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Presents



# Egg-Free Baking

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## ABOUT EGG-FREE BAKING

Eggs are used in preparing our gluten-free mixes to bind ingredients together, to moisten the baked product, and to help the batter or dough rise. Egg derived products like EggBeaters can also be used to lower fat, cholesterol, and calories in most recipes. When eggs are out, however, because of food allergies, substituting becomes much more complicated. We have experimented with such egg substitutes as flax meal (ground, milled flaxseed), powdered soy lecithin, soft silken tofu, GF soy yogurt, pureed fruit, and Ener-G Foods “Egg Replacer” and find that each can be useful in specific applications. As another source of information, Carol Fenster’s book Special Diet Solutions provides guidelines for modifying recipes to exclude eggs (and other common allergens).

FLAXMEAL, when mixed with hot water and allowed to stand, forms a gooey mixture similar to the consistency of egg whites. It’s also an excellent source of fiber. Flaxmeal soaks up more water than dry flours, so a bit more liquid sometimes is needed in a recipe. Because it binds moisture so well, flax can often help keep GF baked goods from becoming dry or crumbly so quickly. Products containing flaxmeal do tend to brown more quickly (desirable with some mixes, such as Country French Bread), but too much flax gives a slightly bitter aftertaste. This usually is masked by stronger flavors such as chocolate or yeast or can sometimes be reduced by the addition of a tablespoon of extra sugar or brown sugar.

*1 egg = 1 Tbsp. Flaxmeal plus 2 Tbsp. hot water. Let stand, with occasional stirring, about 10 minutes until gooey. Use as is, without straining.*

LECITHIN is a type of fat and occurs naturally in egg yolks, accounting for their richness. Lecithin can also be extracted and purified from soybeans. The final dry powder is free of gluten, but anyone with a soy allergy should stick with other egg substitutes. Lecithin does *not* dissolve in water, so it often is best blended with the oil or butter in the recipe first. Doughs and batters containing lecithin are often quite soft, so the amount of fat in an original recipe may have to be reduced.

***1 egg = 1 Tbsp. Lecithin powder minus 1 Tbsp. fat from recipe, plus 2 Tbsp. liquid***

(such as the water, milk, or juice used in recipe).

*Example:* Original recipe liquids are 1 egg, 4 Tbsp. oil, 1 cup milk. Change to 1 Tbsp. lecithin, 3 Tbsp. (or less) oil, and 1 cup plus 2 Tbsp. milk.

SOFT SILKEN TOFU (soybean curd) is found in many grocery or natural food stores. Mori-Nu brand comes in aseptic packages that require no refrigeration and are easy to work with.

***1 egg = ¼ cup tofu, blended until smooth with the recipe's liquids.***

SOY YOGURT (plain, unflavored) is a mixture of soy milk, various starches, and active cultures that mimics conventional yogurt in consistency but is dairy free. **ALWAYS** check the label to make sure the starches that are used as thickeners are GF. Fruit flavored and vanilla soy yogurt are also available and often lend an interesting touch to a recipe.

***1 egg = One 6 fluid ounce (¾ cup) container yogurt, but the oil and other liquids in the recipe will need to be reduced.***

PUREED FRUITS and VEGETABLES can sometimes come in handy. Examples are applesauce, pears, bananas, prunes, and mashed cooked carrots, winter squash or pumpkin. GF baby foods can make the job easier. Remember, however, that most substitutes will impart a flavor and color of their own and contribute some sweetness.

***1 egg = anywhere from 1 heaping tablespoon to a scant quarter cup puree or sauce.***

**PLEASE NOTE:** Remember that none of the above substitutes has the leavening qualities of beaten eggs, such as for a cake or quickbread. Add a teaspoon or two of baking powder or Ener-G “Egg Replacer” can often give a lighter result. It also helps to bake egg-free goods in their “smaller” forms, such as cupcakes or muffins. Baking powder isn’t needed with yeasted breads and rolls, since the yeast does the work.

**“EGG REPLACER”** is a dry, white powder from Ener-G Foods that is a glorified baking powder – a combination of tapioca starch and leavening agents. It helps some baked goods rise. Carol Fenster recommends adding *twice* the amount of dry Egg Replacer indicated in the instructions on the but to keep the water/liquid amount the same. Remember that Egg Replacer does not have the moisturizing or lubricating qualities that eggs do, so you may need to add a little extra fat or oil to the recipes. **NOTE:** Dry Egg Replacer does **NOT** do at all well in our Chocolate Truffle Brownie Mix and is not our first choice in making our Old Fashioned Cake.

## EGG-FREE MODIFICATIONS FOR OUR GLUTENFREE PANTRY MIXES

**Please note:** When replacing the eggs in our mixes, the additional ingredients listed on the back of the bag will often require adjustment. For best results, it is recommended that following suggestions be observed.

### FAVORITE SANDWICH BREAD (#126001M - 22 oz. bag)

<u>Flaxmeal Only</u>	<u>Lecithin Only</u>	<u>Egg Replacer</u>
2 Tbsp flax in ¼ C.hot water	2 Tbsp. Lecithin	2 Tbsp Egg Replacer
4 Tbsp oil/butter	2 Tbsp oil/butter	in 4 Tbsp of water
1 ¾ C water + 2-4 Extra Tbsp to give	2 C. Water	5 Tbsp oil/butter
		1 ¾ c. water minus 1 Tbsp

Follow remaining directions on back of bag as stated.

### RYE-STYLE BREAD (#126045 - 22 oz. bag) –

Same formulas as above but reduce water by ¼ c. and add 2 Tbsp. honey + 1 Tbsp. molasses, per usual.

Follow remaining directions on back of bag as stated.

### BUTTERMILK BROWN RICE PANCAKES and IRISH SODA BREAD (#126002M - 16 oz. bag)

Replace the eggs with applesauce or tofu for either the pancakes or the Irish soda bread.

Egg Replacer will work for pancakes but not that well for Irish soda bread.

Follow remaining directions on back of bag as stated.

### CHOCOLATE CHIP COOKIES (#126037M - 19 oz. bag)

Recommended: *Bake as drop cookies*

½ c. softened butter (1/2 stick)  
1 ½ Tbsp. flax in 3 Tbsp. water  
½ c. unsweetened applesauce  
2 tsp. GF vanilla  
1 tsp. baking powder

Follow remaining directions on back of bag as stated.

### MUFFIN & SCONE MIX (#126005M - 15 oz. bag)

<i>Muffins</i>	<i>Scones</i>	<i>Egg Replacer</i>
½ c. tofu	1 stick butter	Egg Replacer can be
6 Tbsp. butter	¼ c. tofu or	used in either case,
1 c. milk/juice	applesauce	but results will be
1 tsp. baking powder	½ c. buttermilk	rather dry.
1 tsp. GF vanilla		

Follow remaining directions on back of bag as stated

### COUNTRY FRENCH BREAD/PIZZA MIX (126057M - 22 OZ BAG)

#### Flaxmeal & Lecithin\*

2 tsp Lecithin  
3 Tbsp flax in 6 Tbsp water  
1/3 c. oil/butter  
1 ¾ c/water/milk plus 1-3 Tbsp.  
(to give smooth dough)  
1 tsp cider vinegar  
1/2 tsp salt  
1 Tbsp sugar

#### Egg Replacer

2 Tbsp Egg Replacer  
In 4 Tbsp water  
1/3 c. plus 1 Tbsp oil/butter  
1 ¾ c. water minus 1 Tbsp  
1 tsp cider vinegar  
1/2 tsp salt  
1 Tbsp sugar

\*Optional: Increase yeast to 1 Tbsp

Follow remaining directions on back of bag as stated.

## TAPIOCA BREAD (#126059 - 22 oz. bag)

### Lecithin & Flax\*

1 Tbsp Lecithin  
4 Tbsp oil/butter  
4 Tbsp flax in 1/2c.  
Water.  
1 Tbsp baking powder  
1 3/4 c. water/milk (or  
sl. more)  
2 Tbsp honey  
1/2 tsp salt

### Lecithin Only\*

2 Tbsp Lecithin  
2 Tbsp oil/butter  
1 Tbsp in 6 Tbsp water  
1 Tbsp baking powder  
1 3/4 c. + 2 Tbsp  
water/milk  
2 Tbsp Honey  
1/2 tsp salt

### Egg Replacer

3 Tbsp Egg Replacer In  
6 Tbsp water  
5 Tbsp oil/butter  
1 3/4 c. water plus 1  
Tbsp  
2 Tbsp honey  
1/2 tsp salt

\*Optional: Increase yeast to 1 Tbsp

- Follow remaining directions on back of bag as stated.

## BAGELS, BREADSTICKS, PRETZELS (126089 - 16 oz. bag)

### LECITHIN & FLAX

*Toss together:*

1 bag mix  
1 tsp. salt  
1 Tbsp. lecithin  
1/2 Tbsp. flaxmeal

*Mix together and add to dry:*

1 1/4 c. warm water  
1 Tbsp. oil  
2 Tbsp. honey  
1 tsp. cider vinegar

Follow remaining directions on back of bag as stated.

## YANKEE CORNBREAD (126003M - 12 oz. bag)

Follow remaining directions on back of bag as stated.

### TOFU METHOD

1 c. milk/buttermilk/nondairy liquid  
3-4 Tbsp. oil/melted butter  
1/2 c. tofu  
1/2-1 tsp. baking powder  
1/3 c. sugar

### EGG REPLACER

1 Tbsp. Egg Replacer  
3-4 Tbsp. oil/melted butter  
1/3 c. sugar  
1 1/3 c. milk/non-dairy liquid

## EGG-FREE CARROT CAKE

1 (14 oz.) *Spice Cake Mix* #126032M

Egg Replacer equivalent to 1 egg  
2/3 c. raw carrots, shredded fine  
8- oz. can crushed pineapple, very well  
drained (use 2/3 of contents)  
1/2 c. shredded coconut

1/2 c. chopped walnuts  
1 cup soy yogurt  
1 tsp. GF vanilla  
2 Tbsp. oil  
2 Tbsp. applesauce

Mix well and bake at 350 degrees for 35 minutes in 9" round pan.

## CHERRY CHOCOLATE CAKE ( OR BLACK FOREST CAKE)

1 pkg. (15 oz.) *Danielle's Chocolate Cake Mix - 126041M*

Two 6- oz. containers GF cherry flavor soy yogurt

3 Tbsp. oil  
1 Tbsp. + 1 tsp. water  
1 tsp. GF vanilla

Mix well and bake at 350 degrees for 30 minutes in 9" round pan. Cool thoroughly. Spread on top: 1 cup GF cherry pie filling. Top with: GF whipped topping (such as Cool Whip) or real whipped cream Extra: Sprinkle shaved chocolate on top of the Cool Whip/whipped cream.

## OLD FASHIONED CAKE AND COOKIE MIX - 126029M

(15 oz. bag, or 2 1/2 c. mix)

*Drop cookies/Snickerdoodles*

5 Tbsp. solid shortening (e.g. Crisco)  
4 Tbsp. softened butter  
1/2 c. tofu  
2 tsp. GF vanilla

*Cake*

2-3 heaping Tbsp. applesauce\*  
1/4 - 1/3 c. oil  
1/2 c. water/milk  
2 tsp. GF vanilla

\*For something different, try some of the organic applesauce combinations, such as Apple/Blackberry, Apple/Cherry, Apple/Apricot  
Follow remaining directions on back of bag as stated.

### **EGG-FREE PEANUT BUTTER COOKIES**

¼ c. unsalted butter, softened	6 Tbsp. water
¾ c. crunchy peanut butter	1 ½ tsp. Egg Replacer
¼ c. granulated sugar	2 c. <i>French Bread/Pizza Mix</i>
¾ c. light brown sugar	¾ tsp. baking soda

Preheat oven to 375 degrees. Beat together butter peanut butter, sugars, and water. Set aside. In a second bowl, combine French Bread Mix, Egg Replacer, and baking soda. Stir peanut butter mixture and dry mixture together to form a dough. Roll dough into one inch diameter balls and place 3” apart on lightly greased cookie sheet. Flatten with fork. Bake about 13 minutes until cookies are set but not hard.

Try adding chopped raisins and/or mini-chocolate chips for an extra treat! *Note:* For “slice ‘n’ bake” cookies, form dough into one or more logs and chill several hours. With a sharp knife, slice off ¼” – 1/3” rounds and place on cookie sheet. Bake 10-13 minutes, depending on thickness.

### **CHOCOLATE TRUFFLE BROWNIES – 126021M**

(16 oz)

*Beat together well:*

1 stick melted butter or 1/3 c. oil  
12 oz. pkg. soft silken tofu

*Add bag of mix plus:*

1 Tbsp. baking powder  
1 Tbsp. GF vanilla

Bake as directed in 8 x 8” pan, increasing baking time to 45 minutes.

### **DANIELLE’S DECADENT CHOCOLATE CAKE – 126041M**

(15 oz. bag)

*Beat together well:*

½ c. tofu  
1/3 c. oil  
1 c. water/milk

*Add bag of mix plus:*

1 tsp. baking powder  
1 tsp. GF vanilla

Bake in 9” round pan 30 minutes.

### **SPICE CAKE/GINGERBREAD MIX – 126032M**

(14 oz. bag)

Mix together:

1 Tbsp. Egg Replacer  
1 c. unsweetened applesauce

*Add bag of mix plus:*

½ c. sour cream or GF soy sour cream  
1/3 c. oil

Follow baking instructions on back of bag.

*Optional:* Add ¾ - 1 c. raisins plus ¾ c. chopped nuts to batter.

*Mix together:*

### **CHOCOLATE CHIP COOKIES WITH SOY YOGURT**

1 bag **GF Pantry Chocolate Chip Cookie Mix – 126037M**

1 Tbs. egg replacer (added to mix)  
1 ¾ cups gluten-free soy yogurt  
2 tsp. vanilla  
4 Tbs. vegetable oil

Combine all ingredients. Mix well. Scoop by teaspoonfuls onto parchment lined cookie sheets. Bake 14-16 min in 350 degree oven. Cool and enjoy.

### **QUICK BUTTERMILK BISCUITS/SCONES**

1 c. + 2 Tbsp. *French Bread/Pizza Mix 126057M*

¼ c. granulated sugar (or less if adding herbs for a savory biscuit)

2 tsp. baking powder

1 ½ tsp. Egg Replacer

3 Tbsp. unsalted butter, cold, cut into tiny pieces

½ c. + 2 Tbsp. buttermilk or soured milk substitute

Preheat oven to 400 degrees. Lightly oil a large cookie sheet. Combine mix, sugar, baking powder, and Egg Replacer. Cut in butter until mixture resembles a coarse meal. Add buttermilk and stir to combine. Dough will be stiff and sticky. Divide dough into approx. 8 portions and drop onto cookie sheet, about 1” apart. Bake about 12 minutes or until tops just begin to show color. Let cool somewhat, split in halves, and serve with fresh fruit for a shortcake dessert. For scones, try adding dried fruits, grated citrus peel, nuts, or even mini-chocolate chips!

### **LEMON COOKIES WITH OLD FASHIONED CAKE & COOKIE MIX**

14 Tbs. soy yogurt

1 Tbs. grated lemon peel

2 tsp. Lemon juice

3 2/3 cups **Old Fashioned Cake & Cookie Mix** (#126029M)

Unsweetened coconut

Finely chopped walnuts

Preheat oven to 350 degrees.

Combine all ingredients and beat well. Scoop into teaspoon-size balls and drop into mixture of chopped coconut and walnut. Roll each ball in mixture and drop onto parchment lined cookie sheet. Bake 14 min. Cool and enjoy.