

Gluten-Free Fare

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Ingredient Descriptions

Amaranth (flour and puffed)

A grain-like herb, that dates back to Aztec and Incan cultures. A real nutritional powerhouse, it boasts 3 times more fiber and 5 times more iron than wheat. It is also high in protein (15-18%), calcium (2 times more than milk!), and vitamin E. Amaranth is also a good source of heart-healthy omega 3 fatty acids.

Quinoa seed

Quinoa is a grain-like seed indigenous to the Incas. It packs a mean protein punch (16.2%) and has an amino acid balance that is close to ideal. Similar to amaranth and flax, it is high in omega-3-rich linolenic acid, as well as fiber, vitamins and minerals.

Millet (flour and puffed)

Like rice, millet is a staple food of the Far East. It is easily digested because it is alkaline whereas most other grains are acidic. Use millet to make a delicious cereal, prepare and serve just like you would, steamed rice. Millet Flour has a subtle flavor, lots of vitamins and minerals, and adds a lovely creamy color to baked goods.

Tapioca flour

This is a light, white, very smooth flour that comes from the cassava root. It is very easy to digest and is rarely a source of allergies.

White rice flour

This great basic is milled from polished white rice. Because it has such a bland flavor, it is perfect for baking. However, it does not have as much nutritional value as the other, "non-gluten" flours.

Potato Starch

Potato Starch is used as a thickener for sauces, soups, and stews. Potato starch tolerates higher temperatures than cornstarch when used as a thickener. It's a natural way to add moistness to many baked goods.

Xanthan gum

This helps to perform the job of gluten in mainstream foods, and prevent crumbling of the baking. It is a necessity in gluten-free baking. Xanthan comes from the dried cell coat of a microorganism called *Zanthomonas campestris*. Though it sounds chemical, it is actually an all natural ingredient. Xanthan gum is derived from the fermentation of corn sugars, all corn sugars are removed in the processing of xanthan gum. Xanthan gum contains no corn protein and is considered to be corn-free.

RECIPES

Gluten Free (GF) Flour

3 Cups Rice Flour

1 Cup Potato Starch

½ Cup Tapioca Flour

Sift all ingredients together, store in airtight container. Gluten free flour can be substituted for any baking recipe with a 1:1 ratio. Be sure to include 1-2 tsp of xanthan gum, to perform the job of gluten

Hummus With Yogurt and Lemon

1 15 ounce can garbanzo beans (chickpeas), rinsed and drained

1-2 tbsp of olive oil, until desired consistency

2 large garlic cloves

2 tbsp of yogurt

2 tbsp of tahini (sesame seed paste)

2 tbsp fresh lemon juice

1 tsp ground cumin

handful of fresh cilantro

salt, pepper and paprika to taste

Puree garbanzo beans, garlic, yogurt, tahini, lemon and olive oil in blender until desired consistency. Occasionally scraping down sides of blender. Season hummus to taste with cumin, salt and pepper. Add handful of fresh cilantro and blend until chopped. Transfer to small bowl, cover and refrigerate. Can be prepared three days ahead. Bring to room temperature before serving, and lightly dust with paprika.

Buckwheat Crackers

1 cup buckwheat flour

1/4 cup tapioca starch

1/4 tsp sea salt

1/4 tsp oregano

3 tablespoons sesame seeds

2 tablespoons cold pressed sesame oil

1/2 cups filtered water

No salt seasoning

Mix dry ingredients (flour, tapioca starch, sea salt and seeds).

Stir 1 tablespoon of freshly squeezed lemon juice into the filtered water, add the dry ingredients, and mix well. Let it sit at room temperature for 7 hours, or overnight.

Preheat oven to 400 degrees Fahrenheit.

Make a "well" in the center of the soaked mixture, and pour in the oil. Stir with a fork to mix the oil in.

Oil the center of a cookie sheet leaving the outer edge, about 1 inch, unoiled.

Put the ball of dough into the middle of the cookie sheet. Pat it into a flat rectangle. Oil one side of a sheet of waxed paper. Place the oiled side down on the dough.

Using a rolling pin roll out the dough very thin. (It will approximately fill the oiled space on the cookie sheet.)

Cut the dough into 2-inch squares using a knife or rolling pizza cutter.

Salt the tops lightly if you wish with sea salt and/or no-salt seasoning.

Place cracker in the oven; immediately reduce oven temperature to 350 degrees F. After 12 minutes remove them from the oven and lift off the crispy crackers around the outer edge.

Put them on a wire rack to cool. Separate the remaining crackers with a spatula, but leave them on the cookie sheet. Turn the oven off and return those crackers to the oven for 10-20 minutes until they are crisp enough for your tastes

Gluten Free Cottage Cheese Pancakes

4 free range organic eggs

½ cup of cottage cheese

1 tbsp melted butter

½ tsp real vanilla extract

¼ tsp salt

¼ cup Gluten free (GF) flour

¼ tsp cinnamon

½ teaspoon gf baking powder

2 ½ tsp sugar

Put eggs, cottage cheese and butter in a hand blender. Mix

Sift remaining ingredients into the mixer. Blend until smooth

Ladle one to two tablespoons of batter onto warm, greased fry pan

Cook in fry pan using olive oil or butter, until golden brown on both sides

Serve warm with organic maple syrup

Broccoli, Mushroom and Cheese Frittata

2 tsp organic butter or coconut oil

½ small red onion

1 cup Broccoli florets 1-2 cm pieces

5-6 Button Mushrooms

¼ Cup black olives, sliced

¼ cup sundried tomatoes, soaked in water to reconstitute

2 tsp dried basil

8-10 large whole, free range organic eggs

½ - ¾ cup of organic plain yogurt

1 tbsp Dijon mustard

salt and pepper to taste

¼ cup raw, grated parmesan cheese

Preheat oven to 350 degrees F

Saute red onion, broccoli, mushrooms, sundried tomatoes and olives in butter in a cast iron frypan, over med heat. Add chopped parsley and basil and stir to combine. Turn off heat.

Beat eggs in a bowl with yogurt, Dijon mustard, salt and pepper. Pour into greased fry pan. Top with cheese. Bake for 15-18 minutes, until set.

Remove from oven, and serve with Cottage Cheese Pancakes or Almond Nut Muffin for breakfast

Deep Dish Chicken Lasagna with Brown Rice Noodles and Unpasteurized cheeses

$\frac{3}{4}$ -1 pound ground chicken (may substitute with ground turkey)

$\frac{1}{4}$ cup white wine

$\frac{1}{2}$ spanish onion

2 cloves garlic, minced

1 tsp McCormicks No Salt seasoning

1 tsp chilli flakes

1 tsp dried oregano/basil

Season with celtic sea salt and pepper

1 small zucchini diced

$\frac{1}{2}$ of one green pepper, diced

$\frac{1}{2}$ of one red pepper each, diced

8 button mushrooms chopped

2-3 handfuls of organic pre-washed organic baby spinach

$\frac{1}{2}$ cup sundried tomatoes, finely chopped (not packed in oil)

2-3 cups of organic tomato and basil spaghetti sauce

$\frac{1}{8}$ tsp ground nutmeg or to taste

1 cup organic ricotta cheese

1 cup grated raw cheddar

$\frac{1}{2}$ plus $\frac{1}{4}$ cup raw parmesan cheese

1 tsp dried parsley

1 - 3 eggs – depending on water content of ricotta cheese

1 tbsp olive oil

9 lasagna sheets (Tinkyata, organic brown rice lasagna noodles)

Pre-heat oven to 350 degrees F. In a large heavy pot, heat oil over medium-high heat. Add ground chicken and cook, breaking up clumps with a wooden spoon, until browned, 3-5 minutes. Reduce heat to medium add onions, and garlic; cook, stirring until softened, 2-3 minutes. Add mushrooms, zucchini, spinach, green and red pepper and season with sea salt, pepper, and no salt vegetable medley seasoning. Cook stirring frequently until vegetable liquid evaporates, 4-6 minutes. Stir in wine, tomato sauce, sun-dried tomatoes, oregano, basil, and chili flakes. Bring to a simmer and reduce heat to low; cover and simmer, stirring occasionally for about 20-30 minutes. Uncover and cook until sauce is thick. Adjust seasonings.

Note: place sundried tomatoes in 1-2 cups of hot water to reconstitute, for 5-10 minutes. When soft, drain water and finely chop.

Bring a large pot of salted water to a boil and cook lasagna noodles according to directions. Until al dente, ensuring that the noodles are washed with cool water after cooking. Set aside and leave to air dry on kitchen towels.

In a medium sized bowl, mix 1 cup of organic ricotta cheese, 1 cup of grated raw cheddar cheese, ½ cup parmesan cheese, 1 egg, 1 tsp dried parsley and 1/8 tsp nutmeg.

In an 8x11 Pyrex cooking dish, place 1-1 ½ cup of the meat sauce. Layer two noodles on top. Spread entire ricotta mixture on top of noodles.

Place two noodles on top of ricotta mixtures. Add another 1-1 ½ cup of meat sauce on top of the noodles. Cover with the remaining two noodles. Add a thin layer of meat sauce covering the noodles, sprinkle with ¼ cup Parmesan and any remaining cheddar cheese, as desired.

Cover and bake in oven for 35 minutes. Uncover and bake 10 minutes until golden and bubbly. Remove from oven and let sit for 10 minutes before cutting.

Tuna Patties with a side of Pesto Spaghetti Squash

- 2 (6-ounce) cans of solid white tuna packed in water
- 2 large eggs **or** 1 egg yolk and 2 egg whites, beaten
- ½ red bell pepper, seeded and finely chopped
- 1-2 stalks of celery, finely diced
- ½ white onion
- 2 green onions
- 1 tbsp mayonnaise (optional)
- 1 tsp Dijon mustard
- 1 rounded tsp of McCormicks – No salt, seasoned herb medley **or** Mrs. Dash's no salt seasoning
- 1 tbsp wheat-free tamari **or** 1 tsp sea salt **or** to taste
- 1 tsp black pepper
- Extra virgin olive oil

Tuna Cakes:

Drain and flake the tuna with a fork. Add the eggs, chopped red bell pepper, diced celery stalks, tamari, mayonnaise, Dijon mustard, salt and pepper. Combine the ingredients well. With hands, form 3-inch patties of tuna cakes 1-inch thick. Pan fry cakes with extra virgin olive oil, until golden. 3-4 minutes per side. Drain on paper towel lined plate.

Serve tuna cake with a side of Spaghetti Squash.

Spaghetti Squash:

In a large pot of boiling water, place the entire spaghetti squash. Let boil until tender, approximately 20 minutes. Remove from water and place in an ice bath to stop cooking. When cooled, cut in half, lengthwise and scoop out the seeds in the center. Then begin to flake the flesh of the squash to release the individual spaghetti squash strands.

Pesto:

2 cups of basil

¼ - ½ cup extra virgin olive oil

¼ cup of parmesan cheese

approximately 5-8 blanched almonds

1 clove of garlic (2 for a really garlic-y taste)

bit of lemon juice

salt and pepper to taste

Blend together basil, Parmesan cheese, almonds and garlic. Once blended slowly drizzle in olive oil. Add lemon, salt and pepper to taste. Mix with spaghetti squash and enjoy

"QUITE-THE-QUINOA" SALAD

4 cups cooked quinoa

½ c chopped celery

½ c diced red peppers

1 cup crumbled baked tofu (see below)****replace with chicken if avoiding soy

½ c toasted blanched almonds

½ c dried cranberries

½ cup chopped cilantro

cayenne, Bragg's to taste

¼ c balsamic vinegar

¼ c olive oil

Baked Tofu:

Marinate 1 pkg firm tofu (sliced) in:

½ cup Tamari **or** Bragg's

½ cup lemon juice

1 Tbsp Dijon mustard

¼ cup honey

2 cloves garlic, chopped

Soak 2 cups of Quinoa grains in filtered water. Add either 1 tbsp of fresh lemon juice, apple cider vinegar, or yogurt whey to water. Mix and let sit for 7 hrs or over night.

Drain Quinoa grains. Add 2 cups of soaked grains to a large pot, add 4 cups of water. Bring to a boil. Once the Quinoa is brought to a boil, reduce to a simmer and partially cover. Cook for 7-10 minutes.

Add remaining ingredients to the cooked quinoa.

Bake tofu at 350 degrees in glass dish for 15 min

Cool and crumble into the quinoa mixture and serve at room temperature. Add remaining tamari tofu marinate, until desired seasoning is achieved.

Apple Galette – Grain Free Gourmet pg 166-167

Crust:

- 1 ½ cups (375 mL) almond flour
- 3 tbsp (45 mL) butter, cold and cut into pieces
- 2 tbsp (25 mL) honey
- ¼ tsp (1 ml) salt
- 1/8 tsp baking soda

Filling:

- 1 tbsp (15 mL) butter or virgin coconut oil
- 6 medium apples, peeled, cored and sliced into 16 thin wedges each
- 1 tbsp (15mL) honey
- ¼ tsp (1 mL) ground cinnamon

Combine all the crust ingredients in the work bowl of the food processor and process until it starts to form a ball. Or warm the butter to room temperature and mix by hand until the ingredients come together in a ball.

Flatten the dough into a round disk between two large pieces of plastic wrap and gently roll out the crust into a 12-inch (30-cm) round. Put the dough, still between the plastic wrap, on a baking sheet and place in the fridge while you make the filling.

Melt the butter in a large saucepan over medium heat.

Add the apples and honey, and cook until they are beginning to soften, about 3 to 5 minutes.

Add the cinnamon and cook for another minute.

Remove from the heat and cool...serve with caramel sauce (page 188).