

# BEER Gluten-Free alternatives

## Making GLUTEN-FREE Beer

There are two ways in which to produce gluten free beer, the standard way of brewing and fermenting process as for regular beer but using different grains which are naturally gluten-free.

These can be **Millet, buckwheat, oats, sorghum, rice, quinoa and corn** as they are all gluten-free. Buckwheat is very popular grain, Buckwheat is slightly bitter and quite strong, giving a different feel on the palate to barley.

The other method is using gluten containing malt (wheat, barley or rye), and then introduce a process to reduce the gluten content. They are brewed in the traditional way using barley, rye or wheat, then using an enzymatic process the gluten content is removed to levels at or below the Gluten Free threshold of less than 20ppm.

These beers **WILL NOT be** suitable for someone with a wheat, rye or barley allergy as appropriate.

The beers made from wheat are not strictly "Gluten-Free", but instead are "Gluten Reduced". It is worth being aware of the difference because they may not be suitable for coeliacs or someone on a very strict GF diet. Many of the producers of these beers do have them tested regularly to ensure that they remain under the Gluten Codex requirement.

Unfortunately, the effectiveness of removing gluten has yet to be validated and the amount of gluten present could be variable from batch to batch. [Read More](#)

## Gluten Free Grains: In brewing, adjuncts are the un-malted grains used in Beer.

- **BUCKWHEAT:** Slightly bitter, quite strong with a nutty flavour
- **MAIZE (Corn):** Smooth neutral sweetness. It lightens beer's body and balances flavours.
- **RICE:** Neutral flavour and dry profile but yields a light, clean tasting beer
- **OATS:** Sweeter, full bodied with a silky mouthfeel
- **RYE:** It helps to sharpen flavours and can add complexity, crispness and spiciness to a beer
- **WHEAT:** Light flavour, sweet in flavour

## Is Buckwheat actually WHEAT?

Despite its name, **buckwheat** is not a type of wheat, but related to the **rhubarb** family of vegetables. Officially, it is not a grain but rather a seed that is harvested from a flowering plant. However, because buckwheat has grain-like properties, it is often referred to as a pseudo-cereal. It is also a common allergy in Japan. [Read More](#)

- Buckwheat can be used in place of other carbs such as rice, couscous, potatoes, or pasta.
- Russian blinis are mini buckwheat pancakes usually served with caviar and sour cream.

## BASIC INFORMATION

The backbone of every single beer is the grain used in its production. Grain gives the beer its appearance and flavour.

**ALL** beer is made from:

### Grain Hops Yeast and Water

Traditionally, malted barley was the main grain used in beer brewing. However, many brewers use a blend of other grains along with barley to create their beer. Most of the beer sold in the world has **Rice or Maize** included in the grain type.

## Further Reading

You can check out recommendations from @GFbeerexerts latest blog post on our website, which also has Gluten-Free Steak and Ale Pie recipe using Old Speckled Hen Beer  
<https://foodallergyaware.co.uk/hello-beer/>

<https://foodallergyaware.co.uk/resources/factsheets/>