

Get Acquainted with Different Kinds of Flour

Flours can change the flavor, taste, and texture of your finished product. Some are mild with powdery texture while others create fibrous rustic textures. They also impact nutritional quality providing a rich source of proteins and calcium while others lack these qualities.

Some flours like **arrowroot starch, corn starch/flour, potato starch/flour, sweet rice flour, tapioca starch** offer a slight flavor but can have a starchy flavor if too much is added. The starch of the corn kernel produces corn starch/flour. It adds crispness to baked products.

I found myself attracted to these milder flour flavors as they blended easily with other flour types. Some of these include: **brown rice flour, white rice flour, sweet potato flour, millet flour, corn flour/meal, oat flour, chestnut flour, almond flour, sunflower seed meal, and cashew nut meal**. If you want to substitute one of these for part of wheat flour, replace about 1/4 to 1/2 cup 30 to 60 grams.

If you want a stronger flavor, you could try **sorghum flour, buckwheat flour, teff flour, coconut flour, cassava flour, pecan meal, pumpkin seed meal, pistachio meal, macadamia nut meal, or chia seed meal**. Replace about 1/4 to 1/3 cup/ 20 to 40 grams of your wheat flour to make a substitution using these flours. Expect a more robust flavor in your baked product.

One thing I noticed about chia seeds is that they create a gel around the seed when water is added. This is said to help gluten free foods hold together. It's important to mix the chia seed meal with other dry ingredients before adding liquids.

If you want a much stronger flavor, you might want to substitute just a small amount of these flours. Some of these flours include **Montina flour, quinoa flour, amaranth flour, plantain flour, soy flour (Soya), pine nut meal (Pignoli), and common walnut meal**. However, it is recommended to replace 1/4 cup/30 grams of your stronger flavored flour. By adding Montina or Indian rice grass or Quinoa, you will add a light grassy flavor or fiber. An important thing to remember about soy flour is to reduce your oven temperature by 25 degrees when baking as it toasts quickly.

There are also certain flours that are so strong they require additional sweetener to balance the strong or bitterness. The ones to watch are **bean flour (except soy), mesquite flour, flax seed meal (linseed meal), sesame seed meal, and Brazil nut meal**. If you decide to use more than 1/4 cup/30 grams in a recipe, check the flavor of your dough.

Flax seed meal has a gel as chia that forms when liquids are added. The advantage is that it holds foods together and can replace eggs. Remember that gel doesn't incorporate and becomes slightly firm and lumpy. You might like the caramel flavor of Mesquite but remember to reduce your oven temperature by about 25 degrees.

Oh yes, there are a few really, really strong flours that I decided not to try. **Green pea flour and black walnut meal** are in this category. Even in small amounts, they will become the dominate flavor in your recipe.

When creating your own flour blends, start by adding only a very small amount to your wheat flour or gluten free flours and then taste the blend. It's a kind of partake before you bake

It's Time to Create Your Own Flour Blends:

When you start experimenting with alternative flours, make sure to sample the flavor of the flour before you begin measuring ingredients. Then add a pinch of the alternative flour to a slightly larger pinch of wheat flour or the other gluten free flours you are planning to use in your recipe, and then taste the blend. This will give you an idea of whether or not you like a particular blend of flours. This has the added benefit of checking flavors, before you bake. . If you are using wheat, then you reduce the overall amount of wheat flour called for in the recipe. If you are using a gluten free flour blend, it is suggested that you can try to have 2 different starches/flours and 1 to 2 stronger flavored flours.

Using different kinds of flours can be an interesting adventure that you might find adds more flavor, nutrition, and deliciousness to your recipes.

For More Specific Information on this topic: See <http://www.thedaringkitchen.com/food-talk/playing-alternative-flours>