

a collection of
'not-so-boring'
gluten free recipes



CO-OP

Helpful Links:

THE CANADIAN CELIAC ASSOCIATION

www.celiac.ca

THE CALGARY CHAPTER OF THE CANADIAN CELIAC ASSOCIATION

www.calgaryceliac.com

GLUTEN FREE CERTIFICATION PROGRAM

www.glutenfreecertification.ca

CANADIAN DIGESTIVE HEALTH FOUNDATION

www.cdhf.ca/digestive-disorders/celiac.shtml

DELIGHT GLUTEN FREE MAGAZINE

www.delightglutenfree.com

THE CELIAC SCENE

Gluten Free Guide and Gluten Free Restaurants

www.theceliacscene.com

HEALTH CANADA

Q&A on new gluten label guidelines:

www.hc-sc.gc.ca/fn-an/label-etiquet/allergen/project_l220_qu_qr-eng.php

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COPPER POT CREATIONS
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downtownfood

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ED’S RESTAURANT & EMBARCADERO

Heesung Kim, Owner

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GRACE MULCHRONE

Mother to boy with gluten and dairy sensitivities

Redwater Rustic Grille

James DeLong, Culinary Director

www.redwatergrille.com

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To compile this collection of 'not-so-boring' gluten free recipes, we approached local restaurants, caterers and home cooks and asked them if they would like to contribute some of their favourite gluten free recipes. We were overwhelmed with the enthusiasm and help we received. We recognize the busy schedules of cooks, chefs, caterers and parents; thank you for the time you took to submit your favourites!



granola

grace mulchrone

INGREDIENTS

1/2 - 3/4 CUP HONEY
1/2 CUP OIL
1 TBSP VANILLA
1/2 TSP SALT
1/2 CUP SESAME SEEDS
1 CUP SOY GRITS (OPTIONAL)
2 CUPS UNSWEETENED GRATED COCONUT
7 CUPS GLUTEN FREE ROLLED OATS

Preheat oven at 350°F. Heat oil, honey and vanilla in a baking pan until mixture thins. Take off heat and stir in salt, sesame seeds, soy grits and mix together. Mix in oats and coconut. Put in oven and bake for 15 minutes. Then, broil (toast) to your own preference, stirring to make sure it's uniformly toasting and taking care that you do not leave it unattended. Cool and store in an airtight container. To serve, pour into a bowl with milk and eat like you would any cereal. Or eat a handful as a snack.

GRACE MULCHRONE
Mother to boy with gluten
and dairy sensitivities

pancakes

grace mulchrone

INGREDIENTS

125G ARROWROOT FLOUR
125G BROWN RICE FLOUR
37 1/2 CL RICE MILK (OR ANY MILK OR LIQUID)
3 OR 4 EGGS
PINCH SALT
5CL SESAME OIL (OPTIONAL)

Combine eggs and salt. Add arrowroot flour and a little of the rice milk. Add the rice flour and the remaining milk. Add sesame oil. Mix to smooth dough. Let sit for a half hour before frying. Heat pan on stove. These are thin pancakes, similar to crêpes, so just put a bit on the pan and turn the pan so that the batter spreads out thin and evenly. When you begin to see bubbles forming you can prepare to turn it over. (If you want to make waffles instead, use half the liquid required here.) You can fill or serve your pancakes with your favourite ingredients (savory or sweet). We like a squeeze of lemon juice and a drizzle of honey. Add some fresh fruit and yogurt too! Savory fillings, like ham and cheese can turn these pancakes into a wonderfully nutritious lunch. And, if you use buckwheat flour, it's a complete meal.

GRACE MULCHRONE
Mother to boy with gluten
and dairy sensitivities

bite-sized doughnuts

INGREDIENTS

1/2 CUP MARGARINE
 2 EGGS
 1 CUP WHITE SUGAR
 1 3/4 CUPS BROWN RICE FLOUR
 2 TSP BAKING POWDER
 1 TSP NUTMEG
 1 TSP BAKING SODA
 1 CUP SOUR CREAM

TOPPING

1/2 - 3/4 CUP MARGARINE
 1/2 CUP WHITE SUGAR
 1 TBSP CINNAMON

Cream together margarine, eggs and white sugar. Add brown rice flour, baking powder and nutmeg. Combine the baking soda and sour cream together. Baking soda and sour cream mixture will froth slightly. Add to the rest of the ingredients. Bake batter in greased tart tins or mini muffin tins at 350°F for 8-10 minutes or until browned.

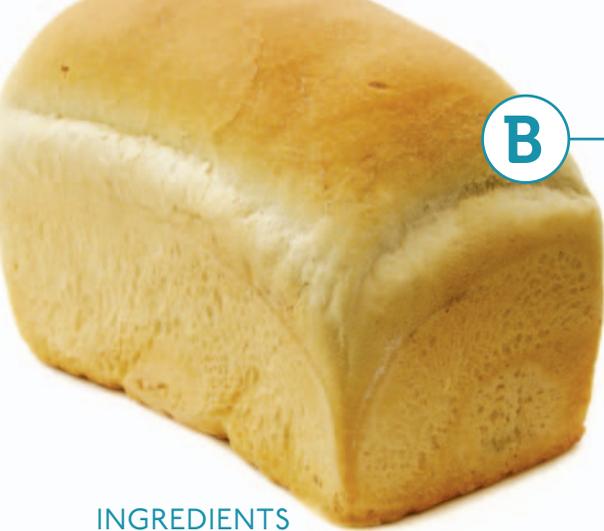
Topping:

While batter is baking, melt margarine and combine white sugar with cinnamon.

While bite-sized doughnuts are still warm, quickly dip in margarine and then roll in sugar-cinnamon mixture. Store in an airtight container. Can also be baked as a slab cake, regular size muffins, layer cake, or loaf.

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B — BAKING

basic white bread

Mix all ingredients together in a mixing bowl, mix well until all dry ingredients are moist. Place into a bread pan. Bake on regular cycle, or, if you have a Cuisinart Machine use the GF setting.

If you are using an electric mixer, mix on medium speed for about 2-3 minutes. (I have found that this puts air in the mix and the bread turns out much nicer).

INGREDIENTS

- 2 3/4 CUPS GLUTEN FREE FLOUR MIX (* SEE BELOW)
 - 1/4 CUP GLUTINOUS RICE FLOUR (SWEET RICE FLOUR)
 - 3/4 CUP POWDERED MILK
 - 3 TBSP SUGAR
 - 1 1/2 TSP SALT
 - 2 TBSP XANTHAN OR GUAR GUM
 - 2 TSP BREAD YEAST
 - 3 EGGS
 - 1 TSP VINEGAR
 - 1 3/4 CUPS COOL WATER
 - 1/3 CUP BUTTER OR MARGARINE
- * GLUTEN FREE FLOUR MIX IS 2 CUPS WHITE RICE FLOUR, 2/3 CUPS POTATO STARCH, 1/3 CUP TAPIOCA FLOUR

CANADIAN CELIAC ASSOCIATION
June Williams, Ottawa Chapter
www.celiac.ca



pie crust

Mix all dry ingredients. Cut lard into pieces; add to dry ingredients. Mix with a pastry blender or fingers until mixture resemble coarse crumbs. Mix egg, vinegar and water in 1 cup measure. Add water to make 1 cup of egg mixture. Make a well in centre of flour mixture; pour in 3/4 of the egg mixture. Mix with fork until all dry ingredients are moistened. Add more egg mixture as needed if mixture is too dry. Pastry should be very moist.

Wrap in plastic wrap and chill for several hours or overnight, until cold and firm. Roll pastry on rice-floured surface to desired size. Bake until golden brown at 400°F for the first 10 minutes if you are baking a pie, then 350°F for approximately 25-30 minutes.

This pastry is easy to work with. It works well for pies, tarts, and freezes well.

INGREDIENTS

- 1 1/2 CUPS WHITE RICE FLOUR
- 1/2 CUP TAPIOCA STARCH FLOUR
- 1/4 CUP POTATO STARCH FLOUR
- 1 TSP XANTHAN OR GUAR GUM
- 1/2 CUP CORNSTARCH
- 1 TSP SALT
- 1 TSP BAKING POWDER
- 1/2 LB LARD
- 1 EGG PLUS WATER TO MAKE ONE CUP
- 1 TSP VINEGAR

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INGREDIENTS

3/4 CUP SOY FLOUR
 1/4 CUP POTATO STARCH FLOUR
 6 TBSP BROWN SUGAR
 6 TBSP WHITE SUGAR
 1/2 TSP SALT
 1/2 TSP BAKING SODA
 6 1/2 TBSP MARGARINE
 1/2 TSP VANILLA
 1/4 TSP WATER
 1 EGG
 1/2 CUP CHOPPED NUTS
 CHOCOLATE MORSELS

INGREDIENTS

DRY INGREDIENTS

1 CUP WHITE RICE FLOUR
 3/4 CUP LOW FAT SOY FLOUR
 1/2 CUP CORN STARCH
 1 TSP SALT
 3/4 CUP WHITE SUGAR
 1/3 CUP BROWN SUGAR (OPTIONAL)
 4 TSP BAKING POWDER
 1/2 TSP GUAR OR XANTHAN GUM

LIQUID INGREDIENTS:

4 TBSP MELTED BUTTER
 3 EGGS
 1 TSP VANILLA
 2/3 CUP MILK
 1 CUP BLUEBERRIES (APPROX.)

wheat flour substitutes

THERE ARE SO MANY EXCELLENT SUBSTITUTES FOR WHEAT FLOUR THAT IT IS HARD TO KNOW WHERE TO START. TRY THESE FIRST:

FOR FLOURING OR BREADING MEATS: Omit; or try cornmeal, potato flakes, almost any mixture of rice, bean or sorghum flours you normally use; crushed potato chips, crushed riceworks chips, gluten free cereal or gluten free bread crumbs. Choose a product similar to what it replaces.

toll house cookies

Sift together flours, salt and baking soda. Blend margarine, sugars, vanilla, water. Beat in egg. Add flour mixture and mix well. Stir in chocolate morsels and nuts.

Drop well-rounded teaspoonfuls of the batter onto cookie sheet. Bake 10-12 minutes in 375°F oven.

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blueberry muffins

Sift together dry ingredients. Beat together eggs, milk, melted butter and vanilla in a separate bowl, then add to dry ingredients. Mix in whole blueberries.

Pour batter into pre-oiled muffin tins, approximately 2/3rds full. Bake 20 minutes or until lightly browned in a preheated 400°F oven. Makes 12-15 muffins.

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FOR GRAVIES AND SAUCES: Sweet rice flour or cornstarch. See product boxes for proportions of liquid or thickener and cooking instructions. Remember starches break down and get thin under high heat or long cooking times.

FOR PUDDING AND PIE FILLINGS: Cornstarch, potato starch, tapioca or arrowroot. Since starches get watery after a day or so, a mild flavoured gluten free flour may be used. Look for a gluten free flour combination with the least "gritty feel" such as sweet rice flour or a general rice flour and starch mixture.

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This recipe can be made in under 2 hours (including 1 hour of rising time). The buns can be cooled and refrigerated or frozen and microwaved for 30 to 60 seconds and used just like freshly baked buns. These buns are for hamburger buns and makes about 8 buns, 4.5" x 2" but can be baked in smaller molds for 'English muffins' for gluten free eggs benedict or dinner buns.

INGREDIENTS

YEAST MIXTURE

- 1 CUP WARM WATER
- 2 TBSP HONEY OR 1 TBSP SUGAR
- 2 1/2 TSP (1 PACKAGE) ACTIVE DRY YEAST

DRY INGREDIENTS

- 1 1/2 CUPS BROWN RICE SUGAR
- 1 CUP TAPIOCA STARCH
- 1/2 CUP WHITE RICE FLOUR (REGULAR OR SWEET)
- 1/2 CUP POTATO STARCH
- 1 1/2 TSP XANTHAN GUM (CAN SUBSTITUTE GUAR GUM)
- 1 1/2 TSP SALT

*OTHER GLUTEN FREE FLOURS AND STARCHES SUCH AS CORN STARCH, SORGHUM OR MILLET FLOURS CAN BE USED, BUT SOME GF FLOURS HAVE DISTINCT TASTES. WE SETTLED ON THIS MIX BECAUSE IT MOST CLOSELY RESEMBLES THE TASTE OF REGULAR HAMBURGER BUNS.

WET INGREDIENTS

- 3 LARGE EGGS
- 1/3 CUP SODA WATER
- 1/4 CUP EXTRA VIRGIN OLIVE OIL
- 1 TSP APPLE CIDER VINEGAR

Chef's note: all ingredients should be at room temperature to ensure proper rise.

gluten free buns

Make yeast mixture first. Add honey (or sugar) to the warm water in a cup and stir until dissolved. Sprinkle in the yeast and stir, leave for 5 to 10 minutes to allow the yeast to proof.

While the yeast is proofing, assemble flours and dry ingredients in an electric mixer bowl. In another bowl, whisk together the wet ingredients.

Mix the dry ingredients assembled in the electric mixer bowl at the lowest speed. Make sure the xanthan gum is thoroughly mixed with the flours before adding wet ingredients. We use a stand mixer with the paddle attachment.

Slowly add the wet ingredients to the dry while it is mixing, then add the yeast mixture. Scrape the sides as necessary and increase the mixer speed to medium high and let it mix for 3-4 minutes. Xanthan gum replaces the gluten in wheat flour, but does not require kneading, just thorough mixing.

When ready, the 'dough' will be the consistency of drop cookie batter, and will not form buns. You will require a mold that is the approximate size of the bun that you want. (Muffin pans, round disposable foil cups, etc.)

The molds need to be well greased using oil or non-stick spray. Spoon the dough into the molds, placing about 1/2 cup of dough in each mold. Use the spoon to smooth the dough so that it looks like a flattened ball within the mold, but do not smooth it to stick against the sides of the mold. Wetting the spoon helps to keep the dough from sticking. If desired, you can sprinkle each bun with some sesame or poppy seeds.

Leave buns in a warm place for an hour so they can rise. They should double the initial height and fill out the sides of the mold.

Preheat oven to 350°F and bake for 18 minutes, until buns are golden brown. When done, remove buns from their molds immediately, and cool on a wire rack. Once buns are cool, they can be frozen or used immediately.

ED'S RESTAURANT & EMBARCADERO
Heesung Kim, Owner
www.edsrestaurant.com



mango salad

INGREDIENTS

2 MEDIUM MANGOES, PEELED
AND SLICED THIN
1 CUP TORN MIXED SALAD GREENS
1 CUP JICAMA, DICED
1/2 CUP ENGLISH CUCUMBER, DICED
1/8 CUP FINELY SLICED RED ONION
1/4 CUP CHOPPED FRESH CILANTRO

LIME VINAIGRETTE:

2 TBSP PEANUT OIL
2 TBSP WATER
2 TBSP FRESH LIME JUICE
1/4 GRATED FRESH GINGER

Using a very sharp knife or peeler, peel the mangoes, cut the flesh in quarters away from the seed and discard. Slice all the mango thinly. Clean and prepare the rest of the vegetables and set aside.

To make the vinaigrette: In a screw-top jar (a mason jar works) combine peanut oil, water, lime peel, lime juice and ginger. Cover and shake well.

Divide the salad greens among four salad plates. Toss the jicama, onion, cucumber in the lime vinaigrette. Divide the mixture evenly between the plates, arrange the sliced mango like a fan right on top of the salad, drizzle with more lime vinaigrette and sprinkle with chopped cilantro.

CHEF KAT, Kathrina McKinney
"Calgary's Personal Chef"
www.chefkat.com

INGREDIENTS

3 TBSP FRESH GINGER
1.5 LBS CARROTS PEELED AND CHOPPED
1 ONION
1 BAYLEAF
5 CUPS CHICKEN STOCK
1/4 TSP GROUND PEPPER
SALT TO TASTE
SPRIG OF THYME OR 1/4 TSP DRIED THYME
2 TBSP BUTTER
1/2 CUP MILK

ginger carrot soup

Grace Mulchrone

Sauté onion in butter for 6 minutes. Add carrots, ginger and thyme and stir. Cook for 5 minutes. Add stock and simmer until carrots are soft. Stand pot in cold water to cool down and blend in a blender. Put back in a pot and stir in 1/2 cup milk. Add ground pepper and salt to taste, warm through and serve.

GRACE MULCHRONE
Mother to boy with gluten
and dairy sensitivities



**S**

STARTERS

downtownfood
Chef Darren MacLean
www.downtownfood.ca

lobster broth

Lobsters are one of the strangest and most beautiful crustaceans in the ocean and, as such, deserve to be treated with respect. Please kill them humanely before boiling by driving your knife into the base of their head through to the front. Butcher lobster into tail, claws and body (most fishmongers can do this for you).

To prepare the lobster: Boil 4 litres of water with 1 tbsp salt. Once boiling, boil the lobster pieces for timed amounts: Tail and big claw - 4 minutes, little claw - 3 minutes. Once cooked place them in a bowl of ice water for 1 minute to stop the cooking. (Be sure to reserve 1 litre of the water from the lobster pot for the broth.)

Heat 1 tbsp. olive or canola oil in a large saucepan. Once hot, add the lobster body (chop this into chunks for best flavour) and sear until red. Once red, add the carrots and onions and sweat out, being careful not to colour the vegetables. Add tomatoes, basil and lobster water. Bring to a boil and skim the surface then reduce to a simmer for 1 hour. Strain and reduce by half.

In a separate pan reduce cream by half. Combine the reduced lobster stock and cream and season to taste.

INGREDIENTS

1 WHOLE LOBSTER
2 CUPS CREAM
1/2 CUP DICED ONION
1/2 CUP DICED CARROTS
1/4 CUP WHOLE THAI BASIL LEAVES
1/2 CUP DICED RIPE TOMATOES
1 L OF LOBSTER WATER
CHOPPED GREEN ONIONS
TOUCH OF PAPRIKA

To serve: Rewarm lobster pieces gently in butter, then place them in a soup bowl with chopped green onions. Blend the soup in a blender (be careful not to burn yourself) then pour over the lobster pieces and dust with paprika.

INGREDIENTS

4 POUNDS ASSORTED SQUASH
1/2 LB BACON
1/4 STALK CELERY
1 YELLOW ONION
1 MEDIUM CARROT
2 BAY LEAF
1 TBSP WHOLE PEPPERCORN
1 OZ CANOLA OIL
1.5 L CHIX STOCK
1/4 L CREAM
1/2 CUP PLAIN YOGURT
1/8 CUP ROASTED GARLIC
2 TSP CHOPPED FRESH SAGE
1 TSP SALT

Split and seed squash. Roast at 350°F until soft (approx. 30 minutes). Dice bacon, celery, carrot and onion and sauté in canola oil on med-low heat with bay leaf and peppercorn until vegetables are soft (approx. 20 minutes). Add chicken stock, cream, yogurt, roasted garlic, sage, salt and mix thoroughly. Bring to a boil then reduce heat to med-low and simmer for 20 minutes. Add squash pulp and mix thoroughly. Continue to simmer on med-low for about an hour. Remove from heat and purée with stick blender then transfer to a stand up blender and liquify. Soup should be velvety smooth. Taste, adjust seasoning as needed.

Redwater Rustic Grille
James Delong, Culinary Director
www.redwatergrille.com





red split lentils with cumin seeds

INGREDIENTS

1 CUP LENTILS
1 LITRE WATER
2 THIN SLICES UNPEELED GINGER
1/2 TSP GROUND TURMERIC
1 TSP SALT OR TO TASTE
3 TBSP GHEE OR VEGETABLE OIL
PINCH OF GROUND ASAFETIDA (OPTIONAL)
1 TSP CUMIN SEEDS
1 TSP CORIANDER POWDER
1/4 CUP CAYENNE PEPPER

Wash lentils until clear, and leave to soak for between 15 minutes and 1 hour. Combine the lentils and water in a heavy pan. Bring to a simmer. Remove any scum that collects on the top. Add the ginger and turmeric. Stir to mix, cover, leaving the lid slightly ajar, turn heat to low and simmer gently for 1 1/2 hours or until the lentils are tender. Add salt and stir to mix.

Put the oil in a small frying pan and set over medium heat. When hot put in the asafetida and the cumin seeds and allow to sizzle for a few seconds. Put in the coriander and cayenne. Stir once and then quickly pour the contents of the frying pan into the pan with the lentils. Mix and serve.

This recipe reheats very well too and is eminently transportable.

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Mother to boy with gluten
and dairy sensitivities

swiss chard pancakes

INGREDIENTS

1 BUNCH OF SWISS CHARD, LEAVES ONLY
1 EGG
DICED ONION
GRATED CHEESE, GRUYÈRE,
CHEDDAR OR HARD GOAT'S CHEESE
SALT AND PEPPER TO TASTE

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and dairy sensitivities

Clean chard, cut stems out (save for minestrone soup!). Cut leaves into strips, steam or sauté in shallow pan of boiling water. Sauté onions until slightly golden. Add chard and cook for a few minutes. Cool mixture. Beat egg and add to the chard. Season to taste. Grate cheese. Make patties. Put cheese on palm of hand, cover with mixture and add more cheese on top. Put in pan. (Or, however, you choose to make patties out of the cheese and mixture.) Cook patties in medium heat until the cheese turns golden brown and a crust is formed. Turn/flip, depending on size. Cook until both sides are the crusty golden brown. Serve hot!



GRACE MULCHRONE
Mother to boy with gluten
and dairy sensitivities

courgette/zucchini pancakes

Everything is easy about this recipe! There is nothing that can go wrong. This type of vegetable pancake can be used any time of the day. It is perfect to serve a super-sensitive-to-everything-child (or adult). It's a good side dish to any meat.

INGREDIENTS

2 LARGE ZUCCHINI
1 EGG
ALL PURPOSE GLUTEN FREE FLOUR
BAKING POWDER
SALT, TO TASTE

These instructions aren't specific, but just the gist. This is a recipe you can play around with and have fun. You can substitute zucchini for potato and cabbage, etc. Grate zucchini, leave in sieve over sink to drain, then put in a muslin and squeeze the juice out as much you can, or just squeeze in your hands to the best of your ability. Combine flour with baking powder. I use 2 tbsp of flour to 1 tbsp of baking powder, so it's fluffy. Combine all ingredients together, season to taste. Fry in a medium hot pan, turn over. Serve as is, or for dramatic effect, add a dollop of Greek yogurt, sour cream or goat's yogurt if you are sensitive to cow's milk.

how to adapt recipes

SOME OF THE GUIDELINES FOR GLUTEN FREE COOKING ARE:

- Focus only on the items in the recipe that need to be adapted.
- Choose a recipe with very little flour or gluten-containing items. Sometimes the flour can be omitted (Breading or flouring meats can easily be omitted for most recipes.) Concentrate on the major flavours.
- Serve simple fruit and vegetables while gaining skills. Think "omit" or "substitute" while reviewing a recipe. Perhaps mark problem ingredients in a recipe.
- Keep proportions nearly the same for your recipe. Given the same amount of liquid, it takes less starch to thicken than flour (cornstarch vs. corn flour).
- Use commercial or home-made gluten free substitutes. For example, gluten free macaroni, bread and corn tortillas.
- Don't make anything more complicated than it already is. But do take family health concerns, likes, dislikes and food dollars available into consideration.
- Before you begin baking, read about the unique taste and texture properties of each flour and starch alternatives. A combination of gluten free flours and starches makes a better product than single flours.
- A variety of gluten free all-purpose baking flour mixes can be substituted for wheat flour and are available from many gluten free companies.

— www.celiac.ca



E ENTRÉES



gluten free vegetarian chili

Copper Pot Creations

INGREDIENTS

- 1 MEDIUM ONION, CHOPPED
- 4 CLOVES GARLIC, MINCED
- 3 MEDIUM CARROTS, CHOPPED
- 4 RIBS CELERY, CHOPPED
- 1 GREEN PEPPER, DICED
- 10 MUSHROOMS, QUARTERED
- 2 SMALL ZUCCHINI, DICED
- 2 CUPS CORN KERNELS
- 2 TBSP VEGETABLE OIL
- 1 CAN (14 OZ) KIDNEY BEANS
- 1 CAN (14 OZ) PURE TOMATO SAUCE
- 1 CAN (6 OZ) PURE TOMATO PASTE
- 1 CAN (14 OZ) DICED TOMATOES
- 1 TSP GROUND CORIANDER
- 1 TSP GROUND CUMIN
- 2 TBSP CHILI POWDER (ADD TO TASTE)
- SALT AND PEPPER (ADD TO TASTE)

Heat olive oil in a large pot over medium heat. Sauté the onion, garlic, carrot and celery until translucent. Add green pepper, mushrooms, zucchini, corn and continue to sauté for another 3-4 minutes. Add remaining ingredients, cover and simmer on medium low to low heat for approximately 30 minutes, stirring occasionally. Serve with gluten free cornbread (recipe below).

COPPER POT CREATIONS
GF Cooking, Chef Chris Niddrie
www.copperpotcreations.com

INGREDIENTS

- 1 CUP MILK
- 1 EGG
- 1/4 CUP VEGETABLE OIL
- 1/4 TSP VINEGAR
- 1/3 CUP POTATO STARCH
- 1/2 CUP CORN STARCH
- 1 TSP SALT
- 1/4 TSP BAKING SODA
- 1 TBSP BAKING POWDER
- 3/4 CUP CORNMEAL
- 1/2 CUP SUGAR
- 1/2 TSP XANTHAN GUM

gluten free cornbread

Copper Pot Creations

Preheat oven to 350°F. In a medium bowl, combine milk, egg, oil and vinegar. Beat with hand mixer on medium speed for 1 minute or until well mixed. Add all other ingredients and beat with hand mixer on medium speed for an additional 2 minutes or until any lumps are removed.

Pour batter into greased 8" x 8" baking pan. Bake for 28-32 minutes, until cornbread tests done with a toothpick (poke a toothpick into middle of cornbread and take out, if it comes out clean, the cornbread is ready) and top is lightly browned.



gluten free tomato and beer braised ribs

INGREDIENTS

2 KG OF PORK SIDE OR BACK RIBS,
 CHOPPED INTO INDIVIDUAL BONES
 1 ONION, PEELED AND QUARTERED
 3 CLOVES OF GARLIC, PEELED
 1/2 CUP TOMATO PASTE
 1 CUP KETCHUP
 1/4 CUP VEGETABLE OIL
 1/2 CUP GLUTEN FREE BEER
 JUICE OF 1 LEMON
 (OR 2 TBSP BOTTLED LEMON JUICE)
 1 TSP SALT
 1 TSP CHILI POWDER
 1/2 TSP PAPRIKA
 1 TSP DRY MUSTARD
 1/2 TSP GROUND BLACK PEPPER
 1/4 TSP TABASCO SAUCE
 1 TBSP APPLE CIDER VINEGAR
 3 TBSP HONEY

Preheat oven to 350°F. Combine all ingredients (except ribs) in a blender and blend for 30 - 60 seconds. Place ribs in large roasting pan and cover with sauce. Bake for approximately 2 hours, covered, until meat is very tender. Serve with boiled potatoes (to soak up all that delicious sauce) and your favourite vegetables.

Chef's note: This recipe also works well in a crockpot! Calgary Co-op Wines & Spirits has a great selection of gluten free beer.

COPPER POT CREATIONS
 GF cooking, Chef Chris Niddrie
www.copperpotcreations.com



jambalaya

INGREDIENTS

2 CHICKEN BREASTS, CUT INTO STRIPS
 4 LINKS GLUTEN FREE SPICY ITALIAN SAUSAGE, SLICED
 1 CUP BLACK FOREST HAM, DICED
 COOKED WHITE RICE (1 CUP PER SERVING)
 VIETNAMESE CHILI GARLIC SAUCE TO TASTE

TOMATO SAUCE:

1 CAN (28 OZ.) WHOLE PLUM TOMATOES
 1 ONION
 4 CLOVES OF GARLIC
 2 BAY LEAVES
 2 TSP BASIL
 2 TSP OREGANO
 BLACK PEPPER AND SALT TO TASTE

Sauté chicken breast in a little olive oil until cooked through. Add ham and sausage and continue to sauté until heated. Add 1 cup of tomato sauce per serving and chili sauce to taste. When meats and sauce are heated, add 1 cup of rice per serving, toss until excess liquid has been absorbed and serve.

To make the tomato sauce: Dice tomatoes and onion (this can be done with a food processor but ensure that tomatoes are still course. Onion and garlic can be finer.) Sauté onion and garlic in a little oil, add tomatoes, heat until just starting to boil. Add bay leaves, basil, oregano, black pepper and salt to taste. Simmer for at least 2 hours. This can be made in advance and kept in the refrigerator for up to a week and frozen if keeping for longer.

ED'S RESTAURANT & EMBARCADERO
 Heesung Kim, Owner
www.edsrestaurant.com

cumin chicken with chick peas

INGREDIENTS

1 LB CUBED CHICKEN BREAST
 1/2 CUP ROASTED CUMIN SEEDS
 1/2 GREEN CHILI
 2 TBSP GRATED FRESH GINGER
 1 1/4 OZ CAN DRAINED CHICK PEAS
 SALT AND PEPPER TO TASTE

OPTIONS:

ADD SLICED SAUSAGE, ANY LEFTOVER CHICKEN, GREEN ONION, BROCCOLI, LEMON JUICE, OTHER VEGETABLES...
 THIS IS A VERSATILE RECIPE.

Sauté chili and ginger, add diced chicken and half of the cumin seeds, fry until chicken is cooked through. Add the other 1/2 of the cumin seeds and the chick peas near the end to warm up. So simple and so tasty. This makes a great weeknight supper.

GRACE MULCHRONE
 Mother to boy with gluten and dairy sensitivities

INGREDIENTS

2 LEMONS, ZESTED AND JUICED
 1/2 LIME, ZESTED AND JUICED
 1/4 CUP COCONUT MILK
 1/4 DRY WHITE WINE
 1 CLOVE GARLIC, MINCED
 1/2 GREEN JALAPENO, SEEDED AND MINCED
 1/4 CUP ROUGHLY CHOPPED SHALLOTS
 1 TSP AJI AMARILLO PASTE*
 2 TBSP MUSSEL JUICE
 1 TSP SUGAR
 1 TBSP BUTTER
 1/2 OF A REALLY RIPE TOMATO,
 ROUGHLY CHOPPED
 5 CILANTRO STEMS
 2 TBSP POPCORN FOR POPPING
 1 TSP TANDOORI SPICE
 12 SUSTAINABLE SHRIMP
 20 MUSSELS (OR 1 LB)
 100 GRAMS SUSTAINABLY SOURCED
 ALBACORE TUNA
 4 SUSTAINABLE SCALLOPS
 MICRO GREENS AND RED ONION,
 FOR GARNISH

* AJI AMARILLO IS A FRUITY PEPPER, POPULAR IN PERUVIAN COOKING, HAVING A CITRUSY, ALMOST PINEAPPLE-LIKE FLAVOUR. IT CAN BE PURCHASED AT LA TIENDORA MARKET 1836 36 ST. SE, CALGARY. 403-272-4054.

A DRIED CHILI, POUNDED IT INTO A PASTE, CAN ACT AS A SUBSTITUTE.

Chef's note: As with any seafood dish, it is really important to use fresh fish. Especially in the case of our Ceviche, as you are lightly cooking different shellfish and keeping some of it raw. This dish is a wonderful light citrus flavoured starter combined with its spicy kickback and myriad of seafoods should help keep palates and passions racing.

dtf ceviche

Clean mussels and pull off beards adhering to the shells. (This will ensure the left over liquid is not too fishy smelling or tasting). Then heat a large saucepan and add garlic, jalapeño and butter. Once the butter stops bubbling and the pan is hot, toss all the mussels in and deglaze with wine and cover for 2 - 4 minutes or until the shells open up all the way. Reserve 2 tbsp of the mussel liquid. Remove the mussels from their shells and cool in the fridge.

Combine lemon and lime zest and juice, coconut milk, shallots, tomato, cilantro and aji amarillo paste with the mussel liquid. Allow this to sit for at least an hour in the fridge (leaving overnight will give you the best results). Taste the mixture. Does it need more lemon? or do you like it a little spicier? This is up to you! Strain and reserve.

Heat a saucepan up to high heat and add canola oil. Season the tuna with salt and pepper and sear it for 10 seconds on each side. As soon as it is finished, plunge tuna into ice water for 20 seconds to stop cooking. Then, pat dry with a paper towel and set aside.

Heat a large pot of water with 1 tbsp salt, bring to a boil. Then, turn off the heat and drop shrimp into the water to poach until tender but not rubbery. As with the tuna, immediately shock shrimp in an ice bath, strain and set aside.

Slice the scallops into 4 coin like medallions and set aside.

Pop corn kernels and dust with butter, tandoori spice and salt.

Assembly: In 4 small bowls, lay down 5 mussels in a concentric circle, top with scallops and then tuna. Slice shrimp in half, lengthwise and arrange on top of the tuna. Pour the ceviche liquid over the seafood until it comes up half way. Garnish with micro greens and the popped corn, and a smattering of red onion. Now, crack open a bottle of Prosecco with a loved one and enjoy!

downtownfood
 Chef Darren MacLean
www.downtownfood.ca

**E**

ENTRÉES

shepherd's pie

INGREDIENTS

1 WHOLE LEG OF LAMB
CELERY
CARROTS
WHOLE GARLIC CLOVES, CUT IN HALF
ONION, CUT IN HALF
FRESH ROSEMARY
WHOLE BLACK PEPPERCORNS
1 CAN CORN KERNELS, STRAINED
1 CUP FROZEN PEAS
RUSSET POTATOES
BUTTER
WHIPPING CREAM
CORNSTARCH

ED'S RESTAURANT & EMBARCADERO
Heesung Kim, Owner
www.edsrestaurant.com

To make lamb jus:

Remove meat from a whole leg of lamb, trim skin and fat leaving some meat attached. Put bone and trim in a large pot, roast in oven at 450°F for about 30 minutes until very brown. Remove from oven and put in large pot. Add water, celery, carrots, whole garlic, onion, fresh rosemary and black peppercorns. Bring to a boil and then simmer for at least 8 hours (or overnight). Strain solids and discard. Boil liquid until reduced to about half the volume. Add salt to taste. This can be done in advance and refrigerated or frozen.

To make filling:

Grind the lamb or chop finely. In a pan, sauté diced onion and carrots in olive oil until onions are transparent but not caramelized. Add corn, peas and lamb meat. Meat to vegetable proportion can be as desired. Sauté until meat is no longer red but still pink. Add lamb jus and cook on medium heat about 5 minutes. Add enough lamb jus to have a moist but not runny mixture. Spoon mixture into individual casserole dishes, about 2 cups per serving.

To make mashed potato topping:

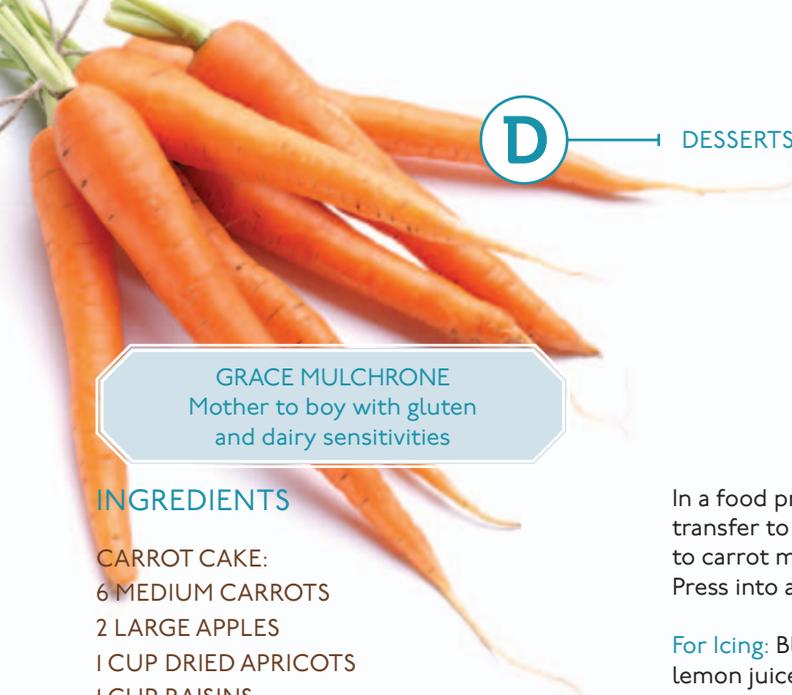
Peel russet potatoes, cut into roughly 1" cubes and boil in salted water until soft. Drain the water and put the cooked potatoes into a mixing bowl and add butter (about 1 tbsp per potato). Mix using an electric mixer, adding whipping cream a little at a time to make a smooth (but not gluey) consistency. Put the mashed potato into a piping bag and swirl over the meat filling in the casserole dishes to cover it completely. If you do not have a piping bag, spoon the mashed potato over the meat filling, and spread to cover it completely. Use a fork to rake the surface.

This can be made in advance, covered with plastic wrap and refrigerated.

When needed, bake in 350°F oven for about 20 minutes, or until mashed potato ridges a little golden brown.

To make gravy with the lamb jus, add a little cornstarch to the jus and heat in a pan. If too thick, add more jus, if too thin mix more cornstarch with cold water and add a bit at a time. Serve on the side with the pie.





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Mother to boy with gluten
and dairy sensitivities

INGREDIENTS

CARROT CAKE:

- 6 MEDIUM CARROTS
- 2 LARGE APPLES
- 1 CUP DRIED APRICOTS
- 1 CUP RAISINS
- 1 CUP DESSICATED COCONUT
- 1 TSP CINNAMON
- 1/2 TSP DRIED GINGER
- 1/2 TSP GROUND NUTMEG
- 1/2 TSP ORANGE ZEST
- 1/4 TSP CARDAMOM

CASHEW NUT ICING:

- 1 CUP CASHEW NUTS,
SOAKED FOR 4 HOURS
- JUICE OF 1 LEMON
- 1 TBSP AGAVE

bakeless carrot cake with cashews

In a food processor, process carrots and apples, transfer to a bowl. Process apricots and raisins. Add to carrot mix. Mix in remaining ingredients by hand. Press into a springform pan and refrigerate.

For Icing: Blend cashews with water, agave and lemon juice until creamy, adding water if necessary, or, for thick icing, do not use any water.

Spread icing on top of cake and top with shredded coconut.



dtf flourless chocolate cake

Preheat oven at 350°F. Melt chocolate and butter. In a bowl, whip egg whites and half the sugar to form stiff peaks. In a second bowl, whisk yolks together with the other half of the sugar. Fold the yolk mixture into the chocolate. Then, fold in the white mixture in batches. Pour into a cake pan and bake immediately. 7 - 10 minutes, until just set.

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Chef Darren MacLean
www.downtownfood.ca

INGREDIENTS

- 500 GR CHOCOLATE
- 250 GR BUTTER
- 12 EGGS SEPARATED
- 160 GR SUGAR

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