



Gluten Free Baking Advice - Xanthan Gum

Xanthan gum is a stabiliser which claims to improve the texture and extend the life of your gluten-free baked products.

Our JUVELA Home Economist has been conducting extensive trials adding Xanthan gum to the JUVELA Mixes to make bread, cakes, pastry and biscuits.

The results have been amazing! Xanthan gum gives bread a more robust and springy texture, whilst keeping it fresher for longer; pastry does not crack during baking or crumble when cut; and fruit is more evenly distributed in cakes, with no crumbling when cut.

Our verdict? Great for bread (by hand and in an automatic breadmaker) and pastry making, as well as fruit cakes. Not particularly beneficial for sponge cakes – tends to make the sponge less light and fluffy and slightly chewy.

Quantities:

Bread (by hand) – White Mix: use 1 tsp to 500g Mix

Bread (by hand) – Fibre Mix: use 1 tsp to 500g Mix and add 50ml (2fl oz) extra water

Bread (in automatic breadmaker) - White Mix: use 1 tsp to 350g Mix

Bread (in automatic breadmaker) - Fibre Mix: use 1 tsp to 350g Mix and add 50ml (2fl oz) extra water

Pastry: use 1 tsp to 200g (8oz) Mix or Fibre Mix

Rich Fruit Cake: use 1 tsp in basic JUVELA recipe (250g [10oz] Mix)

Fruit Sponge: use 1tsp to 200g (8oz) Mix

N.B. Always add the Xanthan gum to the Gluten-Free Mix and stir it in thoroughly before adding other ingredients.

Suppliers of xanthan gum

Xanthan gum is now available on many supermarkets and health food shops.