iron to heat thoroughly before adding the next batter.**

**Freeze any left over cooked waffles.**

**Oatmeal Honey Bread**

**2 ½ cups oatmeal flour
1 cup oats, plus extra to sprinkle on top
2 tsp baking powder
½ baking soda
½ tsp salt
¾ cup Greek yogurt
¾ cup almond milk
2 large eggs
¼ cup Olive oil
¼ cup honey

Mix dry ingredients and set aside. Mix wet ingredients then slowly add dry ingredients stirring until well mixed.
Pour into a greased bread loaf pan. Bake at 350 for 50-55 minutes and a golden brown.**

**Cool completely then remove from pan.**

**Store in the refrigerator or freeze.**

**\*\*\*This bread does tend to be fragile and fall apart. It’s tasty, but hard to hold together. Perhaps try adding apple sauce or ¼- ½ tsp of guar gum. Yes, you could use xanthum gum, but I’m allergic to that, too.**