

Gluten-Free Starches/Flours

Ingredient	To thicken 1 cup/ 250 mL of liquid	Cooking precautions	Cooked appearance	Tips
Starches				
Arrowroot	2 tbsp (25 mL)	*Add during last 5 minutes of cooking *Stir only occasionally *Do not boil	*A clear shine *Glossier than starch	*Thickens at a lower temperature than cornstarch *Not as firm as cornstarch when cool *Doesn't breakdown as quickly as cornstarch *Separates when frozen
Cornstarch	2 tbsp (25 mL)	*Stir constantly *Boil gently for only 1 to 3 minutes	*Translucent and shiny	*Thickens as it cools *Boiling too rapidly causes thinning *Boiling for more than 7 minutes causes thinning *Add acid (lemon juice) after removing from heat
Potato starch	1 tbsp (15 mL)	*Stir constantly	*More translucent and clearer than cornstarch	*Lumps easily *Thickens at boiling point *Thickens as it cools *Separates when frozen
Tapioca starch (cassava)	3 tbsp (45 mL)	*Add during last 5 minutes of cooking *Stir constantly	*Transparent and shiny	*Dissolves more easily than corn starch *Firms more as it cools *Best to use for freezing
Flours				
Amaranth flour	3 tbsp (45 mL)	*Browns quickly and could burn if not watched carefully *Thickens at boiling point and slightly more after 5-7 minutes of boiling *Reheats in microwave	*Golden brown colour *Cloudy, opaque *Smooth	*Nutty, beefy aroma *If too thick, can be thinned with extra liquid *Reheats *excellent for gravy
Bean flour	3 tbsp (45 mL)	*Thickens after 2 to 3 minutes of boiling *Does not thicken more with extra cooking	*Warm, tan colour *Cloudy, opaque *Smooth	*Can be used for sauces *Brown in hot fat to a golden color
Rice flour Brown or white	2 tbsp (25 mL)	*Dissolve in cold liquid rather than hot fat or pan drippings *Thickens after 5-7 minutes of boiling *Continues to thicken with extra cooking	*Opaque, cloudy *Grainy texture *Bland flavour	*Thickens more as it cools &Thickens rapidly when reheated and stirred *stable when frozen
Sorghum flour	2 tbsp (25 mL)	*Thickens after 2 to 3 minutes of boiling *Does not thicken more with extra cooking	*Dull *Similar to wheat flour	*Thickens as it cools *Reheats well on stovetop or in microwave *Thickens quickly when extra is added
Sweet rice flour	2 tbsp (25 mL)	*Thickens after 5 to 8 minutes of boiling	*Shiny *Grainy texture *Bland flavour	*Thickens as it cools

Source: Complete Gluten-Free Cookbook
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www.bestbreadrecipes.com