

# easy CO

FROM OUR KITCHENS TO YOURS

Silvana's Kitchen / The New St



# COOKING

andbys / Sweet Surprise







# Family Ties: *Made with Love in Silvana's Kitchen.*

Whenever I think about my love of cooking and baking, my parents instantly enter my mind. Growing up, inviting smells wafting through the house would always lead me straight to the kitchen, where one of them was standing at the stove. Throughout my cooking, you can taste the cultural influences from my Italian father, Silverio, and my American mother, Penny. In celebration of Mother's Day and Father's Day, I dedicate these recipes to my parents — and to moms and dads everywhere.

**BY SILVANA NARDONE**





When I was a kid, summers spent in Italy with my father's family always included big bowls of spaghetti with sun-kissed tomatoes and clams.

# Spaghetti with Clam Sauce 🍷

SERVES 4

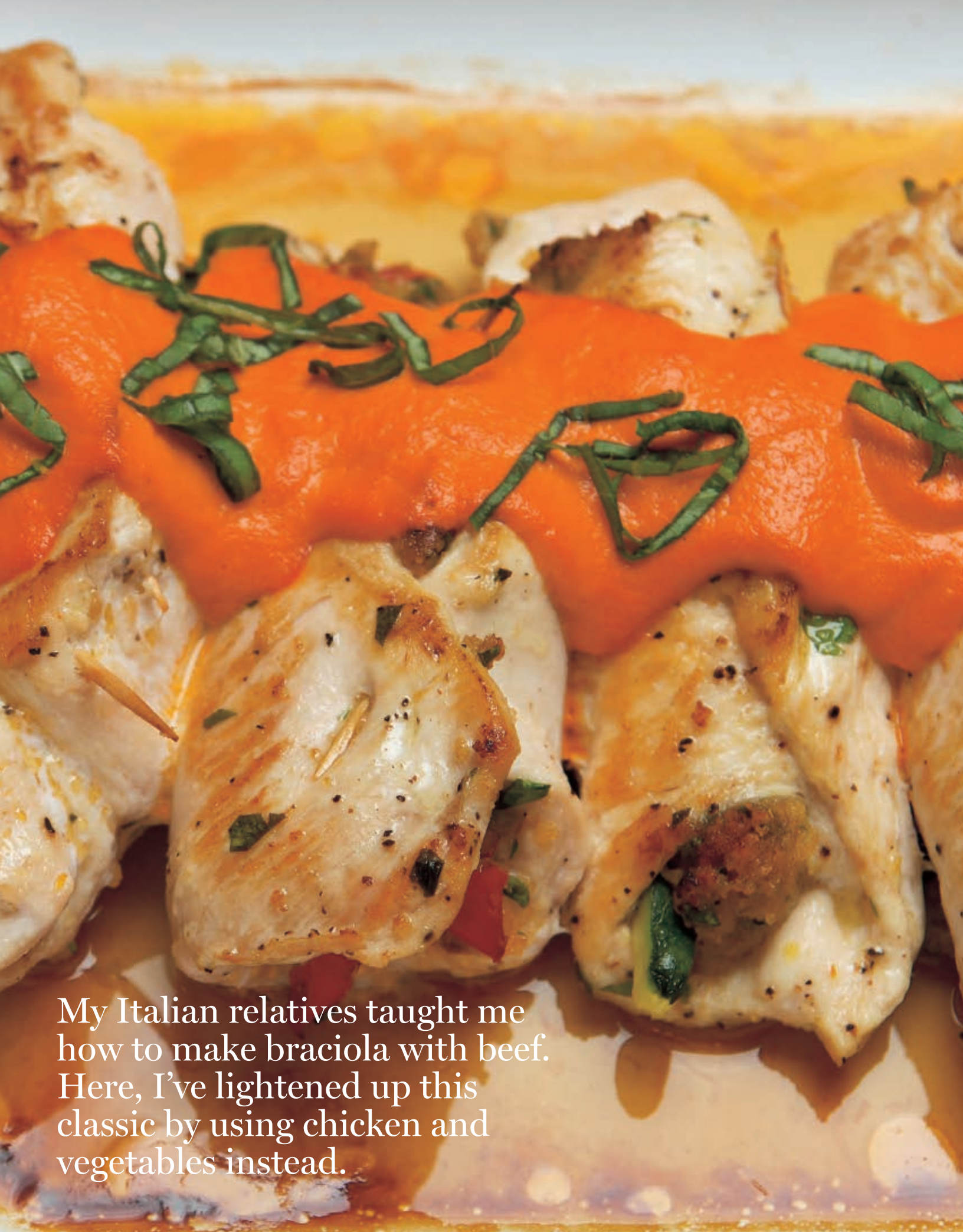
PREP TIME 8 min

COOK TIME 23 min

6 tablespoons olive oil  
2 cloves garlic, smashed  
½ teaspoon crushed red pepper flakes, or to taste  
1 pint cherry or grape tomatoes, halved  
½ cup dry white wine or water  
24 manila or littleneck clams, scrubbed  
¼ cup finely chopped fresh flat-leaf parsley, plus more for serving  
One 12-ounce box gluten-free spaghetti, such as Jovial  
1 tablespoon unsalted butter or buttery sticks (optional)

1 In a large saucepan, heat the oil over medium heat. Add the garlic and red pepper flakes and cook until golden, about 2 minutes. Add the tomatoes and cover. Let the tomatoes soften, about 5 minutes. Add the wine and cook, uncovered, until the alcohol evaporates, about 3 minutes. Add the clams, shaking the pot gently. Cover and let the clams cook until opened, about 5 minutes. Discard any clams that do not open. Remove the saucepan from the heat.

2 Meanwhile, bring a large pot of generously salted water to a boil. Add the spaghetti and cook, stirring occasionally, until very al dente, about 6 minutes; drain. Gently toss together the spaghetti and butter, if using, with the clams in the saucepan. Cook until the spaghetti is al dente, about 2 minutes more. To serve, top with parsley.



My Italian relatives taught me how to make braciola with beef. Here, I've lightened up this classic by using chicken and vegetables instead.

# Chicken-Vegetable Braciola with Red Pepper Sauce 🌶️

SERVES 4    PREP TIME 18    COOK TIME 46

¼ cup plus 3 tablespoons olive oil, plus more for rubbing  
 2 teaspoons salt-packed capers—rinsed, drained and patted dry  
 2 teaspoons tomato paste  
 4 red bell peppers, seeded and cut into ¼ inch strips  
 2 teaspoons balsamic vinegar  
 Salt and pepper  
 ½ cup finely crushed rice cereal or gluten-free breadcrumbs  
 ¼ cup chopped parsley  
 ¼ cup grated parmesan cheese or dairy-free alternative (optional)  
 1 clove garlic, finely chopped  
 1 egg  
 Four (8-ounce) boneless, skinless chicken breasts, pounded about ¼ inch thick  
 1 medium zucchini, cut lengthwise into thin matchsticks  
 8 basil leaves, chopped, plus more for topping

① In a medium skillet, heat ¼ cup of the olive oil over medium-high heat. Add the capers and cook until fragrant, about 1 minute. Stir in the tomato paste and cook for 1 minute. Stir in the bell peppers and cook, stirring occasionally, until softened, about 8 minutes. Stir in the vinegar and cook until tender, about 10 minutes; season with about ½ teaspoon salt. Add about three-quarters of the peppers and ¼ cup water to a blender and puree until smooth.

② Preheat the oven to 400°. In a medium bowl, combine the crushed cereal, parsley, parmesan, garlic, egg and 2 tablespoons olive oil.

③ On a work surface, rub the chicken with olive oil and season with salt and pepper. Leaving a ¼-inch border, layer each piece of chicken with some roasted pepper and zucchini strips, basil and crumb mixture. Roll up, jelly-roll style, to enclose the filling, then secure with toothpicks.

④ Heat the remaining 1 tablespoon oil in an ovenproof skillet over medium heat. Add the chicken and brown on both sides, about 6 minutes total. Transfer the skillet to the oven and cook until the chicken is cooked through, 15 to 20 minutes. To serve, spoon the reserved pepper sauce over the chicken rolls and top with basil.





# Peanut Butter–Glazed Chocolate Midnight Doughnuts 🌰

MAKES 12

PREP TIME 12 min

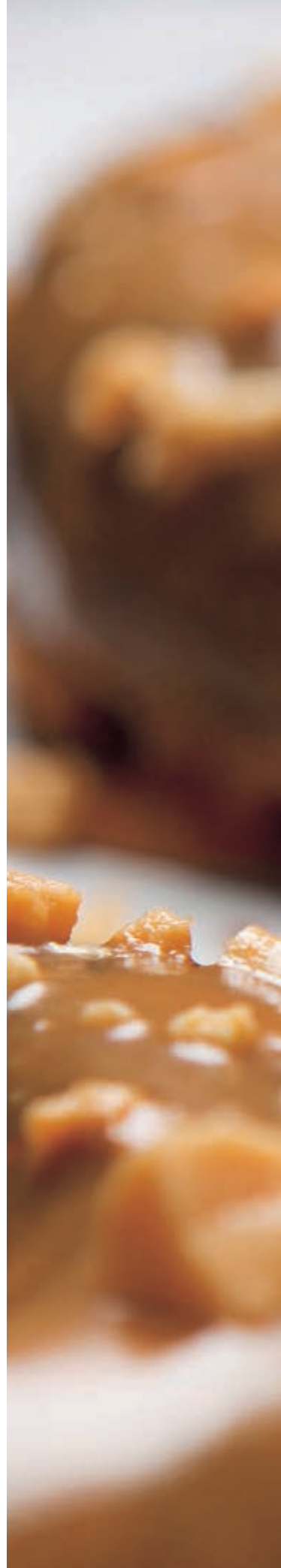
BAKE TIME 18 min

¾ cup cocoa powder  
 1½ cups boiling water  
 2 large eggs, at room temperature  
 ⅓ cup vegetable oil  
 1 tablespoon vanilla extract  
 1½ cups Silvana's Gluten-Free  
 All-Purpose Flour Blend  
 1½ teaspoons baking powder  
 1 teaspoon baking soda  
 ¾ teaspoon salt  
 1 cup granulated sugar  
 ½ cup peanut butter  
 ¼ cup (½ stick) unsalted butter or dairy-free  
 buttery sticks  
 ½ cup confectioners' sugar  
 ¼ cup brown rice syrup or light corn syrup  
 1 cup salted roasted peanuts, chopped,  
 for sprinkling

① Preheat the oven to 350°. Grease two nonstick 6-doughnut baking pans with cooking spray. In a medium bowl, whisk together the cocoa powder and boiling water; let cool completely. Whisk in the eggs, oil and vanilla.

② In a large bowl, whisk together the flour blend, baking powder, baking soda, salt and granulated sugar. Whisk the egg mixture into the flour mixture until just combined; fill the prepared pans with about ¼ cup batter in each doughnut mold. Bake until a toothpick inserted in the center comes out clean, 15 to 18 minutes.

③ In a small saucepan, melt together the peanut butter, butter, confectioners' sugar and rice syrup over medium heat, stirring until smooth. Dip the doughnuts into the glaze and top with the peanuts.





I have my mom to  
thank for training my  
palate to love anything  
with chocolate and  
peanut butter.

# Pineapple Cake with Pineapple Topping and Marshmallow Frosting

**MAKES** One 8-inch cake

**PREP TIME** 20 min (plus cooling)

**BAKE TIME** 58 min

1 ½ cups [Silvana's Gluten-Free All Purpose Flour Blend](#), plus more for dusting  
2 teaspoons baking powder  
Salt  
¾ cup packed light brown sugar  
¼ cup vegetable oil  
1 large egg, at room temperature  
1 teaspoon vanilla extract  
¾ cup chopped fresh pineapple, plus more for decorating  
One 20-ounce can crushed pineapple in unsweetened juice  
2 teaspoons cornstarch  
2 tablespoons granulated sugar  
½ cup (1 stick) unsalted butter or buttery sticks, softened  
One 7.5-ounce tub marshmallow crème  
2 tablespoons heavy cream or dairy-free alternative  
2 cups confectioners' sugar, sifted

**1** Preheat the oven to 350°. Grease an 8-inch round cake pan, line with parchment paper, then grease and dust with flour blend, knocking out excess. In a small bowl, whisk together the flour blend, baking powder and ¼ teaspoon salt.

**2** In a large bowl, whisk together the brown sugar, oil, egg and vanilla until smooth. Stir in the pineapple. Stir in the flour blend mixture until combined. Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Let cool completely in the pan set over a wire rack. Invert onto a cake plate and remove the parchment paper.

**3** In a small saucepan, combine the crushed pineapple, cornstarch and granulated sugar until the cornstarch is dissolved; bring to a boil, stirring occasionally. Reduce the heat and simmer, stirring, until thickened, about 3 minutes. Refrigerate until cold.

**4** Using an electric handheld mixer, in a large bowl, combine the butter, marshmallow crème, heavy cream, confectioners' sugar and ⅛ teaspoon salt until glossy.

**5** Top the cake with the filling. Pipe or spread the frosting on the top and sides of the cake and decorate with pineapple.





This cake is sweetly inspired by my mom's love of Dairy Queen vanilla soft-serve ice cream with pineapple topping and marshmallow sauce.

# THE NEW STAND- BYS

Every cook needs a handful of simple, foolproof meals that anyone will like and everyone can eat. But easy-to-follow recipes for gluten-free versions of classic favorites can be hard to come by. Until now. Six experts to share their go-to dishes.

**BY JACQUELINE RAPOSO**

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## **Broccoli-Cheddar Soup**

Dr. Brent Ridge and Josh Kilmer-Purcell  
The Beekman Boys

2

## **Caesar Salad**

David Raymer  
Executive chef and co-owner, Strada 18 and Boulevard 18

3

## **Beef Meatballs in Tomato Sauce**

Daniel Holzman, executive chef and co-owner,  
The Meatball Shop, and author of *The Meatball Shop Cookbook*

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## **Herb-Roasted Whole Chicken with Lemon and Sage**

Eric and Bruce Bromberg, co-owners, Blue Ribbon Restaurants  
and authors of *The Bromberg Bros. Blue Ribbon Cookbook*

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## **Parkerhouse Rolls**

Naomi Poe, founder and owner,  
Better Batter gluten-free flours

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## **Chocolate Chip Cookies**

Stephen Collucci, pastry chef,  
Colicchio & Sons

# BROCCOLI CHEDDAR SOUP

Recipe adapted from *The Beekman 1802 Heirloom Cookbook* (Sterling Epicure, \$25).

**SERVES** 4

**PREP TIME** 5 min

**COOK TIME** 20 to 25 min

1 tablespoon unsalted butter  
1 onion, chopped  
2 tablespoons long-grain white rice  
2 cups vegetable or chicken broth  
2 cups milk  
1 pound broccoli, stalks thinly sliced and florets coarsely chopped  
2 cups (8 ounces) shredded sharp cheddar cheese  
Salt  
 $\frac{1}{8}$  teaspoon cayenne pepper

**1** In a large saucepan over medium heat, melt the butter. Add the onion and cook, stirring frequently, until tender, about 5 minutes. Stir in the rice, add the broth and simmer until the rice is tender, 12 to 15 minutes. Add the milk and the sliced broccoli stalks and cook for 4 minutes. Add the florets and cook until still bright green but tender, about 4 minutes longer. Remove the pan from the heat.

**2** Using an immersion blender, puree until smooth. Remove the pan from the heat, add the cheese and season with salt and the cayenne; stir until melted and combined.





Dr. Brent Ridge and Josh Kilmer-Purcell, authors of *The Beekman 1802 Heirloom Cookbook* and hosts of Planet Green's *The Fabulous Beekman Boys*

**“This soup is indeed a classic, and it’s just perfect for adapting to your own tastes and preferences.”**

Share your personal version at [beekman1802.com](http://beekman1802.com)





**“The excellent Caesar dressing is what really makes this salad special, and the mix of the two oils is key. I love olive oil, but it would be too strong on its own here.”**

David Raymer, executive chef and co-owner, [Strada 18](#) and [Boulevard 18](#) restaurants in Connecticut



## CLASSIC CAESAR SALAD

**SERVES** 4

**PREP TIME** 10 min

- 2 egg yolks
- 2 tablespoons Dijon mustard
- ½ cup red wine vinegar
- ½ cup lemon juice
- 1½ cups olive oil
- 2½ cups canola oil
- 4 anchovy fillets, finely chopped,  
plus 8 whole fillets
- 2 cloves garlic, finely chopped
- 2 heads romaine hearts
- ¼ cup grated parmesan cheese
- Gluten-free croutons (optional)

**1** In a food processor, combine the egg yolks, mustard, vinegar and lemon juice and process for 1 or 2 minutes. Add the garlic and half of the finely chopped anchovies and process 30 seconds more. With the motor running, steadily stream in the oil until the dressing is the consistency of thin mayonnaise.

**2** Toss the lettuce with 1 cup of the dressing, parmesan cheese, croutons, if using, and the remaining minced anchovies. Divide among 4 plates, topping each with more cheese and 2 anchovy fillets.

# BEEF MEATBALLS IN TOMATO SAUCE



**SERVES** 4

**PREP TIME** 15 mins

**COOK TIME** 1 hr 15 mins

¼ cup olive oil, plus more for greasing

2 pounds 80-percent lean ground beef

1 cup ricotta cheese

2 large eggs

1 cup cooked white rice

¼ cup chopped fresh parsley

3½ teaspoons chopped fresh oregano or 1¼ teaspoons dried oregano

Salt

¼ teaspoon crushed red pepper flakes

½ teaspoon ground fennel

1 small onion, finely diced

1 bay leaf

1 clove garlic, coarsely chopped

1 tablespoon tomato paste

One (28-ounce) can whole plum tomatoes, chopped with their liquid

- 1** Preheat the oven to 450°. Grease a 9-by-13-inch baking dish with olive oil.
- 2** In a large bowl, combine the beef, ricotta, eggs, rice, parsley, 3 teaspoons oregano, red pepper flakes and fennel. Season with salt.
- 3** Divide the meat mixture into 24 golf ball-size meatballs, packing the meat firmly. Arrange the meatballs evenly in the baking dish, placing them snugly in rows to form a grid. Bake for 20 minutes, or until firm and an instant-read thermometer inserted into the center of a meatball reads 165°.
- 4** In a large pot over medium heat, cook the olive oil, onions, bay leaf, garlic and the remaining ½ teaspoon oregano, stirring often, until the onions are softened, about 10 minutes. Season with salt. Add the tomato paste and continue cooking for 5 minutes. Add the tomatoes and, stirring, bring to a boil. Reduce the heat to low and simmer for 1 hour, stirring every 5 minutes. Adjust the seasoning as needed and remove the bay leaf.
- 5** Drain the excess grease from the meatball pan. Pour the tomato sauce over the meatballs and bake for 15 minutes more.





**“The texture of these meatballs is really special. The ricotta gives it fat without making it heavy. It’s toothsome, light, fluffy and moist.”**

Daniel Holzman, executive chef and co-owner, [The Meatball Shop](#), and author of [The Meatball Shop Cookbook](#)

# HERB-ROASTED WHOLE CHICKEN WITH LEMON AND SAGE

Recipe adapted from *Bromberg Bros. Blue Ribbon Cookbook*, by Bruce and Eric Bromberg with Melissa Clark, © 2010. Published by Clarkson Potter, a division of Random House.

**SERVES** 4

**PREP TIME** 15 min (plus marinating)

**COOK TIME** 1 hr 15 min

1 whole chicken (about 3 pounds), patted dry with paper towels

½ cup olive oil

1 lemon, thinly sliced

1 bunch of fresh sage leaves (about ½ cup)

1 ½ teaspoons dried thyme

Salt and pepper

3 medium carrots, peeled and halved crosswise

3 celery stalks, cut crosswise into thirds


1 large onion, peeled and cut into large chunks

- 1 In a large bowl, toss the chicken with olive oil, lemon and sage. Cover and refrigerate for 24 hours.
- 2 Position a rack on the center of the oven and preheat to 450°. Remove the chicken from the fridge and let it stand on the counter for 30 minutes.
- 3 Sprinkle the chicken inside and out with the thyme, salt and pepper. Remove the lemon slices and sage from the marinade and stuff them inside the chicken cavity. Scatter the carrots, celery and onion over the bottom of a roasting pan. Pour just enough water into the pan to cover the bottom. Arrange the chicken, breast side up, on top of the vegetables in the pan.
- 4 Roast for 20 minutes, then baste with the pan juices and continue roasting, basting once or twice, until the chicken is golden brown, 25 to 35 minutes more. Reduce the heat to 325°. Finish roasting, without basting, until an instant-read thermometer inserted in the thickest part of the thigh reads 165°, 20 to 25 minutes longer. Let the chicken stand for 5 minutes before carving. Serve with the pan juices and vegetables.




**RECIPE**





**“This recipe is a tribute to one of our mother’s favorites. To this day, the smell of chicken roasting with lemon makes us think of home.”**

Eric and Bruce Bromberg, co-owners, [Blue Ribbon Restaurants](#)  
and authors of [The Bromberg Bros. Blue Ribbon Cookbook](#)



**“These rolls are so incredibly soft and buttery that even the most gluten-friendly eaters will reach for more.”**

Naomi Poe, founder and owner, [Better Batter](#) gluten-free flours

## PARKERHOUSE ROLLS

**MAKES** 36

**PREP TIME** 10 min (plus rising)

**COOK TIME** 15 min

2 ½ cups milk

⅓ cup sugar

2 teaspoons salt

4 tablespoons butter, plus more, melted, for brushing

1 packet active dry yeast

1 egg

3 ¼ cups Better Batter Gluten Free Flour or your favorite gluten-free all-purpose flour blend, plus more for dusting

**1** In a large saucepan over medium heat, combine the milk, sugar, salt and butter and heat until warm but not hot. Transfer to a large bowl and let cool until lukewarm. Whisk in the yeast and egg. Add the flour blend and mix until a dough forms. Divide into two parts.

**2** Preheat the oven to 400°. On a heavily floured work surface, roll out each dough portion until about ½-inch thick, dusting the dough with flour to prevent sticking. Using a 3-inch biscuit cutter, cut out rounds. Brush each with melted butter, then fold each circle, not quite in half, and brush with more butter. Transfer the rolls to a baking sheet and let rise for 20 to 30 minutes. Bake the rolls until golden brown, 15 to 20 minutes.



**“I asked several staff members to sample these cookies, but I didn’t tell them they were gluten-free. Nobody had even the slightest idea. I think that’s great.”**

Stephen Collucci, pastry chef, [Colicchio & Sons](#)



## CHOCOLATE CHIP COOKIES

**MAKES** 30

**PREP TIME** 10 min

**COOK TIME** 15 min

1 ½ sticks butter or buttery sticks, softened  
¾ cup dark brown sugar  
½ cup granulated sugar  
2 large eggs  
1 tablespoon vanilla extract  
2 ¼ cups Stephen Collucci's Gluten-Free Flour Blend or your favorite gluten-free all-purpose flour blend  
1 teaspoon baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
¼ teaspoon xanthan gum  
2 cups semisweet chocolate chips

- 1** Preheat the oven to 325°. Line a baking sheet with parchment paper.
- 2** In a large bowl, using an electric mixer, beat together the butter and both sugars. Add the eggs and mix until combined. Add the vanilla and all dry ingredients and mix until well combined. Stir in the chocolate chips.
- 3** Using a spoon or ice cream scoop, drop the dough onto the prepared baking sheet. Bake until golden, 8 to 10 minutes.



SWEET SURPRISE

# Pull-Apart Sticky Buns



## Sticky Situation

Chris Gumke has a thing for high-quality artisan bread and always has. In fact, the man has been known to eat an entire baguette. When he was diagnosed with a gluten intolerance, he immediately started trying all the gluten-free breads available and found them unsatisfactory. So he made his own. Chris and his wife, Teresa Atkins, began making whole-grain gluten-free bread and selling it at local farmers markets in 2007, and now their New Cascadia Traditional bakery in Portland, Oregon, serves up gluten-free breads, pastries and pizza alongside soup, salad and Stumptown coffee. These cinnamon buns are a new addition to the menu, and customers adore them. Try them for yourself and you'll see why. (\$3.25, [newcascadia.com](http://newcascadia.com)) —**JACQUELINE RAPOSO**

RECIPE



## Salad & Soup



Black Bean and Mango Salad



Broccoli-Cheddar Soup



Caesar Salad



Garden Greens with Triple Cherry Vinaigrette and Candied Walnuts

## Vegetables, Sides & Drinks



Berry Basil Sangria



Bromberg Brothers Oven-Roasted Potatoes



Crab Cakes and Lemon-Chive Aioli



Grain-Free Onion Rings



Ranch Kale Chips



Shrimp Salad on Parmesan Crisps

## Breads, Chips & Crackers



Homemade Tortilla Chips



Parkerhouse Rolls



Pizza Crackers



Pull-Apart Sticky Buns

## Main Dishes



Bacon Burgers



Beef Meatballs in Tomato Sauce



Chicken-Vegetable Braciola with Red Pepper Sauce



Herb-Roasted Whole Chicken with Lemon and Sage



Spaghetti with Clam Sauce



Italian Sausage and Rice-Stuffed Peppers

## Dessert



Chocolate Chip Cookies



One-Bite Pecan Pies



Peanut Butter-Glazed Chocolate Midnight Doughnuts



Strawberry Ice Box Pie



Vanilla Doughnut Cookies

## Misc.



Silvana's Gluten-Free Flour Blend



Stephen Collucci's Gluten-Free Flour Blend

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## Italian Sausage and Rice- Stuffed Peppers



**SERVES** 6

**PREP TIME** 10 min

**COOK TIME** 25 min

1 pound Italian sausage meat  
 1 tablespoon olive oil  
 1 yellow onion, finely chopped  
 ½ cup finely chopped celery  
 ½ cup finely chopped carrots  
 2 cloves garlic cloves, finely chopped  
 One 5-ounce package yellow saffron rice,  
 cooked according to package instructions  
 One 24-ounce can tomato sauce  
 6 ounces goat cheese crumbles  
 Salt and pepper  
 ½ cup freshly grated parmesan, plus more  
 for sprinkling  
 1 cup gluten-free breadcrumbs  
 6 large bell peppers, tops removed  
 and seeded



- 1 Preheat the oven to 350°. In a 12-inch skillet set over medium-high heat, cook the sausage, breaking up the meat, until cooked through, about 5 minutes. Transfer to a plate, draining excess fat. Add the olive oil and onion and cook until translucent, about 3 minutes. Add the celery and carrots and cook for 3 minutes more. Add the garlic and cook for 1 minute. Return the sausage to the skillet. Stir in the rice, tomato sauce and goat cheese. Reduce the heat to low and cook for 10 minutes; season with salt and pepper.
- 2 In a small bowl, stir together the parmesan and breadcrumbs.
- 3 Place the bell peppers in an 8-inch baking dish. Spoon the sausage mixture into the bell peppers and top with the breadcrumb mixture. Add 1 inch of water to cover the bottom of the dish. Bake until golden, 25 to 30 minutes. Sprinkle with parmesan before serving.



## Berry Basil Sangria

**SERVES** 8

**PREP TIME** 5 min (plus chilling)

10 fresh basil leaves, thinly sliced into ribbons, plus more for serving

½ pound strawberries, hulled and thinly sliced

½ pound raspberries, plus more for serving

2 tablespoons sugar

2 bottles Prosecco

½ cup lemonade

½ cup white rum (optional)

1 green apple, cut into small pieces

**1** Place the basil, strawberries, raspberries and sugar into a large pitcher and gently muddle with the back of a large spoon. Add the Prosecco, lemonade, rum, if using, and apples; stir together. Refrigerate until cold. To serve, top with basil and berries.





## Shrimp Salad on Parmesan Crisps

*Crisps can be made up to two days ahead and stored in an airtight container.*

**MAKES** 20 crisps

**PREP TIME** 8 min (plus chilling)

**COOK TIME** 8 min

### FOR THE PARMESAN CRISPS

1 cup freshly grated parmesan

1 tablespoon cornstarch

¼ teaspoon pepper

### FOR THE SHRIMP SALAD

1 pound peeled and cooked shrimp,  
chopped

½ cup mayonnaise

1 tablespoon finely chopped chives

¼ teaspoon salt

⅛ teaspoon pepper



**1** Make the parmesan crisps: Preheat the oven to 350° and line a baking sheet with parchment paper. In a small bowl, combine the cheese, cornstarch and pepper. Working 1 tablespoon at a time, spoon the cheese mixture in piles about 3 inches apart onto the prepared baking sheet. Using the back of the spoon, slightly flatten each pile. Bake until slightly browned, 8 to 10 minutes; let cool completely to harden. Repeat with the remaining cheese mixture.

**2** Meanwhile, make the shrimp salad: In a medium bowl, combine the shrimp, mayonnaise, chives, salt and pepper. To serve, top the cooled crisps with some of the shrimp salad.



## Garden Greens with Triple Cherry Vinaigrette



**SERVES** 4

**PREP TIME** 10 min

**COOK TIME** 10 min

2 cups fresh or frozen red cherries,  
pitted and thawed if frozen  
¼ cup sugar  
½ cup balsamic vinegar  
2 medium shallots, roughly chopped  
2 tablespoons Dijon mustard  
½ teaspoon salt  
¼ teaspoon pepper  
½ cup olive oil  
6 cups salad greens  
1 cup cherry tomatoes, halved  
¼ cup dried cherries  
½ cup Candied Walnuts (recipe, page 130)  
4 ounces blue cheese, crumbled



- 1 Place the cherries and sugar in a small saucepan and cook over medium heat until reduced by 1 cup, about 10 minutes. Remove from the heat and let cool slightly.
- 2 Using a blender, puree the cooked cherries, vinegar, shallots, mustard, salt and pepper until smooth. With the motor running, add the olive oil in a slow, steady stream until blended, about 1 minute.
- 3 In a large bowl, gently toss together the greens, tomatoes, dried cherries, walnuts and blue cheese. To serve, arrange salad on 4 individual plates and drizzle with vinaigrette.



## Candied Walnuts

**MAKES** 1 pound

**PREP TIME** 5 min

**COOK TIME** 20 min

¾ cup granulated sugar

½ cup brown sugar

2 teaspoons salt

1 egg white

1 pound walnuts

**1** Preheat the oven to 350° and line a baking sheet with parchment paper. In a small bowl, whisk together the granulated sugar, brown sugar and salt.

**2** In a small bowl, beat the egg white until frothy.

**3** Place the walnuts in a large bowl and pour over the egg white; stir to coat evenly. Sprinkle over the sugar mixture; stir to coat evenly. Bake for 20 minutes, stirring every 5 minutes. Remove from the oven and separate the walnuts, if desired, once cooled.



## Crab Cakes

**MAKES** 4

**PREP TIME** 10 min

**COOK TIME** 15 min



1 pound mixture of jumbo lump crab meat and lump crab meat  
 1 medium red bell pepper, finely chopped and sautéed  
 1 medium yellow bell pepper, finely chopped and sautéed  
 ½ cup gluten-free breadcrumbs  
 1 egg, beaten  
 2 tablespoons dry mustard  
 1 tablespoon finely chopped chives  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 Zest of 1 lemon  
 ⅓ cup mayonnaise  
 ½ cup vegetable oil, for frying  
 Lemon Chive Aioli, for serving (recipe below)

**1** In a large bowl, combine the crab meat, bell pepper, breadcrumbs, egg, mustard, chives, salt, pepper, lemon and mayonnaise. Working with about ¼ cup of the mixture at a time, shape into patties.

**2** Heat the oil in a 12-inch skillet over medium heat until hot, but not smoking. Working in batches of 4, carefully place the patties in the skillet and fry until golden brown, turning once, 8 to 10 minutes total. Serve with aioli.

## Lemon-Chive Aioli

**MAKES** 1 cup

**PREP TIME** 3 min

1 cup mayonnaise  
 2 tablespoons finely chopped fresh chives  
 Zest and juice of 1 lemon  
 1 tablespoon Dijon mustard  
 1 clove garlic, finely chopped  
 ½ teaspoon salt  
 ¼ teaspoon pepper

Place all of the ingredients in a small bowl and stir to combine.



## One-Bite Pecan Pies

**MAKES** 3½ dozen mini pies

**PREP TIME** 10 min

**COOK TIME** 15 min

### FOR THE PIE CRUST

1 cup (2 sticks) unsalted butter, softened

8 ounces cream cheese, softened

2½ cups almond flour

### FOR THE FILLING

2 large eggs

2 tablespoons unsalted butter, melted

2 cups brown sugar

1 teaspoon vanilla extract

½ teaspoon salt

1 cup finely chopped pecans



**1** To make the pie crust: Preheat the oven to 375°. In a small bowl or using a standing mixer, beat together the butter and cream cheese until soft and creamy. Add the almond flour, in 2 batches; mix until combined. Form the dough into a ball and cut in half. Flatten into 2 disks and wrap each in plastic wrap; refrigerate for 45 minutes.

**2** Meanwhile, make the filling: In a medium bowl, whisk together the eggs, melted butter, sugar and vanilla.

**3** Remove 1 disk from the fridge and using tablespoon-size balls of dough, press each into an ungreased mini-muffin pan, forming a crust. Fill each shell with filling until about three-quarters full. Bake until the filling is set and the crust is golden, 18 to 20 minutes. Let cool slightly in the pan, then remove to a rack to cool completely.



## Grain-Free Onion Rings



**SERVES** 4

**PREP TIME** 10 min

**COOK TIME** 5 min

Tapioca or arrowroot flour, for dredging  
 4 large eggs, whisked  
 1½ cups blanched almond flour  
 2 tablespoons onion powder  
 3 teaspoons salt  
 2 teaspoons smoked paprika  
 2 large onions, sliced into 1-inch rings  
 Coconut oil or grapeseed oil, for frying



- 1 Place tapioca flour in a shallow bowl. In a separate shallow bowl, add the eggs. In a third shallow bowl, combine the almond flour, onion powder, salt and smoked paprika.
- 2 Dredge the onions in the eggs, then coat with tapioca, then back into the eggs and finally into the almond flour mixture. Set the coated onions rings on a baking sheet.
- 3 Add enough coconut oil to a large frying pan so that, when melted, it measures about ½ inch up the sides of the pan. Heat the oil over medium heat until hot. Fry the onion rings until golden and crispy, about 3 minutes on each side.





## Bacon Burgers

**SERVES** 4

**PREP TIME** 5 min

**COOK TIME** 20 min

1 pound ground beef, preferably organic  
Salt and pepper  
Bibb or Romaine lettuce leaves, for serving  
Sliced avocado, for serving  
Sliced tomato, for serving  
8 ounces sliced bacon, cooked until crisp



- 1** Divide the meat into four and gently shape into patties. Sprinkle generously with salt and pepper.
- 2** Preheat the oven to 425° and place a baking sheet in the oven to preheat. Heat an oiled skillet over high heat for 1 to 2 minutes. Place the burgers in the pan and sear for 3 minutes on each side. Transfer the burgers to the preheated baking sheet; bake for 12 minutes for medium-rare (14 minutes for medium and 15 or more for well done). Remove the burgers from the oven and let sit for 5 minutes. Serve in the lettuce leaves with avocado, tomato and bacon.



## Ranch Kale Chips



**SERVES** 4

**PREP TIME** 5 min

**COOK TIME** 15 min

16 cups of loosely packed kale, thick stems removed

2 ½ tablespoons coconut oil  
or grapeseed oil

Salt

1 teaspoon dried dill

1 teaspoon onion powder

1 ½ teaspoons garlic powder



Preheat the oven to 350°. Toss the kale and coconut oil on a baking sheet. Bake, tossing occasionally, especially in the last few minutes of cooking, until crisp, 15 to 18 minutes. Remove from the oven and sprinkle on the dill, onion powder and garlic powder; toss to coat.



## Vanilla Doughnut Cookies



**MAKES** 1½ dozen cookies

**PREP TIME** 15 min

**COOK TIME** 10 min

### FOR THE COOKIES

1½ cups blanched almond flour

½ cup granulated sugar

1 teaspoon baking soda

1 teaspoon vanilla extract

1 large egg

### FOR THE GLAZE

1 cup confectioners' sugar

2 teaspoons vanilla extract

3 tablespoons milk or water Sprinkles,  
for topping



- 1 To make the cookies: Preheat the oven to 350° and line a baking sheet with parchment paper. In a medium bowl, combine the almond flour, granulated sugar, baking soda, vanilla and egg.
- 2 Roll out the dough between two sheets of parchment paper until about ¼ inch thick. Using a 2½-inch doughnut cutter, cut out cookies and place on the prepared baking sheet. Repeat with the remaining dough, re-rolling as necessary. Bake the cookies until the edges are barely golden. Let cool completely.
- 3 To make the glaze: In a medium bowl, stir together the confectioners' sugar, vanilla and milk.
- 3 Top the cooled cookies with the glaze and sprinkles.



## Bromberg Brothers Oven-Roasted Potatoes

Recipe adapted from *Bromberg Bros. Blue Ribbon Cookbook* by Bruce Bromberg and Eric Bromberg, with Melissa Clark. Copyright © 2010. Published by Clarkson Potter/Publishers, a division of Random House, Inc.

**MAKES** 6 to 8

**PREP TIME** 10 min (plus cooling)

**COOK TIME** 40 min

1½ pounds white potatoes

Salt and pepper

1 tablespoon olive oil



- 1 Preheat the oven to 450°. In a large pot over medium high heat, bring the potatoes and enough salted water to cover to a boil and cook until potatoes soften slightly, about 5 minutes. Refrigerate until completely cold, then cut into wedges.
- 2 Spread the potatoes in an even layer on a rimmed baking sheet. Drizzle with the oil, season with salt and pepper, and toss to coat. Roast, tossing occasionally, until crisp and golden, 30 to 40 minutes.



## Stephen Collucci's Gluten-Free Flour Blend

**MAKES** about 3 cups

**PREP TIME** 8 min

2  $\frac{1}{3}$  cups rice flour

1 teaspoon xanthan gum

$\frac{2}{3}$  cup cornstarch

In a large bowl, combine all of the ingredients. Store in an airtight container.



## Silvana's Gluten-Free Flour Blend

**MAKES** about 4 pounds

**PREP TIME** 15 min

6 cups white rice flour

3 cups tapioca flour, preferably Shiloh Farms

1  $\frac{1}{2}$  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.



## Pull-Apart Sticky Buns



**MAKES** 6 to 8

**PREP TIME** 15 min (plus rising)

**COOK TIME** 25 min

### FOR THE DOUGH:

1½ cups plus 1 tablespoon sorghum flour

1 cup tapioca flour

¾ cup potato starch

1 tablespoon active dry yeast

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon xanthan gum

¼ cup sugar

⅓ cup water

1 cup buttermilk

¼ cup melted butter

Gluten-free cooking spray

### FOR THE FILLING

2 cups light brown sugar

½ cup (1 stick) unsalted butter

¼ cup cinnamon

### FOR THE FROSTING

8 ounces cream cheese

4 ounces sour cream

⅓ cup of sugar

1 teaspoon vanilla extract



- 1 **Make the dough:** In the bowl of a standing mixer on low speed, mix together the sorghum flour, tapioca flour, potato starch, yeast, salt, baking soda, xanthan gum and sugar. Add the water and buttermilk; mix until incorporated. Add the melted butter and mix until the dough is smooth and slightly tacky, but not too wet to handle. On a generously flour-dusted work surface and using a rolling pin, roll the dough out into an 18-by-12-inch rectangle.
- 2 **Make the filling:** Preheat the oven to 350° and grease an 8-inch baking pan with cooking spray. In a small bowl, combine the brown sugar, butter and cinnamon. Spread the mixture onto the rolled-out dough. Starting at the wider end, gently roll the dough, forming a log. Cut into 2-inch pieces and place in the prepared pan. Cover and let the dough rise in a warm area until almost doubled in size. Bake until golden, 25 to 30 minutes. Let cool slightly, then invert the sticky buns onto a serving dish.
- 3 **Make the frosting:** Meanwhile, in a medium bowl, combine the cream cheese, sour cream, sugar and vanilla. Smear the frosting on the warm sticky buns.