

easy CO

FROM OUR KITCHENS TO YOURS

Silvana's Kitchen / He Cooks...



COOKING

. She Cooks / Upper Crust / Grateful Bread / Feeling a Little Bit Cookie / Sweet Surprise








Winter Comfort Foods: *Made with Love in Silvana's Kitchen.*

Everything I cook during the holiday season comes from a place of warmth. More than anything, memories inspire me in the kitchen. I'll do whatever it takes to make my family feel good and satisfied at the table. That's all I could ever ask for.

BY **SILVANA NARDONE**



*Bacon is what
makes these
biscuits flaky,
so the better
the bacon,
the better the
biscuits.
You'll want
to make a
double batch.*

Bacon Bits Biscuits

The unbaked biscuits can be frozen in a single layer, then placed in a resealable plastic bag for up to 1 month. Just thaw before baking.

MAKES 8 **PREP TIME** 15 min **COOK TIME** 30 min

2 cups [Silvana's Gluten-Free All-Purpose Flour Blend](#)

1 tablespoon baking powder

¼ teaspoon salt

6 tablespoons unsalted butter or buttery sticks, frozen and cut into ¼-inch pieces

6 slices bacon, cooked until crisp and crumbled into bits

1 cup heavy cream or nondairy creamer, plus more for brushing

1 egg

Black pepper, for topping (optional)

1 Position a rack in the middle of the oven and preheat to 375°. Grease a scone pan or line a baking sheet with parchment paper. In a large bowl, whisk together the flour blend, baking powder and salt. Cut in the butter until coarse crumbs form. Add the bacon bits and stir to coat with the flour mixture. Stir in the cream and egg; mix until just combined.

2 Using a ⅓ cup measure, drop the dough into the prepared pan. Smooth the dough to the edges of the pan. Brush with cream and top with black pepper. Bake until golden and puffed, about 30 minutes. Let cool on a wire rack.



Bacon-Braised Breakfast Tacos



SERVES 4 **PREP TIME** 10 min **COOK TIME** 12 min (plus braising)

6 slices bacon, chopped
 2 cups chicken broth
 2 tablespoons cornstarch
 2 tablespoons parsley
 Salt and pepper
 2 pounds boneless pork shoulder, cut into 2-inch pieces
 2 tablespoons olive oil
 Eight 6-inch corn tortillas, warmed
 4 eggs, scrambled
 Cranberry jam, such as Fior di Frutta Organic Fruit Spread, for serving
 Lime wedges, for serving
 Sliced jalapeños (optional), for serving

1 In a medium skillet, cook the bacon over medium heat until crispy and the fat has rendered, 4 minutes. Measure the rendered fat; add enough olive oil to yield 3 tablespoons. Return half the bacon to the skillet (reserve the remaining for serving) and add 1 $\frac{3}{4}$ cups broth; bring to a boil over medium-high heat. In a small bowl, mix together the cornstarch and remaining $\frac{1}{4}$ cup broth; whisk into the bacon mixture and boil until thickened, about 5 minutes. Stir in the parsley and season with salt and pepper. Set the gravy aside.

2 Preheat the oven to 350°. Season the pork with salt and pepper. In a wide, shallow, cast-iron casserole, heat 1 tablespoon olive oil over medium-high heat. Add half of the pork and cook, turning occasionally, until browned, about 6 minutes. Transfer to a plate and repeat with the remaining olive oil and pork.

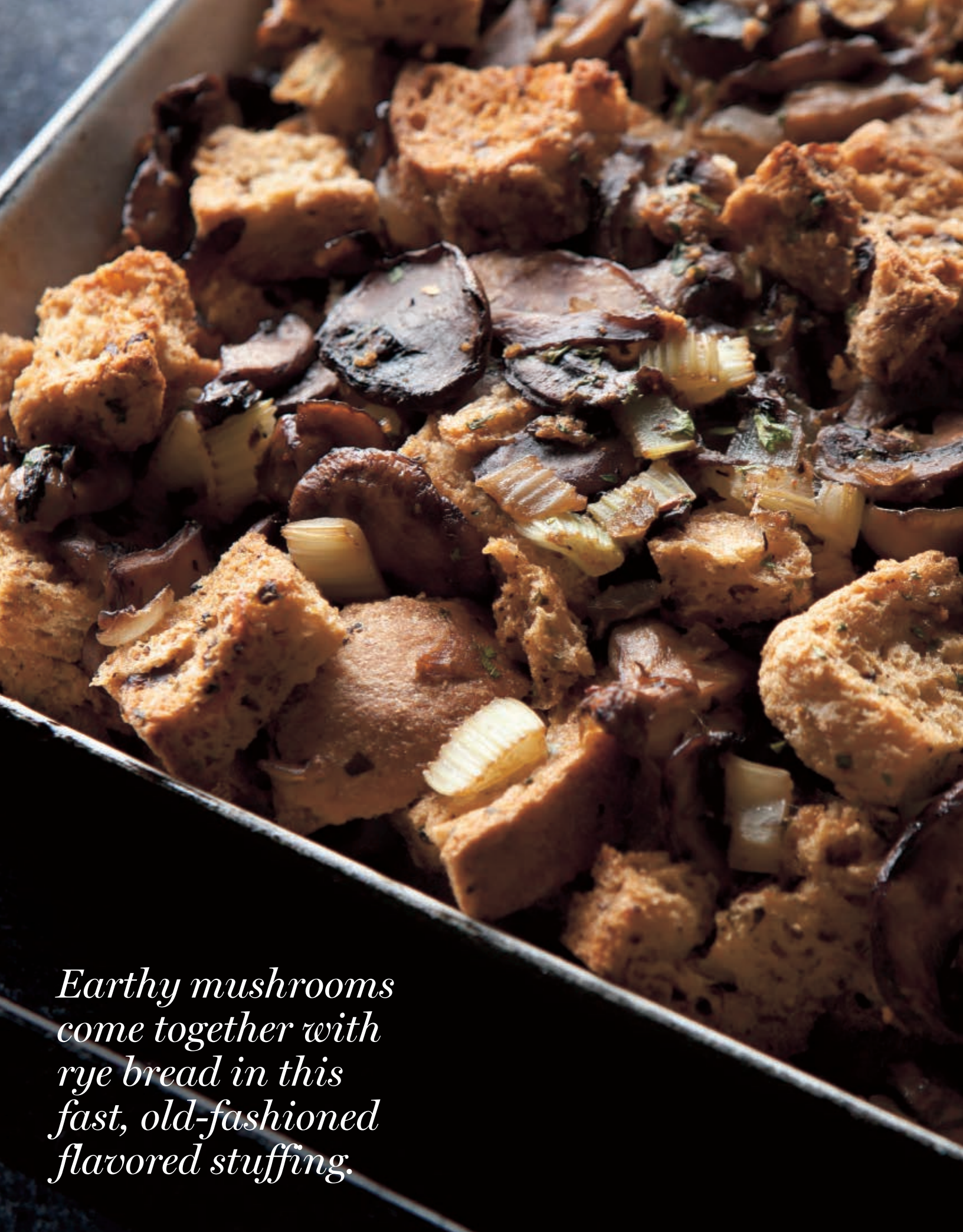
3 Return the first batch of meat and any juices to the casserole and stir in the reserved gravy. Add enough water to almost cover and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, until tender, about 2 hours. Season with salt and pepper. Remove the pork from the gravy and strain the gravy, if desired.

4 To assemble the tacos, fill each tortilla with some scrambled eggs, pork and cranberry jam. Drizzle with gravy and top with the reserved bacon bits. Serve with lime wedges and jalapeños, if using.





*This buffet-style
breakfast means fun
for the whole family.*



*Earthy mushrooms
come together with
rye bread in this
fast, old-fashioned
flavored stuffing.*



Mushroom- Rye Stuffing



SERVES 6

PREP TIME 10 min

COOK TIME 40 min (plus toasting)

One 18-ounce loaf gluten-free rye bread, such as Canyon Ranch, cut into 1-inch pieces

3 tablespoons olive oil, plus more for greasing

1 onion, chopped

3 stalks celery, chopped

One 10-ounce package sliced white mushrooms or wild mushrooms

Salt and pepper

1 cup vegetable or chicken broth

2 teaspoons dried herb blend

1 teaspoon poultry seasoning

1 egg, lightly beaten with 1 tablespoon water

1 Preheat the oven to 250°. Scatter the bread pieces on 2 baking sheets and toast, tossing halfway, until dried but not browned, about 30 minutes. Increase the oven temperature to 350°. Generously grease an 8-inch square pan with olive oil.

2 In a large skillet, heat the olive oil over medium heat. Add the onion, celery and mushrooms; cook until softened, about 5 minutes. Season with ½ teaspoon salt and ⅛ teaspoon pepper.

3 In a large bowl, toss together the mushroom mixture, toasted bread pieces, broth, herb blend, poultry seasoning and the egg mixture until evenly coated. Transfer to the prepared pan. Bake, uncovered, until crispy and golden, about 40 minutes.



Chard 'n' Polenta Pie with Raisins & Pine Nuts

SERVES 8 **PREP TIME 15 min** **COOK TIME 30 min**

2 pounds swiss chard, stems and ribs discarded
 ½ cup pumpkin puree
 ¼ cup raisins, soaked in hot water and drained
 ¼ cup pine nuts or chopped pecans, lightly toasted
 Zest of half an orange
 Salt
 2 eggs, at room temperature
 1 ½ teaspoons olive oil
 1 cup stone-ground polenta
 ¼ cup parmesan, plus more for topping (optional)

1 Fill a large bowl with ice water. In a large pot of boiling salted water, blanch the swiss chard, about 5 minutes. Submerge the chard in the ice water; drain, squeeze dry and coarsely chop.


2 In a medium bowl, stir together the chard, pumpkin puree, raisins, pine nuts, zest, ½ teaspoon salt and 1 egg.

3 Preheat the oven to 400°. Generously grease a 9-inch pie pan with cooking spray. In a medium saucepan, stir together 3 cups of water, the olive oil and 1 teaspoon salt; bring to a boil. Reduce the heat to low and slowly stir in the polenta. Cook until thickened, stirring, about 5 minutes; stir in the parmesan, if using. In a medium bowl, beat the remaining egg; slowly whisk some of the cooked polenta mixture into the egg to temper.

4 Spread half of the polenta evenly in the pie pan. Cover with the swiss chard mixture and dollop the remaining polenta on top. Bake until set, about 20 minutes. Sprinkle with parmesan and broil until golden, about 5 minutes. Let cool at least 15 minutes before slicing.



This isn't a dish I would've expected my kids to eat — or ask for seconds of. Maybe it's the sweet pumpkin, plump raisins or hint of orange.



*I've been making
my mother Penny's
chicken noodle soup
since I had my first
kitchen post-college.
This soup still
warms my heart.*

My Mom's Chicken Noodle Soup

If you plan to eat the soup right away, skim the surface, discarding any fat. If not, chill, covered, in the fridge and skim off the fat before reheating.

SERVES 6 **PREP TIME 15 min** **COOK TIME 2 hr**

4 split chicken breasts, bone in and skin on (about 4 pounds)
3 small onions, peeled and left whole
4 celery ribs, quartered
3 carrots, peeled and quartered
1 teaspoon salt
6 whole black peppercorns
Gluten-free spaghetti, broken into 1-inch pieces and cooked until al dente, for serving
Chopped parsley, for serving (optional)

1 Place the chicken in a large pot and add enough water to cover by about 2 inches. Bring to a boil over medium-high heat, skimming any froth. Reduce the heat to low and cook for 20 minutes. Add the onions, celery, carrots, salt and peppercorns and enough water to cover again by 2 inches. Bring to a simmer, partially covered, until the chicken is cooked through, about 1 hour. Remove the chicken, carrots and onions.

2 Strain the broth through a sieve into a large bowl. Using the back of a wooden spoon, press the celery to release its juice. Serve the soup with torn pieces of the chicken and the carrots, onions, cooked spaghetti pieces and parsley, if using.

HE COOKS...
SHE COOKS

Take Two

One seasonal veggie, two ways. **SHAUNA JAMES AHERN** and **DAN AHERN** square off on squash.



**HE SAYS**

This time of year, you can find delicata, acorn, Hubbard and spaghetti squashes. They have a deep, warm flavor. They're hearty and can stand up better to risottos, soups and good braising dishes.

For some reason, people think risotto is just for fancy restaurants. But it's just an Italian way of cooking short-grain rice. Once you make it, you'll want to make it again in every season.

The truth is you can really use about any squash variety for this dish, with the exception of spaghetti squash. Instead of throwing away the seeds from the squash, try cleaning them of their pulp and roasting with the diced squash. They'll make a great topping for the risotto.

Delicata Squash Risotto

SERVES 4**PREP TIME** 10 min**COOK TIME** 40 min

1 delicata squash — top and bottom cut off, seeds removed and cut into 1-inch pieces
 5 tablespoons olive oil
 Salt and pepper
 4 to 5 cups chicken broth
 4 ounces chanterelle mushrooms
 2 shallots, peeled and thinly sliced
 2 cloves garlic, peeled and thinly sliced
 2 tablespoons chopped fresh sage
 1 tablespoon chopped fresh thyme
 2 cups arborio rice
 ½ cup white wine
 1 tablespoon unsalted butter
 Parmesan cheese, for serving
 Nutmeg, for serving

1 Preheat the oven to 425°. In an ovenproof skillet or baking dish, scatter the squash pieces and drizzle with 2 tablespoons oil. Season with salt and pepper. Roast until pierced easily with a knife, about 15 minutes.

2 In a medium saucepan over medium-high heat, bring the chicken broth to a boil, then reduce heat to low to keep warm.

3 In a Dutch oven over high heat, pour in the remaining 3 tablespoons oil, then add the chanterelles and cook, stirring occasionally, until softened, about 3 minutes. Reduce heat to medium-high and add the shallots and garlic. Cook, stirring frequently, until soft and translucent, about 3 minutes. Add the sage and thyme and continue to cook until fragrant, about 1 minute. Add the rice and stir until the rice is coated, about 2 minutes. Pour in the wine. Cook, stirring, until the liquid has reduced by half, about 3 minutes.

4 Pour in enough warm chicken broth to cover the rice (about ½ cup) and stir. Continue stirring until all of the broth is absorbed. Repeat with the remaining broth until the rice is thoroughly cooked, being careful not to overcook. Stir in the roasted squash and butter. Transfer to a serving dish and top with freshly grated parmesan and nutmeg.

HE COOKS...
SHE COOKS**SHE SAYS**

Autumn squashes signal the start of something new. If you have the same food over and over, all year long, it can get boring. Beginning each season by cooking with the foods that appear at the farmers' market keeps meals interesting.

I love butternut squash soup. Its silky texture comforts against the lips. Its warmth feels like a harbor against the storms throwing rain against the windows.

This soup is a little bit sweeter, a little bit spicier than a basic one. With the crisp apples and fresh ginger, you get sweet, then a bite of heat. Cook up a pot and sit with your best friend on the couch, telling stories against the darkness.



Butternut Squash, Ginger and Apple Soup



SERVES 4

PREP TIME 15 min

COOK TIME 40 min

2 tablespoons olive oil
4 tablespoons unsalted butter
1 butternut squash (about 2 pounds) — peeled, seeded and cut into 2-inch pieces
2 large apples, preferably Honeycrisp or Gala — peeled, cored and cut into 2-inch pieces
2 large carrots — peeled, quartered and finely chopped
1 large onion, peeled and chopped
1 small piece ginger, grated
1 tablespoon chopped fresh thyme
½ teaspoon cardamom
1 cup apple cider
1 quart chicken broth or vegetable broth
Salt and pepper
Honey, for serving

1 In a large pot over medium-high heat, stir together the oil and 2 tablespoons butter until melted. Add the squash, apples, carrots and onions; stir to coat. Continue cooking until the onion is softened and translucent, about 10 minutes. Stir in the ginger, thyme and cardamom, and cook until fragrant, about 2 minutes. Pour in the cider and stir, scraping up any brown bits from the bottom of the pot. Cook until the liquid has reduced by half. Add the broth and reduce the heat to medium-low. Simmer until the squash is tender, about 35 minutes.

2 Using an immersion blender or a regular blender and working in batches, blend the soup until smooth. Simmer until the liquid is reduced by half. Swirl in the remaining 2 tablespoons butter and stir to combine. Divide the soup among 4 bowls and top each with a generous drizzle of honey.





THAT'S GOOD PIE!

These are the golden words every piemaker hopes to hear. When Art of the Pie owner KATE McDERMOTT serves her pies, no one believes they're gluten-free. Go ahead and taste for yourself.



UPPER CRUST.

KATE'S ART OF THE PIE GLUTEN- FREE FLOUR BLEND



The flour mixture I use for my gluten-free pie baking is the culmination of what I've learned on my six-year journey of adapting to a gluten-free lifestyle. I make my baking mixture in advance and always have some on hand for those moments when I just have to make pie.

PREP TIME 8 min

2 ¼ cups brown rice flour
1 cup gluten-free oat flour
1 cup millet flour
¾ cup sweet rice flour
⅔ cup tapioca flour
½ cup cornstarch
¼ cup potato starch

1. Sift each ingredient, then place into the bowl of a standing mixer; mix on low speed until completely incorporated.
2. Sift again into an airtight container, date and freeze.



5 PRINCIPLES OF PERFECT PIE

In my Art of the Pie gluten-free workshops, I ask students to forget everything they know about gluten-full pie-making and start from scratch.

1

Make the filling first.

2

Use a food processor to make the dough. After rolling out the dough, re-gather and roll out any remaining dough, if needed. (This is a gluten-free pie dough perk.)

3

Pop the fully constructed pie in the fridge to chill the fats.

4

“Cure” the baked pie for up to 1 day. (The crust will hold together better when cut into.)

5

Beaten eggs and apple cider vinegar provide the liquid needed in pie dough. (Vinegar also adds the crust a nice flavor boost.)



Art of the Pie Crust



PREP TIME 10 min

3 ½ cups Kate's Art of the Pie

Gluten-Free Flour Blend

1 ½ teaspoons xanthan gum
(optional)

½ teaspoon salt

8 tablespoons leaf lard, chilled and
cut into 8 pieces

8 tablespoons butter, chilled and
cut into small pieces

2 eggs, beaten

2 tablespoons apple cider vinegar

1. Chill the work bowl and blade of a food processor. In the food processor, combine the flour blend, xanthan gum (if using), salt, lard and butter.

2. Pulse 15 to 20 times.

3. Add the beaten eggs and vinegar and pulse about 15 times more. Remove the dough from the work bowl and quickly gather it all together into a ball.

4. Divide the dough into two disks and cover each with plastic wrap. Use immediately.



ROLLING OUT DOUGH

1. Place a large piece of plastic wrap on the counter and sprinkle it with a tablespoon or so of sweet rice flour.

2. Place one disk of dough on plastic wrap. Sprinkle more flour on top of the dough and cover with a second large piece of plastic wrap.

3. Roll out the dough quickly. As you roll, lift the plastic wrap from the dough occasionally and place it back down loosely. Flip the dough over and continue rolling, occasionally lifting the plastic wrap from this second side, too.

4. When the dough is about 1 inch larger than your pie pan, carefully and slowly remove the upper piece of plastic wrap.





CONSTRUCTING THE PIE

1. Place your hand underneath the center of the dough. Plastic wrap will still be there. With great confidence, quickly and lightly flip the dough into the pie pan.
2. Once it is in the pan, with the plastic wrap still on, quickly smooth out the dough and make sure it has eased down into the pie pan.
3. Carefully peel off the plastic wrap. Some of the edge pieces may have folded in or over the edge of the pie pan. Quickly place them back on with a little squeeze.
4. Put the filling into the pie and repeat Steps 1 to 4.
5. Cut or pinch off excess pie dough so that you have about 1 inch extra. The dough will be soft at this point so quickly finish your edges with a crimp, a flute or a scallop.

6. Wrap the pie in plastic wrap and let chill for at least 1 hour and up to 24 hours.

BAKING

1. Just before you're ready to bake, remove the plastic wrap from the well-chilled pie, brush lightly with an egg-white wash, sprinkle with 1 tablespoon of sugar and bake in a preheated oven.
2. I let a baked gluten free pie set (cure) for 8 to 24 hours. I find that the crust of gluten-free pies aren't as crumbly when served the day after it's baked.





Pear Pie

SERVES One 9-inch, deep-dish pie

PREP TIME 20 min

COOK TIME 1 hr

8 cups pears (skin left on) — cored, quartered and cut into chunks

½ cup Kate's Art of the Pie Gluten-Free Flour Blend

½ cup sugar, plus more for sprinkling

½ teaspoon salt

1 teaspoon ground cinnamon

Pinch nutmeg

½ teaspoon allspice

1 tablespoon apple cider vinegar

Sweet rice flour, for dusting

2 disks Art of the Pie Crust dough

2 teaspoons butter, cut into small pieces

1 egg white, beaten with 1 tablespoon water

1 tablespoon sugar, plus more for sprinkling



Thank you to
Frog Hollow Farm in
Brentwood, California,
for the organic Warren
pears, which are
available for mail-order
(*\$34 for 12; froghollow.com*).

1. In a large mixing bowl, combine the pears, flour blend, sugar, salt, cinnamon, nutmeg, allspice and vinegar. Mix until almost all surfaces of the pear pieces are coated.

2. Place a large piece of plastic wrap on a clean work surface and sprinkle with about 1 tablespoon of sweet rice flour. Place the dough disk on top, sprinkle with more flour and cover with another piece of plastic wrap. Using a rolling pin, roll the dough into a 10-inch circle. Remove the plastic wrap on top of the dough. Flip the dough into a 9-inch pie pan and remove the other piece of plastic. Fit the dough to the pan shape.



3. Pour the pear filling into the crust and dot with the butter. Roll out the remaining dough disk and lay over the filling. Trim any excess dough, crimp crust edges together and cut about 6 vents in the top crust. Cover with plastic wrap and chill in the refrigerator for at least 1 hour.



4. About 15 minutes before baking, position a rack in the center of the oven and preheat to 425°. Brush the top of the pie with the egg and water mixture and sprinkle with sugar. Bake for 20 minutes, then lower the temperature to 375° and bake for 40 minutes more.



Pumpkin Pie

Make this creamy, elegant-tasting pie one day before serving. The crust will hold together better if it cures at least eight hours.

MAKES One single-crust 9-inch pie

PREP TIME 15 min

COOK TIME 50 min

2 cups canned pumpkin puree
3 eggs, lightly beaten
1 cup light coconut milk
¼ cup plus 2 tablespoons granulated sugar
¼ cup plus 2 tablespoons brown sugar
½ teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground ginger
¼ teaspoon ground nutmeg
Pinch cloves
Sweet rice flour, for dusting
1 disk Art of the Pie Crust dough

1. In a medium bowl, mix the pumpkin, eggs, coconut milk, granulated sugar, brown sugar, salt, cinnamon, ginger, nutmeg and cloves until well blended.
2. Place a large piece of plastic wrap on a clean work surface and sprinkle with about 1 tablespoon of sweet rice flour. Place the dough disk on top, sprinkle with more flour and cover with another piece of plastic wrap. Using a rolling pin, roll the dough into a 10-inch circle. Remove the plastic wrap on top of the dough. Flip the dough into a 9-inch pie pan and remove the other piece of plastic. Fit the dough to the pan shape.
3. Pour the custard into the pie crust. Cover with plastic wrap and chill in the refrigerator for at least 1 hour.
4. About 15 minutes before baking, preheat the oven to 425°. Once the oven has heated, lower the temperature to 375° and bake the pie until the filling is nearly set, but not runny, about 50 minutes.







Cranberry Pie

Make this refreshing addition to the Thanksgiving dessert table even more special — add chopped walnuts and orange zest to the filling and serve with sparkling wine.

SERVES One 9-inch double-crust pie

PREP TIME 20 min

COOK TIME 40 min



4 cups cranberries, some chopped and some left whole
1 ¼ cups sugar
1 tablespoon cornstarch
Pinch nutmeg
¼ teaspoon salt
½ cup chopped walnuts (optional)
½ teaspoon orange zest (optional)
1 tablespoon butter, cut into small pieces
Sweet rice flour, for dusting
2 disks Art of the Pie Crust dough
1 egg white, beaten with 1 tablespoon water
1 tablespoon sugar, plus more for sprinkling



1. In a large bowl, combine cranberries, sugar, cornstarch, nutmeg and salt; mix well. Stir in the nuts and orange zest, if using.
2. Place a large piece of plastic wrap on a clean work surface and sprinkle with about 1 tablespoon of sweet rice flour. Place the dough disk on top, sprinkle with more flour and cover with another piece of plastic wrap. Using a rolling pin, roll the dough into a 10-inch circle. Remove the plastic wrap on top of the dough. Flip the dough into a 9-inch pie pan and remove the other piece of plastic wrap. Fit the dough to the pan shape.
3. Pour the cranberry filling into the crust and dot with the butter. Roll out the remaining dough disk and lay over the filling. Trim any excess dough, crimp crust edges together and cut about 6 vents in the top

crust. Cover with plastic wrap and chill in the refrigerator for at least 1 hour.

4. About 15 minutes before baking, position a rack in the center of the oven and preheat to 375°. Brush the top of the pie with the egg and water mixture and sprinkle with sugar. Bake until the crust is just golden, about 40 minutes.



Grasshopper Pie

For such a simple-to-make pie, this chocolate-mint masterpiece sure is memorable. Give it a beautiful finish with a thin coat of whipped cream just before serving.

SERVES One 9-inch pie **PREP TIME** 20 min (plus 1 hr for setting)

- 1 ½ cups crushed gluten-free chocolate cookies, such as Pamela's Dark Chocolate-Chocolate Chunk Cookies
- 3 tablespoons salted butter, melted
- 24 standard-size marshmallows
- ¾ cups half-and-half
- 2 tablespoons creme de cacao
- 2 tablespoons creme de menthe
- ½ pint heavy cream, plus more for serving





- 1.** In a medium bowl, mix the cookie crumbs with the melted butter. Press into a 9-inch pie pan and refrigerate.
- 2.** In a double boiler or heat-proof bowl set over a saucepan of boiling water, stir together the marshmallows and half-and-half until smooth. Remove from the heat and let cool to almost room temperature. Stir in the creme de cacao and creme de menthe.
- 3.** In a medium bowl, beat the heavy cream until soft peaks form. Fold into the filling mixture. Pour the filling into the chilled crust, then return the pie pan to the refrigerator and let set for 1 hour.
- 4.** Before serving, whip more heavy cream and spread a thin layer over the top of the pie.