

THE LAST THANKSGIVING



Make Mine *Gluten Free!* Handout of Holiday Recipes Suggestions for an Allergen Friendly Holiday

Compiled by the Bellingham Gluten Info Group

As with any recipe, be sure to confirm that you are choosing ingredients that will not trigger an immune reaction. Substitutions are always encouraged!

There are so many more products available that its hard to imagine what being GF was like 20 years ago. But we still have stigmas to deal with and folks who don't understand . . . Take a deep breath, be patient—find folks to share time with who DO understand and remember to be grateful! We KNOW what makes us ill!!

Cornbread from kars

1/2 C Yellow cornmeal
3/4 C Corn flour - "whole corn" - Masa Harina
1/2 C alternate flour (if desired*)
1/2 tsp salt
1 tsp baking soda
2 tsp baking powder

2 Eggs, beat til' frothy
1/4 C sugar
1 C juice, milk, water or other liquid
1/2 C oil ** - can be canola, vegetable
or for a "richer cake" butter or margarine

Beat liquids thoroughly, add dry ingredients after mixing completely, mix together just enough to moisten, bake in greased 9x9 baking pan at 400 for 25 minutes. *This is an excellent all around quick bread. It is not as crumbly as many cornbreads due to the use of less cornmeal. Mixed with Italian herbs can be used under spaghetti sauce for a polenta style lasagna. With the addition of green peppers, cheese and chopped ham is a great breakfast or lunch bread. Try orange peel and dried cranberries. Try it with cheese and hot green chilies for a tasty Mexican sidedish. Pour on top of a casserole dish full of chili and bake it for an easy tamale pie ! Served with honey or jam and butter- - it is dessert !*

Additional notes on ingredients

* This can be 1/2 C more of corn flour OR you can increase nutritional content by using bean, pea or soy-bean flours or a combination of them. You could also use tapioca flour if you want a lighter more cakelike (but less nutritional) product. If you can tolerate gluten you can use wheat flour.

** To make cornbread "non-fat" - use 1/2 C GF creamed corn instead of oil)

Dairy Free Ranch Dressing

- 1 cup non-dairy milk
- ¼ cup raw unsalted sunflower seeds
- ¼ cup fresh lemon juice
- 1 Tbsp chia seeds (ground)
- 2 tsp dehydrated onion
- 1 tsp coconut aminos OR Braggs aminos or gf tamari
- 1 tsp Dijon mustard
- 1 clove garlic
- ¼ tsp celery seed
- 1 Tbsp dried chives
- 1 Tbsp finely diced fresh parsley

Add all ingredients but chives and parsley to the jug of your high powered blender and blend for 2 minutes until smooth. Transfer to a resealable jar, stir in chives and parsley. Cover and refrigerate overnight.

Vegetable Nut Appetizers

Heavily Adapted from Vegetable Walnut Patties in John Robbin's "May All Be Fed"

- 2 C millet, cooked, soft, "mush" style
- 1 Tbs vegetable oil
- 2 stalk celery (or heart), chopped
- 1 bunch green onions, chopped
- 2 C cooked brown rice
- 1/4 C Garfava flour (or other bean flour)
- 1/4 C GF flour blend
- 1 C fresh parsley, chopped
- 1 medium carrot grated
- 1/2 C lightly ground sunflower seeds
- 1/2 C lightly ground sesame seeds
- 2 tsp. dried basil, or 1/2 C fresh
- 1 tsp dried thyme or 2 tsp. fresh
- 3 Tbs. GF soy sauce
- Sea Salt and Pepper if desired

Place cooked millet in large bowl.

In a medium frying pan heat vegetable oil then add celery and green onions, cooked until softened, about 5 minutes. Add to bowl with millet.

Add remaining ingredients. You can increase seeds/nuts to 2 C if you prefer. Also, you can substitute for your choice of nuts or use pumpkin seeds. Stir until well blended. Use spoon to measure small mounds onto nonstick cookie sheet or an oiled sheet if not non-stick. If desired, sprinkle lightly with sesame seeds or sunflower seeds, if desired.

Pour off excess seeds before placing in oven. Bake at 400 degrees F for 20 - 30 minutes
Serve warm. Makes approx. 50 "two-bite" sized appetizers. Serve with dip or barbeque sauce.

Appetizers

We frequently avoid appetizers at big holiday meals, as there is already a lot of food to prepare and eat. However, they can be an easy way to enjoy a simple meal with friends (during the holidays or otherwise!). Invite everyone to bring a hearty appetizer, then serve "side dishes" such as curried rice, butternut squash soup and a vegetable or green salad.

Other great ideas for appetizers that are allergen friendly are hummus dip, vegetable tray (try lightly steaming – just 3-4 minutes will retain their fresh bright colors but make them easier on digestion). Explore alternate vegetables such as jicama and kohlrabi. There is a plethora of new chips available (while you might not want to make a habit of eating them for a special treat—go ahead! Or maybe gf bread sliced thin and toasted to make flatbread for dipping or topping. Rice wraps can be an entire dinner experience. Pre-chop all the fillings and let everyone "soak and fill their own". Be sure to have a selection of sauces (plum, wasabi, soy and peanut are all good choices).

Old standby favorites include olives (check the olive bar at most stores), pickles, marinated artichoke hearts, pickled beets, bacon wrapped water chestnuts (or shrimp) - under the broiler for 10 min. YUM—how about sliced summer sausage or even liverwurst!

Butternut Squash Soup

1 tablespoon olive oil
1 onion, chopped
1 medium butternut squash, peeled and chopped
2 cloves garlic, minced
6 cups hot chicken stock
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh sage
1/2 cup heavy cream (or coconut cream)*
Kosher salt and freshly ground black pepper

For the soup: Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until beginning to soften, about 5 minutes. Add the squash and cook, stirring occasionally, until beginning to brown around the edges, 8 to 10 minutes. Add the garlic and cook for another minute. Pour in the chicken stock, add the thyme and sage and bring to a simmer. Simmer until the squash is very soft, 10 to 15 minutes. Stir in the heavy cream. Puree using an immersion blender. Season with salt and pepper. For the topping: When ready to serve, mix together the cream and sour cream in a small bowl. Drizzle designs over the soup with the mixture.

*can also use cashew cream

Cashew Cream

This easy to make vegan ingredient can be used to make anything that calls for cream, sour cream, cream cheese, etc. even in place of evaporated milk to make a pumpkin pie!

1 C of raw cashews soaked overnight in cold water and drained

Place soaked cashews in a high speed blender or food processor, starting with only 1/2 cup water, blend until completely smooth (should take 1-2 minutes in a high speed blender and 4 minutes in a food processor). If using a food processor, stop a few times to scrape down the bowl and then continue blending. Drizzle in extra water as needed to reach a desired consistency and add sweet or savory flavorings of choice. Store in an airtight container in the fridge for up to 5 days.

Buckwheat/Quinoa Warm Salad

5 ounces baby arugula/kale, chopped
1 1/2 cups diced red bell pepper
1 1/2 cups diced yellow or green bell pepper
1 1/2 cups diced celery
1 1/2 cups finely diced red onion
1 bunch scallions, thinly sliced
1/2 cup toasted pumpkin seeds or sunflower seeds
Small white navy beans

Dressing

1/3 cup fresh lemon juice (or lime)
1/4 cup unfiltered apple juice
1/4 cup walnut or hazelnut oil (or olive)
2 teaspoons Dijon mustard
1/2 teaspoon freshly ground black, white, green and pink peppercorns

Grain, (to be cooked)

1 cup buckwheat groats (kasha), cooked (I like to use a vegetable broth to add flavor) or can use quinoa - how about a combination?

Cranberry Mandarin Coleslaw with Nuts and Raisins

3 C shredded red and/or green cabbage
2 C shredded carrots
1 C chopped celery
1/2 C chopped green onions
1 Tbsp freshly squeezed lemon juice
1/2 C raisins
1/2 C raw green pumpkin seeds (pepitas)
1/2 C dried cranberries
1/2 C walnut or pecan halves
6 Tbsp extra virgin olive oil
1/4 C brown or natural rice vinegar
1 can 10 oz mandarin oranges, drained

can also use fresh mandarin oranges
In a large bowl, combine cabbage, carrots, celery and green onions. Drizzle with lemon juice and stir gently to coat. Toss in raisins, pumpkin seeds, cranberries and nuts.

In a small bowl, whisk together oil and vinegar. Drizzle over salad and toss to coat. Top with orange slices. Cover and refrigerate overnight to blend the flavors.

Homestyle GF Drop Biscuits Preheat your oven to 350F degree. Makes 16 large biscuits.

- * 1 ½ cup brown rice flour
- 2 cup corn starch or potato starch or tapioca starch
- ½ cup soy flour or sorghum flour
- 2 teaspoons baking powder
- 1 ¾ teaspoons salt
- 1 ½ teaspoons teaspoons baking soda
- 1 teaspoon xanthan gum
- 1 stick of butter or gluten-free butter substitute (chilled in the freezer)
- 1 ¼ cup soy milk or other non-dairy substitute
- 1 ¼ cup water
- 1 tablespoon cider vinegar
- 1 egg, beaten (or the equivalent amount of your favorite egg replacement)

*Note: If you're not vegan or dairy free, feel free to use 1 c. buttermilk in place of the soy milk and vinegar. If you're allergic to soy, try using your usual milk substitute. If you don't want the batter to be too runny, only use a portion of the liquid (about 3/4 of total) and add sparingly until texture is workable, but not too liquid.

In a large mixing bowl thoroughly combine the flour (a fork works well for this), baking powder, salt, baking soda, and xanthan gum.

For an easier time working with the butter, freeze butter overnight, then grate into the flour using the small holed side of a box grater. Mix the butter into the flour so that there are no large balls of grated butter.

Add the soy milk, water, vinegar and beaten egg to the flour and stir until the dry and liquid ingredients are combined.

Using a large spoon, drop the dough onto a greased pan to make 16 biscuits. If you want to make them "tidier" in appearance, using dampened hands, shape gently (dampening keeps dough from sticking)

Cook at 350F degrees for 15 minutes or until golden brown.

Not your Mother's Green Bean Casserole

Really, let's get over the whole cream of mushroom soup thing and move on!

How about sautéed green beans in olive oil, sprinkled with bacon bits and fresh sliced mushrooms. After green beans are cooked, add mushrooms and cook until they are just barely heated through.

Want some crunch on top?

Sprinkle with toasted GF bread crumbs (can also buy GF panko crumbs at the Chef's Store). If you have friends in the mid-west, send them to an "Aldi's Market" to buy you some GF French friend onions! Just like Mom's topping . . . Or skip the green beans altogether and make roasted brussel sprouts!

Mashed Potatoes (sort of)

Use your favorite potato (red, Yukon, russet, whatever. Cut up (I prefer not to peel, but your choice) into chunks and place in a pan. BUT only fill it halfway. Fill the rest of the pan with cauliflower! Cook until everything is fork tender.

In the meantime, mince roasted garlic (or use fresh and sautee it to lightly browned to maximize sweetness). We like garlic a lot so a 1/3 of a cup in a 2 qt. pan of potatoes is about right.

Lightly mash potato/cauliflower mixture (We like our lumpy), adding olive oil, bacon grease, coconut oil or butter (if you tolerate dairy). I use about 1/3 C of non-dairy liquid as well, but one could use vegetable broth.

Extra flavor—add bacon bits (if you can do dairy, throw in a handful or two of cheese)

Autumn Millet Bake

from Mark Bittman

Preheat the oven to 375F and grease a 2-quart casserole, a large gratin dish, or a 9x13-inch baking dish with olive oil.

Put 2 tablespoons of the oil in a small skillet over medium-high heat. When hot, add the millet and toast, stirring frequently, until fragrant and golden, about 3 minutes. Spread in the bottom of the prepared baking dish.

Scatter the squash or pumpkin cubes and the cranberries on top of the millet. Sprinkle with salt and pepper and the sage and drizzle with syrup. Carefully pour the warmed stock over all. Cover tightly with lid or foil and bake without disturbing, for 45 minutes. Crock pot?

Carefully uncover and turn the oven to 400F. Taste a bit and adjust the seasoning. Millet should be close to being cooked at this point. If it seems too dry, add a spoonful or two of water or stock. Sprinkle the pumpkin seeds on top, and return the dish to the oven. Bake until the mixture bubbles and the top is browned, another 10 minutes or so. Serve piping hot or at room temperature— is tasty either way. Drizzle with the remaining olive oil if you like, just before serving.

1/4 cup extra virgin olive oil, plus oil for the dish (see note at end)
3/4 cup millet
1 medium butternut or other winter squash or 1 small pumpkin, peeled seeded and cut into 1-inch cubes
1 cup fresh (or dried) cranberries
Salt and freshly ground pepper
1 tablespoon minced sage leaves or 1 teaspoon dried
2 tablespoons maple syrup or honey
1 1/2 cup vegetable stock or water, warmed*
1/4 cup pumpkin seeds or coarsely chopped hazelnuts

Roasted Potatoes, Carrots, Parsnips and Brussels Sprouts

- 3 medium carrots (about 3/4 pound), cut into 1 1/2-inch thick circles
- 1 1/2 cups Brussels sprouts (about 1/2 pound), halved
- 4 cups red bliss potatoes (about 1 pound), cut into 1 1/2-inch thick slices
- 3 medium parsnips (about 1 pound), cut into 1 1/2-inch thick slices
- 1 cup sweet potatoes (about 1 pound), cut into 1 1/2-inch thick slices
- 1/2 cup extra-virgin olive oil
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/4 cup sea salt
- 2 tablespoons freshly ground black pepper

Preheat oven to 400 degrees F.

In a large bowl, add the carrots, Brussels sprouts, red bliss potatoes, parsnips and sweet potatoes. Toss well with olive oil, herbs, salt and pepper.

Spread the vegetables evenly on a large baking sheet. Place on medium rack in oven and bake for 35 to 40 minutes.

NOTE: Substitute veggies liberally if desired. This is a great starting point, but feel free to see what's in your refrigerator that needs eating and throw it in as well!

Can even use these same instructions to make a single vegetable "roasted". Delicious!

More recipes at:

[www.glutenfreeway.info/downloads/Delicious Living Holiday Recipes.pdf](http://www.glutenfreeway.info/downloads/Delicious%20Living%20Holiday%20Recipes.pdf)

Pumpkin Pie—GF-DF

from the GF Goddess Makes 8 slices.

With a hand mixer in a largish bowl—whip 2 eggs then add . . .

1 14 or 15-oz can pumpkin (or use fresh)
8 oz. non dairy cream cheese, room temp.
2 teaspoons bourbon vanilla
2 Tbsp gluten free flour (see below blend)
1/2 cup light brown sugar
1 teaspoon cinnamon or pie spice
1/2 teaspoon nutmeg

Preheat the oven to 350 degrees F. Lightly grease a 9-inch glass pie plate. Mix well until smooth and creamy. Stop and scrape the sides of the bowl, if necessary to incorporate all of the ingredients. Pour into the prepared pie plate and smooth evenly. Bake in the center of a preheated oven for about an hour until done. The pie should be firm-but still give *a little* when lightly touched. The center should not be wet. It will fall a bit as it cools. Cool the pie on a wire rack completely. Cover and chill in the refrigerator.

Apple Crisp Pizza GF

Submitted by Ute Tindorf

Pizza Crust

1/2 cup margarine, softened
1 cup brown sugar, packed
1 large egg
1 tsp. vanilla
1 cup gluten-free flour, see NOTE
1/4 tsp. xanthan gum
1/2 tsp. baking powder
1/4 tsp. baking soda
1 cup gluten-free Quick Cook oats

Topping

8 oz. cream cheese, softened*
1/4 cup brown sugar, packed
1/4 cup granulated sugar
1 tsp. vanilla
1 tsp. ground cinnamon
1 egg yolk
5 med.apples, peeled, cored
and cut into 1/2" pieces
3 tbsp. gluten-free flour, see NOTE

Crisp topping:

1/3 cup gluten-free flour, see NOTE
1/2 cup gluten-free Quick Cook oats
1/2 tsp. ground cinnamon
1 pinch nutmeg
1/3 cup brown sugar, packed
1/3 cup cold margarine
1/2 cup pecans, chopped

Caramel sauce

Preheat oven to 350 degrees F.

In a large mixing bowl, combine margarine, sugar, egg and vanilla. Mix until uniform. Add in gluten-free flour, xanthan gum, baking powder, baking soda and oats. Stir until well combined. Press cookie dough out onto the bottom of a lightly greased pizza pan by placing a sheet of plastic wrap over the mixture. Set aside.

In a large mixing bowl, beat together the cream cheese, brown sugar, granulated sugar, vanilla, cinnamon and egg yolk. In a separate bowl, toss the chopped apples with the 3 Tbsp of gluten-free flour, to coat. Stir the apples into the cream cheese mixture. Pour apple/cream cheese mixture on top of the oatmeal cookie dough, leaving about 1-inch uncovered around the edge of the cookie. Set aside.

For the crisp topping, mix gluten-free flour, oats, cinnamon, nutmeg and brown sugar in a medium size mixing bowl. Using a pastry blender, or two knives, cut the cold margarine into the mixture, until the margarine pieces are about the size of a pea. Sprinkle the crisp topping on top of the apple/cream cheese layer.

Sprinkle the top of the Apple Crisp Pizza with the chopped pecans.

Bake in preheated oven for 40 minutes.

Remove from oven and allow to cool on a wire rack for 10 minutes. Use a pizza cutter to cut into 12 pieces.

Top each slice with caramel sauce, and serve warm with a scoop of vanilla ice cream.

NOTE: The all-purpose gluten-free flour consists of 4 cups

superfine brown rice flour, 1 1/3 cups potato starch (not flour), 2/3 cup tapioca starch. Combine all ingredients in a large zipper-top bag. Shake until well blended.

* Directions for Cashew Crème page 3