



# GLUTEN FREE

## BREAD & CAKES

INSPIRATION IN EVERYDAY LIFE

# FREE FROM ...

**When you have coeliac disease, food is often a question of what to avoid. This folder aims to be an inspiration for opportunities to choose rather than to avoid.**

Up till now, the range of available gluten free baked goods has been limited, and for some, a bit difficult to handle. Credin's gluten free range of bread and cake mixes makes it easy to bake high-quality and tasty gluten free baked goods.

We would like to invite you into **Credin's Gluten Free Universe**, where you can find inspiration on how to provide meals for guests with coeliac disease (gluten intolerance). This includes both delicious gluten free recipes for bread and cakes, how to make variations, and how to serve them. You will also find information about what coeliac disease actually is, and what you should keep in mind when working with gluten free baked goods in the bakery.

All recipes are based on Credin's gluten free products, which are all very easy to handle. You can be sure of making goods with fine taste and consistency, and on top of that you can find a large number of ways to make variations. This allows you to add your own personal touch to the baked goods that you serve.

When using Credin gluten free products you get:

- Good raw materials
- Steady and regular production
- High-quality baked goods
- Good basic mixes – add your own touch
- Plenty of ways of variation

Our fine team of expert bakers will be more than pleased to give you advice and guidance.

Happy reading!

# VISIT OUR GLUTEN FREE UNIVERSE

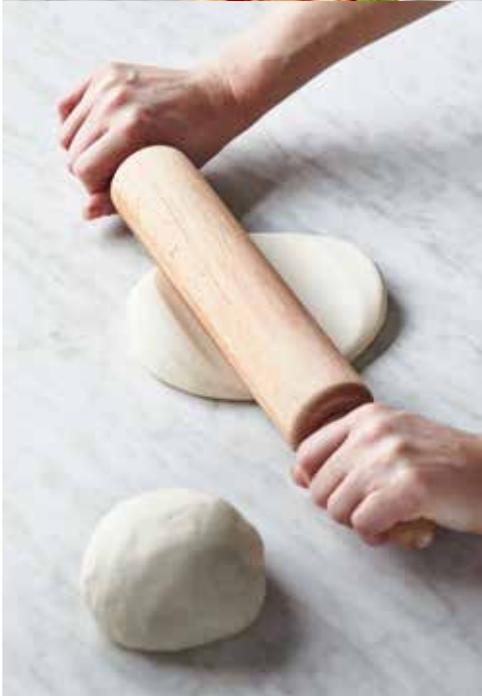
– at [www.credin.com](http://www.credin.com)

As a supplement to the inspirational booklet we have created an on-line **Gluten Free Universe** at [www.credin.com](http://www.credin.com), where you can find all the recipes, ingredients lists and nutritional values. The **Gluten Free Universe** will be up-dated on an ongoing basis, so you can always find new inspiration there.





*Give your guests  
a pleasant  
gluten free  
taste experience.*





*Impress with colours ...*

## BAGUETTE

Baguettes with the well known look and crisp crust can be decorated in numerous ways, and will enrich any meal. The gluten free sourdough gives them a really good bread taste. Serve them with dinner, at the salad buffet or at the soup bar.

## PIZZA

If the theme of the week is Italian, an Italian classic like pizza is a must. This light, crisp pizza base will definitely be a hit. Only your imagination is the limit to the variations of delicious fillings.



### *Useful tip*

Mix the dough well to make the dough consistency easy to handle. A thin pizza base gives a nice crisp crust.



## CRISPbread

The crispy crispbread is good as an in-between-meals snack. Easy to make based on the soft grain mix.

Rethink shapes ... Bake in strips and serve in glasses - or break into pieces. They will put the finishing touch to the perfect tapas platter.



## SANDWICH

Sandwiches are suitable for many meals and for easy to-go solutions or self-service where your guests choose their own filling. These sandwich rolls are fully up to the standard of gluten-containing bread as regards both quality and taste.



### *Useful tip*

Create a wider gluten free range by combining the premixes for baguette and soft grain in different proportions. This sandwich is made from 60% baguette and 40% soft grain mix.



### *Useful tip*

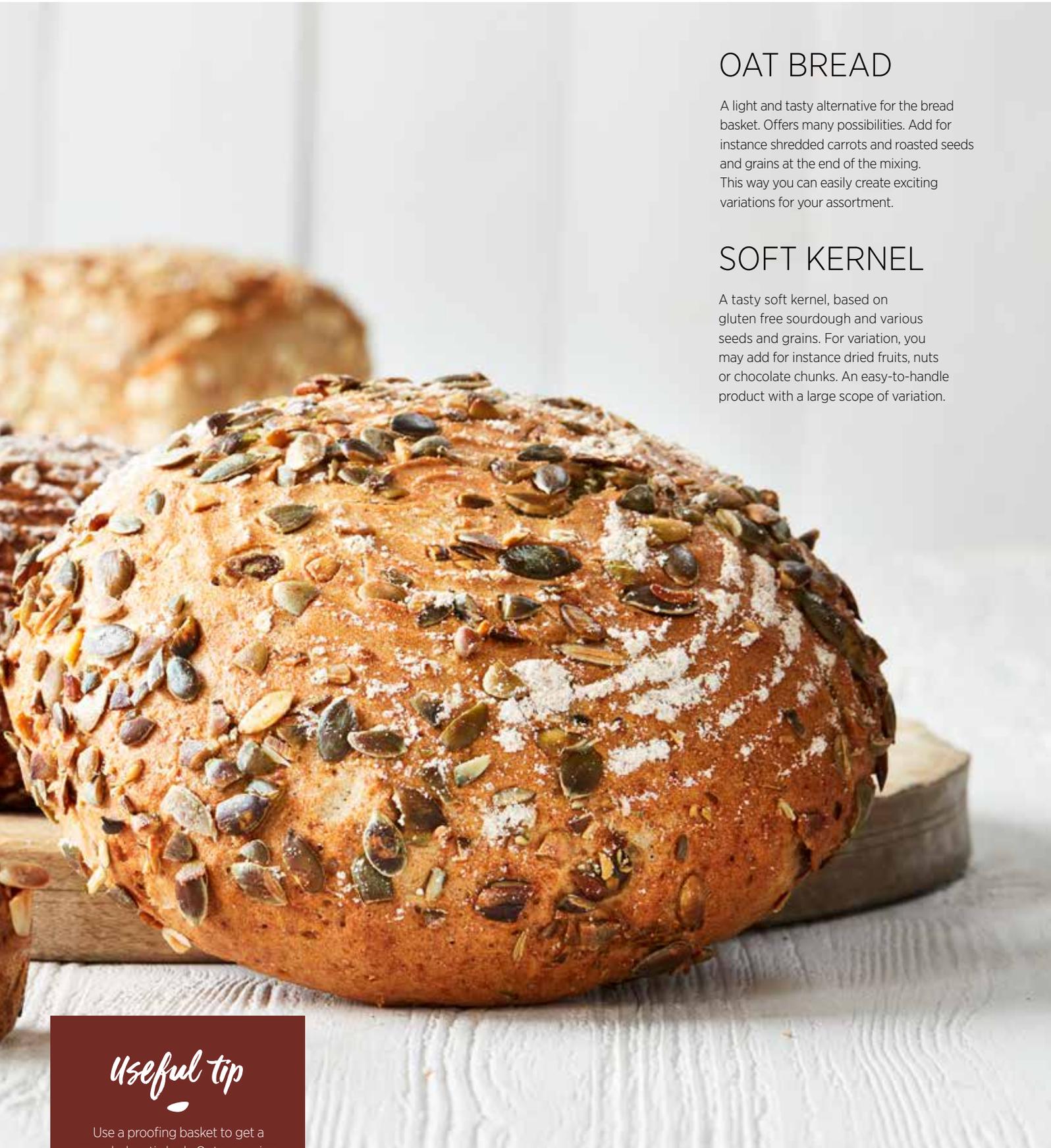
Try combining soft grain mix and baguette mix. You then get a dough which is quite easy to handle and which can be made into light grainy bread or rolled out as delicious pizza swirls.

## OAT BREAD

A light and tasty alternative for the bread basket. Offers many possibilities. Add for instance shredded carrots and roasted seeds and grains at the end of the mixing. This way you can easily create exciting variations for your assortment.

## SOFT KERNEL

A tasty soft kernel, based on gluten free sourdough and various seeds and grains. For variation, you may add for instance dried fruits, nuts or chocolate chunks. An easy-to-handle product with a large scope of variation.



### *Useful tip*

Use a proofing basket to get a rounded rustic look. Or try pouring the dough into small tins - perfect as "to-go" snacks!



## SPONGE CAKE

A very fine sponge cake mixture with many applications. Suitable for amazing, decorated sponge cake and tall cakes, as well as for portion sized cakes, Swiss rolls etc. The bases are resilient with flexible crumb and good volume.



## SMALL CAKES

This tender cake allows you to be creative, and to add your own personal touch. Suitable for soft cakes baked in a traditional loaf tin or as fine, small portion sized cakes.

### *Useful tip*

Heavy icing and a little decoration on top easily add an exclusive touch.



*Numerous variations ...*

## MUFFINS

A worthwhile cake that is easy to bake. Muffins have a delicious and attractive appearance and they can be varied endlessly. Very suitable for the afternoon cake in the canteen. With topping and decoration you get a real treat.

## BROWNIES

Your guests will certainly be tempted by these mouth-watering, confectionery-like brownies. Brownies are extremely popular for dessert, and they go very well with a good cup of afternoon coffee as well.

## COOKIES

A perfect cookie for the sweet tooth – goes to any occasion. The soft centre and crispy crust makes this cookie a clear winner. Bake plain or dark cookies – or mixed. You may add nuts, dried fruit or chocolate chunks – the only limit is your imagination.



### *Brookies!*

Pour brownie batter into muffin cups and place thin slices of cookie dough on top before baking. And voila! – you have a trendy brookie bite.

# FACTS ABOUT COELIAC DISEASE AND GLUTEN

**If you have Coeliac Disease (gluten intolerance) you are often left with a rather limited choice of gluten free bread and cakes, or the choice you have is not quite as attractive as the gluten-containing assortment. Moreover, the fact that the number of persons who are more or less avoiding gluten completely is still increasing, is just another incitement for you as part of the food service sector to explore Credin's Gluten Free Universe. Here you will find plenty of inspiration for baking delicious bread and fine cakes – of top quality and with superior taste.**

Coeliac Disease is intolerance to gluten, and is a lifelong disease of the small intestine. It is triggered off by proteins that are found in wheat, rye and barley, commonly referred to as "gluten". Oats do not contain gluten as such, but contamination from mills, fields or harvest has the effect that almost all oat products contain gluten. Consequently, oats must be specially processed to be gluten free.

Gluten intolerant persons are tempted by freshly baked bread and cakes, just like anyone else. However, they often have to refrain from the available ordinary baked goods, because the consequences of eating gluten-containing products are serious to them.

Furthermore, a still increasing number of persons are more or less avoiding food with gluten altogether. By offering gluten free alternatives, you make sure that all your guests get an enjoyable taste experience.



## GLUTEN FREE BAKED GOODS – PAY ATTENTION TO THIS!

There are certain precautions that you have to take when baking and selling gluten free bread and cakes.

Before you start you have to carefully clean all surfaces and tools that will come into touch with the gluten free goods. Make sure that all flour dust and dough leftovers are removed.

You must also keep gluten free raw materials strictly separated from gluten-containing raw materials. When selling gluten free bread it is a good idea to pre-pack so as to avoid mixing with gluten-containing goods.

**NOTE:**

All of Credin's gluten free products are manufactured in accordance with applicable EU regulations.

Please be aware of local variations. Always consult your local food authorities regarding specific regulations for selling gluten free product in your country.

# LIST OF GLUTEN FREE PRODUCTS



## SOFT KERNEL

Credin's match (equivalent) of the classic rye bread. Moist and tasty with gluten free sourdough and plenty of seeds and grains. Perfect for lunch buffets or Danish "open sandwiches".



## OAT BREAD

Light bread with oatmeal and oat flakes. Easy-to-handle dough structure, making it easy to make different shapes. Mild taste suitable for adding vegetables, seeds, and grains.



## BAGUETTE

Baguette with an authentic look, crisp crust and nice crumb. Try mixing Baguette and Soft Grain to create a lighter grainy bread or an easy-to-handle dough for e.g. sandwich rolls or pizza swirls.



## PIZZA

Pizza base with easy-to-handle dough consistency and added gluten free sourdough for thin, crispy crust.



## MUFFIN

Neutral muffin with soft and delicious consistency. Lots of possibilities for variations. Add cocoa powder for a darker muffin.



## COOKIE

Neutral cookie with an attractive and crisp crackle and chewy consistency. Add cocoa powder for a darker cookie, or try adding nuts, dried fruit or chocolate chunks.



## BROWNIE

Intense brownie with juicy and tasty core. Addition of chocolate chunks and nuts will create the ultimate bite for dessert.



## SPONGE CAKE

Neutral sponge cake mix which gives a soft and light crumb structure. Suitable for Swiss rolls and sponge cake bases. Add cocoa powder for a darker cake.



## SOFT CAKE

Nice tender cake mix. May be baked in a classic loaf tin or in portion sizes with possibility of fine decorations.

# Good skills

## FORM THE BASIS OF GOOD BAKING RESULTS

The key to making perfect baked goods is the combination of fine raw materials and the right process.

Credin offers the whole palette of ingredient solutions for bread and cakes. From baking agents, bread concentrates, sough doughs, to organic specialities – including gluten free products.

Our aim is to meet the requirements made by you and your customers by developing products of top quality, as regards taste as well as raw materials. We have an eye for product development and follow the trends in order to supply you with the best possible selection.

Further information about gluten free bread and cake mixes is available from Credin.

### FOR FURTHER INSPIRATION

- please see Credin's Gluten Free Universe at [www.credin.com](http://www.credin.com)