



For more details on how to make a gluten-free pizza crust using our Gluten-Free Flour Blend, see *Gluten-Free Masters*, page 260.

GLUTEN-FREE FLOUR BLEND



Although commercial gluten-free flour mixes are increasingly available, we believe that bread made with our blend delivers a flavor and texture that are far closer to wheat-based bread. Quick to make in large batches, this blend keeps at room temperature for short-term use; you can also freeze it for later use. Let frozen flour come to room temperature before using it.

TOTAL TIME



Active 10 min

DIFFICULTY

Easy: assembly
Moderate: procuring ingredients

INGREDIENTS	WEIGHT	VOLUME	%
White rice flour	450 g	3 ¹ / ₃ cups	23.2
Brown rice flour	200 g	1 ¹ / ₂ cups	10.31
Glutinous rice flour	140 g	1 ¹ / ₄ cup	7.22
Cornstarch	700 g	5 ¹ / ₂ cups	36.08
Tapioca starch	450 g	3 ³ / ₄ cups	23.2
Nonfat milk powder*	200 g	1 ² / ₃ cups	10.31
Xanthan gum	20 g	2 Tbsp + 1/2 tsp	1.03
Transglutaminase T1, optional	19.4 g	2 Tbsp	1
Yield	~2.16 kg		

*Omit the milk powder to make this flour blend vegan.

Transglutaminase is typically used as a “meat glue” that binds meat proteins to each other (it is often used in sausage making). But we found that it also binds the proteins in this flour blend. We tested transglutaminase to see whether it would act the same way as gluten does when added to a weak flour dough (such as the Modernist 100% Rye, page 4-388). While we didn’t get any volume increase, we did notice a chew and consistency to the crumb that made it much more like wheat bread. If you use transglutaminase in your gluten-free flour blend, you will have to freeze the entire quantity of the blend because the enzymes in the transglutaminase do not survive for long at room temperature. If you do freeze the flour mix, pull only what you need from the freezer, and let it warm up at room temperature for 1-2 h before you mix your dough.

For more information on where to find many of these ingredients, see *Resources*, pages XXXVIII–XLIII.

- 1 Whisk all the ingredients together in a large bowl until homogeneous.
- 2 Transfer the mixture in batches to a food processor, making sure not to fill it more than halfway, and process until finely ground, 1-2 min.
- 3 After each batch of flour is finely ground, sift it. Keeps for 2 mo at room temperature in an airtight container. We recommend freezing the blend for up to 3 mo in portions large enough to make one recipe at a time.

