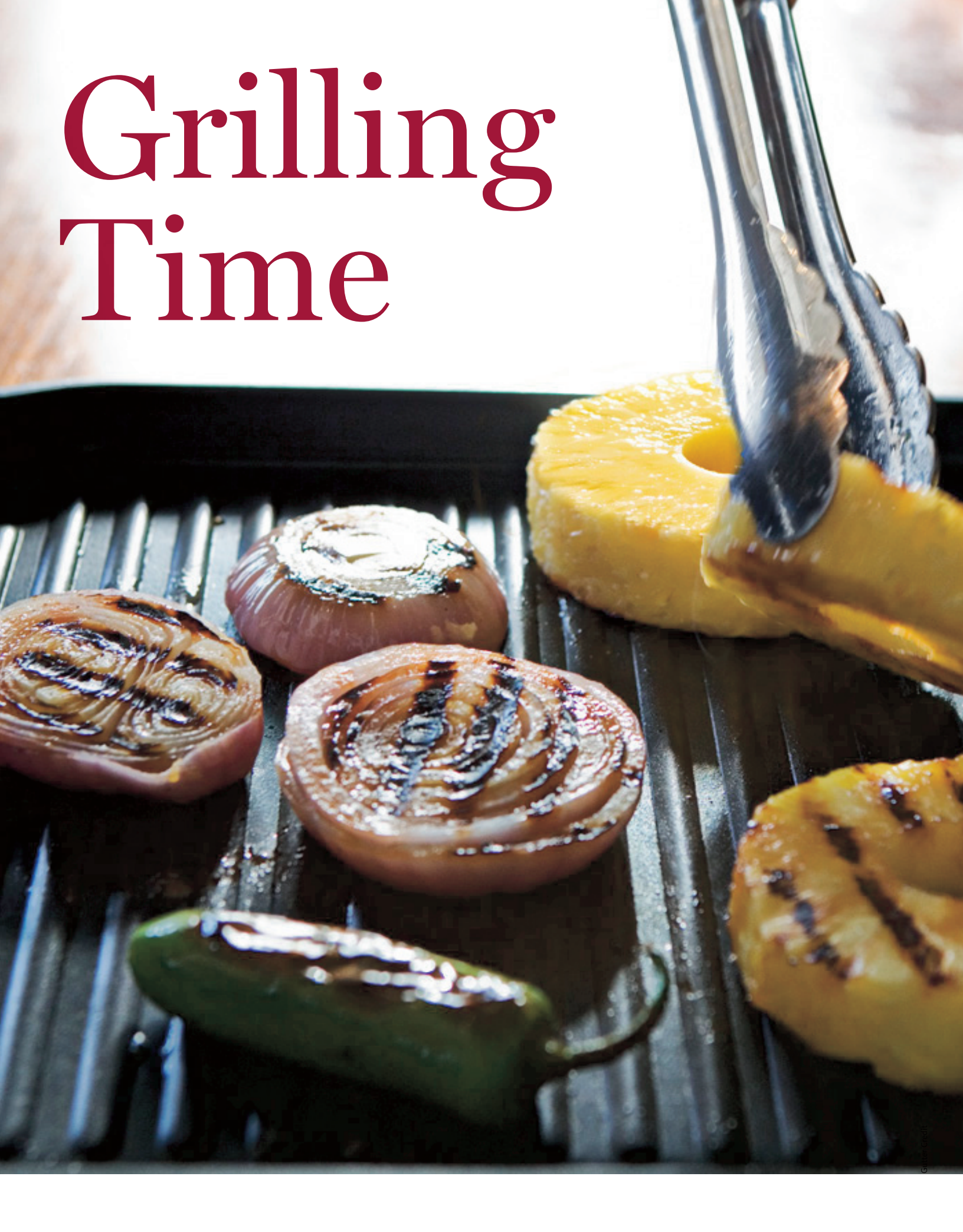


Grilling Time





Made with love in Silvana's Kitchen.

When the heat hits a summer high, I try to keep my house cool by cooking dinner outside on the grill or using my stovetop to gently poach or steam ingredients. But, there are desserts — especially with all of the seasonal, perfectly tree-ripened fruit at the market — that make me want to happily crank up the heat and bake. Some treats are just worth it.

BY SILVANA NARDONE



When I want to cook on the grill without making a big mess, I turn to my cast-iron skillet. This savory bread pudding makes everyone in the family happy.



Grilled Corn-Thyme Bread Pudding 🌽

SERVES 8

PREP TIME 25 min

BAKE TIME 25 min

4 tablespoons unsalted butter or buttery sticks

4 cups fresh corn kernels (from 5 to 6 ears)

1 onion, chopped

3 large eggs

2 cups milk or nondairy milk

1 tablespoon Dijon mustard

1 teaspoon finely chopped fresh thyme

Salt and pepper

One loaf gluten-free white or whole grain bread, crust discarded and bread cut into $\frac{3}{4}$ -inch pieces, such as Udi's

2 cups shredded cheddar cheese or nondairy alternative

1 Preheat a grill to medium. In a large cast-iron skillet, melt the butter on the grill. Add the corn and onion and cook, stirring, until golden, about 4 minutes.

2 In a large bowl, whisk together the eggs, milk, mustard, thyme, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Stir in the corn-onion mixture.

3 Place half of the bread in an even layer in the skillet. Pour in half of the corn-onion mixture. Sprinkle 1 cup cheese on top. Repeat with the remaining bread, corn-onion mixture and cheese. Transfer to the grill, cover and bake until golden.



Grilled Pineapple-Jalapeño Shrimp Tostadas 🌮

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

1 pound large shrimp, peeled and deveined
3 slices pineapple, cut about 1 inch thick
3 slices red onion, cut about 1 inch thick
1 jalapeño chile
Olive oil, for brushing
2 tablespoons chopped fresh mint
Juice of 1 lime
Salt
4 homemade or store-bought gluten-free tostada shells

- 1 Place the shrimp in a large pot of boiling, salted water. Remove the pot from the heat, cover and let stand until the shrimp are opaque and cooked through, about 3 minutes. Drain the shrimp, pat dry and refrigerate.
- 2 Preheat a grill or grill pan over medium-high heat. Lightly brush the pineapple, onion and jalapeño with oil; cook, turning once, until grill marks appear, about 6 minutes total. Coarsely chop the onion and pineapple. Seed and chop the jalapeño. In a large bowl, toss together the shrimp, onion, pineapple, jalapeño, mint and lime juice; season with salt and spoon onto the tostada shells.

I make this refreshing — and simple — recipe for brunch or dinner. The pineapple and jalapeño give the dish a puckery kick.



Summer Fruit Tart

SERVES 6

PREP TIME 20 min (plus chilling)

BAKE TIME 50 min

1 cup Silvana's Kitchen Gluten-Free All-Purpose Flour

½ teaspoon salt

1 stick (4 ounces) unsalted butter or buttery sticks,
chilled and cut into small pieces

Ice water

1 large egg, separated

1 pound sliced plums, halved strawberries and
cherries

Sugar, for sprinkling

1 tablespoon milk or nondairy milk

2 tablespoons apricot jam, heated and strained



- 1 In a food processor, pulse the flour with the salt. Add the butter and pulse until coarse crumbs form, about 5 seconds. Pour in ¼ cup ice water and pulse just until the dough comes together in a ball. Wrap the dough in plastic wrap and flatten into a disk; freeze until firm, about 15 minutes.
- 2 On a sheet of parchment paper, roll the dough into a 12-inch round about ⅛ inch thick. Return to the freezer until firm, about 10 minutes.
- 3 Preheat the oven to 375°. Slide the dough and parchment onto a baking sheet. Lightly beat the egg white and brush on the top of the dough. Leaving a 1-inch border, scatter the fruit over the dough. Sprinkle with sugar. Lift and fold the dough edge over the fruit to form a rim.
- 4 In a small bowl, beat together the egg yolk and milk. Brush the mixture on the rim of the dough; sprinkle with sugar. Bake until the crust is golden and the juices are bubbling, about 50 minutes; transfer to a rack to cool and brush with the jam.



The secret to this simple, flaky tart is that I barely handle the dough. Instead, my food processor combines the ingredients in just seconds.

*My kids love eating this
dessert — cup and all!
I like that it's so light
and airy.*





Pineapple Mousse in Pineapple Wafer Cups 🍍

SERVES 4 **PREP TIME** 1 hr (plus chilling) **COOK TIME** 20 min

1 stick (4 ounces) unsalted butter or shortening, softened, plus 5 tablespoons unsalted butter, shortening or coconut oil, melted
 1¼ cups sugar
 1 large egg plus 4 large egg yolks
 1 cup chopped fresh pineapple, plus more for garnish
 1 tablespoon lemon juice
 ½ cup heavy cream or nondairy creamer, whipped until stiff, or coconut whipped cream
 ½ cup Silvana's Kitchen Gluten-Free All-Purpose Flour

❶ Using an electric mixer, beat 1 stick butter and ¼ cup sugar until fluffy, about 2 minutes. Stir in the egg and yolks one at a time, then beat for 1 minute. (The mixture may look curdled.) Add ½ cup chopped pineapple and the lemon juice and mix until smooth. Transfer to a medium, heavy saucepan and cook over medium heat, whisking, until thick enough to coat the back of a spatula, about 6 minutes. Remove from the heat and let cool to room temperature, whisking occasionally. Transfer to a medium bowl; press plastic wrap directly on the surface and refrigerate for about 1 hour.

❷ Fold the whipped cream into the chilled pineapple curd. Refrigerate the pineapple mousse for 3 hours or overnight.

❸ Meanwhile, preheat the oven to 350°. Line 2 baking sheets with parchment paper. Place the remaining ½ cup pineapple in a strainer to drain, pressing with the back of a spoon to remove any excess juice. Transfer to a medium bowl; stir in the remaining 1 cup sugar, flour and melted butter until smooth; refrigerate for about 10 minutes.

❹ Drop a heaping tablespoon on a prepared baking sheet. Spread the mixture into a round about 2 inches wide. Repeat with the remaining batter to make 4 rounds; bake until golden and bubbly, about 10 minutes. Let the wafers sit until cooled slightly but still pliable, 1 to 2 minutes. Using a metal spatula, invert the wafers onto upside-down cups. (If the wafers become too stiff to bend, return them to the oven for a minute or so to soften.) Let cool completely. Spoon the chilled mousse into the wafer cups and top with chopped pineapple.



**BUZZ—
WORTHY.**



A passionate honey farmer
shares her tips
for tasting, selecting
and cooking with the bees'
sweet gift to humans.

*Turn the page for her tips, plus four recipes
you're sure to be stuck on.*

BY JACQUELINE RAPOSO



For most of us, the mention of honey brings to mind the little plastic bear on a grocery store shelf. But most of us aren't Marina Marchese. At her Red Bee Honey Farm in Weston, Connecticut, Marina produces over 15 varietals, all differing in flavor, color and texture as determined by the flowering plants grown near the hives.



Marina speaks passionately about honey, describing its abundant flavor notes and varietals as a sommelier would a good wine.



In fact, she believes honey should be considered in culinary circles as seriously as wine and olive oil, as the three are similar in their dependence on location and season.







THE BUZZ ON HONEY

NIGHT RIDERS

Honeybee hives must be relocated after dark, while the bees rest inside. If the hive is moved during the day while bees are out, the bees will not be able to find their home when they return.

HAPPY HOMEBODIES

Bees travel only three or four miles from the hives, so beekeepers can control the flavor of the honey by placing a hive in the center of a field of specific plants.



LOCAL FLAVOR

There are more than 300 varieties of honey created in the United States. Each one is determined by the flowering plants nearby. Colors and flavors can vary widely.

OUR HEROES

Our food supply is directly dependent on honeybees, which pollinate the crops we eat and feed to livestock. No bees, no food. It's that simple.



BEE SMART

Buy local. Most grocery-store honey has been diluted and mixed with other ingredients, resulting in a flat flavor. For best results in your dishes, buy honey from your area at a farmers' market.



Become an expert.

Taste and consider honey as you would wine, carefully noting the flavors, textures and colors.

Make a match.

When pairing honey with food, try a dark, flavorful honey with rich dishes, and a more subtle, floral honey with lighter meals.

Finish strong. To really round out a dish, add the honey at the end of the cooking process, like you would with sea salt or olive oil.



ARUGULA SALAD WITH ROASTED STRAWBERRY HONEY DRESSING 🍯

RED BEE Linden

TASTING NOTES Green, unripe fruit, crisp, earthy, light amber in color

SERVES 4 (with plenty of leftover dressing)

PREP TIME 5 min

COOK TIME 25 min

3 cups strawberries, hulled (about 1 quart)

¼ cup honey

5 large mint leaves

½ cup apple cider vinegar

Salt and pepper

8 cups arugula

¼ cup toasted pistachio nuts or pine nuts

4 green onions, chopped up to ½ inch of the green stem

¼ cup Manchego or Parmesan cheese

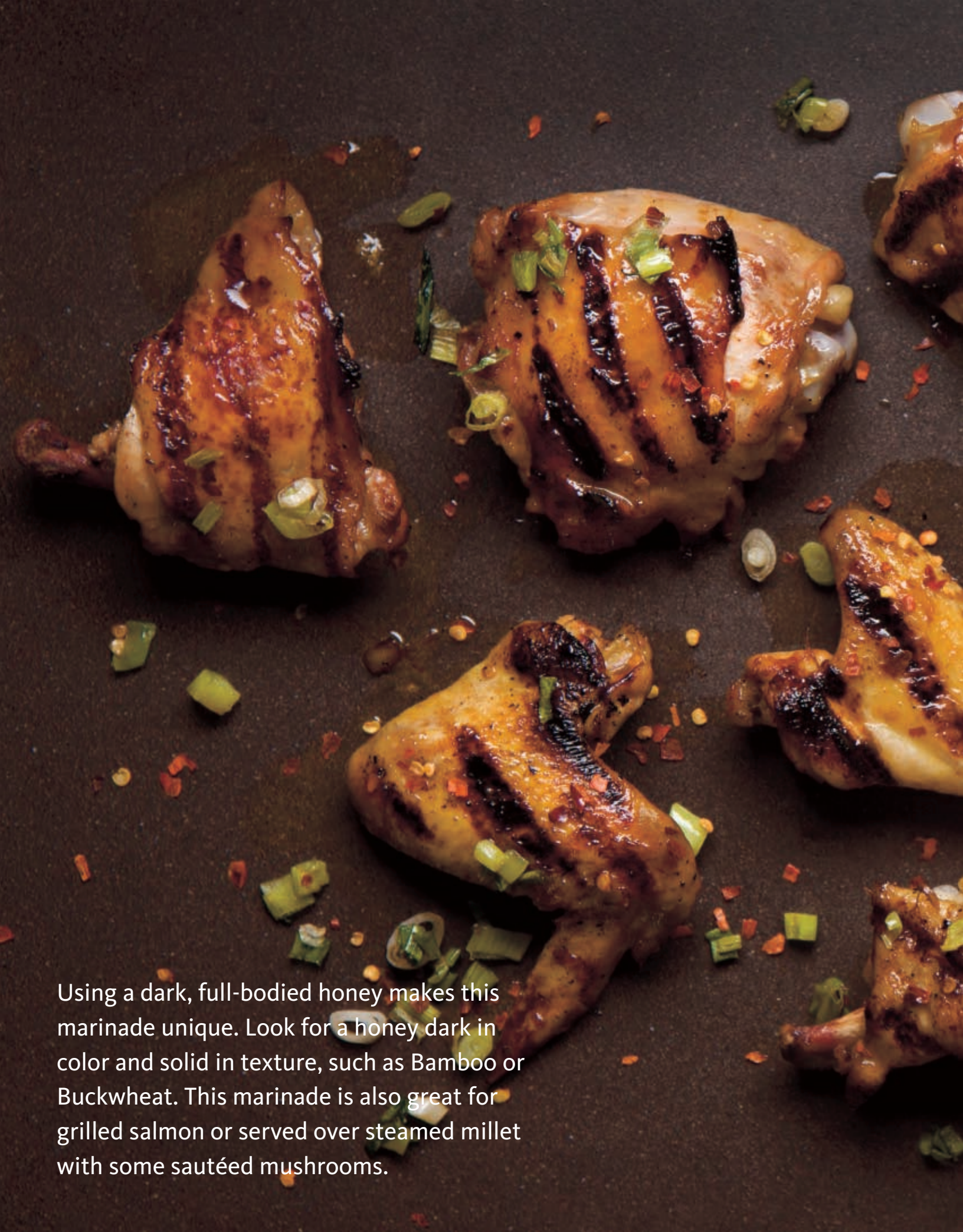
❶ Preheat the oven to 375°. Place the strawberries on a baking sheet and roast until the berries are softened and have released a lot of juice, about 25 minutes. Transfer to a blender and add the honey, mint and vinegar. Blend on high speed until smooth and creamy. Add ½ teaspoon each salt and pepper. Blend for 2 minutes.

❷ Divide the arugula among four plates. Sprinkle evenly with the nuts and onions. Drizzle with salad dressing and top with shaved Manchego or Parmesan.

This oil-free vinaigrette packs a lot of flavor along with some vitamins and honey-happy nutrients. Look for a crisp, bright honey, which will match any vegetable or fruit you pour it over. This dressing also pairs well drizzled on roasted fennel or fruit salad.





A top-down view of several grilled chicken thighs on a dark, textured surface. The chicken is coated in a dark, glossy honey-based marinade, showing distinct grill marks. It is garnished with finely chopped green onions and small red chili flakes. The lighting is dramatic, highlighting the texture of the skin and the sheen of the sauce.

Using a dark, full-bodied honey makes this marinade unique. Look for a honey dark in color and solid in texture, such as Bamboo or Buckwheat. This marinade is also great for grilled salmon or served over steamed millet with some sautéed mushrooms.

A close-up photograph of several pieces of grilled chicken thighs on a dark, textured surface. The chicken is coated in a thick, glossy, golden-brown sauce and shows distinct char marks from the grill. It is garnished with finely chopped green onions and small pieces of red and orange vegetables. The background is a solid, bright yellow color.

SESAME HONEY CHICKEN

RED BEE: Bamboo

TASTING NOTES: Dark, rich, full-bodied, caramel

SERVES 4

PREP TIME 10 min (plus marinating)

COOK TIME 10 min

¼ cup honey

1 tablespoon tamari (gluten-free soy sauce)

¼ cup red wine vinegar

2 tablespoons sesame oil

Pinch of crushed red pepper flakes

1 tablespoon chopped fresh tarragon

¼ cup chopped green onions

1½ pounds chicken thighs

- 1** In a small bowl, whisk together the honey, tamari, vinegar and oil. Add the crushed red pepper flakes, tarragon and onions; stir to combine.
- 2** Place the chicken in a large, resealable plastic bag. Pour in the marinade and shake to combine. Let sit for no more than 30 minutes.
- 3** Preheat the grill to medium-high. Cook the chicken, turning once, until slightly charred and cooked throughout, 10 to 15 minutes total.

DAIRY-FREE HONEYBUN ICE CREAM

RED BEE Goldenrod

TASTING NOTES Floral, fruity and spicy
with heavy perfume, golden-yellow in color.

SERVES 8

PREP TIME 10 min

COOK TIME 8 min (plus chilling)

Two 13.5 ounce cans unsweetened full-fat coconut milk

$\frac{3}{4}$ cup honey

2 tablespoons corn syrup or brown rice syrup

1 tablespoon vanilla extract

8 large egg yolks

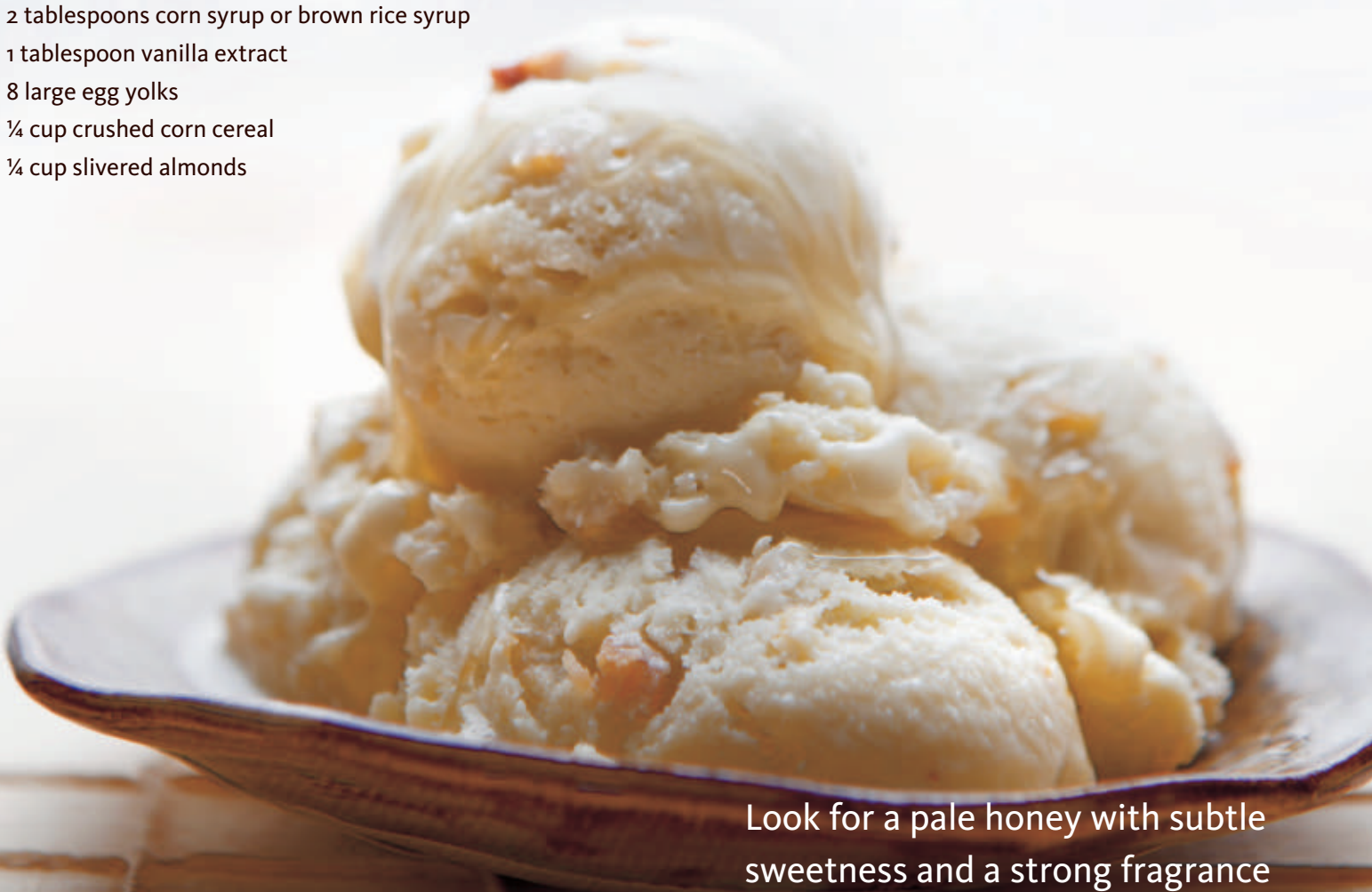
$\frac{1}{4}$ cup crushed corn cereal

$\frac{1}{4}$ cup slivered almonds

① In a small saucepan over low heat, heat the milk until steaming. Add the honey, corn syrup and vanilla; whisk to combine.

② In a medium bowl, temper the eggs by streaming in a small amount of the milk mixture, whisking constantly. Whisk the egg mixture into the milk. Turn the heat up to medium-high and whisk constantly until the mixture starts to thicken, about 8 minutes. Transfer to a heatproof bowl; chill completely, about 4 hours.

③ Pour the chilled coconut milk mixture into an ice cream machine and churn according to manufacturer's instructions. When the ice cream is almost done churning, slowly sprinkle in the crushed corn cereal and almonds.



Look for a pale honey with subtle sweetness and a strong fragrance so it stands out in complexity.



Look for any fruit varietal — most states have at least a few — to help round out these crunchy treats.

LEMON CRANBERRY HONEY GRANOLA BARS

RED BEE Blueberry Blossom

TASTING NOTES Fruity, medium-amber in color

MAKES 12

PREP TIME 15 min

COOK TIME 40 min

2 cups gluten-free rolled oats
1 cup slivered almonds
1 cup shredded unsweetened coconut
 $\frac{3}{4}$ cup honey
 $\frac{1}{4}$ cup coconut sugar (or light brown sugar)
1 cup dried cranberries
Zest and juice of 1 lemon

1 Preheat the oven to 400°. On a rimmed baking sheet, toss together the oats, almonds and coconut. Toast until fragrant and slightly golden, about 15 minutes. Let cool; transfer to a large bowl.

2 In a small saucepan over low heat, combine the honey and sugar; heat until dissolved. Pour onto the toasted oat mixture. Add the cranberries, lemon zest and juice; stir to combine.

3 Spread the mixture into an 8-inch square pan, patting down evenly. Bake until golden and shiny, about 40 minutes. Let cool for 20 minutes, then score into 12 bars. Let cool completely before cutting.

SWEET SURPRISE



Pip's Place Blueberry Fairy Cakes

Treats with a Tale

Each treat at Denise Cummings' Pip's Place in Manhattan has a memory behind it. Her family moved around a lot as her three kids were growing up, and "our house became a home when I baked something," she says. A self-taught baker, she became determined to master gluten-free flours when her daughter, whose childhood nickname was "Pippi," was diagnosed with celiac disease. Soon, Denise had developed a delicious collection of gluten-free cakes and other treats, each with its own story. Her recipe for Blueberry Fairy Cakes — light cake studded with blueberries and orange zest — was her family's favorite while they were living in London. —[AUTUMN GILES](#)

RECIPE



Appetizers, Salads & Drinks



Arugula Salad with
Roasted Strawberry
Honey Dressing



Basic Brown Bread



Grilled Salmon Salad



Lemon Cranberry
Honey Granola Bars



Mango Chia Limeade

Main Dishes



Grilled Corn-Thyme
Bread Pudding



Pasta Con Le Sarde



Grilled Pineapple-
Jalapeño Shrimp
Tostadas



Grilled Salmon with
Cherry Tomato Salsa



Sesame Honey
Chicken

Dessert



Dairy-Free Honeybun
Ice Cream



Peach Cobbler



Peach Shortcakes



Pineapple Mousse in
Pineapple Wafer Cups



Pip's Place Blueberry
Fairy Cakes



Stone Fruit Parfait
With Honey Walnut
Crumble



Summer Fruit Tart

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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!**

Celiac Disease Foundation

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cdf@celiac.org • www.celiac.org



Peach Shortcakes

MAKES 8

PREP TIME 15 min

COOK TIME 15 min

1 cup almond flour
 ¾ cup coconut flour
 ¼ cup millet flour
 1 teaspoon baking soda
 2 teaspoons baking powder
 ¼ teaspoon salt
 2 eggs, at room temperature
 ¼ cup butter, melted, or coconut oil
 3 tablespoons honey
 2 tablespoons water
 1 teaspoon vanilla extract
 Melted butter, dairy or dairy-free creamer,
 for brushing
 Sugar, for sprinkling
 Sliced peaches, for serving
 Ice cream or homemade nondairy
 whipped cream



1 Preheat the oven to 350° and line a baking sheet with parchment paper. In a large bowl, whisk together the almond flour, coconut flour, millet flour, baking soda, baking powder and salt.

2 In a small bowl, whisk together the eggs, melted butter, honey, water and vanilla. Pour into the flour mixture and combine using a wooden spoon.

3 Using an ice cream scoop or a large spoon, drop the dough onto the prepared baking sheet. Brush with melted butter and sprinkle with sugar. Bake until lightly golden, about 15 minutes. Cool and serve with peaches and ice cream.



Mango Chia Limeade

If you've ever tasted a chia seed drink, you may have felt conflicted by the texture. It's odd — sort of like drinking thin tapioca pudding — but totally addictive at the same time. Don't be surprised if you find yourself hooked. This summery limeade gets its sweetness from bottled mango nectar, found in the juice aisle of the grocery store. Chia seeds mixed with water form a thick gel, which adds an interesting texture to the beverage. If you're new to chia seeds, the quantity here doesn't overwhelm. In fact, you can make twice the amount of chia gel and stir even more into the limeade if you're already a fan. You can always use any extra gel in smoothies for that added dose of omega-3. You can make the chia gel up to two days ahead. Keep it covered in the refrigerator.

MAKES Four 8-ounce drinks

PREP TIME 5 min (plus resting)

2 tablespoons chia seeds

2½ cups mango nectar

1 cup lime juice



① In a bowl, stir together the chia seeds and ¾ cup water. Let stand until a gel forms, about 30 minutes.

② Combine the mango nectar, lime juice and chia gel in a small pitcher or a large measuring cup. Stir to combine. Serve chilled.



Pasta con Le Sarde

Sardines are an incredible source of omega-3s. For this easy pasta, sautéed onions and fennel are tossed with pine nuts, raisins and sardines. Use a sturdy, gluten-free spaghetti, such as a corn- or corn-quinoa-based noodle. Look for boneless, skinless sardine fillets packed in olive oil. Traditionally, this Sardinian pasta dish is topped with toasted breadcrumbs. If you have a favorite gluten-free bread, whirl a few pieces in the food processor to make crumbs. In a frying pan, toast about 1 cup of crumbs in some olive oil, then sprinkle them on top of the pasta at the table.

SERVES 4

PREP TIME 5 min

COOK TIME 32 min

5 tablespoons olive oil
 1 onion, thinly sliced
 1 fennel bulb, thinly sliced
 Salt and pepper
 ¼ cup pine nuts
 ¼ cup golden raisins
 Two 3½-ounce cans sardine fillets packed in olive oil
 12 ounces gluten-free corn or quinoa-corn spaghetti, such as Ancient Harvest
 ¼ cup chopped fresh dill



1 In a large frying pan, heat 3 tablespoons of the oil over medium heat. Add the onion, fennel and ½ teaspoon salt and cook, stirring occasionally, until starting to soften, about 5 minutes. Stir in the pine nuts and reduce the heat to medium-low. Continue cooking until the onions and fennel are softened and golden, about 10 minutes more. Add the raisins and the sardines. Cook, breaking the sardines into small pieces with the back of a wooden spoon, until hot, about 5 minutes.

2 Meanwhile, in a large pot of boiling, salted water, cook the pasta until just done, about 12 minutes or according to package directions. Drain the pasta reserving ½ cup of the cooking water. Add the pasta, ½ teaspoon black pepper, ½ teaspoon salt and remaining 2 tablespoons olive oil to the pan with the sauce; toss to combine. If the pasta seems too dry, add a few more tablespoons of the pasta cooking water. Sprinkle the dill on top.



Grilled Salmon with Cherry Tomato Salsa

King or Coho salmon will taste great given this preparation, but wild sockeye scores tops ranks for the highest concentration of omega-3 fatty acids. Be sure to get the grill hot and brush the grate with oil before cooking to keep the fish from sticking.

SERVES 4

PREP TIME 10 min

COOK TIME 9 min

4 salmon fillets (about 6 ounces each),
pin bones removed
4 tablespoons olive oil, plus more for
rubbing the grill
Salt and pepper
1 pint cherry tomatoes, halved (or 2 cups
diced tomatoes)
1½ tablespoons drained capers
Zest and juice of 1 lemon
¼ cup finely chopped parsley



1 Heat the grill to medium-high heat. Rub the salmon fillets with 2 tablespoons of the olive oil and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Brush the grill grate with oil. Put the salmon, skin-side up, on the grill. Cook until browned on one side, about 4 minutes. Turn and cook the fish until almost opaque throughout, about 5 minutes more for 1-inch thick fillets.

2 In a small bowl, toss together the tomatoes, capers, lemon zest, lemon juice, ¼ teaspoon salt, ¼ teaspoon pepper, 2 tablespoons olive oil and the parsley. To serve, top the salmon with some salsa.



Stone Fruit Parfait With Honey Walnut Crumble

Get a double dose of healthy goodness with toasted walnuts and ground flax seeds. If you're a flax fan, sprinkle a little extra on top of the fruit for added benefit. Choose from peaches, nectarines, plums or even apricots, or use one of each for a stone-fruit salad. Walnuts can burn quickly, even more so when covered with honey. Be sure to keep an eye on them while they toast.

SERVES 8

PREP TIME 5 min

COOK TIME 8 min

¼ pound walnuts, chopped (about 1 cup chopped)
5 tablespoons honey
¾ teaspoon ground cinnamon
1 tablespoon ground flax seeds
3 cups plain Greek yogurt
4 peaches, nectarines or plums, peeled and diced



1 Make the walnut crumble: Preheat the oven to 325°. In an ovenproof dish, combine the walnuts with 2 tablespoons of the honey and the cinnamon. Bake until the walnuts smell fragrant and start to brown, 8 to 10 minutes. Remove from the oven and stir in the flax.

2 In a large bowl, stir together the yogurt with the remaining 3 tablespoons of honey. Divide half of the yogurt among four serving bowls. Top with half of the fruit and half of the walnut crumble. Repeat to form a second layer.



Pip's Place Blueberry Fairy Cakes

MAKES 12

PREP TIME 10 min

COOK TIME 30 min

½ cup unsalted butter, melted, plus more
for greasing
¼ cup rice flour
1 teaspoon xanthan gum
1 cup confectioners' sugar, plus more
for dusting
½ cup almond flour
3 large egg whites
Zest of 1 orange
½ cup frozen blueberries



- 1 Preheat the oven to 375° and grease 12 mini bundt pans. In a large bowl, sift together the rice flour, xanthan gum and confectioners' sugar. Whisk in the almond flour.
- 2 Using an electric hand mixer, whisk the egg whites until soft peaks form; transfer to the bowl with the flour mixture. Add the zest and melted butter, and gently fold together the batter. Fold in the blueberries and divide the batter among the prepared pans. Bake until the cakes spring back when gently touched, about 30 minutes. Let cool and dust with confectioners' sugar.

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