

Your Gluten-Free Holiday Meal

The plate you see to the left could be anyone's holiday dinner plate. Can you tell it's gluten-free? Exactly; you probably can't. The intention of this mini book is to teach you how to make gluten-free dishes that are as good, if not better, *than their gluten-containing counterparts.*

My background is in cooking and teaching. I have been preparing gluten-free meals for over 5 years. My recipes are easy to follow and create dishes which are delicious. Don't be intimidated; you can do this! I hope you have a fabulous holiday with your friends and family.

—Chef Amy

Here are my suggestions for a gluten-free holiday meal everyone will enjoy. With the exception of the roast turkey and ham, all of these recipes are in this book. Always check the ingredients for gluten.

Holiday Menu

Corn (or Clam) Chowder with Chopped Bacon and Chives
Caesar Salad

Roast Turkey or Glazed Ham
Simple Gravy
Mashed Potatoes
Cranberry Sauce
Bread Stuffing or Kasha Stuffing
Chard and Quinoa Pilaf
Sweet Potato Millet Cakes
Popovers
Creamed Spinach
Fresh Baked Bread or Cornbread

Pumpkin Pie & Apple Pie
Fruit Galette
Chocolate Brownies with Ganache

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When my daughter was about 13 months old, she developed eczema. After trying traditional steroid creams (which were not effective) and testing her for allergies, she was tested for food sensitivities at 20 months old. The report came back with over 15 food sensitivities, including dairy, gluten and eggs. I was devastated! For about a month, I was really in a funk. How was I going to feed my baby? It was completely overwhelming, even for me, who loved to cook and had a background in culinary. My friends kept saying "If anyone can do this, you can."

When this happened in 2006, the available recipes and products were less than appetizing. If I didn't like them, how could I expect her to eat them? I knew I had to tackle it head-on and teach myself.

This journey into a gluten-free lifestyle began about the same time I launched my own business as a cooking instructor/consultant. Six months later I started incorporating it into my offerings. Two years later, to better understand my customers, I decided to try it for myself and found the results positive. A year later, after finding my son had a gluten sensitivity as well, we became a gluten-free household. *Note: We were tested for Celiac Disease and the results were negative. Before embarking on a gluten-free diet, make sure you do not have Celiac Disease; otherwise it is very hard to detect if you aren't eating gluten. Eating any gluten when you have Celiac Disease can be very dangerous to your health.*

My observations are that in order to have good results with gluten-free cooking and baking, you still have to apply proper cooking techniques. But at the same time, many people, including myself, are very busy so complicated recipes are a big turnoff. This is why my recipes are easy and with simple instructions which produce delicious results.

I'm assuming you know about gluten, where it exists and why people eat this way. There is enough information about this already in print and on the internet. If you have Celiac disease, please make sure you are knowledgeable about ingredients and cross-contamination challenges. Check every ingredient and know which manufacturers are really gluten-free.

I am currently writing a larger gluten-free cookbook. The recipes and tips in this abridged book are to help you with holiday cooking. I truly hope this mini cookbook inspires you to create a delicious gluten-free holiday meal which everyone will enjoy.

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Common Substitutions

When you switch to a gluten-free diet, you might have to change the way you cook and bake. I explain it to people that it's like language and being immersed. If someone dropped you off in a foreign country and you did not know how to speak, it would be rough in the beginning but you would eventually learn. Instead of saying "hello", you might say "hola", "ciao" or "guten Tag". Instead of flour, there are alternatives like brown rice flour, millet flour, cornstarch, and potato starch. You can do this!

A few years ago, this immersion could have been a lonely journey; that is certainly how I felt when there were not as many resources and products. Today, it's not too bad. It is no longer necessary to learn from scratch.

After working in business, one thing that I have learned is if you have repeatable processes, you can be more efficient. The same is true in cooking and baking. Using a pre-mixed gluten-free flour blend takes the burden out of gluten-free baking. Grabbing white rice flour instead of regular flour when "flouring" chicken will become second nature. It all gets easier.

In this section, I have included most of the common substitutions for ingredients that have gluten as well as other common allergens; dairy and eggs. Nuts are almost always optional and I don't use a lot of soy.





HOW TO MAKE

Amy's Gluten-Free Flour Blend

One thing that I noticed was some recipes and products (just look at the label) use a lot of "white" flour, for example white rice, potato starch, and tapioca starch. It might produce a decent product but falls short on the nutrition scale. I like this blend that I created because it provides whole grain from the brown rice and millet. The upside is that it is light enough to create a baked good with excellent texture. Also, when I'm measuring if I have a little more or a little less, I don't fret. When I measure the flour for a recipe, I'm more precise.





The good news is that once you make this blend, you may not need any other gluten-free flours (with a few exceptions). When I started my adventure in gluten-free baking in 2007, one thing that stressed me out was the amount of flours which were used in a recipe; you can even see that today with certain recipes. It was so overwhelming; sometimes I didn't even want to bake.

Soon into my new cooking lifestyle, my friend Amy Andrews of Amy's Food Room shared her blend which is a combination of brown rice, millet, and tapioca flours. Using that as a base, I created my own blend, *Amy's Gluten-Free Flour Blend*, which I'm hoping will be your new best friend.

MIX TOGETHER AND KEEP IN AN AIR TIGHT CONTAINER:

- **3 cups brown rice flour**
- **1 cup tapioca flour or starch**
- **1 cup potato starch (not flour)**
- **1 cup millet flour**

The rule of thumb when converting your own recipes is to substitute this blend 1:1 with the flour in a recipe. However, to help to hold it together for baking, add ½ teaspoon of xanthan gum or ¾ teaspoon of guar gum for every 2 cups. Try this conversion with your own recipes. If it doesn't stay together, add ¼-½ teaspoon extra of the xanthan gum.

The last bit of advice in regards to baking is to always mix the batter briskly for about 10-15 seconds. With a regular batter, you don't want to develop the gluten. With gluten-free, you want the gum and starch to "gel". Mixing it with a few quick rotations will do the trick.

Dairy, Egg, and Sugar Substitutes

Quite often, people who cannot eat gluten also have to omit other foods from their diet. The section below provides details for dairy (really casein, the protein found in milk), egg, and sugar substitutes.



DAIRY SUBSTITUTIONS: MILK

There are many alternative milks on the market these days. Some of the ones I used are almond, coconut, or rice (soy doesn't sit so well with me). Be careful because some soy milks can contain gluten (from a barley extract) so check the label.

For baking, if you use a sweetened alternative milk, you might need to reduce the sugar in the recipe by 2-3 tablespoons. My recipes generally are not very sugary so it might be ok to substitute without reducing the sugar. If you find the finished product sweet in anyway, it's acceptable to reduce the sugar.

For cooking, use plain, unsweetened milk substitutes. Check the label to make sure there is no added sugar.

DAIRY SUBSTITUTIONS: BUTTER

For cooking, use olive or another vegetable oil instead.

For baking, use vegetable shortening (I like Spectrum's® organic vegetable shortening best) or coconut oil; I prefer the shortening. If you use the coconut oil, melt it first so it's easier to measure and mix. The virgin coconut has a coconut flavor. If you don't like that flavor, use the regular.

Use vegetable shortening just like butter. If the recipe calls for melted butter, heat the shortening. If it calls for softened butter, heat slightly so it's easier to work with. You do not need to refrigerate. Some people also use Earth's Balance ® sticks in place of butter; I do not use it very often. If you like this and can tolerate soy, this is a common substitution for butter.

For baking, you can usually substitute a vegetable oil like canola or sunflower for the butter, even if the recipe does not call for melted butter. I have successfully used canola oil instead of butter for cookies. The texture will be slightly different. Always test your recipe.





EGG SUBSTITUTIONS

When it comes to eggs, there are many substitutions including egg replacer products by Ener-g brand® and Bob's Red Mill®. If you want to substitute eggs in quiche, look for a recipe with tofu.
Eggs serve different functions so the substitute can vary. Try some of these:

LEAVENING

1 egg = 2 teaspoons baking powder + 2 tablespoon warm water + 1 tablespoon oil
2 eggs=5 tablespoons warm water + 1 tablespoon oil + 1 tablespoon ground flaxseed + 2 teaspoons baking powder (mix in a small bowl and wait 5-10 minutes). This is my personal favorite for baking.

BINDING AND MOISTURE

1 egg = 1 tablespoon ground flax seed + 3 tablespoons warm water (mix well and let stand 10 minutes)
1 egg = ¼ cup applesauce or pureed fruit or ½ mashed banana
1 egg = 3 tablespoons nut butter

EGG SUBSTITUTIONS: MAYONNAISE

There are a number of mayonnaise substitutes if you can tolerate soy. Look for ones that are marked as vegan which means there is no dairy or eggs. Note: there is usually no dairy in mayonnaise; only eggs. Dairy refers to foods derived from cows.

SUGAR SUBSTITUTIONS

I try to use organic sugar or sugar cane whenever possible. For things like pancakes and waffles, you can easily substitute agave nectar, honey, maple syrup or brown rice syrup.

I do not use Stevia, Aspartame, or any artificial sweetener as I don't like the flavor. If you use these, you will need to test the recipe.



If you use a liquid sweetener like agave nectar or honey, it will make baked products like cakes or muffins very wet. Try this formula:

1 cup sugar = ¼ cup agave nectar or syrup + ½ cup sugar (white or brown)

Using a combination of the wet ingredient plus a dry ingredient will balance the texture.





Ball




Cooking Lessons

As a gluten-free cooking instructor, my number one priority is teaching techniques. This includes the best way to cut an onion and/or vegetables, how to thicken sauces, and how to make pie crust. Since I can't be there with you, I've included many photos to show you how it is done.

This section is the "best of the best" step-by-step guides to help you prepare your meal. When you prepare any big meal, try to get as much done before as possible.











Cooking Lesson

BASIC KNIFE SKILLS AND HOW TO CUT VEGETABLES

BASIC KNIFE SKILLS

- Use a sharp knife and a large cutting board.
- Make a flat edge by cutting the item in half so the item doesn't roll.
- Hold the food like a "claw" to keep it steady and watch your thumb.
- The closer the cuts, the smaller the chop.

HOW TO CUT VEGETABLES

Cut vegetables into uniform pieces so that the veggies cook at the same rate. Try to be quick so that prep doesn't seem like a chore but not so quick that the pieces are uneven. You don't have to be perfect.

ONION: Cut onion in half, from the root end to the other end. Cut the opposite end of the root on each piece. Keeping the root intact holds the onion together better. Remove skin. Place one half on the cutting board, flat side down. From the root end, make small, long cuts in the onion, from one side to the other. Cut onion in the other direction to chop.

CARROT: Peel carrots and cut ends off. Cut in half lengthwise to create a flat surface. Cut each half into 2 or 3 pieces, depending upon the size of the carrot and then cut each piece into strips. Hold 6 or 8 strips together and cut in the opposite direction to create a chop.

CELERY: Cut celery with ends cut off into 2 or 3 pieces. Cut each piece into strips. Hold 6 or 8 strips together and cut in the opposite direction.

OTHER VEGGIES: Use this method to chop peppers, potatoes and squash, etc.

CHOP VS DICE VS MINCE

The thinner the strips have been cut and the shorter the distance between the cut going in the other direction, the smaller the pieces will be. A chop is the biggest and a mince is the smallest; a dice is somewhere in between. If you are pureeing the soup after, don't worry too much about the size of the pieces.

The closer the cuts, the smaller the chop.
What you are cooking determines the size.

Cook like a Pro...

MIREPOIX (MEER-PWA) AND MISE EN PLACE (MEEZ-ON-PLAZ)

WHAT IS A MIREPOIX?

Mirepoix is a French term and, in its basic form, is a combination of chopped onions, celery and carrots. It's the base for many soups as well as stocks which are used for gravies and sauces. Try to keep these three vegetables on hand so that making a soup is a breeze any night of the week.

WHAT IS MISE EN PLACE?

Mise en place is another French term that means "everything in its place." The concept means that before you start cooking, you should have all of your ingredients out and ready to go. For example, the vegetables are cut, the spices are on the counter, the greens are washed, etc.

MISE EN PLACE IN MY KITCHEN

I interpret mise en place differently. When I cook at home, I put most of my ingredients on the counter. If I'm going to make a soup, I put the pot on the stove, take out the vegetables, and take out the necessary equipment like a knife, vegetable peeler, can opener, and cutting board.

Once all of the ingredients are out, I put the pot on the stove and turn the burner to medium. Next, I cut the onion. By the time the onion is cut, the pan is hot. I add some oil (about 2 teaspoons) and the onions. I give the onions a quick stir or shake and add herbs and/or spices. I step away from the stove and let the pan do the work. I cut the other vegetables from hardest to softest, adding them gradually. This way, I'm working in parallel.

If I have more time or want to be able to come home and cook, I prep all of the vegetables ahead of time. Honestly, the former is what I usually do.






Amaranth


Arborio rice (for risotto)




Red quinoa


Millet







🕮 Cooking Lesson

COOKING GRAINS

Most people associate whole grains with whole wheat. When you are on a gluten-free diet, it's the perfect time to start exploring some other ones. However, grains (or anything) from the bulk aisle can be contaminated with gluten from other bins. If you have Celiac Disease or are gluten intolerant, buy grains from a package.

Try some of the following grains, using the ratios below. You can use water or broth for the liquid. For example, cook 1 cup of quinoa with 2 cups of water or broth. All grains should be rinsed first using a mesh strainer and cooked with a dash of salt for flavor.

ITEM	RATIO OF LIQUID TO ITEM	ADDITIONAL TIME TO SIMMER
QUINOA	2:1	Place together in a pot, bring to boil. Cover, lower to simmer, cook 10-15 minutes or until water is absorbed.
MILLET	2.5:1	Place together in a pot, bring to boil. Cover, lower to simmer, cook 15-20 minutes or until water is absorbed.
BUCKWHEAT/KASHA*	2:1	Bring water and salt to a boil. Add rinsed buckwheat. Turn heat down to low, and cook 12 -15 minutes. Check the buckwheat after 8 minutes to see if water is absorbed and buckwheat is soft.
AMARANTH	2.5:1	Bring water and salt to a boil. Add rinsed amaranth. Turn heat down to low, and cook 12 - 15 minutes.
BROWN RICE	2:1	Bring water and salt to a boil. Add rice. Turn heat down to low, and cook 35-45 minutes.

*Note: If you are gluten intolerant, make sure the buckwheat is certified gluten-free as some buckwheat can contain gluten from cross-contamination.

IDEAS FOR USING GRAINS IN COOKING:

- When cooking rice, replace some of the rice with quinoa (about ⅓). For example, use 1 cup jasmine rice, ½ cup red quinoa and 3 cups of water.
- Add cooked millet or quinoa to mashed white or sweet potatoes, use as a base for stew, or serve instead of rice with a little butter and salt.
- Serve cooked kasha with a stew-type dish, use in place of bread cubes in stuffing, or serve with a mushroom sauce.
- Grind grains in a clean coffee grinder and use like oats for breakfast. Bring 1 cup of water to a boil and add ⅓ cup ground grains. Cook about 10 minutes.
- Use brown rice when making Mexican rice, use as a base in a casserole, or add to soup.

Chef Tips

Instead of a flour-based roux, use a slurry to thicken anything like sauces, soups, and gravies.







How To Make It... Easy as 1, 2, 3

BASIC SAUCE OR GRAVY

1. Bring liquid to a simmer
2. Add slurry and stir sauce with a whisk
3. Continue to cook, stirring occasionally, until thickened and the starchy texture is gone

📖 Cooking Lesson

How to Make Pan Sauces and Gravies

1 cup broth of choice (e.g. chicken, vegetable, or beef broth) or drippings

SLURRY:
Mix 1 tablespoon cornstarch with 1 tablespoon cold water

SEASONINGS:
¼-½ teaspoon sea or kosher salt
⅛ teaspoon ground pepper

OPTIONAL:
1 tablespoon unsalted butter or butter substitute

How to Make a Slurry:

For every cup of liquid, add a slurry:

1 tablespoon of a starch (cornstarch, potato starch, arrowroot, or tapioca)

mixed with

1 tablespoon of cold water

SIMPLE GRAVY TO SERVE WITH CHICKEN, VEGETABLES, BEEF, OR PORK

Makes 4 servings; to make more, scale proportionately

1. Heat broth or drippings in a medium pot to a simmer.
2. Meanwhile, make the slurry by mixing the water with starch in a small bowl. Mix until smooth and the slurry looks like whole milk.
3. Add slurry to heated broth and stir with a whisk. Season with salt and pepper. Add more salt to taste.
4. Simmer 4-6 minutes or until thickened. If the sauce is not thick enough, make and add more slurry. Add butter at the end to make the sauce more creamy and similar to a roux or flour thickened sauce.
5. Taste the sauce to make sure the starch is cooked. If there is a gritty texture, the sauce needs to cook more.

Variations

For variations, add the following ingredients to the sauce in the first step. You may need to add more slurry to achieve the proper thickness.

LEMON AND GARLIC: Add 1 teaspoon lemon juice and 1 minced garlic clove to a chicken or vegetable broth. Simmer at least 2 minutes.

WINE AND HERB: Add 2 tablespoons of dry white wine and 1 teaspoon of dried herbs to the broth.

MUSTARD: Whisk in 1-2 teaspoons Dijon or grainy mustard into the sauce as it thickens.

CREAMY: Add 1 tablespoon cream to any of the above variations. For dairy-free, use plain and unsweetened soy or coconut creamer; something thick is best.















The Menu

Now that you have some tips on how to prep, make grains and a gravy, it's time to start cooking! There are a lot of recipes on the following pages. You can pick and choose which recipes will be best for your meal.

Corn Chowder

2 teaspoons olive oil
2 teaspoons unsalted butter
½ medium onion, diced
¼ teaspoon ground pepper
1 teaspoon sea or kosher salt
1 russet potato, peeled and cubed (about 2 cups)
2 cups chicken or vegetable broth
2 cups whole milk or milk substitute, plain and unsweetened
3-4 cups corn (frozen or about 3 ears fresh)

SLURRY:
Mix 2 tablespoons cornstarch with 2 tablespoons cold water

OPTIONAL TOPPINGS:
Crisp, chopped bacon, shredded sharp cheddar, and/or chopped scallions or chives

Chowder can be a warm and tasty course for your holiday meal. This is a favorite recipe in our house. I make it all year round because frozen corn is prevalent and the quality is good. Keep the toppings on the side so everyone can make a custom version.

1. Over medium heat in a soup pot, add olive oil, butter, onion, pepper, and salt. Cook until the onion is soft.
2. Add the potatoes, broth, and milk. Bring to a boil, then lower to a simmer for about 5 minutes or until the potatoes are just starting to get soft but not mushy.
3. Add the corn. If using fresh corn, cook 5 minutes; if using frozen corn, cook 3 minutes. Check the potatoes to make sure they are soft but not mushy. Add the slurry and cook until thickened, about 3-5 minutes.
4. Taste and adjust seasonings if necessary.
5. Optionally garnish with crisp, chopped bacon, shredded sharp cheddar, and chopped scallions or chives.

Note:

If you use low or non-fat milk, or if you want a thicker chowder, use more slurry.

Clam Chowder

2 teaspoons olive oil
2 teaspoons unsalted butter
½ medium onion, diced
1 stalk celery, diced
¼ teaspoon ground pepper
1 teaspoon sea or kosher salt
1 russet potato, peeled and cubed (about 2 cups)
2 cups whole milk or milk substitute, plain and unsweetened
1-2 6.5 ounce undrained cans of clams
1 8-10 ounce bottle of clam juice

SLURRY:
Mix 2 tablespoons cornstarch with 2 tablespoons cold water

Follow the directions above with the ingredients to the left.

Add the celery with the onions. Drain the clams and reserve juice. When you add the milk, add all of the clam juice (substitute chicken or vegetable broth if you can't find bottled clam juice). Substitute clams for the corn.

Optionally, garnish with chopped fresh parsley and plain gluten-free crackers or croutons. To make a quick crouton, spread a piece of gluten-free bread with butter. Optionally use a cookie cutter for fun. Toast and serve.









Caesar Salad

DRESSING

1-2 garlic cloves, cut in small pieces
½ cup regular mayonnaise
¼ cup grated Parmesan (or any hard Italian cheese)
2 tablespoons olive oil
1 teaspoon sea or kosher salt
Juice from ½ lemon
¼ teaspoon ground pepper

Makes about 1 cup or enough for 10-12 servings. Can be doubled.

Place all ingredients in a small food processor and pulse for 10-15 seconds. Process for 1 minute or until the garlic is chopped. Alternatively, use a blender. Keep refrigerated until ready to use.

Toss with crisp, romaine lettuce, croutons, and optionally, shredded carrots.

DAIRY-FREE AND EGG-FREE VERSIONS

Follow directions above with the ingredients listed to the below. Taste and adjust seasonings if necessary. Since there is no cheese, you may need more salt.

DAIRY-FREE

1-2 garlic cloves, cut in small pieces
½ cup regular mayonnaise
2 tablespoons olive oil
1½ teaspoons sea or kosher salt
Juice from ½ lemon
½ teaspoon Dijon mustard
¼ teaspoon ground pepper

DAIRY-FREE AND EGG-FREE

1-2 garlic cloves, cut in small pieces
½ cup olive oil
1 teaspoon Dijon mustard
1½ teaspoons sea or kosher salt
Juice from ½ lemon
¼ teaspoon ground pepper

CROUTONS

½ loaf of gluten-free baguette bread, cubed or 8 slices of gluten-free bread, cut into cubes or use bread recipe from page 32 or 33

2-3 tablespoons olive oil

¼ teaspoon ground pepper
½ teaspoon each sea or kosher salt, oregano, and thyme

If you want a crisper crouton, use more oil.

In a large bowl, toss bread cubes with olive oil and seasonings. Place on a rimmed baking sheet. Bake in a 400°F oven until brown and crisp, about 8-10 minutes.

Store covered at room temperature.



It's easy to make your own croutons.





Mashed Potatoes with Variations

There's nothing like a good mashed potato recipe. The cauliflower and millet versions provide some extra nutrition along with great flavor; my children don't notice the additions. My rule of thumb, unless the potatoes are very large, is 1 potato per person and ½ of a potato per child. If I want leftovers, I use more.

Serves 4-6

1½ pounds (about 5 or 6) russett potatoes, washed, peeled, and cut in quarters (you can optionally leave the skin on if you are short on time; just make sure to wash well)
3 teaspoons sea or kosher salt, divided
½ cup milk (whole works best, but you can use any type)
4 tablespoons unsalted butter
½ teaspoon white or black pepper

MASTER MASHED POTATOES

1. In a large pot, cover potatoes with water. Add 2 teaspoons of salt and cover. Bring to boil and lower to a simmer.
2. Cook until fork-tender and drain, leaving a little liquid in the pot.
3. To the drained potatoes, add remaining ingredients except salt and mash well with a potato masher. To make extra fluffy, whip with a circular motion using the masher, or blend with a hand mixer. Taste for seasonings and add more salt or pepper if needed.

DAIRY-FREE/VEGAN MASHED POTATOES

Follow directions for recipe above. Use milk substitute, plain and unsweetened, instead of regular milk. Substitute butter substitute or olive oil for the butter.

MILLET MASHED POTATOES

1. Add ½ cup of rinsed millet to 1¼ cups of water with a pinch of salt to a medium pot. Bring to a boil and then lower to a simmer and cover. Cook about 20 minutes or until all of the water has been absorbed.
2. Follow directions for either recipe above. Fold in cooked millet at the end.

CAULIFLOWER MASHED POTATOES

Follow directions for either recipe above except replace 2 potatoes with ½ head of cauliflower, chopped into small pieces. Make sure cauliflower is also soft before you mash the potatoes.



Cranberry Sauce

¾ cup water or orange juice (use ¼ cup less sugar if using the juice)
⅓ cup organic white sugar
⅓ cup agave nectar, honey, or sugar

4 cups (12 ounce package) fresh or frozen cranberries, rinsed

OPTIONAL INGREDIENTS:
½ cup toasted pecans or walnuts, chopped
Orange zest from ½ of an orange
¾ cup raisins or currants
¼ teaspoon of cinnamon, nutmeg, or allspice

It's easy to make your own fresh cranberry sauce with just a few ingredients. This version has much less sugar than what you would find in a can. Give it a try. If you don't think you'll use all of the cranberries, cut the recipe in half and use the berries in a muffin or loaf.

Makes 8-10 servings

1. Place water, sugar, and agave nectar in a small to medium saucepan over medium heat. Bring to a boil, stirring to dissolve sugar.
2. Add cranberries and return to a boil. Reduce heat and simmer for 10 minutes or until cranberries burst. At the end, add any of the optional ingredients.
3. Remove from heat. Cool completely at room temperature and then chill in refrigerator. Cranberry sauce will thicken as it cools.











Bread Stuffing

1 tablespoon olive or vegetable oil
1 medium onion, diced
2 celery ribs, diced
1 teaspoon dried thyme
1 teaspoon dried rosemary
1 teaspoon dried sage or poultry seasoning
½ teaspoon ground pepper
½ teaspoon sea or kosher salt
1-2 garlic cloves, chopped
½ cup water
3-4 cups gluten free croutons (see below)
3-4 cups chicken or vegetable broth

OPTIONAL INGREDIENTS:
½ cup nuts, lightly toasted and chopped
2 Italian sausages, cooked and crumbled
½ cup dried fruit like cranberry or raisins

If you have your own recipe for stuffing, follow the steps below but use your own ingredients. I found a shallow pan (like a 13" x 9" pan) works best so that the stuffing does not get soggy.

Serves 6-8

1. Heat olive oil in a medium to large saute pan. Add onions, celery, thyme, rosemary, sage, and pepper. Without stirring too often, allow to cook until the celery is softened and the onions are golden. Add a little bit of salt if the vegetables seem dry.
2. Once vegetables are golden and softened, add garlic and salt. Cook for 1 minute. Add water and cook for 3-5 minutes or until most of it is evaporated.
3. Remove from pan and place in large mixing bowl. Cool for 5 minutes.
4. Preheat oven to 350°F.
5. Place all remaining ingredients except broth in the large bowl. Mix well. Add broth, 1 cup at a time, until the stuffing is moist.
6. Place stuffing in a greased medium to large baking dish and cover with foil. Bake for 20 minutes. Remove cover and bake until the top is lightly browned and crusty, about another 10 minutes.

Croutons

Makes about 3-4 cups

1 to 1½ loaves of gluten-free sandwich bread, cut into cubes or use bread recipe from page 32 or 33
About 2-3 tablespoons olive oil
Kosher salt, ground pepper, dried oregano, and thyme (¼ – ½ teaspoon each)

Toss bread with olive oil and seasonings. Bake in a 400°F oven until lightly browned and crisp, about 8 minutes, stirring once. Cool.

Kasha, Sage, and Raisin Stuffing

1 cup kasha (toasted buckwheat)
2½ cups chicken broth or water
2 teaspoons olive oil, divided
1 medium onion, diced
2-3 carrots, diced
2 celery ribs, diced
1 teaspoon dried sage
1 teaspoon dried thyme
½ -1 teaspoon ground pepper
½ teaspoon sea or kosher salt
1-2 garlic cloves, minced
½ cup lightly chopped walnuts or pecans, toasted
½ cup raisins

Try this recipe for a different twist on traditional stuffing. Kasha provides more nutrition than bread since it is a whole grain.

Serves 6-8

1. Cook kasha by bringing 2 cups of broth or water to a boil. Rinse buckwheat and add to pot. Turn heat down to low, and cook 15-20 minutes. Check the buckwheat after 10 minutes to see if water is absorbed/buckwheat is soft. If necessary, add more broth or water.
2. Heat oil in sauté pan. Add onions, carrots, celery, sage, thyme, and pepper. Without stirring too often, allow to cook until the onion is soft and lightly browned. Add garlic and salt. Cook for 1 minute. Remove from pan and place in a large bowl.
3. Preheat oven to 350°F. Grease a 9" x 9" pan.
4. Add kasha, walnuts, and raisins to vegetables. Place in pan and press down.
5. Bake for 20-30 minutes or until the top is browned.



Chard and Quinoa Pilaf

- **1 cup quinoa, rinsed**
- **3 tablespoons pine nuts or sunflower seeds (or both)**
- **2 teaspoons olive oil**
- **½ onion, diced**
- **¼ teaspoon ground pepper**
- **1 head of chard, chopped with stems, placed in a large bowl of water to remove dirt, or one 10 ounce box of frozen, chopped spinach, thawed and squeezed dry**
- **¼-½ cup raisins**
- **1 tablespoon good quality olive oil**
- **2 teaspoons balsamic vinegar**
- **Salt and ground pepper to taste**
- **1-2 teaspoons agave nectar or honey**





This is a cooking class and pot luck favorite. It can be made with brown rice instead of quinoa. If you don't have time to cook the chard, use thawed, frozen spinach instead.

Serves 4-6

1. Prepare quinoa. Add 2 cups of water, 1 cup of rinsed quinoa, and a pinch or two of salt to a medium pot. See Chef Tips below for instructions. While quinoa cooks, prepare other ingredients.
2. In a sauté pan without oil, toast nuts and/or sunflower seeds until golden brown. Remove from pan. If you don't have time, add the pine nuts and/or sunflower seeds untoasted.
3. Heat large sauté pan to medium. Add olive oil and cook onion with ground pepper. Do not add salt yet. Cook until onion is golden and translucent. If you are using frozen spinach, cook onion until it is golden and then proceed to step 5.
4. Remove chard from bowl, putting your hands into the water and scooping out the chard. If you pour the water out, the dirt can remain on the chard. Cook chard with onion, uncovered, until the chard is softened and bright green. Cool slightly.
5. In a large bowl, mix all ingredients. Taste and adjust seasonings. Serve room temperature or cold.

Chef Tips: Cooking Quinoa

Quinoa should be rinsed first (unless the label says it's rinsed) as it has a natural soapy residue on it.

The ratio of water to quinoa is 2:1.

To cook, place water and quinoa in a medium pot with a pinch of salt. Bring to a boil, lower to a simmer, cover, and cook about 12-15 minutes or until all of the water is absorbed. Tilt the pan to make sure there is no more water. Leave covered for 5 minutes before using.







Sweet Potato Millet Cakes

2-3 medium sized sweet potatoes, baked or microwaved
½ cup millet, rinsed
2 teaspoons olive oil
1 onion, chopped
1½ teaspoons kosher or sea salt
½ teaspoon each thyme, cumin, and curry powder
¼ teaspoon ground pepper

½ cup potato starch or *Amy's Gluten-Free Flour Blend*

Oil for frying like safflower or olive

CUMIN SCENTED CREAM
1 cup sour cream, yogurt, or mayonnaise (for dairy-free)
½ teaspoon sea or kosher salt
¼-½ teaspoon cumin

One of the grocery stores where I shop makes something like this which is sold in their prepared foods case. Although some of the ingredients are similar, I created my own version (theirs looks and tastes different).

Millet is not only good for you, it also has great flavor. It cooks up sort of "spongey" and is great to absorb something liquidy like a stew. However, if you have Celiac disease, don't get the millet from the bulk bin; it could be cross-contaminated with gluten from other products. You can usually find it in the rice or grain section of a natural foods store. If you can't find millet, use quinoa.

Regardless of what they are called, use the orange potatoes since it can be confusing when you are shopping. If you want to make sure you are buying the correct one, scrape a little of the skin to make sure the inside is orange. These potatoes are full of vitamins (A, B6, and C) and minerals (manganese, iron, and potassium). So, a "cake" made with both this and the millet is a double-whammy of nutrition. Try serving it with the cumin cream. Delish!

Makes 20-24 cakes

1. Wash potatoes well and prick with a fork or knife. Bake potatoes in a 400°F oven for about 45 minutes or until tender. Or, microwave for 3-4 minutes, rotating at least once, until tender. Cut potatoes open and cool slightly. Remove skins, place in bowl and mash. Cool completely. It's important that the potatoes are cool; otherwise the mixture could be too wet.
2. Add millet to 1¼ cups of water with a pinch of salt. Bring to a boil and lower to a simmer. Cover and cook 15-20 minutes or until water is absorbed.
3. Sauté the onion in olive oil with the salt and spices. Cook until the onion is soft and golden brown. Cool slightly.
4. Once the millet and onions have cooled, mix with the sweet potato and salt. Taste mixture and add more seasonings if necessary. If it seems very wet and you have extra millet, add between ½ to 1 cup more. Add potato starch and mix. Add more if necessary so that you can form the mix into patties.
5. Form into 2-3" patties. Cook over medium heat in a non-stick pan with oil until golden on each side (if you don't have a non-stick pan, make sure there is a layer of oil on the bottom and that the oil is hot before adding the patties). Alternatively, bake in a 400°F oven on a greased cookie sheet, for about 18-20 minutes, turning once.
6. Mix sour cream with salt and cumin. Serve a dollop on top of each cake.

Popovers

1 **cup *Amy's Gluten-Free Flour Blend***
¼ **teaspoon xanthan gum**
½ **teaspoon sea or kosher salt**

4 **large eggs**
1¼ **cups milk or milk substitute (plain and unsweetened), slightly warm**
3 **tablespoons unsalted butter or butter substitute, melted**

This is adapted from a recipe from the website of King Arthur flour. It's easy, delicious and a nice change to regular bread. I make mine in a regular cupcake pan. If you have a popover pan, use that instead.

Makes 12 popovers

1. Preheat the oven to 400°F. Generously grease a 12-cup popover pan or muffin pan. Do not add liners.
2. In a small bowl, mix the flour blend, xanthan gum, and salt. Set aside.
3. In a blender, add eggs, milk, and butter. Mix on medium speed until the mixture is well blended. Add the dry ingredients to the blender and blend at medium-high speed until batter is smooth. If you see big lumps, blend again. Small ones are fine. Alternatively, you can do this process in a large bowl with a whisk until you have a smooth batter.
4. Pour the batter into the prepared pan, filling each cup about ⅔ full.
5. Bake for 20 minutes, then reduce the oven heat to 350°F and bake for an additional 10 minutes, until the popovers are deep brown.
6. Remove from the oven and let popovers rest for 5 minutes to finish setting. Remove from the pan and serve immediately.





Creamed Spinach

2 teaspoons olive oil
½ onion, diced
¼ teaspoon ground pepper
¼ teaspoon garlic powder
¼ teaspoon dry mustard
Sprinkle of nutmeg
1 10 ounce box frozen chopped spinach, thawed, and squeezed dry
½ -1 teaspoon sea or kosher salt
2 cups milk or milk substitute, plain and unsweetened

SLURRY
Mix 2 tablespoons cornstarch with 2 tablespoons cold water

OPTIONAL
1-2 tablespoons nutritional yeast

Serves 3-4

1. Heat medium sized pot to medium. Add olive oil, onions, pepper, garlic powder, mustard, and nutmeg until translucent and golden. Add spinach and salt and cook for 2-3 minutes.
2. Add milk or milk substitute and bring almost to a simmer.
3. Mix slurry and add slowly to the sauce. Cook for 2 minutes, stirring. Continue to cook on a medium-low heat until thickened, stirring frequently. If sauce hasn't thickened after 5 minutes, make more slurry and repeat. For more informationon *How to Make a Slurry*, see page 15.
4. Check for seasonings. Optionally, sprinkle with nutritional yeast to give it a cheese flavor without adding dairy.

Note: Nutritional yeast can be found in most health food/organic stores. It gives the spinach a golden color without cheese.







Everyday White Bread with Regular Yeast

1 **cup water**
½ **cup milk or milk substitute, plain and unsweetened (you can use all water instead of milk)**
2¼ **teaspoons regular or active yeast (1 packet)**
1 **teaspoon sugar (always use for this method)**

3¼ **cups *Amy's Gluten-Free Flour Blend***
2 **teaspoons xanthan gum**
1 **teaspoon sea or kosher salt**
⅛ **teaspoon ground ginger (optional)**

2 **large eggs, beaten, at room temperature**
1 **teaspoon apple cider vinegar or white vinegar**
1½ **tablespoons olive oil or vegetable oil like safflower**
1 **tablespoon honey or agave nectar**

Chef Tip

You can use up to 1½ teaspoons of salt if you prefer. Use less if you only have table salt.



BREADMAKER VERSION

1. To proof the yeast, heat the water and milk to between 105°F-115°F. Add to the breadmaker bowl fitted with the paddle. Add the yeast and sugar. Set aside for 5 minutes.
2. While the yeast is proofing, mix the dry ingredients in a separate mixing bowl: flour blend, xanthan gum, salt, and ginger. The ginger helps to naturally preserve the bread and cannot be tasted.
3. Once the yeast mixture is foamy, add the liquid ingredients to the breadmaker bowl: eggs, vinegar, oil, and honey or agave.
4. Carefully add flour mixture to the breadmaker, one cup at a time, so that the flour mixture does not spill.
5. Turn machine on and select appropriate setting for a 2 pound loaf.
6. While dough is mixing, use a rubber spatula to scrape flour from the inside corners.
7. After bread is done, remove from machine and then remove from pan. Place on a wire rack. Carefully remove blade from bread (review manufacturer's instructions). Cool bread for at least 15 minutes before cutting. After 1 day, keep refrigerated.

STAND MIXER VARIATION

1. Place warm water and milk (see step 1 above) in a glass measuring cup or bowl. Add yeast and sugar and allow to proof for 5 minutes.
2. Add dry ingredients to the bowl of a stand mixer. Blend with a whisk to incorporate ingredients. When yeast is proofed, proceed to the next step.
3. In a small bowl, mix eggs, vinegar, oil, and honey or agave. Add this to the mixer and mix on low until blended.
4. Add the yeast mixture and mix to combine. Raise speed to medium and beat for 2-3 minutes until glossy. It should look like cake batter, not traditional bread dough.
5. With a greased spoon or spatula, place in 1 or 2 greased loaf pans (see Note below). Let dough rise for 50-60 minutes in a warm place until almost doubled in size.
6. Bake at 350°F for about 30-40 minutes or until brown on top. Allow bread to cool at least 15 minutes before cutting. After 1 day, keep refrigerated.

Note: Fill the dough to ⅔ full. This recipe fits in a 9¼" x 5¼" x 2¾" loaf pan. If your pan is smaller, use 2 pans; otherwise it could overflow.

Everyday White Bread with Quick Rise Yeast

3¼ cups *Amy's Gluten-Free Flour Blend*
2 teaspoons xanthan gum
1 teaspoon sea or kosher salt
2¼ teaspoons quick rise yeast (1 packet)
⅛ teaspoon ground ginger (optional)

1 cup warm water (see Note)
½ cup warm milk or milk substitute, plain and unsweetened (you can use all water instead of milk)

2 large eggs, beaten, at room temperature
1 teaspoon apple cider vinegar or white vinegar
1½ tablespoons olive oil or vegetable oil like safflower
1 tablespoon honey or agave nectar

Note: the liquid does not need to be hot for the quick-rise yeast unless otherwise stated in manufacturer's directions.



BREADMAKER VERSION

1. Mix flour, xanthan gum, salt, yeast, and ginger in a medium bowl. The ginger helps to naturally preserve the bread and cannot be tasted. Set aside.
2. Add warm water, milk, vinegar, oil, honey or agave, and eggs to the breadmaker bowl fitted with the paddle.
3. Carefully add flour mixture to the breadmaker, one cup at a time, so that the flour mixture does not spill.
4. Turn breadmaker on. Use the Fast, Rapid, or Quick Bake setting for the quick-rise yeast, about 60 minutes.
5. While dough is mixing, use a rubber spatula to scrape flour from the inside corners.
6. After bread is done, remove from machine and then remove from pan. Place on a wire rack. Carefully remove blade from bread (review manufacturer's instructions). Cool bread for at least 15 minutes before cutting. After 1 day, keep refrigerated.

STAND MIXER VARIATION

1. Add dry ingredients to the bowl of a stand mixer. Blend with a whisk to incorporate ingredients.
2. Mix eggs, vinegar, oil and honey or agave in a small bowl. Set aside.
3. Combine milk and water; heat to 120°F-130°F.
4. Turn mixer on low and add both the water and egg mixtures until blended. Raise speed to medium and beat for 2-3 minutes until glossy. It should look like cake batter, not traditional bread dough.
5. With a greased spoon or spatula, place in 1 or 2 greased loaf pans (see note on opposite page). Let dough rise for 20-25 minutes in a warm place.
6. Bake at 350°F for about 30-40 minutes or until brown on top. Allow bread to cool at least 15 minutes before cutting. After 1 day, keep refrigerated.

Chef Tip

Measure the oil first and then the honey or agave so it does not stick to the measuring spoon.

Cornbread

1 cup cornmeal (fine, not coarse)
¾ cup *Amy's Gluten-Free Flour Blend* or garbanzo bean flour

2-4 tablespoons sugar (use less if you do not like sweet cornbread)
2 teaspoons baking powder
½ teaspoon xanthan gum
½ teaspoon sea or kosher salt

1 large egg, lightly beaten
1 cup milk or milk substitute (plain and unsweetened)
¼ cup vegetable oil or melted butter

Optional ingredients:
½ cup frozen corn, slightly thawed, or fresh corn, cut from the cob
½ cup shredded cheddar
¼ cup diced mild green chiles

Cornbread can be served at practically any meal. It's delicious with butter or jam or as a side with chili or soup. This recipe is easy to make casein-free by using a milk substitute and oil instead of butter.

Makes one 9" x 9" or 8" x 8" pan

1. Preheat the oven to 400°F. Grease a 9" x 9" or 8" x 8" square pan.
2. In a large bowl, combine the dry ingredients (first 6 ingredients). In a medium bowl, combine the egg, milk, and oil and whisk to combine.
3. Pour the wet ingredients into the dry ingredients and stir. Add the optional ingredients if you are using. Stir for about 20-30 seconds. Pour the batter into the prepared pan.
4. Bake for 15-18 minutes until the cornbread begins to pull away from the sides of the pan, is golden in color and springs back to the touch. If you overcook, it will be dry.
5. Cool in pan for 10 minutes before cutting.
6. Once cool, cornbread can be stored in the pan or removed to a storage dish or resealable plastic bag. Keep refrigerated.

Note: to make into muffins, prepare a 12-cup muffin tin by either greasing or placing liners inside. Fill cups with batter about ⅔ full. Bake for 14-16 minutes or until the muffin springs back.

















Desserts

Gluten-free desserts have come a long way since 2006 when I started cooking and baking. I found the key with gluten-free baking is to apply "regular" baking techniques, for example, adding enough water until a pie crust feels right.

These recipes are just a snippet of what will be coming in my larger cookbook. However, these are some of the favorites. After serving these dishes to family, friends, and cooking class participants, everyone says the same thing, "This is gluten-free? I would have never known!"

Cooking Lesson

MAKING PIE CRUST (FULL RECIPE FOLLOWS)

1. Place dry ingredients in food processor and mix.
2. Place cold butter and/or shortening in the processor.
3. Process until butter is incorporated and the mixture looks like grated cheese. Alternatively, "cut" the butter with the flour in a bowl with two knives or a pastry blender.
4. Transfer to mixing bowl and add liquid ingredients. Start by adding 1 tablespoon of water.
5. Mix dough with your hands. Add more water until it comes together.
6. Shape into a disc.
7. Crust should be smooth or else it will crack. Wrap in plastic and place in the fridge for at least 30 minutes.
8. Roll between plastic wrap. You can also use a special silicone rolling mat which the dough will not stick to.
9. You can also use *Amy's Gluten-Free Flour Blend* to roll out the dough.
10. Carefully roll the dough onto the rolling pin to transfer it to the pie dish.








2


3


5


6


8


9

10







Chef Tips: Pie Crust

- Cut the butter into ½" cubes to make it easier to distribute before processing. You don't need to do this with the shortening since it's softer.
- When mixing the pie crust, if it is very sticky, add more of the flour blend so that it is tacky. If it is breaking, add a few drops of cold water. Developing the right texture of pie crust takes practice.
- Shape the dough based on the recipe (either 1 or 2 discs) and wrap in plastic. Place in fridge for at least 30 minutes or up to 4 days. This helps the butter or shortening to firm back up.
- Remove the crust from the fridge about 5 minutes before you are ready to use it. If you only need one piece, reserve the other piece for later use.
- To roll, place the disc between two sheets of plastic. If the dough seems sticky, use a little potato starch or *Amy's Gluten–Free Flour Blend* on the dough so it doesn't stick to the plastic.
- You can also roll on the counter. Place about 2 teaspoons of the starch or flour blend on the counter. Place dough on top. Place a piece of plastic on top of the dough and roll. Flip dough over once to make sure both sides are not too sticky. Use more starch if necessary.
- If it's hard to roll out, leave it on the counter for another 5 minutes. If the dough is still hard to roll, it did not have enough water. You can try patting the dough with water to fix it.
- Roll out to ⅛" thick. If using 2 sheets of plastic, remove top piece of plastic. Flip dough into the baking dish or pan and remove other piece of plastic.
- If you rolled on the counter, use the rolling pin to roll the dough back onto the pin. This makes it easier to unroll into the pie dish or pan. Use more starch if the dough is sticky.
- If the dough breaks, press together to mend.

Uses for Extra Dough

Pastry leaves: With some of the extra dough, roll out. Using mini leaf cookie cutters (or a paring knife), cut, and place on a baking sheet lined with parchment paper or a silicone baking mat. Use a small knife to make lines on the leaf. Brush with an egg wash (use the same one from any of the pie recipes). Bake at 400°F until golden, maybe 7-10 minutes. Once cool, place on top of pie, for example, a pumpkin pie.

Pastry twists: Roll out dough. Cut into strips 5-6" long. Twist and place on a baking sheet lined with parchment paper or a silicone baking mat. Sprinkle with white sugar and cinnamon. Bake at 400°F until golden, maybe 7-10 minutes or until golden and fragrant.

Pie Crust

4 tablespoons unsalted butter, cut into ½" cubes
4 tablespoons vegetable shortening
Note: You can use all butter, or, for dairy-free, all shortening

1¾ cup *Amy's Gluten-Free Flour Blend* plus extra if necessary
¾ teaspoon xanthan gum
½ teaspoon sea or kosher salt

1 large egg, lightly beaten
2 teaspoons white or apple cider vinegar
1-2 tablespoons ice water

Potato starch or *Amy's Gluten-Free Flour Blend* for rolling

Makes 2 crusts (top and a bottom) for pie, quiche or any crust you might need

1. Before you begin, see *Making Pie Crust* (page 38). Place butter and shortening in a small bowl in the freezer to get extra cold. It only needs to be in there for 5 minutes. By the time you are done measuring the flours, it will be cold enough.
2. Add flour, xanthan gum, and salt to a food processor. Pulse a few times to mix. Alternatively, mix this in a medium bowl.
3. Add very cold shortening and butter to the processor. Pulse for 10-20 seconds or until shortening and butter are chopped. The mixture should look like grated Parmesan cheese. If you don't have a food processor, use a pastry blender to blend the butter and shortening with the flour mixture, or use two knifes to "cut" the shortening and butter into the flour mixture.
4. Mix the egg and vinegar in a medium bowl. Add the butter and flour mixture and 1 tablespoon of the ice water. Reserve the last tablespoon if needed.
5. Using your hands, mix the dough. Wait to add more water until the dough has begun to take shape. Shape according to the recipe (either 1 or 2 discs). Dough should stick together well and should not have cracks. If it does have cracks or is dry, add a few drops of water until it doesn't have cracks and isn't dry.

Sweet Pie Crust

4 tablespoons unsalted butter, cut into ½" cubes
4 tablespoons vegetable shortening
Note: You can use all butter, or, for dairy-free, all shortening

1¾ cup *Amy's Gluten-Free Flour Blend* plus extra if necessary
3 tablespoons white sugar
2 tablespoons corn or potato starch
1 teaspoon xanthan gum
½ teaspoon kosher salt

1 egg, lightly beaten
2 teaspoons white or apple cider vinegar
1-2 tablespoons ice water

Potato starch or *Amy's Gluten-Free Flour Blend* for rolling

Makes 2 crusts (top and bottom) for apple pie, fruit galette or any other sweet pie

Follow the directions for *Pie Crust* above. Add sugar and corn or potato starch to the flour blend in step 2.

Pumpkin Pie

1 recipe Pie Crust (see page 41)

FILLING

1 15 ounce can pumpkin puree (not pumpkin pie filling)
½ cup heavy cream or milk substitute
¼-½ cup brown sugar or cane sugar
¼ cup agave nectar (or use all sugar)
2 eggs (if you don't use heavy cream, use 3 eggs)
1 teaspoon cinnamon
½ teaspoon kosher salt
½ teaspoon ground ginger
½ teaspoon nutmeg
¼ teaspoon cloves

Egg wash: 1 egg mixed with 1 teaspoon milk or water, lightly beaten

Chef Tips

I normally make this recipe in a deep dish pie crust which can fit 4 cups of liquid without the crust; regular pie dishes can only hold 3 to 3½ cups. You can choose to make it in the deeper pie dish or to make it in two regular pie dishes.

If you make it in a single 9" dish, you will have extra filling. You can always place the filling in a small greased ramekin to make a pumpkin pudding. Bake it for 20 minutes or until set in the middle.

If you use two 9" pans, it won't be filled to the top but you will have two pies.

When I used to bake with gluten, this was one of my signature dishes. I was able to play with the gluten free ingredients and method to come up with something pretty close, even if it is a bit more crumbly. This version is made with heavy cream but that can be substituted with a milk substitute; just add an extra egg. You can also reduce the sugar if necessary. Either way, it's a wonderful recipe that can be made year round; don't wait until the fall!

Makes one 9" deep dish pie or two 9" regular pies

1. Prepare crust. Shape into 1 or 2 discs, depending upon how many pies you are making (see *Chef Tips* to the left).
2. Remove pie crust 5 minutes prior to using. Roll out to ⅛" (refer to pie crust instructions) and place dough into pie dish. Cut excess with kitchen scissors or a knife. Reserve extra to make pretty leaves or pastry twists (see *Chef Tips* on page 40).
3. Crimp edges and place back in the fridge for 20 minutes to harden the dough. This prevents the dough from shrinking too much when baked in the hot oven.
4. Mix filling ingredients in a large bowl.
5. Preheat oven to 425°F. Remove crust from fridge. Pour filling into shell. Brush egg wash on the crust so it browns nicely. Sprinkle white sugar on top of this to make the crust a little sweeter and help with the browning.
6. Bake 15 minutes, then reduce oven temperature to 350°F and continue baking 35-40 minutes until knife inserted in center comes out clean. If the crust browns too quickly, place foil around the edges of the crust.
7. Cool before eating. Crust might be crumbly so cut with care.

VARIATION

Instead of heavy cream, agave nectar and brown sugar, use 1 can of condensed milk. Pumpkin pie will be lighter in color.



Apple Pie

1 recipe Pie Crust (see page 41)

FILLING
4-5 tart apples, cored, peeled and sliced thinly
1 tablespoons cornstarch or tapioca starch
2-3 tablespoons white sugar (use more if the apples are tart)
1 teaspoon cinnamon
1 tablespoon lemon juice
2 teaspoon lemon zest (zest of about ½ lemon)

Egg wash: 1 egg mixed with 1 teaspoon milk or water, lightly beaten
1 teaspoon organic white sugar

1. Prepare crust.
2. When crust is ready to be rolled, remove from fridge. Mix filling ingredients in a medium bowl.
3. Roll out both discs. Place one in the pie dish (see *Chef Tips* on page 40 to learn about how to roll out the crust).
4. Place filling ingredients in pie dish. Dab water along the edge of the pie crust. Carefully place the second pie crust on top. Crimp edges together. Cut slits in top crust.
5. Mix egg wash and brush over top. Sprinkle with sugar.
6. Bake at 425°F for 10 minutes. Reduce heat to 350°F; bake 30-35 minutes more or until crust is golden and filling is bubbly. If the crust is getting dark, cover with foil to prevent burning.
7. Cool for 15 minutes before cutting.







Fruit Galette

⅔ recipe Sweet Pie Crust or Pie Crust (see page 41)

3-4 apples (like Granny Smith) or pears, peeled, cored, cut into ⅛-inch-thick slices
2 teaspoons potato starch or *Amy's Gluten-Free Flour Blend*

3-4 tablespoons white sugar, divided
Pinch of salt

¼ cup apricot preserves (heat the preserves slightly to make it easier to spread)

Egg wash: 1 egg mixed with 1 teaspoon milk or water, lightly beaten

OPTIONAL:
½ teaspoon cinnamon
1 teaspoon finely grated lemon zest

NOTE:
Galette can be made with other fruit like peaches, nectarines or berries.



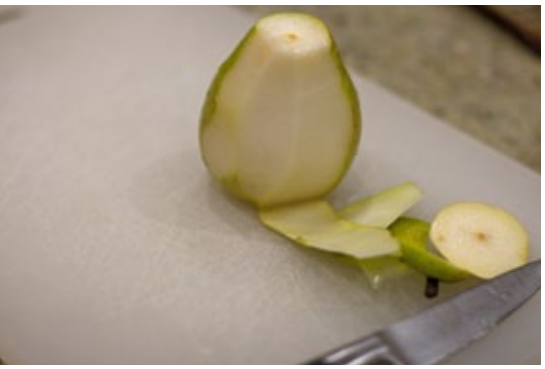
Chef Tip

Apples and pears brown when exposed to air. When making the galette, slice the fruit right before the crust is rolled out.

A galette is a rustic style pie with the middle left open. If you don't have the time or patience to make a pie or just want something different, try this.

Serves 6-8

1. Follow instructions for either pie crust but use ⅔ of the dough for the galette; this way you will have enough. See *Chef Tips* on page 40 for ideas on what to do with remaining dough.
2. Preheat oven to 375°F.
3. Remove crust from fridge after apples or pears are peeled but before they are cut. In a medium bowl, combine apple or pear slices, cornstarch and cinnamon if using. Do not add the sugar or salt yet.
4. On the counter, roll the dough out to ⅛" thick round and about 13-14" in diameter, making sure to use plenty of potato starch or flour blend to prevent sticking. It is very important that you can move the dough around without it sticking to the counter while you are rolling it; otherwise the galette might break and juices will run out and burn during baking. Alternatively, roll between 2 pieces of plastic wrap.
5. Using the rolling pin, roll the dough up onto itself and transfer it to the baking sheet, unrolling it onto the sheet. If you have used plastic wrap, peel 1 piece off and then flip the dough over onto prepared baking sheet. Remove the other piece of plastic.
6. With a spoon or pastry brush, spread the preserves in the center of the crust, making an approximate 10" circle.
7. To the fruit, add 2-3 tablespoons sugar depending upon sweetness of fruit, a pinch of salt and optionally lemon zest. Gently toss to blend.
8. Arrange fruit slices in circles atop preserves, overlapping slightly. If there is liquid in the bottom of the bowl, do not add to fruit.
9. Using the parchment to guide the dough, carefully fold crust border up over slices, leaving the center open. If the dough breaks, pinch together to mend. Brush crust with egg wash. Sprinkle crust with remaining tablespoon of sugar.
10. Bake galette 30-35 minutes until crust is golden brown. Remove from oven and cool at least 10 minutes.
11. To remove, slide long thin knife between parchment and galette and carefully transfer to serving dish. Cut into wedges and serve warm or at room temperature.









My Favorite Brownies

½ cup semi-sweet chocolate chips
2 ounces bittersweet chocolate
¼ cup unsalted butter or vegetable oil

2 large eggs (use 3 for more of a cake-like brownie)
¾ cup white sugar (you can use less sugar if you prefer it less sweet)
1 teaspoon vanilla

½ cup *Amy's Gluten-Free Flour Blend*
½ teaspoon kosher salt
½ cup semi-sweet chocolate chips

Makes 8" x 8" square pan

1. In a microwave safe bowl, place chocolate chips, bittersweet chocolate and butter or oil. In 30 second intervals, microwave butter and chocolates, stirring in between until chocolate is melted. Allow to cool for 10-15 minutes.
2. Preheat oven to 325°F. This temperature helps to cook brownies more evenly. Grease pan. You can also line the pan with foil if you want to be able to remove the whole brownie from the pan, and then cut into pieces. Grease the foil if you use that option.
3. In another bowl, whisk eggs, sugar and vanilla until smooth. Add the cooled chocolate from step 1 and mix with the whisk.
4. Add flour, salt and chocolate chips and mix with a spatula until blended (the chocolate chips tend to get stuck in the whisk). Pour into the pan and use a spatula to get out every last drop.
5. Bake about 25-28 minutes. It's done when you can smell the chocolate and a toothpick inserted in the middle has moist chocolate on it but is neither dry nor very wet. Brownies should pull away from the sides slightly.
6. Cool for at least 15 minutes.
7. Optionally frost with *Chocolate Ganache* (see below).

VARIATION: MOCHA ALMOND

Add 2 tablespoons instant espresso or coffee powder to step 4. Frost brownies with *Chocolate Ganache* (see below) and top with ¾ cup sliced almonds, toasted.



CHOCOLATE GANACHE

Put ½ cup (4 ounces) of semi-sweet chocolate chips and ¼ cup heavy cream into a microwave safe bowl. Microwave on high for 30 seconds. Remove the bowl and stir with a whisk or fork until well mixed. Alternatively, place chocolate and cream in a bowl and place over simmering water to melt chocolate.

Use immediately. Spread over cake or brownies. To make them a little fancy, drag a fork across the frosting to make a lined pattern.











Rolled Sugar Cookie

1 cup white rice flour
½ cup tapioca flour
1 cup cornstarch
1 teaspoon baking powder
2½ teaspoons xanthan gum
1 teaspoon kosher salt

1 cup white sugar
½ cup vegetable shortening
½ cup unsalted butter (use all shortening for dairy-free)
1 large egg
2 teaspoons vanilla extract
¼ cup potato starch, for kneading

Sprinkles for decorating

Whether or not you are a kid, a rolled sugar cookie in some fun shape with colored sprinkles always seems fun. Don't be discouraged when you see pre-made cookies in the store; this recipe is easy and delicious (and might even taste better!). The original recipe came from www.food.com but I've made some adjustments to it. This is one exception where you need to use the flours listed instead of the mix; it makes it much lighter.

Makes 3-4 dozen, depending upon the size of the cookie cutter

1. Preheat oven to 350ºF. Prepare 2-3 baking sheets by lining with parchment or silicone baking mats.
2. In a small bowl, mix together dry ingredients (first 6 ingredients).
3. In the bowl of a stand mixer fitted with the paddle attachment, cream together sugar, butter and shortening. Add the egg and vanilla and mix briefly. Add the dry ingredients, and mix to combine.
4. Take the bowl out of the mixer. Add ¼ cup of the potato starch and mix with your hands until it is well combined and not too sticky. Add more if necessary and use the rest for rolling. If the dough seems very sticky, place in the fridge for 10 minutes.
5. Divide the dough in half. Place some potato starch on the counter and put dough on top. Place more potato starch on top and roll out to about ⅛ inch thickness. Use more starch so the dough does not stick to the rolling pin or counter. Make sure the dough thickness is consistent so the cookies bake evenly.
6. Using cookie cutters, cut into shapes and place on pan. Optionally decorate with sprinkles before baking.
7. Re-use the scraps and roll out again but try not to handle too much.
8. Bake for about 8-10 minutes, rotating once. Cool for at least 3 minutes before removing from the pan. Cool on wire racks.

Chef Tip

Although there isn't any gluten in the batter, the dough can still be tough if too much potato starch is used.





Raspberry Linzer Cookies

1 recipe gluten-free rolled sugar cookies
½ cup raspberry preserves, like Grandma Hoener's™ or jelly, at room temperature
¼ cup confectioner's sugar

Makes about 2 dozen

1. Roll cookies out according to directions in recipe.
2. You will need two heart shaped cookies for each linzer cookie. Cut the first larger heart shaped cookie and place on one baking sheet. Cut the second heart shaped cookie in the same size. Then, using a smaller heart shaped cookie cutter, cut the inside of the cookie out. You can bake the smaller heart shape for mini cookies. Place the cut out cookie on another baking sheet (these bake quicker since they are thinner).
3. Follow directions in recipe for baking and cooling cookies.
4. Once cool, place the cookies on a plate. Using a teaspoon or pastry brush, spread a thin layer of the raspberry preserves over the heart shaped cookie. Top with the cookie with the heart shaped cut-out. Dust with confectioner's sugar using a sifter or small mesh strainer.
5. Store covered at room temp for up to 3 days or store in the freezer.











Leftovers

Wondering what to do with leftover turkey or ham? How about the bones?

Here are some ideas!

Chicken or Turkey Broth

1 chicken or turkey carcass
2-3 teaspoons sea or kosher salt
1 teaspoon peppercorns (if you use ground pepper, use ½ teaspoon but your broth will have specks)
2 carrots, washed and cut into 3-4 pieces
2 celery stalks, chopped into 3-4 pieces
½ onion, cut into 3 or 4 chunks
1 bay leaf (you can omit but it does give the broth a nice flavor)

Enough water to cover the chicken/ turkey or about 12 cups

One way to make sure you have gluten-free broth is to make it yourself. It's not as hard as you might think. Give it a try. It's a wonderful base for soups and sauces.

Yield 3 quarts

Place all ingredients in a large stock pot on the stove and cover. Bring to a boil and then lower to a simmer, keeping covered. Cook about 2 hours. Taste and add more salt if necessary. Cool 15 minutes. Pour through a strainer. Once broth has cooled, it can be placed in a container and frozen to use another time. Otherwise, use within five days.

Note:

If you use a pre-roasted chicken from the grocery store, check the ingredients to ensure there is no gluten.

Vegetable Broth

About 4-6 cups various chopped vegetables like onions, carrots, celery, broccoli, zucchini, mushrooms, etc.
1-2 tablespoons olive oil
½ teaspoon ground pepper
3 teaspoons sea or kosher salt, divided in half

Roasting the vegetables will yield a dark and rich broth, similar to a beef or chicken stock. You can also follow the instructions above to make a vegetable broth; just leave out the chicken.

Pre-heat oven to 400°F.
Toss all ingredients in a bowl with half of the salt. Place on a rimmed baking sheet and put in the oven. Bake until fully cooked and browned. Pour the vegetables into a pot and cover with water and remaining salt. Bring to a boil and then lower to a simmer. Cook about 30-45 minutes.
Strain vegetables. Taste broth and add more salt if necessary. Reserve broth and store in glass jar or plastic container. You can puree vegetables to make a soup as well.











How To Make It...
Easy as 1, 2, 3

CHICKEN OR TURKEY NOODLE SOUP

1. Sauté vegetables with seasonings.
2. Add chicken or turkey along with broth.
3. Add other ingredients and simmer. Optionally cook pasta in the soup.



Chicken or Turkey Noodle Soup

(QUICK AND EASY RECIPE)

2 teaspoons olive oil
½ onion, diced
2-3 carrots, diced
1-2 celery stalks, diced
½ teaspoon dried thyme
½ teaspoon dried sage
¼ teaspoon ground pepper
½-1 teaspoon sea or kosher salt
1 garlic clove, minced (optional)
4-5 cups chicken or turkey broth
2-3 cups cooked, diced chicken or turkey

2 cups cooked pasta or 1 cup dry gluten-free spaghetti or fettucine, broken in quarters
1 cup frozen peas and/or corn

Serves 3-4

1. Heat medium to large pot over medium heat. Add oil, then onions, carrots, celery, and seasonings but not the salt. Without stirring too often, allow to cook until the onion is soft and lightly browned.
2. Add salt and garlic, if using. Cook for one minute.
3. Add broth and chicken or turkey to the pot. Simmer together for about 10-15 minutes.
4. If using cooked pasta, add to the pot and cook about 2 minutes or until hot. If using uncooked pasta, add 2 cups of water and bring back to a simmer. Add pasta and cook about 8 minutes. Test pasta for doneness.
5. Add frozen peas and/or corn and bring back to a simmer.
6. Taste and adjust, adding more seasonings, pepper or salt if necessary.



Try making your own broth. See page 50 for the recipe.

Hearty Chicken or Turkey Stew

3 teaspoons olive oil, divided
½ onion, diced
2-3 carrots, diced
1-2 celery stalks, diced
½-1 teaspoon dried thyme
½-1 teaspoon dried sage
¼-½ teaspoon ground pepper
1 teaspoon sea or kosher salt
2 boneless, skinless chicken breasts, about 1 pound, cut into ¼ -½" cubes (see note)
2 cups chicken broth
2 cups milk or milk substitute, plain and unsweetened
1 cup peas and/or corn

Note: you can use 2 cups of cooked, diced chicken or turkey instead of uncooked. Skip step 2 and add chicken with the broth in step 3.

SLURRY
Mix ¼ cup cornstarch with ¼ cup cold water

This is my version of chicken stew that is used for a pot pie. Serve this hearty soup at your meal or use leftover turkey for another day. Once you make it, you will be amazed at how easy and delicious this dish is.

See vegetarian variation below.

Makes 4-6 servings

1. Heat medium to large pot over medium heat. Add 2 teaspoons of oil, then onions, carrots, celery, and seasonings but not the salt. Without stirring too often, allow to cook until the onion is soft and lightly browned. Add salt. Cook for one minute.
2. Remove veggies and place in bowl. Over medium heat, add the remaining teaspoon of oil and chicken and cook until golden brown, stirring only a few times. When chicken is cooked, add the veggies back to the pot.
3. Add chicken broth and milk and stir. Slowly bring broth and milk to a simmer in the pot.
4. Make the slurry in a small bowl or cup, making sure to stir right before you add it to the soup as the starch settles to the bottom. Slowly add half of the slurry to the pot, stirring. Simmer and continue cooking. If stew is not thick enough, slowly add more slurry. Make more slurry if necessary. If the stew is too thick, add more milk or broth. Make sure to stir the bottom and sides of the pot.
5. Taste and season with additional salt, pepper, sage, and thyme.
8. Add peas and corn or a small bag of frozen mixed vegetables. Simmer about 5 minutes or until all ingredients are hot.
9. Serve with cooked gluten-free pasta or rice.

Hearty Non-Chicken Stew

I have a lot of friends who are vegetarian so I'm used to coming up with alternatives for meat. Instead of using a chicken replacement, try white beans instead.

Follow the recipe above except substitute 2-15 ounce cans of drained, rinsed white beans (about 4 cups) for the cooked chicken. Use vegetable broth instead of chicken broth.
Make sure to taste the stew. Add more seasonings if it's bland.



Chicken or Turkey Pot Pie

If you have missed pot pie, look no further. It requires some planning since the pie crust has to be chilled but the end result is something you might find in a restaurant. If given the choice, my daughter might eat this every night! Of course, you can always use a pre-made gluten-free pie crust.

You can make the pot pies in a variety of ways: the stew topped with the pie crust, the stew inside of a pie (bottom and top crusts) or individual pies in ramekins with the pie crust on top. If you make the pot pie in a deep pie dish, you can freeze any extra pie crust for another use . Regardless of the style, hopefully you and your family will be as enthusiastic as ours.

Serves 4-6



1¾ cups *Amy's Gluten-Free Flour Blend*
¾ teaspoon xanthan gum
½ teaspoon sea or kosher salt
4 tablespoons unsalted butter, cut into pieces
4 tablespoons vegetable shortening (or use 8 tablespoons total of butter or shortening)
1 large egg, lightly beaten
2 teaspoons white or apple cider vinegar
1-2 tablespoons ice water

1 recipe of *Hearty Chicken or Turkey Stew* (see prior page)

Egg wash: 1 egg beaten with 1 tablespoon milk or water





PIE CRUST

1. Start by making the crust first. Place butter and shortening in a small bowl. Place in the freezer to get extra cold for 5 minutes. By the time you are done measuring the flours, it will be cold enough.
2. Add flours, xanthan gum, and salt to a food processor. Pulse a few times to mix. Alternatively, mix this in a medium bowl.
3. Add very cold shortening and butter to the processor. Pulse for 10-20 seconds or until shortening and butter is chopped. The mixture should look like grated Parmesan cheese. If you don't have a food processor, use a pastry blender to blend the butter and shortening with the flour mixture, or use two knifes to "cut" the shortening and butter into the flour mixture.
4. Remove butter and flour mixture and add to a medium sized bowl.
5. Mix the egg and vinegar in a small bowl. Add 1 tablespoon of the ice water, reserving the last tablespoon if needed. Add this to the butter and flour mixture, using your hands to mix. Dough should stick together well. If it doesn't, add a few drops of water until it does.
Note: See *Making Pie Crust* (page 40) for tips.
6. Divide dough in half and shape each piece into a disc; if you are using a deep pie dish, roll only one disc. Wrap each disc in plastic wrap and place in fridge for at least 30 minutes or up to 2 days.
7. Make the *Hearty Chicken Stew* (page 54) and cool slightly.
8. Take the crusts out 5 minutes before you are ready to roll. You may not use all of it.
9. Preheat oven to 375°F. Decide if you want to use a deep dish pie with a top and bottom, a deep dish pie with just a top, two regular pie dishes with tops, or four individual pot pies.
10. Place cooked stew in pie dish(es) or ramekins.
11. Roll out dough to ⅛" thickness between two pieces of plastic. Make sure to roll out dough ½" bigger than the ramekin or pie dish. If using the ramekins, cut circles that are ½" bigger than the ramekin so that you can fold the dough over the top.
12. Carefully place dough on top and crimp the dough on the side, pressing it to make it stick. Brush the dough with the egg wash and make 3-4 slits in the top.
13. Place the pie dishes or ramekins on a baking sheet and bake for 20-25 minutes, or until crust is cooked and light brown, and the filling is bubbling hot.
14. Let rest for 5-10 minutes before eating.

Italian Lentil Soup

2 teaspoons olive oil
½ onion, diced
2 carrots, peeled and diced
2 celery stalks, peeled and diced
¼ teaspoon ground pepper
½ teaspoon each oregano and thyme

1 cup (8 ounces) chopped ham or 1 ham bone
2 cloves chopped garlic
½ teaspoon sea or kosher salt
1 quart chicken or vegetable broth plus 1 cup water
1 cup green lentils, rinsed
1 15 ounce can diced tomatoes, undrained
2 cups cooked or 1 cup dry gluten-free small pasta like little shells or elbows

OPTIONAL:
½ cup chopped spinach or some type of green, like chard or kale

TOPPINGS:
½ cup Parmesan cheese
1 tablespoon chopped fresh parsley or 2 tablespoons pesto

This is yet another quick and easy soup which produces delicious results! It is a great way to use leftover ham or the ham bone.

Serves 3-4

1. Heat pot to medium first. Add oil, then add onion, carrot, celery, and seasonings (herbs and spices) but not salt. Stir once and cook, stirring only occasionally, making sure the vegetables don't burn but that they are browning.
2. After a few minutes, add the ham and stir once. If using the ham bone, proceed to the next step. Continue cooking until ham is lightly browned and vegetables are golden and slightly softened.
3. Add garlic and salt and cook for 1 more minute.
4. Add broth, water, lentils, and diced tomatoes. If you are using a ham bone, add it now. Allow to simmer for about 30 minutes or until lentils are soft. If soup is becoming too thick, either add water, ½ cup at a time, or put a cover on the pot. If you want the soup thicker and more like a stew, add 1 cup less water in the next step and cook another 10 minutes before adding the pasta.
5. To cook the pasta, add 2 cups of water to the soup and bring back to a simmer. Add pasta and cook for 10 more minutes. Cooking the pasta in the water helps to thicken the soup.
6. Add chopped spinach, if using, and cook another 2 minutes. Taste and adjust seasonings.
7. Top with grated Italian cheese, parsley, and/or pesto.

Note:

Lentils from the bulk bin can be contaminated with gluten from other foods. If you are very sensitive, use lentils from a bag and check with the manufacturer to ensure the lentils are gluten-free.







Everyday Risotto

2 teaspoons olive oil
½ medium onion, diced
¼ teaspoon ground pepper
1 garlic clove, minced
½ teaspoon sea or kosher salt
½ cup sherry or white wine (optional)
1 cup arborio rice
3½ - 4 cups chicken or vegetable broth, heated to a simmer
1 tablespoon unsalted butter, butter substitute, or good quality olive oil

Don't think of risotto being hard. TV chefs make it seem very complicated. It's a great dish in which to add other ingredients, especially leftovers or things in the fridge you need to use up. I doubt your family will vote you out of the kitchen if you serve it; give it a try.

Serves 3-4

1. Heat large pot to medium heat. Add olive oil, then onions and ground pepper. Cook until onion is translucent. Add garlic and salt; cook 1 minute.
2. Add sherry and cook until evaporated. Add rice, stir, and cook for 5-7 minutes.
3. Begin to add hot broth, ½ cup or more at a time. Stir every few minutes and add more broth when needed. Make sure rice is simmering but not boiling.
4. Check after about 18-20 minutes or when broth is used up. If you need more liquid, just add hot water.
5. Add butter or oil at the end to add extra creaminess.

VARIATION: PEA, MINT, AND FETA RISOTTO

This version is very light and flavorful. Omit wine or sherry from the recipe above. Add the following to the risotto at the very end:
1 cup peas, ½ cup feta cheese crumbled, 2 tablespoons chopped fresh mint, and juice of ½ lemon.






Butternut Squash and Sage Risotto

- **2 teaspoons olive oil**
- **2-3 shallots, minced (can substitute 1 onion, chopped)**
- **¼ teaspoon ground pepper**
- **1-2 garlic cloves, minced**
- **1 teaspoon sea or kosher salt**
- **½ large butternut squash, peeled, seeded, chopped into ½" pieces (about 2-3 cups)**
- **¼ cup dry white wine or sherry (optional)**
- **1 cup arborio rice**
- **3½ - 4 cups chicken or vegetable broth, heated to a simmer**
- **2 tablespoons unsalted butter**
- **1 tablespoon chopped fresh sage (If you don't have fresh sage, add ½ teaspoon of dried sage in step 1 with the shallots)**

This is a hearty dish perfect for late fall or winter. Besides the squash, it's also wonderful with any root vegetable like turnip, carrot, parsnip, rutabaga, and sweet potato. And if you want to add more nutrition to the dish, add 1 can of drained and rinsed cannellini or garbanzo beans.

Serves 4-6

1. Heat oil in a large pot over medium heat. Sauté the shallots or onion with pepper and dried sage, if using, until soft and golden. Add garlic and salt and stir for 1 minute.
2. Add squash and cook until squash begins to soften.
3. Add the cooking wine and cook until it is evaporated, 1-2 minutes. Add rice and cook for a few minutes, stirring. Rice should turn translucent.
4. Begin to add hot broth, 1 cup at first. Stir every 2-3 minutes and add more broth after the last addition has been absorbed, about ½ to 1 cup at a time. Make sure rice is simmering but not boiling. Check after about 18 minutes or when the rice looks cooked. Taste rice; it should be slightly firm and not mushy. If you need more liquid and don't have broth, add hot water. You may need some broth at the end to loosen the risotto before serving.
5. Add butter at the end to add extra creaminess. Add chopped fresh sage and stir.









Basic White or "Cream" Sauce

TO SERVE WITH VEGGIES, PASTA, CHICKEN, PORK, SHRIMP, OR RICE

1 cup milk or milk substitute, plain and unsweetened

SLURRY:
Mix ¼ cup cornstarch with ¼ cup cold water

SEASONINGS:
¼-½ teaspoon sea or kosher salt
⅛ teaspoon ground pepper
Sprinkle of nutmeg

OPTIONAL:
1 bay leaf (for flavor)
1 tablespoon unsalted butter or butter substitute (for texture)

Makes 4 servings; to make more, scale proportionately

1. Heat milk to a simmer in a small to medium sized pot, making sure milk is not boiling.
2. Meanwhile, make the slurry by mixing the water with starch in a small bowl. Mix until smooth and the slurry looks like whole milk.
3. Add slurry to heated milk and stir. Season with salt, pepper, nutmeg, and the bay leaf, if using. Add more salt to taste or if you are using a low-sodium broth.
4. Simmer 4-6 minutes or until thickened. If the sauce is not thick enough, make and add more slurry. Add butter at the end to make the sauce more creamy and similar to a roux-thickened sauce.
5. Taste the sauce to make sure the starch is cooked. If there is a gritty texture, the sauce needs to cook more.

Chef Tip

A white sauce can be used as the base for many other sauces which can be added to vegetables, proteins, or pasta. See the Variations to the right for instructions.

Variations

For variations, add the following ingredients to the recipe above in the first step. You may need to add more slurry to achieve the proper thickness.

LEMON AND GARLIC: Add 1 teaspoon lemon juice and 1 minced garlic clove to the milk. Simmer at least 2 minutes.
WINE AND HERB: Add 2 tablespoons of dry white wine and 1 teaspoon of dried herbs to the milk.
MUSTARD: Whisk in 1-2 teaspoons Dijon or grainy mustard into the sauce as it thickens.



Alfredo and Ham

Follow steps for Alfredo Sauce (see right). While the sauce is cooking, cook 1 cup of chopped ham in a sauté pan until golden brown. Add this when the Alfredo Sauce is done and serve over your favorite cooked gluten-free pasta.

How to Make It...

Easy as 1, 2, 3

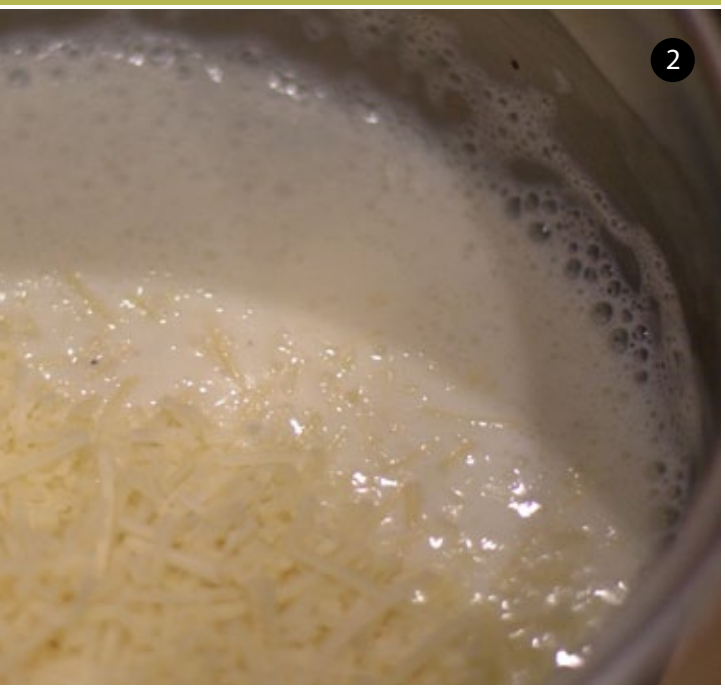
ALFREDO SAUCE

1. Make the cream sauce following the directions to the left and add ⅛ teaspoon garlic powder or granulated garlic and 2 more pinches of ground pepper to the milk.

2. When the sauce has thickened, shut off heat and add ½ cup grated sharp Italian cheese (e.g. Parmesan or pecorino) and stir. After 5 minutes, stir again. If the cheese has not melted, reheat the sauce for a few minutes. Taste and adjust seasonings. To make it extra creamy, add 1-2 tablespoons of heavy cream.

3. Serve with 2-3 cups of cooked pasta.
















Do those images tempt your tastebuds??

If so, then stay tuned for the full gluten-free cookbook (to be named and published in 2013). Have you missed some of these dishes:

- Waffles and pancakes (with variations like whole grain and pumpkin)
- Glazed donuts
- Quiche with a flakey crust
- Macaroni salad
- Spinach lasagna
- Chicken parmesan
- Meatball stroganoff
- Macaroni and cheese
- Pizza and breads
- Bagels
- Cookies and cakes
- and the list goes on.

In the book, you will find:

- Stocking the pantry
- Common substitutions
- Breakfast and brunch
- Soups and salads
- Main dishes
- Bread and pizzas
- Sides and grains
- Desserts

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Chef Amy