

easy CO

FROM OUR KITCHENS TO YOURS

Silvana's Kitchen / Scout's Hon



COOKING

or / Essential Gluten-Free Pantry / Sweet Surprise





Spring into Action: *Made with Love in Silvana's Kitchen.*

Now that Spring is in the air, I crave spending more time outside with my kids and less time in the kitchen tied to the stove. These recipes all have a short list of ingredients and three or fewer steps. They also happen to be some of my family's longtime favorites.

BY SILVANA NARDONE





Sticky Bun Belgian Waffles with Toasted Pecan-Brown Sugar Syrup



SERVES 4 **PREP TIME** 10 min **COOK TIME** 20 min

1 ¼ cups packed brown sugar
1 teaspoon ground cinnamon
1 cup whole pecans, toasted
2 tablespoons pure maple syrup
1 ¾ cups Silvana's Gluten-Free All-Purpose Flour Blend
2 teaspoons baking powder
½ teaspoon salt
2 eggs, at room temperature, lightly beaten
¼ cup vegetable oil
1 tablespoon pure vanilla extract
1 ¼ cups milk or nondairy milk
Whipped cream, for serving (optional)

- 1** In a medium saucepan, bring 1 cup brown sugar, the cinnamon, pecans, maple syrup and 1 cup water to a boil over high heat, stirring occasionally. Reduce until thickened, about 10 minutes; keep warm.
- 2** Preheat a Belgian waffle iron to medium-high. In a large bowl, whisk the flour blend with the remaining ¼ cup brown sugar, the baking powder and the salt. In a small bowl, whisk together the eggs, oil, vanilla and milk. Add to the flour blend mixture; stir until just combined.
- 3** Grease the waffle iron with nonstick cooking spray. Pour a heaping ⅓ cup batter into each waffle section; close and cook until crisp, about 4 minutes. Repeat with the remaining batter. To serve, top the waffles with the pecan syrup and whipped cream, if using.





The gooey pecan-brown sugar syrup will have you licking your fingers.

Banana, Honey and Cream Cheese Monte Cristo Sandwiches



MAKES 4

PREP TIME 5 min

COOK TIME 4 min

I love warm banana and
lemony cream cheese
sandwiched between two
slices of french toast.





8 ounces cream cheese or dairy-free alternative, such as Galaxy Nutritional Foods, softened
Zest of ½ lemon (about 1 tablespoon)
1 tablespoon honey
Salt
4 eggs
¼ cup milk or nondairy milk
2 ripe bananas, peeled and sliced lengthwise ¼-inch thick
1 tablespoon butter or buttery sticks
8 slices gluten-free sandwich bread
Confectioners' sugar, for serving (optional)

- 1 In a medium bowl, combine the cream cheese, lemon zest, honey and ¼ teaspoon salt.
- 2 In a shallow bowl, whisk together the eggs, milk and ¼ teaspoon salt.
- 3 Spread ¼-inch layer of cream cheese mixture on 1 bread slice. Top with one-quarter of the banana slices and another bread slice; press lightly to seal. Repeat with the remaining bread slices and fillings.
- 4 In a large nonstick skillet, heat the butter over medium heat. Soak the sandwiches in the egg mixture on both sides. Add the sandwiches to the skillet and cook, turning once, until golden, about 4 minutes; cut in half diagonally and sift over confectioners' sugar, if using.





Crispy Fish Nuggets with Caper-Lemon Tartar Sauce

SERVES 4

PREP TIME 8 min

COOK TIME 4 min

1 cup Silvana's All-Purpose Gluten-Free Flour Blend, plus more for dredging

½ cup finely crushed gluten-free corn flakes, such as Erewhon

1½ teaspoons baking powder

2 tablespoons paprika

1 teaspoon garlic powder

Salt and pepper

1½ cups cold light beer, such as New Planet, or seltzer

2 egg whites, beaten

¾ cup mayonnaise

Zest and juice of 1 lemon, plus lemon wedges, for serving

3 tablespoons Dijon mustard

3 tablespoons capers packed in salt, rinsed

2 pounds halibut or cod fillets, cut into ½-inch wide strips and patted dry

Peanut or safflower oil, for frying

1 In a food processor, combine the flour blend, corn flakes, baking powder, paprika, garlic powder and 1½ teaspoons salt. Add the beer and egg whites; whisk until smooth. Cover and refrigerate for 15 minutes.

2 Meanwhile, stir together the mayonnaise, lemon juice and zest, mustard and capers; season with salt and pepper.

3 Fill a large pot with enough oil to reach a depth of 1 inch and heat over medium-high heat until it registers 350° on a deep-fat thermometer. Working in batches, lightly dredge the fish strips in the flour blend, then coat with the batter. Fry, turning once, until golden brown, 3 to 4 minutes total. Remove with a slotted spoon and drain on paper towels; season with salt. Serve with the tartar sauce.


Brown Sugar-Broiled Ham Steaks with Pineapple Chutney

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

1 teaspoon yellow mustard seeds
 1 teaspoon allspice berries
 ¾ cup plus 2 tablespoons packed brown sugar
 ¾ cup lime juice
 1 medium red onion, chopped
 1 green bell pepper, seeded and chopped
 1 jalapeño chile, seeded and chopped
 1 pineapple (about 3 cups), chopped
 ¼ cup golden raisins
 4 tablespoons butter or buttery sticks, softened
 Two bone-in ½-inch thick ham steaks (about 2 pounds)

1 Toast the mustard seeds and allspice berries in a medium saucepan over medium heat until they start to pop, about 3 minutes. Add the ¾ cup brown sugar, lime juice, onion, bell pepper, jalapeño and pineapple. Bring to a boil, then simmer, stirring occasionally, until thickened and the pineapple is softened, 30 to 40 minutes.

2 Preheat the broiler. Combine the remaining 2 tablespoons brown sugar and butter; slather on the ham steaks and broil until golden around the edges, 5 to 7 minutes. Top with the pineapple chutney.



Isaiah loves a good ham steak. I love that this one only takes about 5 minutes under the broiler.





One-Pot Chicken Parm Rice

SERVES 4

PREP TIME 8 min

COOK TIME 48 min

2 tablespoons olive oil
3 cloves garlic, smashed
4 boneless, skinless chicken breasts,
pounded thin
Salt and pepper
[½ cup Silvana's All-Purpose Gluten-
Free Flour Blend](#)
1 cup long-grain white rice
One 14.5-ounce can (about 1½ cups)
chopped tomatoes
1 cup chicken broth or water
One 8-ounce can (about 1 cup)
tomato sauce, such as Muir Glen
Fresh basil leaves
¼ cup parmesan cheese or dairy-
free substitute
Shredded mozzarella cheese or
dairy-free substitute, for topping

1 In a large dutch oven, heat the oil over medium-high heat. Add the garlic and cook until golden, about 1 minute. Meanwhile, season the chicken with salt and pepper and lightly dredge in the flour blend. Working 2 at a time, add to the dutch oven and cook, turning once, until browned, about 4 minutes total. Transfer the chicken to a platter.

2 Add the rice to the dutch oven and stir to coat, about 2 minutes. Add the chopped tomatoes, broth and 2 teaspoons salt. Bring to a boil. Top with the chicken, some tomato sauce, basil, parmesan and mozzarella. Cover and simmer until the chicken and rice are cooked and the cheese is melted, 30 to 40 minutes.

3 Preheat the broiler and cook until the cheese is golden, about 3 minutes.

This low-maintenance, all-in-one dinner pops up on my family's table at least once a week.

SCOUTS'S HONOR





It's Girl Scout cookie time. This year, there's no need to wait for the doorbell to ring. Just bake up your own gluten-free versions of these iconic childhood cookies. Be forewarned: It's hard to eat just one. **BY AMY HOWARD**



CHOCOLATE-MINT WAFERS

MAKES 24

PREP TIME 15 min, plus freezing

COOK TIME 12 min

- 2 cups blanched almond flour, such as Honeyville
- ½ cup unsweetened cocoa powder
- ½ teaspoon salt
- 1 cup sugar
- ½ cup butter, at room temperature
- 1 teaspoon vanilla extract
- 3 cups semisweet chocolate chips
- 3 tablespoons shortening
- 1 teaspoon mint extract

- 1 In a medium bowl, whisk together the almond flour, cocoa and salt. In a large bowl, using an electric mixer, beat together the sugar and butter until light and fluffy, then mix in the vanilla. Gradually add the flour mixture and mix until just combined. Form the dough into a ball, then divide into 2 disks. Wrap each in plastic wrap and freeze for 40 minutes.
- 2 Preheat the oven to 350°. Line a baking sheet with parchment paper. Roll out the dough to a ⅛-inch thickness and cut out, using a 2-inch cookie cutter. Place cookies about 1 inch apart on the prepared baking sheet. Bake until firm around the edges, 12 to 15 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.
- 3 Using a double boiler or a metal bowl set over a pot of simmering water, melt together the chocolate chips and shortening until smooth. Remove from the heat and stir in the mint extract.
- 4 Line a cooled baking sheet with parchment paper. Using two forks, dip each cookie into the chocolate coating, turning to coat completely. Tap the fork gently on the rim of the pan to remove any excess coating. Place the cookies on the baking sheet. Refrigerate until set, 1 to 2 hours.

Who's Number One?

Here's how your favorite
cookie stacks up in sales

25%

Thin Mints

19%

Samoas/
Caramel deLites

13%

Peanut Butter Patties/
Tagalongs

11%

Peanut Butter Sandwich/
Do-si-dos

*(Source: Girl Scouts of the
United States of America)*



100%



Grain-Free

Goodness

* GUARANTEED *



COCONUT-CARAMEL ROUNDS

MAKES 24

PREP TIME 15 min

COOK TIME 10 min

½ cup unsalted butter, at room temperature

½ cup sugar

1 tablespoon vanilla extract

2 ½ cups blanched almond flour, such as Honeyville

¼ cup cornstarch

1 ½ teaspoons salt

14 ounces (about 40) caramel candies, unwrapped

2 tablespoons milk

1 pound sweetened coconut, toasted

2 cups semisweet chocolate chips

2 tablespoons shortening

1 In a large bowl, beat together the butter and sugar until fluffy, then add the vanilla. In another large bowl, whisk together the almond flour, cornstarch and 1 teaspoon salt. Add to the butter mixture and mix to combine. Form the dough into a ball, then divide into 2 disks. Wrap each in plastic wrap and refrigerate for 40 to 45 minutes.

2 Preheat the oven to 350°. Line a baking sheet with parchment paper. Roll out the dough to a ⅛-inch thickness and cut out rounds with a 1½-inch cookie cutter, then cut out the centers with a ½-inch cutter. Place about 1 inch apart on the prepared baking sheet. Bake until browned, 10 to 12 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

3 In a 2-quart saucepan over low heat, melt the caramels with the milk, stirring frequently. When smooth, reserve ¼ cup of the caramel. Add the remaining ½ teaspoon salt and stir in the toasted coconut. Remove from the heat.

4 Line a cooled baking sheet with parchment paper. Using an offset spatula, spread the tops and sides of the cookies with the reserved caramel, then with the coconut-caramel and set on the prepared baking sheet. Let cookies stand for 45 minutes.

5 Using a double boiler or a metal bowl set over a pot of simmering water, melt together the chocolate chips and shortening until smooth. Remove from the heat.

6 Dip the bottom of each cookie in the chocolate coating and place back on the baking sheet. Then, using a spoon, drizzle the remaining coating in stripes on the cookie tops.





PREMIUM QUALITY
100%

BIG

TOP

★ GUARANTEED ★





PEANUT BUTTER-OAT SANDWICHES

MAKES 24

PREP TIME 15 min, plus chilling

COOK TIME 10 min

1½ cups butter, at room temperature
1½ cups creamy peanut butter
1½ cups packed brown sugar
2 eggs
1 teaspoon vanilla extract
2 cups blanched almond flour, such as Honeyville
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
1½ cups gluten-free quick-cooking oats
1 cup confectioners' sugar

① In a large bowl, using an electric mixer, beat together ½ cup butter, 1 cup peanut butter and the brown sugar until light and fluffy. Add the eggs and vanilla and beat well. In a medium bowl, whisk together the almond flour, baking soda, baking powder and salt. Gradually add the flour mixture to the butter mixture and beat until just combined. Mix in the oats until well combined. Form the dough into a ball, cover with plastic wrap and refrigerate for 30 minutes.

② Preheat the oven to 350°. Line a baking sheet with parchment paper. Drop teaspoon-size balls of dough onto the baking sheet, leaving 2 inches in between, and bake until golden brown, 10 to 12 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

③ In a medium bowl, using an electric mixer, beat together the remaining 1 cup butter, ½ cup peanut butter and the confectioners' sugar. Using a pastry bag or resealable plastic bag with one corner snipped off, pipe the filling onto half the cooled cookies. Top with the other half to form sandwiches.





CHOCOLATE- PEANUT BUTTER MELTAWAYS

MAKES 24

PREP TIME 15 min

COOK TIME 10 min

½ cup unsalted butter, at room temperature
½ cup granulated sugar
1 tablespoon plus ¼ teaspoon vanilla extract
2 ½ cups blanched almond flour, such as Honeyville
¼ cup cornstarch
1 ¼ teaspoons salt
1 cup creamy peanut butter
1 cup confectioners' sugar
3 cups semisweet chocolate chips
3 tablespoons shortening



① In a large bowl, beat together the butter and sugar until fluffy, then add the vanilla. In another large bowl, whisk together the almond flour, cornstarch and 1 teaspoon salt. Add to the butter mixture and mix to combine. Form the dough into a ball, then divide into 2 disks. Wrap each in plastic wrap and refrigerate for 40 to 45 minutes.

② Preheat the oven to 350°. Line a baking sheet with parchment paper. Using a 1-inch cookie scoop, drop cookies about 1 inch apart on the prepared baking sheet. Bake until golden around the edges, 10 to 12 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.


③ In a medium bowl, using an electric mixer, beat together the peanut butter, confectioners' sugar and the remaining ¼ teaspoon salt and ¼ teaspoon vanilla until fluffy. Top each cooled cookie with 1 teaspoon of the peanut butter filling. Refrigerate for 10 minutes.





④ Using a double boiler or a metal bowl set over a pot of simmering water, melt together the chocolate chips and shortening until smooth. Remove from the heat.

⑤ Line a cooled baking sheet with parchment paper. Using two forks, dip each cookie into the chocolate coating, turning to cover completely. Tap the fork gently on the rim of the pan to remove any excess coating. Place the cookies on the baking sheet. Refrigerate until set, 1 to 2 hours.



THE
ESSENTIAL

GLUTEN-
FREE
PANTRY

USA



BY NICOLE HUNN

Have you ever read about people who stop buying food for a month and just eat their way through their pantries? I can only imagine how challenging that is. Instead, I prefer to keep the front of my pantry stocked with my 10 favorite staples, prized both for flavor and versatility. That way, I'm never far away from a well-cooked, satisfying meal, and I'm saving money, too.

MIX UP YOUR ROUTINE WITH THESE VERSATILE STAPLES



BOXED CHICKEN OR VEGETABLE BROTH

There are so many gluten-free varieties of ready-made chicken and vegetable broth these days that they're affordable. They're also a quick way to give your foods more flavor. Use in place of water in almost any recipe, like rice or pasta, for a more complex flavor boost.

GLUTEN-FREE PASTA

My current favorite type of pasta is jap chae, a spaghetti-style Asian noodle made from sweet potato starch. It has a unique, slightly chewy texture and easily takes on the flavor of whatever you prepare it with. I get it at my local Asian market.



MASA HARINA

Masa harina is the precooked cornmeal that is used to make fresh corn tortillas. With little more than the addition of water, you can have a hearty meal on the table in no time.

BLACK BEANS

Whether canned or dried, black beans are a staple in my pantry — and on my dinner table. With dried beans, I throw them in my pressure cooker, and even if I haven't remembered to soak them, they're ready in about 25 minutes.

SMOKED SPANISH PAPRIKA

Lightly sweet and deeply smoky, this paprika is the not-so-secret ingredient in my enchilada sauce. It also gives buttery crackers depth and flavor.





OLD-FASHIONED CERTIFIED GLUTEN-FREE ROLLED OATS

My family and I like chewy oats, and I can turn even rolled oats into a quick oatmeal breakfast in just a few minutes. Rather than buying separate quick-cooking oats, I just pulse rolled oats in the blender or food processor a few times and they cook up fast.

LOW-SUGAR BREAKFAST CEREAL

I buy boxes of Erewhon gluten-free crispy brown rice cereal and pulse it quickly in the food processor. It's my favorite type of breading to use on chicken fingers for a weeknight meal. And it's cheaper than buying gluten-free breadcrumbs.

ALMOND BUTTER

Almond butter is great for cooking, baking and my kids' school lunches. I prefer natural nut butters without additives, but I have bent so many metal spoons trying to stir them that I only buy the "no stir" kind now. Barney Butter makes a great smooth almond butter. It's pricey, so I stock up when it goes on sale.



GLUTEN-FREE ALL-PURPOSE FLOUR BLEND

It brings me closer to "normal," and that's what I'm seeking. I use Better Batter and recommend it, but you can use your own personal or store-bought blend.

LYLE'S GOLDEN SYRUP

A deeper-flavored, more complex alternative to honey, this syrup is a British product that is available in the larger of my local supermarkets. Try it in oatmeal, or use it to make granola.



BLACK BEAN PUPUSAS

MAKES 6 **PREP TIME** 15 min, plus resting **COOK TIME** 40 min

2 cups gluten-free masa harina
¾ cup water, at room temperature
¾ cup chicken or vegetable broth, at room temperature
1 tablespoon ground cumin (optional), plus more for seasoning
One 15-ounce can black beans, drained and rinsed
Smoked paprika
Salt and pepper
2 cups shredded Monterey jack cheese



\$1.20
PER PERSON



3 Check the dough. If it appears too dry, add a tablespoon of water and, using wet hands, work the water into the dough. Divide the dough evenly into 6 parts. Using wet hands, roll the first piece into a ball. Pat the ball between wet palms until it flattens, pressing any split edges back together.

4 Cradling the dough disk in the palm of your hand, gently press the center to create a well, then add a couple tablespoons of cheese and about one-sixth of the bean mixture. The dough will be nearly covered with filling. Using the hand cradling the pupusa, fold the edges of the dough toward the center, rotating the ball in your hand as you work. Stretch the dough gently to cover the filling. Once the filling is sealed, pat the dough flat again between moistened palms. Transfer to a plate. Repeat with remaining dough, cheese and beans.

5 In a heavy skillet over medium-high heat, cook a pupusa until firm, 3 to 4 minutes on each side. Repeat with the remaining pupusas. Serve warm.

1 In a large bowl, combine the masa harina, water, broth and cumin, if using, until a thick dough forms. Cover the bowl and let rest for 5 minutes.

2 Place the beans in a medium bowl. Season generously with cumin, paprika, salt and pepper.



BACON CHEDDAR BISCUITS



MAKES 6

PREP TIME 15 min, plus chilling

COOK TIME 15 min

2 ¼ cups gluten-free all-purpose flour blend
1 teaspoon xanthan gum (omit if flour blend contains xanthan gum)
1 tablespoon baking powder
½ teaspoon baking soda
1 teaspoon salt
1 cup shredded cheddar cheese
6 tablespoons unsalted butter, chilled and diced
2 tablespoons bacon grease, chilled and coarsely chopped
1 extra-large egg, chilled
1 cup buttermilk, chilled

1 In a large bowl, whisk the flour blend, xanthan gum, baking powder, baking soda and salt until combined. In a small bowl, toss the cheese with 1 tablespoon of the dry ingredients to keep the cheese from clumping together. Set the cheese mixture aside.

2 To the large bowl of dry ingredients, add the butter and bacon grease and, using a handheld pastry blender, cut the fats into the dry ingredients until the mixture resembles small peas. Add the cheese mixture and stir to combine. Stir in the egg and buttermilk, using a fork to break up any lumps. Stir with a spoon until a dough forms. Wrap the dough in plastic wrap and refrigerate for at least 1 hour.

3 Preheat the oven to 425°. Line a rimmed baking sheet with parchment paper. Using a rolling pin, flatten the wrapped, chilled dough into a 1 inch-thick round.

4 Remove the plastic wrap and cut out rounds of dough with a floured 2 ½-inch biscuit cutter. Gather up the scraps, chill and re-roll. Arrange the biscuits on the baking sheet about an inch apart. Freeze the baking sheet for 10 minutes.

5 Bake the biscuits until golden brown, about 15 minutes. Allow to cool slightly before serving.





\$0.63
PER PERSON

SPINACH, PROSCIUTTO & PARMESAN CREPES



MAKES 6 **PREP TIME** 15 min **COOK TIME** 5 min

- 1 cup all-purpose gluten-free flour blend
- ¼ teaspoon xanthan gum (omit if flour blend contains xanthan gum)
- ⅛ teaspoon kosher salt
- 2 extra-large eggs, lightly beaten and at room temperature
- 2 tablespoons butter, melted and cooled
- 1½ cups whole, low-fat or nondairy milk, at room temperature, plus more for thinning
- 1 pound fresh baby spinach
- 4 ounces thinly sliced prosciutto
- 6 ounces parmesan cheese, grated



\$2.48
PER PERSON



1 Place a 12-inch skillet over medium heat. While the pan gets hot, in a large bowl, combine the flour blend, xanthan gum and salt. Add the eggs and butter, mixing well after each addition. In a slow and steady stream, whisk in the milk. Continue mixing until the batter is pourable and not very elastic. Add more milk if necessary to reach the desired consistency.



3 In the hot skillet, combine the spinach with $\frac{1}{2}$ teaspoon water. Reduce the heat to medium and continue cooking, covered, until the spinach is wilted, 1 to 2 minutes. Transfer to a paper-towel-lined plate.



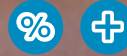
4 Remove the first warm crepe from under the towel, lay it flat on a plate, and layer a slice of prosciutto, a sprinkling of cheese and some of the wilted spinach across the center. Fold into thirds. Repeat with the remaining crepes and fillings.



2 Ladle $\frac{1}{4}$ cup of the batter into the hot skillet, swirling to spread evenly. Cook until set but not crispy, about 1 to 2 minutes, then flip with a wide spatula. Cook on the other side for another 30 seconds. Transfer to a plate and cover with a moist towel. Repeat with the remaining batter.



CHOCOLATE ALMOND BUTTER BROWNIES



MAKES 16

PREP TIME 15 min

COOK TIME 45 min

2 sticks (½ pound) unsalted butter, plus more for greasing
10 ounces semisweet chocolate, chopped
1 cup all-purpose gluten-free flour blend
¼ teaspoon xanthan gum (omit if flour blend contains xanthan gum)
1 cup granulated sugar
Salt
2½ teaspoons vanilla extract
¾ cup smooth almond butter
1 cup confectioners' sugar
2 extra-large eggs, beaten
¼ cup heavy cream

1 Position a rack in the center of the oven and preheat to 325°. Grease the bottom and sides of a 9-inch square baking pan with butter. Line the pan with crisscrossed strips of parchment paper, greasing in between and on top of the strips.

2 In a large, microwave-safe bowl, combine 1½ sticks butter and 6 ounces chocolate. Microwave at half-power for 45 seconds, then remove and stir. Repeat until the mixture is melted and smooth. Add the granulated sugar, ½ teaspoon salt and 2 teaspoons vanilla; mix to combine well. Let cool slightly.

3 In a heavy-bottom saucepan over medium-low heat, combine the almond butter, the remaining 4 tablespoons butter and ¼ teaspoon salt and cook, stirring frequently, until melted and smooth. Remove from the heat and add the remaining ½ teaspoon vanilla and the confectioners' sugar, stirring until smooth and spreadable.

4 In the large bowl of batter, add the eggs and mix well. Stir about half of the almond butter filling into the batter. Pour the batter into the prepared pan, then shake gently to distribute evenly. Top with the remaining filling and shake again.

5 Bake until the sides are firm, about 35 minutes. Let cool completely in the pan.

6 Place the remaining 4 ounces chocolate in a large measuring cup. In a small saucepan over medium heat, heat the heavy cream, stirring occasionally until simmering. Remove from the heat and pour over the chocolate, stirring until the chocolate is smooth. Let cool slightly, until thickened. Pour evenly over the top of the brownies.

7 Refrigerate until firm. Remove the brownies from the pan and slice into 16 squares.



\$1.00
PER BROWNIE

Power Puff Girl

Geri Peacock likes to keep it simple, both in the ingredients she uses at Cherbourg Bakery (cherbourgbakery.com) in Columbus, Ohio, and by not making much of a fuss that her entire menu is gluten- and nut-free. Instead, she focuses on a few local ingredients and artisanal family recipes to give her bakery a classic, quaint French charm. “Our goal is to just make it great. Period. Good ingredients — that’s the key.” Peacock grew up with these homemade puffs, which she remembers her mother filling with savory salads, so she was particularly happy to transform them into a sweet treat for her patrons. Your senses will be overwhelmed by the classic crunchy shell and billowy, rich cream. —**JACQUELINE RAPOSO**



Cherbourg Bakery Cream Puffs



Breakfast



Broccoli Quiche



Multi-Grain Waffles with Blueberry-Maple Compote and Whipped Coconut Cream



Sticky Bun Belgian Waffles with Toasted Pecan-Brown Sugar Syrup

Salad



Grilled Asparagus Salad with Lemon Parmesan Vinaigrette

Sandwiches



Banana, Honey and Cream Cheese Monte Cristo Sandwiches



Spinach, Prosciutto & Parmesan Crepes

Pasta



Basic Gluten-Free Pasta



Goat Cheese, Walnut and Honey Ravioli



Pesto Linguine for Nana



Shirataki Spaghetti



Tomato Pappardelle with Cherry Tomatoes, Mushrooms and Goat Cheese

Vegetables & Sides



Lentils with Butternut Squash and Kale

Biscuits & Breads



Bacon Cheddar Biscuits

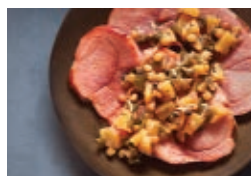


Black Bean Pupusas



Soft Pretzels

Main Dishes



Brown Sugar-Broiled Ham Steaks with Pineapple Chutney



Crispy Fish Nuggets with Caper-Lemon Tartar Sauce



Meat and Veggie Lasagna



Stovetop One-Pot Chicken Parm Rice

Misc.

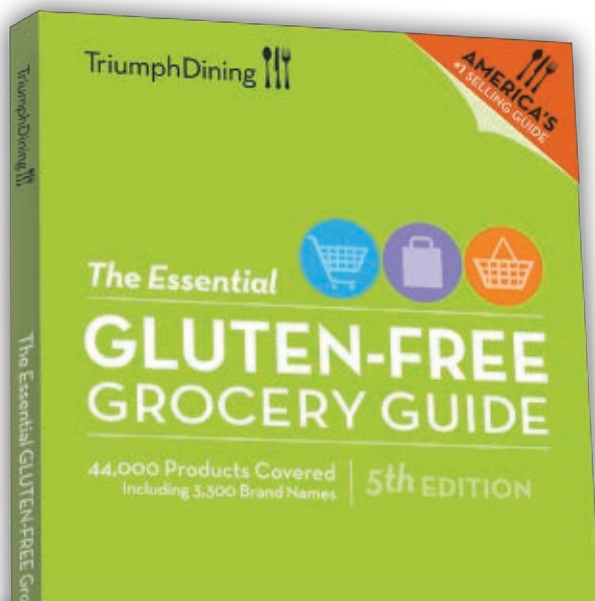


Cherbourg Bakery
Gluten-Free Flour Blend

Recipe Index Continued »

GLUTEN-FREE GROCERY GUIDE

**AMERICA'S
#1 SELLING GUIDE**



- Find over **44,000** gluten-free products covering 3,300 brand names at grocery stores across the U.S.
- Color-coded system makes meal planning and finding your favorite foods a snap
- 5th Edition, 472 budget-friendly and time-saving pages
- Save yourself thousands of hours researching Gluten-Free groceries with this guide



Dessert



Cherbourg Bakery
Cream Puffs



Chocolate-Almond
Biscotti



Chocolate Almond
Butter Brownies



Chocolate-Mint
Wafers



Chocolate-Peanut
Butter Cookies



Coconut Caramel
Cookies



DIY Marshmallow
Treats



Lemon Cheesecake
Cupcakes



Peanut Butter-Oat
Sandwich Cookies

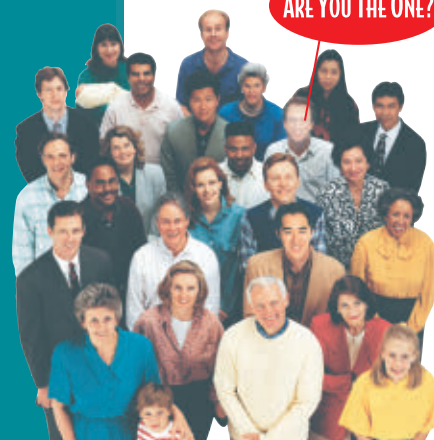
A delicious organic & Fair Trade® candy bar made of 5 ingredients you can pronounce

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crisp

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CELIAc AFFECTS 1 OUT OF 133...

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Celiac affects children as well as adults, men and women. Yet **97%** of people with Celiac Disease go undiagnosed. **Celiac Disease** is one of the most common genetic conditions in the world. Celiac is a multi-symptom, multi-system disorder, activated by eating gluten – proteins found in wheat, rye and barley. Symptoms vary and are not always gastrointestinal. If you experience constipation, diarrhea, anemia, bloating, gas, osteoporosis, weight loss, even fatigue, depression and infertility – **you could be the one!**



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- Udi's Gluten Free Foods
- Van's Natural Foods
- Wholly Guacamole



Grilled Asparagus Salad with Lemon-Parmesan Vinaigrette

SERVES 4

PREP TIME 10 min

COOK TIME 5 min

- ¼ cup lemon juice
- ½ cup grated parmesan cheese, plus more for sprinkling
- 1 clove garlic, finely chopped
- ½ teaspoon dijon mustard
- ¼ cup olive oil
- Salt and pepper
- 2 bunches fresh asparagus, ends trimmed
- ½ cup thinly sliced radishes
- ½ cup shredded carrots
- ½ cup edamame
- 8 slices bacon, cooked and crumbled



1 In a medium bowl, whisk together the lemon juice, cheese, garlic and mustard. Slowly stream in the oil, whisking constantly to combine. Season with salt and pepper.

2 On a heated grill or grill pan, cook the asparagus, turning once, about 3 minutes total. In a large bowl, toss together the radishes, carrots and edamame. Top with the asparagus and bacon. Drizzle with the vinaigrette and sprinkle with parmesan.



DIY Marshmallow Treats

MAKES 24

PREP TIME 40 min, plus chilling

COOK TIME 10 min

Gluten-free nonstick cooking spray
 ¼ cup confectioners' sugar, plus more for
 dusting

Four ¼-ounce packets unflavored gelatin

1 cup cold water

2 cups granulated sugar

½ cup light corn syrup

¼ teaspoon salt

2 egg whites

1 teaspoon vanilla extract

Food coloring (optional)

Decorating sugar



1 Coat a 13-by-9-inch metal pan with nonstick cooking spray and dust the bottom and sides with confectioners' sugar. In the bowl of a standing mixer fitted with the whisk attachment, combine the gelatin with ½ cup cold water. Let stand until gelatin dissolves.

2 In a large saucepan over medium heat, combine the remaining ½ cup cold water with the granulated sugar, corn syrup and salt. Cook until the sugar is dissolved. Continue to cook until a candy thermometer registers 245°, about 10 minutes. Remove the pan from the heat. Add the hot sugar mixture to the gelatin mixture.

3 Using the standing mixer, beat the egg whites until stiff peaks form. With the mixer on low speed, slowly stream the hot sugar mixture into the egg whites until combined, then increase the speed to high. Continue to whisk until thickened and white, about 10 minutes. When the bowl is cool to the touch, add the vanilla and a few drops of food coloring, if using. Whisk until combined.

4 Using a spatula greased with cooking spray, spread the marshmallow mixture evenly into the prepared pan. Dust with confectioners' sugar. Chill uncovered until firm, at least 3 hours.

5 Grease cookie cutters with cooking spray and press into the chilled marshmallow. Carefully remove the cut shapes and blot lightly with a damp paper towel. Roll in decorating sugar and place on a wire rack to dry for 5 minutes. Store in an airtight container for up to 3 weeks.



Silvana's Gluten-Free All-Purpose Flour Blend

MAKES about 4 pounds

PREP TIME 15 min

- 6 cups white rice flour
- 3 cups tapioca flour, preferably Shiloh Farms
- 1½ cups potato starch
- 1 tablespoon salt
- 2 tablespoons xanthan gum



In a large bowl, whisk together the rice flour, tapioca flour, potato starch, salt and xanthan gum. Transfer to an airtight storage container and place in a cool, dry place or refrigerate.



Tomato Pappardelle with Cherry Tomatoes, Mushrooms and Goat Cheese

SERVES 4

PREP TIME 15 min, plus resting

COOK TIME 20 min

1 recipe [Basic Gluten-Free Pasta Dough](#)
 3 tablespoons tomato paste
 Brown rice flour, for dusting
 2 tablespoons olive oil
 5 cloves garlic, smashed and chopped
 2 cups chopped mushrooms
 Salt and pepper
 1 pint cherry tomatoes
 1 teaspoon dried basil
 1 tablespoon fresh chopped rosemary
 4 ounces soft goat cheese



1 Follow Step 1 of the [Basic Gluten-Free Pasta Dough](#) recipe. Add the tomato paste, increasing the mixer speed slightly to thoroughly incorporate. Follow Steps 2 and 3.

2 While the dough is resting, in a large skillet over medium-low heat, heat the oil until hot and increase heat to medium high. Add the garlic and cook, stirring, 6 to 8 minutes. Add the mushrooms and a pinch of salt. Cook, uncovered, until softened, about 10 minutes. Add the tomatoes, basil and rosemary, then season with salt and pepper; toss to combine. Cook, without stirring, until tomatoes are softened. Crush about half of the tomatoes and stir.

3 Follow Step 4 of the [Basic Gluten-Free Pasta Dough](#) recipe. Turn out the dough on a clean, lightly floured surface and press gently to flatten. Starting in the center of the dough and rolling outward, roll into a large, thin square. Let dry for about 10 minutes. Set a large pot of salted water over medium-high heat and bring to a boil.

4 Lightly flour the dough and roll loosely into a cylinder. Using a knife or pizza cutter, cut the dough into $\frac{3}{4}$ -inch strips. Unroll gently and drop into the boiling water, using a fork to separate. Cook until al dente, 4 to 5 minutes.

5 Strain all but 2 tablespoons of the pasta cooking water and return the pasta to the pot. Toss with the vegetables and season with salt and pepper. Divide into four servings and top with the goat cheese.



Pesto Linguine for Nana

SERVES 4

PREP TIME 10 min

COOK TIME 25 min

1 recipe [Basic Gluten-Free Pasta](#)

4 tablespoons prepared pesto

¼ cup olive oil

8 cloves garlic, crushed and chopped

¼ cup pitted black olives, thinly sliced

Salt and pepper

½ cup fresh basil leaves, coarsely chopped

¼ cup grated pecorino romano

4 tablespoons pine nuts (optional)

- 1 Prepare the [Basic Gluten-Free Pasta](#) recipe, replacing the 2 tablespoons olive oil with the pesto. Run through each setting on a pasta roller twice, then cut into linguine.
- 2 Set a large pot of salted water over medium-high heat and bring to a boil.
- 3 In a large skillet, heat the olive oil over low heat. Add the garlic and cook, stirring occasionally, 6 to 8 minutes. Stir in the olives.
- 4 Add the linguine to the boiling water, using a fork to separate. Boil until al dente, about 5 minutes. Strain, reserving 1/3 cup pasta cooking water. Add the reserved cooking water and the pasta to the sauce and toss. To serve, top with basil leaves, grated pecorino and pine nuts, if using.



Goat Cheese, Walnut and Honey Ravioli

SERVES 4

PREP TIME 10 min

COOK TIME 10 min

1 recipe [Basic Gluten-Free Pasta](#)

½ cup soft goat cheese

½ cup ground walnuts, toasted

1 tablespoon honey, plus more for drizzling

2 tablespoons unsalted butter

4 tablespoons chopped fresh mint

- 1 Prepare the [Basic Gluten-Free Pasta](#) recipe, then separate into 6 pieces. Using a pasta roller, roll through the fourth setting. In a small bowl, thoroughly mix the goat cheese, walnuts and honey.
- 2 Set a large pot of salted water over medium-high heat and bring to a boil.
- 3 Place 1 sheet of pasta dough onto a ravioli press or a lightly floured board. Place scant tablespoonfuls of the cheese mixture on the dough about 2 inches apart. Top with another sheet of pasta and press to seal around each mound, making sure no air remains. Cut into squares, pinch to fully seal edges and set on a floured board until ready to boil. Repeat as necessary.
- 4 Working in 2 batches, add the ravioli to the boiling water and cook for 5 minutes or until the ravioli float. Remove with a slotted spoon. Transfer to a clean surface to cool.
- 5 In a large skillet over medium heat, melt the butter. Add the ravioli in a single layer and cook until brown and crisp. Turn, and repeat on the second side. To serve, drizzle with honey and top with the mint.



Meat and Veggie Lasagna

SERVES 4

PREP TIME 15 min, plus resting

COOK TIME 1 hr 20 min

2 recipes [Basic Gluten-Free Pasta](#)
 5 tablespoons olive oil
 1 pound lean ground beef
 Salt
 1 teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon dried basil
 2 tablespoons tomato paste
 6 cups tomato sauce
 3 cloves garlic, smashed and chopped
 1 cup chopped mushrooms
 1 cup chopped carrots
 1 cup chopped celery
 1½ cups chopped Vidalia onion
 3 eggs
 16 ounces whole-milk ricotta cheese
 2 tablespoons chopped fresh basil
 3 cups grated parmesan cheese
 2 cups grated pecorino romano cheese

- 1 Prepare the [Basic Gluten-Free Pasta](#) recipe up to the point where it rests.
- 2 In a large skillet over medium heat, heat 2 tablespoons of olive oil. Add the ground beef and season with ½ teaspoon salt, garlic powder, onion powder and dried basil. Brown all over, about 5 minutes. Add tomato paste, 1 cup of tomato sauce and ½ cup chopped onion. Stir to combine. Reduce heat to low and simmer, stirring occasionally, until liquid is absorbed and meat is fully cooked. Remove from heat and let cool slightly.
- 3 In another large skillet over medium-low heat, heat the remaining olive oil. Add the remaining onion and garlic, and cook until slightly softened. Add the mushrooms, carrots and celery and cook, stirring occasionally, until softened, about 15 minutes. Remove from the heat and let cool.
- 4 Preheat the oven to 375°. Set a large soup pot of salted water over medium-high heat and bring to a boil.
- 5 Prepare the pasta by rolling a piece slightly larger than a golf ball on a pastry board into a rectangle about ⅓ inch thick. Run through the pasta roller horizontally at setting 1 to get a long, wide strip of pasta. Continue progressively rolling up to setting 4. Cut dough into 4 strips. Repeat with remaining dough.



6 To assemble the lasagna, beat the eggs in a medium bowl until smooth. Add ricotta and fresh basil and whisk thoroughly. Boil the pasta, two pieces at a time, until al dente, then let cool slightly on a baking sheet. Cover the bottom of a baking dish with about 1 cup of sauce. Arrange two pieces of cooked pasta on top, and pour in the ricotta mixture. Arrange two more pieces of pasta, then the meat mixture, 1 cup parmesan, $\frac{1}{2}$ cup pecorino and enough sauce to cover the meat. Top with another layer each of pasta, vegetables, cheese and sauce. Add the final layer of pasta and top with the remaining sauce and cheese. Grease a piece of foil with cooking spray and lightly cover the dish. Bake for 40 minutes, covered, then remove foil and bake an additional 15 minutes until cheese is melted. Cool for 20 minutes before serving.



Cherbourg Bakery Cream Puffs

MAKES about 8

PREP TIME 10 min

COOK TIME 30 min

½ cup butter
 1 cup water
 1 cup Cherbourg Bakery
 Gluten-Free Flour Blend (below)
 4 large eggs
 ½ cup sugar
 3 tablespoons cornstarch
 Pinch of salt
 2 cups whole milk
 2 teaspoons vanilla extract
 2 cups heavy cream
 ⅓ cup confectioners' sugar, plus more
 for dusting

Cherbourg Bakery Gluten-Free Flour Blend

3 cups white rice flour
 ½ cup tapioca starch



1 Preheat the oven to 400°. In a medium saucepan over medium heat, heat water with butter until melted. Increase heat to medium-high and bring to a boil. When boiling vigorously, reduce the heat to low and add the flour. Mix well and cook until a ball forms. Remove from the heat. Beat in the eggs one at a time, mixing completely after each addition. The batter will be smooth and thick. Drop by the teaspoonful onto an ungreased cookie sheet. Bake at 400° for 30 minutes. Transfer to a wire rack to cool completely.

2 In small saucepan over medium heat, whisk together the sugar, cornstarch and salt. Gradually add the milk. Bring to a boil, stirring continuously, until thick, 12 to 14 minutes. Remove from the heat and stir in 1 teaspoon vanilla. Refrigerate until cold.

3 Using a standing mixer fitted with the whisk attachment, beat two cups heavy cream at high speed until just beginning to thicken. Add the confectioners' sugar and mix on medium speed just until soft peaks form. Add the remaining 1 teaspoon vanilla. Refrigerate until cold.

4 Gently stir the whipped cream into the pudding. Spoon the filling into a pastry bag or resealable plastic bag with one corner snipped off. Using a sharp knife, cut a small circle out of the top of a cream puff. Pipe in the filling until almost overflowing, then replace the cut-out circle. Repeat with remaining cream puffs and filling. Dust the filled cream puffs with confectioners' sugar.

In a medium bowl, whisk together the rice flour and tapioca starch.

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