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Gluten-Free Recipes



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Notes...

Gluten Intolerance

Gluten is a protein found in wheat, rye, and barley. Some people cannot tolerate the gliadin fraction in gluten.

Gluten intolerance is also called:

Celiac disease

Celiac-sprue.

Nontropical sprue.

Gluten sensitive enteropathy

Symptoms of Gluten Intolerance

With gluten intolerance the lining of the intestine is flattened. This results in reduced food absorption.

Symptoms of gluten intolerance include:

Diarrhea

Steatorrhea (fat in the stool)

Bloating

Appetite loss

Muscle loss

Weight loss

This can lead to malnutrition.

Lactose intolerance may temporarily occur with gluten intolerance.

However, lactose containing foods can be returned to the diet within a short time.

Gluten Containing Grains

Gluten containing grains:

Wheat

Barley

Rye

Oats are gluten-free. However, the use of oats is controversial due to wheat contamination during processing. A limited intake of oats is currently considered acceptable.

Non-gluten grains and flours:

Tapioca

Corn flour

Rice flours

Potato flour

Soy flour

(Oklahoma State University Extension)

Celiac disease (CD) is triggered by ingesting certain proteins, commonly referred to as “gluten,” which are naturally present in some cereal grains. While CD can’t be cured, its symptoms can be controlled through diet. One of the grains people with celiac disease can eat is flour processed from food sorghum varieties. Whole grain sorghum flour is a wholesome, hearty grain that provides important fiber and has a mild flavor that won’t compete with the delicate flavors of other food ingredients.

CD is a genetic disorder and may occur in children as well as adults. Approximately one in 133 people may have CD; the majority of these individuals have not been diagnosed.

When someone with CD eats gluten, an autoimmune response that damages the small intestine is set off. In turn, the small intestine loses its ability to absorb the nutrients in food, leading to malnutrition and other complications. The symptoms vary widely among people. An extensive list of symptoms is given on the Celiac Sprue Association (CSA) Web site at <http://csaceliacs.org>

In this book are some recipes made with sorghum flour suitable for someone with CD. Though gluten is commonly associated with wheat, foods made with barley and rye must also be avoided. The use of oats is questionable at this time. For a comprehensive list of all the grains and flours *currently* considered consistent, questionable or not consistent with a gluten-free diet, check on the CSA Web site at <http://csaceliacs.org>

In substituting sorghum flour for wheat flour in recipes, a combination of flours often is used. It is possible to purchase already-mixed all-purpose gluten-free baking flours. Or you can mix your own — on page 6 are three substitution possibilities which include sorghum flour. Because sorghum does not contain gluten, a “binder” such as xanthan gum, must be added when gluten is needed to create a successful product. Add ½ teaspoon xanthan gum per cup of sorghum flour for cookies and cakes or one teaspoon per cup of flour for breads. Other ingredients used as binders in some recipes include egg whites, unflavored gelatin, cornstarch and guar gum.

(University of Lincoln Nebraska Extension)

Other Resources

National Institute of Health Celiac Awareness Campaign:

www.celiac.nih.gov

Acceptability of Foods and Food Ingredients for the Gluten-Free Diet

Pocket Dictionary Canadian Celiac Association www.celiac.ca

Gluten-Free Living Magazine www.glutenfreeliving.com

Allergic Living Magazine www.allergicliving.com

Living Without Magazine www.livingwithout.com

Gluten-Free Passport www.glutenfreepassport.com

Triumph Dining Resources www.triumphdining.com

Gluten-Free Restaurant Awareness Program

www.glutenfreerestaurants.org

Gluten-Free Drugs www.glutenfreedugs.com

Gluten-Free Certification Organization www.gfco.org

Celiac Disease & The Gluten-Free Diet, May 2010

Sources:

- **OSU Extension Service—Nutrition for Older Adults Fact Sheet Guidelines for Food Intolerance Fact Sheet**
- **University of Lincoln Nebraska Extension Fact Sheets**
- **Think Rice! Dietitian Newsletter Fall 2009, Issue 1**
- **Across the Fence Special Needs Recipe, August 2008; University of Vermont Extension**
- **Celiac Disease & the Gluten-Free Diet, May 2010**

Celiac Disease and Gluten-Free Diet Resources

Resources are available from a variety of sources such as health professionals, complimentary health practitioners, celiac support groups, the internet, food companies, family and friends. Unfortunately there is a significant amount of outdated, inaccurate and conflicting information from many of these sources. As the knowledge of celiac disease and the gluten-free diet is rapidly expanding, it is essential to use evidenced-based and current resources.

Books

Gluten-Free Diet - A Comprehensive Resource Guide, Revised and Expanded Edition, 2010 Shelley Case, RD. www.glutenfreediet.ca

Celiac Disease for Dummies: Dr. Ian Blumer and Dr. Sheila Crowe

Celiac Disease - A Hidden Epidemic: Dr. Peter Green and Rory Jones

Real Life with Celiac Disease -Troubleshooting and Thriving Gluten-Free: Melinda Dennis, RD and Daniel Leffler, MD

www.reallifewithceliacdisease.com

Celiac Disease - The Road to Diagnosis <http://celiacstories.ca>

The Gluten-Free Nutrition Guide: Tricia Thompson, RD

Gluten-Free Friends - An Activity Book for Kids: Nancy Falini, RD

Cookbooks

1,000 Gluten-Free Recipes: Carol Fenster

<http://1000glutenfreerecipes.com/default.aspx>

250 Gluten-Free Favourites: Donna Washburn and Heather Butt

www.bestbreadrecipes.com/glutenfree.htm

The Gluten-Free Gourmet Bakes Bread: Bette Hagman

Wheat-Free Gluten-Free Cookbook for Kids and Busy Adults: Connie Sarros

National Celiac Associations

Canadian Celiac Association www.celiac.ca and www.celiacguide.org

Celiac Disease Foundation www.celiac.org

Gluten Intolerance Group of North America www.gluten.net

Celiac Sprue Association www.csaceliacs.org

National Foundation for Celiac Awareness www.celiaccentral.org

American Celiac Disease Alliance www.americanceliac.org

Gluten-free Baking in the 1990's

- Bette Hagman writes *The Gluten-free Gourmet – Living Well Without Wheat*, Henry Holt & Co. Publishing, 1990, providing people with celiac disease with practical techniques and tips for GF baking and lifestyle.
- Standard GF flour blend used: white rice flour, tapioca, corn, and potato starches.
- Xanthan gum is an essential ingredient used to bind GF baked goods. (See next page.)
- Most GF mixes and recipes in GF cookbooks use a white rice GF flour blend to replace wheat flour.
- Challenges arise when baking with rice flour blends as they tend to produce dense, gritty, and crumbly baked goods.
- Warming, toasting, or grilling gluten-free rice-based baked goods increases moisture and crunch.
- Nutrition is boosted by adding brown rice, almond, and/or soy flour.
- Nutrition is improved by adding fruits, vegetables, and nuts.
- Bette Hagman includes sorghum in the “Four Flour Bean Mix” in *Gluten-free Gourmet Bakes Bread* cookbook, Henry Holt & Co., 1999 providing GF bakers with more options. (See next page.)

Gluten-free Baking in 2000's

- People with celiac disease search for better taste, texture, and more nutrition in gluten-free products and baking.
- Still no “cup for cup” substitute for wheat flour exists, but new combinations of GF flour are created and appear in ready-made mixes and recipes.
- Ancient grains such as amaranth, teff, quinoa, Montina™ (Indian rice grass), and white food grade sorghum come on the gluten-free scene.
- Various bean and legume flours (garbanzo, fava, and pea) appear in GF flour blends as well as ground flax seed.
- Xanthan gum or guar gums are still needed to bind GF flours.
- In 2005, Expandex®, a modified tapioca starch, is introduced by Corn Products International to gluten-free bakers. Benefits included crisp outer crust, texture and appearance similar to wheat bread, and longer shelf-life. Also less gum can be used in the recipe.
- Carol Fenster, Ph.D. features a sorghum blend as the “cup for cup” substitute for most recipes in her massive collection, *1,000 Gluten-free Recipes*, John Wiley & Sons, Hoboken, NJ, 2008. (See next page)

(University of Lincoln Nebraska Extension)

Xanthan Gum Amounts for GF Baking Needs

Cookies: 1/4 teaspoon/cup of flour

Pancakes and Waffles: 1/4 teaspoon/cup of flour

Cakes: 1/2 teaspoon/cup of flour

Muffins, Quick Breads: 3/4 teaspoon/cup of flour

Bread: 1 to 1-1/2 teaspoons/cup of flour

Pizza: 2 teaspoons/cup of flour

Carol's Sorghum Blend

- 1-1/2 cups sorghum flour — 35%
- 1-1/2 cups potato starch/ cornstarch — 35%
- 1 cup tapioca flour — 30%

Cookie Mix (makes 2 cups)

by Mary Schluckebier

1/4 cup chickpea flour

1 3/4 cup sorghum flour

1/4 cup sweet rice flour

Source: CSA Web site at <http://csaceliacs.org>

Four Flour Bean General Baking Mix (makes 3 cups)

by Bette Hagman

2/3 cup garfava bean flour

1/3 cup sorghum flour

1 cup cornstarch

1 cup tapioca starch/flour

Source: CSA Web site at <http://csaceliacs.org>

Storing sorghum flour

Store sorghum flour in moisture-vapor-proof, air-tight glass or metal containers or plastic freezer bags. Keep in a cool, dry, dark place if it will be used within a few months; store in a refrigerator or freezer for longer storage.

(University of Lincoln Nebraska Extension)

Gluten-Free Grab'n Go

Whether you're heading to class, work, or the library, when you're on a gluten-free (GF) diet you need GF foods ready to Grab 'n Go! Keep these snacks handy to throw into your backpack, briefcase, or purse and head for the door! **Always check ingredients on labels. Call manufacturers.**

When in doubt, leave it out.

GF Breakfast/Granola Bars:

- Enjoy Life Breakfast bars (contain sorghum)
- Bakery on Main GF granola bars
- LARA bar organic bars - all varieties

Candy Bars:

- Hershey's chocolate bars
- Reese's Peanut Butter cups
- Snickers

GF Cereal:

- EnviroKidz—GF varieties
- General Mills Rice, Corn, Honey Nut Chex

GF Cookies:

- Enjoy Life varieties (contain sorghum)
- Kinnikinnick varieties
- French Meadow Bakery, GF Brownies, Chocolate Chip cookies (single servings)

GF Crackers:

- Blue Diamond Nut Thins
- Glutino crackers
- Mr. Krispers

Eggs: hard boiled in the shell - naturally sealed!

Fruit: apple, banana, oranges, applesauce, fruit cups

Nuts, GF Dried Fruit, GF Cereal in a Bag:

- Eden Foods – packaged fruit, nuts, seeds

Peanut/Sunflower Butter Packets:

- Jif, Peter Pan, Skippy peanut butter
- Sunflower butter

Popcorn: plain or check micro-wave ingredients

GF Pretzels: ENER'G, Glutino

Veggie Bags: cut up carrots, cauliflower, celery, grape tomatoes. Add a packet of GF salad dressing for dip.

(University of Lincoln Nebraska Extension)

GRAB:

- ✓ a nutritious snack; make every bite count
- ✓ pre-packaged snacks
- ✓ 2 to 3 snacks...just in case

GO:

- ✓ with high energy, low sugar snacks.
- ✓ for foods made from whole grains; they will keep you going.
- ✓ for naturally GF snacks; most are less expensive & healthier.

'In the Pink' Cherry Frosting

No artificial colors or flavoring. Two recipes in one! If you'd rather have vanilla icing, go with the Basic Frosting. Make it cherry pink with the additional steps and ingredients.

Start with Basic Frosting:

2 tablespoons butter, gluten-free (GF) margarine, or Crisco, softened
2 oz. cream cheese, softened
2 to 2-1/2 cups powdered sugar
1 to 2 tablespoons of milk (cow, nut, rice, soy)
1 teaspoon GF vanilla extract

Beat together until smooth. Adjust the amount of powdered sugar and milk until desired spreading consistency is reached. Chill.

Add to make Cherry Frosting:

2 tablespoons Old Orchard Cherry Apple 100% juice — concentrate
2 to 3 tablespoons of water
1 teaspoon fresh lemon juice
5 Bing cherries, pitted

Puree in a blender until smooth. Start with 2 tablespoons of water. If more liquid is needed to blend ingredients together, slowly add as much of third tablespoon of water as needed.

(University of Lincoln Nebraska Extension)

Make Your Own Vanilla Extract

What's vanilla? Basically, vanilla beans and alcohol!

Glass jar or bottle with lid
3 to 4 vanilla beans
Vodka

1. Wash and rinse jar or bottle.
2. Split vanilla beans with sharp knife.
3. Place beans in jar or bottle.
4. Fill with vodka. Seal.
5. Store in cool, dark place for 4 to 6 months; shake occasionally.

(University of Lincoln Nebraska Extension)

Sizing Up Sorghum

Sorghum also known as milo, grest millet, jowar, and cholam originated in Africa.

Sorghum flour has a pale beige color, slightly nutty flavor, and dense texture.

Baked goods containing sorghum have more volume, texture, and little crumb.

Baked goods made from sorghum tend to stay moist longer if carefully wrapped.

Health Benefits of Sorghum

Sorghum, because of its nutritional attributes, forms an important part of the diet for many people throughout the world. Whole grain sorghum contributes the following important essential nutritional components to diets:

- **Protein.** Protein is essential for growth and maintenance of body functions. Sorghum provides 21.7 g/cup and 11.3 g/100 grams. Recommended intake is 15%-20% of daily calories.
- **Fiber.** Insoluble fiber helps promote a healthy gastrointestinal system, may aid in weight loss and some research suggests it may help prevent certain types of cancer. Soluble fiber helps lower blood cholesterol and reduces the risk of heart disease. It also slows glucose absorption and may be beneficial for persons with diabetes. High fiber means at least 5 grams fiber/serving and the recommended intake for adults is 25-35 grams/day. Sorghum contains 12.1 g/cup and 6.3 g.
- **Iron.** Iron transports oxygen through the body and is involved with enzyme functions. Low levels of iron can lead to iron deficiency anemia. Symptoms include fatigue, irritability, shortness of breath and weakness. Recommended intake for adults is 18 mg/day (females) and 8.8 mg/day (males). Sorghum contains 8.5 mg/cup and 4.4 mg/100 g.
- **Calcium.** While important for bone and dental health, calcium helps with several important functions in the body. It is necessary to maintain normal heartbeat, muscle, and nerve functions. Calcium is also involved in blood coagulation and many enzymatic processes. Recommended intake for adults is 1000 mg/day. Sorghum provides 54 mg/cup and 28 mg/100 grams.

(University of Lincoln Nebraska Extension)

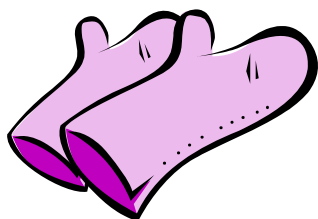
Gluten-Free Baking Tips:

- Start with ingredients at room temperature.
Place chilled eggs in a bowl with tepid water for 5 minutes to remove the chill.
Flour should be at room temperature before using.
- Place ingredients to be measured on the left of the mixing bowl. Once you have used the ingredient, place it on the right-hand side of the bowl. This is an easy way to keep track of what has been used in the recipe.
- Gradually pour liquid into dry ingredients a little bit at a time. Don't allow batter to become soupy; it should be thick but fluid.
- No cooling rack? Turn over another cupcake tin and set warm tin on top. This allows air to reach the bottom of baked goods.

Don't have time to make cake mix from scratch?

Try these delicious gluten-free cake mixes (contain sorghum):

- Gluten-free Essentials (www.gfessentials.com)
Extreme Chocolate Cake Mix
Yellow Velvet Cake Mix
- Bob's Red Mill (www.bobsredmill.com)
Gluten-free Chocolate Cake mix



Very Cherry Chocolate Cupcakes

2 cups sugar
2 cups sorghum flour blend (see right)
3/4 cup natural dark cocoa
1-1/2 teaspoons GF baking powder
1-1/2 teaspoons baking soda
1 teaspoon salt
1 teaspoon xanthan gum
1/2 cup dried Bing cherries or dried tart cherries
2 eggs + 1 egg white
1 cup milk (or GF soy, rice, nut milk)
1/2 cup vegetable oil (or melted butter)
2 teaspoons GF vanilla extract*
1 cup boiling water

Sorghum Flour Blend

1-1/2 cups sorghum flour**
1 cup tapioca flour
1 1/2 cup corn or potato starch

Whisk together and store in an air-tight container = 4 cups

1. In large mixing bowl, whisk (or mix on low speed with electric mixer) dry ingredients — sugar, sorghum flour blend, natural cocoa, baking powder, baking soda, salt, and xanthan gum.
2. Put cherries in a small bowl; cover with water to rehydrate while completing steps 3 through 5.
3. In a medium mixing bowl, gently whisk together eggs and egg white.
4. Add milk, oil, and vanilla to egg mixture.
5. Beat on medium speed with electric mixer for two minutes.
6. Drain water off dried cherries, pat dry with paper towel. Dice into small pieces; place in a dry bowl. Dust with a teaspoon of gluten-free flour until lightly coated. Shake off excess. Set aside.
7. Add 1/3 cup of boiling water into batter, blend well. Repeat until all water is added into batter.
8. Fold in dried cherries.
9. Place cupcake liners into the cupcake tins. Fill tins half full with batter.
10. Bake 21 to 23 minutes for cupcakes (makes about 27 cupcakes).
11. Cool 5 minutes, remove from pans to wire rack. Cool completely before frosting. Wrap individually and freeze cupcakes.

See next page

* If using powdered vanilla, add to dry ingredients.

** Possible sorghum flour sources: Authentic Foods, Bob's Red Mill, Twin Valley Mills

(University of Lincoln Nebraska Extension)

Chocolate Chip Cookies

This recipe was developed by Amy Perry for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills (<http://www.twinvalleymills.com>).

- 1 egg (or 1 egg replacer, mix and set aside)
- ½ cup butter (or margarine, shortening or lard)
- ½ cup sugar
- ¼ cup brown sugar packed
- ⅔ cup sorghum flour + ⅓ cup cornstarch
- ¼ cup defatted soy flour
- ¼ teaspoon salt
- ½ teaspoon soda
- ½ teaspoon xanthan gum
- 1 teaspoon Cook's Powdered Vanilla Extract (can use liquid extract if gluten-free and added before egg).
- 1 cup Nestles semi-sweet chocolate morsels
- ½ cup nuts (optional)

1. Preheat oven to 375°F. Whisk together dry ingredients; set aside.
2. Cream shortening and sugars, add egg (or egg replacer) beating on high until fluffy. Add dry ingredients, blend until well mixed, add chips (and nuts).
3. Drop from teaspoon 2 inches apart on ungreased cookie sheet. Bake 10 minutes. (If baking more than one pan at a time, bake 8 minutes, turn pan, and bake 2 more minutes.) Do not overcook.
4. Remove from oven, let cool on cookie sheet until firm, finish cooling on rack.

Recipe can be doubled. Note: Consistent oven temperature is very important. Overcooked or cooked too cool makes them gritty.

(University of Lincoln Nebraska Extension)



Rice in the Gluten-Free Diet

Gluten-free (GF) products are often low in fiber, iron and B vitamins. Whole grain rice (brown, black and red) are healthy gluten-free options. Rice has many vitamins and minerals, including B vitamins, iron, potassium, as well as protein and fiber. Here are some tips for adding rice to the gluten-free diet:

- Start the day with cream of brown rice hot cereal; add dried fruit, a spoonful of ground flax and dash of vanilla and cinnamon
- Scramble eggs with cooked brown rice for a hearty breakfast
- Cook double batches of rice to have on hand for the next meal. Refrigerate for up to a week or freeze for up to six months
- Cooked rice, which has been properly cooled and refrigerated or frozen, may be reheated. For each cup of cooked rice, add 2 tbsp liquid. Cover and heat on the stovetop or in the oven for about 5 minutes, or until heated through. Microwave, covered on HIGH for about 1 minute per 1 cup, or until heated through. Heat frozen rice on HIGH for 2 minutes per cup. Fluff with a fork
- If time is an issue, use quick cooking microwaveable brown rice products
- Try a combination of brown and white rice
- Add brown rice to homemade soups or cooked rice to canned soups
- Extend meatloaf or hamburger patties with cooked brown rice
- Mix brown rice with beans in Southwestern dishes
- Toss cooked brown rice with a GF zesty salad dressing and serve over mixed salad greens
- Choose GF pasta with added rice bran
- Brown rice flour adds fiber and a nutty flavor in baked goods. Whether using brown or white rice flour, it is best combined with other GF flours to make a better textured product than using a single GF flour
- Use rice bran in bread, cookie, muffin and other baked recipes for additional fiber and a sweet nutty flavor
- Sweet rice flour is higher in starch than white or brown rice flour and makes an excellent thickener for sauces, gravy and puddings

(glutenfreediet.ca)

Sorghum Bread

This recipe was developed by Bette Hagman for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills, LLC (<http://www.twinvalleymills.com>). Additional recipes using sorghum flour may be found in Bette's book, *The Gluten-Free Gourmet Bakes Bread*.

1 cup sorghum flour
2/3 cup tapioca flour
2/3 cup cornstarch
1 1/2 teaspoons xanthan gum
1/3 cup dry milk powder or nondairy substitute*
1/2 teaspoon salt
1 teaspoon unflavored gelatin
1 teaspoon baking powder
3 tablespoons sugar
2 1/4 teaspoons dry yeast granules
2 eggs
1/2 teaspoon dough enhancer or vinegar
3 tablespoons vegetable oil
1 cup lukewarm water (more or less)

1. Grease an 8 1/2" by 4 1/2" loaf pan and dust with rice flour.
2. Combine the dry ingredients in a medium bowl.
3. In the mixing bowl of a heavy duty mixer, whisk the eggs, dough enhancer and oil. Add most of the water, holding back about 3 tablespoons to add as needed. Turn mixer to low and add the flour mixture a little at a time. The mixture should be the consistency of cake batter. Add the remaining water a little at a time to achieve this texture. Turn mixer to high and beat for 3 1/2 minutes. Spoon into the prepared pan, cover and let rise in a warm place about 35 minutes for rapid rising yeast; 60 or so minutes for regular yeast or until dough reaches the top of the pan.
4. Bake 50 to 55 minutes in a 400°F oven, covering after 10 minutes with aluminum foil.

Continued on next page

Apple Crisp

This recipe is provided courtesy of Twin Valley Mills, LLC (<http://www.twinvalleymills.com>).

4 cups sliced apples
1/2 teaspoon cinnamon
Slice apples into an 8 x 8 inch greased pan.
Sprinkle with cinnamon.

Crumble topping:

1 stick (1/2 cup) margarine
3/4 cup of sugar
3/4 cup sorghum flour

Bake at 350°F for approximately 1 hour or until topping turns light brown.

Sorghum Pie Crust

This recipe was adapted by Verleen Vorderstrasse, for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills (<http://www.twinvalleymills.com>).

1 cup sorghum flour
1/3 cup shortening
1/2 teaspoon salt
1 teaspoon xanthan gum
2-3 tablespoons of water

Mix flour, salt, xanthan gum and shortening as you would the dry ingredients in any other pie crust. Add water and pat into 9" pie plate. If complete pie is not baked, bake the crust in oven at 400°F until brown (8 to 10 minutes).

Crumb Topping for Fruit Pie

3/4 cup sorghum flour
1/3 cup brown sugar
1/3 cup margarine

Mix until crumbly. Put on top of pie in single pie crust.

(University of Lincoln Nebraska Extension)

BUCKWHEAT SALAD WITH MUSHROOMS AND PARSLEY

2 cups lightly packed parsley leaves (8 ounces), 1 cup chopped
1/3 cup plus 2 tablespoons extra-virgin olive oil
Salt
1 1/2 cups buckwheat groats (kasha)
1/2 pound each of shiitake and oyster mushrooms, stemmed, large caps quartered
Freshly ground pepper
2 tablespoons balsamic vinegar
2 tablespoons fresh lemon juice, plus lemon wedges, for serving
1 garlic clove, minced
1 tablespoon dark soy sauce
2 large scallions, thinly sliced
1 medium fennel bulb, diced

1. Bring a saucepan of water to a boil. Prepare a bowl of ice water. Blanch the 1 cup of parsley leaves in the boiling water for 20 seconds. With a slotted spoon, transfer the parsley to the ice water. Drain the parsley, squeeze out the excess water and pat thoroughly dry. In a blender, puree the blanched parsley with 1/3 cup of the olive oil. Transfer to a bowl and season with salt.
2. Bring a medium saucepan of water to a boil. In a large skillet, toast the buckwheat groats over moderately high heat, shaking the pan often, until lightly browned, about 3 minutes. Let cool slightly, then transfer to the boiling water and simmer over low heat, stirring often, until just tender but still holding its shape, about 5 minutes. Drain the buckwheat, spread it out on a large rimmed baking sheet and let cool to room temperature.
3. Meanwhile, heat the remaining 2 tablespoons of olive oil in the large skillet. Add the shiitake and oyster mushrooms and season generously with salt and pepper. Cover and cook over moderate heat, stirring occasionally, until the mushrooms have released their liquid, about 5 minutes. Uncover and cook, stirring occasionally, until the mushrooms are golden brown, about 5 minutes longer.
4. In a small bowl, mix all but 1 tablespoon of the parsley oil with the balsamic vinegar, lemon juice, garlic and soy sauce.
5. In a large bowl, toss the cooked buckwheat groats, sliced scallions, diced fennel and the 1 cup of chopped parsley with the dressing; season with salt and pepper and transfer to a platter. Top the salad with the sautéed mushrooms and drizzle with the remaining 1 tablespoon of parsley oil. Serve with the lemon wedges.

Makes 4 servings

One Serving 341 cal, 26 gm fat, 3.8 gm sat fat, 24 gm carb, 5 gm fiber.

(Food and Wine Magazine.com)

5) Turn out immediately to cool. For a softer crust, rub immediately with butter or margarine. Cool before slicing.

(Note: Gluten-free breads need to be frozen if not eaten within a day to avoid microbial growth. Slice bread and store sliced loaf in a freezer bag in the freezer. A handy way to freeze the bread is to wrap serving size portions of bread — usually one or two slices — in plastic wrap or zip top sandwich bags and then place in a freezer bag. This makes it easy to remove a few slices at a time and if desired, carry them along with you if you cannot eat the bread offered somewhere away from home.)

*Bette states, “I used the adult drink powder Ensure as my nondairy substitute and it turned out very well. The extra flavor and vanilla in the powder made the best tasting bread.”

(University of Lincoln Nebraska Extension)

Pancakes

This recipe was adapted by Mary Schluckebier, Home Economist, for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills (<http://www.twinvalleymills.com>).

2 cups sorghum flour
3 teaspoons baking powder
1 teaspoon sugar
3/4 teaspoon salt
1/2 cup non-fat dry powered milk(or powdered buttermilk)*
1 tablespoon corn oil
3 eggs
1 1/2 cups water

Combine dry ingredients. Stir in eggs, oil and water; mix well. Drop by spoonfuls onto a hot, 375°F griddle until golden brown, turning once. Makes about 20 4-inch pancakes. Hints: If you like thinner pancakes, add more water or add some applesauce.

*Mary states, “They are just fine leaving out the milk and not substituting anything in its place. It may mean adjusting the amount of water to provide the thickness of batter for thick or thin pancakes.

(University of Lincoln Nebraska Extension)

Gluten-Free Power Bars

Cereal Mixture:

- 2-1/2 cups of gluten-free (GF) cereal
- 2 cups toasted nuts (peanuts, almonds, mixed or soy nuts)
- 3/4 cup GF corn flakes
- 1 cup dried fruit (raisins, cranberries, cherries, apricots) (GF)
- 1 tablespoon ground flaxseed

Caramel Mixture:

- 1/2 cup peanut butter
- 1/2 cup brown sugar
- 1/2 cup light corn syrup
- 1 teaspoon GF vanilla

Grease a 9 x 13 baking pan. In a large bowl, moderately crush gluten-free cereal. Add toasted nuts, dried fruit, and flaxseed. Set aside. In a medium saucepan, stir peanut butter, brown sugar, and corn syrup over LOW heat. Keep stirring until the mixture just starts to boil. (This may take time but once it starts to boil, remove from heat.) Stir in vanilla. Pour over cereal mixture and gently combine until the cereal mixture is coated well. Pour into the pan. Press evenly using your hands. Cool. Cut into squares and wrap individually in plastic wrap. Proper wrapping will maintain freshness for weeks. Place in a zip-top plastic bag.

Possible gluten-free choices: Always check ingredients on labels. Manufacturers can change ingredients at any time.

- Enjoy Life Perky's Crunchy Flax (contains sorghum — shown in picture)
- Nature's Path Corn Flakes or Mesa Sunrise cereal
- EnviroKidz Gorilla Munch, Koala Crisp, Leapin' Lemurs cereal
- General Mills Rice Chex, Corn Chex, Honey Nut Chex
- Frontier alcohol-free vanilla
- Authentic Foods vanilla powder
- Jif, Skippy or Peter Pan peanut butter
- C & H brown sugar
- Karo light corn syrup

(University of Lincoln Nebraska Extension)

CHICKPEA FLOUR PIZZA WITH TOMATOES AND PARMESAN

- 2/3 cup chickpea flour (see Notes)
- 1/3 teaspoon salt
- 1 cup water
- 1/2 teaspoon finely chopped rosemary
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons chopped tomato
- 1 tablespoon finely chopped onion
- 3 tablespoons freshly grated Parmesan cheese
- 1/4 teaspoon freshly ground pepper

1. Preheat the broiler. Sift the chickpea flour with the salt into a medium bowl. Slowly add 1/4 cup of the water, whisking constantly to form a paste. Beat with a wooden spoon until smooth. Whisk in the remaining 3/4 cup of water and let the batter stand at room temperature for 30 minutes, then stir in the rosemary.
2. Heat 1 tablespoon of the olive oil in a 12-inch nonstick ovenproof skillet. Stir the batter once, pour it into the skillet and drizzle the remaining 2 tablespoons of olive oil on top. Cook the pizza over moderately high heat until the bottom is golden and crisp and the top is almost set, 2 to 3 minutes. Burst any large air bubbles with the tip of a knife.
3. Sprinkle the tomato, onion, Parmesan and pepper over the top, then place the skillet under the broiler and cook until the pizza is golden and crisp, 4 to 5 minutes. Slide the pizza onto a work surface, cut into wedges and serve hot.

Makes 8 wedges

NOTES

Chickpea flour is available at Indian and Middle Eastern markets, at health-food stores and by mail from [Kalustyan's](#) (800-352-3451).

(Food and Wine Magazine.com)

WILD MUSHROOMS AND RED WINE RISOTTO

5 1/2 cups chicken stock, preferably homemade
2 tablespoons extra-virgin olive oil
1 small onion, finely chopped
Salt and freshly ground pepper
1 1/2 cups arborio rice (10 ounces)
1/2 cup dry red wine or chicken broth
2 tablespoons unsalted butter
1 pound mixed wild mushrooms, thinly sliced
1 shallot, minced
1/2 cup freshly grated Parmigiano-Reggiano
2 tablespoons chopped flat-leaf parsley

1. In a medium saucepan, bring the chicken stock to a simmer. Keep warm.
2. In a large saucepan, heat the olive oil. Add the onion, season with salt and pepper and cook over moderate heat, stirring, until softened, about 5 minutes. Add the rice and cook, stirring, for 1 minute. Add the wine and cook, stirring until the wine is absorbed. Add 1 cup of the warm stock and cook over moderate heat, stirring constantly, until nearly absorbed. Continue adding the stock 1/2 cup at a time, stirring constantly, until it is nearly absorbed between additions. The risotto is done when the rice is al dente and suspended in a thick, creamy sauce, about 20 minutes total. Season with salt and pepper.
3. Meanwhile, in a large skillet, melt the butter. Add the mushrooms and shallot, season with salt and pepper and cook over moderately high heat, stirring occasionally, until softened and browned, about 10 minutes. Scrape the mushrooms into the risotto and stir in the cheese and parsley. Serve immediately.

Makes 6 servings

(Food and Wine Magazine.com)

Bountiful Bean Salad

1 can (15 oz.) wax beans, drained or frozen, cooked
1 Tbsp. reduced sodium Worcestershire sauce
1 jar (8 oz.) low-fat Italian style dressing
1 quart crisp salad greens
1 can (15 oz.) cut green beans, drained or frozen, cooked
3/4 cup sweet pickle relish
1/2 cup sliced sweet onion, preferably red
1 can (15 oz.) kidney beans, drained and rinsed

Mix all the beans with Worcestershire sauce and the Italian dressing. Cover, chill several hours. When ready to serve, stir in pickle relish and onion, add greens, and toss lightly.

Yield: 6 to 8 servings. Gluten and lactose free.

(Across the Fence, August 2008)

Tutti Frutti Rice Salad

The tutti frutti (or “many fruits”) rice salad is a gluten-free and vegetarian friendly recipe full of color, flavor and whole grain nutrients. Beautiful to look at and fun to say, this fuss-free salad can be thrown together in minutes and is also a great use for leftover rice.

3 cups cooked brown rice
3/4 cup dried cranberries
1 mango, chopped
3/4 chopped pecans, toasted
3/4 tsp ground black pepper
1/2 cup raspberry vinaigrette dressing
1/3 cup fresh chopped parsley, divided

In a large bowl, combine rice, cranberries, mango, pecans, pepper, vinaigrette and 1/4 cup parsley. Toss well. Garnish with remaining parsley.

Makes 4 servings.

(glutenfreediet.com)

Creamy Ham Fettuccine

1 pkg. (12 oz.) gluten free fettuccine
3 cups fully cooked ham, cubed
2 cups frozen peas, thawed
2 cups grated Parmesan-flavored soy cheese
1½ cups soy half & half

1. In a large saucepan or dutch oven, cook fettuccine according to package directions; drain.
2. In the same pan, heat the ham, add the peas, Parmesan flavored soy cheese, half & half and fettuccine.
3. Cook and stir until heated through.

Yield: 6 to 8 servings. Gluten and lactose free.

Zesty Meat Loaf

1 lb. lean ground beef
3 Tbsp. tapioca
1 small onion, grated
1 tsp. salt
¼ cup tomato juice
½ cup green pepper, chopped (optional)
½ cup mushrooms, sliced

Sauce: ½ cup ketchup
½ cup brown sugar
1 Tbsp. mustard

1. Combine all ingredients for meatloaf and put in pan.
2. Combine sauce ingredients and mix well. Top meat loaf with sauce.
3. Bake in a 8½x4½-inches loaf pan at 350°F for 1 hour.

Yield: 4 to 6 servings. Gluten and lactose free.

(Across the Fence)

Almond-Crusted Chicken

1/3 cup plus 1/4 cup extra-virgin olive oil
1 tablespoon sweet paprika
1 teaspoon ground cumin
3/4 teaspoon cayenne pepper
3 garlic cloves, crushed
2 1/2 tablespoons sherry vinegar
Salt and freshly ground pepper
2 1/2 pounds chicken wings
3/4 cup very coarsely chopped natural almonds
1/4 cup mayonnaise
Zest and juice from 1 lemon

1. Preheat the oven to 425°. In a large bowl, combine the 1/3 cup of olive oil with the paprika, cumin, cayenne and garlic. Stir in the vinegar and season with salt and pepper. Add the wings and almonds and toss. Spread the wings and almonds on a large baking sheet in a single layer and roast for about 25 minutes, until cooked through.
2. Meanwhile, in a mini food processor, combine the mayonnaise with the lemon zest and juice. Add the remaining 1/4 cup of olive oil and process until smooth; season the aioli (lemon aioli, a mix of store-bought mayonnaise, grated lemon zest and fresh lemon juice) with salt and pepper.
3. Turn on the broiler and broil the chicken wings, turning once until they are lightly crisp, 2 to 3 minutes. Transfer the wings and almonds to a platter and serve with the lemon aioli.

Makes 4 servings

(Food and Wine Magazine.com)