GLUTEN FREE PASTRY BASICS

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ABOUT THE AUTHOR

I'm Nicole Hunn, and welcome to Gluten Free on a Shoestring, where we make gluten free food enjoyable and affordable! Here, you'll find 800 gluten free recipes that are free and rigorously tested to give you excellent results the very first time. I started this blog in 2009, and since then, I've written 5 cookbooks and have been featured in Sirius/XM Radio, Better Homes & Gardens, Parents magazine, HuffPost and more.



ABOUT GLUTEN FREE PASTRY BASICS

Pastry is baking's biggest magic trick. Take little more than flour, butter, and water, in the right proportions, and turn them into buttery, golden brown works of art. Most of pastry-baking is about temperature and structure, so pay close attention to the temperature of each of the ingredients specified in the recipes in this ecookbook, measure precisely by weight, and try not to make any ingredient substitutions.

These are the tender biscuits, buttery scones, flaky pie crusts, light and airy cream puffs, puff pastry turnovers, and croissants that you'd expect to buy at the bakery. But because they happen to be gluten free, if you want to taste the best, you're probably going to have to make it yourself.

We've changed more than just the flour in these recipes from wheat flour to an all purpose gluten free flour blend. So even if you've been baking pastry since I was in short pants, unless you're an expert at gluten free pastry-baking, there's still plenty to learn.

If you don't have any experience baking, much less baking gluten free, I promise you can make all of the pastries in this book.

And, if you'll let me, I'll prove it to you, one flaky, golden tart at a time.

ABOUT THE GLUTEN FREE FLOUR BLENDS

Overview

Rice is one of the most basic staples in a standard gluten free diet. All of my all purpose gluten free flour blends are rice flour based blends. It's incredibly important to use a very finely-milled rice flour, or your baked goods will be gritty and the flours will not blend into the other ingredients properly. My favorite brand of superfine rice flour is Authentic Foods, but Vitacost also has a "superfine rice flour" that is nearly as good.

Choosing an all purpose gluten free flour recipe blend can seem pretty intimidating, but I promise it doesn't have to be. I'll keep things simple with two recommended blends you can buy readymade, and two homemade blends that you can create yourself. Any of these blends is appropriate in any recipe in this collection that calls for an "all purpose gluten free flour."

If you decide to make your own blend, all you need is a simple digital food scale, and the simplest calculator you can find. The recipes are expressed in percentages, and you cannot make these blends accurately with volume (cups, tablespoons, teaspoons) measurements. Measuring by volume is incredibly imprecise and each flour has a different weight/volume.

Packaged All Purpose GF Flour Blends

Better Batter Gluten Free Flour Classic Blend

Use Better Batter gluten free flour everywhere my recipes call for an “all purpose gluten free flour.” You can purchase it on their website (betterbatter.org), and you’ll get the best price (by far) when you buy in bulk. You can also purchase it on Amazon.com. Shop around!

Better Batter also has an “artisan blend” that doesn’t rely on rice flour, but I’m afraid I recommend against it. It won’t work in my recipes as an all purpose gluten free flour blend, or as a base for gluten free pastry flour (discussed below).

Cup4Cup Gluten Free Flour

The other packaged blend I recommend is Cup4Cup gluten free flour blend, which you can find in person at many larger grocery stores, and on Amazon.com. This blend is relatively high in starch, but it will still work anywhere my recipes call for an all purpose gluten free flour.

Other blends

I’m afraid that I don’t care for Jules Gluten Free (it’s made with an extremely high percentage of Expandex modified tapioca starch, so it’s very starchy and also rather gummy), Tom Sawyer blend (too starchy), Namaste (unbalanced), Krusteaz (unbalanced), Bob’s Red Mill (their bean flour blend is simply unpleasant; their 1:1 rice flour blend is unbalanced and very grainy), Pillsbury (grainy) Betty Crocker Rice Flour Blend (grainy), or Trader Joe’s Blend (grainy and too starchy).

Of course, you are free to use whatever blend you like best, but I simply can’t promise that the recipes will turn out. I wish it were otherwise!

Homemade All Purpose GF Flour Blends

If my recommended packaged brands of all purpose gluten free flour are unavailable to you, or you'd simply prefer to make your own, these are the two blends that I recommend. Each is at least as good as Better Batter gluten free flour, and better still than commercially prepared Cup4Cup, as my "Better Than Cup4Cup" blend corrects what I see as an imbalance in that product.

You can also always visit the all purpose gluten free flour blends page on my blog, Gluten Free on a Shoestring, for full information on each of these blends, plus much more (including a "mock" Cup4Cup blend that mimics that blend precisely).

Each homemade flour blend can be multiplied by as many factors as you like. I typically make at least 10 cups at a time by just multiplying every ingredient by 10. The ingredients listed below are specific and cannot readily be substituted for one another.

I have included approximate corresponding volume measurements for each ingredient, but you really cannot build a reliably useful flour blend without a very simple digital kitchen scale. The brand Escali makes a simple scale that should cost around $15, and it will pay for itself rather quickly in improved baking results.

Homemade All Purpose GF Flour Blends (cont'd)

1 Cup (140 g) Mock Better Batter Gluten Free Flour Classic Blend

42 grams (about 1/4 cup) superfine white rice flour (30% of the blend)

42 grams (about 1/4 cup) superfine brown rice flour (30% of the blend)

21 grams (about 2 tablespoons + 1 teaspoon) tapioca starch flour (15% of the blend)

21 grams (about 2 tablespoons + 1 teaspoon) potato starch (15% of the blend)

7 grams (about 1 3/4 teaspoons) potato flour (5% of the blend)

4 grams (about 2 teaspoons) xanthan gum (3% of the blend)

3 grams (about 1 1/2 teaspoons) pure powdered fruit pectin (2% of the blend) (I use Pomona brand pectin, and discard the calcium packet)

1 Cup (140 g) Better Than Cup4Cup Gluten Free Flour

43 grams (about 1/4 cup) superfine white rice flour (31% of the blend)

25 grams (about 8 1/4 teaspoons) cornstarch (18% of the blend)

24 grams (about 2 1/2 tablespoons) superfine brown rice flour (17% of the blend)

21 grams (about 2 tablespoons + 1 teaspoon) tapioca starch/flour (15% of the blend)

20 grams (about 3 1/3 tablespoons) nonfat dry milk (14% of the blend)

4 grams (about 1 teaspoon) potato starch (3% of the blend)

3 grams (about 1 1/2 teaspoons) xanthan gum (2% of the blend)

Homemade All Purpose GF Flour Blends (cont'd)

Gluten Free Pastry Flour

A number of the pastry recipes in this book call for gluten free pastry flour. It's a simple combination of an all purpose gluten free flour blend with added starch and milk powder. If you are using Better Batter's classic blend (or my mock Better Better classic blend), when a recipe calls for gluten free pastry flour, here is the formula you will use to create that blend:

1 Cup (140 g) Gluten Free Pastry Flour

112 grams Better Batter classic gluten free flour blend (80% of total)
14 grams cornstarch 10% of total
14 grams dry milk powder 10% of total

If you are using Cup4Cup or my Better Than Cup4Cup blend, you don't have to make any adjustments. You can use it as a pastry flour, as it already has plenty of cornstarch and milk powder.

If you're dairy free, please see the discussion of how to replace dairy in these recipes below. You can use a nondairy milk powder, but the percentages are different.

A note about xanthan gum

You'll notice that there is xanthan gum listed as an ingredient in each of the homemade all purpose gluten free flour blends above—and it is an ingredient in the two packaged blends I recommend as well (Better Batter and Cup4Cup). It's a necessary ingredient in each recipe that calls for an all purpose gluten free flour blend.

RECIPE INGREDIENTS & SUBSTITUTION SUGGESTIONS

Egg replacement

If you're avoiding eggs, the general rule of thumb is that you can replace up to 2 eggs in a recipe successfully with a "flax egg" or a "chia egg." Making flax eggs that don't add any taste to baked goods is a more involved process and takes some research. For a "chia egg," simply dissolve 1 tablespoon ground white chia seeds in 1 tablespoon lukewarm water, and allow the mixture to sit until it begins to gel.
For the choux pastry on page 22, you cannot use any sort of egg replacer successfully. If you can't have eggs, that recipe is off limits.
In a recipe that calls for an egg wash (an egg whisked together with some water), try using melted and cooled butter or heavy whipping cream in place of the egg wash to aid in browning in the oven.

Dairy replacement

If you're avoiding dairy, here are my favorite dairy replacements. I haven't attempted to use them in each recipe in this book, but these are the substitutes I would try first in the right recipe:

To replace butter, I have the most success using an equal amount (by weight) of Melt brand vegan butter and Miyoko's Kitchen brand vegan butter.

Ingredients & Substitutions (cont'd)

If you cannot find either brand of vegan butter, try half (by weight) Spectrum brand nonhydrogenated vegetable shortening (since we're making pastry, butter-flavored shortening is best) and half (by weight) Earth Balance buttery sticks. Crisco shortening is also good. Shortening has no water, and butter has plenty. Together, they tend to create a nice balance.

To replace regular, dairy milk, any non-dairy milk that isn't fat free should work just fine. The Better Than Cup4Cup blend above calls for quite a lot of nonfat dry milk, and I haven't tried replacing it with, for example, non-dairy dry milk like powdered coconut milk.

If you can't have dairy, I recommend using the Mock Better Batter classic blend instead, as it's naturally dairy-free.

About milk powder

I use whole milk powder and nonfat dry milk powder interchangeably. Since I never make pastry without fat, I don't notice a difference in the ultimate recipe regardless of which milk powder I've used.

To replace milk powder in gluten free pastry flour made with Better Batter's classic blend, you can use Native Forest coconut milk powder, or the following altered formula:

1 Cup (140 g) Gluten Free Dairy Free Pastry Flour:

105 grams (mock) Better Batter all purpose gluten free flour blend (75% of total)
18 grams cornstarch (13% of total)
17 grams superfine blanched almond flour (12% of total)

I don't recommend using nondairy milk powder to build our Better Than Cup4Cup blend. If you can't have dairy, use our mock Better Batter blend, and the above formula to use that to make gluten free pastry flour in recipes that call for it.



GLUTEN FREE DROP BISCUITS

PREP: 10 MIN COOK: 15 MIN YIELD: 10 BISCUITS

Tender and light, these gluten free drop biscuits are ready in 20 minutes, start to finish. There's no cutting, rolling, or shaping involved in these biscuits. Just combine your ingredients, give them a mix, quickly scoop portions onto a pan, and throw them in the oven to bake.

You can't beat the taste or the convenience!

INGREDIENTS

- 1 ¾ cups (245 g) all purpose gluten free flour blend (I used Better Batter; please see page 5 for full info on appropriate blends)
- ¾ teaspoon xanthan gum (omit if your blend already contains it)
- ¼ cup (36 g) cornstarch
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon kosher salt
- 2 teaspoons (8 g) granulated sugar
- 8 tablespoons (112 g) unsalted butter, cut into a 1/4-inch dice or grated and chilled
- 1 cup (8 fluid ounces) buttermilk, chilled
- 1 tablespoon (14 g) unsalted butter, melted

DIRECTIONS

1. Preheat your oven to 425°F. Line a large rimmed baking sheet with unbleached parchment paper and set it aside.
2. In a large bowl, place the flour, xanthan gum, cornstarch, baking powder, baking soda, salt and sugar, and whisk to combine well. Add the diced or grated and chilled butter, and mix to combine.
3. Create a well in the center of the dry ingredients, add the buttermilk and mix until just combined.
4. Working quickly, so the dough doesn't get warm, drop the batter by the quarter cup using two large spoons or a 2-inch ice cream scoop about 1 1/2-inches apart on the prepared baking sheet. Do not pack the dough into the ice cream scoop.
5. Press the mounds of dough down gently to flatten the tops, and brush lightly with the melted butter.
6. Place the baking sheet in the center of the preheated oven and bake until lightly golden brown all over (about 15 minutes). Remove from the oven and allow to set briefly before serving.

EXTRA FLAKY GLUTEN FREE PIE CRUST

PREP: 20 MIN
COOK: 10 MIN
CHILL: 30 MIN
YIELD: 1 10-INCH PIE CRUST



This pie crust rolls out perfectly every time, and makes any filling shine. You can use it basically anywhere you'd use a "regular" pie crust, in whatever way you're used to using it. Measure your ingredients carefully, keep them and the crust cold, measure by weight, and shape the crust with a light touch. You can't go wrong!

INGREDIENTS

- 1 ½ cups (210 g) all purpose gluten free flour blend (I used Better Batter; please see page 5 for full info on appropriate blends)
- ¾ teaspoon xanthan gum (omit if your blend already contains it)
- ¼ teaspoon baking powder
- ½ teaspoon kosher salt
- 6 tablespoons (84 g) unsalted butter, roughly chopped and chilled
- ½ cup (120 g) sour cream full fat, preferably, chilled
- Ice water by the teaspoonful as necessary

DIRECTIONS

Make the pie crust dough.

1. In a large bowl, place the flour, xanthan gum, baking powder and salt, and whisk to combine well. Add the chopped and chilled butter, and toss to coat it in the dry ingredients.
2. Flatten each chunk of butter between your thumb and forefinger. Add the sour cream, and mix to moisten the dry ingredients with the sour cream. The dough should be shaggy somewhat crumbly.
3. Knead the dough together with clean hands until it begins to come together. Add ice water by the teaspoon only if necessary for the dough to hold together.
4. Turn the dough out onto a sheet of plastic wrap, and press into a disk as you close the plastic wrap around the dough. It will still seem rough. Place the dough in the refrigerator to chill for 30 minutes.
5. Preheat your oven to 375°F. Grease a 9-inch metal pie plate generously and set aside.

Continued on the next page

DIRECTIONS (CONT'D)

Shape the dough in the pie plate.

1. Roll out the dough into an approximately 12-inch round, about 3/8-inch thick. Roll the pie crust loosely onto the rolling pin and then unroll it over the prepared pie plate.
2. Trim the roughest edges of the crust with kitchen shears. Lift up the edges of the pie crust gently to create slack in the crust, and place the crust into the bottom and up the sides of the pie plate.
3. Tuck the excess pie crust under itself, and crimp the edge gently all the way around the crust by pinching the dough at regular intervals with one hand, and creating a crimped impression with the forefinger of the other hand. Cover the pie crust with plastic wrap and place it in the refrigerator to chill until firm, at least 30 minutes (& up to 3 days).

Parbake the crust.

1. Remove the pie crust from the refrigerator and unwrap and discard the plastic. Pierce the bottom of the pie crust all over with the tines of a fork.
2. Place a sheet of parchment paper on top of the raw crust and cover the bottom of the crust with pie weights or dried beans.
3. Place in the center of the preheated oven and bake until the crust is lightly golden brown on the edges, about 10 minutes.
4. Remove the pie weights and parchment and allow the crust to cool before proceeding with your pie recipe.

GLUTEN FREE PUFF PASTRY

PREP: 1 HR
CHILL: 2 HRS

YIELD: 1 .75 LBS RAW DOUGH



Making gluten free puff pastry is all about keeping your ingredients cold, handling everything properly, and folding and rolling the dough the right away. If you've ever had trouble understanding the butter packet, or the “turns” that create all those flaky layers, this clear, step-by-step recipe is all you need. Follow the instructions, and you’ll have literally hundreds of flaky pastry layers at your fingertips!

INGREDIENTS

For the base dough

- 2 cups (280 g) all purpose gluten free flour blend (I used Better Batter; please see page 5 for full info on appropriate blends), plus more for sprinkling
- 1 teaspoon xanthan gum (omit if your blend already contains it)
- ¾ teaspoon kosher salt
- 4 tablespoons (56 g) unsalted butter, diced and kept cold
- ½ cup (4 fluid ounces) cold water, iced (ice doesn't count in volume measurement), plus more as necessary

For the butter packet

- 4 tablespoons (35 g) all purpose gluten free flour blend (any of my recommended blends will do, with or without xanthan gum,) plus more for sprinkling
- 16 tablespoons (224 g) unsalted butter. very cold

DIRECTIONS

Make the base dough.

1. In a large bowl, place the 2 cups flour and salt, and mix or whisk to combine well. Add the chopped unsalted butter and toss to combine. Press each chunk of butter flat between your thumb and forefinger.
2. Create a well in the dry ingredients, and add 1/2 cup of ice water to the center. Stir the mixture to combine. Add more ice water by the tablespoon until the dough stays together when pressed.
3. Press the dough into a ball, place it onto a piece of plastic wrap and wrap tightly. Place in the refrigerator to chill until firm while you make the butter packet.

Continued on the next page

DIRECTIONS (CONT'D)

Make the butter packet.

1. Dust a sheet of parchment paper or bare flat surface with 2 tablespoons of flour. Chop the two sticks of butter each by cross-section into 4 equal-sized chunks of 2 tablespoons each, for 8 pats.
2. Arrange the pats of butter on top of the flour into 4 groups of 2 pats, touching one another, making a grid 2 wide by 4 tall. Sprinkle the butter with the remaining 2 tablespoons flour.
3. Using a French rolling pin, pound the butter to begin to flatten it and to press the pats of butter together. Press and roll the rolling pin until the pats join together and make one butter packet about 1/2-inch thick, sprinkling lightly with extra flour as necessary to prevent sticking.
4. If the butter starts to get greasy, sprinkle it lightly with flour, and refrigerate it until it firms up.
5. Fold the butter in half, and roll and pound it again until flat, and repeat the process until you have a butter packet that is about 4-inches square.
6. Wrap the butter packet tightly in plastic wrap and place it in the freezer to chill for about 5 minutes, or in the refrigerator for about 20 minutes until becoming firm.

Combine base dough and butter packet.

1. Remove the chilled base dough from the refrigerator, and place it on a lightly floured surface. Sprinkle lightly with more flour, and press and roll the dough until it is smooth, folding it over on itself as necessary.
2. Press it into about a 6-inch round. Unwrap and place the chilled butter packet in the center of the round of dough.
3. Lightly score the perimeter of the butter packet, and set the butter packet aside.
4. Dust the top of the dough once more with flour, and roll out the dough from the 4 scoring marks and out, away from the center of the dough, to create 4 flaps.
5. Dust with more flour as necessary to prevent the rolling pin from sticking to the dough and move the dough frequently.
6. Place the butter packet back in the center of the dough, and fold the 4 flaps onto the butter like you would the bottom of a cardboard box. Press the dough around the butter packet to seal it in.

Continued on the next page

DIRECTIONS (CONT'D)

Complete "turns" 1 and 2.

1. Sprinkle the top of the dough with flour, and roll the dough away from you into a long rectangle that is about 5-inches wide x 12-inches long.
2. Whenever you're handling the raw dough, sprinkle it lightly with flour to prevent sticking, and shift and turn the dough frequently. Starting at a short side, fold the rectangle in thirds as you would a business letter. This is the first "turn."
3. You will do two turns at a time, and then wrap and refrigerate the dough in between.
4. Turn the dough 90° so the short side of the folded dough is facing you. Roll the dough away from you again into another long rectangle, in approximately the same size and shape as before (5 inches x 12 inches).
5. Fold in the same manner, once again, starting at a short side and folding in thirds like you would a business letter
6. You have just completed the first two "turns." With a floured knuckle, make two impressions on the dough, to represent the completion of two turns.
7. Cover the dough with plastic wrap tightly and place in the refrigerator for at least 30 minutes.

Complete the 3rd & 4th turns.

1. Remove the chilled dough from the refrigerator. Unwrap it, and lightly flour the outside again.
2. With a short side of the folded dough facing you, roll away from you and into a long rectangle the same size as before, about 5 inches wide x 12 inches long. This is turn #3.
3. Turn the dough 90° so the short side of the folded dough is facing you. Sprinkle the dough lightly with extra flour if any spots become sticky. Roll the dough away from you again into another long rectangle, approximately the same size and shape as before (5 inches x 12 inches).
4. Fold in the same manner, once again, starting at a short side and folding in thirds like you would a business letter.
5. You have just completed the second two "turns" (numbers 3 and 4). With a floured knuckle, make four impressions on the dough, to represent the completion of 4 turns in total so far.

Continued on the next page

DIRECTIONS (CONT'D)

Chill the dough (and pause).

1. Cover the dough with plastic wrap tightly and place in the refrigerator for at least 30 minutes.
2. If you plan to use the dough today, continue on to the final steps of preparation. If not, keep the dough, wrapped very tightly, in the refrigerator until about 1 hour before you'd like to use it. When you're ready, remove the wrapped dough from the refrigerator, and resume the recipe as instructed below.

Complete the final 2 turns (#5 and #6).

1. Remove the chilled dough from the refrigerator. If the dough is too stiff to roll, allow it to sit at room temperature for 15 to 20 minutes. When it's ready, unwrap it, and lightly flour the outside once again.
2. Turn the dough 90° so the short side of the folded dough is facing you. Sprinkle the dough lightly with extra flour if any spots become sticky. Roll the dough away from you again into another long rectangle, in approximately the same size and shape as before (5 inches x 12 inches).
3. Fold in the same manner as before, starting at a short side and folding in thirds like you would a business letter. This is turn #5.
4. One final time, turn the dough 90° so the short side of the folded dough is facing you. Sprinkle the dough lightly with extra flour if any spots become sticky. Roll the dough away from you again into a final long rectangle, in approximately the same size and shape as before (5 inches x 12 inches).
5. Fold in the same manner as before, starting at a short side and folding in thirds like you would a business letter. You have completely the final turn.
6. Wrap tightly and refrigerate for at least another 30 minutes.
7. It is now ready to be rolled out and used in any recipe that you would otherwise use conventional puff pastry. This full recipe makes the equivalent of about 3 sheets of conventional frozen packaged puff pastry.

GLUTEN FREE CHOUX PASTRY

PREP: 1 HR
CHILL: 2 HRS

YIELD: 1 .75 LBS RAW DOUGH



Gluten free choux pastry is a simple but elegant French pastry made with a few basic gluten free flours, s, milk, butter, and a touch of salt. Use it to make cream puffs, éclairs, or even crullers! Here, we're making the dough, and then making cream puffs. Don't miss out on this airy, tender, and versatile pastry.

INGREDIENTS

- 6 tablespoons (84 g) unsalted butter
- 1 ½ cups (12 fluid ounces) whole milk
- ¼ teaspoon kosher salt
- 1 ½ cups (210 g) gluten free pastry flour blend (see page 9 for full info on pastry flour & appropriate blends)
- 5 s (250 g (weighed out of shell)) at room temperature, plus more as necessary

DIRECTIONS

To make choux pastry

1. To make the paste, place the butter, milk, and salt in a medium-size, heavy-bottomed saucepan over medium heat until the butter is completely melted, and the mixture begins to simmer.
2. Remove the pan from the heat, add the pastry flour, and stir vigorously until very well-combined.
3. Return the pan to the stove and cook over low heat, stirring constantly, until the mixture comes together in a ball and begins to leave a film on the bottom of the pan (about 2 minutes). This step is designed to help evaporate as much moisture as possible from the paste.
4. Remove the paste from the heat, and allow the mixture to cool for at least 3 minutes, or until it's no longer hot to the touch. Transfer the cooled dough to a blender or food processor fitted with the steel blade.
5. Pour 5 of the eggs on top of the paste, lock in the lid, and process until the mixture is smooth and uniformly well-blended (about 2 minutes).
6. Open the blender or food processor, and scoop the choux pastry with a mixing spoon. The dough should be shiny and soft, and fall off the spoon without being runny.
7. If the dough isn't shiny, process again in pulses until it has a sheen. If the dough isn't soft enough to pipe through the tip of a pastry bag, beat the remaining egg and add it bit by bit, processing in between additions, until the dough is the proper consistency.

Continued on the next page

DIRECTIONS (CONT'D)

To make cream puffs.

1. Preheat your oven to 375°F. Line two large rimmed baking sheets with unbleached parchment paper and set them aside.
2. Transfer the dough from the blender or food processor to a pastry bag fitted with an open, round piping tip about 1/2-inch in diameter.
3. Pipe the dough onto the prepared baking sheets into small mounds of about 1 1/2 tablespoons each, about 2 inches apart.
4. With the moistened tips of your fingers, smooth the tops of the pastry dough lightly so that nothing will burn during baking.
5. Place the baking sheets, one at a time, in the center of the preheated oven and bake the cream puffs for 15 minutes.
6. Remove the baking sheet from the oven and, working quickly and using a sharp paring knife, cut a small slit in the side of each cream puff to allow steam to escape.
7. The puffs may deflate slightly, but they'll puff back up in the oven.
8. Rotate the baking sheet 180° and return it to the oven to bake for about another 10 minutes, or until the puffs are lightly golden brown all over and crisp on the outside.
9. Remove the baking sheet from the oven and place it on top of the stove or in another warm location to cool gradually until set (about 10 minutes). Repeat with the remaining dough.
10. If you don't plan to serve all the puffs right away, it's best to only bake those that you intend to serve.

GLUTEN FREE CROISSANTS

PREP: 45 MIN
COOK: 20 MIN
CHILL: 3 1/2 HRS
YIELD: 10 CROISSANTS



A lot like puff pastry, croissants are all about architecture, creating layers of dough and cold butter that expands when it hits the heat of the oven. Unlike puff pastry, though, croissant dough is made with yeast, too, for even more flakiness. It's a labor of love, but it's well worth it!

INGREDIENTS

For the dough

- 2 ¼ cups (315 g) gluten free pastry flour (see page 9 for full info on pastry flour & appropriate blends), plus more for sprinkling
- 2 teaspoons (6 g) instant yeast
- 2 tablespoons (24 g) granulated sugar
- 1 teaspoon (6 g) kosher salt
- 3 tablespoons (42 g) unsalted butter, melted and cooled
- ¾ cup (6 fluid ounces) whole milk, at room temperature

For the butter packet

- 16 tablespoons (224 g) unsalted butter, chilled
- ¼ cup (36 g) gluten free pastry flour (see page 9 for full info)
- Egg wash (1 egg + 1 tablespoon water, beaten well), for brushing

DIRECTIONS

Make the dough.

1. In a large bowl, place the flour, yeast and sugar, and whisk to combine well. Add the salt, and whisk again to combine.
2. Create a well in the center of the dry ingredients, add the butter and milk, and mix until the dough comes together.
3. Add more flour by the half-teaspoonful if necessary to bring the dough together.
4. Turn out the dough onto a lightly floured surface, sprinkle the top very lightly with more flour, and roll into a 9-inch round.
5. Wrap tightly in plastic wrap and place in the refrigerator to chill while you prepare the butter packet.

Prepare the butter packet.

1. Sprinkle a piece of unbleached parchment paper with 1/8 cup (2 tablespoons) of the flour, and place all 16 tablespoons (preferably in 2 whole sticks) of butter on top and press together.
2. Sprinkle with the remaining 2 tablespoons of flour, and cover with another piece of unbleached parchment paper.
3. Pound the butter with a rolling pin until it flattens and melds together.
4. Uncover and fold the flattened butter in half, cover again with the parchment and pound again until you have a 5-inch square butter packet.
5. Cover the butter packet completely with parchment, and place in the refrigerator to chill for 5 minutes or until firm.

Continued on the next page

DIRECTIONS (CONT'D)

Wrap the dough around the butter packet.

1. Remove the 9-inch round dough from the refrigerator, unwrap it, and place it on a lightly floured surface.
2. Place the chilled butter packet directly in the center of the dough & score the sides of the dough lightly to represent the exact size of the butter. Remove the butter & set it aside.
3. Using a rolling pin and sprinkling the dough lightly with flour as necessary to prevent it from sticking, begin at the site of each of the four scorings and roll the edges of the dough away from the center to create 4 flaps, leaving the center of the dough intact.
4. Return the butter packet to the intact center of the dough, and wrap the flaps of the dough around the butter packet like you would a present.

Roll out the dough and complete the first "turn."

1. Sprinkle the dough-and-butter-packet lightly with more flour, and roll out into a 1/2-inch thick rectangle.
2. Fold the rectangle over on itself in thirds, as you would a business letter. Sprinkle the dough again lightly with flour.
3. With the length of the 3-layer rectangle of dough running parallel to your body, roll the dough away from you into a rectangle that is again about 1/2-inch thick.
4. Turn the left and right sides of the 1/2-inch thick rectangle over on themselves again, as you would a business letter.
5. You have just completed the first "turn." Wrap the folded dough tightly in plastic wrap and place in the refrigerator to chill for at least 4 hours or up to overnight.

Complete the remaining 4 to 5 "turns."

1. Once the dough has finished chilling after its first turn, repeat the process of rolling the 3-layer dough out into a 1/2-inch thick rectangle, then refolding the dough like a business letter, at least 4 more times, (for good measure, 5 more times). After each turn, keep track by pressing a notch in the dough with one knuckle to represent the number turn you're on (e.g., after 4 turns, make 4 notches).
2. Be sure to wrap and chill the 3-layer rectangle of dough in the refrigerator for at least 30 minutes (or the freezer for 10 minutes) in between turns. If you let the dough chill for too long, it may become difficult to roll out smoothly. Just let it sit at room temperature for a few minutes before rolling it back out.

Continued on the next page

DIRECTIONS (CONT'D)

Shape the croissants.

1. Line rimmed baking sheets with unbleached parchment paper and set them aside.
2. Roll out the prepared 3-layer croissant dough into a 1/4-inch thick rectangle.
3. Using a pastry wheel or pizza wheel (or very sharp knife—well-defined edges are essential here), square the edges, then cut out as many 4-inch x 6-inch rectangles as you can.
4. Slice each rectangle diagonally into two triangles and separate the shapes from one another.
5. Sprinkling lightly with flour as necessary to prevent sticking, roll each triangle out to elongate it to about 8-inches from base to tip.
6. Slice a notch into the base of each triangle about 1/2-inch deep, and roll each triangle into a coil from base to tip, turning the edges slightly away from each other as you roll.
7. Place on the prepared baking sheets, seam side down, about 2-inches apart from one another.

Chill the proofed croissants.

1. Place the shaped and proofed croissants in the refrigerator to chill for at least 10 minutes or until mostly firm.

Bake the croissants.

1. While the shaped croissants are chilling, preheat your oven to 400°F.
2. Place the chilled and proofed croissants in the center of the preheated oven, one baking sheet at a time, and bake for about 20 minutes, or until deep golden brown all over and firm to the touch.
3. Allow to cool briefly before serving.



GLUTEN FREE SCONES

PREP: 15 MIN
COOK: 20 MIN
CHILL: 15 MIN
YIELD: 8 SCONES

Airy, but not exactly flaky, scones are more crumbly than biscuits simply because they're light. Plus, you won't do any rolling or folding like we do when we make pie crust, puff pastry or croissants. And you can add your favorite mix-ins, or even make them into different flavors, like lemon zest or strawberries and cream.

INGREDIENTS

- 1 ¾ cups (245 g) all purpose gluten free flour blend (I used Better Batter; please see page 5 for full info on appropriate blends), plus a bit more for sprinkling
- ¾ teaspoon xanthan gum (omit if your blend already contains it)
- ¼ cup (36 g) cornstarch
- ½ cup (43 g) cultured buttermilk blend powder (I use Saco brand);
- 1 ½ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon kosher salt
- 2 tablespoons (24 g) granulated sugar
- 6 tablespoons (84 g) unsalted butter shredded and kept cold
- 1 cup mix-ins (See Recipe Notes)
- ¾ cup (6 fluid ounces) cold water iced (ice cubes don't count in volume measurement)
- Cream or milk for brushing (optional)
- Coarse sugar for sprinkling (optional)

DIRECTIONS

1. In a medium-size bowl, place the flour, xanthan gum, cornstarch, buttermilk or milk powder, baking powder, baking soda, salt, and granulated sugar, and whisk to combine well.
2. Store in an airtight container until ready to use. It's best to store the mix in the refrigerator, especially if you've used buttermilk powder.
3. Preheat your oven to 400°F. Line a rimmed baking sheet with unbleached parchment paper, and set it aside.
4. In a large bowl, place the entire dry mix from the first step, and whisk to loosen.
5. Add the shredded and chilled butter, and toss to coat the butter in the dry ingredients, breaking up any large clumps in the butter. Add the mix-in berries or chips, and toss to coat.
6. Create a well in the center of the dry ingredients, add the cold water, and mix to combine. The mixture should come together and everything should be just moistened.

Continued on the next page

DIRECTIONS (CONT'D)

Shape and bake the scones.

1. Turn the dough out onto a lightly floured surface, and pat into a square, handling it as little as possible. Working quickly, roll out with a rolling pin until the square is about 3/4-inch thick.
2. Press a metal bench scraper or other flat tool against the edges of the square to smooth any cracks in the dough and square the edges.
3. Using a large knife or bench scraper, cut the dough into 4 equal squares, then each square into 2 triangles by slicing it in half width-wise.
4. Place the triangles of dough about 1-inch apart from one another on the prepared baking sheet. Brush the tops with a bit of milk, and sprinkle with some coarse sugar, if you like.
5. Place the baking sheet in the freezer for about 15 minutes, or until the scones are firm.
6. Place the baking sheet with the chilled scones in the center of the preheated oven. Bake until the scones are puffed and firm to the touch, and just beginning to brown on the edges (about 20 minutes).
7. Remove from the oven and allow to set briefly before serving warm or at room temperature.

Recipe Notes

Suggested flavor combinations for mix-ins:

- Strawberries and cream: replace 3 tablespoons of ice water with 3 tablespoons strawberry syrup; mix in white chocolate chunks or chips; brush tops with mixture of cream and strawberry syrup.
- Chocolate peanut butter: half chocolate chunks or chips, half peanut butter chips
- Chocolate berry: half chocolate chunks or chips, half dried berries (cranberries, cherries, blueberries)
- White chocolate chips (mixed with dried berries, or another type of chip or chunk)
- Lemon blueberry: finely grated zest of one lemon, replace one tablespoon of water with lemon juice, dried or freeze-dried blueberries as mix-in.

GLUTEN FREE EMPANADAS

PREP: 25 MIN
COOK: 15 MIN
CHILL: 30 MIN
YIELD: 20 ROUNDS



This recipe is all about making the perfect empanada dough that will hold any filling you can dream up. We'll make rounds of flaky pastry that we roll out about 1/4-inch thick so the pastry puffs up nicely but is still stable enough to hold a robust filling without bursting. I prefer to bake mine, but if you want to fry yours, don't let me stand in your way!

INGREDIENTS

- ⅓ cup (2 ⅔ fluid ounces) dry white wine (like Pinot Grigio), chilled (See Recipe Notes)
- 2 teaspoons apple cider vinegar
- 2 (100 g (weighed out of shell)) eggs weighed out of shell, beaten
- 3 cups (420 g) gluten free pastry flour (see page 9 for full info on pastry flour & appropriate blends)
- 1 ½ teaspoons xanthan gum (omit if your blend already contains it
- 1 ½ teaspoons kosher salt
- 6 tablespoons (84 g) unsalted butter, roughly chopped or shredded and chilled
- 7 tablespoons (84 g) Spectrum brand nonhydrogenated vegetable shortening
- Your favorite filling (See Recipe Notes for suggestions)
- Egg wash (1 egg + 1 tablespoon water, whisked)

DIRECTIONS

Make the dough.

1. In a small bowl or measuring cup with a pour spout, place the wine, vinegar, and eggs, and whisk to combine very well. Set the mixture aside.
2. In a large bowl, place the flour blend, xanthan gum, and salt, and whisk to combine well. Add the chopped butter, and mix to combine.
3. Working quickly and using the thumb and forefinger of each clean hand, flatten the chunks of butter into flat disks. Add the shortening, and mix to combine, pressing the shortening down into the dry ingredients with the underside of your mixing spoon. Loosen any bits stuck to the bottom of the bowl.
4. Create a well in the center of the dry ingredients, and add the wet mixture. Mix until just combined, ensuring that all the dry ingredients are moistened. With clean hands, squeeze the dough together into a disk.

Continued on the next page

Chill the dough.

1. Wrap the dough tightly in plastic wrap and refrigerate for 30 minutes. Much longer, and the dough may be difficult to roll out.

Shape the dough.

1. Unwrap the chilled dough and turn it out onto a lightly floured surface. I like to divide it in half and work with one half at a time. Press the dough into a flatter disk with the palm and heel of your hand, and sprinkle very lightly with more flour.
2. Roll out the dough into a rectangle that's about 1-inch thick, moving the dough frequently and sprinkling lightly with flour to prevent sticking. Fold the dough over on itself like you would a business letter, and roll the dough into a rectangle about 1/4-inch thick.
3. Cut out 3-inch rounds from the dough, and remove the surrounding dough to reroll later. Sprinkle each round with a bit of flour, and roll again a bit thinner into a nearly 4-inch diameter round. Repeat with the remaining dough.
4. Sprinkle each round of dough with a bit more flour, and stack the rounds on top of one another. Cover them with plastic wrap and refrigerate until you're ready to use them.
5. They're best filled and fully shaped the same day, although after filling and shaping you can freeze them for finishing another time.

Recipe Notes

For dry white wine.
I buy small bottles of pinot grigio for use in this recipe and in risotto. If you don't have an open bottle, or won't use wine in cooking, you can replace the wine with equal parts white grape juice and sherry vinegar.

Filling suggestions.
Sauté chopped onions and minced garlic in extra virgin olive oil until translucent. Remove aromatics from the pan and set aside. Add bulk sausage, ground beef, or ground chicken, and cook until no longer pink. Add tomato paste and reserved aromatics and mix to combine. Allow the filling to cool for about 10 minutes before using to fill empanada rounds.

Cooking suggestions.
Bake shaped empanadas in a 375°F oven for about 15 minutes or until golden brown. Shallow fry in 1/2-inch frying oil at 350°F for 5 to 7 minutes, filliping as necessary to brown on both sides.

GLUTEN FREE "POP TARTS"

PREP: 25 MIN COOK: 8 MIN
YIELD: 12 PASTRIES



These toaster pastries are just like the Pop Tarts you remember, with that pale shortcrust pastry that's just sweet enough but never competes with the brown sugar and cinnmon filling—or the icing on top. Take the same recipe, and fill them with jam, Nutella, peanut butter, or your favorite combo. They freeze beautifully and toast up just like the packaged ones for busy mornings.

INGREDIENTS

For the pastry crust

- 2¼ cups (315 g) all purpose gluten free flour blend (I used Better Batter; please see page 5 for full info on appropriate blends), plus more for sprinkling
- 1 teaspoon xanthan gum (omit if your blend already contains it)
- ¼ cup (36 g) cornstarch
- ¼ teaspoon kosher salt
- ¾ cup (150 g) granulated sugar
- 8 tablespoons (112 g) unsalted butter, melted and cooled
- 1 teaspoon pure vanilla extract
- 1 (50 g (weighed out of shell)) egg, at room temperature, beaten
- ¼ cup (2 fluid ounces) milk, at room temperature, plus more by the half teaspoonful, as necessary

For the filling

- ½ cup (109 g) packed light brown sugar
- 1 tablespoon (9 g) cornstarch
- ½ teaspoon ground cinnamon

For the glaze

- 1 cup (115 g) confectioners' sugar
- ¼ teaspoon ground cinnamon
- 2 teaspoons lukewarm water, plus more by the half-teaspoonful, as necessary

DIRECTIONS

1. Preheat your oven to 350°F. Line a large rimmed baking sheet with unbleached parchment paper and set it aside.

Prepare the crust.

1. In a large bowl, place the flour, xanthan gum, cornstarch, salt, and granulated sugar, and whisk to combine well.
2. Create a well in the center of the dry ingredients and add the melted butter, vanilla, beaten egg, and 1/4 cup milk and mix to combine. The dough will be thick.
3. Knead the dough with your hands until it's smooth, adding more milk by the half-teaspoonful as necessary to bring the dough together.
4. Divide the dough into two equal parts and work with one at a time, covering the other with plastic wrap or a towel to prevent it from drying out.
5. Place the first piece of dough on a lightly floured surface and dust lightly with more flour to prevent it from sticking. Roll out the dough about 1/4-inch thick, moving the dough frequently and sprinkling it with more flour as necessary.
6. Slice it into rectangles approximately 3-inches x 4-inches. Reroll each rectangle a bit more until it's a bit less than 1/4-inch thick.
7. Gather and reroll scraps, and repeat with the other half of the dough. There should be at least 24 rectangles in total. If you have fewer, try for at least an even number of rectangles because you'll be pairing them.

Continued on the next page

DIRECTIONS (CONT'D)

Prepare filling/assemble pastries.

1. Placing all the filling ingredients in a small bowl and mixing them to combine well.
2. Place about 1 tablespoon of filling in the center of of half of the rectangles of dough and spread it into an even layer, leaving about a 1/2-inch border clean on all sides.
3. Cover the filling on each rectangle with a matching rectangle, and press all around the clean edge to seal. Trim any unmatched or jagged edges.
4. Place the pastries about 2-inches apart from one another on the prepared baking sheet. Dock the pastries by piercing them all over the top with a toothpick or the tines of a fork.

Bake the pastries.

1. Place the baking sheet in the center of the preheated oven and bake until the pastries are very lightly golden brown on the edges and set in the center, about 8 minutes.
2. Remove from the oven and allow the pastries to cool completely.

Make the glaze/glaze the pastries.

1. In a small bowl, place the confectioners' sugar and ground cinnamon, and mix to combine well. Add the 2 teaspoonful of water and mix until combined into a thick paste.
2. Add more water by the half-teaspoonful as necessary to create a thickly pourable glaze.
3. Spread the glaze generously on top of each cooled pastry. Allow to set completely at room temperature.



GLUTEN FREE LAYERED BISCUITS

PREP: 15 MIN
COOK: 15 MIN
CHILL: 30 MIN
YIELD: 10 BISCUITS

We started out with our drop biscuits, which are light and airy, but not layered and flaky. These buttermilk biscuits are laminated, which just means that they're created a lot like puff pastry, with layers of dough alternating with layers of cold butter. Unlike puff pastry, though, there's much less of a time commitment but you still get all the crispy, buttery layers of a classic biscuit.

INGREDIENTS

- 2 cups (280 g) gluten free pastry flour (see page 9 for full info on pastry flour & appropriate blends)
- ¾ teaspoon xanthan gum (omit if your blend already contains it)
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- 2 tablespoons (24 g) granulated sugar
- 1 teaspoon kosher salt
- 8 tablespoons (112 g) unsalted butter, cut into large (3/4-inch) dice & chilled
- 1 cup (8 fluid ounces) buttermilk, chilled

DIRECTIONS

1. Line a rimmed baking sheet with unbleached parchment paper and set it aside.

Make the biscuit dough.

1. In a large bowl, place the flour blend, xanthan gum, baking powder, baking soda, sugar, and salt, and whisk to combine well.
2. Add the chopped butter to the flour mixture and toss to coat. Place each piece of butter between your floured thumb and forefinger to flatten, working quickly to ensure that you don't melt any of the butter.
3. Create a well in the center of the dry ingredients, and pour in the buttermilk. Mix with a large spoon or spatula until the dough comes together.
4. The dough will be shaggy, with some irregular edges. It should still be cold.

Continued on the next page

DIRECTIONS (CONT'D)

For the first "turn" of the dough.

1. Turn out the dough onto a lightly floured surface and press it together into a disk. Dust the dough with a bit more flour, and roll with a rolling pin into a thick rectangle.
2. Fold the rectangle in half lengthwise, then in half width wise, dusting again lightly with flour if necessary to prevent sticking. You have completed the first "turn" of the dough.

For "turns" 2, 3, and 4 of the biscuit dough.

1. Roll out the dough into a thick rectangle, fold it in half lengthwise, again width wise to create a packet, and dust lightly with flour if necessary. This has been the second "turn."
2. Repeat the process again twice more (two more turns for 4 turns total), working quickly to ensure that the butter does not melt. Dust again lightly with flour, and roll the laminated dough into a disk about 1-inch thick.

Finish shaping the biscuit dough.

1. With a floured, round biscuit cutter or cookie cutter (about 2 inches in diameter), cut out rounds of dough by pressing firmly and cutting quickly. Shake each round out of the cutter.
2. Place the raw biscuits about 2-inches apart from one another on the prepared baking sheet. Gather and reroll scraps, and cut out as many more rounds as possible, placing them on the prepared baking sheet.
3. Place the baking sheet in the freezer for 5 minutes to chill the dough until firm (or in the refrigerator for 10 minutes or until firm). While the dough is chilling, preheat your oven to 400°F.

Bake the biscuits.

1. Once the dough is firm and cold, and the oven it hot, place the baking sheet in the center of the preheated oven. Bake until the biscuits are puffed and pale golden, about 15 minutes.
2. Remove the baking sheet from the oven and allow the biscuits to cool on the baking sheet until firm (about 5 minutes). Serve warm or at room temperature.



GLUTEN FREE DAIRY FREE PIE CRUST

PREP: 10 MIN
COOK: 30 MIN
CHILL: 30 MIN
YIELD: 1 10-INCH PIE CRUST

The main ingredients in pastry baking are flour, butter, and water. But what if you can't have dairy? Thankfully, vegan butter alternatives have come a long, long way since the days when shortening was the only way to make a dairy free pie crust. This recipe for gluten free pie crust is made with my favorite brand of vegan butter for the flaky, airy, and tender pie crust you've been waiting for!

INGREDIENTS

- 2 cups (280 g) all purpose gluten free flour blend (I used Better Batter; please see page 5 for full info on appropriate blends), plus more for sprinkling
- 1 teaspoon xanthan gum (omit if your blend already contains it)
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 8 tablespoons (112 g) vegan butter, diced and chilled (a 1/2-inch dice is best) (See Recipe Notes)
- 1/2 cup (4 fluid ounces) cold water, iced (ice cubes do not count in volume measurement), plus more as necessary

DIRECTIONS

Make the dough.

1. In a large bowl, place the flour, xanthan gum, baking powder, and salt, and whisk to combine well.
2. Add the chopped and chilled butter, and toss to coat it in the dry ingredients.
3. Flatten each chunk of butter between your thumb and forefinger so that it's about 1/8-inch thick.
4. Create a well in the center of the dry ingredients and slowly add the water (reserving the ice cubes), mixing gently until the dough begins to come together.
5. With floured hands, press together the dough into a disk.
6. If there are any crumbly, dry spots at this point, add more water by the teaspoonful and press together with your hands.

Continued on the next page

DIRECTIONS (CONT'D)

Begin to shape the dough.

1. Turn out the dough onto a lightly floured surface.
2. Sprinkle the top lightly with more flour, and roll out into a rough rectangle about 1 inch thick.
3. Sprinkle the dough lightly with more flour, fold it over on itself in thirds like you would a business letter, sprinkle again with flour, and roll out the dough once again into a rectangle about 1 inch thick.
4. Repeat the process of rolling, sprinkling and folding at least once more, this time ending with a rectangle about 1/2-inch thick.
5. Wrap the dough securely in plastic wrap, and place in the refrigerator to chill until firm (30 minutes to an hour).

Finish shaping the crust.

1. Once the dough has chilled, remove it from the refrigerator, unwrap it and place it on a lightly floured surface.
2. Sprinkle the top lightly with more flour, and roll into an approximately 12-inch square.
3. Trim the edges to create a round about 12-inches in diameter. Gently fold the round in half and lift it into a greased pie plate.
4. Unfold the round in the plate, lift up the edges of the pie crust gently to create slack in the crust, and press it gently and evenly into the bottom and up the sides of the pie plate.
5. Tuck the edges of the dough underneath itself so the dough overhangs the edges by 1/4-inch.
6. Crimp the edges of the dough gently all around by pinching the dough at regular intervals with one hand, creating a crimped impression with the forefinger of the other hand.

To store the crust.

1. Cover the pie crust with plastic wrap and place it in the refrigerator to chill until firm, at least 30 minutes (and up to 3 days).
2. Chill before baking and finish according to the instructions in whatever recipe you are using.

To make a double crust pie.

1. Double the pie crust ingredients and prepare as directed, but divide the dough into two parts after first making the dough.
2. Fill the pie, then follow the same procedure for shaping the second half of the pie crust, placing it on the top of the filling, and repeating the same crimping process in reverse, then pressing the edges together.

Recipe Notes

For vegan butter alternatives:

My favorite vegan butters are Melt and Miyoko's Kitchen brands. Miyoko's Kitchen much easier to find in the grocery store than Melt.

You can also use butter-flavored Spectrum nonhhydrogenated vegetable shortening, but you'll need more water as shortening doesn't have any moisture. Crisco shortening also works. Shortening will freeze quite solid, so if you overchill it, you won't be able to press it down between your thumb and forefinger. Just allow it to sit at room temperature until it's soft enough to press, but not so soft that it turns greasy.

PASTRY BAKING TIPS

1 Keep your ingredients and equipment cold.

Pastry baking relies heavily on temperature. When your butter starts cold and stays cold, it expands as soon as it hits the heat of a hot oven. That pushes the dough out in all directions, and when there are multiple layers (sometimes numbering in the hundreds!), you get the classic flakiness we all love.

2 Preheat your oven.

Make sure that your oven is at temperature before you place your cold pastry in it. As soon as you put a cold baking sheet in the oven, the temperature of the oven will fall a bit. If your oven isn't yet at temperature, the butter will melt slowly, rather than expanding. That's how you get leaky pastry.

3 Read the whole recipe first.

These pastry recipes have multiple parts, but they are all simple to do. They're just not always *easy* before you have a feel for pastry-baking. Read each recipe all the way through at least once before you even begin to gather your ingredients. That way, you can read between the lines, and really take in the details.

4 Use high-quality ingredients.

Pastry is all about texture, and the recipes often don't have a lot of ingredients. The very last thing you want to feel in your mouth is gritty rice flour, and in such simple recipes, there's nowhere for your poorer quality ingredients to hide! I wish it were easier and less expensive to buy high quality gluten free flour blends, but for now, this is where we are. I promise the results are worth the trouble!