

TIPS FOR COOKING AND BAKING WITH ROASTED FLAX



Flaxseed can replace parts of flour:

Flaxseed contains soluble fibre comparable to gum Arabica, which provides stability and good loaf volume to baked goods. For optimum results replace milled roasted flaxseed as followed:

- General: replace 8%-15% of dry weight ingredients with whole/milled roasted flaxseed
- Breads: replace up to 30% of dry weight ingredients with roasted flaxseed
- Muffins/Granola bars: replace up to 50% of dry weight ingredients with roasted flaxseed

Flaxseed can replace eggs:

Mix 1 tbsp milled roasted flaxseed with 3 tbsp. lukewarm water, let sit for 3 minutes and substitute for one egg according to recipe. Product might brown easier.

Flaxseed can replace the entire fat in baking:

Substitute 3 tbsp milled roasted flaxseed for 1 tbsp margarine or butter.

Flaxseed functions as thickening component:

Roasted flaxseed can replace dry breadcrumbs in hamburger patties, meat loaf and meatballs. Roasted Milled flaxseed is ideal to thicken sauces, soups or stews.

Add milled roasted flaxseed at the end of the cooking process, stir and let sit for 5 minutes before serving.

Four a recipe of 4 servings:

Add 2 tbsp milled roasted flaxseed to tomato soup, vegetable soup at the end of the cooking process

Add 4 tbsp milled roasted flaxseed to meat sauces

Add 1 tbsp milled roasted flaxseed to home made dressings or dips

Dr. Carol Fenster developed several gluten-free recipes with roasted flaxseed. Her expertise and knowledge and culinary sense for gluten free food has been very much appreciated.

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It's easy to include milled roasted flaxseed!

- Replace 1 cup of wheat flour with 1 cup of gluten free flour blend with roasted flaxseed for most recipes such as muffins, breads, loaves, cookies
- Replace 10-50% of the dry ingredients weight with milled roasted flaxseed for great results in baked goods
- Replace up to 30% of flour base with milled roasted flaxseed in breads
- Add milled roasted flaxseed to hamburger patties, meatloaf (2 tbsp per 1 pound ground meat)
- Use milled roasted flaxseed as thickening agent in soups or stews (2 tbsp per 4 cups liquid)
- Top your porridge with 1-2 tbsp milled roasted flaxseed
- Add milled roasted flaxseed to a smoothie or milk shake (2 tbsp per 1 cup milk)
- For polenta mix corn flour with milled roasted flaxseed for added fibre (¼ cup per 1 cup corn flour)
- Mix 1 tbsp roasted flaxseed with 125g cream cheese for your favorite dip
- Sprinkle 1 tbsp whole or milled roasted flaxseed over your salad or stir-fry
- Mix 2 tbsp milled roasted flaxseed into a serving of rice for a special pilaf

Gluten-Free Baking Tips

1. To measure flour, whisk it in the canister a few times to aerate it and then lightly spoon it into a measuring cup before leveling it off with a knife. Don't use the measuring cup as a scoop; you'll get up to 20% more flour which can result in dry baked items. Don't pack the flour down and don't measure dry ingredients like flour or sugar in spouted glass measuring cups (meant for liquids) because you may get more than necessary.
2. To avoid cross-contamination with other gluten-containing grains and flours, buy gluten-free flours in sealed packages rather than in bulk bins.
3. To replace unsalted butter with dairy-free margarine or buttery spread (both contain salt) you may need to reduce the salt in the recipe by about 25 percent. Be sure to read the labels to make sure these dairy substitutes are appropriate for your diet. In the United States, Earth Balance buttery spreads are gluten-free, dairy-free, and available in soy and soy-free versions. In Canada, Becel Vegan is gluten-free and lactose-free.

Although low-calorie margarines or buttery spreads may be used in cooking, they are not appropriate for baking because their higher water content can upset the balance between liquid and dry ingredients.
4. Baking recipes work best with cow's milk or milk substitutes made from coconut, hemp, nuts, rice, or soy. Fat-free or unsweetened versions of these dairy substitutes are not recommended because they lack enough oil and sugar necessary for pleasant taste and texture.
5. Be sure to use the type of pan recommended in the recipe. For example, nonstick metal (gray, not black) pans are good for browning cakes, cupcakes, muffins, and breads. But for cookies, it is better not to use nonstick so the bottom of the cookies don't burn.

It's easy to include flaxseed in the gluten-free kitchen! Test and taste from our new gluten free recipe section at www.roastedflax.com!