

014 GLUTEN FREE CLASS II

The Mother Mix

- 8 c. brown rice flour
- ½ c. potato flour
- 2 tbsp guar gum
- ½ c. corn starch *
- ½ c. corn flour (opt.)
- ½ c. white buckweat flour (opt.)
- 1 c. lima flour
- ¼ c. rice polish, if available
- 1 ½ c. brown sugar
- 1 ½ tbsp salt
- 4 tbsp. baking powder
- 1 tbsp soda
- 2 tsp. Cream of tartar
- 1 ½ - 2 c. oil
- *(f necessary, subst. Arrowroot or tapioca flour)

	Eggs	Milk	Sugar	Mix	Extras	
Liquid Pancakes	2	1 ½ c.	1 tbsp opt.		1 ½ c.	o. peel
Soft Muffins	2-3	1 c.	¾ c.	3 c.		berries
Firm Biscuits	2	1 ½ c.	¼ c.	3 c.		raisins

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Coffee Cake with Streusel Topping

- Preheat oven to 375 deg. F.
- Have Streusel topping ready, cutting flour, butter, sugar together as pastry.
- 2 c. rice flour
- ¼ c. lima flour
- ½ c. corn starch
- 1 c. butter
- 1 c. brown sugar
- ½ c. white sugar.

- Cake:
- 3 c. Mother Mix
- ½ c. sugar
- 2 eggs, beaten
- 1 1/3 c. sour milk
- 1 tsp. Vanilla
- 1 tsp. Cinnamon
- 2 c. blueberries, split prune plums or sliced peaches.

Place dry ingredients and sugar into a large mixing bowl. Mix beaten eggs, milk & vanilla together. Add liquid mixture all at once to dry ingredients and mix to moisten. Pour cake batter into pan. Place fruit evenly over cake batter. Sprinkle with a handful of Streusel. Bake until centre is done (25. Min.)

Variation: Omit cinnamon and vanilla. Use citrus rind in cake; add juice to milk.

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Carrot/Zucchini – Pineapple Muffins

Preheat oven to 400 deg. F.

Into a large bowl place:

2 eggs

½ c. loosely packed brown sugar

1 tsp. Cinnamon

1 tsp. Vanilla

Beat together well, then add:

3 ½ c. loosely packed “Mother Mix”

Stir briefly to moisten, then quickly add:

¾ c. crushed pineapple (with juice)

1 ½ c. freshly grated zucchini OR 1 c. grated carrot

½ c. raisins

Stir briefly. If batter seems too wet or dry, adjust. Dollop into muffin cups. Bake at 400 deg. F. for 5 min., then reduce to 325 deg. F. for another 25 min. They should be well browned. Remove from oven and immediately remove from pan to cool on rack to prevent sogginess.

Drop Scones

Preheat Oven to 400 deg. F. and grease pizza pan or cookie sheet.

In a large mixing bowl, beat:

2 eggs

¼ c. sugar

½ c. soured milk

Add to liquid:

3 c. Mother Mix

½ c. raisins.

Stir quickly to mix. Batter must be quite stiff to hold its shape. Drop by large spoon onto pan. Sprinkle with cinnamon & sugar. Bake at 400 deg. F. for 10 min., then 350 deg. F. until well browned (5 – 10 min.)

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All-Purpose (no yeast) Potato Bread

½ c. mashed potato

¼ c. margarine or butter

¼ c. sugar

4 eggs, separated

1 ½ c. brown rice flour *

½ c. lima bean flour*

2 tbsp rice bran or cooked ground rice

3 tsp baking powder

1 tsp soda

1 tsp cream of tartar

½ tsp. Salt

¾ c. milk (or substitute)

*2 c. “flour mix”

Cream potato with butter & sugar until lump-free. Add egg yolks one at a time, beating well. Sift dry ingredients together and add to potato-egg mixture alternately with milk. Fold in egg whites, beaten to soft peaks. Pour batter into well greased tins and bake at 350 deg. F. about 40 min. Check for doneness with knife or skewer. Cool on rack.

Variation: Add 1 banana, ¼ c. sugar and ½ c. corn bran for banana bread.

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Chocolate Cake (using Flour only mix)

Grease and line 9" tube pan.

Cream together:

7 tbsp. butter

1 c. white sugar

2 egg yolks

Sift together:

3 tbsp. cocoa

1 ½ c. "flour mix"

½ tsp salt

1 tsp. Baking powder

Beat 2 egg whites until stiff but not dry – set aside.

Add dry ingredients to creamed mixture, alternately with ½ c. soured milk, & 1 tsp. Vanilla

Then add:

¼ c. boiling coffee, with 1 tsp soda stirred in.

Beat to mix.

Lastly, fold in egg whites.

Bake at 350 deg. F. for 30-40 min.

Cool a few min, then turn onto rack and remove paper liner.

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Mice

¾ c. ricotta

1 tbsp. sour cream

1 tbsp GF icing sugar

1 tbsp lemon juice

1 tbsp rum

Lemon rind

Pinch salt

1 c. rice flour

1 tsp. GF baking powder

Mix eggs, cheese, sour cream, rum, sugar and lemon juice by jogging mixer. Add flour, salt and baking powder and jog a few more times.

Cover batter for ½ hr. Heat oil and dip in a spoon to moisten. Spoon batter into hot oil and fry until golden brown, turning over. Remove from oil and drain well. Sprinkle with icing sugar.