

Kinnikinnick Tapioca Rice Tray Buns (Gluten-Free, Soy-Free)

Standard rolls aren't the first food that concerns me when I think of eating gluten-free. Yet, they certainly have their place at holidays, barbecues, or even when some carbs are needed to round out a dinner.

Along those lines, I must admit, Kinnikinnick's tray buns are an excellent concept. Because we devoured them so quickly, I am unable to verify the quantity, but I believe there were eight good-sized rolls within each package. They appeared quite similar to freshly baked tray buns, of the wheat-based variety. With the track record of Kinnikinnick, we were optimistic that the taste and texture would also exhibit wheat-rivaling qualities.

Noting the similar ingredients to their other tapioca rice bread products, I assumed the rolls would be close to identical, yet they did seem to exhibit a slight difference in this form. I tasted on first as is. It was okay, but didn't really do much for me. The bun was a touch dry and couldn't really stand on its own. Not wanting to start up the oven for just one more roll, I sliced the next one in half and popped it in the toaster. Ah yes, the delicious mild flavor and texture of Kinnikinnick bread returned!

Even though I only set it for a very brief toasting (not even browned around the edges), the difference was remarkable. The heat seemed to actually draw moisture into the roll, allowing it to have that soft bread "squish" as I bit down upon it. The improvement in texture seemed to subliminally enhance the taste as well. Like Kinnikinnick's other white breads, the flavor was smooth, lightly sweet, and relatively neutral with not a single bitter note.

For additional expediency, I later tested a 10 second nuke. Though not quite as delicious when microwaved, heat in general seemed to do the trick. What I found funny, was that even after the buns cooled, they still retained that excellent cohesive moisture, rather than returning to a dry crumbly state. Interesting. I could see myself serving these at dinner parties as a heat & serve roll. Once warmed in the oven, they could easily be served to everyone, gluten-free or not!

My Extra Notes & Tips:

- The rolls break apart easily, so feel free to leave them in the freezer and break off as many as you need, when you need them. A quick pop in the toaster or oven brings them back to life.
- Ingredients - Water, White Rice Flour, Whole Eggs, Tapioca Starch, Potato Starch, Sugar, Sunflower Oil (May contain Sunflower and/or Canola Oil), Cellulose, Yeast, Dextrose, Glucono Delta Lactone, Sodium Carboxy Methylcellulose, Cellulose, Salt, Pea Protein, Sodium Bicarbonate, Mono and Diglycerides, Vitamin Blend(Thiamine, Vitamin B2, Niacin, Folic Acid, Iron), Sodium Stearoyl Lactylate [not milk]

Where to Purchase: Kinnikinnick sells their products in grocery stores throughout the United States and Canada. See their website for a store locator. If you can't find their foods in your local area, just shop Kinnikinnick's online store. Their full product line (an enormous one at that) is available via the web.