



bake aid

REDUCES GLUTEN

BAKE AID is a special proprietary blend of rhizomes of the Zingiberaceae family (gingers), designed to break down gluten in wheat flour.

The processing of these ginger rhizomes has been designed to maintain the integrity of their numerous essential oils and powerful antioxidants, and their unique proteins and starches. The dry rhizomes have been supplemented with the oils of culinary ginger that are widely used for their special properties, and encapsulated in rice flour.

GLUTEN INTOLERANCE

Cereal grains such as wheat contain proteins called gluten that cause serious health problems for a significant number of people. These proteins have structural elements that prevent our digestive systems from metabolizing the proteins efficiently. These structural elements contain amino acid sequences that are capable of over-sensitizing a person's immune system if the person has the gene that recognizes these amino acid sequences. In Australia over 30% of the population has genes that react with gluten. However, the symptoms of gluten intolerance will only be recognized after the person has had their immune system sensitized by

- repeated overindulgence of cereal grain based food,
- infection by a virus (or vaccination with a live virus) or bacterium that has proteins with similar structural elements as the food proteins,
- high levels of stress such as intensive training.

Once sensitized, the immune system will respond to the gluten and the person may suffer a broad range of conditions including autoimmune diseases, all of which should be considered as serious and actions should be promptly taken to address the problem including consulting a general practitioner and specialist allergist.

HOW MAY BAKE AID ASSIST?

BAKE AID's components are designed by nature to digest the structural elements in gluten that cause gluten intolerance. The inclusion of BAKE AID as an ingredient in the preparation of food containing milled cereal grain has the potential to reduce the risk of any adverse reaction and make the food more palatable.

It does not make the food 'gluten-free' nor is it possible to guarantee the gluten in the food is reduced to the 'low gluten' standard of less than 200 ppm.

HOW DO I USE BAKE AID?

Simply add ¼ teaspoon BAKE AID to each cup of flour, **sift thoroughly 3 times through the flour** and proceed as normal with the recipe. This applies to bread, cakes, biscuits, cookies, pizza, pasta, muffins, pikelets, pancakes, etc.

Bread: If you are baking bread with BAKE AID to reduce gluten:

1. Do not use bread mixes that contain added gluten because the commercial gluten is more difficult to digest than the natural gluten in the flour.
2. There is no need to use bread improvers because the bread tends to rise better with BAKE AID added.
3. If you are using a bread making machine, do not choose the largest sized loaf option as the bread tends to rise better than normal and may reach the lid.

Sauces: A small amount of BAKE AID may be added to a commercial sauce that has a cereal grain flour or a component of the flour in it before you start cooking the sauce, to reduce the risk of an adverse reaction.

RECIPES

BAKE AID can be used in any recipe that contains a milled cereal grain or a component of the grain. For example:

Pizza dough

3 ½ cups plain flour	1 teaspoon BAKE AID
2 teaspoon salt	2 teaspoon dry yeast
1 tablespoon olive oil	280 mL warm water (40°C)

Method:

Sift the flour with the BAKE AID thoroughly 3 times. Mix thoroughly with the salt and then mix with the yeast. Add oil and water and mix to form a dough. Knead dough on floured surface for 10 minutes or until dough is smooth and elastic. Form the dough into a ball and lightly coat with olive oil. Place in a bowl and cover. Place in a warm area to rise and double in size (approximately ½ hour). Roll out to desired shape and thickness. Top with your favourite toppings. Bake in a preheated oven at 200°C until cheese is melted and dough is golden brown.

Orange Cake

125g butter	½ cup sugar
1 ½ cups SR flour	2 eggs
¼ teaspoon BAKE AID (slightly heaped)	
Grated rind & juice of 1 orange	

Method:

Cream butter and sugar. Add eggs one at a time and beat well. Add rind and juice and mix. Sift the flour and BAKE AID 3 times and add to the mix and beat well. Put mixture into a greased and lined 20cm tin. Cook in a preheated oven at 180°C for 45 minutes or until skewer comes out clean. Cool in tin for 10 minutes before turning out onto rack.

Pikelets

2 cups SR flour	2 eggs
½ cup sugar	1 cup milk
½ teaspoon BAKE AID	2 dessertspoons butter - melted
2 tablespoons boiling water	Pinch bicarbonate of soda

Method:

Sift the flour with the BAKE AID thoroughly 3 times. Mix in sugar. Add well beaten eggs and milk and beat until combined. Lastly add melted butter, bicarbonate of soda and boiling water. Heat a non-stick pan over medium heat and lightly butter. Place tablespoons of mixture into the pan, turn when bubbles appear on the surface. Cook until golden. Serve with your favourite jam and cream.

Patty Cakes

250g castor sugar	1 ½ cups SR flour
2 eggs	½ cup milk
1 teaspoon vanilla	250g butter
¼ teaspoon BAKE AID (slightly heaped)	

If you want to make chocolate patty cakes replace ¼ cup of the flour with ¼ cup cocoa.

Method:

Cream butter and sugar. Add eggs one at a time and beat well. Sift the flour and BAKE AID thoroughly 3 times. Mix in ½ of the flour. Add the milk and mix. Add remaining flour and more milk if necessary. Place spoonfuls into patty papers and bake in a preheated oven at 200 °C for 10 minutes or until cooked. Cool and ice if desired.

Bread

3 ½ cups plain flour	2 teaspoons dry yeast
1 teaspoon salt	1 tablespoon sugar
1 teaspoon BAKE AID	1 tablespoon olive oil
320ml of warm water (40°C)	

Method:

Sift the flour with the BAKE AID, salt and sugar thoroughly 3 times. Add yeast and mix through. Add water and oil and mix to form a dough. Knead on a floured surface for 10 minutes, or until the dough is smooth and elastic. Place the dough into a bowl, cover with plastic wrap and stand in a warm place until doubled in size. Knock back, knead again until smooth, shape and place in an oiled loaf tin. Cover and place in a warm place to rise until doubled in size. Place in preheated oven at 220 °C and bake for 25 minutes or until golden brown and sounds hollow when tapped. Tip out on rack to cool.

Pasta Dough

2 cups plain flour
2 eggs

½ teaspoon BAKE AID
1 tablespoon olive oil

Method:

Sift the flour with the BAKE AID thoroughly 3 times. Put into the bowl of a food processor. Add eggs and olive oil and mix on high until mixture resembles breadcrumbs. If mixture is too dry and does not form a ball when squeezed together in your hand, add some water a tablespoon at a time and mix until it can bind together. Roll through your pasta machine and use as required.

Pumpkin scones

2 ½ cups SR flour
½ cup sugar
½ teaspoon BAKE AID (slightly heaped)
2 tablespoons butter
1 cup mashed pumpkin

1 egg
½ cup milk

Method:

Sift the flour with the BAKE AID thoroughly 3 times. Beat butter until soft. Add sugar and mix. Mix in cold mashed pumpkin and egg and beat until creamy. Add the milk and flour and mix evenly. Turn onto floured bench and knead a little. Press out to 2 cm thick and cut with a scone cutter. Place on tray close together in a preheated oven at 250 °C and bake for 15 minutes. When cooked turn onto wire rack with a tea towel on top and wrap until warm. Serve with your favourite jam and cream.

Banana Smoothie

1 banana
1 egg
Honey to taste
1 ½ cups of milk

3 dessertspoons Greek yoghurt
½ teaspoon BAKE AID
Sprinkle of cinnamon

Method:

Cut up ripe banana and freeze overnight. Place frozen banana in a blender with the other ingredients except milk and cinnamon and blend. Add milk and cinnamon and blend to mix.

AVAILABILITY

BAKE AID is available from select pharmacies and health food stores.

For further information please contact the stockist's staff or:

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