

Gluten-Free Baking Tips

(NAPSA)—The recipe for successful gluten-free baking starts with a few basics.

According to Carol Kicinski, gluten-free recipe developer, food writer and TV chef, it's important to know that no single flour can replace all-purpose wheat flour. It requires a combination of gluten-free flours, starch flour and gums to produce the same result.

For a pastry-quality gluten-free flour blend, pick a flour blend that is high in starch.

Also, gluten-free baked goods don't brown as quickly as regular flour goods—so be careful not to overbake.

If the gluten-free dough breaks up while you roll it out for cookies—no worries. Just pinch it back together again.

The following gluten-free recipe incorporates maraschino cherries. Kicinski always keeps a jar or two on hand because these moist and flavorful bits of fruit are an easy way to add color, flavor and fun to many desserts, snacks and appetizers.

Iced Cherry Rings

- 1 cup unsalted butter**
- 1 cup sugar**
- 2 egg yolks**
- Finely grated zest of 2 lemons**
- 2 tsp pure vanilla extract**
- 3 cups gluten-free flour (be sure to use one that includes either xanthan or guar gum; if not, add 2 tsp of either)**
- ½ cup maraschino cherries, dried well and chopped**
- 1 cup confectioners' sugar**
- 2 to 3 Tbsp freshly squeezed lemon juice**
- 4 to 6 drops maraschino cherry liquid**

Preheat oven to 350°. Lightly grease 4 baking sheets with butter.



This gluten-free cookie incorporates colorful, flavorful maraschino cherries.

Cream butter and sugar until fluffy. Add egg yolks, lemon zest and vanilla; mix well. Stir in the flour; add the cherries and mix with your hands until it forms a soft dough.

Lightly flour a surface, roll out the dough to ¼-inch thickness and cut into 3-inch rounds with a cookie cutter. Cut out the center of each cookie with a 1-inch cookie cutter. Place rings on prepared baking sheets. Reroll any trimmings and cut more cookies. Bake 15 minutes or until firm and just beginning to color. Cool on baking sheets for 5 minutes, then transfer to a wire rack to finish cooling.

Mix the confectioners' sugar with lemon juice and maraschino cherry juice into smooth paste. Add a little lemon juice at a time. Drizzle over the cooled cookies and let stand until the icing sets, about 30 minutes.

Makes 20–30 cookies.

For more gluten-free recipes, visit www.nationalcherries.com.