

Flour Conversion Chart

INSTEAD OF THIS

amount of WHEAT FLOUR	1/2 cup	1 cup	1 1/4 cups	1 3/4 cups	2 cups
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USE THIS

50% GRAIN FLOUR rice or sorghum	1/4 cup	1/2 cup	3/4 cup	1 1/4 cup	1 cup
25% STARCH cornstarch, tapioca, or potato starch	2 tbsp	1/4 cup	1/4 cup	1/4 cup	1/2 cup
25% PROTEIN FLOUR bean flour: soy, garbanzo, fava	2 tbsp	1/4 cup	1/4 cup	1/4 cup	1/2 cup

...AND CHOOSE A LEAVENING AGENT.

XANTHAN GUM	1/4 tsp	1/2 tsp	2/3 tsp	1 tsp	1 tsp
BAKING POWDER OR YEAST	add 25% more than what is called for in recipe				
BAKING SODA	add 25% more than what is called for in recipe, plus acid				
ACID	1/4 tsp	1/2 tsp	1/2 tsp	1 tsp	1 tsp

ABOUT BAKING SODA + ACID

An acid (i.e., lemon juice, cream of tartar, buttermilk) allows the baking soda to fully react. Double acting baking powder is a better option: it contains baking soda and acids, and works by allowing the leavening to occur before and during cooking.

About consistency: Don't expect your batters to have the same consistency as wheat flours. Gluten free flours need more liquids in order to produce the same results, so the batters are generally thinner by comparison (i.e., bread dough ends up thicker and stickier, and cake batter ends up quite thin). Allowing the batter to sit for a few minutes after combining wet and dry ingredients will allow the liquids to be absorbed more effectively.

Troubleshooting tips: If your baking ends up being gummy in the center, or if the top falls, you may have used too much liquid (or it could be a humidity or elevation issue). Next time try 2-4 tablespoons less liquid, and watch your bake time. Test to make sure you are not taking it out of the oven too soon.