

FAMILY AND CONSUMER SCIENCES

Gluten Free Eating–Educator Checklist

Shannon Carter, Extension Educator, Ohio State University Extension, Fairfield County
Family and Consumer Sciences, carter.413@osu.edu, 740-652-7270

Lesson 3: Gluten Free Eating: Cooking and Baking

Handouts for this lesson:

- Gluten-Free Baking from Colorado State University Extension
extension.colostate.edu/docs/pubs/foodnut/09376.pdf
- Gluten-Free Sorghum Recipes by Jenny Rees and Alice Henneman, UNL Extension Educators
food.unl.edu/documents/gluten-free-sorghum-recipes.pdf
- Recipes

Supplies for this lesson:

Food demo and/or tasting supplies, recipe. Recipe suggestions:

- Flourless cookies
- Gluten Free Pizza or Bread (from America’s Test Kitchen)* note – for successful results, follow their recipe exactly for all-purpose flour blend and other ingredients and instructions
- americastestkitchen.com/recipes/7854-americas-test-kitchen-all-purpose-gluten-free-flour-blend
- americastestkitchen.com/recipes/7853-the-best-gluten-free-pizza?incode=MASA-D00L0&ref=new_search_experience_1
- americastestkitchen.com/recipes/9006-gluten-free-classic-sandwich-bread?incode=MASAD00L0&ref=new_search_experience_2

Optional supplies:

- Put together a ‘kit’ of gluten free flour and starch samples. Put samples in labeled zipper plastic bags.
- Measuring demo: Kitchen scales, bowl, gluten free flour, dry 1 cup measure, sifter, spoon
- (Optional) Different types of kitchen utensils or equipment that is helpful for gluten free cooking and baking (i.e., non-stick rolling pin, parchment paper, etc.)

Optional 4-minute video:

The Science of Good Cooking: Gluten Free Pizza Dough with Dan Souza, Senior Editor of Cook’s Illustrated. go.osu.edu/Gluten-FreePizzaDough

