

Cornstarch vs Flour (vsdiff.com)

Attribute	Cornstarch	All-purpose flour
Thickening power	Stronger per tablespoon — about 1:2 ratio vs flour (approx.)	Weaker per tablespoon; needs ~2× volume for similar viscosity
Clarity & finish	<i>Clear, glossy</i> finish (favoured for glazes & pie fillings)	Opaque, matte finish (more rustic look)
Heat & cooking tolerance	Sets quickly; can <i>thin on prolonged boiling</i> or freeze-thaw	Handles long simmering better when used as a roux
Flavor impact	Neutral, nearly flavorless	Subtle bready taste; can brown
Gluten status	Gluten-free (corn)	Contains gluten unless labelled otherwise
Typical culinary uses	Sauces, pie fillings, glazing, tenderizing baked goods	Gravies, stews, béchamel, structure in baking

Source: <https://vsdiff.com/cornstarch-vs-flour/>