

Preparation of gluten free rice flour biscuits

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Gluten is the main structure-forming protein in wheat flour, and is responsible for the elastic characteristics of dough, and contributes to the appearance and crumb structure of many baked products. The component of gluten that causes problems for people with coeliac disease. The only effective treatment for coeliac disease is a strict adherence to a gluten-free diet throughout the patient's lifetime. This can be achieved by formulation of gluten free products. The present investigation was undertaken to prepare gluten free rice flour biscuits. Three samples were prepared with 2:1, 1:1 and 1:2 proportions of brown rice flour and white rice flour. Overall acceptability of rice flour biscuits was found in the range from 7.3 to 8.0. Acceptable gluten free biscuits can be prepared from rice flour.

Key Words : Brown rice flour, White rice flour, Biscuits, Coeliac disease, Gluten free

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