

What Others Are Saying About No Wheat? No Sweat!

Do we need another book on not eating wheat and other glutes? Yes, and the reason is this book is a comprehensive little book that covers much territory.

Lisa Rogers has taken on a major task of "re-educating" people on the need to reading labels to eliminate gluten from their diet. Her mission is educate all on the way to cook, bake and eat without worrying about reactions to gluten.

I have reviewed the book and was pleased with what was presented. My patients are also surprised with the variety of recipes that can be created with her substitution list. You will find that not eating wheat and other gluten's are not the end of the world. "What you can eat" is now available.

Dr. Harold Steinberg, DC, CCN, DACBN

After three years of simply eliminating gluten and wheat from my diet, it's wonderful to finally be able to incorporate some recipes back into it that not only look like they have gluten in them, but taste just as good if not better than their gluten counterparts! No Wheat, No Sweat! has amazing recipes that really showcase what can be done with alternative flours, as well as dairy and sugar substitutes. Having great tasting breads and bread products is an option, again, I highly recommend the peanut butter cookies! You'd never know there isn't any wheat in them!

Rebecca Casalino, RN
GF 4 years

Whether a reader peruses the latest, hot cookbook or a blistering piece of investigative journalism, the writer's allegiance is always revealed. Many writers jockey to impress while other writers lead with clarity and ease of comprehension. Happily, Lisa Rogers, in her book, "No Wheat, No Sweat!", impresses with clarity and an obvious desire to make gluten-free cooking as easy as possible. In fact, after a few pages, you feel that Lisa is your friend in the kitchen.

If the book has a tone, it is the spirit of giving which, most probably, will be passed on by those who duplicate Lisa's original recipes for family, friends and co-workers.

Ron Tabor BA, RRT, RCP

No Wheat?

No Sweat!

Second edition

Simple and Easy Gluten-Free Baking and Cooking

by

Lisa M. Rogers

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With thanks,

Thanks go to my family, friends and the many visitors to my household who have sat at my table and truly enjoyed my cooking endeavors. And thanks to my nephews, Lachlan and Tiernan, and my friend's daughters, Trinity and Chyenne, who think my goodies really are good. I guess I can now claim that the goodies are officially kid tested and approved.

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Introduction

I've been gluten-free now for over 5 years, and there has been a lot learned and a lot yet to learn. I know that in the beginning I felt overwhelmed and deprived. I was stuck in the rut of "there is nothing good to eat, and I can't have so many things!" Well I am here to tell you we all go through that phase. The best thing you can do for yourself is to turn your thinking around. Explore all the fabulous and amazingly naturally gluten-free foods and recipes out there! There is so much you can have and so many recipes that with some simple conversions may be made gluten-free.

I've learned that baking or cooking without gluten and wheat is, in fact, easier than you think. You can make a loaf of gluten-free bread quite often in half the time it takes to make a loaf of wheat bread because there are fewer steps! You can easily substitute a starch for thickening for a recipe that calls for flour. The ratio is 1:½, where it calls for 1 Tbl of flour for thickening; you would use ½ Tbl of a starch of your choice.

I've also learned that to be successful in converting a flour recipe to gluten-free with flours, you will want to invest in a digital scale and measure your flours by weight (grams or ounces) instead of volumetric measurements. You will have much more consistency this way. A general guideline is that a cup of whole wheat flour weighs 140 grams or 4.94 ounces.

I've also learned that you do not need gums to bake with if you don't want them. Although I will make note that you will end up with a slightly less light/fluffy or cohesive product.

I will recommend you order your flours and supplies in bulk online or from your natural food grocers. This is a good practice and saves money. You can store all your flours in a refrigerator or freezer. This will bring down your cost of making a loaf of bread.

You just might be amazed when you start trying all those wonderful good foods that are so much healthier for you and you'll probably enjoy cooking again.

Lisa

Please note: Where it mentions "Flour Mix" in the recipes, this can be any favorite gluten-free ready-made flour mix or your own blend of flours.

Substitutions

Sugar: For each cup of sugar the following may be substituted:

- $\frac{3}{4}$ to 1 cup molasses
- $\frac{2}{3}$ to $\frac{3}{4}$ cup honey
- $\frac{3}{4}$ cup real maple syrup
- $\frac{1}{3}$ cup agave syrup/nectar
- 1 cup date sugar
- 1 teaspoon stevia
- 1 cup unsweetened applesauce
- 1 cup pureed banana
- 1 $\frac{1}{4}$ cup brown rice syrup
- 1 cup finely ground tapioca pearls for powdered sugar
- 1 cup dark brown molasses sugar for brown sugar

Milk: for each cup of milk the following may be substituted:

- 4 Tablespoons powdered milk and 1 cup water
- 1 cup soy, almond, cashew, coconut, goat or hemp milk
- $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water (be sure to reduce sugar in recipe)
- 1 cup milk and 1 Tbl vinegar or lemon juice or 1 cup buttermilk for sour milk

Butter: The following may be substituted for butter:

- $\frac{7}{8}$ cup oil or Crisco® or vegetable shortening
- 1 cup margarine
- $\frac{3}{4}$ cup coconut oil

Note: The following are generally accepted as natural sugar substitutes for diabetics. While there are many other commercial sugar substitutes available, I prefer using the ones listed here. They are more natural and have less side effects and allergy responses associated with them.

Agave syrup/nectar (when using this, lower your oven temperature by 25 degrees), stevia, brown rice syrup, applesauce, and bananas.

Non-Dairy Substitutes for Milk & Buttermilk

Milk Substitutes:

Almond milk, coconut milk, rice milk, horchata, peanut milk, soy milk, non-dairy creamer, oat milk, and hemp milk

Buttermilk Substitutes:

Coconut milk may be substituted cup for cup for Buttermilk.

Baseline Buttermilk Alternative:

Equivalent to 1 cup of buttermilk:

2 to 3 tsp lemon juice, cider vinegar or cream of tartar added to plain/unsweetened milk alternative (soy, rice, etc.) to equal 1 cup.

Tofu-Based Buttermilk Alternative:

Equivalent to 1 cup of buttermilk:

¼ cup silken tofu

½ cup plus 3 Tbl of water

1 Tbl lemon juice or vinegar

Pinch of salt

Blend all ingredients together and let the solution stand for 10 minutes before adding to your recipe.

Evaporated Milk Alternative:

1 cup soy or rice milk powder

1 cup boiling water

Combine both ingredients in the blender and blend until well mixed.

Condensed Milk Alternatives:

1 cup sweetened condensed milk = 1 cup cream of coconut (do not confuse with coconut cream, which is not as sweet)

Or:

3 cups soy or rice milk

½ cup white sugar

Vanilla extract

Salt

Add the soy or rice milk and the sugar to a saucepan. Cook over medium low heat, stirring constantly, until the volume is reduced to 1 cup. Add a few drops of vanilla to taste and a pinch of salt. Cool before using. May be stored in the refrigerator.

Egg Substitutions:

Equivalent to 1 egg:

2 heaping Tbl of a starch (cornstarch, potato, arrowroot or tapioca) & 2 Tbl water, mixed well

1 small or ½ of a large banana, mashed well
¼ cup silken tofu
¼ cup applesauce
1 Tbl ground flaxseed & 2 to 3 Tbl warm water
1 Tbl chia seeds & 3 Tbl warm water (will hydrate to approximately ¼ cup). Allow to sit 15 minutes before using. A ¼ cup of hydrated chia seeds equals 1 egg.

Some Basic Flour Mixes:

Here is a flour mix that I modified from a premade mix and I have found it works fairly well for several breads, and gives a wonderful crust and a good chewy interior. It works well for French Breads and crusty breads. It also holds together quite well for slicing and toasting, and it doesn't get soggy on sandwiches.

2 cups Bob's Red Mill All Purpose Mix (gluten-free)
3 cups brown rice flour or quinoa flour
1 cup tapioca flour
1 cup starch

Mix well and store in a covered container in the refrigerator.

Experiment; use millet in lieu of rice flour or another type of grain flour if you like. This basic mix will give a good rise to the bread and is good for French bread or rolls.

Another couple of mixes are as follows:

2 cups sorghum or soy flour
2 cups finely ground brown rice flour
1 ½ cup potato or other starch (potato is good for fluffy breads)
½ cup finely ground white rice flour
½ cup sweet rice flour
½ cup tapioca flour
½ cup amaranth or millet flour
½ cup quinoa or teff

Sift all together and store in a covered container in the refrigerator or a cool dark location.

This one is excellent for breads or cakes:

1 cup sorghum or tapioca or potato flour (fine starchy flour)
1 cup potato, corn or tapioca starch
½ cup of millet, quinoa, rice, or teff flour
2 tsp of gum

Another Cake Flour mix:

1 cup white rice flour
1 cup sweet white rice flour
⅔ cup corn or potato starch
⅓ cup tapioca flour
1 tsp gum

Mix well and store in the refrigerator or cool dark place.

Pastry Flour Mix:

1 cup sorghum or tapioca flour

1 cup starch

$\frac{1}{4}$ cup rice flour

$\frac{1}{4}$ cup quinoa or almond flour

Mix well and store in the refrigerator.

Some notes about breads and baking:

Dough vs. Batter:

A few points I would like to make about wheat-free and gluten-free breads. If you used to be a traditional bread baker like I was, throw out your thinking on how bread dough should look and feel. Before you make wheat-free/gluten-free bread, realize that it isn't dough anymore; it should be much closer to a sticky, shiny, and slightly thicker cake batter than dough. In my early days trying to make gluten-free bread (in the bread maker), I made some lovely bricks that resembled loaves of bread. They tasted wonderful, but they were extremely dense. If this happens to you (and it most assuredly will once or twice), don't cry, don't give up. Get creative: make bread crumbs, stuffing cubes, or bread pudding out of your brick! I have made lots of yummy bread crumbs and stuffing cubes for the holidays out of my failures. And if you just don't feel creative, well then just shellac your bread brick and use it for a doorstop.

Wheat-free and gluten-free breads have some great pluses: they are simpler to mix; you don't knead them; generally you only need to let them rise once to almost double in size; and then you bake them where they will finish rising. Despite the advent of newer model breadmakers that can be set for baking gluten-free breads, I feel that you'll find it just as fast to mix it yourself and monitor the baking process. I will recommend that you do invest in a good mixer; it will be priceless and will pay for itself in no time because you'll be baking all the time once you get the hang of it.

Some tips for breads:

If you are converting a regular wheat-floured bread recipe, the amount of flour called for will be the same, however you will need to double the liquid amount specified in the original recipe for a regular loaf of bread. If you will be shaping or handling the batter (dough), then use only $1\frac{1}{2}$ times the amount of liquid called for in the original recipe.

You will need to add xanthan, guar gum, unflavored gelatin, or agar-agar to your mix of flours, any of these will replace the gluten and give your dough elasticity. Generally the ratio of any of these to the flour is $\frac{1}{3}$ to $\frac{2}{3}$ tsp per cup of flour used. You may also need to add lemon juice, lime juice, rice vinegar, or cider vinegar (based on your preferences) to your mix for leavening; the ratio is $\frac{1}{2}$ tsp per cup of flour. If you are using a ready-made mix, omit the gum and gelatin as they usually have them in the mix.

When baking breads for which you want a firm crust (such as French breads and Kaiser Rolls), place a pan of hot to boiling water in the bottom of your oven. This will help keep the dough moist and give your loaf of bread a chewier interior while getting the wonderful crust.

A note about coconut flour, It is a drier flour and requires more liquid and eggs than other flours. To replace 1 cup of flour you would use $\frac{1}{3}$ cup of coconut flour and double the eggs called for and water, milk, or oil or combo thereof to make up the rest. You do not need yeast for this flour; baking powder is your rising agent.

Experiment with your breads and decide how you like them. Brushing the top of the loaf with egg whites mixed with a bit of water will also give a nice crusty loaf. Brushing the loaf with melted butter or margarine as soon as it comes out of the oven will soften the crust. Remember, when baking with alternative flours instead of wheat flours, the bread will be denser and need more moisture, because a loaf that is too dry will crumble when sliced.

Appetizers



Green Chile Relish

Green Chile Relish
Salsa Verde

1 large, diced tomato
1 small, minced onion
½ tsp. salt
1 jalapeno, seeded and finely minced
1 Tbl red wine vinegar
1 Tbl red chile powder
8 to 12 oz. roasted, chopped green chiles
1 to 2 tsp finely minced garlic (to taste)

Mix all ingredients together, put in covered bowl and refrigerate about 1 day before serving. Keep refrigerated. Please note though, the longer it sits if you use fresh roasted peppers, the hotter it will get.

Green Chile Sour Cream Dip

16 oz. Sour cream
8 to 12 oz. roasted & chopped green chiles
Onion Salt to taste

Mix well and chill before serving.

Cheese Wafers

1 cup flour mix
8 oz shredded cheddar cheese
1 cup butter or margarine

Beat cheese and butter until thick and well blended; add the flour mix. Drop by teaspoon onto a parchment lined baking sheet and bake at 325° for about 12 to 14 minutes. Don't allow them to burn.

Beet Relish

1 cup chopped, cold cooked beets
3 Tbl grated horseradish root or bottled horseradish
2 Tbl lemon juice
1-2 tsp agave syrup
1 tsp salt

Mix ingredients in order given. Canned beets may be used in lieu of fresh cooked ones. Chill before serving.

Guacamole
(Avocado-Chile Dip)

1 large ripe avocado
1 small tomato, minced
½ small onion, minced
1½ tsp lime juice
¼ tsp garlic powder
½ tsp salt
½ tsp red chile powder
Chopped green chile or minced jalapeno (amount to taste).

Peel, pit, and mash avocado, then mix with remaining ingredients. Serve with tortilla chips. Keep refrigerated.

Spicy Guacamole Dipping Sauce

Guacamole (recipe above)
Half and half

Add enough half and half to the guacamole mixing well to make a creamy (thick but pourable) sauce; add more diced jalapenos (if you like spicy) and mix well. Chill well before serving.

Red Chile Tortilla Chips

12 corn tortillas
Salt
Garlic salt (optional)
Red chile powder

Heat shortening or oil, approximately a 2 inch depth, in a heavy pan at medium high heat.

Cut the tortillas into wedges (like a pie) to within ¼ inch of the center.

Fry tortillas until crisp and drain on paper towels. Separate the wedges, and sprinkle with salts and chile powder.

German Sour Beans

1 medium onion, chopped and sautéed in a small amount of oil. Add to the onion 1 lb fresh green beans and continue to sauté for about 2 minutes more. Add ½ cup water and ½ cup vinegar to the onion and beans and simmer until beans are tender and done to your likeness.

Corn and Bell Pepper Relish

2 cups fresh or frozen sweet corn (if frozen, thaw)
1 cup minced bell pepper
¼ cup minced onion
Pepper to taste
Italian or vinaigrette dressing, enough to coat all ingredients

Mix all ingredients and refrigerate at least 24 hours before serving.

Three Bean Salad

1½ cup cooked wax beans
1½ cup cooked green or Italian beans
1½ cup cooked kidney or red beans
½ cup minced green bell pepper
¾ cup sugar
Salt and pepper to taste
½ cup minced onion
½ cup light oil, olive, safflower, etc.
½ cup red wine vinegar

Mix all ingredients well and chill overnight.

Corn Dogs

1 cup cornmeal
¾ cup potato flour
¼ cup tapioca flour
¼ tsp salt
Pepper to taste
4 tsp baking powder
1 egg
1 cup milk
2 packages frankfurters
Oil for frying at approximately a 4 inch depth
Wooden skewers

In a medium bowl, combine cornmeal, flours, salt, pepper, and baking powder. Stir in eggs and milk.

Preheat oil in a deep saucepan over medium heat. Insert wooden skewers into frankfurters. Roll frankfurters in batter until well coated.

Fry 2 or 3 corn dogs at a time for 8 to 10 minutes, or until lightly browned. Drain on paper towels.

Dill Dip

2 cups mayonnaise
2 cups sour cream
1 Tbl dried parsley
3 Tbl grated onion (or finely minced)
3 Tbl dill weed
Sea salt and fresh cracked black pepper to taste

Combine all ingredients, put into covered container and refrigerate overnight before serving.

Eggplant Dip

1 large eggplant
2 cloves finely minced garlic
1/3 cup finely minced onion
3 Tbl olive oil
2 Tbl dill weed
Sea salt and fresh ground black pepper to taste
2 Pequillo peppers, minced (optional)

Preheat the oven for the broiler setting. Wash eggplant well and pierce the skin in several places with a fork. Place eggplant on baking sheet and broil 8 to 10 minutes, turn over and broil an additional 8 to 10 minutes until very soft and the skin appears blistered in places.

Remove from the oven and allow it to cool till you are able to handle it.

Slice in half, peel skin from the interior flesh or scoop out with a spoon into blender or food processor. Add remaining ingredients and pulse to puree mixture.

May be served warm or cold.

Spicy Eggplant Dip/Spread

2 small eggplants, peeled and cubed
2 pequillo peppers, chopped
2 cloves of minced garlic
1 small onion, minced
6 to 7 Tbl Olive oil
6 Tbl vegetable broth
1 Tbl asian garlic chili paste
Sea salt and pepper to taste
Fresh chopped parsley for garnish

In a large skillet over medium heat, heat 1 Tbl of oil and sauté onions and garlic until soft. Remove with slotted spoon, reserving the oil in the pan. Add 3 more tablespoons of oil and 3 tablespoons of broth and return skillet to heat. Add cubed eggplant and sauté till soft, adding more oil or broth as needed.

When soft, add chili paste and salt and pepper to the eggplant, add peppers and remove from heat adding onions back in and stir to combine.

Let cool slightly, about 10 minutes then puree in blender or food processor. Serve warm garnished with parsley.

Soups, Stews, and Chili



Vietnamese Style Curried Chicken Rice Noodle Soup

Hot and Sour Soup

4 cups Chicken or Vegetable low sodium broth
8 oz. bamboo shoots
4 oz canned mushrooms, sliced, or ½ cup sliced fresh mushrooms
1 Tbl quick tapioca granules
3 Tbl rice vinegar (red wine vinegar will work also)
1 Tbl Tamari sauce (wheat free soy sauce)
½ tsp agave syrup
½ tsp fresh ground pepper
8 oz frozen shrimp or diced cooked chicken (optional)
4 oz firm tofu, cubed small
1 baby bok choy sliced
½ cup sliced green onion
1 egg beaten lightly
2 Tbl chopped parsley or cilantro

In a crock pot or slow cooker, combine the broth, bamboo shoots, mushrooms, tapioca, vinegar, tamari sauce, agave syrup, bok choy and pepper.

Cover and cook on low temperature for approximately 9 hours, if on high temperature, cook 3 to 4 hours.

Add shrimp or chicken and tofu. Cook on high another 50 minutes. Pour the beaten egg into the soup in a slow thin stream while stirring gently. Turn heat off and serve garnished with parsley or cilantro and green onions.

Butternut Squash Soup ***(non creamy)***

2 Tbl olive oil or butter
1 medium onion, diced
2 medium butternut squash, peeled, seeded, and cubed
Boiling water or stock

In a large stock pot, warm the oil over medium-high heat. caramelize the onion, sautéing 10 to 15 minutes until golden brown. Add the squash and cook approximately 10 to 15 more minutes until outside of cubes are soft.

Pour enough boiling stock or water over squash to cover. Bring back to a boil then lower heat and simmer for 10 to 20 minutes until squash is soft and tender.

Remove from heat.

In small batches in the blender puree cooked squash till smooth and creamy. Return to pot to warm. Serve hot.

Bourbon Butternut Soup (Creamy)

3 Tbl butter or olive oil
1 medium onion, diced
6 cups butternut squash, peeled, seeded, and diced
2 Tbl fresh minced ginger
2 Tbl garlic, minced
¼ cup bourbon
5 cups chicken or vegetable broth
2 cups heavy cream, or nut milk, or coconut milk
¼ cup agave syrup
2 tsp cinnamon
2 tsp nutmeg
Sea salt and pepper to taste

Heat oil or butter over medium-high heat and sauté the onions until they are opaque. Add squash, ginger, and garlic and cook until the squash is soft around the sides.

Add the bourbon and ignite it to burn off the alcohol (can put out the flame by covering the pot with the lid).

Add stock and simmer for 20 minutes.

Add the remaining ingredients and simmer another 10 minutes.

Remove from heat and puree in small batches. Return to pot and warm adding salt and pepper to taste.

Serve hot.

Thai Style Vegetable Soup

2 Tbl olive oil
1 medium onion, finely chopped
1 medium sized leek, white part only, halved and sliced thin
1 medium carrot chopped
1 Tbl curry powder (optional)
2 cups sliced mushrooms (oyster, shitake, portabellas)
1 qt. of low sodium vegetable broth
1 cup light canned coconut milk
1 head of broccoli
1 baby bok choy or tatsoi, sliced
1 Tbl fresh ginger root, minced
2 Tbl fresh lime juice
¼ tsp sea salt
1 tsp garlic powder
Salt and pepper to taste
½ cup firm tofu cubed (about ¼ inch in size)

Warm the olive oil plus 1 Tbl of broth over medium heat in saucepan. Add onion, leeks and carrots and sauté, stirring frequently until soft. Approximately 10 to 15 minutes. Add curry powder and garlic powder, cook for 1 minute. Add mushrooms and sauté for 5 minutes.

Stir in the broth and coconut milk. Raise heat and bring to a rolling simmer. Reduce the heat to slow simmer, adding broccoli, bok choy, and ginger. Cover and let simmer 5 to 10 minutes until broccoli is bright green. Stir in the salt and lime juice.

Note: Curry may be omitted if you prefer. Also cubed cooked chicken or raw shrimp may be used in lieu of tofu or with the tofu.

Savory Chicken and Bean Soup

2 medium carrots, chopped
1 small sweet onion, diced
2, 15 oz. cans of white beans, rinsed and drained
½ lb of skinless chicken or turkey, cubed
½ lb of chicken or turkey sausage cut in half and sliced
1 bay leaf
1 Tbl parsley
1 tsp thyme
1 tsp oregano
1 tsp basil
¼ tsp cayenne pepper
Salt and pepper to taste
3 cloves of garlic, minced
1, 14.5 oz. can of crushed tomatoes
1½ cups chicken broth
½ cup white wine (or more broth if you prefer)
2 Tbl olive oil

Heat 1 Tbl of olive oil in a skillet over medium heat. Add carrots and onion and sauté until onions start to turn opaque. Remove them to a crock pot.

In same skillet brown the chicken or turkey with remaining tablespoon of oil. Remove to crock pot when browned.

In the crock pot, add beans, sausage, bay leaf, cayenne pepper, garlic and other spices.

In a small bowl, mix tomatoes, broth, and wine. Pour over the chicken mixture in the crock pot.

Cook in crock pot on low for 7 to 8 hours or on high for approximately 3½ hours.

Spicy Curry Soup with Chicken

1 Tbl peanut oil
1 clove garlic, minced
1 medium carrot, diced
1 can of light coconut milk

1 Tbl of curry paste
1 lb skinless chicken breasts, cubed
2 cups of chicken stock
1 lime, juiced
¼ cup chopped green onion

Heat oil over medium heat, stir in the garlic and carrot and cook for 5 minutes.

Mix in ¼ of the can of coconut milk and bring to a boil, stirring constantly.

Mix in the curry paste, and add chicken, tossing to coat.

Reduce heat to low, pour in the chicken stock and cook until chicken is done (approximately 20 to 25 minutes). When chicken is done, add the remaining coconut milk, lime juice, and green onions. Cook another 10 to 15 minutes stirring frequently.

Note: this recipe can be made vegan, substitute 1 cup diced firm tofu for the meat, and use vegetable broth in place of chicken broth.

Borscht

Generally beef is the choice for this wonderful soup; however ham may also be used as well as beef tongue. This is a very rich soup.

1 lb. cubed beef
1 qt. beef broth
3 to 4 beets, shredded or diced fine
1 large carrot, chopped
1 small onion, minced
1 clove garlic, finely minced
1½ cup shredded red cabbage
1 medium onion, diced fine
2 Tbl of butter or olive oil
1, 14 oz. can tomato sauce
¾ Tbl of dill
1 bay leaf
1 Tbl red wine vinegar
1 Tbl agave syrup
Salt and pepper to taste

Bring broth to a rolling simmer. Add cubed meat and simmer 20 to 30 minutes till done.

Shred or dice beets and carrots.

In a skillet, heat butter or oil with 2 Tbl of broth over medium heat. Add beets, carrots and onion and braise until they are tender. Add cabbage and braise 3 minutes more. Add the braised vegetables to the meat and broth. Add tomato sauce, spices, vinegar, and agave syrup. Cover and simmer over medium-low heat till vegetables are very tender, approximately 30 minutes. Serve warm with a dollop of sour cream (optional) and thinly sliced green onion.

Simple Potato and Leek Soup

4 Tbl butter or olive oil
2 medium leeks, white areas, sliced lengthwise in quarters and sliced
1 small sweet onion, diced fine
1 lb of potatoes diced
3 cups chicken or vegetable stock
Sea salt and pepper to taste
1 tsp garlic powder

Heat the oil in a large saucepan over medium heat. Add onions and leeks. Cook gently, approximately 7 minutes or until they are softened, stirring occasionally.

Add potatoes and cook for another 3 to 4 minutes, stirring occasionally.

Add stock and bring to a boil over medium-high heat. Lower heat, cover and simmer for about 30 to 35 minutes until potatoes are tender.

Creamy Irish Potato Leek Soup

1 Tbl olive oil
2 large leeks, white and light green parts, halved and sliced
6 medium gold potatoes, peeled and diced
Sea salt and fresh ground pepper to taste
2 cups half and half or light coconut milk
1 tsp minced garlic
Water or vegetable broth
2 cups smoked ham, diced (optional)

Heat the oil in a large saucepan over medium heat. Add leeks and a little salt and allow to cook for approximately 15 minutes, stirring often.

Add potatoes and season with a bit more salt and fresh ground pepper, toss to coat.

Add just enough water or broth to cover the potatoes. Cover and simmer until potatoes are tender, about 35 to 40 minutes.

When potatoes are done, remove the pot from heat. Blend in small batches, pureeing until smooth and creamy. Return puree to pot adding half and half or coconut milk, ham (if desired), and a splash of good Irish Whiskey (whiskey is optional). Return to the stove and heat, stirring occasionally until heated through.

Serve with chopped chives, scallions, or parsley on top for garnishment.

Vietnamese Style Curried Chicken Rice Noodle Soup

3 garlic cloves, finely minced
2 Tbl olive oil
4 Tbl hot curry powder
4 cups low sodium chicken or vegetable broth

2, 14oz. cans unsweetened light organic coconut milk
1 stalk of lemon grass, lower white end only, finely minced
1 medium leek, cut in half lengthwise and sliced thin
10 thin slices of peeled ginger root, slices then cut in quarters
1 head baby bok choy, tatsoi, or other greens, cut across in strips
½ lb sliced fresh mushrooms (optional)
1½ to 2 cups fresh broccoli florets (optional)
½ medium onion, sliced into thin wedges
1 tsp fresh ground pepper
1lb skinless chicken breast cubed or 1½ cup diced firm tofu
6 Tbl Asian fish sauce
½ lb rice stick noodles (rice vermicelli)
1-2 Tbl fresh lime juice (to taste)
2 limes cut into quarters (for garnish plate)
⅓ cup chopped fresh cilantro (garnish)
½ cup thin sliced green onion (garnish)
Bean sprouts (for garnish plate)
Asian chile oil to taste, if desired

In a stockpot, heat the oil and 2 Tbl of broth over medium heat. Braise the garlic and lemongrass till fragrant, approximately 1 minute. Add onion wedge slices and braise till the edges start to become clear. Add curry powder and 1 more tablespoon of broth mixing well to ensure no lumps and allow to cook 30 to 45 seconds stirring frequently.

Add the chicken to the curry mix and toss to coat well, allow to cook for 3 minutes. Add gingerroot and remaining broth stirring constantly to mix well. Add pepper, coconut milk, and vegetables. Cover and reduce heat to medium-low and simmer for 20 to 30 minutes until chicken is done.

While chicken is cooking, cook rice noodles according to package directions, drain well and rinse in cold water. Set aside.

When chicken is cooked, add fish sauce, lime juice, and chile oil to taste and cook for 10 minutes more. Turning heat off, add noodles and ladle into bowls garnishing with chopped cilantro and green onions.

Serve with garnish plate of bean sprouts and lime wedges.

Cream of Mushroom Soup

½ cup butter or olive oil
⅛ cup tapioca starch
1 medium onion, finely chopped
1 lb mushrooms, roughly chopped
4 cups chicken or vegetable broth
4 cups of light cream or half and half, or other milk replacement
¼ cup of sherry, port or Madeira
Salt and pepper to taste

Chopped or dried parsley and basil to taste

Melt/heat butter/oil in pot on medium low heat. Add onions and salt. Sauté onions until they are soft. Add mushrooms and cook for about 5 minutes. Add starch a bit at a time stirring constantly as you do to prevent lumps. Add stock/broth slowly and stirring constantly to prevent lumps.

Bring to a boil, reduce to low heat and simmer for about 5 minutes or so allowing the soup to thicken a bit. Add the cream, pepper, basil and parsley. Gently simmer without boiling for about 10 minutes to allow the flavors to mix completely. Add the fortified wine, stir and serve, or cool and store up to 1 week in the refrigerator.

Turkey Chile con Carne

1 lb ground turkey
Salt & pepper to taste
1 medium onion chopped
1 tsp garlic powder (or more to taste)
Red chile powder to taste
1 cup chopped green chile
1 can each of: pinto and kidney or red beans
1 can crushed or diced tomatoes
1 Tbl oil

Heat oil in sauce pan, brown ground turkey with red chile powder, salt and pepper, and garlic powder. When cooked through, add onions and cook until clear. Add green chile, beans and tomatoes. Cover and simmer for 20 to 30 minutes. Or put into crock pot and cook on low for a couple of hours.

Lamb Stew & Black- Eyed Peas

1½ lbs lamb cut into 1 inch cubes
¼ cup flour or ⅛ cup starch
2 Tbl oil
1½ tsp salt
½ tsp thyme
1 clove garlic, minced
1 can beef broth, low sodium
½ cup water
10 oz frozen black-eyed peas
6 medium carrots cut into 1 inch chunks

Dredge meat in flour. Brown well on all sides in hot oil in deep skillet. Add all remaining ingredients except carrots. Cover and simmer 1½ hours. Add carrots, cover and simmer 1 hour longer or until meat is tender and vegetables are done.

If broth is thin, simmer uncovered for about 5 minutes.

Savory Beef Stew

1 lb beef chuck roast, trimmed of fat and cubed
2 Tbl olive oil
1 small to medium sweet onion, diced
2 medium carrots chopped
2 cups sliced baby bella mushrooms
1 cup chopped cauliflower and or broccoli
1½ cups diced potatoes, skin on
1 tsp oregano
1 tsp basil
½ tsp winter savory
Sea salt and fresh ground pepper to taste
2 cloves of garlic finely minced
1, 8 oz. can of plain tomato juice
Water

In a large skillet, heat oil over medium high heat. Add garlic and onions and sauté for 2 to 3 minutes until the garlic is fragrant. Remove from the pan and put into crock pot. Add beef cubes and brown sides in batches. Remove meat to crock pot. To the crock pot, add vegetables, spices, and tomato juice. Add enough water to cover. Cook on low heat for 6 to 8 hours till meat is very tender and ready to fall apart.

Yak Stew Over Rice

A word of note: Yak is a very tender and slightly sweeter meat than even buffalo or beef. It has the lowest fat content and a lower cholesterol profile than buffalo. Because of its very low moisture and fat content, it needs to be cooked slowly, with moisture around it and is usually best braised. This stew is simple, filling, and utterly delicious served over rice or lightly buttered pasta.

1 lb of Yak stew meat or small chuck cut into cubes.
1 small sweet onion, diced
1 carrot, diced
2 cups baby bella mushrooms sliced
½ tsp garlic powder
Sea salt and pepper to taste
1 qt of either beef stock or vegetable stock

Place all ingredients into a crock pot or slow cooker. Cook on low temperature for 7 to 8 hours. Meat should be extremely tender and falling apart.

Serve over brown rice.

Green Chile Stew

1 lb. pork loin, trimmed from all fat and cubed
1 Tbl oil
½ cup diced roasted green chile (or more if you like)

1 medium onion, diced
3 medium potatoes, cubed
1 can crushed tomatoes
2 Tbl red chile powder
2 cloves of garlic, minced
Salt and pepper to taste
Water

Heat oil in a large saucepan over medium-high heat. Add pork, red chile powder, and garlic powder, cook till edges of meat are browned. Add onions and potatoes and toss to coat. Add tomatoes and salt and pepper, and then add enough water to cover.

Allow to simmer over medium-low heat till pork is very tender and potatoes are done.

Serve with sour cream and tortilla chips or gluten-free flour tortillas.

Slow Cooker Ham & Wild Rice Soup

2 cups diced cooked ham
1 cup chopped carrots
 $\frac{3}{4}$ cup uncooked wild rice or wild and brown rice blend
 $\frac{3}{4}$ cup chopped onion
 $1\frac{3}{4}$ cup low fat, low sodium chicken broth or vegetable broth
1 can Progresso Creamy Mushroom soup (or substitute 1 can light coconut milk and 1 cup chopped mushrooms)
Fresh ground pepper to taste
3 cups water
1 cup half & half or coconut milk
2 Tbl dry red wine or sherry
 $\frac{1}{4}$ cup chopped fresh parsley
Olive oil

Lightly coat the interior of the crock pot with olive oil. Mix all ingredients except the half & half, wine and parsley in the crock pot. Cover and cook on low 7 to 9 hours. Stir in remaining ingredients, increase heat to high and cook 10 to 15 minutes longer or until hot.

Beef Stew with Beans and Mushrooms

$1\frac{1}{4}$ to $1\frac{1}{2}$ lbs beef sirloin or round, diced into $\frac{3}{4}$ inch cubes
1 Tbl olive oil
Sea salt and pepper to taste
 $1\frac{1}{2}$ tsp olive oil
2 cloves of garlic finely minced
2 medium carrots, sliced
1 small onion, halved crosswise, and sliced into thin wedges
8 to 10 oz of fresh mushrooms, baby bellas, cremini, etc.
 $\frac{1}{4}$ cup dry white wine
16 oz can white or navy beans, rinsed well and drained

1 small (14 oz) can crushed tomatoes
1 tsp oregano
1 tsp basil

In a large skillet heat the tablespoon of olive oil over medium-high heat. Sauté garlic till fragrant, about 1 minute. Adding the beef in moderate batches, sauté 1 to 2 minutes or until browned. Remove beef from the skillet and season it with salt and pepper. When beef is all browned, add remaining oil to skillet and sauté carrots for 3 minutes. Add onions and cook 5 to 8 more minutes. Stir in the mushrooms and wine and braise for 5 more minutes. Stir in the beans, tomatoes and spices. Cook for 3 minutes, return the beef to the mixture, reduce heat, cover and simmer till carrots are tender and beef is cooked through.

Chicken Coconut Milk Soup

1 Tbl olive oil
1 lb boneless, skinless chicken breasts, sliced into thin strips
2 or 3 baby bok choy or tatsoi
1 medium leek, cut in half lengthwise and sliced thin
2 cloves of garlic, minced fine
1 small sweet onion, cut in half crosswise and sliced into thin wedges
3 cups coconut milk
2 cups low sodium vegetable broth
¼ cup fish sauce
Juice of one lime
2 Tbl minced fresh ginger root
¼ tsp flaked red pepper
1 Tbl chopped fresh cilantro (coriander)

Heat oil and 2 Tbl of broth in a large saucepan over medium heat. Braise onion and garlic till onion starts to turn clear. Add chicken and cook for 3 minutes or until just about cooked through. Stir in bok choy/tatsoi and cook for 2 or 3 more minutes.

Add milk and remaining broth. Bring to a boil, reduce heat, cover and simmer for 15 to 20 minutes.

Stir in fish sauce, lime juice, ginger and red pepper flakes. Simmer for 10 more minutes stirring occasionally.

Garnish with chopped cilantro.

Lentil Soup

2 to 3 Tbl olive oil
1 medium onion, chopped
1 tsp minced garlic
2 large carrots, diced
2 stalks of celery, diced
3 ½ cup crushed tomatoes
1 ½ cup lentils, that have been soaked, rinsed and drained

Salt and pepper to taste
2 bay leaves
 $\frac{3}{4}$ cup white wine
7 cup vegetable stock
1 Tbl dry parsley
 $\frac{1}{2}$ tsp paprika

In a large stockpot, heat the oil over medium heat. Sauté onions until soft and glossy. Stir in the garlic, paprika, parsley, celery and carrots. Sauté for 10 minutes. Stir in the tomatoes, stock, lentils, bay leaves, salt and pepper, and wine. Increase heat to medium-high and bring to a boil. Reduce the heat to medium-low, cover and cook until the lentils are tender, stirring occasionally.

French Green Lentil Soup

1 cup or 6 oz. French green lentils
1 tsp cardamom
2 Tbl minced ginger, divided
5 Tbl unsalted butter or coconut oil
1 medium onion, diced
2 cloves garlic, minced
 $\frac{1}{2}$ tsp ground coriander
 $\frac{1}{2}$ tsp ground cumin
 $\frac{1}{4}$ tsp cayenne pepper
 $\frac{1}{4}$ tsp garam masala
2 quarts vegetable stock
1 cup crushed tomatoes
Sea salt to taste

In a stockpot, cover the lentils, cardamom, and 1 Tbl of ginger with 1 inch of water. Bring to a boil and cook over medium heat until the lentils begin to soften, around 10 minutes. Drain the lentils and transfer them to a bowl.

Melt 3 of the tablespoons of coconut oil or butter in the pot. Add the onion, garlic, remaining ginger and cook over medium heat, stirring occasionally until softened, about 8 minutes. Reduce the heat to low. Add the coriander, cumin, cayenne and garam masala and cook, stirring until fragrant, about 4 minutes.

Add the stock, tomatoes, and lentils to the pot and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the lentils are softened and the soup thickens, approximately 1 hour. Stir in the remaining butter or coconut oil and season with salt.

Greens Soup with Rice Stix

2 Tbl olive oil
2 cloves garlic, minced
1 medium onion, chopped
1 bay leaf
Salt and pepper to taste

1, 15oz. can diced tomatoes and juice
2 medium carrots, chopped
1 stalk celery, chopped
1 ½ bunches of greens, broccoli, kale, collards, etc.
¼ lb spinach
1 qt. vegetable stock
½ package asian rice stix noodles

Heat oil in stockpot over medium heat and add garlic and onions, sauté until soft. Add bay leaves and salt and pepper. Cook for about 15 minutes stirring often until caramelized.

Add carrots, celery, and vegetable stock and bring to a boil scraping up any brown bits from the bottom of the pot. Add the greens and tomatoes, reduce heat, cover and simmer for about 15 minutes. Add pasta, spinach and season with salt and pepper if needed. Simmer another 10 to 15 minutes. Discard bay leaves before serving.

Breads



Hazelnut French Bread

Buttermilk Scones

2 cups (2580g) flour mix
1 cup (140g) tapioca flour
1½ tsp gum
1 tsp salt
½ tsp baking soda
⅓ cup sugar
2½ tsp baking powder
¾ cup butter or margarine
1 cup buttermilk
⅓ cup dried fruit, (cherries, raisins, etc) (optional)
¼ cup chopped nuts (optional)

Cream or melted butter to brush on the tops if you like.

Combine dry ingredients, add butter and mix well. Add buttermilk and mix until combined well. Add fruit and nuts last.

Make round flattened balls and place on greased cookie sheet. Brush tops with the cream or butter.

Bake at 400 degrees F for about 16 to 20 minutes until slightly golden on top.



French Bread (Dairy Free)

2½ to 3 cup warm water*
2 Tbl oil

2 tsp lime juice or cider vinegar
4 cups (560g) flour mix
2 tsp gum
1 tsp salt
1 packet rapid rise yeast
2 Tbl sugar
1 egg white and 2 Tbl water mixed together for brushing top (optional)

Mix dry ingredients, set aside. In mixer, gently mix water oil and lemon juice. While at low speed, add dry ingredients until fully mixed, and then turn to higher speed and “whip” the dough for about 3 minutes.

Halve dough and shape on a greased French bread pan with corn meal sprinkled on the pan, or spread dough into loaf pan, or turn out onto cookie sheet and shape into two long loaves, Sprinkle with water lightly and cover with a light towel to let rise in a warm place until almost double in size.

Preheat oven to 350 degrees F, and place a pan with about 1 inch of boiling water on the bottom rack of the oven with the rack close to the bottom of the oven.

When almost double in size, brush top of the loaf with the egg white and water mixture, and cut 3 slashes across the top of the loaves. Bake for about 40 to 45 minutes. Turn out and cool on wire rack.

Note: *To make formed baguettes use 2½ cup water. For a standard loaf, use 3 cup water. The reasoning for the boiling water in the oven is that the steam will give a good crust and chewy texture.

Nutty French Bread

Using the basic French Bread recipe, substitute 1 cup (125g) of a nut flour, like hazelnut for one cup of bread flour mix.

Bake in standard loaf pan for 45 to 50 minutes at 350 degrees F. Turn out on rack to cool.

Note: this makes excellent bread for French Toast.

Italian or Kaiser Rolls

1 package yeast
2½ cups warm water
1½ tsp salt
2¼ cups (315g) flour mix
¼ cup (35g) corn or potato starch
1½ tsp gum
2 tsp lime juice or vinegar
Cornmeal (for flouring this is optional, or use parchment paper)
1 egg white, lightly beaten with 1 Tbl of water (optional)
Poppy or sesame seeds (optional)

Pan of boiling water in bottom of the oven.

Preheat oven to 450 degrees F. Grease muffin top pan or cookie sheet, sprinkling with optional cornmeal and set aside.

Place water and lime juice in mixing bowl adding and add flours, salt and starch. Adding yeast last. Mix well and beat on high speed for about 3 to 5 minutes. Spoon batter into muffin top pan or onto cookie sheet shaping with a wet spatula. Sprinkle with water, cover with light towel and let rise until almost double in size.

Before baking, brush tops with egg white and water mixture, and sprinkle on the poppy seeds or sesame seeds if desired.

Bake for 15 minutes at 450 degrees F, then turn down the oven to 375 degrees F and bake for 15 to 20 more minutes. Crusts should be golden brown and hard. Cool on wire rack.

Waffles & Pancakes

1 ½ cups (210g) flour mix
1 Tbl sugar
1 tsp baking powder
½ tsp gum
½ tsp salt
1 large egg
½ to ¾ cup milk or milk substitute or water
1 Tbl oil

Mix all ingredients together to make a thick but pourable batter. Cook on waffle iron until golden. Serve warm.

Note: if you wish to have pancakes instead, make the batter slightly thinner.

Buttermilk Bread

1¼ cup warm (room temp) buttermilk
1¼ cup warm water
2 Tbl softened butter
2¾ cups (343g) flour mix
¼ cup (31g) corn or potato starch
1½ tsp gum
1 tsp salt
1 packet rapid rise yeast
3 Tbl sugar
2 tsp lime juice or vinegar

Mix dry ingredients together and set aside. Mix buttermilk, butter, and lemon juice together, add dry ingredients. Mix thoroughly adding water until desired consistency is reached, and mix on high for about 3 to 5 minutes.

Turn out into a greased loaf pan. Using a wet spatula, work dough into pan and smooth top. Cover with light towel, and let rise in a warm place until almost double. When almost double in size, bake in a 375 degree F oven for about 50 to 60 minutes until crust is golden and the loaf thumps.

Turn out and cool on wire rack.

Note: you can also substitute $\frac{1}{3}$ to $\frac{1}{2}$ cup of nut flour, or mesquite flour if you like a nuttier taste. Adding fresh herbs also works well.

White Bread

1 cup (140g) tapioca or sorghum flour
1 cup (140g) potato starch or arrowroot starch
 $\frac{1}{2}$ cup (70g) quinoa, millet, or ivory teff flour
2 tsp gum
1 $\frac{1}{4}$ sea salt
1 packet of rapid rise yeast
3 Tbl Olive oil
1 $\frac{1}{4}$ cup warm water
1 Tbl honey or Agave
 $\frac{1}{2}$ tsp rice vinegar
1 whole egg
2 egg whites, beaten until frothy

Heat the oven to 350 degrees F.

Proof the yeast by gently mixing with the warm water and 1 tsp of honey. Allow it to get foamy.

Sift all dry ingredients together. Add proofed yeast to dry and mix till just combined, add remaining ingredients and beat till smooth. Then whip for 2 minutes on high speed.

Pour into greased loaf pan, smooth with damp spatula if needed, cover with plastic wrap and allow to rise until almost double.

Bake for 55 to 60 minutes until crust is golden and the loaf thumps nicely. Allow to cool in pan for 10 to 15 minutes and turn out onto wire rack to finish cooling.

Butter Crust Bread

1 pkt yeast
 $\frac{1}{4}$ cup warm water
2 $\frac{1}{2}$ cup warm buttermilk, (or milk or water)
3 Tbl sugar
3 Tbl softened butter
3 $\frac{1}{2}$ cups (437g) flour mix
2 tsp gum
1 $\frac{1}{2}$ tsp salt
2 Tbl melted butter (do this last after bread has risen)

Preheat the oven to 375 degrees F, and grease a bread loaf pan.

Sprinkle the yeast over the ¼ cup of warm water mix till smooth and let sit about 5 minutes until bubbly.

In mixer, combine, buttermilk, sugar, salt and the 3 Tbl of softened butter, mixing well. Stir in the yeast and add the flour. Mix well and beat on high speed for about 3 to 5 minutes.

Put dough into greased loaf pan and using a wet spatula work the dough into the pan and smooth the top. Cover with plastic wrap and allow to rise in a warm place until almost double.

When almost double, melt the 2 Tbl of butter. Using a sharp wet knife, cut a shallow slit down the center of the loaf. Pour some of the melted butter into the slit and brush the rest over the loaf.

Bake for about 40 to 45 minutes, until deep golden brown. Remove to a wire rack and cool completely before slicing.

Wannabe Wheat Bread

1 pkt rapid rise yeast
1 Tbl sugar
½ cup warm water
½ tsp baking soda
1 tsp salt
3 Tbl honey or agave syrup
¼ cup shortening, butter or margarine
2½ cup buttermilk, or 2 cups milk, room temp
2¼ cups (281g) bread flour mix
¾ cup (93g) teff four or hazelnut flour
3 tsp lime juice
2 tsp gum

Mix dry ingredients together except yeast. Put liquids and shortening into mixing bowl. At low speed add 1 cup dry ingredients, mixing well. Add honey/agave, and slowly add remaining dry ingredients mixing well adding yeast last. Whip at high speed for 3 to 5 minutes. Pour into a greased loaf pan and use a wet spatula to distribute in pan. Cover and let rise until almost double. Bake at 375 degrees F (if using agave, lower to 350 degrees F) for 50 to 55 minutes until crust is golden brown. Remove to a rack to cool.

Gingerbread

½ cup shortening
½ cup sugar
1 cup molasses
1 Tbl ginger
1 tsp cinnamon
2 cups (250g) cake flour mix
1 tsp gum
2 tsp baking soda (dissolved in the boiling water)

1½ to 2 cups boiling water
2 eggs

Cream shortening and sugar together. Add molasses, ginger, and cinnamon. Beat thoroughly. Add flour, baking soda dissolved in water, and eggs. Pour into greased loaf pan. Batter should be thin. Bake for 35 minutes at 350 degrees F. Remove from oven when inserted toothpick comes out clean. Remove from pan and cool on rack. Serve with whipped cream.



Pueblo Indian Oven Bread

4 cups (500g) flour mix
1 pkg. yeast
2 Tbl lard or coconut oil
1 tsp sugar or honey
½ tsp sea salt
1½ to 2 cups warm water

Preheat oven to 350 degrees F. Place a dish of water on the bottom of the oven ensuring that it will not go dry.

Proof the yeast, mix yeast with ¼ cup of warm water and sugar. Allow the mixture to get foamy (approximately 5 to 10 minutes).

In mixing bowl, combine lard and salt on low speed. Slowly add 1 cup of warm water to lard mixture, mix well. Add yeast mixture and slowly add flour 1 cup at a time mixing well after each addition. Add remaining water until dough is shiny and sticky.

Scoop the dough into a 9 inch round baking pan or dish that has been greased. Smooth the dough into the dish with a wet spatula. Cover with plastic wrap and allow it to rise until almost double.

Bake on lower rack in oven for 50 to 60 minutes or until golden and thumps.

Cool on wire rack.

Apple Butter Bread

2 cups warm water
2 Tbl vegetable oil
2 cups (280g) flour mix
2 cups (280g) teff flour
1 Tbl sugar
1½ tsp yeast
½ cup apple butter
3 tsp gum
2 tsp lime or vinegar
1 tsp salt

Mix dry ingredients together except yeast. In the mixer on low, mix water, oil, lime juice, and apple butter. Gradually add dry ingredients, adding yeast last. Beat on high speed for about 3 to 5 minutes.

Pour into greased loaf pan, smoothing into pan with wet spatula. Cover and let rise until almost double in size.

Bake at 350 degrees F for 50 minutes to 1 hour. Remove from pan and cool on rack.



Fried Puffed Doughnuts

1 Tbl yeast
6 Tbl sugar
2¼ cup very warm water
3 cups (420g) pastry flour mix
1 cup (140g) tapioca flour

¼ cup melted butter or margarine
2 eggs
⅛ tsp salt
2 tsp gum
Confectioner's sugar

Oil for frying at about 2 inches depth

Put water, melted butter, and eggs into mixing bowl. Mix dry ingredients together and pour over wet ingredients. Mix on medium speed scraping sides to mix well. Then mix on high for 2 to 3 minutes (dough will be very sticky). Remove bowl from mixer and set aside to let the dough rise to half again its original volume.

Heat 2 inches of high heat oil in a saucepan over medium-high heat. Using a oiled plain ice cream scoop or large spoon, scoop some dough and gently release in hot oil. Using a slotted spoon, turn to ensure all sides are a golden brown. Remove and drain on paper towels. Let cool a bit and dust with confectioner's sugar or granular and serve! These are best served warm and fresh.

Raisin Bread

2½ cup warm water
2 Tbl of softened butter or margarine
3¼ (455g) cups flour mix
1½ tsp gum
1½ tsp lime juice or vinegar
¼ cup sugar
1½ tsp salt
1½ tsp cinnamon
3½ tsp yeast
¾ cup raisins.

Soak raisins in warm water until plump, drain well.

Mix dry ingredients together except yeast. In the mixer on low speed mix the butter, liquids, and sugar. Add dry ingredients gradually and mix until smooth, then adding yeast. Add plumped drained raisins last. Beat on high for 3 minutes.

Pour into greased loaf pan, smoothing into pan with wet spatula. Cover and let rise until almost double.

Bake at 350 degrees F for 45 to 55 minutes. Remove from pan and cool on rack.

Zucchini Bread

2½ cups sugar
3 eggs
3 cups (375g) flour mix
3 Tbl vanilla

1 cup vegetable or light oil
2 cups grated zucchini
1/3 tsp salt
1 tsp baking soda
1/4 tsp baking powder
2 tsp gum
3 tsp cinnamon
1 cup chopped nuts (optional)

Mix all ingredients together. Pour into greased loaf pan. Bake in a 350 degrees F oven for 1 hour, and a toothpick inserted in the center comes out clean. Remove from pan and cool on rack.

Garden Herb Bread

1 1/2 cup warm water
2 cups (280g) flour mix
1 tsp gum
1 tsp lime juice or vinegar
1 Tbl powdered milk
1 Tbl sugar
1 tsp salt
1 Tbl butter or margarine
1 tsp chives
1 tsp marjoram
1 tsp thyme
1/2 tsp basil
1 pkt rapid rise yeast

Mix dry ingredients together except yeast. Place warm water and butter in mixer, and on moderate speed add dry ingredients adding herbs and yeast last. Mix on high for about 3 minutes. Turn out into greased loaf pan, smoothing the dough into the pan with a wet spatula. Cover and let rise until almost double in size.

Bake at 350 degrees F for 50 minutes to 1 hour, until crust is golden brown.

Note: if using fresh herbs, double the amounts.

Focaccia Bread

1 3/4 cup water
1/4 cup olive oil plus more for pan and top
1/4 tsp salt
2/3 tsp basil or rosemary
1 tsp sugar
3 1/2 cups (490g) flour mix
1 1/2 tsp gum
1 tsp lime juice or vinegar
1 packet of rapid rise yeast

Toppings: (any one or combination of several)

1/8 tsp garlic powder

2 Tbl olive oil

2 tsp basil or rosemary

1 tsp kosher or coarse salt

Combine the yeast, sugar and 1/4 cup of water. Allow to sit till foamy.

Mix dry and remaining wet ingredients together until combined and add yeast mixture last. Then whip on high speed for 3 minutes.

Smooth the dough into an oiled, edged baking pan or sheet (edges 1 inch high). Sprinkle the top of the dough with olive oil to help spread dough. Spread the dough to the sides until the dough is approximately 1/4 to 1/2 inch in height. Cover and let rise in warm place until almost double in size. Spread toppings over dough and bake at 400 degrees F for 20 minutes, or until golden brown. Cool in pan for 10 minutes then turn out on to a rack to cool fully.



Flour Tortillas

2 cups (280g) corn flour, quinoa flour, or teff flour

1/4 cup (35g) tapioca flour

3/4 cup (105g) starch

1 tsp xanthan gum

6 to 7 Tbl shortening or lard

2 tsp salt

2 tsp baking powder

1 1/2 to 1 3/4 cup warm water

Mix dry ingredients well, add shortening and mix on low. Add water slowly to work into a dough. Mix until smooth.

Cover and chill for 10 minutes to firm the dough a bit.

Make dough balls about the size of an egg for small tortillas, larger for medium sized. Roll out between 2 pieces of flour dusted parchment paper to a round shape and fairly thin.

Heat skillet or griddle on medium-high heat. Place tortilla on skillet and cook about 1 to 2 minutes for each side. The tortilla should have some browned spots on it.

Store in the refrigerator or freezer.

To reheat steam slightly or put in microwave covered with a damp paper towel.

Note: if you use rice flour they will be very stiff. Using corn flour or masa, they might be a bit stiff, but when warmed they will be more flexible. And the thinner you can roll them out, the more flexible.



Peach Streusel Muffins

Muffins:

2½ to 3 cups (350 – 420g) flour mix

2 cups sugar or 1 cup agave

2 tsp cinnamon

½ tsp nutmeg

1 tsp baking soda

2 tsp gum

½ tsp salt

2 cups pureed peaches (if canned, drained and rinsed well, if fresh, peel and use less flour)

½ cup oil

¾ cup water

Streusel Topping:

2 Tbl flour mix

¼ cup sugar

½ tsp cinnamon

1½ Tbl cold butter or margarine

Preheat oven to 350 degrees F and grease muffin tin or use paper cups, 15 regular sized, or 12 large.

Combine muffin dry ingredients; add peaches, oil and water. Blend well.

Combine streusel ingredients with a fork or two knives until crumbly.

Spoon or pour batter into cups until about ¾ full. Sprinkle the streusel mix over batter. Bake 35 minutes or until golden browned, and toothpick comes out clean.

Corn Tortillas

2 cups (280g) Masa Harina (corn flour)

1 tsp salt

1⅔ cups boiling water

Combine all ingredients together until dough resembles thick, cooked cereal.

Wet hands and form dough into balls the size of an egg.

Place each ball of dough between two lightly moistened pieces of waxed paper and flatten to about ⅛ inch thick, using either a tortilla press, rolling pin, or pressure from the hands. Remove the tortilla from the waxed paper.

Heat a griddle or skillet on medium-high heat. Place each tortilla on the griddle and cook for approximately 1 minute each side. (Tortilla should be lightly speckled)

Note: these can also be made larger and when moistened or steamed, will also work in place of a traditional flour tortilla for a wrap or burrito.

Biscuits

1¾ cups (245g) flour mix

½ tsp gum

1 Tbl baking powder

1 tsp baking soda

2 tsp sugar

½ tsp salt

6 Tbl softened butter, shortening or lard

¾ cup milk or (½ cup buttermilk and ¼ cup milk)

Mix dry ingredients together. Cut in shortening until it looks like peas. Add milk/buttermilk and mix quickly. Turn dough out and pat flat on lightly floured wax paper or pastry mat and cut out biscuits. Bake on a oiled/greased baking sheet at 450 degrees F for 10 to 12 minutes.

Note: shortening or lard will give you a flakier texture for your biscuits.



Salvadoran Quesadillas

These are more like delectable sweet little cheesy muffins.

1 to 1¼ cups (140-175g) white or brown rice flour

⅛ cup (17.5g) ground golden flax meal

1 tsp baking powder

Pinch of sea salt

¾ cup of coconut oil, melted, or 1 cup of butter softened

1 cup honey or sugar

3 large eggs

1 cup greek yogurt or sour cream

½ cup grated hard cheese, romano, parmesan or cotija cheese

Sesame seeds to sprinkle on tops

Preheat oven to 400 degrees F. Grease lightly or line 2 muffin tins (approximately 18 cups) and set aside.

Whisk flour, baking powder and salt together and set aside.

Cream coconut oil and honey together. Add eggs one at a time and mix until incorporated. Beat in the yogurt and cheese. Add dry ingredients and mix until smooth.

Spoon into greased muffin tin cups to about ¾ full. Sprinkle sesame seeds on top. Bake 15 to 20 minutes until tops are golden. Let cool in pans 10 minutes and turn out onto rack. Serve warm.

Note: if you use the honey instead of sugar, use the 1¼ cups of flour, if using sugar you will only need 1 cup of flour.

Old Fashioned Buttermilk Doughnuts

2 eggs, beaten
2 cups room temperature buttermilk
¼ cup melted butter or margarine
5 cups (700g) flour mix
1 cup sugar
1 tsp nutmeg
½ tsp cinnamon
2 tsp baking powder
1 tsp baking soda
2 tsp salt
2 tsp gum

Combine together all of the dry ingredients. Mix eggs, butter, and buttermilk at medium-low speed. Add dry ingredients and mix thoroughly. Turn out onto floured surface and roll out to about ½ inch thickness. Using a doughnut cutter, cut out doughnuts.* Keep putting scraps back together and rolling out to cut out more doughnuts.

Fry doughnuts in oil about ½ to ¾ inches deep at medium high heat until golden brown. Using a slotted spoon, lift finished doughnuts out and drain on absorbent paper towels.

When cool, you can roll them in sugar, powdered sugar, or cinnamon/sugar mix. You can also frost them if you like or serve with a good fruit preserve.

* For bite sized fun, cook the doughnut holes too! They're perfect for a small snack or small fingers to hold.

Rice Griddle Cakes

2 cups of cold boiled rice
2 cups (280g) flour mix
1 tsp sugar
½ tsp salt
1½ tsp baking powder
1 egg, beaten
Enough milk or milk substitute to make a pourable batter

Mix ingredients together to form a smooth pourable batter and pour onto hot oiled griddle, turning over when golden.

Sopaipillas (Puffed Bread)

4 cups (560g) pastry flour mix
2 tsp gum
2 tsp baking powder
1 tsp salt
4 to 6 Tbl shortening

1½ to 2¼ cup warm water

Shortening for frying about 2 inches deep

Combine dry ingredients and cut in shortening. Slowly add water and work into a smooth, semi-firm dough. Cover and chill for 20 minutes.

Heat shortening at medium-high heat.

Roll out dough on floured board, pastry mat, or parchment paper, to about ⅛ inch thick. Cut into 3 to 4 inch squares and fry both sides until golden brown.

Drain on paper towels.

Serve with honey or agave syrup.

Coconut Flour Wraps

These are more like pancakes or a crepe but they do wrap well. Makes 3 to 4 thin wraps.

2 Tbl sifted coconut flour

¼ tsp baking powder

3 egg whites

1 whole egg

4 Tbl coconut milk or water

Coconut oil or butter for pan

Mix all ingredients until smooth. Heat a 12 inch skillet with coconut oil over medium heat. Pour ¼ to ⅓ cup of batter into hot skillet and tip and rotate the skillet to get the batter out to the edges and thin. Cook till edges are brown and then carefully flip and cook till golden on the other side.

Mesquite Gluten-free Beer Bread

4 Tbl mesquite flour

560g (4 cups) flour mix

Large pinch of sea salt

2 Tbl baking powder

1 bottle gluten-free beer

½ cup brown sugar

⅓ cup molasses

2 egg whites beaten until soft peaks form

2 Tbl melted butter or olive oil to brush on top

Sift flours, salt and baking powder together. In a mixing bowl add flour to sugar on low speed. Slowly add the beer till combined. Fold in the egg whites with a wooden spoon. Pour or spoon in dough into a greased loaf pan and smooth. Pour or brush 1 Tbl of the melted butter or oil over top.

Bake immediately at 350 degrees F for 50 to 60 minutes on a rack in the lower third of the oven until a toothpick inserted in the middle comes out clean. Drizzle the last Tbl of butter over bread the last 15 minutes of baking.

Allow to cool in pan on wire rack 20 minutes, then turn out to cool fully on wire rack.



Orange Marmalade Oatmeal Muffins

For the oats:

- 1 cup steel cut oats
- 3 cups coconut milk
- 1 Tbl coconut oil
- ¼ cup water

Heat the oil in pot over medium-high heat. Add the oats and toast them. Heat the coconut milk and add to the oats. Cover and cook for 20 minutes on medium-low heat, stirring occasionally, until liquid is absorbed and you have creamy oats. Add the water if needed.

For the muffins:

- 1 ½ cup (210g) flour mix
- 3 tsp baking powder
- ¼ cup sugar
- ½ tsp gum
- ½ tsp sea salt
- ¼ cup coconut milk
- ¼ cup orange marmalade
- 1 cup cooked steel cut oats
- 1 large egg, well beaten
- 2 Tbl melted butter
- 1 tsp pure vanilla extract

Place all dry ingredients in the mixing bowl and whisk together.

Beat the egg well and whisk in the marmalade, vanilla, milk and melted butter.

On low in the mixer add the egg mixture to the flour mixture and mix until combined. Fold in the oats.

Line or grease a muffin tin. Fill each cup $\frac{1}{2}$ full. Bake at 375 degrees F for 25 to 30 minutes or until a tooth pick inserted comes out clean.

Variations: add $\frac{1}{2}$ cup shredded cheese in lieu of marmalade and reduce sugar to 2 Tbl. For New Mexico Oatcakes, reduce sugar to 1 Tbl, add 1 tsp chipotle powder, $\frac{1}{2}$ cup grated sharp cheddar cheese, fresh minced chives, oregano, and parsley.

Cakes, Cookies, and Sweet Things



Chocolate Fantasy Cookies, Nut Butter Cookies and Thumbprint Cookies

Chocolate Fantasy Cookies

2 cups (280g) cake flour mix
½ tsp gum
¼ cup dark semi-sweet baking cocoa
1 tsp baking soda
½ tsp salt
¾ tsp guar gum
1 cup butter or margarine
2 Tbl sour cream
2 oz. cream cheese
1 cup brown sugar, packed
2 tsp vanilla
2 eggs
1½ cup good quality semi sweet dark chocolate chips
½ cup chopped hazelnuts (or other nuts)(optional)
½ cup dried cherries (optional)

Preheat oven to 350 degrees F

Mix together the flour, cocoa, gum, baking soda and salt, set aside. Cream the butter and sugar together until very fluffy. Add sour cream and beat until smooth. Add vanilla, eggs and ¼ cup dry ingredients. Mix well. Slowly add remaining dry ingredients at medium high speed until well mixed. Add chocolate chips, nuts, and fruit last. (Batter will be stiff and sticky.)

Drop by tablespoonful onto a greased cookie sheet. Bake for 10 to 12 minutes. Remove to rack to cool. These will be very cake like. Store in a covered container.

Sour Cream Devil's Food Cake

1½ cup sugar
½ cup cocoa (baking cocoa)
¼ tsp salt
2 cups (280g) cake flour mix
¾ tsp gum
2 eggs
1½ cup sour cream
1 tsp vanilla
2 tsp baking soda dissolved in ½ cup hot water
¼ tsp cider vinegar
½ tsp red fruit coloring or grenadine syrup

Beat eggs and sour cream together for 2 to 3 minutes. Add the baking soda dissolved in hot water. Add vanilla and coloring. Finally add dry ingredients and beat well.

Grease two round 8x8 inch pans, line bottoms with parchment paper and lightly flour. Divide batter between the two pans. Bake at 325 degrees F for 1 hour or until done (inserted toothpick

comes out clean). Cool in the pans for about 10 minutes, run a knife around the edges to loosen and turn out on racks and cool fully. When cooled, assemble, and frost.

Real Red Velvet Cake

This recipe is adapted from the original Waldorf Astoria's recipe. There are no artificial coloring used for this.

3 oz. unsweetened dark chocolate, chopped (dutch processed is best)
2 cups Sucanat (raw cane juice sugar)
4 large eggs
1½ cups of oil (safflower works well)
1½ tsp pure vanilla extract
2 ½ cups (315g) cake flour blend
1 tsp gum
2¼ tsp baking soda
¼ tsp cider vinegar
⅛ tsp sea salt
1½ lbs cooked beets, pureed, reserving juice
2 tsp reserved beet juice

Heat the oven to 350 degrees F. Butter or grease 3, 8 or 9 inch round cake pans. Line the bottoms with parchment paper and grease the paper and flour the pans.

Melt the chocolate in the microwave in 30 second increments until almost all is melted, don't worry, the remaining will melt as you stir it up. Place the sugar, eggs, oil and vanilla in a mixing bowl and with the paddle attachment, mix on low for 2 minutes. Sift flour, gum, baking soda and salt together. Add the flour mixture to the wet and mix till well incorporated. Add the melted chocolate and mix well. Add pureed beets and beet juice and mix thoroughly.

Evenly divide the batter into the 3 cake pans. Bake in the middle of the oven for 20 to 25 minutes or until a toothpick inserted in the middle comes out clean.

Cool in pans for 5 to 10 minutes and then turn out onto a rack to cool fully.

When fully cool assemble and frost with a cream cheese frosting or cream cheese and mascarpone frosting (next page). Garnish with cocoa nibs or chocolate curls. Chill before serving and store in the refrigerator.

Cream Cheese Mascarpone Frosting

1 cup heavy whipping cream
12 oz. cream cheese, softened
12 oz. mascarpone cheese
½ tsp pure vanilla extract
1½ cups powdered sugar

Whip the cream in a small bowl until soft peaks may be formed. Set aside in the refrigerator.

In a mixing bowl beat the cream cheese on low till soft and fluffy. Add the mascarpone cheese and beat till smooth. Add vanilla and powdered sugar mixing till combined.

Using a spatula, fold in the whipped cream. Keep in the refrigerator until ready to assemble and frost the cake.

Peanut Butter Cookies

½ cup butter or margarine, softened

½ cup peanut butter

½ cup white sugar

½ cup brown sugar

1 egg

½ tsp vanilla

½ tsp salt

½ tsp baking soda

1 to 1½ cups (140 to 210g) flour mix

Cream butter and peanut butter together. Beat in sugars, and mix till smooth. Add the eggs, and vanilla. Mix in enough flour to make the mixture stiff enough for rolling into balls. Arrange by teaspoonful sized balls on a greased cookie sheet and press flat with a wet fork to make the crosshatch pattern on top.

Bake at 350 degrees F for about 10 to 12 minutes. Cool on a rack. If you like you can add ½ a peanut on top of each cookie before baking.

Note: Also try alternate “nut” butters like cashew or almond.

Soft Chocolate Drop Cookies

These cookies are just like small cakes and stay fluffy and moist.

3 cups (420g) flour mix

1½ tsp gum

¾ cup shortening or butter or margarine softened

1 tsp vanilla

1 tsp baking soda

1 cup of cocoa

2 cups packed brown sugar

2 large eggs

1¼ cup milk

1 cup chopped nuts (optional)

Cream the butter and sugar together. Add eggs, vanilla, milk and baking soda. Beat well. Add the flour, gum and cocoa. When well mixed, add nuts if desired.

Drop by teaspoonful onto a greased cookie sheet and bake at 375 degrees F for 10 to 12 minutes. Move to a rack to cool

Red Velvet Brownies

½ cup cooked beets chopped, drained reserving juice
7 oz. red or kidney beans, drained and rinsed
½ cup unsweetened Dutch process cocoa powder
3 eggs
3 Tbl cake flour mix
¾ cup agave syrup or honey
1 Tbl unsalted, melted butter
1 tsp vanilla extract
½ tsp almond extract
2 tsp beet juice

Preheat oven to 350 degrees F, line a 8x8x2 inch baking dish with foil and grease with butter and set aside.

Combine beets, beans, cocoa powder, eggs and flour in food processor and process until smooth, scraping the bowl sides several times.

Add agave, butter, extracts and juice and mix until all is well combined.

Pour into prepared baking dish and smooth out with a spatula if needed.

Bake 20 to 25 minutes until toothpick inserted in the center comes out with a bit of batter clinging to it.

Let cool completely in pan on a rack then refrigerate for 3 hours. When cold, cut and serve with cocoa powder or powdered sugar sprinkled on top. Store in the refrigerator.

Chocolate Chip Cookies

2¼ cups (315g) flour
1 tsp baking soda
½ tsp salt
1 cup butter or margarine softened
1 cup sugar
1 cup packed brown sugar
2 tsp vanilla
2 large eggs
2 cups chocolate chips
1 cup chopped nuts (optional)

Cream butter and sugars at medium speed until very creamy. Add vanilla and eggs and mix on low until well blended. Gradually add mixed dry ingredients mixing well, add chips and nuts last.

Drop by teaspoonful onto greased cookie sheets. Bake at 350 degrees F for 9 to 11 minutes or until golden brown. Remove to a rack to cool.

Butterscotch Cookies

½ cup butter or margarine
1 cup light brown sugar
1 egg or 2 yolks
1 Tbl cream or milk
½ tsp vanilla
½ tsp salt
1 tsp baking powder
1½ cups (210g) flour
2 cups butterscotch chips
½ cup chopped nuts (optional)

Cream butter and sugar together, add eggs, milk, and vanilla. Beat well. Add dry ingredients and beat well. Add chips and nuts.

Make small round balls and flatten slightly and place on a greased cookie sheet.

Bake at 375 degrees F for 10 to 12 minutes until golden brown. Remove to rack to cool.

Nuggets

½ cup plus 2 Tbl of butter
1 cup (140g) flour mix
½ tsp gum
2 Tbl sugar
⅛ tsp salt
1 tsp vanilla
1 cup chopped pecans (or other nut you prefer)
½ cup powdered sugar

Preheat oven to 350 degrees F.

Mix ingredients together except powdered sugar. Form dough into 1 inch balls and place onto cookie sheet. Bake for 20 minutes or until golden brown. While hot, roll in powdered sugar and place on rack to cool.

Cream Cheese Cookies

1 cup butter, softened
4 oz (½ cup) cream cheese, softened
1 cup sugar
1 egg yolk
½ tsp almond extract
½ tsp vanilla extract
1 cup (140g) flour mix

½ cup (70g) tapioca flour
4 oz slivered almonds (optional)

Cream butter and cream cheese together until smooth. Slowly beat in sugar until light and fluffy. Beat in egg yolk and flavorings. Mix flours together and slowly mix into the wet mixture until well blended.

Drop by teaspoonful onto cookie sheet. Bake at 350 degrees F for about 10 to 12 minutes, until edges are golden. Remove to wire rack to cool.

Pecan Pralines

1 cup light brown sugar, packed
1 cup white sugar
5 Tbl water
1 Tbl butter
½ lb chopped pecans

Combine sugars, water and butter in a pan and heat over med-high heat. When boiling, add the pecans and stir constantly until the mixture forms large bubbles and looks sugary. Remove from heat and drop by teaspoon full onto a well buttered platter, slab or cookie sheet. Allow to cool and set.

Jam Crumble Bars

1 cup (140g) flour mix
¼ cup (35g) tapioca flour
½ cup brown sugar
¼ tsp baking soda
¼ tsp cinnamon
½ cup cold butter, cut into 8 pieces
½ cup sugar free jam or preserves
½ cup finely chopped pecans

Mix dry ingredients together. Add butter and process until crumbly. Remove ½ cup of mixture to a separate bowl and into this ½ cup, mix in the pecans.

Press the remaining dough into a 9x9 inch baking dish. Spread with jam up to ¼ inch from edges. Crumble the reserved nut mix over the jam.

Bake at 350 degrees F for about 30 to 35 minutes, or until browned around the edges and the top. Cool in the pan on a wire rack. When cool, cut into squares.

Note: if using Agave in lieu of sugar, use ¼ cup, and increase your flour by ½ cup.

Butter Cookies

½ cup & 1 Tbl butter, softened
4 oz (½ cup) cream cheese, softened
1¼ cup confectioner's sugar

1 egg
1½ tsp real vanilla extract
¼ tsp salt
¼ tsp baking powder
1 cup minus 3 Tbl (130g approximately) of tapioca flour
2 cups (280g) flour mix
½ tsp gum

Preheat oven to 350 degrees F.

Cream butter and cream cheese together. Add sugar slowly and beat well. Add egg, vanilla, salt and baking powder, mix well.

Mix in flour.

To prepare dough for cutting out; work dough into a ball, wrap well, and chill for 1 hour. Roll out between parchment paper with a bit of flour. Cut out shapes with floured cookie cutters.

For Thumbprint Cookies, make tablespoon sized balls, roll and shape in damp hands. Place on cookie sheet and use your thumb to make an indentation in the middle of the ball, not very deep. Fill the indentation with your favorite fruit preserves, about ¼ tsp for each cookie.

Bake for 13 minutes. Remove to wire rack to cool.

Variations: You can add 2 Tbl of your favorite gourmet hot chocolate mix or instant coffee, replacing 2 Tbl of flour.

Chocolate Cherry Coconut Date Balls

1¼ cup whole, pitted dates (medjool are sweetest)
1 cup raw nuts, almonds, etc.
¼ cup dried cherries
1 Tbl cacao powder
2 Tbl shredded coconut
1 Tsp pure vanilla extract

Place all ingredients in food processor and process until fairly finely ground and ingredients start to stick together.

Using damp hands form balls with mixture and refrigerate balls till firm.

Makes about 2 dozen balls.

French Shortbread Cookies

10 Tbl unsalted butter, softened
½ cup sugar
1 large egg
1 cup (140g) almond flour
1 cup (140g) flour mix

½ tsp gum (if desired)
½ tsp pure vanilla or lemon extract

In a bowl mix flours and gum (if desired) together and set aside.

In mixing bowl, beat butter and sugar together until pale and fluffy. Add the egg and beat until well incorporated and smooth. On low speed add flour mix and mix until just combined.

Transfer dough to a work surface and form into two halves. Form each half into a flattened disk, wrap with plastic wrap and chill for 1 hour.

Heat oven to 350 degrees F. On a lightly floured work surface or parchment paper, roll out one disk to about ¼ inch thickness. Using a cookie cutter, cut out cookies and re-roll scraps to cut out more cookies. Place cut cookies on parchment lined baking sheets, spacing about ½ to 1 inch apart.

Repeat with the second disk of dough until all cookies have been cut out.

Bake 8 to 10 minutes, rotating the sheets from top to bottom etc., halfway through baking. Cookies should be set but not browned.

Let cool on wire racks before serving.

Cinnamon Almond Cookies

1 cup (140g) almond flour
1 cup (140g) flour mix
1 tsp cinnamon
¼ tsp ground cardamom
Pinch of sea salt
½ lb (2 sticks) unsalted butter, softened
¾ cup sugar
1 large egg
½ tsp almond extract

Preheat the oven to 350 degrees F. Position racks in upper and lower thirds of the oven. Line two large baking sheets with parchment paper.

In a bowl, mix flours, cinnamon, cardamom, and salt together.

In a mixing bowl, beat butter and sugar at medium high speed until fluffy, scraping the sides down occasionally.

Add the egg and beat at medium speed until well blended. Add half of the dry ingredients and mix until just incorporated, beat in the remaining dry ingredients.

Using a spatula, put dough into a pastry bag or cookie press with either a star tip or other shape you desire. Pipe/press the dough onto the baking sheets in about 1¾ inch round size. Refrigerate for about 20 minutes.

Bake 14 to 16 minutes, 14 for more of a cake texture, 16 for more crisp. Rotating the cookie sheets from top to bottom etc., halfway through.

Allow to cool on sheets 5 minutes then transfer to wire racks until fully cooled.

May be made into sandwich cookies using your favorite crème or meringue as a filler.



Fruit Cobbler

2 to 2½ cups of fruit (frozen or fresh)

Batter:

½ cup sugar

1 cup (140g) flour

½ tsp gum

2 tsp baking powder

⅛ tsp salt

1 to 1½ cup milk, milk substitute or water (enough to make the batter pourable)

Topping:

½ to 1 cup sugar (enough to cover the batter)

½ cup boiling water

Put fruit into a greased deep baking dish or casserole dish. Pour batter over the fruit and sprinkle the sugar over the batter, finally pouring the boiling water over the sugar covered batter.

Bake at 375 degrees F for about 40 to 55 minutes until the top is golden and crusty.

Serve warm with a scoop of ice cream or with heavy cream at room temperature.

Note: if you use a juicy type fruit that is frozen, you may wish to add ¼ to ⅓ cup tapioca granules to help it gel.

Buttermilk Pralines

2 cups dark brown sugar, packed
1 cup buttermilk
2 Tbl butter
2 cups chopped pecans

Butter sides of a heavy 2 qt saucepan. In pan, combine brown sugar and buttermilk, cook over medium-high heat to boiling while stirring constantly using a wooden spoon until sugar dissolves (approximately 6 to 8 minutes). Insert candy thermometer, and lower heat to med-low until the temperature reaches 234 degrees F, (approx. 20 to 25 minutes).

Remove pan from heat, add butter but don't stir it in.

Cool to 150° without stirring. Remove thermometer and stir in pecans. Beat mixture vigorously until mixture is just thickening. Drop candy by teaspoonful onto wax paper on a baking sheet. Let set. Store in a covered container.

Cookie Crumb Pie Crust

This crust works great in lieu of those recipes calling for a graham cracker crust.

1 ½ cup (175g approximately) fine cookie crumbs *
¼ cup brown sugar or 1½ Tbl of agave syrup
½ cup melted butter`

Pulverize cookies in a food processor or blender until they are fine crumbs. Mix crumbs with sugar and add melted butter, mixing well.

Press into a 9 inch pie pan. Fill and bake.

* Your own cookies like shortbread or peanut butter cookies will make a good crust. Or a commercial wheat-free/gluten-free shortbread type cookie will work also. Also the Ginger Cream cookie recipe makes an excellent crust.

** Tip for pressing into pie dish. Use a solid dish, greased glass or nonstick metallic. Using wax paper, and a rounded bottom glass you can easily press the crust into the pan and smooth it out.

Hazelnut Pie Crust

1 cup (140g) hazelnut flour
½ cup (70g) rice flour
½ cup (70g) tapioca flour
⅛ cup agave syrup
3 Tbl of chilled butter
2½ Tbl cream or half & half, or coconut creamer

In your food processor or mixer blend all ingredients until dough is thick and a bit clumpy.

Chill dough for an hour, turn dough out onto floured wax paper or pastry mat. Roll out the dough a bit, not completely as you would a regular flour crust.

Turn dough over into a rigid pie dish that has been greased. Using wax paper press the crust into the dish over bottom and sides. Chill for 15 minutes before filling and baking.

Note: this crust is great for tart crusts or in lieu of graham cracker crusts. If you want a flakier crust, use shortening or lard instead of butter.

Standard Pie Crust

2 cups (280g) flour mix
 $\frac{2}{3}$ tsp salt
 $\frac{1}{2}$ tsp gum
 $\frac{3}{4}$ to 1 cup lard or shortening or coconut oil
Ice water

Sift together flour, gum and salt, work in shortening. Mix to a dough with the water and roll out once on a floured board or waxed paper. If possible, chill before rolling and using. This will make one double crust 9 inch pie.

Almond Flour Cheesecake Crust

2 cups (280g) almond flour
2 cups Sucanat (cane juice crystals) or brown sugar
 $\frac{1}{3}$ cup melted butter or coconut oil

Mix all ingredients together. Grease and line the bottom and sides of a spring form pan with parchment paper. Pat mixture into bottom and $\frac{1}{2}$ to $\frac{3}{4}$ inch up the sides. Fill and bake.

Date Nut Tart Crust (No Bake)

$\frac{1}{2}$ cup raw nuts of choice
10 to 11 medjool dates

Lightly grease a 9 inch tart pan with coconut oil. Remove pits from dates and place all in a food processor or high speed blender. Pulse/process until it all resembles a coarse granular sand. Press into prepared tart pan. Refrigerate at least 30 to 40 minutes before filling.

Coconut Crust for Cheesecake

1 cup almonds
1 cup shredded coconut, unsweetened
 $\frac{1}{4}$ cup melted coconut oil
2 Tbl honey

In the food processor, grind almonds until they become a coarse meal. Add remaining ingredients and pulse until combined. Press into a 9" spring form pan. Bake for 10 minutes at 350 degrees F. Remove from oven and allow to cool fully before filling.

Almond Flour Pie Crust

1½ cups (210g) almond flour
1 Tbl starch
¼ tsp sea salt
¼ tsp baking powder
¼ cup coconut oil, melted (or use safflower oil)
2 Tbl agave
1 tsp pure vanilla extract

Sift dry together into a bowl and set aside.

Combine all liquid ingredients in a separate bowl and add the dry gradually mixing until well combined.

Grease a 9 inch pie plate or tart pan. Using a spatula, gently distribute dough in pan and up the sides, working to distribute evenly.

Prebake the crust in a 325 degrees F oven on a lower rack for about 10 to 15 minutes or until golden.

Fill with filling of choice.

Butter Pie Shell or Pastry

2½ cups (315g) pastry flour mix plus more for rolling
2 Tbl sugar
½ tsp sea salt
⅓ cup chilled shortening
6 Tbl chilled, unsalted butter cut into ½ inch pieces
8 to 9 Tbl ice water

Combine dry ingredients in large bowl. Using a fork or two knives, cut in the shortening and butter. Keep cutting or mixing until the mixture is crumbly and looks like small peas. Stir in the iced water a tablespoon at a time until the dough starts to form. Knead mixture to mix well with hands in the bowl. Wrap dough in plastic wrap and chill in the refrigerator 30 to 45 minutes.

Roll out the dough on lightly floured surface or with a bit of flour between two sheets of parchment paper. Roll out into a circle that is approximately 1 inch larger than the diameter of the pan and about ¼ inch thick.

Peel off top piece of parchment paper and gently flip the dough into your dish. Gently mold the dough into the pan, trimming off the excess. Use the excess should you get tears or dough cracks. Prick the bottom a few times with a fork and if using for a chilled pie, bake at 325 degrees F for 10 to 12 minutes.

May be frozen and thawed for future use.



Sinful Mango Cream Tart

This is an extremely rich tart filling.

1 tart crust of choice
 $\frac{2}{3}$ cup mascarpone cheese, softened
 $\frac{1}{3}$ cup cream cheese, softened
 $\frac{1}{4}$ cup pureed mango
 $\frac{1}{2}$ banana, mashed well
1 Tbl vanilla coconut creamer (I used So Delicious)
 $\frac{1}{3}$ cup honey
 $\frac{1}{2}$ tsp pure vanilla extract
Fresh slices of mango or other fruit for topping

Combine the mascarpone and cream cheeses and whip till creamy and light. Add pureed mango and mix well. Add honey, coconut creamer, and vanilla. Mix well scraping sides of mixing bowl.

Pour mixture into ready tart crust and refrigerate 1 hour minimum before adding fruit to topping.

Serve chilled with a drizzle of honey. Keep refrigerated.



Key Lime Cheesecake

Prepared cheesecake crust
2 lbs of cream cheese, softened
1 cup sugar
½ tsp nutmeg
4 large egg yolks
¼ cup key lime juice
Zest of two key limes

Preheat the oven to 350 degrees F. beat sugar and cream cheese until very smooth and fluffy. Add the yolks one at a time and mix well each time. Add nutmeg, lime zest, and lime juice and mix well.

Pour into the prepared crust. Place spring form pan into a shallow baking dish and place all on the upper rack of the oven. Bake 45 to 50 minutes until the center is almost set but still a little wobbly. Cool fully at room temperature then carefully run a thin knife around the edge and remove the sides of the pan. Chill for 4 hours before serving. Garnish with more lime zest, sliced candied limes or whipped cream and serve.

Key Lime Syrup ***(to drizzle over cheesecake)***

⅔ cup key lime juice
½ cup water
1 ½ cup sugar

Combine all in medium pot over bring to a boil then reduce heat to medium. Simmer 5 minutes or until thickened and sugar is dissolved

Vanilla Pound Cake

2 cups sugar
4 eggs & 1 egg yolk
3 cups (420g) cake flour mix
1 cup milk
1 cup butter
4 tsp real vanilla extract
2 tsp baking powder
1 tsp gum

Preheat oven to 350 degrees F.

Combine butter and sugar and mix at medium speed until creamy. Add eggs one at a time, and then add vanilla. Gradually add mixed dry ingredients alternately with the milk. Pour into a greased bundt pan or tube cake pan. Bake for 50 to 60 minutes or until toothpick comes out clean.



Strawberry Cake

There are two ways to fix this yummy and simple cake. I will list both.

3 cups (375g) cake flour mix
1 tsp gum
2 tsp baking powder
½ tsp sea salt
1 cup + 2 Tbl sugar

OR:

3 cups (375g) gluten free vanilla or yellow cake mix (like Pamela's products)
3 eggs

1/3 cup butter, softened or coconut oil, melted
2/3 cup coconut milk
2 tsp pure vanilla extract
1 lb of strawberries hulled and sliced
1 cup diced strawberries

Preheat oven to 350 degrees F. Grease the bottom and sides of a spring form pan with coconut oil, line with parchment paper on the bottom.

If using your own cake flour ingredients sift flour, salt and baking powder together and set aside. Cream the coconut oil/butter and 1 cup of sugar together on medium high speed. Then slowly add eggs and vanilla and mix until smooth. Gradually add dry ingredients alternating with milk. Beat till smooth.

If using a cake mix, on medium speed mix cake mix, coconut oil or butter, eggs, milk and vanilla. Beat until smooth.

Fold in diced strawberries and pour into prepared pan. Arrange sliced strawberries on top of batter and sprinkle with 2 Tbl of sugar.

Bake 10 minutes then reduce the heat to 325 degrees F and continue to bake about 55 to 60 more minutes until a toothpick inserted in the center comes out clean, and the top is golden.

Cool in the pan on a wire rack 30 minutes. Remove cake from pan and finish cooling fully on rack.

Arrange some sliced strawberries on top and sprinkle with powdered sugar.



Maple Sweet Potato Cheesecake Pie

1 cookie crumb, nut or Gluten-free graham cracker pie shell

8 oz reduced fat cream cheese
½ cup vanilla fat free, sugar free yogurt (Greek yogurt is good)
16 oz sweet potatoes, fully cooked or canned, drained and rinsed
½ cup pure maple syrup
1 tsp real vanilla extract
½ tsp cinnamon
¼ tsp ground cloves
1 egg
1 egg white
Pecan halves

Preheat oven to 350 degrees F.

Beat sweet potatoes until creamy and set aside. Beat cream cheese until creamy, add yogurt and beat until smooth. Add sweet potatoes, syrup, vanilla, cinnamon, and cloves. Beat until very smooth and then beat in the eggs.

Spoon or pour into crust, top with a few pecan halves to decorate.

Bake 30 to 35 minutes for a 9 inch pie, 45 minutes for larger, or until set. Cool one hour before serving.

Note: This is a good recipe for diabetics. You can substitute pumpkin or yams based on your preferences. This is a very rich dessert. Soft goat cheese may be used instead of regular cream cheese.

Buttermilk Pie

This pie is almost like a custard pie, and the flavor is light and creamy.

1 single pie crust, lightly prebaked
½ cup unsalted butter
1 cup of sugar
1½ Tbl of starch
3 eggs
1 cup of buttermilk
1 tsp vanilla

Preheat the oven to 450 degrees F. Bake the crust for approximately 5 to 8 minutes until very lightly browned.

In a saucepan over medium-low heat, melt the butter. Stir in the sugar and starch. Remove from the heat and set aside.

In a mixing bowl, beat the eggs on medium-high speed until fluffy. Stir in the buttermilk and vanilla with a whisk. Gradually whisk in the butter mixture until smooth. Pour into the prebaked crust.

Place pie on baking sheet and carefully tent pie with foil. Place on oven rack and bake at 450 degrees F 50 to 55 minutes until the center is set when pie is gently shaken.

Cool on a wire rack for 1 hour and refrigerate at least 4 hours before serving.

Scotch Shortbread

4 cups (560g) flour mix
2 tsp gum
1 cup sugar or ½ cup agave syrup
½ tsp salt
2 cups cold butter

Combine dry ingredients (and agave if using it instead of sugar). Cut in the butter until the mixture looks like small pebbles or crumbs.

Press mixture into an ungreased pan. Prick the top with a fork all over. Bake at 325 degrees F for 30 to 35 minutes or until the center is set.

Let cool 15 to 20 minutes and cut into squares or wedges. Let it continue to cool fully before serving.

Mocha Chocolate Frosting

6 Tbl cocoa
6 Tbl butter or margarine
6 Tbl hot coffee
1 tsp vanilla
2 cups powdered sugar

Pour hot coffee over butter and cocoa and mix well. Add vanilla and sugar. Beat until smooth and creamy and ready to spread.

Corn Starch Cookies

¾ cup shortening (butter will give better flavor)
½ cup sugar
1 egg
1 tsp vanilla
1 cup flour mix
½ tsp gum
½ tsp baking powder
¼ tsp salt
¾ cup (105g) corn starch

Drop by small teaspoonful on a lightly greased or parchment lined baking sheet. Bake about 12 to 15 minutes at 350 degrees F. Dust with powdered sugar if desired.

Ginger Creams

½ cup shortening
1 cup sugar

1 egg
1 cup molasses
4 cups (560g) flour mix
2 tsp gum
1 tsp cinnamon
½ tsp salt
2 tsp ginger
1 tsp nutmeg
1 tsp ground cloves
1 cup of hot water mixed with 2 tsp baking soda

Mix ingredients in sequence as listed. Drop by teaspoonfuls on a lightly greased cookie sheet and bake for 8 minutes at 400 degrees F. Remove to wire rack to cool.

These cookies are also a good substitute for a graham cracker crust. The crumbs will keep very well in the freezer for some time.

Coconut Macaroons

1, 14 to 16oz bag of shredded coconut
1 cup sliced or slivered almonds (optional)
½ cup sugar (or ¼ cup agave syrup)
¼ tsp salt
4 egg whites
1 tsp vanilla

Preheat the oven to 325 degrees F.

Mix all until well blended. Drop by tablespoon onto greased cookie sheets. If they don't stick together well, try forming them in hand into ball shapes.

Bake approximately 15 to 20 minutes until golden.



Rum Fruitcake

½ cup softened butter
3 oz softened cream cheese
½ cup sugar
2 eggs
1 tsp vanilla
1 cup (140g) cake flour mix
¾ tsp baking powder
½ tsp gum
¼ cup milk
1½ to 2 cups of dried fruits, diced finely

Place dried diced fruits in a sealable container, (use dates, pineapple, currants, cherries, raisins, or other dried fruits). Cover with dark rum, seal and let sit a minimum of 3 days, a week is best (most of the rum should be absorbed). Drain off liquid and set aside.

Preheat oven to 350 degrees F, lightly grease and dust a loaf pan with flour.

Cream butter and cream cheese until light and fluffy. Add sugar and cream well. Add eggs and vanilla, mixing well.

Add ½ of the flour, gum and baking powder mix well, add milk until mixed then add remaining flour.

Add fruit last.

Pour into loaf pan. Bake about 30 to 35 minutes or until toothpick comes out clean. Cool in pan for about 10 minutes then remove from the pan and finish cooling on a rack.



Coconut Cream Tart with Mangoes and Kiwi

Coconut Cream Tart Filling

1 prepared Date Nut tart crust, or crust of choice

½ cup raw cashews
1 cup unsweetened shredded coconut
4 to 6 Tbl coconut creamer (I use So Delicious)
2 Tbl coconut oil, melted
2 tsp pure vanilla extract
¼ cup agave or honey
¼ cup applesauce, or mashed banana
½ cup pureed fruit, mango, peach, etc.

Soak cashews and coconut in water overnight. Drain water from cashews and pulse in food processor or high speed blender until smooth and creamy, adding a tablespoon or so as needed of coconut creamer. Drain any excess water from coconut shreds and add to cashew mixture, adding creamer as necessary. Processing all until smooth, thick and creamy.

Add oil, agave or honey, vanilla and pureed fruit. Pulse till combined.

Pour into prepared crust and refrigerate a minimum of one hour to allow it to set before topping with sliced fruit or berries. Serve chilled.

Carrot Cake

2 cups sugar
1 cup oil (light oil, like safflower)
4 eggs
2 cups (280g) cake flour mix
1 tsp salt
2 tsp baking powder
½ tsp gum
2 tsp baking soda
3 cups raw finely grated carrots
½ cup chopped nuts

Cream sugar and oil or butter. Add eggs and cream well.

Sift the dry ingredients together and add to the mixture. Fold in the carrots and nuts.

Pour into a 13 x 9 x 2 inch baking pan or pour into paper cups, filling the cup $\frac{2}{3}$ full in a muffin tin. Bake at 350 degrees F for 30 to 40 minutes for baking pan, 20 to 25 minutes or until an inserted toothpick comes out clean. Let cool fully then frost.

Frosting:

1 lb powdered sugar
¼ cup butter, softened
8 oz. cream cheese, softened
2 tsp vanilla

Cream cheese and butter together. Add sugar gradually adding vanilla last.

Sour Cream Cookies

1 cup brown sugar, packed
½ cup shortening
½ cup sour cream
1 egg
½ tsp. salt
2 cups (280g) flour mix
½ tsp gum
½ tsp nutmeg
½ tsp. baking soda
2 tsp baking powder
1 cup chopped nuts

Cream sugar and shortening. Add egg, sour cream and nuts. Sift dry ingredients together and add to mixture alternatively with sour cream. Mix well and drop onto greased baking sheet. Bake at 375 degrees F for 12 to 15 minutes. Remove to wire rack to cool.

Soft Molasses Cookies

2½ (350g) cups flour
1 tsp gum
½ cup shortening
1 tsp ginger
½ cup sugar
¼ tsp salt
½ cup molasses
1 tsp cinnamon
1 egg
2 tsp baking soda
6 Tbl cold water
2 Tbl hot water
½ cup plumped raisins

Sift dry ingredients except sugar and soda together. Dissolve soda in hot water. Mix shortening with sugar, molasses, and egg. Mix in flour mixture alternately with cold water, adding soda and raisins last. Drop by teaspoonful onto greased cookie sheet.

Bake at 400 degrees F for 10 minutes.

Lemon Bread Pudding

Here is a good use for bread crumbs from leftovers or failures.

3 cups milk
¼ tsp salt
2½ cup fine bread crumbs
4 eggs, separated, set whites aside
1 cup sugar

Grated rind of 1 lemon
1 Tbl butter
Juice of 2 lemons

Beat egg yolks well and set aside. Heat the milk, soft (not stale) bread crumbs, sugar, butter, and salt in a double boiler. Gradually pour milk mixture into the well beaten yolks of the eggs, add the rind and juice of 1½ of the lemons, mix with wooden spoon. Pour into greased baking dish and bake in a moderate oven, 350 degrees F for about 30 minutes or until set. Cover the pudding with a meringue made of the whites of the eggs and 4 Tbl of sugar, and a little salt and the remaining juice of the ½ lemon. Bake until lightly browned.

Yellow Cake

3 cups (420g) cake flour mix
2¼ tsp baking powder
1½ tsp gum
1 cup butter or shortening
1½ cup sugar
2 tsp vanilla
4 egg yolks
1¼ cups milk
4 egg whites

Preheat oven to 375 degrees F.

Cream butter and add sugar gradually mixing well, until creamy. Add vanilla and egg yolks one at a time blending thoroughly after each one.

Mix dry ingredients and add to butter mixture alternately with milk. Beat well.

Beat egg whites until they begin to hold a soft peak

Fold egg whites into batter using wooden spoon.

Pour batter into greased and floured 8 inch round layer pans.

Bake for about 30 minutes or until toothpick comes out clean.

Allow to cool in pans for 5 minutes on wire racks. Then turn out and allow to cool fully on wire racks.

When cool, assemble and frost.



Buttermilk Brownies

1 cup butter or $\frac{3}{4}$ cup coconut oil
 $\frac{1}{2}$ cup organic dark unsweetened cocoa
1 cup water
2 cups (280g) sifted flour mix (cake flour blends work best)
2 cups sugar or $\frac{2}{3}$ cup agave nectar
1 tsp baking soda
2 eggs, slightly beaten
 $\frac{1}{2}$ cup buttermilk or coconut milk
1½ tsp real vanilla extract
Chopped nuts or sliced almonds (optional)

In a saucepan combine water, cocoa and butter. Bring mixture to a boil stirring constantly. Remove from heat and set aside to cool slightly.

In a large bowl sift flour, sugar, baking soda and salt together.

In a smaller bowl, blend the eggs, buttermilk and vanilla. Add this mixture to flour mixture and blend till smooth.

Add cocoa mixture to bowl and blend. Don't over mix the batter. Batter will be sticky and seem partially cooked.

Spread the dough into a greased baking pan, about 9x10 by 2 inches deep. If you like top the dough with chopped nuts or sliced almonds.

Bake at 375 degrees F (350 degrees F for agave) for 20 minutes or until toothpick inserted into the center comes out clean.

Allow to cool in pan and cut and serve.

Orange Pudding Cake with Icing

This is a very moist cake and lives up to its name.

1 lb tangerines or oranges
3 large eggs
1 cup cane sugar
½ cup melted coconut oil
1 tsp pure vanilla extract
½ cup coconut flour
½ cup almond flour
3 Tbl tapioca flour
¼ tsp sea salt
½ tsp baking soda

Place whole washed oranges into a medium pot and cover with water. Simmer covered for at least an hour or until the skins are very tender when poked with a fork. Drain water, rinse slightly with cool water and place oranges in a bowl to cool enough to handle.

When cool enough to handle, break them open with your fingers and remove any seeds. Do this over a bowl as you will save all juice. Place juice and portions of orange, skin and all into a blender or food processor. Puree sections into a fine paste.

Measure 1 cup of puree into a bowl. Add to paste, sugar, eggs, vanilla and melted coconut oil. Whisk well to combine.

In a separate bowl sift flours, salt and soda together and whisk into orange mixture.

Scoop batter into a greased loaf pan or cupcake cups ¾ full.

Bake at 350 degrees F for 18 to 20 minutes for cupcakes and 40 to 45 minutes for loaf, or until done when toothpick inserted in middle comes out clean.

Allow to cool in pan for a few minutes before removing to a rack to fully cool. When cake(s) are fully cooled, make the icing and ice the cake(s).

Icing:

1 cup powdered sugar
¼ cup orange juice
Whisk together and pour over cooled cake(s)
For a sugar free icing option, drizzle with Agave nectar just before serving.

Note: This recipe may also be made with various other pureed fruits such as: roasted sugar pumpkins, mango, applesauce, peaches, simply replace orange puree with fruit puree and make an icing using some pureed fruit and shredded coconut if desired.

Simple Icings:

Maple (goes with pumpkin well):

1 cup powdered sugar
2 tsp maple syrup
2 Tbl milk

Whisk together and pour over cake(s).

Fruit:

1 cup powdered sugar
⅛ cup pureed mango, applesauce, or other fruit
1 Tbl coconut creamer
2 Tbl shredded coconut (optional)
Whisk well and pour over cake(s)

Apple Cheesecake Streusel Bars

1 box of gluten-free yellow cake mix
½ cup cold butter
2, 8 oz. packages of low fat cream cheese, softened
½ cup sugar
1 tsp pure vanilla extract
1 egg
4 to 5 medium sized tart apples, peeled, cored and sliced into ½ inch wedges
2 cups applesauce
½ tsp cinnamon
½ cup chopped walnuts or pecans
½ cup brown sugar

Heat oven to 350 degrees F. Grease a 13x9 inch pan and set aside.

Place cake mix in large bowl. Using a pastry blender or two table knives, cut in the butter until the mixture is crumbly and coarse. Reserve 1½ cups of the cake mix aside and mix with brown sugar. Press remaining cake mixture into the bottom of the pan and bake for 10 minutes.

In a large bowl, beat cream cheese, sugar, vanilla and egg with mixer on medium speed until creamy. Spread cream cheese mixture evenly over the partially baked crust.

In another bowl, mix applesauce with cinnamon. Spread apple slices overlapping on cream cheese then spoon apple sauce over apples. Sprinkle remaining cake and brown sugar mix over the top of all. Sprinkle with nuts last.

Bake 35 to 40 minutes or until topping is light golden brown. Cool pan on a rack for about 30 minutes then refrigerate to chill for about 2 hours.

Cut bars to serve. Store in the refrigerator covered.

Apple Almond Cake

½ cup butter or margarine, softened
½ cup sugar
3 eggs

1 tsp almond extract
¼ cup applesauce
1½ cups (210g) of cake flour mix plus ¾ tsp gum, or Gluten-free Bisquick mix
4 medium tart baking apples, peeled, cored and cut into ½ inch wedges
1 tsp powdered sugar
¼ cup sliced almonds, toasted if desired

Heat oven to 325 degrees F. Grease the bottom of a 9 inch spring form pan.

In a large bowl, cream the butter and sugar until smooth and fluffy with a mixer on high speed. Add eggs, applesauce and almond extract and mix on medium till smooth. Add flour mix and mix until combined.

Spread batter into the bottom of the pan. Press the apple slices down into the batter. Bake 1 hour or until apples are tender and cake is golden brown.

Cool 30 minutes in pan at room temperature. Remove the pan sides, sprinkle top with sliced almonds and then with powdered sugar. Serve warm.

To toast almonds, heat in a ungreased skillet over medium high heat stirring occasionally for 6 to 10 minutes until fragrant and light brown.

Pumpkin Nut Torte

Cake:

2 cups pureed roasted pie pumpkin
2½ cups (350g) cake flour mix plus ¾ tsp gum, or Gluten-free Bisquick mix
⅓ cup agave syrup (or 1 cup honey)
¾ cup finely ground hazelnuts or almond meal
¼ cup butter or shortening
1 cup milk
1 tsp pumpkin pie spice
1 tsp pure vanilla extract
2 eggs

Pumpkin Cream:

¾ cup powdered sugar
1½ cups heavy whipping cream
½ tsp pumpkin pie spice
½ tsp pure vanilla extract
1 cup pureed roasted pie pumpkin

Garnish:

½ cup chopped hazelnuts or sliced almonds

Heat the oven to 350 degrees F. Grease and flour 2, 9 inch round cake pans. Reserve 1 cup of pumpkin puree aside for cream.

In a large bowl, beat remaining pumpkin and all remaining cake ingredients with mixer on low speed until well combined. Beat on medium speed for 4 minutes scraping bowl sides occasionally. Divide the batter between the two pans.

Bake 25 to 30 minutes or until a toothpick inserted in the center comes out clean. Cool in pans for 10 minutes. Remove the cakes from the pans to fully cool on wire racks. Cool cakes completely.

In a chilled large bowl, beat the cream ingredients, except the pureed pumpkin, on high speed until stiff. Using a spatula or wooden spoon, fold in the pureed pumpkin. Set aside.

Place one cake layer rounded side down on cake plate or serving platter. Spread with approximately 1½ cups of the pumpkin cream. Top with the second layer, rounded side up. Spread remaining pumpkin cream on top and sprinkle with chopped or sliced nuts. Refrigerate 1 hour before serving. Store left over cake in the refrigerator.

Roasting Pie Pumpkins:

Wash the pumpkin and dry. Cut in half and scoop out the seeds and strings.

Lay the cut side down in a large baking disk. Pour water into the pan to the depth of approximately ¼ to ½ inch.

Bake at 350 degrees F for 45 to 60 minutes or until very tender and the skin can be pierced easily with a fork. Remove from the oven and allow to cool enough to handle. Either scoop out the interior or peel it off.

Cut up the interior pieces and puree in a blender or food processor.

May be stored in the refrigerator up to 5 days, and does freeze well.

Pumpkin Tarts with Maple Icing

For the Crust:

2 cups (280g) pastry flour mix

1 Tbl sugar

½ tsp sea salt

1 cup unsalted butter, cold and cut into cubes

1 large egg

1 Tbl milk, cold

1 large egg beaten for brushing the dough

For the Filling:

¾ cup pureed roasted pumpkin

1 large egg

⅛ tsp ground cloves

¼ tsp ground ginger

½ tsp cinnamon

¼ tsp sea salt

3 Tbl agave syrup

For the Maple Icing:

1 cup powdered sugar

2 tsp pure maple syrup

2 Tbl milk

To prepare the crust; wish together the flour sugar and salt in a medium sized bowl. Add the cold butter and cut it into the flour using a pastry cutter or pair of table knives. Work it in until you have small pea sized lumps in the mixture. Mixture should hold together when squeezed into a ball.

In a small bowl, beat milk and egg together and add to the flour mixture and mix well. Knead the dough on a floured surface for a bit till it comes together nicely. Divide the dough into two balls, wrap in plastic wrap and refrigerate for about 45 minutes. It is easier to work with chilled.

To prepare the filling; in a small pan heat the pumpkin puree and spices over medium heat. Just heat through until the spices become fragrant. Remove from heat and place puree into a medium sized bowl. Whisk in the egg, salt and syrup. Place the bowl into the refrigerator to cool while the dough is now rolled out.

On a well floured surface or between pieces of parchment paper dusted with flour, press out the dough as evenly as possible. Roll out to about $\frac{1}{4}$ to $\frac{1}{8}$ inch thickness. Using a floured biscuit cutter or glass about 3 inches in diameter, cut out circles, equal number for tops and bottoms. Combine scraps and roll out and cut again. Place cut out dough into the refrigerator again while you roll out the second ball of dough. Chill all cut out dough pieces till firm again, about 30 minutes.

Place one set of cut outs on a baking sheet and brush with beaten egg around the edges. Spoon about 1 well rounded tablespoon of pumpkin mixture into the center of dough. Top with a second round of dough and using a floured fork, crimp the edges together. Then use the fork to poke 1 set of holes in the top. Brush the tops with egg mixture and place sheets in the fridge again to rest for 30 more minutes till the oven has heated.

Heat oven to 350 degrees F. Bake tarts for 25 to 30 minutes until golden.

Cool tarts fully on a wire rack before icing. When cool mix icing and pour some over the top of each tart.

Bite-sized Honey Cranberry Almond Tarts

1 basic pie crust recipe, chilled and rolled out

2 cups cranberry sauce mixture (p.)

4 Tbl almond paste, softened

1½ tsp sliced almonds

8 tsp honey or agave (optional)

Heat oven to 425 degrees F. Grease a mini muffin pan.

Roll out crust on floured surface or between floured parchment paper to about $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. Using a biscuit or doughnut cutter, cut out rounds about 3 to 4 inches in diameter. Reroll out scraps and cut out. Gently work dough into muffin cups. Using a pastry bag, or if the paste came in a tube, dispense about one to one and a half tsp of paste into the center of each dough cup. Divide cranberry sauce into each cup over almond paste. Gently take overlap dough and pinch over the cranberry mixture. Sprinkle each cup with sliced almonds.

Bake 14 to 16 minutes or until crust is golden brown. Allow to cool in pan. Drizzle with honey or agave before serving if desired. May also be served warm with ice cream.

Key Lime Cheesecake Pie

1, cookie crumb, gluten-free graham cracker, or crust of choice

For Pie Filling:

3 egg yolks

8 oz. of reduced fat cream cheese

4 to 5 oz. key lime juice

1, 14 oz. can of sweetened condensed milk

Grease a 9 inch spring form pan and line with parchment paper on bottom and sides. Work the crust into bottom and about $\frac{1}{2}$ to 1 inch up the sides.

In a mixer on medium speed, beat the cream cheese until smooth and fluffy. Scrape down sides of bowl and on low speed, slowly add condensed milk. Mix till smooth. Add egg yolks and blend well. Add lime juice continue to mix until smooth. Pour mixture into the crust and bake at 350 degrees F for 10 minutes. Allow pie to stand and cool for 10 to 15 minutes then refrigerate. Top with freshly whipped cream and very thin lime slices.

Chewy Cherry Nut Bars

1 cup of butter, margarine or coconut oil, softened

2 cups packed brown sugar

2 tsp baking powder

1 egg

1 tsp almond extract

2 cups (280g) flour mix

2 cups gluten-free rolled oats

$\frac{1}{2}$ cup slice almonds or chopped nuts of your choice

1 cup of cherry preserves

Preheat the oven to 350 degrees F. Line a 13x9x2 inch baking pan with foil, fold foil over the edges of the pan. Grease the foil and set the pan aside.

In a large bowl, beat the butter on high speed until creamy and fluffy. Add the brown sugar and baking powder. Beat until combined scraping the sides of the bowl occasionally. Beat in the egg and almond extract then slowly add flour. If the mixer won't handle all the flour (the dough gets dense and thick, stir in any remaining flour with a wooden spoon. Stir in the oats and almonds.

Remove ½ of the dough and set aside. Press the remaining half of the dough evenly into the bottom of the prepared pan. Spread the preserves evenly over the dough. Crumble the remaining dough over the preserves.

Bake for about 35 minutes or until lightly browned. Cool completely in the pan on a wire rack.

Using the edges of the foil, lift the uncut bars out of the pan. Cut into bars.

Store bars in a covered airtight container in the refrigerator. These do freeze well.

Cherry Bread

1½ cups (210g) cake flour mix
½ cup (70g) almond flour
½ tsp gum
2 tsp baking powder
¼ tsp sea salt
¼ cup chopped nuts (optional)
½ cup coconut oil, not melted, or butter
¾ cup sugar
2 eggs
½ cup maraschino cherries, chopped
¼ cup maraschino cherry juice
¼ cup coconut milk (I used So Delicious) or water
¼ tsp almond extract
¼ tsp pure vanilla extract

Preheat oven to 350 degrees F. Grease a standard loaf pan.

Sift dry ingredients together, set aside.

Beat coconut oil with sugar till smooth and creamy. In a separate bowl, whisk eggs until frothy then add to sugar mixture with cherries. Blend well. Add dry mix alternately with coconut milk and juice, mixing well.

Add extracts and nuts and mix till combined.

Pour into the greased loaf pan. Bake on lower rack 45 to 50 minutes until done when a toothpick inserted in the center comes out clean.

Remove from oven and gently run a knife around the sides of the pan to loosen. Allow to cool in the pan 15 minutes then turn out to cool fully on a wire rack.

Coconut Pie

3 eggs
1¾ cup coconut milk
¼ cup coconut oil, butter or margarine, melted
1½ tsp pure vanilla extract
1 cup flaked or shredded coconut (unsweetened)

¾ cup Sucanat (raw cane sugar) or ¼ cup Agave
½ cup (70g) gluten-free Bisquick mix or cake flour mix

Heat the oven to 350 degrees F. Grease a 9 inch pie plate with coconut oil. Mix all ingredients and pour into the greased pie plate.

Bake for 45 to 50 minutes until golden and a knife inserted into the center comes out clean.

Allow to cool. Store in refrigerator. Serve with fruit, whipped cream or ice cream.

Note: if using Agave you will need to lower the oven temp by 25 degrees and tent the pie.

Creamy Coconut Rice Pudding

1 cup Jasmine rice, rinsed
3½ cups coconut milk
1 to 1½ cups water
½ cup sugar
1 tsp cinnamon
1 tsp pure vanilla extract
½ cup raisins

Combine rice, coconut milk, 1 cup of water and sugar in a saucepan. Bring to a boil over medium-high heat stirring frequently. Reduce heat to medium-low and simmer 25 to 30 minutes stirring occasionally until rice is tender. Add raisins in the last 10 minutes of cooking and the last ½ cup of water if needed.

Remove from heat and add vanilla and cinnamon. Allow to cool slightly. May be served warm or chilled. Store in the refrigerator.

Crème Puffs

¼ cup (35g) tapioca flour
¼ cup (35g) fine white rice flour
2 Tbl potato or arrowroot starch
1 Tbl sugar or honey
Pinch of sea salt
½ cup water
3 Tbl coconut oil or butter
2 eggs

Preheat the oven to 375 degrees F. Lightly grease a baking sheet and line it with parchment paper.

In a small bowl, combine all the dry ingredients and set aside.

In a medium saucepan over medium high heat, bring the coconut oil or butter with the water to a boil. As the liquids come to a boil add the dry ingredients and using a wooden spoon mix into the liquid well and continue to cook till it wants to ball in the pan. Remove the pan from heat and lower the burner to low.

Using the spoon, beat in the eggs one at a time till fairly well mixed and smooth.

Return to the stove and cook another 2 minutes stirring constantly over the low heat. Remove from heat.

Using a table spoon drop spoonfuls onto prepared baking sheet about 1½ inches apart.

Bake 35 to 40 minutes on lower rack in oven or until golden. Remove from oven and allow to cool fully on wire rack.

When cool using a sharp knife, slice off the top third of the puff. Gently using your fingers remove as much of the moist dough from the top and interior of the puff. This moist dough can be discarded.

Fill the puffs with crème filling of choice and replace the top.

For garnish they may be sprinkled with powdered sugar, or drizzled with dark chocolate.

They will need to be stored in the refrigerator, providing there are any leftovers to store.

Chocolate Crème Filling

1 cup butter, softened

1 cup sugar

4 oz. unsweetened dark chocolate, melted and cooled slightly

2 tsp pure vanilla extract

4 eggs

In a mixer on medium speed, cream the butter and sugar together until light and fluffy. Beat in the chocolate and vanilla until smooth and the sugar is dissolved.

Beat in the eggs one at a time, beating almost 2 minutes after each egg.

Put crème into a pastry bag with fluted tip and chill for 30 to 40 minutes.

Pipe into Crème Puffs.

Vanilla Pudding Filling

2, 3½ oz. packages of gluten-free instant vanilla pudding mix

1 cup milk

2 cups heavy cream

Whip the cream till it starts to form stiff peaks. Slowly beat in pudding mix and milk to make creamy thick filling. Chill before filling Crème Puffs.

Coconut Chewy Bars

2½ cups of raw nuts of choice, almonds, hazelnuts, cashews, etc.

½ cup rolled oats

⅔ cup dry fruit, cherries, blueberries, apricots, etc.

¼ cup unsweetened shredded coconut
1 cup medjool dates, pits removed
1 tsp pure vanilla extract
2 Tbl So Delicious Vanilla Coconut Creamer
1 to 2 Tbl of water if needed

Place nuts and oats in food processor. Pulse until nuts are chopped fairly fine. Add remaining ingredients except water and mix till well combined adding water if needed until mixture begins to stick well together.

Press into a parchment lined 9x13 inch baking dish. Refrigerate for 2 hours, cut into squares and serve.

Fruit Puree Velvet Cupcakes

¾ cup butter, softened
2 cup sugar
3 eggs, room temp
1 tsp vanilla
1 ½ cup (210g) white rice flour
½ cup (70g) tapioca flour
½ cup (70g) potato starch
1 tsp gum
½ cup dark dutch processed cocoa
1 ½ tsp baking soda
1 tsp cider vinegar or lemon juice
½ tsp salt
1 ½ cup coconut or other alternative milk
1 ½ cup pureed fruit
(may use beets also, and sub ½ cup beet juice for ½ cup of milk)

Heat the oven to 350 degrees F. Line or lightly grease 3 muffin tins (standard size).

Cream butter and sugar together until very smooth. Beat in the eggs one at a time combining well after each addition. Add vanilla and beat until light and fluffy.

Sift all dry ingredients together. Add vinegar or lemon juice to milk. Alternating dry and milk add to butter mixture and mix until combined. Add pureed fruit last, mixing until smooth.

Fill muffin cups ¾ full. Bake for 25 to 30 minutes until toothpick inserted in the centers comes out clean. Let cool in pans 5 to 10 minutes and then remove to rack to cool fully before frosting. Frost with cream cheese or butter cream frosting.

Cardamom Fruit Granola Bars

8 Tbl unsalted butter, browned and strained from solids
1 ½ cup GF rolled oats
¼ cup quinoa flakes
¼ cup flax meal

1 ½ tsp ground cardamom
½ cup sliced almonds
½ cup dried fruit of choice, cherries, blueberries, etc.
¼ tsp ground cinnamon
⅛ tsp ground nutmeg
⅛ tsp sea salt
5 Tbl honey
⅓ cup packed brown sugar

Heat the oven to 300 degrees F. Line a 9 inch square baking pan or dish with heavy duty foil and extend the foil over the sides. Grease the foil with 1 Tbl of the browned butter.

Mix the oats, quinoa, flax, cardamom, almonds, fruit, cinnamon, nutmeg and salt in a bowl and set aside.

Heat the browned butter, honey and brown sugar in a saucepan until it begins to boil and foam. Pour over the oat mixture and mix well to ensure all is coated.

Transfer the mixture to the baking dish and using a spatula, press gently but with enough pressure to ensure the mix holds together, into the pan.

Bake 50 minutes or until the top turns golden. Remove from oven and allow to cool about ½ hour in the pan. Lift the foil out of the pan and place on a rack to cool a bit more. Transfer to cutting board and using a sharp knife or pizza cutter, cut into bars or squares. Allow to finish cooling and store in an sealed container.



Coconut Flour Snickerdoodles

¾ cup light brown sugar
4 eggs
1 tsp vanilla extract
⅛ tsp sea salt
5 oz. coconut oil, softened or melted
¾ cup coconut flour

2 Tbl sugar
1 Tbl cinnamon

Beat the brown sugar, butter, eggs, vanilla and salt together till smooth. Add flour and mix well. Let stand for 5 to 10 minutes.

In small bowl, combine cinnamon and plain sugar together.

Make small dough balls, 1 to 1 ½ inch diameter. Roll the balls in the cinnamon and sugar mixture and place on parchment lined baking sheets. Flatten each ball slightly. Sprinkle remaining cinnamon and sugar mixture over each cookie.

Bake at 375 degrees F for 15 minutes or until lightly golden. Remove to wire rack to cool. Store in airtight container.



Irish Cream Chocolate Cheesecake

2 cup finely crushed chocolate cookies (I used Kinnikinnick chocolate K-Kritter cookies)
8 Tbl melted butter
½ tsp ground cinnamon
3, 8 oz. packages cream cheese, softened
1 cup, 8 oz. thick greek yogurt
1 cup sugar
8 oz. dark, semisweet chocolate chips, melted and cooled a bit
3 eggs, room temperature
½ cup Irish Cream liqueur
2 Tbl So Delicious coconut creamer, plain
2 tsp vanilla extract

Heat oven to 325 degrees F. For the crust, place cookies in the food processor or blender and pulse until all fine crumbs. Add the melted butter and cinnamon and pulse or mix until combined. Press the mixture into the bottom and up the sides of a 9 inch spring form pan. Set aside.

Beat cream cheese and yogurt until smooth and fluffy. Add eggs one at time and mix until combined. Add liqueur, creamer and vanilla. Mix well. Add chocolate and mix till smooth and fluffy.

Pour into the crust lined pan, smooth out with spatula. Place pan inside a shallow baking dish or rimmed baking pan and bake for 50 to 60 minutes until the center appears nearly set when gently wiggled.

Cool in the pan on a wire rack approximately 30 minutes. Using a thin knife or spatula, loosen the sides and cool an additional 30 minutes. Remove the side of the spring form pan and cool 1 hour more. Cover and chill for at least 6 hrs or more before serving.

Vegan Key Lime Bars

4 cups raw, unroasted cashews
1 cup key lime juice
 $\frac{3}{4}$ cup coconut milk
 $\frac{1}{2}$ cup softened coconut oil
 $\frac{1}{2}$ cup agave nectar or honey

Place cashews in high speed blender or food processor and process until smooth about 2 to 3 minutes. Scraping down the sides as necessary. Add remaining ingredients and blend/process until well combined and very smooth.

Line a 9 inch pie plate or baking dish with foil. Using a spatula, spoon in the mixture into the dish and smooth out. Freeze for at least 2 hours until very firm. Use a large knife or pizza cutter to cut into bars. Serve! Store in refrigerator.

Chocolate Coconut Truffles

1 $\frac{1}{2}$ cup unsweetened shredded coconut
1 $\frac{3}{4}$ cup confectioners' sugar
3 Tbl So Delicious coconut creamer, plain or vanilla
 $\frac{1}{2}$ tsp vanilla extract
1 tsp cocoa powder
1 $\frac{1}{2}$ Tbl cinnamon

Place coconut shreds, 1 $\frac{1}{2}$ cup of confectioners' sugar, creamer, and vanilla in food processor and pulse till well combined.

Using a tablespoon, scoop out a spoonful of mixture and roll into a 1 inch ball. Place balls onto a parchment lined baking sheet and set aside to rest for 1 hour.

Combine cocoa, cinnamon and remaining $\frac{1}{4}$ cup confectioners' sugar in a small bowl. Roll each ball in the mixture and shake off excess. Store in sealed container in the refrigerator.



Cherry Oatmeal Cookies

1 cup (140g) sorghum or buckwheat flour
¼ cup (35g) brown rice flour
½ cup (70g) tapioca flour
1 tsp baking powder
½ tsp gum
½ tsp sea salt
1 ½ tsp psyllium powder or ground flax meal
1 tsp cinnamon
½ tsp ground nutmeg
¾ cup coconut oil, softened
1 ½ cup muscovado or brown sugar
1 ½ tsp vanilla extract
2 extra large eggs
3 cups GF rolled oats or flaked quinoa
1 cup dried cherries

Heat the oven to 350 degrees F. Cream coconut oil and sugar together. Add vanilla and eggs and mix until very smooth. Combine the dry ingredients together and add to oil sugar mixture. Add oats and mix gently until combined, scraping the sides as needed. Using a wooden spoon, add in the fruit and just mix together.

Using a tablespoon, make a dough ball, about 1 to 1 ½ inch diameter and place on parchment lined baking sheet about 2 inches apart. Flatten the balls slightly. Bake for 12 minutes until golden. Let cool on baking sheet for 5 minutes and remove to wire racks to cool fully.

No Bake Chocolate Oatmeal/Quinoa Cookies

1 cup sugar
1 cup muscovado or brown sugar
¼ cup cocoa powder, dark
½ cup coconut or almond milk

½ cup coconut oil
1 tsp vanilla extract
Pinch of sea salt
½ cup almond butter
½ cup shredded coconut
3 ½ cups GF rolled oats
½ cup flaked quinoa

In a 3 quart saucepan, mix the sugar, cocoa, milk and coconut oil. Cook mixture over medium heat until it starts to boil. Then boil for exactly 1 minute. Remove from heat and allow to cool for a minute. Add the vanilla and almond butter and mix until smooth.

Mix oats, coconut shreds and quinoa in large bowl. Add the chocolate mixture to them and stir well with wooden spoon. Drop by teaspoonfuls onto a parchment lined baking sheet. Place in refrigerator to cool and set.



Strawberry Rhubarb Cream Pie

1, 9 inch pie crust, pre-baked
1, 9 inch pie crust, not baked rolled out and cut into strips
3 to 4 cups fresh rhubarb, thinly sliced
1 pint of fresh strawberries, sliced
1 to 2 Tbl granulated tapioca
1 cup heavy cream or coconut cream
¾ cup sugar
2 large eggs

Heat the oven to 425 degrees F. Mix the fruit with the tapioca granules and arrange into the crust. Whisk cream, sugar and eggs. Pour this over the fruit. Create lattice crust top. Brush the top with beaten a egg white. Place pie on baking sheet and bake in the center of the oven for 10 minutes. Reduce the temperature to 350 degrees F and bake for an additional 30 to 45 minutes, until the rhubarb is tender. Let cool and serve.



Bread Pudding with Apples and Rum Sauce

1/3 cup raisins or currants
2 Tbl rum
2, apples, cored, peeled and sliced about 1/4 inch thick
1/4 cup pure maple syrup
2 tsp ground cinnamon, divided
6 thick slices of GF bread that has been cubed
2 cup heavy cream or coconut cream
1/2 cup sugar
3 lightly beaten large eggs
2 Tbl melted butter or coconut oil
1 tsp vanilla extract

Sauce:

1/2 cup packed brown sugar
4 Tbl butter
1/2 cup heavy cream or coconut cream
Pinch salt
2 Tbl rum
1/4 tsp vanilla extract

Heat the oven to 325 degrees F and grease well a 9x9 inch deep baking dish.

Combine raisins or currants with 2 Tbl of rum and soak for 20 minutes. Drain fruit, reserving the rum. Sauté the apples with maple syrup, butter and cinnamon in a large skillet over medium-low heat until apples become translucent, about 8 minutes.

Place the bread cubes in a large bowl. Heat the cream and sugar in a saucepan over medium-high heat until the sugar is dissolved. Pour the cream and sugar over the cubes, mix till coated and let cool. Lightly beat the eggs with the cinnamon and vanilla and reserved rum from the raisins or currants. Pour over the cubes and mix with wooden spoon. Add apples and raisins or currants, and fold in. let sit 10 to 15 minutes. Pour into the greased baking dish and bake for 45 minutes until set and golden.

For the sauce, in a sauce pan, melt the butter over medium-high heat. Add the sugar, cream and salt and bring to a boil. Remove from heat and add vanilla and rum.

Serve bread pudding warm with sauce drizzled over.

Cinnamon Vanilla Granola

1 cup unsweetened shredded coconut
1 cup sliced almonds
3 cup GF rolled oats
¼ cup flax meal
2 Tbl flax seeds
2 Tsp ground cinnamon
½ tsp sea salt
2 tsp vanilla extract
1 ¼ cup honey, divided into 1 cup and ¼ c
2 Tbl brown sugar
3 Tbl coconut oil

Heat the oven to 300 degrees F. Line a rimmed baking sheet with parchment paper.

In a large bowl, combine oats, nuts, coconut, flax seeds, flax meal, cinnamon, salt and vanilla together. In a microwave safe bowl, combine the coconut oil, sugar and honey. Heat 30 to 60 seconds until oil is melted, stir to dissolve the sugar. Pour over oats mixture and using a wooden spoon still till all is combined and coated.

Spread onto lined baking sheet and smooth out. Bake on middle rack of the oven for 15 to 20 minutes, until just turning golden. Remove from oven, stir, and drizzle over remaining honey, stir again, smooth out and return to the oven for another 15 to 20 minutes. Remove when golden brown. Let cool on sheet, stirring occasionally to create granola clusters. It will crisp up as it cools. Allow it to cool fully and store in a sealed container.

Entrees



Burger, Red Onion Feta Tart

Chorizo Sausage

1 lb of lean ground meat, chicken, turkey, pork, or beef, or combination
1 tsp sea salt
1½ to 2 Tbl red chile powder
2 tsp crushed red chile flakes
1 tsp dried oregano
½ tsp black pepper
4 garlic cloves, pressed
⅛ cup red wine vinegar
1 Tbl paprika
¼ tsp ground cumin

In a large bowl, mix all ingredients together. Place in an airtight container and allow the sausage to “cure” for 24 hours in the refrigerator.

To cook the sausage may be stuffed in casings, fried as sausage patties or crumbled in the skillet.

Carne Adovada (Red Chile Marinated Pork)

4 cloves of garlic, finely minced
½ Tbl sea salt
1 Tbl dried oregano
4 cups Chile Caribe (see recipe in sauces)
5 lbs lean pork loin, trimmed of all fat & cubed in 2 inch cubes

Add spices to the chile caribe. Place pork in a non-reactive container. Pour caribe mixture over the pork and allow it to marinate overnight or for 24 hours.

Place pork into crock pot and cook on low for 8 hours or simmer on stovetop for 4 to 5 hrs until pork is tender and easily falls apart.

Chicken Enchilada Casserole

1 lb shredded cheese, Monterey Jack and Cheddar
1, 13oz. can of evaporated milk
1 lb lean ground beef, browned or shredded chicken, cooked
Sea salt to taste
1 tsp garlic powder
12 corn tortillas
¼ cup chopped green chile, or to taste
½ cup onion, chopped
1 Tbl red chile powder

In a saucepan over medium-low heat, melt the cheeses together with the evaporated milk.

Mix green chiles, salt, garlic powder and onions with cooked meat.

Heat ½ inch of oil over medium heat in a medium sized skillet. Quickly dip each tortilla into the oil to soften. Drain on paper towels.

Beginning with the softened tortillas, in a baking dish, layer tortillas and meat mixture, ending with tortillas on top.

Pour cheese sauce over the layered ingredients, sprinkle with red chile powder, cover and bake in a 350 degrees F oven for 25 to 30 minutes.



Beef Stroganoff

1 lb chuck steak or roast, all fat trimmed off, and sliced into strips
1 tsp basil
2 cloves crushed garlic or 1 tsp garlic powder
½ tsp onion salt
1 cup sliced mushrooms
1 Tbl Worcestershire sauce
2 Tbl red wine
1 to 2 Tbl starch
Bit of oil for sautéing
¼ cup beef broth or water
16 oz sour cream, room temperature

Brown meat in oil with spices over medium high heat. Add Worcestershire sauce, wine and mushrooms, let simmer for about 2 or 3 minutes. This should look soupy, add broth or water and let heat, add starch and mix well. Reduce heat and simmer for about 10 to 15 minutes. Just before serving, add 16 oz sour cream and mix well. Let heat through and remove from heat. Serve over pasta or rice.

Chicken or Turkey Pot Pies

Makes 4, 14 oz. ramekin, or small crock pot pies
One, standard pie crust recipe
4½ cups chicken broth, low sodium

3 to 4 Tbl of starch
½ cup each frozen carrots, peas, green beans, limas, or
other frozen vegetables of your choice.
½ to ¾ cup sliced fresh mushrooms
3 to 4 cups cooked diced chicken or turkey
½ cup cooked, al dente, diced potatoes (optional)
¼ cup diced onion
Salt and pepper to taste
½ tsp garlic powder, or to taste
½ tsp oregano, or to taste
½ tsp basil, or to taste

Roll out crust between wax paper to about ⅛ inch thick or a bit thinner, and using one of the ramekins, turn the ramekin upside down on the crust and using a sharp knife, cut out the dough about ¼ inch away from the edge of the ramekin. This will allow the crust to just overlap the top of the dishes when you are ready to put on top of the ramekin. Chill crusts until ready to apply to pot pie.

Pour all of the broth into a saucepan, reserving ½ cup aside. Heat broth over medium high heat to a slow rolling boil. Add onions and spices lower to medium and simmer until the onions are just about clear. While the onions are simmering, add the starch to the reserved ½ cup of broth and mix well. When onions are clear, add vegetables and let simmer for about 3 minutes. Add starch and simmer stirring frequently until it begins to thicken then remove from heat and stir in the chicken.

Ladle mixture into the ramekins until they are about ⅛ inch from the lip. Cover each one with the crust and gently pinch the crust to the edges of the dish. Cut 2 small slits (about ½ to ¾ inch long) in the top of the crust.

Place the pies on a baking sheet and bake in a 375 degrees F oven for approximately 35 to 45 minutes, crust should be golden brown. Let stand 5 to 10 minutes before serving.

Note: these can be made ahead of time and freeze well. You can also use beef, just finely dice the meat and use beef broth in lieu of chicken broth.

Deep Dish Creamy Chicken Pot Pie

1 pie crust
1 cup chopped leeks
½ cup chopped onion
1 cup sliced fresh mushrooms
1 stalk celery, chopped
1 large carrot, chopped
1 cup chopped broccoli
1 cup frozen peas
2 Tbl butter or olive oil
2 ½ Tbl starch
1 tsp basil

1 tsp oregano
1 tsp garlic powder
1 tsp Mrs. Dash
Sea salt & pepper to taste
1½ cups of low fat, low sodium chicken broth
1 cup half and half or 1 can of coconut milk
2½ cups diced cooked chicken
1 egg beaten (optional)

Prep pie crust and set aside. (If making from scratch, chill ½ hour before rolling out)

In a stockpot, heat butter/oil plus 2 Tbl broth over medium heat. Braise leeks, onions and mushrooms 4 to 5 minutes until tender. Stir in broccoli, celery, carrot and seasonings and let cook 2 to 3 minutes more. Mix starch into ¼ cup broth mixing till smooth. Add starch to vegetables and slowly add half and half mixing well. Add broth stirring well. Stir in chicken and bring to slow boil until mixture is thick and bubbly. Remove from heat.

Pour mixture into 2 quart baking dish.

Roll out crust and cut out slightly larger than baking dish. Place crust over mixture and dish turning the edges under and pinching to the edges of the dish. Brush top of crust with beaten egg and prick all over with a fork.

Bake at 400 degrees F for 30 to 35 minutes or until the crust is golden brown.

Let pie stand 20 minutes before serving.

Lasagna

Sauce:

1 lb ground meat
24 oz tomato sauce
1, 8 oz can tomato paste
8 oz crushed tomatoes
½ cup chopped mushrooms
½ cup minced onions
¼ cup minced bell peppers
3 to 4 cloves of fresh garlic pressed and mashed.
½ to 1 tsp of the following spices to taste:
Oregano
Basil
Thyme
Salt
Pepper
A pinch of curry powder
1 tsp sugar or substitute of choice (I use 1 pkt of stevia)

For the casserole:

1 to 2 boxes (2 if 8 oz size) brown rice lasagna noodles, uncooked

3 lbs of shredded mozzarella
Large tub of ricotta or cottage cheese drained.

Brown meat with spices in a skillet. Drain browned meat and put into crock pot or large stewing pot with remaining ingredients for sauce. Cover and let simmer on low or very low heat for at least 4 hours, more is best. Sauce should be thin for the noodles. Before assembling the casserole, remove sauce from heat and stir in ricotta/cottage cheese.

In a greased 9x12 pan or casserole dish, put a thin layer of sauce down, then noodles, then sauce and mozzarella. Layer like this until pan is about full with cheese on top.

Bake at 350 degrees F covered with foil for about 45 minutes, then uncover and bake 15 minutes more to allow cheese to brown a bit if you desire.

Remove from the oven and let it sit for about 10 to 15 minutes, then serve.

Green Chile Tuna or Chicken Casserole

1 10 oz. can of drained, rinsed tuna or chicken
6 to 8 oz cream of mushroom soup, or 1 can of Progresso Creamy Mushroom soup
½ cup milk
¼ to ½ cup diced green chile
1 cup frozen mixed vegetables or others of your choice
1 cup frozen spinach
8 to 10 oz cooked al' dente rice noodles of your choice
1½ cups shredded fontina or swiss and mozzarella cheese
2 Tbl grated parmesan cheese
Salt & pepper to taste

Cook the noodles until they are al'dente and drain well. Mix noodles in a bowl with soup, milk, tuna or chicken, chile, spices, on cup of the shredded cheeses, and vegetables. Pour into a greased casserole dish. Sprinkle the remaining shredded cheeses and parmesan cheese on top and bake covered for 30 to 35 minutes at 350 degrees F.

Note: you can also use rice instead of pasta.

Horseradish Meat Loaf

1 ½ lbs of ground beef
½ lb of ground pork
¼ cup minced onion
⅓ cup horseradish
1 tsp mustard
2 eggs
1 cup bread crumbs
1 tsp salt
⅛ tsp pepper
⅓ cup catsup
⅓ cup milk

Mix all ingredients well. Pack into well greased loaf pan. Bake at 350 degrees F for 1 ½ hours.

My Meatloaf

2 lbs of ground beef
¼ cup minced onion
2 eggs
1 cup bread crumbs
1 tsp oregano
1 tsp basil
1 tsp garlic powder
Salt and pepper to taste
1 Tbl Worcestershire sauce
Tabasco sauce to taste

Mix all ingredients by hand and pack into loaf pan. Bake at 350 degrees F for 1 hour.

Stuffed Meatloaf

2 lbs very lean ground meat
½ cup breadcrumbs
½ cup chopped mushrooms
¼ cup diced onion
1 tsp garlic powder
Salt and pepper to taste
2½ to 3 cups grated cheddar and jack cheese
Dash of Tabasco sauce
1 Tbl Worcestershire sauce
1 egg

In a mixing bowl, mix, meat, breadcrumbs, garlic powder, onion, salt and pepper, Tabasco, egg and Worcestershire sauce. Dump meat mixture onto waxed paper and flatten out into a rectangle. Add mushrooms and two thirds of the cheese in the center. Roll up meat starting at one end and tucking the edges in together. Place in large casserole dish and cover with remaining cheese.

Cover and bake at 350 degrees F for 1 hour.

Fried Chicken

2 pounds chicken cut up or of your favorite pieces.
2 eggs, beaten
1 Tbl cream or milk
2 cups crushed pork rinds (use your blender or food processor)
1 Tbl of a mix of your favorite spices
Salt & pepper to taste
1 tsp red chile powder (if you like spicy)
Oil for frying

Heat oil at medium-high heat.

Beat eggs and milk or cream in one pan.

Mix pork rinds with salt, pepper and spices in separate pan.

Rinse chicken and pat dry thoroughly. Coat chicken with egg mixture and then roll in dry ingredients.

Fry in oil for about 5 to 8 minutes each side. White meat takes less time, about 8 to 10 minutes, and dark meat takes about 13 to 15 minutes.



Quick Chile Chicken and Rice

12.5 oz of canned chicken rinsed or cooked shredded
chicken about 2 cups worth

¼ cup diced onion

¼ cup diced green chiles

1 can of diced tomatoes

1 cup chicken broth

Oregano to taste

Salt and pepper to taste

1 Tbl olive oil for sautéing

Heat skillet over medium to medium high heat, add butter and oil (the oil will keep the butter from burning). Add onions and sauté gently until they start to become clear. Add the shredded chicken, chile, tomatoes, seasonings and broth. Cover and lower heat to simmer for about 20 minutes. Serve over rice.

Note: if you cannot have tomatoes, try Tomatillo salsa instead.

Baked Cornflake Chicken

Egg free

2 to 3 lbs of chicken cut up

2 cups crushed cornflakes

About 1 Tbl of a combo of your favorite spices

1 tsp sea salt

Salt & pepper to taste
1 tsp garlic powder
2 Tbl milk
1 Tbl olive oil, or 2 eggs, beaten

Whip milk, olive oil, sea salt, and garlic powder together in one pan.

In a separate pan mix corn flakes, spices, and salt and pepper.

Rinse chicken and pat dry thoroughly.

Dip chicken into milk and oil mixture and then roll in corn flake mixture. Set into baking pan and lightly drizzle with olive oil.

Bake uncovered at 350 degrees F for 45 to 60 minutes.

Porcupine Meat Balls

1 lb ground meat
½ cup uncooked rice (do not use minute rice)
1 tsp salt
Pepper to taste
2 cups tomato soup

Combine meat, rice and salt and pepper into balls. Place in casserole and cover with tomato soup. Bake covered at 350 degrees F for about 1½ hours. The cover may be removed during the last 15 minutes of baking to allow meat balls to brown slightly.

Yankee Pot Roast

3 to 4 lb chuck or beef roast
2 to 3 carrots sliced thick
1 small onion, quartered
3 to 4 med potatoes, cubed
3 stalks celery, thick sliced
Salt & pepper to taste
2 Tbl red wine vinegar
1 Tbl Worcestershire sauce
2 to 3 cups water.
2 Tbl oil

Heat pressure cooker to medium high heat, add oil, and brown the roast on all sides. Remove from pot, put rack in bottom, return roast to cooker and add salt & pepper, vinegar and Worcestershire sauce. Add vegetables, water, cover and seal with lid.

When pressure gauge begins rocking, cook for 40 minutes. Remove from heat and allow to cool and pressure to decrease to allow you to open the cooker. Slice roast and serve.

Note: this can also be made in the crock pot, cook on low setting for 6 to 8 hours.

Pasta Marco Polo

½ pound of pasta
⅔ cup chopped walnuts
½ cup chopped black olives
½ cup chopped sweet canned pimentos
1 small can sliced mushrooms, rinsed well.
⅓ cup chopped fresh parsley
8 to 10 large fresh basil leaves, chopped, or 1 tsp dry
Salt and pepper to taste
1 Tbl tamari sauce (wheat-free soy sauce)
1 Tbl Worcestershire sauce
4 Tbl olive oil
2 to 3 cloves garlic finely minced or pressed
2 cups freshly grated parmesan

While pasta is cooking, mix the nuts, olives, pimento, parsley, and basil in a bowl with salt and pepper to taste. When the pasta is done drain immediately and rinse with cool water. Pour the olive oil into the hot empty pot, and set over medium heat and add the garlic. Stir to cook briefly without browning, and then return the pasta. Toss to coat with the oil and garlic, and then add the nuts, tamari, Worcestershire, and herb mixture. Toss well and serve. Each person adds their own parmesan.



Potato Crusted Fish Filets

3 fish filets, rinsed and patted dry with paper towels
½ cup instant potato flakes
1 Tbl lemon pepper
1 to 2 tsp black pepper
1 tsp paprika
¼ cup potato starch
1 egg beaten with 1 Tbl of water
2 Tbl olive oil, for frying

Put potato starch on shallow dish or plate.

Mix the egg and water in a separate dish or bowl.

Mix the potato flakes and seasonings together and place in another shallow dish or plate.

Dredge the fish filets in the starch shaking off any extra. Dip the dredged filets in the egg mixture and press them into the potato flakes and seasonings making sure they're coated well.

Set coated filets on a plate and refrigerate for 30 minutes or more.

Heat a large skillet with olive oil over medium to medium-low heat. Fry filets until golden and fish is tender. Drain briefly on a paper towel lined plate and then serve.

Stuffed Peppers

2 to 3 large sweet bell peppers

Garlic powder to taste

Salt and pepper to taste

1 Tbl red chile powder

1 lb ground beef

1 tsp oregano

1 tsp basil

½ cup chopped onions

1 can tomato sauce

4 cups cooked rice

Grated cheese (your preference)

Slice tops off of peppers, remove seed core. Dice the tops that you sliced off and set aside.

Blanch peppers by placing the peppers into boiling water for 2 minutes and then remove them to cold water.

Brown meat with spices. Add diced pepper pieces and onions and cook until onions are almost clear. Add tomato sauce and rice and heat through.

In a greased, covered casserole dish, put a bit of the meat and rice mixture under each pepper, fill each pepper with mix, leaving space between each pepper. Spoon in the remaining mix around the outside of the peppers. Sprinkle grated cheeses over top, cover the dish and bake at 350 degrees F for one hour.

Cuban Pork Roast

5 to 6 lb pork loin roast (all fat removed)

6 cloves of garlic, peeled and crushed

1 tsp dried oregano

1 Tbl of salt

½ tsp ground cumin

Freshly ground black pepper to taste

3 bay leaves

1 Tbl olive oil

½ cup Seville (sour) orange juice, or ¼ cup sweet OJ combined with ¼ cup fresh lime or lemon juice.

The night before cooking, remove all excess fat from the loin roast. Pierce the meat all over with the tip of a sharp knife. Combine the garlic, oregano, salt, cumin, and pepper and mash into a paste. Place the roast in a non-reactive container and rub it well with the spice mixture. Add the bay leaves, olive oil and orange juice, cover well and refrigerate overnight, turn at least once.

About 4½ to 5 hours before serving, preheat the oven to 350 degrees F. Remove the meat from the marinade and reserve the remaining marinade. Place the roast in a foil lined roasting pan. Roast 1 hour, turning it to brown on all sides. Lower the oven temp to 325° F, pour the remaining marinade over the roast, cover with foil or top and cook another 3 hours or so, turning the roast at least once more and basting frequently with the juices. Remove the cover during the last 30 minutes of roasting.

When done, remove the roast to a serving platter and allow to stand covered with foil for about 15 minutes before slicing and serving.

Cuban Sandwiches

Use the leftovers of your Cuban pork roast for these. They are absolutely yummy. And you can make them ahead of time and reheat them in the microwave for lunches.

1 loaf GF French or Italian bread
Mayonnaise
Mustard
Swiss cheese
Thin sliced dill pickles, sliced lengthwise
Sliced Cuban pork roast
Sliced smoked ham

Preheat oven to 350 degrees F. Trim ends off the loaf and slice the bread in half lengthwise. Spread both cut sides with mayonnaise and mustard. Layer one half with pickle slices, cheese, pork and ham. Cover with the top half of the bread. Cut into sandwich lengths making individual sandwiches.

Put sandwiches on a lightly oiled baking sheet and brush the tops with melted butter or oil. Using a heavy cast iron skillet, smash the sandwiches fairly flat, and leave the skillet over the sandwiches to weigh them down. Bake until crisp and hot, about 20 minutes.

You could also use a panini or sandwich press.

Chile Rellenos

12 large, roasted, peeled whole green chiles with stems
1 pound cheddar cheese cut into strips
Batter for chiles (see below)

Heat 4 inches of shortening or oil in a heavy pan on medium high heat. Slit chile open crosswise below the stems. Insert strips of cheese into the chiles. Dip stuffed chile into batter and fry in hot oil/shortening until golden brown. Drain on absorbent paper towels.

Serve with red or green chile sauce.

Batter for Chile Rellenos

¾ cup rice flour or other base flour
¼ cup tapioca flour
¾ cup cornmeal
1 tsp baking powder
½ tsp salt
1 cup milk
2 eggs slightly beaten

Combine flours, baking powder, and salt in a medium sized mixing bowl.

Blend in milk with eggs and mix well.

Note: additional milk may be required for a smooth batter.

Chicken Salad Wraps

1 ½ cups cooked chicken, diced or shredded
1 cup shredded carrots
2 cups fresh chopped spinach
1 cup corn, fresh or frozen
1 cup chopped fresh tomatoes
1 tsp chopped fresh tarragon
Salt & pepper to taste
¼ cup mayonnaise
16 large green leaf lettuce leaves

Combine all ingredients except lettuce leaves, and mix well. Place equal amounts of chicken mixture on each lettuce leaf. Fold up bottom of lettuce leaf, fold in one side and roll. Secure with a toothpick. Arrange on a platter and serve.

Lime Grilled Chicken

2 to 3 lbs of skinless, boneless chicken breasts or thighs
¼ cup lime juice
1 Tbl grated onion
1 to 2 cloves garlic, mashed
Sea salt and freshly ground pepper to taste
1 Tbl olive oil
1 Tbl Worcestershire sauce

Mix all ingredients except chicken in a non-reactive container. Pierce chicken with a fork and lay in marinade for 2 hours or longer, turning over once.

Grill over medium to medium-low heat using remaining marinade to baste with while grilling.

Note: This recipe does well on an indoor grill also.

Cabbage Rolls

This recipe is from a family friend, Yuri Zinchenko. This dish has quite a few steps to make, but is well worth the effort.

1 to 1½ medium sized heads of cabbage
2 carrots, finely chopped
1 medium onion, finely chopped
1 to 2 Tbl of oil
½ cup wild rice
1 lb ground meat
3 bay leaves
Sea salt and pepper to taste
1 can tomato paste
Hot pepper sauce to taste (optional)
Large pot of boiling water

The night before preparation, soak the wild rice in enough cold water to cover fully overnight or 20 hrs is best. Drain and cook normally till tender and done.

In the pot of boiling water, put in the whole cabbage heads, lower the heat to medium-high, and boil for 2 to 3 minutes. Remove heads, cut around the core with a sharp knife. The leaves should easily come off. If the inner leaves are not blanched, return to boiling water for another 2 to 3 minutes. Cut away the hard center of each leaf. Save the cabbage stock for later.

Heat oil in skillet over medium heat and sauté onions and carrots until carrots are soft. Remove from heat and let cool.

When cooled, add rice and uncooked ground meat. Add salt and pepper and mix well.

Place approximately 2 Tbl or a bit more of the meat mixture in the middle of each cabbage leaf. Fold in sides and roll up, placing the roll into a casserole dish.

In a pot, mix the tomato paste, 2 to 3 cups of cabbage stock, bay leaves, and pepper sauce. Bring mixture to a boil over medium-high heat. Boil for 5 to 10 minutes.

Pour sauce mixture over rolls. Cover the dish and bake for 20 minutes at 550 degrees F or until the meat is done. This is checked by cutting into a roll.

Braised Beef Tongue

Tongue when cooked up is very tender, mild flavored and good in a variety of dishes. This is a good main dish.

1 beef tongue
2 tsp salt
Water to cover
2 Tbl olive oil
2 Tbl starch

Salt & pepper to taste
1 small onion, minced
1 garlic clove, finely minced
2 cups low fat milk
1 cup frozen peas and carrots

Boil the beef tongue in a large stockpot for 2½ to 3 hours. When done, allow the tongue to cool fully (overnight is best) before peeling. Tongue should peel easily. At this time also remove any fat that may be on it.

Place tongue into baking dish and set aside.

In a skillet over medium-high heat, heat oil and sauté onion and garlic till fragrant and onion is becoming tender. Add ¼ cup of the milk and mix in the starch till smooth. Slowly add in the remaining milk mixing well till gravy thickens. Add salt and pepper, remove from heat and stir in peas and carrots.

Pour over tongue and bake covered at 350 degrees F for about 30 minutes.

Slice tongue and serve over rice.

Burger, Red Onion, Feta Tart

Crust:

3½ cups Pamela's Amazing Bread Mix
1½ cups warm water
¼ cup light oil
1 packet rapid rise yeast
Optional: 2 tsp each oregano, basil, thyme and 2 Tbl grated parmesan cheese

Filling:

1½ lb lean ground beef
1 medium red onion cut in half and then thin wedges
2 cups sliced fresh mushrooms
2 cups crumbled feta cheese (or blue cheese if you prefer)
Oregano, basil, garlic powder, salt and pepper to taste

For crust: put liquids into mixing bowl, then flour mix on top with yeast last on top. Mix well at medium speed. Add spices and cheese and mix on high for 3 minutes. Turn out onto well oiled baking sheet that has sides. Using an oiled piece of wax paper, smooth out the dough to cover the baking sheet and up the sides a little. Set aside and let sit for a bit.

Brown the meat with spices. When browned, drain excess fat. Add onions and mushrooms and cook until onion is just starting to turn clear around the edges. Remove from heat.

Spoon meat mixture onto dough, leaving approximately ¾ of an inch around the sides. Fold the sides over the edges of the meat mixture.

Bake at 375 degrees F for 30 minutes or until crust is golden and crispy.

Remove from oven and sprinkle with crumbled feta over the meat. Let sit 5 minutes, then cut with pizza cutter and serve.

Sauerkraut Bread

Bread:

2 packages of Chebe Pizza Dough mix, mixed to package directions
2 to 3 Tbl melted butter or Olive oil to brush on top

Stuffing:

1 lb ground beef or turkey
1 small sweet onion, quartered and sliced thin
1, large jar of sauerkraut, rinsed (if strong) and drained well
1½ cups sliced mushrooms
1 tsp basil
1 tsp oregano
2 garlic cloves, minced
Sea salt and fresh ground pepper to taste

Mix dough according to directions and set aside to sit for awhile.

Preheat oven to 350 degrees F.

Brown meat with spices and garlic over medium heat, making sure it crumbles well. When browned through, add mushrooms and onions and cook till onions are almost clear. Add sauerkraut, mix well and heat through. Remove from heat.

On a floured surface, take a ball of dough, about 2 inches in diameter and roll out in a circle, rolling the dough fairly thin. Transfer to a baking sheet, fill the middle with about a heaping tablespoon or bit more, fold one side over and pinch closed with wet fingers. Repeat the process till all dough is used up.

Brush the tops with melted butter or olive oil if you prefer. Bake for 15 to 20 minutes or until crust is golden brown.

These freeze well and may be reheated in the microwave. You can add herbs and cheese to the dough if you like also.

Grilled Pork Chops or Blade Steaks

4 to 5 lean thick cut pork chops or blade steaks
½ cup dry red wine
2 Tbl Worcestershire sauce
½ tsp thyme
1 to 2 Tbl Tabasco sauce or your favorite hot sauce
Fresh ground pepper to taste

Mix all ingredients except pork together. Place pork in a non-reactive container using a sharp fork, poke each piece several times. Pour the marinade sauce over pork, cover and refrigerate 2 to 3 hours or more, turning once.

Over medium grill heat, grill each piece 10 to 13 minutes each side or until done through.

Serve with grilled vegetables.

Spicy Red Chicken and Eggplant

2 medium-small eggplants, (if not Japanese must be peeled) cubed

5 Tbl olive oil

3 cloves of garlic, finely minced

¼ cup minced onion

Red pepper flakes to taste

1 lb chicken breasts, boneless & skinless, cubed

1 tsp oregano

½ cup white wine

½ cup chicken broth

2 Tbl tomato paste

1 tsp sugar (or ¼ packet of stevia powder)

Sea salt and fresh ground pepper to taste

Heat oil over medium-high heat in a skillet. Add garlic and sauté for 1 to 2 minutes. Add eggplant and cook till tender, 5 to 8 minutes, stirring frequently. Add onions and cook till they turn soft. Remove mixture from skillet and set aside. Add chicken and cook 3 to 4 minutes then return eggplant mixture to the skillet.

In a small bowl, mix the red pepper flakes, tomato paste, oregano, wine and broth, mixing well. Add to chicken, mix well and allow to cook till liquid is reduced by half.

Serve over brown rice.

Swedish Meatballs

Makes close to 3 dozen meatballs

1 lb ground beef at room temperature

½ lb ground pork at room temperature

1 medium onion, finely minced

1 egg

Sea salt and fresh ground pepper to taste

½ tsp nutmeg

8 oz. low fat ricotta cheese, drained well, or crumbled Cotija cheese

Olive oil for frying meatballs

2 to 4 cups half and half

1 to 3 Tbl starch

¼ cup water

Place meats in large bowl and set aside. Add onion, egg, and spices to the meats. Using clean hands mix the ingredients together until all is incorporated. Add the ricotta cheese and mix well. Mixture should not stick to your hands.

Form the mix into meatballs about the size of 1 large tablespoon or thereabouts. Place the meatballs on a platter while you form all the meat mixture.

Heat oil in a large deep skillet on medium-high heat. Add meatballs in batches leaving room between them and brown well. Remove browned meatballs and set aside, keeping warm. Repeat until all meatballs are browned adding oil as needed. If you have brown bits stuck to the bottom of the pan, scrape them out and reserve them with the browned meatballs, they will flavor the gravy.

Once all the meatballs have been browned, return them to the pan. Reduce heat to medium-low and add the half and half. Allow to come to a gentle simmer stirring occasionally. Reduce the heat to low, cover the skillet and allow the meatballs to simmer gently for at least 1 hour stirring occasionally.

Before thickening, check seasonings, add more nutmeg, salt and pepper if desired. To thicken the gravy, add 1 Tbl of starch per 2 cups of half and half used, to the water and mix till smooth. Pour starch water into gravy stirring gently to incorporate. Allow to cook till thickened, about 5 minutes or so.

Remove from heat and serve over buttered noodles or rice. Garnish with chopped parsley.

Quinoa & Chorizo Stuffed Poblano Peppers

3 to 4 large poblano peppers (if poblanos cannot be found, anchos may be used)

1 lb of uncased chicken chorizo sausage (or other spicy chicken sausage)

1 medium onion, chopped fine

4 to 5 cloves of finely minced garlic

1½ cups of cooked quinoa

2 Tbl tomato paste

1 Tbl dried oregano

2 Tbl dried cilantro

½ tsp cumin

Sea salt and pepper to taste

1 cup crumbled cotija cheese (or feta)

1 to 2 cups shredded jack and cheddar cheeses

Preheat the oven to 400 degrees F.

In a large skillet over medium-high heat, cook the sausage making sure it is well crumbled. Stir in the onion, garlic and spices. Cook till onions start turning clear. Add in tomato paste and mix well. Add the quinoa and cotija cheese, mix well and remove from heat.

Wash and dry the peppers. Cut them in half lengthwise and remove the stems, seeds and white veins inside.

Grease or oil a sided baking sheet. Spoon meat mixture into pepper halves filling well. Place stuffed peppers onto baking sheet and cover them liberally with shredded cheeses.

Bake in the oven 15 to 20 minutes or until cheese is bubbly and golden.

Chicken Chorizo Stuffed Chicken Breasts

3 large chicken breasts, butterflied
8 oz. chicken chorizo sausage, uncased
6 roasted pequillo or 3 roasted and peeled poblano peppers, butterflied
6 slices thin smoked ham
6 slices provolone or swiss cheese
Paprika

Heat the oven to 350 degrees F and grease a baking dish, set aside.

Butterfly the chicken breasts and divide the chorizo into thirds, spreading each portion over ½ of each breast. Place the butterflied pequillo peppers, 2 each, on top of the chorizo. Fold over the top half of the chicken breast. Wrap each breast with 2 slices of ham and set them in the baking dish. Cover each breast with 2 slices of cheese, sprinkle some paprika over the cheese.

Bake covered, for 30 to 35 minutes. Remove cover and continue to bake an additional 10 minutes until the cheese is melted and bubbly.

Remove and allow them to sit for 5 to 10 minutes before serving.

Honey Bourbon Salmon

4, 6oz. salmon fillets
1 Tbl honey
⅛ cup bourbon
¼ cup water
1 tsp lime juice
Fresh ground black pepper

Rinse and dry fish. Rub fish with black pepper. Place fillets in a Ziploc bag or in a non reactive dish. Mix liquid ingredients together and pour over fish fillets and allow to marinate 4 hours.

Grill or broil or sauté the fillets flesh side down first for 6 to 8 minutes then turning over and cook till it wants to flake easily with a fork.

Maple Grilled Salmon

2, 1 lb salmon filets with skin
½ cup pure maple syrup
2 Tbl water
1 Tbl coarse cracked pepper
¼ tsp sea salt

Rinse and pat fish dry. Combine syrup, water and salt and pepper. Place the fish in a Ziploc bag or nonreactive dish. Pour liquid over fish and allow to marinate at least 1 hour.

Grill fish over low coals skin side down for about 10 minutes. Turn fish over and grill another 5 minutes or until done.

Mexican Shredded Beef ***Carne de Deshebrada***

4 lbs beef brisket or chuck roast, trimmed of fat
1 to 2 jalapeños, chopped
2 cloves garlic finely minced
1 to 2 Tbl red chile powder
2 tsp chipotle chile powder
1 tsp ground cumin
1 Tbl chopped cilantro
1 medium onion, chopped
Sea salt & fresh ground black pepper to taste.
Beef broth or water

Mix red chile powder, chipotle chile powder, and cumin together. Rub spices into meat and place in crock pot.

Add onions, garlic, jalapeños, and salt & pepper. Add enough broth or water to just cover.

Cook on high 4 to 5 hours or low 8 to 9 hours, until meat is tender and easily falls apart when pulled with a fork. Remove the meat from the pot, (leave juices to simmer) and let the meat cool till easily handled. Pull apart with two forks and when all meat is shredded, return to pot to cook ½ hour more.

May be served over rice.

Tinga de Pollo ***(Mexican Shredded Chicken)***

2 lbs boneless and skinless chicken breasts or thighs
1 clove of garlic, minced
1 large onion, chopped
1 small can of crushed tomatoes, low sodium
3 chipotle chilies, canned, (chipotles en adobo)
Sea salt to taste
Chicken broth, low sodium, low fat

Place all ingredients in crock pot. Cover and cook on high 4 to 5 hours or low 8 to 9 hours until chicken is tender and falls apart easily.

Remove meat from pot and allow to cool slightly. Pull apart chicken using two forks and return to pot to heat through.

Serve with rice.

Chinese Style Chicken Legs or Wings

¼ cup brown sugar
¼ cup olive oil
¼ cup tamari sauce (gluten-free soy sauce)
1 tsp Five Spice powder
¼ tsp garlic powder
¼ tsp onion powder
2½ to 3 lbs of chicken legs or wing portions, tips removed

Preheat the oven to 375 degrees F. Line a baking dish with foil.

Combine the sugar, oil, tamari sauce, and spices together. Toss the chicken in the sauce and place in foil lined baking dish. Bake 50 to 60 minutes turning chicken every 15 minutes until glazed and cooked through.

Orange Chili Glazed Chicken

½ cup orange marmalade
1 – 2 Tbl asian chili garlic paste (depending on taste)
1½ Tbl Tamari (gluten-free soy sauce)
8 drumsticks, thighs or wing portions
Freshly ground pepper

Preheat the oven to 400 degrees F.

Mix marmalade, chili paste, and Tamari. Season the chicken pieces with pepper and arrange on a foil lined baking dish. Place in oven on middle rack and roast for 20 minutes. Brush pieces with marmalade sauce and cook 10 more, turn pieces, and brush again, cook another 10 to 15 and turn and brush one more time cooking until chicken is done and juices run clear. Let sit 5 to 10 minutes before serving.

Tuna Melts

2 cans of white tuna in spring water, rinsed and drained
2 ribs of celery, finely chopped
½ cup minced onion
1 medium carrot, grated
1 Tbl dried parsley
½ tsp ground turmeric
Freshly ground black pepper to taste
½ tsp paprika
3 Tbl mayonnaise
½ cup alfalfa sprouts
Swiss cheese slices
6 gluten-free bread slices

Under a broiler on a baking sheet, lightly toast one side of the bread slices. Remove from broiler, lightly butter or brush olive oil over the other side of ½ of the slices. Return those slices to the broiler to toast very lightly.

In a bowl, mix tuna, celery, onion, carrot, parsley, spices, and mayonnaise.

On the slices that have both sides toasted, layer on the un-buttered side a slice of cheese, sprouts, tuna mixture and another slice of cheese. Top with remaining slices that have been buttered or oiled on the untoasted side up.

Place sandwiches on baking sheet and tent with foil, broil until cheese is melting and then remove foil and allow the top to toast a bit.

Remove, allow to sit for a few minutes before serving.

Fresh Herb Braised Chicken Breasts

3 chicken Breasts, skinless, boneless, and halved

¼ cup fresh chopped parsley

¼ cup fresh oregano, chopped or torn

⅛ cup fresh tarragon, chopped

1 Tbl winter savory, chopped

1 Tbl lemon juice

2 cloves of garlic, minced

3 Tbl butter

1 Tbl olive oil

½ cup low sodium chicken broth

Sea salt and fresh ground pepper to taste

Mix the herbs and garlic together and set aside. Season the chicken with salt and pepper.

In a large skillet, melt the butter and oil over medium-high heat. Brown the chicken on all sides and remove to a plate. Add the herbs, cook one minute. Add the lemon juice and broth and bring to a boil and scrape up any browned bits to cook for 1 to 2 minutes. Lower heat to medium low, return the chicken to the pan and cover. Simmer for 15 to 20 minutes, turning the chicken once, cooking until chicken is done and juices run clear.

Serve with the pan sauce over the chicken.

Tortilla de Espana (Spanish Omelet)

Coconut oil or olive oil for frying

1 medium leek, halved lengthwise, and sliced

1 small sweet onion, chopped

2 medium sized potatoes

6 to 8 eggs

¼ cup milk or non-dairy milk

1 to 1½ cups of shredded cheeses or blue cheese, or goat feta

1 tsp thyme

1 Tbl each of fresh chopped tarragon and chopped oregano
1 clove garlic, minced (optional)
1 tsp sweet paprika
Sea salt and fresh ground black pepper to taste

Wash, halve and slice the potatoes. Cook in boiling salted water 9 minutes, then drain and rinse with cool water. Set aside.

In a large 12" cast iron skillet (or oven safe skillet) heat the butter or oil over medium to medium-high heat. Cook the leeks, onion and garlic (if desired) till leeks are soft. While leeks are cooking, whisk eggs and milk together then add the herbs, paprika, salt and pepper, and cheese(s). Whisk together and set aside. When leeks are ready, add more butter or oil to pan and add potatoes and stir to coat them and mix pan ingredients. Pour egg mixture over the potatoes, and stir slightly.

Lower the heat to medium to medium-low. Cook until the eggs are almost set. Then remove from burner and place under the broiler in the oven and cook 5 to 10 minutes till top is set well, and golden.

Remove from oven, let cool slightly, cut into wedges and serve.

Note: this is such an easy one pot dish, filling and you can customize it any way you like and it's a good way to use up leftovers!



Skillet Stuffed Pizza

Pizza dough enough for 2 (two) 12" pizzas (I use Pamela's Amazing Bread Mix and use one recipe, and use ¼ cup less water)
¼ cup chopped sweet onions
1 clove garlic, minced
1 cup sliced Portobello mushrooms
1½ cups frozen spinach (or 2½ cups fresh)
1½ cups ricotta or cottage cheese (drained)
1½ cups shredded cheese blend, jack, cheddar, asadero, mozzarella, etc.

Herbs to incorporate into dough (to taste of your favorites)
1Tbl Olive oil plus more for crust top
Coconut oil to grease pan

Heat the oven to 400 degrees F. Grease a 12 inch cast iron skillet with coconut oil and set aside.

Make dough according to package directions and halve the dough. Let rest 5 to 10 minutes. Roll out one half on a floured surface to about 16 inch diameter or so. Place dough into prepared skillet gently pressing into the bottom and up the sides. Bake bottom crust in heated oven 5 to 8 minutes till just becoming crisp. Remove.

In a separate skillet, heat olive oil over medium-high heat and sauté onions, garlic till softened. Add spinach and cook till just wilted and remove from heat.

Layer mushrooms on bottom of crust then sautéed spinach mixture. Sprinkle $\frac{1}{3}$ of shredded cheeses then spoon in ricotta cheese and top with another $\frac{1}{3}$ cup of cheeses. Roll out remaining dough to diameter of skillet and lay over the top of the cheeses. Pressing edges to bottom edges of crust up the sides. Brush some olive oil over the top and let sit 15 minutes. Bake for 20 minutes until just turning gold, sprinkle remaining cheeses on top, return to oven, turn off oven and let set in warm oven approximately 10 minutes until cheese is melted and bubbly.

Remove from oven and let sit 10 minutes before cutting and serving.

Chicken with Creamy Leeks and Garlic

3 chicken breasts, halved
2 Tbl unsalted butter
1 Tbl olive oil
5 to 6 medium leeks, halved, washed and sliced
10 cloves of garlic, sliced
Sea salt and pepper to taste
 $\frac{1}{2}$ cup white wine or broth
1 cup low sodium chicken or vegetable broth/stock
 $\frac{1}{2}$ cup heavy cream or canned coconut milk
 $\frac{1}{2}$ cup grated romano cheese
 $\frac{1}{8}$ cup dried parsley

Heat the butter and oil in a 12" skillet over medium-high heat. Add leeks and garlic and cook until very soft, 3 to 5 minutes. Add salt, pepper and parsley. Cook 2 to 3 minutes. Add wine and let simmer till wine is reduced by $\frac{1}{2}$ to $\frac{3}{4}$. Add the broth and bring to a rapid simmer and let cook for 5 minutes. Reduce heat and add cream slowly, stirring well. Add cheese and let cook, stirring occasionally till thickened.

Pour cream mixture over chicken breasts in a baking dish. Cover and bake at 350 degrees F for 30 to 45 minutes until chicken is done. Serve over rice or pasta.



Skillet Lasagna

1 lb ground meat, beef or turkey
2 cups broken lasagna pieces, uncooked
½ cup sliced mushrooms
¼ cup onions, diced
1 can or jar of GF prepared spaghetti sauce
½ cup water
1 cup shredded cheeses, jack, cheddar, mozzarella, asadero
1 cup ricotta or cottage cheese
1 tsp curry powder
Sea salt and pepper to taste

Brown meat in 12" skillet. Add onions and garlic and spices and cook till onions are softening. Add mushrooms cook 2 more minutes.

Add spaghetti sauce, water, ricotta and lasagna pieces. Cover and cook 15 minutes until pasta is tender. Sprinkle cheeses on top and cover and cook 10 minutes until cheeses are melted and bubbly. To make vegan, don't use meat, use tofu or other meat substitute, and use alternative dairy for cheese.

Balsamic Chicken

2 Chicken breasts, halved or 8 thighs, boneless and skinless
1 to 2 Tbl olive oil
⅛ cup potato starch
1 tsp sea salt, divided
Black pepper to taste
½ cup sweet onion, chopped
2 cloves garlic, sliced
½ cup dry white wine or low sodium chicken broth
1 tsp thyme
1¼ cup low sodium chicken broth
¼ cup balsamic vinegar

Preheat the oven to 375 degrees F. Season the chicken with ½ tsp salt and pepper. Dredge chicken in starch coating evenly.

Heat oil in skillet over medium-high heat. Brown the chicken pieces about until golden. Place browned chicken pieces in foil lined baking dish and place in the oven for 10 to 15 minutes until done and juices run clear.

Return the skillet to the stove over medium-high heat and sauté the onions and garlic until soft. Add the thyme and slowly add the wine and bring to a boil. Cook until wine is reduced by half or more. Add the broth and return to a boil until reduced to about ⅓ cup of liquid in pan. Add the vinegar and cook an additional 5 to 7 minutes. Reduce heat to medium-low, add the chicken and adjust salt to taste and cook 15 to 20 more minutes, turning the chicken to coat once. Sauce should be thick. Serve over rice.

Maple Ham in the Crock Pot

1, 7 to 8 lb spiral cut ham
½ cup dark brown sugar
½ cup pure maple syrup
2 cup cherry cider

In a 6 to 7 quart crock pot, place ham flat side down. Rub brown sugar over all the sides. Pour syrup and cider over. Cook on low setting for 6 to 8 hours, basting during the last hour. Remove ham from crock pot and let it rest on the cutting board for 15 to 20 minutes before cutting.

Chicken and Chicken Sausage Jambalaya

1 Tbl unsalted butter
1 cup sliced chicken sausage
½ cup onion, diced
½ cup bell pepper, diced
½ cup celery, diced
1 tsp garlic, minced
½ cup crushed tomatoes
¼ cup tomato sauce
1 ½ cup chicken stock
1 cup chicken, diced
2 bay leaves
1 tsp each thyme, sage, oregano, cayenne and onion salt
¾ cup cooked brown rice

In medium stock pot, heat butter over medium heat and brown the sausage. Add onion, bell pepper, celery and cook until tender. Add crushed tomatoes and tomato sauce and cook 1 to 2 minutes. add garlic, cooked rice, stock, spices and chicken. Cook until chicken is done and it has thickened a bit.

Side Dishes



Stuffed Swiss Chard

Bread Stuffing

1 medium sized loaf of gluten-free bread, cubed
Sweet onion, diced
Celery, chopped
2 to 3 Tbl butter or olive oil
1 Tbl of seasonings of your choice
Enough water or broth to moisten well, not soggy

Cube bread, toss with seasonings and spread on a cookie sheet. Toast cubes lightly in a 275 degrees F oven.

Sauté onion and celery in butter until clear. Add cubes coating well with mixture. Add broth or water, just enough to moisten the cubes. If you will be stuffing your bird with it, use less liquid, otherwise place in buttered baking dish and bake at 350 degrees F until done (about 30 minutes).

Note: you can use cornbread or any of your favorite breads you have made. You can also add spices as you like or other additions like giblets or oysters. Cranberries are good also.

Wild Rice Stuffing

1 cup wild rice
2 cups water
2 cups broth, either chicken or vegetable
1 tsp salt
3 Tbl butter or olive oil
2 Tbl chopped onions
1 Tbl chopped green pepper (optional)

Add salt to water and broth and bring to a boil. Cook rice in broth until tender and drain. Sauté onion and green pepper into butter and add to rice.

Cranberry Orange Relish

1 lb (4 cups) raw cranberries
2 oranges
2 cups sugar, or $\frac{2}{3}$ cup agave syrup

Put cranberries through food processor remove and set aside. Quarter the oranges and remove any seeds and put through the food processor. Mix the orange with the cranberries and sugar/agave. Let stand for a few hours in the refrigerator before serving.

Awesome Potato Salad

5 to 7 medium gold potatoes
 $\frac{3}{4}$ cup chopped sweet onion
2 ribs of celery, chopped
1 medium carrot, grated

1 hardboiled egg, chopped
1 to 2 Tbl chopped fresh parsley
Sea salt and pepper to taste
2 tsp sweet paprika
1 to 2 tsp turmeric
2 to 3 Tbl Dijon mustard
2 to 3 Tbl sour cream or greek yogurt
½ to 1 cup mayonnaise (enough to coat)

Cook potatoes in boiling salted water until tender but still a bit firm. Drain and rinse well with cold water to cool.

Prepare vegetables and place in large bowl. Add the cooled potatoes and toss gently to combine. Add the chopped egg and toss gently.

Add ½ of the paprika, parsley, turmeric, and salt and pepper, toss to combine. Add the remaining halves and toss again. This ensures the potatoes are coated fairly evenly.

Add the mustard and sour cream or yogurt. Toss well to combine. Add the mayonnaise last and mix till evenly coated. Cover and refrigerate before serving.

Grilled Vegetables

2 medium summer squash, cut diagonally to make large slices
2 medium zucchini, cut diagonally to make large slices
1 onion, halved horizontally each half quartered
2 bell peppers, cut in half, cored, and chopped coarsely
2 large Portobello mushrooms, sliced about ¼ inch thick
4 to 5 Tbl olive oil
¼ cup white wine
1 Tbl lime juice
1 tsp garlic powder
1 tsp basil
2 Tbl parmesan cheese, grated fine
Sea salt and fresh ground pepper to taste

Put all vegetables into a non-reactive container or large Ziploc bag. Add all other ingredients and toss in bag to coat vegetables.

Grill over medium heat on upper rack till vegetables are tender.

Other vegetables are good this way also, try eggplant, potato slices, winter squash, etc.

Sautéed Eggplant

This uses the Japanese eggplant or the type you do not need to peel or remove the skin as the skin remains tender and not bitter when cooked.

4 small to medium Japanese eggplants sliced thin.

1 small onion, quartered and sliced thin
2 to 3 cloves of garlic, minced
Salt & pepper to taste
3 Tbl olive oil

In a skillet over medium heat, heat oil and sauté onions and garlic till tender. Add eggplant and sauté until done and tender.

Summer Squash and Carrot Ribbons

1 medium yellow summer squash
1 medium zucchini squash
1 large carrot
1 cup thin vertically sliced onion
1 garlic clove finely minced
3 Tbl olive oil
Salt & pepper to taste
¼ cup shaved parmesan or romano cheese

Using a vegetable peeler, shave squash into ribbons discarding the seeds and cores. Shave the carrot into ribbons also.

In a large skillet heat oil over medium-high heat. Add garlic and sauté until fragrant. Add squash, carrot and onion. Stirring frequently, sauté until vegetables are becoming tender. Remove from heat and add salt and pepper and toss gently. Sprinkle with cheese and serve.

Decadently Creamy Leek and Potato Casserole

2½ to 3 lbs potatoes, sliced thin
¼ cup butter
2 leeks, halved and sliced
⅛ cup starch
1 cup cream or plain canned coconut cream (just the thick part of the milk)
2 cups milk or plain coconut milk (I use So Delicious)
Sea salt and pepper to taste
1 to 2 tsp red chili powder or chipotle powder
2 Tbl dried parsley flakes
10 oz. of shredded white cheeses, mixture of fontina or swiss, jack, white cheddar, etc.

Scrub and slice potatoes, boil them in water for 8 minutes and then drain and rinse well with cold water.

Preheat the oven to 350 degrees F. Grease a 9x13x2" casserole dish and set aside.

Warm the milk and cream together in the microwave for about 2 minutes.

Melt the butter in large sauce pan over medium heat. Add leeks and cook till tender and soft, stirring occasionally, about 8 minutes. Add the starch and stir in well to make it pasty. Add chili powder and salt and pepper and slowly add in milk and cream mixture. Raise the heat to

medium-high and bring to a gentle boil. Cook for about 2 minutes until mixture thickens some. Remove pot from heat, let stand for a couple of minutes and then whisk in 7 to 8 oz. of the cheeses and parsley.

In the prepared casserole dish, place a layer of half of the potato slices in the bottom. Spoon in half of the cheese mixture. Place a second layer of the remaining potatoes and the cheese mixture on top. Sprinkle remaining cheese on top. Cover with foil and place on a baking sheet (to catch any drips). Bake covered for 40 to 45 minutes. Remove from oven, uncover and allow it to rest for 5 to 10 minutes before serving.

Brown Rice with Cranberries and Walnuts

14 oz fat free, sodium free vegetable or chicken broth
¾ cup uncooked brown or basmati rice
¼ cup water
¼ tsp salt
¼ cup dried cranberries
⅛ tsp cinnamon (optional)
¼ cup coarsely chopped walnuts

Combine broth, rice, water and salt in large saucepan. Bring to a boil over high heat, reduce heat, cover and simmer for 20 minutes.

Stir in cranberries and cinnamon, cover and continue to simmer for an additional 20 to 25 minutes or until rice is tender. Add walnuts before serving.

Philadelphia Relish (Slaw)

2 cups cabbage, shredded
2 bell peppers, finely chopped
1 tsp celery seed
¼ tsp mustard seed
½ tsp salt
2 Tbl brown sugar or 1 Tbl of agave syrup
¼ cup vinegar

Mix ingredients in order given. Chill well before serving.

Boston Baked Beans

1 quart navy or white beans
¾ pound salt pork
1 Tbl salt
3 Tbl sugar
1 Tbl to 1 cup of molasses,
½ tsp mustard, if desired to taste
Boiling water

Pick over beans, cover with cold water and soak overnight.

Drain, cover with fresh water, heat slowly (keeping water below boiling point), and cook until skins are about to burst. Drain beans.

Scald salt pork and, cut a ¼ inch slice off, and put this sliced pork in the bottom of the bean pot. Cut through the rind of the remaining pork every ½ inch, making cuts 1 inch deep.

Put beans in the pot and bury the pork in the beans, leaving the rind exposed.

Mix salt, molasses, and sugar and add 1 cup boiling water and pour over the beans; then add enough more boiling water to cover the beans.

Cover the bean pot and bake 6 to 8 hours in a slow oven (250 degrees F), uncovering during the last hour of baking so that the rind can brown and crisp. Add water as needed during baking.

Chile Baked Corn Casserole

2 beaten eggs
⅓ cup butter or margarine
4 cups cream style corn
½ cup chopped green chile
¾ cup cornmeal
½ lb grated sharp cheddar cheese
¾ tsp garlic salt
½ tsp baking powder

Combine all ingredients in a large mixing bowl. Pour into a greased, 2 quart, casserole dish.

Bake in a 375 degrees F oven for 45 minutes. Then lower the temperature to 325 degrees F and bake for an additional 30 to 45 minutes.

Fresh Herb Quinoa

1 cup quinoa (rinsed if needed, I use Bob's Red Mill)
1 cup low sodium broth (chicken or vegetable)
1 cup water
2 Tbl butter
1 Tbl fresh minced oregano
1 Tbl fresh minced parsley
1 Tbl fresh chopped tarragon

Bring water, broth, butter and herbs to a boil. Add the quinoa and return to a boil, reduce heat to medium-low and simmer covered for 15 to 20 minutes until all the liquid is absorbed. Remove from heat, stir slightly, recover and let sit 10 minutes before serving.

Fresh Tarragon Eggplant

1 medium eggplant, quartered and sliced
1 small onion, chopped
2 cloves garlic, minced
2 Tbl fresh tarragon leaves

Sea salt and pepper to taste
1 Tbl low sodium tamari sauce (gluten-free soy sauce)
1 Tbl dry white wine
4 to 6 Tbl olive oil
1 Tbl butter

In a large skillet over medium heat, heat the butter and 2 Tbl of oil. Cook onions and garlic till onions are soft. Add eggplant and remaining oil, stir to coat. Cover and cook 10 to 15 minutes, stirring occasionally until eggplant is softened. Add tarragon, salt and pepper, tamari and wine. Stir well. Cover and cook an additional 10 to 12 minutes stirring occasionally until eggplant is done and very tender.

Stuffed Rainbow Chard

14 to 16 rainbow or red chard leaves, fresh
2 cups of water
1 tsp Sea salt
2 Tbl butter, divided
1½ Tbl olive oil, divided
1 small sweet onion, minced
1 clove garlic, minced
⅔ cup brown rice (uncooked)
1½ cup broth
1 Tbl butter
1 Tbl parsley
½ cup pine nuts
4 oz. soft herbed goat cheese, or plain goat cheese
Sea salt and pepper to taste
1 cup grated combination of cheeses of choice

Cook rice with broth, 1 Tbl butter, and parsley about 40 minutes or until liquid is absorbed. Remove from heat, transfer to a bowl, and allow to cool.

Butter a baking dish with ½ Tbl butter and set aside.

Boil the 2 cups of water in a skillet or stock pot with the salt. Blanch each chard leaf about 30 seconds. Drain on paper towel lined plate. Trim out the stem about 1 inch up into the leaf. Return the stems to the boiling water to cook 3 or 4 more minutes. Remove them, cook and chop.

Heat oven to 350 degrees F. Place pine nuts in a small baking dish or pie plate with ½ Tbl of butter. Place in heated oven and toast them until golden and brown. Remove, cool and add to rice.

In a medium skillet heat remaining butter and ½ Tbl olive oil over medium heat, cook onion and garlic till soft. Remove from heat and add to rice in bowl. Chop cheese and add to rice. Add salt and pepper to taste.

Lay out a leaf of chard, overlap the bottom edges where the stem was trimmed out. Put a heaping tablespoon of rice mixture in the middle towards the bottom. Fold over the sides, and roll up. Place rolls in the buttered baking dish, with the seam sides down.

Drizzle rolls with remaining oil, sprinkle sea salt to taste and grated cheese. Bake for 20 to 25 minutes till cheese is all melted.

Red Bean and Rice Salad

2 cups of cooked brown rice, cooked in vegetable broth. Chilled
1½ cups cooked red beans (if canned, drained and rinsed well)
1 cup crumbled Feta or Blue cheese
½ cup sliced green onions
¼ cup tomatillo salsa or 1 to 2 Tbl crushed red chile pepper
2 Tbl olive oil
1 Tbl red wine vinegar
½ tsp cumin
Sea salt and pepper to taste
½ red and ½ yellow bell peppers, chopped

Combine the salsa or chile peppers, oil, cumin, vinegar and salt and pepper in a bowl. Add the rice, beans, peppers, and onions and toss to coat. Add the cheese last and toss gently.

Garnish with fresh chopped parsley served over chopped lettuces.

Creamy Black Bean Quinoa Salad

1½ cups cooked black beans (if canned, drained and rinsed well)
2 pequinillo peppers, chopped
½ cup chopped red onion
2 ribs of celery, chopped
1 medium carrot, grated
½ to ¾ cup cooked quinoa (cooked in low sodium vegetable broth)
½ cup plain greek yogurt or sour cream
¼ cup mayonnaise
½ tsp ground cumin
1 to 2 tsp crushed chipotle or ancho chile
1 tsp garlic powder
Sea salt and fresh ground black pepper to taste

Whisk yogurt, mayonnaise, cumin, chile, garlic and salt and pepper together.

In a large bowl, combine beans, peppers, onion, celery, carrot and quinoa. Add in the yogurt mixture and toss gently until all is well combined. Refrigerate and serve chilled over chopped lettuce, garnish with fresh chopped parsley.

Quinoa Salad with Feta and Spinach

1 cup rinsed quinoa

1 cup low sodium vegetable broth
1 cup water
1 cup frozen baby lima beans
2 cups fresh spinach
2 Tbl chopped fresh mint
2 Tbl chopped fresh parsley
½ cup chopped black olives
1 cup crumbled feta cheese
1 to 2 Tbl olive oil
Sea salt and black pepper to taste

Bring broth and water to boil, add quinoa, return to boil, reduce heat, cover and simmer 20 minutes until liquid is absorbed.

Steam the baby lima beans for 10 to 15 minutes and then cool in colander under cold water reserving the liquid. Put the spinach in the colander and pour the lima bean water over it to wilt the spinach. Rinse with cold water.

Mix the quinoa, beans, spinach, mint, parsley and olives together. Crumble in the feta cheese and drizzle with olive oil. Season with salt and pepper to taste. Toss well, chill before serving.

Optional: add 1 Tbl lime juice

Brown Rice Fritters

2 cups cooked brown rice
½ cup fresh grated parmesan cheese
½ Tbl oregano
Sea salt and fresh ground black pepper to taste
1 beaten egg
½ cup tapioca flour
¼ cup safflower oil
3 Tbl butter or margarine, plus more for garnish
Finely chopped fresh parsley for garnish

Combine rice, cheese, oregano, salt, pepper and egg. Using a spoon, form rice into balls and flatten into 2 inch round cakes. Transfer to a tray and refrigerate for 30 to 45 minutes to firm them up.

Put flour into a shallow dish and dredge the cakes in the flour.

Heat the butter and oil in a skillet over medium-high heat. Fry cakes till golden, turning once, approximately 4 minutes per side. Drain on paper towel lined plate. Serve garnished with a bit of butter and parsley.

Roasted Balsamic Beets

3 to 4 medium sized beets
1 small onion, cut into wedges, or shallot sliced thin

1 Tbl balsamic vinegar
2 Tbl Olive oil
½ tsp sea salt or to taste
½ cup chopped parsley for garnish

Wash and scrub the beets, cut them into wedges. Place cut beets in a 3 quart Pyrex type baking dish. Scatter onion wedges over the top of the beets. Season with salt.

Whisk the balsamic vinegar and oil together and drizzle over the beets and onions.

Roast in the oven at 350 degrees F covered for 1 hour, then remove the cover and cook an additional 15 to 30 minutes until beets are tender.

Serve with fresh parsley sprinkled on top.

Scalloped Potatoes

1 lb potatoes, washed and sliced
1 cup half & half
½ cup shredded cheddar
¼ cup shredded swiss
¼ cup shredded mozzarella
2 Tbl parmesan, freshly grated
½ of small sweet onion, sliced thin
Sea salt and freshly ground black pepper to taste

In a saucepan over medium to medium-low heat add ¼ cup half & half and ¼ cup of the shredded cheeses, as they melt, add more cheeses and half & half intermittently till all cheese is melted. Remove from heat and add salt and pepper and parmesan.

In a greased casserole dish add potatoes and onions, pour the cheese mixture over potatoes.

Bake at 350 degrees F for one hour covered. Allow dish to stand for 5 to 10 minutes before serving. May be garnished with fresh chopped parsley or sliced green onions.

Green Rice and Toasted Pepitas

1/3 cup raw, unsalted pepitas (or known as hulled pumpkin seeds)
½ Tbl olive oil
¼ cup dried chopped cilantro
¼ cup dried chopped parsley
1 small sweet onion, minced
2 cloves of garlic finely minced
1 jalapeno pepper, seeded and minced
Sea salt and pepper to taste
¼ tsp ground cumin
1 cup uncooked brown rice
2½ cups water or low sodium vegetable broth or combination of.
3 Tbl olive oil

In a 8 inch skillet, heat ½ Tbl olive oil over medium heat and toast pepitas for about 3 minutes stirring occasionally, until the seeds are toasted lightly. Remove from the pan onto a dish lined with paper towels. Set aside.

In a 3 quart saucepan, heat the 3 Tbl of olive oil over medium heat. When oil is hot, add the rice and garlic and cook 3 to 4 minutes stirring frequently, until the rice is a bit translucent around the ends. Add remaining ingredients except toasted pepitas. Increase heat to medium high and bring to a boil. When boiling, reduce heat to medium-low to simmer for 50 minutes or as directed on the rice packaging. When rice has absorbed almost all the liquid, remove from heat and stir in toasted pepitas. Cover and let stand for 10 minutes before serving.

Creamy Potatoes

1 small onion finely chopped
1 clove of garlic, finely minced
2 Tbl olive oil
1 Tbl starch (corn or potato)
2 Tbl Dijon style mustard
1¾ cups milk, holding ¼ cup aside
4 oz. reduced fat cream cheese, cut up into small cubes
½ cup gruyere cheese, shredded
½ cup swiss cheese, shredded
1½ lbs Yukon gold potatoes, cut into slices
8 oz. of smoked ham, coarsely chopped (optional)
¼ cup GF bread crumbs
Fresh thyme and parsley to garnish

Heat the oven to 350 degrees F. Grease a 2 quart baking dish and set aside.

In a medium saucepan, over medium heat, cook the onion and garlic for approximately 5 minutes until tender, stirring occasionally. Mix starch into the reserved ¼ cup of milk till smooth. Add milk starch and mustard to the onions and cook until slightly thickened and bubbly. Reduce the heat to low and whisk in the cream cheese until smooth. Gradually add ½ of the shredded cheeses until all is melted then remove from heat.

In a bowl, combine potatoes, ham and cheese sauce and toss to combine.

Bake covered for one hour until potatoes are tender. Uncover and sprinkle with remaining cheeses, sprinkle the top with bread crumbs, thyme and parsley. Bake uncovered for an additional 10 to 15 minutes.

Let stand 10 minutes before serving.

Sautéed Greens

2 Tbl olive oil
3 Tbl vegetable broth
1 medium bunch of young fresh collard greens (or broccoli rabe, tatsoi, kale, etc.)
2 cloves of minced garlic

2 small shallots, halved and sliced thin
Sea salt & pepper to taste
½ cup toasted pine nuts
¼ cup Dijon mustard vinaigrette

Heat oil in a large skillet or pot over medium heat. Sauté the garlic and shallots until the shallots become translucent. Add salt & pepper to taste and broth, cook 2 minutes. Add greens and sauté for 1 minute. Remove from heat and add pine nuts, cover and let sit 4 to 5 minutes.

Add Dijon mustard vinaigrette and toss gently, cover and let sit 1 to 2 minutes before serving.
(see p. 214 for vinaigrette recipe)

Creamy Green Bean Casserole

1 medium sweet onion cut into ½ inch wedges
¼ cup olive oil
3 Tbl brown sugar
2 lbs fresh green beans, whole, ends trimmed
6 oz. baby bella, cremini or button mushrooms sliced thickly
2 Tbl olive oil
1 Tbl tamari sauce (wheat free soy sauce)
2 tsp balsamic vinegar
6 oz. goat cheese (chevre) softened, or cream cheese softened
2 to 3 Tbl milk

In a large skillet sauté onions covered, in 2 Tbl olive oil over medium-low heat for 13 to 15 minutes, until onions are tender. Uncover and add the brown sugar, stir and cook over medium-high heat for 3 to 5 minutes or until onions are golden and caramelized. Cool slightly and transfer to a storage container. Chill for 30 minutes while beans roast.

In a large saucepan cook the green beans, covered, in a small amount of boiling water for 4 minutes. Drain the beans and combine them in a 3 quart baking dish with mushrooms and allow to sit 15 minutes.

Combine the ¼ cup of olive oil, soy sauce, and balsamic vinegar. Pour over the vegetables tossing to coat.

Heat the oven to 400 degrees F. Roast the beans, uncovered, for 15 to 20 minutes, stirring once until beans are crisp but just turning tender.

In a medium mixing bowl, beat the cheese and milk together on medium speed until smooth.

Spoon the cheese mixture in small mounds over the beans towards the center of the dish. Top the cheese with caramelized onions. Return the dish to the oven and cook an additional 5 to 8 minutes or until the cheese and onions are heated through.

Spanish Rice

1 cup rice, rinsed well

¼ cup onion, chopped
2 Tbl olive oil
6 oz. tomato sauce
⅛ tsp oregano
½ tsp garlic powder
2 tsp of olive oil
3½ cups chicken or vegetable broth, low sodium, low fat
Sea salt and pepper to taste

In a medium sized saucepan, heat the 2 Tbl of olive oil over medium heat. Sauté onion until transparent.

Add the tomato sauce, 1 cup of broth, salt, oregano, and garlic to the onions and simmer the mixture at low heat for 1 hour. Set aside.

Cook the rice according to directions in remaining broth.

Place the 2 tsp of olive oil in a large skillet and sauté at medium-low heat about 5 to 10 minutes and add sauce and cook until warmed through.

Buttered Herb Spaghetti Squash

1 small spaghetti squash, cut in half lengthwise, seeds removed
2 to 3 Tbl unsalted butter
2 to 3 Tbl olive oil
2 ½ Tbl finely chopped herbs of choice, Basil, Parsley, Oregano, Chives
Sea salt and pepper to taste
½ tsp turmeric
½ cup grated parmesan or romano cheese

Roast squash at 350 degrees F for 45 minutes in a baking dish, cut sides down with ½ inch water, lightly covered with foil until easily pierced with a fork. Turn over, and cook an additional 15 minutes until very tender.

Allow the squash to cool until able to be handled. Using a fork, gently pull strands from peel and place in a mixing bowl.

In a skillet over medium heat, melt the butter and oil and add squash, herbs, seasonings and toss gently to combine well. Add cheese and toss again. Remove from heat and serve.

Options: ¼ cup toasted pine nuts

Black Bean Salad

1, 14oz. can black beans, rinsed well and drained
1oz. fresh cilantro, chopped
1oz. fresh parsley, chopped
¼ cup sweet onion, minced
½ cup red bell pepper, finely chopped

1 medium tomato, diced
1 cup olive oil
4 key limes, juiced
½ tsp cumin
¼ tsp cayenne pepper
Sea salt and pepper to taste
¼ can chipotle en adobo peppers, pureed
¼ oz. chili powder

Combine all ingredients together, place in non-reactive covered container and refrigerate overnight before serving.

Lemon Roasted Potatoes

2 lbs fingerling potatoes
¼ cup olive oil
1 sprig fresh rosemary, leaves only
1 Tbl fresh thyme leaves
1-2 fresh meyer lemons cut into quarters
Sea salt and pepper to taste

Wash potatoes and cut lengthwise. Toss potatoes with oil, herbs and lemon wedges. Place in roasting pan and season with salt and pepper.

Roast potatoes at 350 degrees F for 25 to 30 minutes. Stir occasionally. May be roasted under a rotisserie chicken and coated with the drippings.

Cabbage and Greens

2 Tbl coconut oil or olive oil
1 large onion, chopped
1 cup vegetable stock
1 lb greens, collards, broccoli, kale, roughly chopped
1 large head of cabbage, roughly chopped
Salt and pepper to taste
Crushed red chili flakes to taste

Heat oil in a large stockpot over medium heat and add onion and cook stirring frequently until onion is soft. Add vegetable stock, greens and cabbage, season with salt and pepper and chili flakes. Cook covered stirring occasionally until greens and cabbage are tender. Remove the lid and continue to cook until the liquid is reduced in volume.

Sautéed Spicy Summer Squash

2 large to medium summer squash, sliced
1 Tbl olive oil
1 Tbl minced dry onion
1 tsp minced garlic
1-3 tsp Asian chili oil (to taste)

Salt and pepper to taste

Heat oil in large skillet over medium to medium-high heat. Sauté garlic and onion 1 to 2 minutes. Add squash and drizzle the chili oil over. Sauté until squash is tender. Season with salt and pepper and serve.

Marinated Garbanzo Salad

2, 15oz cans garbanzos, rinsed well and drained
¼ cup olive oil
¼ cup red wine vinegar
1 Tbl GF soy sauce or coconut aminos
¼ cup minced red onion
1 small shallot, minced
3 cloves garlic, finely minced
¾ cup sliced celery
¼ cup red bell pepper, finely chopped
½ tsp basil
1 Tbl parsley
1 can diced tomatoes
1 cup cotija cheese, crumbled (optional)
Sea salt and pepper to taste

Toss all ingredients except cheese together. Place in sealed container and refrigerate overnight. Drain off excess liquid and add cheese 1 hr before serving.

Baked Italian Tomatoes

4 large tomatoes, halved horizontally
¼ cup grated cheeses of romano, parmesan, and asiago
1 tsp fresh chopped oregano
1 tsp fresh thyme leaves
Sea salt and pepper to taste
4 to 6 tsp olive oil

Heat oven to 450 degrees F. Place tomatoes, cut side up on a baking sheets. Top tomato halves with cheeses, herbs and salt and pepper. Drizzle olive oil over tomatoes and bake approximately 10 to 15 minutes or until tomatoes are tender and cheeses are melty.

Curry Roasted Cauliflower

½ head of cauliflower, sliced about ½ inch thick
1 Tbl curry powder
1 tsp turmeric
2-3 Tbl olive oil

Toss cauliflower with curry, turmeric and olive oil. Place in roasting pan, and roast at 450 degrees F for 30 minutes. Squeeze a lime or lemon over just before serving.

Delicious Caramelized Cabbage

1 medium head of green cabbage, cored and sliced thin
1 medium onion, quartered and sliced
2 cloves garlic, minced
1 Tbl grated ginger
2 Tbl coconut oil or butter
 $\frac{3}{4}$ cup coconut cream
Salt and pepper to taste

Heat oil over medium-high heat in large saucepan or stockpot. Sauté the onion and garlic until soft. Add the ginger and cook 1 more minute. Add the cabbage and stir well to coat. Cook 15 to 20 minutes stirring occasionally until the cabbage is softened and caramelized.

Turn heat down to low and stir in the coconut cream, being sure to scrape up any browned bits of the bottom of the pan. Cover and cook on low for 10 minutes, add salt and pepper to taste and cook 5 more minutes.

Quinoa and Rice Nibblers

$\frac{1}{2}$ cup uncooked quinoa
 $\frac{1}{2}$ cup uncooked wild rice mix
2 large eggs
1 cup minced onions
1 cup dairy free shredded cheese or crumbled cotija cheese
3 cloves garlic, minced
 $\frac{1}{2}$ cup fresh basil, finely chopped
1, 15oz. can diced tomatoes, drained
Sea salt and pepper to taste
1 tsp chili powder
1 Tbl minced chives
1 poblano pepper, finely diced

Cook the quinoa and rices in vegetable broth according to directions. Lightly grease nonstick mini-muffin pans. Heat oven to 350 degrees F.

In a large bowl, combine quinoa, rices with remaining ingredients and mix well.

Using a tablespoon, fill each muffin cup to the top and press down to create a flat top. Bake for about 20 minutes or until golden brown, allow to cool in tins for about 10 to 15 minutes. Use a teaspoon to gently remove nibblers from tin and serve garnished with chopped parsley.

Roasted Brussel Sprouts

1 lb of Brussels, cleaned and trimmed and sliced in half
2 Tbl olive oil
Salt and pepper to taste
3 cloves garlic, sliced thin
1 Tbl each fresh oregano and savory, minced

Place Brussels in a large Ziploc bag or covered container. Add remaining ingredients to sprouts, and seal and shake gently to coat. Allow to sit for about 1 hour.

Heat oven to 400 degrees F. Place and spread sprouts on rimmed baking sheet or in baking dish. Roast uncovered in oven for about 30 to 35 minutes until deep golden brown and tender, stirring several times during roasting. May serve with grated parmesan or romano sprinkled over.

Sauces, Gravies, and Dressings



Ranch Dressing

Ranch Dressing

1 cup sour cream
½ cup buttermilk
½ tsp parsley
½ tsp dill
½ tsp chives
½ tsp garlic powder
½ tsp onion powder
Sea salt and pepper to taste

Mix all ingredients well and refrigerate for at least 1 hour before serving.

Basic Balsamic Vinaigrette

½ cup olive oil
3 Tbl balsamic vinegar
1 garlic clove, pressed
¼ tsp each salt & pepper
Pinch of mustard (optional)

Whisk vinegar with mustard, salt and pepper. Add pressed garlic. While whisking vinegar, slowly add in oil.

Variations or additions: crumbled goat feta, wheat-free/gluten-free bleu cheese, romano, or grated fresh parmesan cheeses. You may also add herbs of your choice, basil, tarragon, etc.

Dijon Mustard Vinaigrette

1 clove of garlic, mashed well
1 small shallot, finely minced
2 Tbl balsamic vinegar
2 to 3 Tbl Dijon mustard (to taste)
5 to 6 Tbl safflower oil
½ Tbl dried parsley
½ tsp thyme
Sea salt & pepper to taste.

Whisk vinegar, garlic, shallots mustard together well. Slowly whisk in the oil adding the parsley, thyme, salt and pepper last.

Store in the refrigerator.

Amazingly Simple Hollandaise

3 egg yolks
¼ tsp Dijon mustard
1 Tbl lemon juice

¼ tsp Sriracha or hot pepper sauce
½ cup melted butter

Place yolks, mustard, lemon juice and Sriracha in blender. Blend for 10 seconds. Melt butter and while blender is running, slowly drizzle in melted butter. Sauce will thicken as butter is added.

Keep warm until ready to serve.

Spicy Grilling Sauce

½ cup olive oil
¼ cup tamari sauce
¼ cup white miso
¼ cup maple syrup
2 tsp asian red chile paste

Whisk all ingredients together and brush on grilled meats.

Barbeque Sauce

1, 8oz can tomato sauce or plain ketchup
¼ cup oil or butter or margarine or olive oil
1 Tbl minced onion
1 Tbl Worcestershire sauce
1 tsp salt
Pepper to taste
2 Tbl lemon juice
2 Tbl brown sugar, or 1 packet of stevia
¼ tsp oregano
¼ tsp basil
2 to 3 cloves pressed/crushed garlic
A couple dashes of Tabasco® sauce to taste.

Mix all ingredients together and simmer for about 10 minutes. Store in refrigerator. Will keep one week.

Béchamel Sauce

2 Tbl butter
2 Tbl cornstarch or flour
1 cup meat or vegetable stock
½ cup cream
Salt and pepper to taste

In a saucepan over medium heat, melt butter, add flour/starch and blend until smooth, without browning. Add stock a little at a time, stirring constantly. Cook 5 minutes, season and add cream just before serving. Makes 1¾ cups sauce.

Cranberry Sauce

- 1 package of fresh cranberries
- 1 cup of honey or ½ cup Agave syrup
- 1 cup cold water
- 2 Tbl Tapioca granules
- 2 blood oranges, peeled and cut up into cubes (optional)

Place all ingredients into stockpot and bring to boil. Boil till cranberries pop. Reduce heat and simmer for 10 to 15 minutes more, stirring occasionally.

Remove from heat and allow to cool. Refrigerate before serving.

Sawmill/White Gravy

If you are doing biscuits and gravy, add the sausage if you like.

- 2 Tbl butter or drippings from cooking sausage
- 3 Tbl starch
- 1 pint milk or half and half, or milk substitute
- Salt and pepper to taste
- Crumbled cooked sausage (optional)

Melt butter or heat drippings over medium low heat. Mix the flour into the butter and let it cook for a minute or so. Gradually add the milk or half & half, stirring each addition in and letting the gravy thicken before adding more. After all of the dairy is incorporated, season to taste with some salt and a lot of freshly ground black pepper. Add sausage crumbles last.

Cook until thickened.

Brown Gibley Gravy

- 3 Tbl meat drippings
- 2 to 3 Tbl starch
- 2½ cups chicken or other stock
- ¼ cup chopped, cooked giblets
- Salt and pepper to taste

Heat drippings over medium heat and gradually add flour, mixing well until smooth. Slowly add broth and whisk in until smooth adding giblets last. Simmer for 8 to 10 minutes stirring constantly until thickened.

Basic Cream Sauce

- 2 Tbl butter
- 1 to 2 Tbl starch
- ⅛ tsp pepper
- ½ tsp salt
- 1 cup milk

In a saucepan on medium heat, put in butter and starch blending thoroughly. Add milk a little at time, stirring constantly until sauce thickens. Cook 5 more minutes and add seasonings. Makes 1¼ cups sauce.

Curry Sauce

To the flour for the cream sauce, add 1 Tbl curry powder use coconut milk instead of regular milk, and beat in one egg yolk after sauce is removed from heat.

Garlic Cream Sauce

1 Tbl unsalted butter
1 Tbl olive oil
1 clove of garlic, minced
½ cup heavy cream or canned coconut milk
Sea salt and pepper to taste
¼ cup grated parmesan or romano cheese

In a saucepan over medium heat, melt the butter and oil. Sauté the garlic for 30 seconds until fragrant, lower the heat to medium-low and add cream/milk and salt and pepper and cheese. Stir constantly until thickened.

Pesto Cream Sauce

1 Tbl unsalted butter
½ cup heavy cream or canned coconut milk
Sea salt and pepper to taste
2 Tbl of prepared pesto
1 Tbl grated parmesan or romano cheese

Mix all ingredients in a saucepan on medium low heat. Cook till thickened while stirring constantly.

Horseradish Sauce

2 Tbl butter
2 Tbl flour or cornstarch
1½ cups milk or fish stock or part of each
Salt, pepper and lemon juice to taste
2 Tbl fresh grated horseradish
1 egg yolk

Blend butter and flour in saucepan over medium-high heat until smooth, add liquid a little at a time and stir until boiling.

Season with salt, pepper and lemon juice and cook five minutes.

Just before serving add horseradish and egg yolk. Prepared horseradish may be substituted for fresh. Makes 1¾ cups sauce. Store in the refrigerator.

Apple Catsup

Approximately 5 pounds sour apples
1 cup sugar or $\frac{1}{3}$ cup agave syrup
1 tsp pepper
1 tsp cloves
1 tsp dry mustard
2 tsp cinnamon
1 Tbl salt
2 onions finely chopped
2 cups cider vinegar

Wash, quarter, pare, and core apples. Cover with boiling water and bring back to a boil, then lower heat, simmer until soft, when nearly all the water should be evaporated; then process apples through food processor or grinder to make 1 quart of pulp.

Mix other ingredients and add to pulp in large sauce pan. Bring to boiling point again, then lower heat and simmer for 1 hour. Bottle or place in self sealing jars while hot.

Chile Colorado

Basic Red Chile Sauce
2 Tbl oil or shortening
1 Tbl starch
 $\frac{1}{4}$ to $\frac{3}{4}$ cup red chile powder
Sea salt to taste
 $\frac{1}{2}$ tsp garlic powder
2 cups cold water

Heat oil or shortening in a saucepan over medium heat. Stir in the starch and cook for approximately 1 minute.

Add the chile powder and cook for an additional minute. Gradually stir in the water mixing till smooth. Add seasonings and simmer at low heat for 10 to 15 minutes.

Store in the refrigerator.

Chile Verde

Green Chile Sauce
1 Tbl oil or shortening
 $\frac{1}{2}$ cup chopped onion
1 Tbl starch
1 cup chopped green chiles
1 cup low sodium chicken or vegetable broth
 $\frac{1}{4}$ tsp garlic powder
Sea salt to taste

Heat oil or shortening in a medium sized skillet over medium heat. Sauté the chopped onion until it begins to turn translucent. Add the starch and cook for 1 minute.

Add all remaining ingredients and simmer for 20 minutes.

Chile Caribe

(Red Chile Sauce Concentrate)

1 to 2 cups of water

8 to 10 toasted, red chile pods

Rinse and dry chile pods. Place the pods on a baking sheet in a 250° F oven for approximately 10 minutes, turning the pods several times to avoid burning. Pods should turn a deeper red.

Place the toasted pods and water in a large saucepan. Bring to a boil on high heat and cook for 3 minutes. Remove from heat and allow to cool slightly. Pour into blender or food processor and process until smooth.

Pumpkin Butter

3 ½ cup pureed pumpkin from roasted sugar pie pumpkins

¾ cup cherry cider

1 tsp ground ginger

¼ tsp ground cloves

1 ⅓ cup dark brown sugar

½ Tbl ground cinnamon

¼ tsp ground nutmeg

1 Tbl lemon juice

Combine the pumpkin, cider, spices and sugar in a large sauce pan. Whisk together well. Bring all to a boil, reduce heat and simmer for 30 minutes until thickened stirring frequently. Adjust the spices to taste and stir in lemon juice.

Cool and store in sealed container in refrigerator.

Types of Flours:

These are some (not all) of the types of flours available for wheat-free/gluten-free cooking and baking.

Acorn Flour: Heavy flour and works best as less than ½ of your base flour mix.

Almond Flour: Good for quick breads and pastries. Not as good in rising dough recipes. Also good for breading meats and fish.

Amaranth Flour: Dense flour, does best as less than one third of the flour mixture for a recipe.

Arrowroot Flour/Starch: Light powdery flour with a pleasant flavor. Use as a thickening agent like cornstarch. Should be combined with cool liquid till smooth before adding to a hot recipe for thickening.

Artichoke Flour: Slightly sweet, doesn't thicken, most often used in pastas and tortillas or other products that do not rise.

Atole Flour: Cornmeal from roasted blue corn. Coarse grind.

Blue Cornmeal: Made from blue corn, coarser grind.

Brown Rice Flour: A shade darker than flour milled from polished rice and the texture is not quite as smooth. Brown rice has a nuttier flavor.

Buckwheat Flour: Despite the name, it is not wheat. This flour can be strong flavored when roasted and is best mixed with another bland flour. Works well in pastries.

Cashew Flour: See Almond Flour

Chia (Salba): Like flax, ground chia seeds can be used instead of eggs or gelatin. Chia is high in omega 3's and fiber. Flour is usually mixed with brown rice flour and may be used as a 1 to 1 replacement for wheat flour.

Chestnut Flour: May be bought as stone ground or extra fine ground. Used in traditional Italian baking, has a strong flavor and dark color. Sift before using. Keep in freezer for up to 12 months.

Coconut Flour: High in fiber, protein and saturated fat. Mild sweet flavor and may be used by itself in quick breads and dessert dishes. It works well as 10 to 30% of the flour mix. However requires more oil and liquid added to the mix.

Corn Flour: Made from yellow or white corn, more finely ground than cornmeal.

Cornmeal: Coarse ground yellow or blue corn.

Cornstarch: Tasteless white powder used for thickening and should be mixed with water to avoid lumps when used for thickening.

Flax Seed Meal/Flour: Coarsely ground flax seed. It may be used as a fat substitute, egg substitute or thickening agent in some recipes.

Garbanzo Bean Flour: Also known as chickpeas, can be very similar to millet in providing a rich sweet flavor to baked foods.

Garfava Flour: Ground from garbanzo and fava beans. High in protein and fiber. Very good base for numerous baked goods. Best mixed with either sorghum or tapioca and a starch.

Hazelnut Meal: Refer to Almond Flour.

Jerusalem Artichoke Flour: Heavy flour, nutritious, is usually combined with other lighter flours to make pastas and breads.

Kudzu Starch: Mild flavor and produces a smooth, creamy consistency. Usually comes in small chunks, to measure it must be crushed into a powder. Adds nice crispiness to deep fried foods and may be used as a thickener.

Lotus Flour: Cream colored flour with a pronounced flavor. Usually used in baking and making batter for deep frying chicken and fish in Chinese cuisine.

Macadamia Flour: See Almond Meal. Smooth with a buttery flavor.

Masa Harina: A flour that is ground from dried hominy that has been boiled in a solution containing powdered lime and is then washed, dried, and ground.

Mesquite Flour: Rich flavors, can be strong. In baking it should only constitute 10 to 20% of the flour mix.

Millet Flour: Adds an exceptionally sweet flavor to baked goods. Must be mixed with binding agents for breads.

Montina (Indian rice grass): Milled from a grass native to Montana. High in fiber and protein.

Mung Bean Flour: A type of fine textured gluten-free flour. It is also used to produce a variety of sweet pastries and breads.

Nut Flours: Nut flours include almond, pecan, walnut, hazelnut, filbert, and chestnut. Nut flours may contribute flavor and nutrition to baked products.

Oat Bran: Somewhat like wheat bran, but is moister and more flavorful.

Oat Flour: Flour usually ground from hulled and cleaned oats, called groats or from rolled oats or oatmeal. Gives a nutty flavor. Do not use alone in recipes where the dough must rise. High oil content.

Pea Flour: Used primarily in Indian cuisine.

Plantain Flour: Use in breads, cakes, cookies and rolls.

Potato Flour: Heavier than potato starch, does not thicken, may have a distinct potato flavor.

Potato Starch: Light powdery flour has no flavor and thickens liquids well. May be stored at room temp.

Pumpkin Seed Flour: Dark flour with very nutty flavor. May be substituted for almond flour.

Quinoa Flour: It is used in a variety of baked goods. It has a mild flavor.

Rice Flour, White: Used primarily as a thickening agent. May not be used alone for breads.

Sago Flour: Made from the pitch of sago palm stems. Usually processed into pearls like tapioca. Primarily used to make noodles and white bread.

Sorghum Flour: Rust colored flour, sweet with a bitter aftertaste. High in protein, fiber and iron. Used primarily for GF beers.

Soy Flour: Sweet, nutty and heavy. Good for entrees or desserts.

Sweet Potato Flour: Made from white sweet potatoes, and is good in baked goods and adds a bit of sweet to thickened gravies or liquids.

Sweet Rice Flour: Milled from mochi rice, which is a short-grained, glutinous rice common in Asia. A finer flour than brown rice, and good for cakes.

Tapioca, Cassava, Yuca, Manioc Flour: Adds chewiness to flour mix, is starchy and works well in lieu of confectioner's sugar for frostings.

Taro Flour: Use primarily as a thickener in soups and should be combined with other flours for pancakes and other savory foods.

Teff: Comes from the grass family and is a tiny cereal grain native to northern Africa. It is high in fiber.

Water Chestnut Flour: used mostly as a thickener and a light coating for fried Asian foods.

Yam Flour: Ground dried yams. May have flavors that range from quite bland to an earthy, slightly smoky taste. It is only moderately sweet.

Gelatins and Gums:

Agar-agar: It is processed from red algae into sheets, flakes and powder. The powder form is easy to work with and is high in proteins and fiber.

Gelatin: It is processed from animal bone, hooves and connective tissue. It is used in gluten-free recipes to bind and thicken batters and dough.

Guar Gum: comes from the seed of bean-like (legume) plant, sometimes referred to as the Indian tree. It is high in soluble fiber. It is used in gluten-free cooking to bind, thicken and emulsify gluten-free ingredients.

Xanthan Gum: Produced primarily from cellulose from corn or cabbage, used in gluten-free cooking to bind, thicken and emulsify gluten-free ingredients.

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