



# Gluten Free Baking Shop

with  
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## **Biscuits with Sundried Tomato, Cheddar and Chives**

Yield: 10 biscuits

GF, V

### **Ingredients:**

1  $\frac{3}{4}$  cups gluten free flour Bob's Red Mill Gluten Free 1 to 1 Baking Flour (or the one you prefer)

2 teaspoons baking powder

$\frac{1}{2}$  teaspoon xanthan gum

$\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  cup cold butter, cut into cubes

3 tablespoons fresh chives, chopped

$\frac{1}{2}$  cup sun dried tomatoes, chopped

$\frac{1}{3}$  cup sharp cheddar cheese

2 eggs

$\frac{1}{2}$  cup cold milk

### **Directions:**

1. Pre heat the oven to 400F.
2. Line a baking sheet with parchment.
3. Mix the flour, baking powder, xanthan gum, and salt. Work the cold butter into the dry ingredients until the mixture is crumbly.
4. Stir in the chives, sun dried tomatoes, and cheese.
5. In a separate bowl, beat together the eggs and milk. Add them to the dry ingredients, stirring until dough forms. It will be sticky.
6. Using a muffin scoop, scoop the dough onto the baking sheet. Press them down gently to flatten slightly. Allow the biscuits to rest for 10 to 15 min.
7. Bake the biscuits for 15 to 20 minutes or until they are golden brown.
8. You can store at room temperature, well wrapped for 7 days.

GF- gluten free V- vegetarian VG- vegan

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# Chocolate Chip Cookies

GF, V

## Ingredients:

18 ounces Bob's Red Mill Super-Fine Almond Flour (or your preferred brand)

1 1/2 teaspoons salt

1 1/2 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon xanthan gum

1 cup olive oil

2 tablespoon vanilla

1 1/2 cups maple syrup

3/4 cup chocolate chips

## Directions:

1. Preheat oven to 275F.
2. Combine all wet ingredients and set aside.
3. In a separate bowl, add all dry ingredients and mix. Add wet ingredients and mix together until combined. Stir in the chocolate chips.
4. Using an ice cream scoop, portion the dough onto a lined baking sheet.
5. Bake for 10-15 minutes. Remove and let cool.

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## Banana Bread

GF, V

### Ingredients:

1/2 cup butter, softened

1 cup sugar

2 eggs, beaten

3 bananas, finely mashed (for an especially moist and delicious loaf, try 4 bananas)

1 1/2 cups gluten free flour (Bob's Red Mill Gluten Free 1 to 1 Baking Flour or your preferred brand)

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon vanilla

1/2 cup walnuts, chopped (optional)

### Directions:

1. Preheat the oven to 350F.
2. In a mixer fitted with the paddle attachment, cream together butter and sugar. Add eggs one at a time, and then add the bananas. Mix well.
3. Sift together flour, baking soda and salt. Add to the wet mixture.
4. Add the vanilla and walnuts, and mix until just combined. Do not over mix.
5. Pour into a greased and floured loaf pan, and bake for 55 min.

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## **Wheat Free vs. Gluten Free - What is Right for You?**

I've noticed a lot of confusion where people are unsure whether or not they should be on a wheat free diet or gluten free diet. For those wondering the difference, a gluten free diet means you have to avoid wheat, in addition to several other things.

### **Wheat Free vs. Gluten Free**

While researching this, I ran across a great post that pretty much covers comparing wheat free vs. gluten free and explains when and why you should be on either diet:

#### Wheat-Free

##### 1. What contains wheat?

Foods containing wheat are anything made with white or whole wheat flour, such as: cookies, cakes, breads, tortillas, pizza, pasta, pancakes, waffles, most fried food, tempura, dumplings, wontons, etc.; anything made with bulgur such as tabbouleh; wheat berries; cous cous; sauces that are typically thickened with white flour; soy sauce (although San-J has a wheat-free option).

##### 2. Why should someone want to avoid it?

Sensitivity to wheat typically results in gastrointestinal distress such as bloating, gas, constipation, diarrhea, reflux; skin issues such as rashes; and allergies/asthma such as congestion and wheezing.

If a person is symptomatic and eliminates wheat, typically after a week, symptoms should start to improve. It can sometimes be dramatic.

##### 3. What are some alternatives to wheat?

Don't worry, there are plenty of great alternatives to wheat-containing foods including: breads, tortillas, pasta, pancakes, waffles, etc. Just make sure to read labels. Most products that are wheat-free will say so on the package. Also, anything that says gluten-free is also wheat-free (even if it doesn't say so).

#### Gluten-Free

##### 1. What is Gluten-free?

Gluten-free means that a person avoids all foods containing gluten. Gluten is the general term used to describe the protein found in many grains including wheat, rye, barley, spelt, kamut, oat, triticale, semolina, pumpernickel, and farro.

##### 2. Why avoid Gluten?

The absorptive surface of the small intestine is damaged by gluten resulting in malabsorption of carbohydrates, fat, protein, vitamins, and minerals, all of which are needed for good health (see the Gluten Free Diet by Shelley Case). This

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condition, called Celiac Disease (or Celiac Sprue), is an autoimmune disease that can be very difficult to diagnose as symptoms can range across everything from diarrhea and constipation to chronic fatigue and depression. Celiac is a serious disease that can be diagnosed through blood tests and intestinal biopsy. Should you suspect that you have, seek medical attention immediately.

Please note that there is a large population of people who are sensitive to gluten but don't have full blown celiac disease. These people also benefit from a gluten-free diet. Again, seek medical attention if you suspect you are sensitive to gluten.

### 3. What are alternatives to Gluten?

There are many amazing products on the market that are gluten-free including breads, pastas, cookies, cakes, pancakes, waffles, etc. It is VERY IMPORTANT to read labels. Take note that a product that says "wheat -free" as it may NOT necessarily gluten-free.

<http://celiac-disease.com/wheat-free-vs-gluten-free/>

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