



Make Your Own Baking Supplies Notes

The following are a few instructions to tuck into your cookbook – enjoy!

GLUTEN FREE FLOURS

The most common gluten free flours are:

- White or Brown Rice Flour – makes lovely, crispy waffles
- Millet, Amaranth or Quinoa Flour – like each other once ground
- Oat flour – be sure to purchase certified gluten free, or grind your own whole oats
- Chickpea flour – often used in Indian cuisine
- Masa Harina or corn flour – these are NOT the same thing, FYI
- Coconut flour – used sparingly because of its very high fiber content
- Sorghum, Buckwheat and Teff – rich flavored, almost nutty
- Almond flour – rich in protein and very commonly used in Paleo and other gluten free recipes
- Cassava flour – both a grain flour substitute and a starch commonly found in commercial gluten free flour mixes

Any of these can be ground at home, though commercial products may produce a finer product. An electric grain mill is only built to handle grain, so be careful what you put into yours. Rice, oats and grains like Teff should be just fine because they're dry. You'll need a manual grain mill, food processor, high-powered blender or nut mill for something like almonds and coconut.

To learn more about what an electric and manual grain mill can handle, visit willit-grind.com and watch as both an electric and manual mill handle various foodstuffs. This demonstration is provided by WonderMill®, but most mills function about the same.

TO MAKE BUTTER

1. Place 1 quart of cream into a half gallon mason jar with a lid, a food processor or a butter churn.

2. If using a mason jar, begin to agitate the cream by shaking the jar.
3. As you shake, the fat will begin to bond and the whey (mostly water) will be left behind.
4. The first thing you'll produce with all that shaking is a kind of whipped cream that, as you continue to shake, will begin to form chunks.
5. As you shake further, the mixture will "break" as the yellow butterfat clumps together and the white whey sloshes around on its own.
6. When using a jar to make butter, you'll know this has happened when you feel the thump of the butter against the lid of your jar. Also, if you're using cow cream, you'll be able to see the butter that's forming easily because it will be a lovely yellow color. Goat cream stays white and gives you white butter, FYI.
7. After your butterfat has bonded, pour off the whey into a separate container and add it to breads, soups and casseroles. It's also suitable to feed to chickens or pigs, or to add to the compost pile.
8. Put your butter clump into a bowl and run some water over it as you press it into the bottom of the bowl. You can also do this just by holding the butter in your hands under the water. This process removes extra whey that's been trapped inside the butter. As the water in your bowl becomes cloudy, dump it off. The whey won't hurt you if you eat it, but it can make the butter sour over time. Since I use raw cream, I don't worry too much about getting all the whey out because raw dairy doesn't spoil, it cultures. I prefer a bit of culture in my butter, so I'll mush it around for a few seconds to get out any pockets of soggy whey, and then I just let my butter alone. We go through it so fast that it rarely has a chance to culture at all, to be honest. If I'm using pasteurized cream for some reason, then I'm much more diligent about getting the whey out of my butter so it doesn't spoil.
9. After you're satisfied that your butter is as whey-free as you can make it, stir in a bit of sea salt to taste if you'd like.
10. You can simply serve the butter up right away or wrap it in parchment paper and refrigerate or freeze. I like to measure out the butter in half cup amounts just in case I need to bake with it. You can make it fancy by pressing it into a butter mold that will stamp a pretty pattern into your butter.
11. If you're using a food processor or electric butter churn, the process is the same, but the agitation is performed by the machine. Old-fashioned, upright butter churns are hand-powered but are designed for larger volumes of cream—as in, gallons. This process is the same whether you're making butter from one quart of cream or one gallon.
12. If you're using your stand mixer to make butter, be prepared to cover the bowl completely with a towel or plastic wrap because the cream and whey will slosh all over the place.

TO MAKE POWDERED SUGAR

1. Measure one cup of your favorite sugar into your blender body—do one cup at a time to avoid overheating your sugar and making it sticky.
2. Quickly turn the blender to its highest setting and blend until fine powder forms.
3. Stop after twenty seconds to air out the sugar (it will become tacky if over-heated) and to bang the sides to move more granules down to the blades.
4. Blend until all granules are powdered. This will take several times. If you want an even finer powder, you can remove your sugar to a mortar and pestle and manually grind it a bit more.
5. Be sure to let the sugar cool down all the way before you store it.
6. By making your own powdered sugar you can control what kind of sugar is used—you do NOT have to settle for store bought. I can never quite get mine as finely ground as commercial powdered sugar but that is a small price to pay, in my opinion, for better taste and a cleaner product.

TO MAKE CANDY SPRINKLES

1. Mix up your favorite royal icing recipe (1-pound Organic powdered sugar, 3 egg whites, 1 teaspoon fresh lemon juice).
2. Add any color and flavor that you want, using vegetable dyes and essential oils if you prefer healthier ingredients.
3. Using a piping bag and the narrowest, plain tip you have, pipe the frosting out in long lines on a piece of wax paper and let it dry at least overnight.
4. Once dry, cut up the long strips into small bits.
5. Store in a dry container in the refrigerator for up to three months.

TO MAKE HERBAL SUGAR:

1. Take 1 cup of organic cane sugar and combine in a blender with 1 cup of rose petals to make pink sugar crystals. I grow rugosa roses and their petals are highly fragrant with deep color. I recommend them for many reasons, not the least of which is that they make incredible snacks and sweets.
2. If you'd like to make purple crystals, use one cup of sugar and about 1/2 cup of lavender.
3. You can do this with calendula petals (orange), hibiscus flowers (red or other colors), mint (green) and many more herbs.
4. Experiment with the amounts of herb until you get the color and taste you like.
5. Lay out on a plate to dry for a few days.

6. Store your herbal sugars for up to a year in a cool dark place, though the flavor will begin to fade over time.

For information on canning, food preservation of other sorts and building a home-storage program, sign up for our newsletter and receive our e-booklet *Health Wise Food Storage*. You'll also gain access to our member library, which has FREE resources added to frequently throughout the year.



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