



**the best
for your
guests**

sweet or savoury?

Recipes for gluten-free
bread and cakes.



Dr. Schär, the gluten-free pioneers.

The Dr. Schär group, European leader in the gluten-free foods sector, present in over sixty countries worldwide, works in the restaurant and catering industry with specific products and solutions. Extensive research activities have led to the development of specific products for gluten-free catering, which stand out for their excellent taste and quality.

Closeness to consumers and understanding of their specific needs have allowed Dr. Schär to make a significant contribution to the quality of life of people who are intolerant or sensitive to gluten.

The restaurant and catering sector is therefore the new "frontier" in the gluten-free sector, and it is this area that Dr. Schär decided to conquer with the establishment of the Dr Schär Foodservice, which meets different needs in the hotel, restaurant and catering industry with the Schär brand.



WHY CHOOSE DR. SCHÄR:

- Europe's leading manufacturer of gluten-free foods with over 40 years of experience
- A complete range of safe, innovative products specifically for trade professionals
- Great taste and variety, together with practical single portions
- Communication support

**experience makes
the difference!**

Pizza Mix

**PROFESSIONAL LINE,
A BLEND OF FLOURS
FOR BAKED GOODS EXPERTS.**

The perfect gluten-free mix for obtaining crisp pizzas, soft focaccias and more besides, with an expert professional touch.

Easy to work with, thanks to the excellent elasticity of the dough and the excellent rise, it is possible to prepare plenty of tasty sweet and savoury delights.



Carlo Le Rose

CHEF AND
CONSULTANT,
SPECIALISED IN
GLUTEN FREE

Carlo Le Rose, is a popular chef and expert in gluten-free cooking.

His passion for cooking goes back to the early 2000s and led him to leave his homeland, Calabria, to gain experience in the restaurant trade. After graduating catering college in Trebisacce (CS), his first port of call was Rimini, followed by Florence, where he was able to hone his skills in hotels and restaurants of the highest level. This period was followed by a year spent working in Scotland and England.

On his return to Italy, he began specialist studies in Italy, leaving the Italian Chef Academy of Empoli (FI) with top marks.

The decisive turn in his career came when, in a hotel where he was already working as a chef, he accepted the challenge to specialise entirely on GF food; in fact, healthy food and gluten free in particular, have always held an appeal for him.

His skills and dedication continued to grow, thanks also to different courses held by renowned industry professionals, such as Gualtiero Marchesi, whose culinary style would become an important source of inspiration.

Over the years, Carlo began to branch out from his work as a chef, by also becoming a nationwide consultant: he started writing for various publications, as well as holding courses, and showcooking events. He also works with a range of companies, in particular, he is managing chef and reference for gluten-free cuisine for a pool of restaurants in Romagna.

His cuisine starts with a simple idea, but one we should not take for granted: removing gluten without giving up on authentic traditional flavours, focusing on seasonal produce, freshness and the origin of wholesome ingredients. This aim involves the constant search for new experiences in the culinary arts, to acquire more ideas and elements to ensure that his gluten free creations achieve increasingly superior levels.



Pizza Mix

**EXPERTLY MADE
AND BAKED
WITHOUT GLUTEN.**

Dedicated to all those who mix,
experiment, and bake for the
pleasure of stupefying their guests.

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Sourdough Starter

INGREDIENT FOR	STARTER
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- 200G SCHÄR PIZZA MIX
- 2G XANTHAN
- 60G RAISINS
- 280G LUKEWARM WATER
- 3G HONEY

Soak the raisins for 20 minutes in water, then rinse them to eliminate any impurities.

Add 280g water and mix with a hand blender.

Add the Schär Pizza Mix and the honey, then stir together with a spoon until the dough is soft.

Place it in a glass jar, closed with a damp gauze and leave it to stand at room temperature for 48 hours.

stage 1



Sourdough Starter

INGREDIENTS FOR	FEEDING
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After 48 hours, remove the dry part, take out the starter and mix it with:

- 140G SCHÄR PIZZA MIX
- 150G LUKEWARM WATER

- Leave to stand for 48 hours at room temperature, inside a sufficiently large container, closed with a seal-free lid. The volume of the mix should double within the first 6 hours.

- The dough must be fed every 48 hours for a week and stored at room temperature. After a week, the starter needs to be Fed every two days and stored in the fridge at 5°C, wrapped in a tea towel.

- To feed it, always use the Pizza Mix Schär used in the first mix; the feeding must be given to the heart of the sourdough starter, eliminating the dry part and adding the other required ingredients.

stage 2

Pizza & Co.

NEW FORMS OF GOODNESS
FROM TRADITION.
ALL GLUTEN FREE.





Gourmet Focaccia

INGREDIENTS FOR 1 FOCACCIA

- 200G SCHÄR PIZZA MIX
- 230ML WATER
- 60ML VEGETABLE OIL
- 3G SUGAR
- 6G SALT
- 4G YEAST

TOPPING:

- 80G MORTADELLA
- 30G BUFFALO STRACCIATA CHEESE
- CRUSHED PISTACHIO (TO TASTE)
- PISTACHIO CREAM (MADE BY GRINDING A 10G PISTACHIO NUTS IN A CHOPPER WITH EVO OIL)

- Dissolve the yeast in water, in a bowl. Next, pour the Schär Pizza Mix and begin to mix the dough. Add the salt and sugar after a few minutes, continuing to work the dough.
- As a final step, add the oil to obtain a smooth dough, without lumps. At this point, place the dough in a bowl, cover with film and leave to rise for approximately 6 hours at 5°C.
- After this time, leave it to soften for around 30 minutes, then spread it out in the pan and leave to rise for another 30/40 minutes.
- Bake in a pre-heated oven and top with the ingredients as stated.

PREPARATION
TIME

8H

DIFFICULTY
MEDIUM

...

COOKING
TIME

30'

COOKING
TEMPERATURE

190°

Pizza Bufalina

INGREDIENTS FOR 4 PIZZAS

- 400ML PLAIN WATER
- 400G SCHÄR PIZZA MIX
- 110G SOURDOUGH STARTER
- 7G SALT
- 3G SUGAR
- 60ML EVO OIL
- 40ML SUNFLOWER OIL
- **SCHÄR RICE FLOUR**
FOR DUSTING

TOPPINGS:

- STOMATO SAUCE
- BUFFALO MOZZARELLA
- BASIL

- In a bowl, mix the sourdough starter with the Pizza Mix Schär. Add water and evo oil, continuing to mix. Add the sugar, salt and vegetable oil. Mix for approximately 8-10 minutes until the dough is soft and smooth.
- Once the dough is ready, place it in a bowl and cover it with film. Place in a fridge at 5°C for approximately 5 hours.
- After this time, divide the mix into balls and wrap each one in film. Leave to stand for approximately 2 hours at room temperature.
- After this time, roll out the balls with the help of Schär Rice Flour to form discs.

Drizzle a little oil on each disc and place in the oven to pre-bake. Remove from the oven after 3 minutes and then add the toppings before completing the cooking process.

PREPARATION
TIME

7H

DIFFICULTY
MEDIUM

...

COOKING
TIME

6'

COOKING
TEMPERATURE

400°

CHEF'S TIP - AT HOME, BAKE IN A STATIC OVEN AT 230° FOR 12/14 MINUTES (6 MINUTES PRE-COOKING AND 6/8 MINUTES OF BAKING IN A 24CM ROUND PAN).





Pizza Basket

INGREDIENTS FOR4 BASKETS

- 200G SCHÄR PIZZA MIX
- 170G WATER
- 4G YEAST
- 3G SALT
- 40ML EVO OIL

TOPPINGS:

- 300G SAUSAGE
- 100G PARMIGIANO REGGIANO
- 1/2 ONION, FINELY CHOPPED
- PEPPER
- SALT

- Dissolve the yeast in water, in a bowl. Add the Schär Pizza Mix and thoroughly mix the dough. As a last step, add the salt and oil and thoroughly mix until you obtain a smooth, firm dough.
- Place in a bowl, cover and leave to rise for 2 hours.
- Prepare the filling: in a pan, gently fry the onions and then add the sausage, crumbled into pieces. Continue to cook, seasoning as appropriate with salt and pepper. Leave to cool and then add the Parmigiano Reggiano.
- After two hours of proving, divide the mix into small balls, roll out thinly and place them in a muffin tray, then pour a little of the mix into the centre of each one. Cover with film and leave to rise for about 7 hours at 5°C.
- Next, remove them from the fridge and leave to come to room temperature for about 30 minutes before putting in the oven.

PREPARATION
TIME

9H

DIFFICULTY
MEDIUM

●●●

COOKING
TIME

30'

COOKING
TEMPERATURE

220°



tasty bites

WHEN CREATIVITY
LEADS TO NEW
GLUTEN FREE
FLAVOURS

Filled Pan Brioche

INGREDIENTS FOR 1 PAN BRIOCHE

- 200G SCHÄR PIZZA MIX
 - 40G LARD
 - 8G SUGAR
 - 6G YEAST
 - 2G SALT
 - 180ML SPARKLING WATER
 - 20ML KEFIR
 - 30ML VEGETABLE OIL
 - TURMERIC TO TASTE
- FOR THE FILLING:**
- 50G RED CABBAGE
 - 200ML VEGETABLE OIL
 - 100G TUNA
 - 2 EGG YOLKS
 - 1/2 LEMON
 - PEPPER
 - 1/2 CARROT
 - SALT
 - VEGETABLE OIL TO TASTE

- Mix together Schär Pizza Mix in a bowl with the turmeric and the lard.
- In another bowl, pour the water and the kefir, add the yeast and let it dissolve.
- Mix the two doughs together thoroughly. Add the sugar, salt and oil and continue to mix for approximately 7/8 minutes.
- Once the mix is ready, pour it into the mould and leave it to rise.
- In the meantime, prepare the filling: mix the egg yolks, tuna, and carrot together in a bowl using a stick blender; add the vegetable oil and then the lemon juice. Season with salt and pepper to taste. The mix should be creamy.
- Once the dough is twice its size, bake in a pre-heated oven.
- Cut into slices and fill with red cabbage, cut into in strips and the tuna mix.

PREPARATION
TIME

4H

DIFFICULTY
MEDIUM

●●●

COOKING
TIME

40'

COOKING
TEMPERATURE

180°





Neapolitan Filled Rolls

INGREDIENTS FOR 5 ROLLS

- 185G **SCHÄR PIZZA MIX**
- 4G XANTHAN
- 1 EGG
- 4G SALT
- 210ML WATER
- 2 TABLESPOONS VINEGAR
- 10G SCHÄR RICE FLOUR
- 40ML EVO OIL

FOR THE FILLING:

- 100G MOZZARELLA
- 100G SALAMI
- 80G COOKED HAM
- PARMESAN CHEESE
- PEPPER
- 1 EGG YOLK FOR BRUSHING

- Mix the Schär Pizza Mix in a bowl, together with the xanthan gum, oil and vinegar, and mix together thoroughly.
- Next add the water, yeast, and egg, continuing to mix. After a few minutes, add the salt and at the end, Schär Rice Flour.
- Once the mix is finished, cover with film and leave to rest for an hour in the fridge.

Next, roll out the dough, place the ingredients in the centre, and roll it up.

- Cover with film and leave to rest for 7 hours at 5°C.
- After 7 hours, cut the roll into slices of the required size and leave them to rise for about an hour.
- Brush the rolls with egg yolk and sprinkle with Parmigiano Reggiano cheese and pepper. Bake in the oven.

PREPARATION
TIME

10H

DIFFICULTY
HARD

•••

COOKING
TIME

30'

COOKING
TEMPERATURE

180°

Flavoured Loaf

INGREDIENTS FOR 1 LOAF

- 200G SCHÄR PIZZA MIX
- 180G SPARKLING WATER
- 1 EGG
- 30ML VEGETABLE OIL
- 130G PECORINO ROMANO CHEESE
- 50G PROVOLA CHEESE
- 10G BREWER'S YEAST
- 4G PEPPER
- 5G SALT
- 2G SUGAR

PREPARATION
TIME

8H

DIFFICULTY
EASY



COOKING
TIME

30'

COOKING
TEMPERATURE

200°

- Dissolve the yeast in the water, with the oil and then mix in the sifted Schär Pizza Mix in a bowl, and stir thoroughly. Add the egg, the cheese, pepper, sugar and salt.
- Mix for at least 10 minutes until the dough is soft and without lumps.
- Leave for 6 hours at 5°C. Pour the mix into a greased non-stick baking pan and wait at least 1 hour before cooking.
- After an hour, bake in a pre-heated oven.





Fish burgers

INGREDIENTS FOR	4 BURGERS
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- | | |
|--|---|
| <ul style="list-style-type: none">• 150G SCHÄR PIZZA MIX• 150ML WATER• 20G BUCKWHEAT FLOUR• 40ML EVO OIL• 5G BREWER'S YEAST• 3G VARIOUS SEEDS• 1 EGG YOLK• 3G SUGAR• 5G SALT• 20ML MILK | FOR THE FILLING: <ul style="list-style-type: none">• 200G SALT COD• 1 RED ONION• 4 YELLOW BABY TOMATOES• 4 CAPERS• OLIVES TO TASTE• SALT AND PEPPER TO TASTE• WHITE WINE TO TASTE. |
|--|---|

- Dissolve the yeast in the milk and water in a bowl. Add the flour and begin to mix; add the egg yolk, salt and sugar, and mix thoroughly. As a final step, add the oil, which will help the dough to stay smooth. Leave to rest for an hour, covered with film.
- After this time, divide into balls of the required size and leave to prove for about 3 hours in a tin.
- Brush the balls with egg yolk, sprinkle with seeds and bake.
- To prepare the filling, pour some oil into a pan, add half an onion, finely chopped into strips, the capers, olives and baby tomatoes.
- Add the salt cod and fry until golden, deglaze with white wine and leave the alcohol to evaporate. Add a couple of ladlesful of water and cook for about 15 minutes, then season with salt and pepper before filling the buns.

PREPARATION TIME	DIFFICULTY MEDIUM	COOKING TIME	COOKING TEMPERATURE
6H	...	35'	220°

Piada Rolls with culatello

INGREDIENTS FOR 2 PIADA

- 100G SCHÄR PIZZA MIX
- 90ML SPARKLING WATER
- 40G LARD
- 5G QUINOA FLOUR
- SALT
- 2G YEAST

PER LA FARCITURA:

- 140G CULATELLO SAUSAGE
- 80G SPREADABLE CHEESE
- 4 LETTUCE LEAVES
- PARMIGIANO REGGIANO CHEESE

PREPARATION
TIME

2H

DIFFICULTY
MEDIUM

●●●

COOKING
TIME

nd

COOKING
TEMPERATURE

nd

- Mix the sieved flour and lard together in a bowl. Add the water, yeast, and lastly, the salt.
- Mix thoroughly until the dough is soft and smooth.
- Wrap the dough in film and leave in the fridge for 30 minutes.
- After this time, roll out the dough with a rolling pin.
- Cook the wraps in a hot pan, fill them and roll them up.
- Serve them cut into cylinders and sprinkled with Parmigiano Reggiano cheese.



sweet treats

GLUTEN FREE CAKES
AND PASTRIES,
LARGE AND SMALL.





Croissants

INGREDIENTS FOR10 CROISSANTS

- 140G SCHÄR PIZZA MIX
- 20G POTATO STARCH
- 5G XANTHAN GUM
- 15G BREWER'S YEAST
- 60G SOFT CREAM BUTTER
- 2 EGGS
- 30ML MILK
- 50ML WATER
- 60G SUGAR

TO WORK:

- SCHÄR RICE FLOUR
- EGG YOLK, AS REQUIRED
- SUGAR, AS REQUIRED

- Mix the water, milk, sugar and yeast in a bowl; cover and leave to stand for about 20 minutes.
- In the meantime, in another bowl, sift the flour, add the egg and mix. After a couple of minutes, add the softened butter and work it together thoroughly.
- After 20 minutes, add the liquid and mix into a soft dough.
- Leave to rest for an hour at room temperature, covered in film.
- Sprinkle the work surface with Schär Rice Flour and roll out the dough, folding it over three times.
- The last time, roll out more thinly and cut into triangles.

Roll up into the classic croissant shape.

- Leave to rise in the pan for about 5 hours. Brush with egg yolk and sprinkle with sugar before baking.

PREPARATION
TIME

7H

DIFFICULTY
MEDIUM

...

COOKING
TIME

20'

COOKING
TEMPERATURE

180°

Cream Puffs

INGREDIENTS FOR 20 CREAM PUFFS

- 200G SCHÄR PIZZA MIX
- 5G XANTHAN GUM
- 85G BUTTER
- 3 EGGS
- 50G SUGAR
- 1 PINCH SALT
- 250G MILK
- 90G WATER

FOR THE FILLING:

- 150ML CREAM
- 50G SUGAR

- Add the milk, water and butter in pieces to a saucepan and bring to the boil.
- Remove from the heat, add the Schär Pizza Mix mixed with xanthan and whisk thoroughly together.
- Return to the heat, stirring quickly for about 30 seconds.
- Remove from the heat. Add the eggs, one at a time, mixing together.
- Put the mix into a piping bag. Create balls of choux pastry on a baking sheet, and bake in the oven.
- Once cooked, leave to cool and fill with the whipped cream and sugar.

PREPARATION
TIME

1,5H

DIFFICULTY
MEDIUM

•••

COOKING
TIME

25'

COOKING
TEMPERATURE

180°





Pistachio Muffins

INGREDIENTS FOR 6 MUFFINS

- 150G SCHÄR PIZZA MIX
- 100G GROUND PISTACHIO NUTS
- 30ML MILK
- 2 EGGS
- 80G SUGAR
- 110ML WATER
- 20ML SUNFLOWER OIL
- ½ SACHET DRY YEAST

TO DECORATE:

- PISTACHIO CREAM TO TASTE
- CRUSHED PISTACHIO (TO TASTE)

- Whisk the eggs and sugar together

- In a separate bowl, mix the ground pistachio, dry yeast and Schär Pizza Mix; then add water, oil and milk, mixing into a cream.

- Add the egg and sugar mix and, using a spatula, fold the two mixes together, from bottom to top, to add air to the mixture.

- Pour this mix into muffin moulds and bake.

- Decorate with the pistachio cream and crushed pistachio nuts.

PREPARATION
TIME

1H

DIFFICULTY
EASY

...

COOKING
TIME

30'

COOKING
TEMPERATURE

180°

Mini Cake

INGREDIENTS FOR 3 MINI CAKES

- 150G **SCHÄR PIZZA MIX**
- 2 EGGS
- 60G SUGAR
- 2G DRY RAISING AGENT FOR CAKES
- GRATED LEMON RIND
- 30G SUNFLOWER OIL

FILLING:

- 1 PEAR
- 1 APPLE
- CINAMMON TO TASTE
- SUGAR TO TASTE
- **SCHÄR RICE FLOUR** FOR WORKING

- In a bowl, mix the Schär Pizza Mix, sugar, raising agent and lemon rind, then add the oil and lastly the egg. Mix together to a smooth dough, then cover with film and leave to stand in the refrigerator for an hour.
- Prepare the fruit puree: peel and chop the apple and pear, then mix them with a pinch of cinnamon and a spoonful of sugar, over a low heat until soft. Then blend into a smooth compote.
- Remove the mix from the fridge and knead it on the work surface with the Schär Rice Flour, rolling it out to a non-sticky sheet.
- Cut out discs and place one at the bottom of a non-stick mould. Pour a little of the puree into this and cover it with another pastry disc, taking care to seal the edges, Repeat this with the other moulds until you no longer have any more pastry. Bake.

PREPARATION
TIME

2H

DIFFICULTY
MEDIUM

•••

COOKING
TIME

20'

COOKING
TEMPERATURE

180°





Graffa

(Sicilian Doughnut)

INGREDIENTS FOR 8 GRAFFE

- 90G SCHÄR PIZZA MIX
- 2 EGGS
- 40G SUGAR
- 20ML SUNFLOWER OIL
- 15G POTATO STARCH
- 2 TABLESPOONS COCOA POWDER
- 1/2 SACHET DRY YEAST

FOR FILLING AND DECORATION:

- 200G RICOTTA CHEESE
- 80G SUGAR
- CHOCOLATE FLAKES

- Whisk the eggs and sugar together into a foam.
- Fold in the flour and the cocoa powder (sieved) and mix from bottom to top, incorporating air into the mix.
- Add the oil, working the mix without beating out any air.
- Pour the mix into ring-shaped silicone moulds and bake.
- To make the cream, mix the ricotta and sugar, then with a whisk, beat together to form a smooth, creamy mix.
- Fill the graffe with the cream and decorate with the dark chocolate shavings.

PREPARATION TIME

1H

DIFFICULTY

EASY

COOKING TIME

20'

COOKING TEMPERATURE

165°

Hazelnut Rolls

INGREDIENTS FOR 6 ROLLS

- 100G SCHÄR PIZZA MIX
- 100G SUGAR
- 4 EGGS
- 1 SACHET RAISING AGENT FOR CAKES

FOR THE FILLING:

- HAZELNUT CREAM
- ICING SUGAR
- COCOA POWDER

- Whisk the eggs and sugar together, then add the Schär Pizza Mix and raising agent, mixing to a smooth, liquid batter.
- Pour this into a pan and bake in a pre-heated oven.
- Once cooked, leave to cool for 10 minutes, then spread with the hazelnut cream.
- Lay out a sheet of film, place the cake on top and roll it up, gently.
- Leave for at least 30 minutes, then dust with cocoa powder and icing sugar, and proceed to cut.

PREPARATION
TIME

1H

DIFFICULTY
EASY

●●●

COOKING
TIME

15'

COOKING
TEMPERATURE

190°





Crepes with Mascarpone Cream

INGREDIENTS FOR

4 CREPES

- 150G SCHÄR PIZZA MIX
- 2 EGGS
- 40G BUTTER
- 360ML MILK
- 30G SUGAR

FOR THE MASCARPONE CREAM:

- 500G MASCARPONE
- 90G SUGAR
- 2 EGGS

- In a bowl, mix the milk, eggs and sugar together using a stick blender.
- Add the butter and sprinkle in Schär Pizza Mix, stirring the batter until it is smooth and creamy. Leave to rest in the fridge for 15 minutes.
- To prepare the cream, whisk the egg and sugar together and when the mix is foamy, add the mascarpone and continue to whisk until the cream is smooth and soft for the filling.
- Heat up a little butter in a pan and using a ladle, pour in a little batter, angling and turning the pan to cover the whole base evenly. Cook the pancake on both sides for a total of 3 minutes. Repeat until there is no mix left, then fill with the mascarpone cream.

PREPARATION TIME

40'

DIFFICULTY EASY

●●●

COOKING TIME

3' CAD.

COOKING TEMPERATURE

nd

Sacher-Torte

INGREDIENTS FOR 1 CAKE

- 120G SCHÄR PIZZA MIX
- 150G SUGAR
- 150G DARK CHOCOLATE
- 4 EGGS
- 130G MELTED BUTTER
- ½ SACHET DRY YEAST

FOR THE FILLING AND DECORATION:

- 150G CHOCOLATE FOR ICING
- 250G APRICOT JAM

- Whisk the eggs and sugar together and add the melted chocolate and mix together delicately.
- Sprinkle in the Schär Pizza Mix and dry yeast and mix, from bottom to top, to prevent the formation of lumps.
- Lastly, add the melted butter and mix to a smooth batter.
- Pour the batter into a 24cm tin and bake in a pre-heated oven.
- Once the cake is cooked, leave it to cool before cutting it into three layers, covering each one with the apricot jam.
- Glaze with the melted chocolate.
- Leave in the fridge for 1 hour before serving.
- Decorate with the cocoa powder, a few raspberries and some piped cream swirls.

PREPARATION
TIME

2H

DIFFICULTY
EASY

●●●

COOKING
TIME

40'

COOKING
TEMPERATURE

180°





everything you need to know about gluten and Coeliac disease



GLUTEN, THE “GLUE” IN THE MIX

Gluten is a protein compound present in wheat, oats, barley, frik (Egyptian wheat), spelt, kamut, triticale, rye and even in all of their flours and derivatives, such as malt. In bread, cakes, pastries and pizza, gluten forms an elastic network that allows the mix to rise, trapping the carbon gas formed during fermentation. These gases,

produced by the sugars that come into contact with the yeasts, remain trapped inside the products, giving them an excellent “honeycomb” structure, a spongy structure. This in turn creates a light, soft and fragrant product. This is why gluten is also known as the “glue” in the mix.

WHAT IS COELIAC DISEASE?

Coeliac disease is an autoimmune disease triggered by gluten. Eating foods containing gluten, even in tiny amounts, can trigger in those persons with this problem, an abnormal immune response and chronic inflammation of the intestine and the intestinal villi, reducing their ability to absorb nutrients and causing problems such as vomit, diarrhoea and abdominal swelling.

Figures for coeliac disease are estimated as being about one in one hundred people in Italy. Estimated coeliac disease sufferers in Italy are therefore 600,000 (in 2018). Today, official

diagnoses are around 214,239 (from the annual report to Parliament on coeliac disease in 2018), with an annual growth of approximately 5%.

A strictly followed gluten-free diet is the only way to guarantee perfect health to a person suffering from coeliac disease.

It is therefore necessary to cut out some of the most common foods from their diet, such as bread, pasta, biscuits and pizza, but also to eliminate even the smallest traces of flour from every dish.

safe preparation of gluten-free products



Restaurateurs must adapt their Self-control plan (PAC) according to HACCP principles in the four main procedures: Choice of ingredients; Product storage; Food preparation; Table service.

1. Above all, use permitted foods only, of course, naturally without gluten or marked with “gluten free” on the label, or made by the Foodservice range by Dr. Schär.

2. The place where gluten-free food is prepared must be cleaned of any residues from previous preparation using foods containing gluten. The best thing is to dedicate an area for the exclusive use of GF preparation.

3. Staff working with gluten-free food must wear perfectly clean, dedicated or disposable uniforms.

4. Staff must always wash their hands with care after any contact with food that contains gluten.

5. Machinery, equipment, utensils, and containers must not be contaminated by foods containing gluten.

6. Gluten-free foods must be cooked in containers that are kept separately from those used to cook other foods (e.g., they must not be cooked in the same pan).

7. Frying oil must be used exclusively to cook foods without gluten.

8. Use a static oven to cook food with or without gluten at different times, taking care to place the GF food in a pan with high sides or to use a dedicated oven.

RULES FOR FRONT OF HOUSE STAFF

1. After any contact with food containing gluten, staff must always wash their hands with care.

2. Take care with breadcrumbs and make sure that the tablecloth has no residues of crumbs. Never place bread close to customers who are gluten intolerant.



STORAGE METHODS

The gluten-free product can be stored in the original package if it can be closed after use. If the original packaging is not used, it must be ensured that the product can always be traced according to the law.

Storage of prepared foods and gluten-free raw materials should be in airtight bags and/or containers to avoid contamination risks. This also applies when storing in the refrigerator or freezer.

To avoid product swaps, we recommend the use of labels on the containers of gluten-free sauces and condiments, which can still be stored in a dedicated shelf, preferably top shelves, to avoid contamination from falling materials.

It is useful to include storage as a critical point in the HACCP plan and prevent criticality with the separation and clear definition of areas regarding both raw materials and semi-finished products.

PREPARATION

Gluten-free mixes can be worked by hand, in specific bowls or with a planetary mixer with hook. The mixer should, if possible, be specifically for use with “gluten-free” foods in the interests of product safety. Alternatively, careful cleaning of the machine with alcohol-based products is essential. We recommend using dedicated equipment, bowls or utensils or careful, thorough cleaning between one use and the next.

In all types of mix with gluten-free flour and using a planetary mixer, it is necessary to proceed more gently than with standard flour, and to take a few minutes more with regard to classic recipes. Gluten-free flour absorbs much more water compared to standard types and therefore, it is advisable to mix it to a medium density and never too firm.





STORAGE

Freezing: wrap GF mixes in sheets of nylon and freeze in a blast freezer, then store in the freezer inside an airtight container. Defrost the mix before use, inside a refrigerator at a positive temperature between 0°/4°. Use after leaving to rest, kneading before rolling out with a rolling pin or dough sheeter.

Refrigeration: storage in a positive refrigerator (0°/4°) for a maximum of 3/4 days before using a gluten-free product. Doughs that are used after ¾ days tend to be soft and therefore require the addition of Pizza Mix to each portion at the time of use.

Defrosting: a practical method to defrost is to use a microwave oven with “defrost” program. In this case, care must be taken not to cook the product in any part. The ideal thing is to use the microwave for 30/40 seconds and then to visually check the defrosting progress. The best way to use frozen mixes is always to defrost them naturally inside a positive refrigerator. It is not recommended to defrost at room temperature, since this could affect the quality of the product.

COOKING

With static or thermo-convection fan ovens. The fan in an oven helps the gluten-free product to rise, but it can only be used if the oven is exclusively for cooking gluten free. This is to prevent contamination. Even healthcare institutions require the use of a dedicated oven or one without a fan. It is also possible to use self-cleaning programs, taking care first to cook the gluten-free products and then those with gluten, and to repeat the procedure each time, especially for school and hospital canteens.

Steam helps GF products to rise and stops them from drying out too much on the surface during the first few minutes of cooking. The cooking process is then continued “dry”. Dry heat means without steam. Cooking with moisture is idea for different types of bread or similar products.

Those who do not have a steam oven can use a small container (pan) with water, to be inserted in the oven when cooking. In this case, the fan can be used, since both the moisture and air help the product to increase in volume.

Dry heat is for use in case of wet mixes with greater moisture content, such as sponge or cake.

Frying: Gluten-free food preparation by frying requires dedicated cooking fat exclusively for the preparation of gluten-free foods. Due to the particular difficulty in cleaning this type of machine, it is advisable to fry gluten-free products in dedicated fryers or in a frying pan. The use of specific frying pans for GF foods is advisable when this type of product is prepared frequently.

In water: Cooking gluten-free foods in water for the correct preparation of pasta and rice dishes (fresh, dry pasta or risotto) must be done in separate containers from those used for other foods. Therefore, it is not possible to cook them in pans that have not been washed after use with previous foods, or in the water when pasta with gluten has been cooked. It is also advisable to rinse clean cookware and tableware before use. Do not use cooking water already used for pasta with gluten to add to risotto, sauces or other recipes, or to boil vegetables or rice that will be served to coeliac. It is essential to use 1/3 more water compared to the amount used to cook pasta with gluten and it is advisable to add a few spoonsful of oil to stop the pasta from sticking.

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