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To: TTAB EFiling

CC:

Subject: U.S. TRADEMARK APPLICATION NO. 85876688 - COFFEE FLOUR - IDMC-2-52467 - Request for Reconsideration Denied - Return to TTAB - Message 5 of 5

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Files: gluten free chef.jpg, pioneer thinking.jpg

Is Arrowroot flour gluten free?

"What is it? – Is it safe? – Is it gluten free? – Where can I buy arrowroot flour – Recipes using the arrowroot"

Have you been introduced to the world of the gluten or health food aisle and wondered WTF refer to exactly? Or gluten free diet?

I'm pleased to be responding "Yes!" to both. Let me explain what it is and how to use it.

What is Arrowroot?

It is a powdered starch, found in numerous tropical climates, which has been used in the kitchen.

Did you know that it isn't really a root at all? The plant that is extracted from is a tuber, or a bulbous root. So, what is referred to as "arrowroot" is actually an identity misnomer.

This starch is easy to digest and baking gluten free, can be used as a flour substitute for baking and thickening sauces.

The photograph, at the top of the page, shows it in its "raw" state but you would normally buy it as a fine, powder based product. Now it is available in the form shown in the page.

The taste of arrowroot is relatively neutral, although it may lay it has a mild "Mineral" flavor.

Where can I buy Arrowroot flour?

You can find it at a local store. If mentioned to your local grocery store, but it is a little more expensive way of buying it.

Ordering from the larger quantities is more economical. One well known brand that supplies it is Bob's Red Mill.

> **NOTE:** when you purchase it, read the label thoroughly.
>
> Much of the arrowroot that is sold in stores is either part potato starch or is actually cassava (tapioca) flour. Neither of those has the same mid-blend properties or the same gelling abilities as the pure product, although they are still gluten free.

Bob Sauce Products

How is Arrowroot flour Used?

It has a wide variety of uses

It can be used as a thickener for sauces, gravies and soups. It can also be used in gluten free flour mixes, to add a smoothness to baked goods.

Arrowroot is used in the dishes of Cajun and Creole for the cooking styles in gumbo, sauce de feu, fricassees of fowl.

A spoonful of arrowroot mixed into a paste with cold water, and then stirred into the dish near the end of the cooking time will thicken without making the liquid go cloudy. This approach will be same if it is in the sauce for over than 2 or 3 minutes after adding the arrowroot flour, simmer and stir again.

Because it thickens sauces in a clear form, it is more than the red flour corn starch, it is also perfect for cream or egg based sauces.

Some Asian cuisines, such as Japan, use it in their noodles.

Gluten Free Celiac Designs Apron by CelebSmiles
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How is Arrowroot Powder Prepared?

Producing arrowroot is a lengthy process which makes it an the cheaper ingredient to buy.

The plant is left to grow until it is about 22 years old before being dug up, washed, cleaned of its papery scale, crushed, sieved and, cleaned and baked into number and fine powder.

Following processing, it is left to dry, pulp is then drained through a fine sieve or coarse cloth. The starch then settles in the sieve & insoluble. This is then dried into a powder and packed for shipment.

Health Benefits

The use of this use, the main benefit is that it is gluten free, but people with other digestive troubles also find it helpful.

If you name it in Victorian times, you may well have been given a hot drink containing arrowroot with cinnamon and sugar. Infants may have used it for gravy or bread, added to milk. Each time it was considered to have many hot bread properties and you would have been satisfied and heard "Tell the cook".

Nowadays, more current research has shown that it is very low in calories and would be useful for weight management, in fact it is one of popular with people following a low calorie diet.

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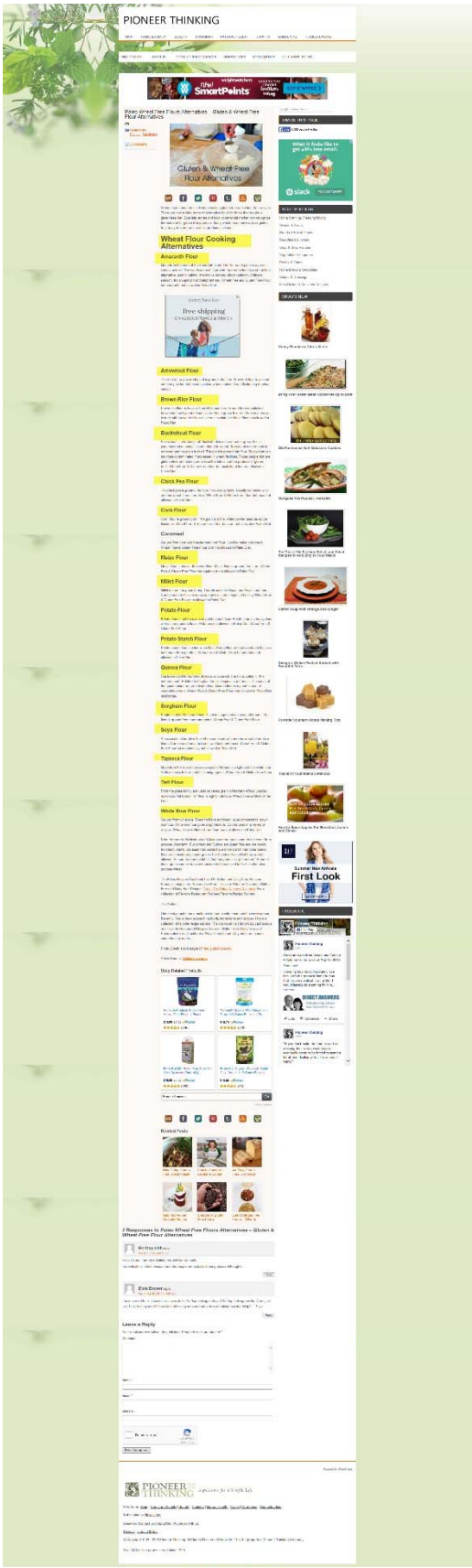
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