

GIG Conference 2008 Session Reviews

By Terri Murdoch

“The Art and Science of Gluten Free Baking”

Annalise G. Roberts

Annalise has celiac disease and has converted many classic baking recipes to gluten free recipes that are outstanding. Anne Luther and I attended a dinner during the conference. All appetizers and the main meal were gluten free and made by Annalise and her sister, Claudia Pillow. It was wonderful to walk into someone else's home and have a completely safe gluten free meal.

Annalise and Claudia have a website, www.foodphilosopher.com with recipes and the flour blends listed for each recipe. Annalise also sells books, one of which is, [Gluten-Free Baking Classics](#).

The Science

Annalise is a perfectionist. She spent much time refining the flour mixes and recipes to get ideal texture and taste. The result is dependable flour mixes and recipes every time you bake.

Annalise created different types of flour blends; one is an all purpose blend for cakes, muffins, etc. The secret is the use of extra finely ground rice flour. The brand she prefers is from Authentic Foods. She stressed the importance of the extra finely ground rice flour vs. ground for this flour blend.

The other type of flour mix is for bread with three different blends (Mixes A, B, and C); each for a particular type of bread. She uses millet and sorghum in breads to replace the flavor of wheat. Annalise recommends that when buying millet and sorghum, open at home and smell; they should have a sweet nutty aroma. If not, return to the store; it should be fresh.

When making the flour mix blends, follow the recipe and instructions exactly: be consistent, measure correctly and exactly; etc.

Follow recipes exactly when making a particular item. Ingredient amounts for different items can differ; xanthan gum, for example, requires different amounts for different recipes.

The Art

Annalise tweaks recipes by covering flavors with extracts such as vanilla. She adjusts liquids; uses canola oil because it is clean and light and has less flavor than other oils; adjusts baking and soda powder, yeast, salt, and sugar.

If you are a baker, Annalise's baking book is for you.

“Quelling the Inflammatory Fire: Probiotics and Glutamine”

Dr. Jean Layton, Naturopathic Physician

Dr. Layton is a former chef and she and her family is gluten intolerant. Her presentation focused on stopping acute and chronic inflammation to rebuild damaged tissue, prevent bacterial infections, and reduce exposures to toxic chemicals with a gluten free diet and glutamine and probiotics.

Glutamine is one of 20 amino acids needed for protein synthesis and is the most abundant. However, it is referred to as a *conditionally* essential amino acid because, in certain circumstances, the body is unable to produce enough glutamine to meet its needs. It is essential during periods of excessive stress including injury, inflammatory bowel disease, celiac disease, acute burns, etc. Glutamine is crucial in maintaining the structural integrity of the intestinal lining. Because glutamine fuels white blood cells, it is essential in supporting the body's immune system and immune response. Trauma, surgery, viral infections, and chemotherapy have all been shown to deplete glutamine levels. It plays an important role in the body's antioxidant systems, as well.

Glutamine is found most abundantly in meat, fish, legumes, and dairy. Two vegetable sources with high content are raw, uncooked cabbage and beets. Cooking the vegetables destroys the glutamine. Cabbage in particular appears to contain “unknown” effective components that, when ingested and absorbed from the GI tract, stimulate the production of tumor necrosis factor [alpha] (TNF[alpha]) and interleukin-1 (IL-1), important players in antitumoral, antiviral, immunoregulatory, and inflammatory responses. (Note: Glutamine would not be found in canned sauerkraut because it has been cooked. Glutamine is in the refrigerated type of sauerkraut, such as “Bubbie’s” brand.)

Probiotics are dietary supplements containing potentially beneficial bacteria or yeasts. Probiotic bacteria in the gut fulfills many useful functions: digestion, stimulating cell growth, enhance absorption and storage of lipids, vitamins and other nutrients, repressing the growth of harmful microorganisms, training the immune system to respond only to pathogens, and defending against some diseases.

There are different strains of probiotic bacteria and different strains are beneficial for certain conditions. For instance, *Bifidobacterium longum* (*B. longum*) has, in clinical studies, been found to reduce the frequency of GI disorders (diarrhea, nausea, etc.) during antibiotic use.

We can encourage probiotic bacteria to flourish by eating certain foods: certified gluten free oats, freshly ground flax seeds, greens, and legumes.

A probiotic brand that Dr. Layton prefers is “Pro-Flora Concentrate Probiotic Pearls” because it is shelf stable and does not require refrigeration.