

## Your Guide to Setting Up a Gluten-Free Kitchen



*For more than three decades, Bob's Red Mill Natural Foods has been the leader in old-world stone milling. Today, we are every bit as dedicated to producing products that are free from gluten. As part of that dedication, we offer assistance and education to our customers who are managing gluten-free diets. Collaboration with those we serve is important to us and we hope that "The Kitchen Assistant for Gluten Freedom" will be a valuable tool for both you and your customers.*

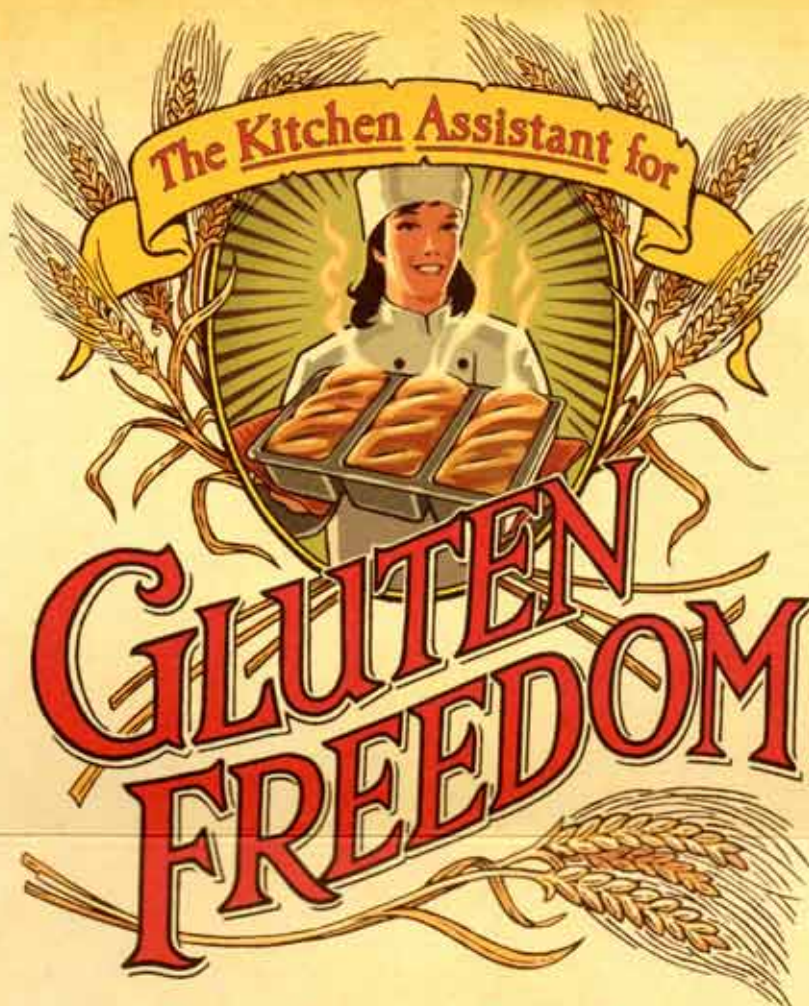


## SAFE GRAINS, FLOURS AND MEALS:

- almond
- amaranth
- arrowroot
- beans and peas
- buckwheat
- corn
- flax seed
- hazelnut
- millet
- oats (tested gluten-free)
- potato
- quinoa
- rice
- sorghum
- tapioca
- teff

## UNSAFE GRAINS:

- wheat (bulgur, durum, semolina, spelt, Kamut® grain, farro and emmer)
- barley
- einkorn
- rye
- triticale
- untested oats



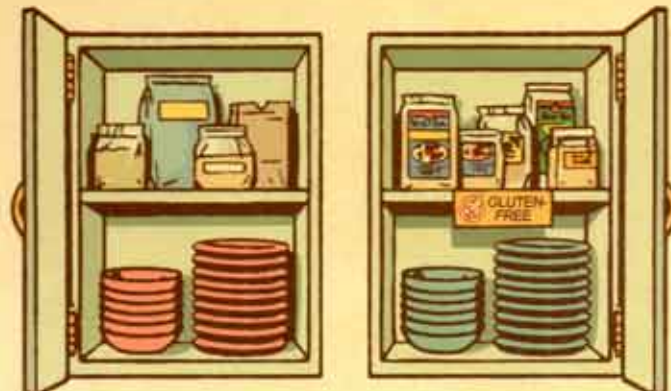
## Cracking Down on Cross-Contact

### THE MOST COMMON SOURCES OF CROSS-CONTACT

- + shared use of utensils, containers, appliances or baking equipment and incomplete cleaning
- + airborne particles of flour from unsafe grains
- + contaminated gloves or clothing in gluten-free areas
- + unsafe/careless food handling practices by employees/diners

### AVOID CROSS-CONTACT IN FOOD PREPARATION

- + separate food preparation zones and storage areas
- + accurately labeled containers, sealed tight
- + separate utensils for food preparation and serving
- + thoroughly clean hands and surfaces, keep fresh gloves and clothing available



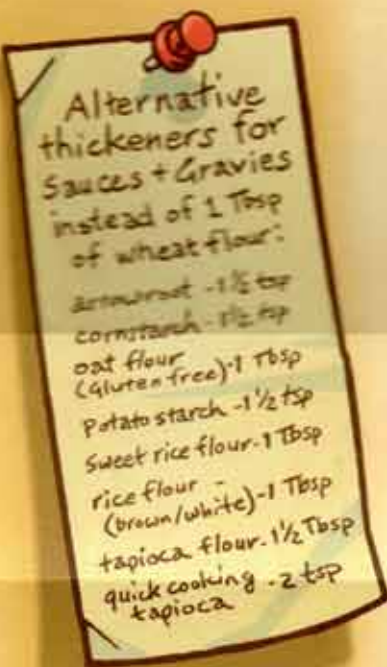
[ Separate food storage areas, tightly closed containers and colored plates help staff cut down on cross-contamination in the kitchen ]

### AVOID CROSS-CONTACT WHEN SERVING FOOD

- ❖ separate areas for gluten-free food
- ❖ clearly marked, separate serving bowls and utensils



- ❖ serve gluten-free food on plates, bowls or napkins of different colors
- ❖ shape gluten-free food differently



### SOURCES OF CROSS-CONTACT:

- serving spoons
- measuring spoons
- measuring cups
- gloves
- knives
- forks
- spatulas
- tongs
- bowls
- cutting boards
- countertops
- grills
- griddles or irons
- fryers
- skillets
- meat slicers
- baking sheets
- pots and pans
- drips, spills and splatters



AN EMPLOYEE-OWNED COMPANY

# Bob's Red Mill

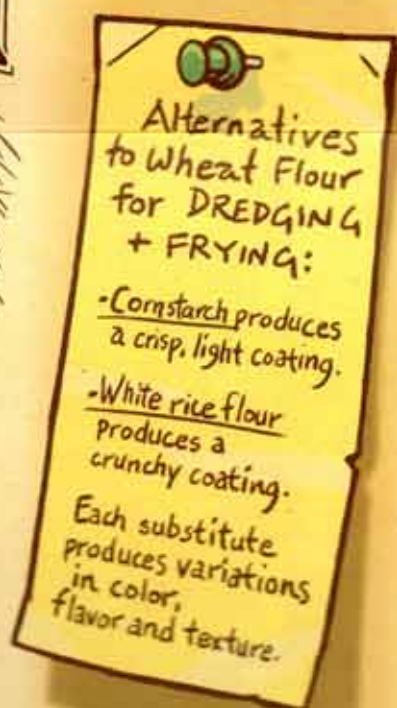


To Your Good Health®  
Bob Moore

## FOODS THAT MAY CONTAIN GLUTEN:

- breads
- desserts
- candies
- cereals
- cookies
- crackers
- pastas
- sauces
- soups
- soy sauce

Plus any food that comes into contact with gluten.



## Tips for Successful Gluten-Free Baking

[ 1. ] Choose gluten-free foods and ingredients from gluten-free suppliers

[ 2. ] Using a blend of gluten-free protein flours and starchy flours yields better results than one single gluten-free flour. Consider Bob's Red Mill Gluten-Free All-Purpose Baking Flour and Gluten-Free Biscuit and Baking Mix. Both are used extensively by gluten-free home and commercial bakers.

[ 3. ] Protein flours (such as brown rice, sorghum) lend structure, stability and flavor, while starchy flours (such as potato starch or cornstarch) make baked goods lighter and airier. Tapioca flour crisps the crust and provides a mouth-pleasing chew.

[ 4. ] Xanthan gum or guar gum is essential because it replaces the function of gluten in baking. When a recipe calls for 1 teaspoon xanthan gum, you may use 1 1/2 tsp. guar gum instead. Or use 1/2 tsp. of each—using both together produces a better texture and rise in baked goods.

[ 5. ] Gluten-free batter and dough are softer and wetter, this is necessary for good rising and texture.

[ 6. ] Traditional ovens work better for gluten-free baking than convection ovens. If you're using a convection oven, lower baking temperatures by about 25 degrees. Non-stick baking pans work best.





All products are available at | [bobsredmill.com](http://bobsredmill.com) | or call Tim Steiner at 800-553-2258

# Our Gluten-Free Products



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Almond Meal Flour	GF Brownie Mix	Golden Flaxseed Meal, Organic	Rice Bran
Arrowroot Starch	GF Chocolate Cake Mix	Golden Flaxseed, Organic	Sorghum Flour
Baking Powder	GF Cinnamon Raisin Bread Mix	Green Pea Flour	Soy Grits
Baking Soda	GF Corn Flour	Guar Gum	Soy Lecithin
Black Bean Flour	GF Corn Grits/Polenta	Hazelnut Meal/Flour	Soy Protein Powder
Brown Rice Farina	GF Cornbread Mix	Hulled Millet	Sweet White Rice Flour
Brown Rice Flour	GF Cornmeal	Millet Flour	Tapioca Flour
Coconut Flour, Organic	GF Hearty Whole Grain Bread Mix	Millet Grits/Meal	Teff Flour
Cornstarch	GF Masa Harina	Organic Amaranth Flour	Teff Grain
Creamy Buckwheat Cereal, Organic	GF Mighty Tasty Hot Cereal	Organic Amaranth Grain	Textured Soy Protein, Organic
Fava Bean Flour	GF Oat Flour	Organic Brown Rice Farina	TVP/Textured Vegetable Protein
Flaxseed (Brown)	GF Pancake Mix	Organic Brown Rice Flour	White Bean Flour
Flaxseed Meal (Brown)	GF Pizza Crust Mix	Organic Buckwheat Groats	White Rice Flour
Flaxseed Meal (Brown), Organic	GF Quick Rolled Oats	Organic Buckwheat Kernels (Kasha)	White Rice Flour, Organic
Garbanzo Bean Flour	GF Rolled Oats	Potato Flour	Xanthan Gum
Garbanzo/Fava Bean Flour	GF Shortbread Cookie Mix	Quinoa Flour, Organic	Yeast, Active Dry
GF All Purpose Baking Flour	GF Steel Cut Oats	Quinoa Grain, Organic	Yeast, Nutritional Large Flake
GF Biscuit & Baking Mix	GF Vanilla Cake Mix		

# A Gluten-Free Zone at Bob's Red Mill

