



Gluten free Gluten what is it?

GfG – What is it and how does it work?

In simple terms, GfG is similar to adding gluten to your flours and is a superior replacement to xanthan gum which has traditionally been used as a binder in gluten free flour recipes.

GfG is a revolutionary development that works much in the same way as gluten and mimics a similar function to provide workability and resilience in baking or cooking. It is ideal in the preparation of baked and cooked gluten free foods where native flours or starches of your choice such as rice flour, tapioca, and potato maize starch are used.

GfG is made from 100% natural plant derived ingredients that impart very important functional properties for the control of volume, texture and uniformity.

How do I use it?

In general you would use 1 part GfG to 5 parts gluten free flour, however less or more can be adapted depending on the recipe. GfG will assist in providing structure and consistency in batter or dough, allowing greater versatility and introduction of other gluten free ingredients that in the past has not been possible. GfG is resistant to process degradation in domestic and also commercial equipment such as bread baking machines and mixers.

Suggested flour blend using GfG

2 parts rice flour + 1 part maize starch + 1 part potato starch.

Add 1 part GfG to 5 parts of this blended flour (20g / 0.6oz GfG to 100g/3.5oz flour)

Why not CMC or Xanthan Gum?

CMC and Xanthan are both single function additives. Both will provide some binding properties but have limitations in baking or cooking. As a comparison to xanthan, baked goods with added GfG result in greater volume and a more uniform texture.



Should I add GfG to Orgran Plain Flour?

NO! GfG does not need to be added to Orgran Plain Flour or any other Orgran premixes such as bread. These premixes already contain the appropriate components of GfG.

Does it work in any wheat-based recipe?

Yes it does and in fact improves texture and uniformity. Depending on the product and the application, wheat based recipes will generally require a lesser quantity of GfG.

Where do I buy it from?

Orgran GfG is currently available in Coles and Woolworths/Safeway supermarkets in the health food aisle, independent supermarkets and health food stores. If you are having trouble locating Orgran GfG or would like information on overseas availability details, please contact Orgran on 03 9776 9044.

For more information on Orgran GfG, or to receive some fantastic recipe ideas, please contact: Orgran Gluten Free Foods

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