

ABEL & SCHAFFER INC.

Gluten Free Recipes



*Bake the best
with something good!*





Tradition and Innovation: It's in the Mix!

GLUTEN FREE COMMITMENT

At Abel & Schafer we always strive to create the highest quality and innovative products. With the ever changing markets and trends, we are continuously looking to improve and add new products.

Gluten Free Products, becoming very important as more and more people are diagnosed with celiac disease and others who just find gluten free products a better fit for their diet.

We are proud to be Gluten Free Certified in the US and Canada through SAI Global. The Certification is recognized by the US and Canadian Celiac Associations.

Abel and Schafer offers a variety of products listed in our Gluten Free Handbook.



A handwritten signature in black ink that reads "Frank Priedemann".

Frank Priedemann,
Vice President Abel & Schafer Inc.

Gluten Free White Sandwich Bread

1

INGREDIENT AMOUNT

Gluten-Free Bake Mix (#61021.12)	5 lbs.	100 %
Baking Powder	8 oz.	10 %
Whole Milk	7 lbs.	140 %
Olive Oil	8 oz.	10 %
	13 lbs.	

METHOD

1. Mix the Gluten-Free Bake Mix and baking powder on low speed for 1 minute to combine.
2. Add the milk and oil and mix on low speed just to combine, 1-3 minutes. Continue mixing on medium speed for 9 minutes or until the batter is smooth and creamy.
3. Scale at 1½ pounds and shape as desired. Place into greased pans.
4. Allow the loaves to rest for 10-15 minutes.
5. Bake at 400°F with steam for 35-40 minutes, adjusting the time depending on the size of the loaves.



INGREDIENT AMOUNT

Gluten-Free Bake Mix (#61021.12)	2 lb. 4 oz.	100 %
Salt	½ oz.	1.4 %
Sugar	½ oz.	1.4 %
Buttermilk +/-	1 lb.	44.4 %
Water, hot	7 oz.	19.5 %
Fresh Yeast	2 oz.	5.5 %
Ground Caraway	Pinch	
Egg Wash or Vegetable Oil As Needed		

3 lbs. 14 oz.

METHOD

1. Set aside 4 oz. of the Gluten-Free bake mix.
2. Using a paddle, pour the remaining 2 pounds of the mix and combine with all other ingredients except the caraway seeds and the eggs.
3. Mix until smooth and well incorporated, about 3 minutes on medium speed.
4. Cover and rest for 20–30 minutes.
5. Sprinkle the work surface with some of the reserved GLUTEN FREE BAKE MIX and scale the dough as desired.
6. Shape as desired using the remaining Gluten-Free Bake Mix for dusting.
7. Place the loaves onto sheet pans and brush with vegetable oil. Sprinkle with caraway seeds or coarse salt or herbs if desired.
8. Proof for 30–40 minutes.
9. Bake at 400°F with steam for about 40 minutes, adjusting the time depending on the size of the loaves.
10. Allow to cool on a wire rack.



INGREDIENT AMOUNT

Sugar	1 lb. 14 oz.	142.8 %
Butter, softened	14 oz.	66.6 %
Whole Eggs	12 oz.	57.1 %
Corn Syrup	8 oz.	38.1 %
Gluten-Free Bake Mix (#61021.12)	1 lb. 5 oz.	100 %
Cocoa Powder	5 oz.	23.8 %
Walnuts	8 oz.	38.1 %

6 lbs. 2 oz.

METHOD

1. Cream the sugar and butter with a paddle until light and fluffy. Thoroughly scrape down the bowl and the paddle and mix for an additional 30 seconds.
2. Combine the eggs and corn syrup, then add them in stages until they are thoroughly incorporated.
3. Add the Gluten-Free Bake Mix and cocoa powder on low speed just until the batter is homogenous.
4. Gently incorporate the nuts.
5. Spread evenly in a parchment-lined pan and bake at 350–375°F for approximately 25–30 minutes.



INGREDIENT AMOUNT

Sugar	2 lbs. 4 oz.	90 %
Butter, softened	2 lbs. 4 oz.	90 %
Whole Eggs	2 lbs. 4 oz.	90 %
Baking Powder	¼ oz.	0.63 %
Gluten-Free Bake Mix (#61021.12)	2 lbs. 8 oz.	100 %

9 lbs. 4¼ oz.

METHOD

1. Cream the sugar and butter with a paddle until light and fluffy. Thoroughly scrape down the bowl and the paddle and mix for an additional 30 seconds.
2. Add the eggs on low speed in stages until they are thoroughly incorporated.
3. Add the Gluten-Free Bake Mix and baking powder on low speed just until the batter is homogenous.
4. Portion into loaf pans and bake at 350–375°F for approximately 45 minutes.

Gluten Free High Ratio Chocolate Cake

INGREDIENT AMOUNT

Gluten-Free Bake Mix (#61021.12)	3 lbs. 8 oz.	100 %
Butter, softened	1 lb.	28.5 %
Shortening	1 lb.	28.5 %
Unsweetened Cocoa Powder	2½ oz.	4.5 %
Sugar	3 lbs. 12 oz.	107.1 %
Salt	1 oz.	1.79 %
Baking Powder	½ oz.	0.89 %
Milk	1 lb. 8 oz.	42.86 %
Vanilla Bean, scraped	1 each	
Whole Eggs	1 lb. 8 oz.	42.86 %

13 lbs. 8 oz.

METHOD

1. Cream the Gluten-Free Bake Mix, butter, shortening and cocoa powder with a paddle until light and fluffy. Thoroughly scrape down the bowl and the paddle and mix for an additional 30 seconds.
2. Add the sugar, salt and baking powder on low speed until the batter is smooth.
3. Slowly add the milk and vanilla and mix just until the batter is smooth.
4. Add the eggs on low speed in stages until they are thoroughly incorporated.
5. Portion into cake pans and bake at 350–375°F for approximately 35 minutes.



Gluten Free Chocolate Muffins

5

INGREDIENT AMOUNT

Butter (or margarine), softened	4½ oz.	81.8 %
Sugar	3½ oz.	63.4 %
Vanilla Extract	to Taste	
Whole Eggs	6 oz.	109.1 %
Gluten-Free Bake Mix (#61021.12), sifted	5½ oz.	100 %
Baking Powder, sifted	¾ oz.	13.6 %
Almond Flour, sifted	3½ oz.	63.4 %
Chocolate Chips	1¾ oz.	31.8 %
Whole Milk	1¾ oz.	31.8 %

1 lb. 10 oz.

METHOD

1. Cream the sugar, butter and vanilla extract with a paddle until light and fluffy. Thoroughly scrape down the bowl and the paddle and mix for an additional 30 seconds.
2. Add the eggs on low speed in stages until they are thoroughly incorporated.
3. Fold in the Gluten-Free Bake Mix, baking powder and almond flour.
4. Add the milk and chocolate chips and mix just until thoroughly combined.
5. Bake at 350–375°F for approximately 20–25 minutes.

Gluten Free Pancakes

INGREDIENT AMOUNT

Gluten-Free Bake Mix (#61021.12)	1 lb.	100 %
Baking Powder	¾ oz.	4.7 %
Salt	½ oz.	3.1 %
Sugar	1¾ oz.	10.9 %
Whole Milk	1 lb. 4 oz.	125 %
Eggs	4 oz.	25 %
Butter, melted	2 oz.	12.5 %

2 lbs. 13 oz.

METHOD

1. Sift together the Gluten-Free Bake Mix, baking powder, salt and sugar.
2. In a bowl, combine the milk, eggs and melted butter.
3. Make a well in the center of the dry ingredients and add the liquid ingredients. Mix until a smooth batter is formed.
4. Heat a lightly oiled griddle or no-stick frying pan over medium-high heat. Pour or ladle about ¼ cup of batter for each pancake. Brown on both sides and serve hot.



6 Gluten Free Maple Pecan Pie

FOR THE CRUST

Gluten-Free Bake Mix (#61021.12), sifted	5½ oz.	100 %
Salt	0.025 oz.	0.45 %
Butter	2¼ oz.	45.5 %
Cream Cheese	4 oz.	72.7 %
Water	1 oz.	18.2 %

FOR THE FILLING

Whole Eggs	6 oz.	112.5 %
Maple Syrup	8 oz.	150 %
Butter, melted	2 oz.	37.5 %
Vanilla Extract	0.15 oz.	2.8 %
Pecan Halves	5⅓ oz.	100 %

PIE CRUST METHOD

1. Combine the flour and the salt.
2. Add the butter and the cream cheese and mix on slow speed with a paddle until a coarse crumb texture is achieved.
3. Add the water in small amounts just until the dough comes together.
4. Chill before rolling and placing in a pie tin.

FILLING & BAKING METHOD

1. Whisk the eggs, then add the maple syrup, sugar, butter and vanilla extract.
2. Stir the pecans into the mixture.
3. Pour the filling into the prepared pie crust.
4. Bake at 425°F for 15 minutes, then lower the oven to 350°F and bake for an additional 15–20 minutes or until the filling is set.



INGREDIENT AMOUNT

Butter	1 lb. 4 oz.	66.6 %
Light Brown Sugar	10 oz.	33.3 %
Sugar	13¾ oz.	45.8 %
Whole Eggs	10 oz.	33.3 %
Vanilla Extract	0.6 oz.	2 %
Salt	0.2 oz	0.7 %
Gluten-Free Bake Mix (#61021.12)	1 lb. 14 oz.	100 %
Baking Soda	0.5 oz.	1.66 %
Chocolate Chips	1 lb. 4 oz.	66.6 %
Nuts, coarsely chopped	10 oz.	33.3 %

6 IDS. 15 OZ.

METHOD

1. Cream the butter and the sugars with a paddle until light and fluffy. Thoroughly scrape down the bowl and the paddle and mix for an additional 30 seconds.
2. Add the eggs, vanilla and salt on low speed in stages until they are thoroughly incorporated.
3. Thoroughly scrape down the bowl and the paddle, then add the Gluten-Free Bake Mix and baking soda on low speed just until the batter is homogenous.
4. Fold in the chocolate chips and the nuts.
5. Scoop onto parchment-lined sheet pans or roll into logs and freeze for future use.
6. Bake at 375-390°F for approximately 10-15 minutes depending on the portion size.



8 Gluten Free Crêpes

INGREDIENT AMOUNT

Gluten-Free Bake Mix (#61021.12)	7 oz.	100 %
Sugar	1¾ oz.	25 %
Eggs	8¾ oz.	125 %
Whole Milk	5¼ oz.	75 %
Vanilla Extract	0.75 oz.	1 %
Rum	to Taste	
Butter, melted	2 oz.	28.6 %

1 lb. 9 oz.

METHOD

1. Combine all ingredients except the butter and mix until a smooth batter is formed.
2. Slowly add the butter while mixing and combine until the butter is thoroughly incorporated.
3. Batter is ready for use or may be stored for up to 24 hours for later use. If storing, cover tightly and refrigerate.
4. Heat a crêpe griddle or a large, non-stick pan over medium-high heat (about 400°F). When the griddle or pan is thoroughly warmed, lightly coat it with oil by rubbing it with an oil-soaked paper towel. Portion about ⅓ cup of crêpe batter and spread it very thinly around the pan. Cook until the crêpe is lightly browned on both sides.
5. Fill or top as desired and serve immediately.



GLUTEN-FREE BAKE MIX

A celiac-appropriate blend versatile enough for all types of baking applications, such as pan breads, muffins, cookies, cakes and brownies. Parve, All-Natural & Trans-Fat Free.

61021.02
61021.12

20-kg bag
30-lb. box (6 x 5-lb. bags)

GLUTEN-FREE MULTI GRAIN MIX

A celiac-appropriate blend versatile enough for producing several kinds of breads.

Parve, All-Natural & Trans-Fat Free
60506.12

30-lb. box (6 x 5-lb. bags)

GLUTEN-FREE CREAM CAKE

An easy way to create high quality gluten free products with a good texture and moist crumb.

Parve Trans-Fat Free.
65021.12

30-lb. box (6 x 5-lb. bags)

GLUTEN-FREE CHOCOLATE CREAM CAKE

Made with the finest of cacao and combined with our gluten free technology it creates a chocolate cake masterpiece. Parve, Trans-Fat Free.

65011.12

30-lb. box (6 x 5-lb. bags)

GLUTEN-FREE SWEET NEW SNOW

A patented, non-melting decorating sugar ideal for dusting cookies, donuts, fruit, cakes and holiday breads. Sweet New Snow will not melt in water, butter, the freezer or the refrigerator. Parve, All-Natural & Trans-Fat Free.

61022.01

50-lb. bag



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