

Gluten Free Flour Mix

This is easy to mix up and is best stored in an airtight container in the pantry. I have used white rice flour and cornflour from maize not wheat. Xanthan gum is made from corn sugar and is used as a gluten substitute to give elasticity in gluten free baking. Tapioca flour is also known as arrowroot.

2 cups rice flour

1 cup tapioca flour

1 cup cornflour

2 tbsp xanthan gum

Sift all ingredients in to a large mixing bowl.

Using a wire whisk, slowly stir until well blended.

Transfer to an airtight container.

Makes 4 cups.

Measurements

1 tsp = 5 ml

1 tbsp = 15 ml

1 cup = 250 ml

1 large egg = a number 7 egg

Oven Temperatures

Every recipe in this book has been tested using a fan-forced oven.

If you wish to use the conventional function on your oven, then you can either increase the temperature by 10°–20° C or cook for a little longer.

Oven temperatures and cooking times are a guide only as ovens are so variable.