

Gluten-Free Flour

Swick

Makes 1 1/4 cups | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

Interesting note: Generally, gluten-free grains do not perform like wheat—they may be lighter, heavier, denser, stickier, etc. In order to create a good gluten-free flour with results that are even remotely close to that of using wheat flour, you have to mix at least 3 or 4 different ingredients together.

Making the Gluten-Free Flour Mix

To make the flour, simply combine the 3 ingredients and stir well to combine.

Note that you can easily increase or decrease the amounts. It's just 2 parts brown rice flour to 2 parts sorghum to 1 part tapioca flour.

Step 1: Making the Gluten-Free Flour Mix

- 1/2 cup brown rice flour
- 1/2 cup sorghum
- 1/4 cup tapioca flour