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FROM OUR KITCHENS TO YOURS

Silvana's Kitchen / Weeknight Me



COOKING

als Are as Easy as 1-2-3 / Sweet Surprise



A Cook's COMPANION

*Made with love in
Silvana's Kitchen.*

When life gets busy, I rely on kitchen tools for assistance. Even though I have a small kitchen, my rule of thumb is that any electric equipment that sits on my limited counter space has to get switched on at least twice a week. These are four of my favorite pieces that get more than their share of good use.



BY SILVANA NARDONE

Tool Kit
Hurom Slow Juicer
(\$358; huromstore.com)



Brod & Taylor
Folding Proofer
(\$148; brodandtaylor.com)



Hamilton Beach Set
'n Forget 6-Quart
Programmable
Slow Cooker
(\$59; hamiltonbeach.com)



Krups 6-Slice
Digital Convection
Toaster Oven
(\$149; bedbathandbeyond.com)



Sometimes I juice a 1-inch piece of peeled ginger to give the drink a nice zing—and my digestion a boost.

Green Energy Juice

MAKES 1 PREP TIME 8 min

- 1 romaine heart
- 1 cucumber, halved
- 6 stalks kale
- 2 stalks celery
- 1 large handful spinach
- 1 small handful parsley or cilantro
- 1 small handful mint
- 1 lemon, peeled and halved
- 1 green apple, quartered

Process all of the ingredients through a juicer. Scrape off the foam and pour the juice into a glass.

Cinnamon Raisin Bread Twists



My family couldn't believe the texture on these bread twists. Neither could I. They have a chew that reminds us of our days before Isaiah's gluten intolerance diagnosis.





RECIPE

Chicken Divan with Mustard Crumb Crunch

MAKES 10 to 12

PREP TIME 16 min

COOK TIME 2 hr 31 min



*Go ahead and swap
crushed potato chips for
the mustard crumbs.*



3 tablespoons olive oil, plus more for brushing
 1 small onion, finely chopped
 2 stalks celery, halved lengthwise and cut into ¼-inch pieces
 2 cloves garlic, chopped
 1 tablespoon chopped fresh thyme
 1 teaspoon paprika
 Salt and pepper
 ¼ cup [Silvana's Kitchen Gluten-Free All-Purpose Flour](#)
 1½ cups reduced-sodium chicken broth
 ½ cup nondairy creamer or heavy cream
 1 tablespoon plus 1½ teaspoons Dijon mustard
 4 boneless, skinless chicken breasts (6 to 8 ounces each),
 cut into 2-inch pieces
 2 cups instant rice
 Two (10-ounce) packages frozen broccoli florets, thawed
 ½ cup rice cereal crumbs

1 In a large skillet, heat 2 tablespoons olive oil over medium heat. Add the onion, celery, garlic, thyme, paprika, $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; cook until onions are softened, about 8 minutes. Sprinkle the flour on top; stir for 1 minute. Remove from the heat and gradually stir in the broth, creamer and 1 tablespoon of the mustard. Add to the slow cooker.

2 Season the chicken all over with salt and pepper; stir into the cream sauce to coat. Cover and cook on high for 2 hours. Stir in the rice and 1 teaspoon salt; cook for 10 minutes. Stir in the broccoli; cook until the chicken is cooked through and the rice is tender, about 10 minutes.

3 Meanwhile, in a small bowl, combine the cereal crumbs, remaining $1\frac{1}{2}$ teaspoons mustard and $\frac{1}{4}$ teaspoon salt. In a small skillet, heat the remaining 1 tablespoon olive oil over medium heat. Add the crumb mixture and toast, about 2 minutes.



Graham Cracker-Topped Apple Crisps

MAKES 6 **PREP TIME** 11 min **COOK TIME** 35 min

½ cup [Silvana's Kitchen Gluten-Free All-Purpose Flour](#)
¼ cup gluten-free graham cracker crumbs, such as
Kinnikinnick
1 cup sugar
½ teaspoon cinnamon
¼ teaspoon salt
½ cup unsalted butter or buttery sticks, cut in small pieces
4 apples, such as Granny Smith—peeled, cored and sliced

- 1** Preheat the toaster oven to 350°. Grease six 1-cup Pyrex bowls; place on a toaster oven rack. Combine the flour, graham cracker crumbs, sugar, cinnamon and salt in a medium bowl. Rub in the butter with your fingers until it resembles coarse crumbs.
- 2** Divide the apples among the bowls and sprinkle each with 1 tablespoon water. Top each with the crumb mixture. Bake until the juices are bubbling, about 30 minutes. Switch to broil mode; cook on low until golden, 3 to 5 minutes. Let cool for 5 minutes.



Growing up, I remember coming home from school and being welcomed by the sweet smell of apples baking. When I make this in my own kitchen, it reminds me of my mom, Penny.

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Back-to-school wins the award for most chaotic time of the year. Between getting the kids back on homework schedules and juggling soccer practices with piano lessons, it's hard to find time to get a real meal on the dinner table. But, all this frenzy needs fuel. And while it's unreasonable to expect a homemade three-course meal every night of the week, a few easy entrée recipes may be just the ticket to keeping your family at the table and out of the drive-through.

By Laura B. Russell

Monday

MAKE IT Pasta e Fagioli

ROUND IT OUT Crisp Romaine Hearts with Vinaigrette

SWEETEN IT UP Roasted Figs with Honey

PASTA E FAGIOLI

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

3 tablespoons olive oil, plus more for drizzling

4 cloves garlic, finely chopped

One 15-ounce can diced tomatoes

1 teaspoon dried oregano

Salt

Two 15-ounce cans cannellini beans, drained

2 cups chicken or vegetable broth

1 cup gluten-free pasta, such as elbows or shells

2 tablespoons grated parmesan cheese,
plus more for serving (optional)

¼ cup shredded fresh basil

❶ In a medium pot, heat the olive oil over medium heat. Add the garlic; stir until fragrant, about 30 seconds. Add the tomatoes with their juice, oregano and ½ teaspoon salt; simmer vigorously for 10 minutes.

❷ Add the beans, broth and ½ teaspoon salt to the pot; bring to a boil. Reduce the heat and simmer, uncovered, for 10 minutes. Turn off the heat. Remove about 1 cup of the beans and tomatoes from the soup and, using a blender, puree until smooth; return to the pot.

❸ Meanwhile, bring a large pot of salted water to a boil, add the pasta and cook until al dente; drain and stir into the soup along with the cheese, if using, and basil. Ladle into bowls and finish with a drizzle of olive oil and more cheese, if using.





Take the night off from meat with this satisfying bowl of pasta and beans. Let the family customize with a drizzle of olive oil, some grated cheese and a little pepper for kick. If you're preparing the soup ahead of time, wait to stir in the pasta until just before serving.

School Night Dinner Tips That Make the Grade

✓ Plan ahead.

If 3 p.m. rolls around and I haven't planned dinner yet, prospects are grim. It may sound cliché, but spending a few minutes on Sunday afternoon to think through the week's meals saves you time in the long run.

✓ Consider recipes that work triple duty.

My ideal recipe can be made ahead, reheated for family members on different schedules and repurposed in the kids' lunchboxes. In fact, I often double recipes for lunchbox leftovers.

✓ Focus on one actual recipe per meal.

If you get one part of the meal right, you're already ahead of the game. Then, just round out the meal with simply prepared vegetables or an easy salad. As far as weeknight dessert goes, save pie baking for weekends. Instead, limit choices to ice cream, sorbet or fresh fruit.

Tuesday

MAKE IT Shrimp and Corn Quesadillas

ROUND IT OUT Zesty Salsa

SWEETEN IT UP Mango Sorbet

SHRIMP AND CORN QUESADILLAS


SERVES 4 **PREP TIME** 5 min **COOK TIME** 7 min

1 small zucchini or yellow squash, grated
1½ cups frozen corn kernels, defrosted and patted dry
2 cups cooked bay shrimp (about ¾ pound), or chopped large cooked shrimp
1 teaspoon mild chili powder
½ teaspoon salt
½ pound grated Monterey jack cheese (about 2½ cups)
Twelve 6-inch gluten-free corn tortillas

1 Heat the oven to 425°. In a medium bowl, combine the zucchini, corn, cooked shrimp, chili powder and salt. Add the cheese and toss to combine.

2 Place the tortillas on two baking sheets. Top each tortilla with ½ cup of the shrimp filling, spreading it to the edge; bake until the cheese is melted, about 5 minutes. Remove the baking sheets from the oven. Using a spatula, fold each tortilla in half, pressing down to flatten. Return the baking sheets to the oven; bake until the tortillas start to crisp, 2 to 3 minutes more.



A close-up photograph of a dark, textured tortilla filled with shrimp, corn, and vegetables, served on a dark wooden surface with a silver fork. The tortilla is the central focus, showing its intricate, cracked texture. It is filled with vibrant ingredients: succulent, pink shrimp, bright yellow corn kernels, and green vegetables like bell peppers and onions. The filling is spilling out from the edges of the tortilla. The background is a dark, rustic wooden surface, which adds to the overall aesthetic. A silver fork is positioned to the right of the tortilla, its tines pointing towards the top right. The lighting is dramatic, highlighting the textures and colors of the food.

Pack in those veggies along with fast-cooking tiny shrimp. Shredded chicken or black beans make a tasty filling, too. If you have adventuresome eaters, include sliced jalapeños, chopped cilantro or pepper jack cheese in the mix.



Keep the meal simple by serving the steak with steamed rice and pineapple. For those who like to plan ahead, cook extra rice and make fried rice later in the week.



Wednesday

MAKE IT Skirt Steak with Sesame Soy Marinade

ROUND IT OUT Steamed Jasmine Rice

SWEETEN IT UP Sliced Fresh Pineapple

SKIRT STEAK WITH SESAME SOY MARINADE

SERVES 4 **PREP TIME 5 min** **COOK TIME 6 min**

1/3 cup gluten-free tamari
3 cloves garlic, finely chopped
2 tablespoons honey
1 1/2 tablespoons toasted sesame oil
1/4 teaspoon black pepper
1 1/2 pounds skirt steak

- 1 In a small bowl, whisk together the tamari, garlic, honey, sesame oil and pepper. Put the meat in a glass baking dish or large resealable plastic bag and pour the marinade over the top. Marinate for 1 hour at room temperature or up to 6 hours in the fridge.
- 2 Heat a grill or grill pan to medium heat. Remove the steak from the marinade; pat dry, discarding any excess marinade. Grill the steak, turning once, for about 3 minutes on each side. Remove to a cutting board; let rest for about 3 minutes. Thinly slice against the grain. Serve hot or at room temperature.

Thursday

MAKE IT Polenta with Bolognese Sauce

ROUND IT OUT Roasted Broccoli with Parmesan

SWEETEN IT UP Store-Bought Gluten-Free Shortbread Cookies

POLENTA WITH BOLOGNESE SAUCE

SERVES 4 **PREP TIME** 10 min **COOK TIME** 25 min

- 1 tablespoon olive oil
- ½ pound ground pork
- ½ pound ground beef
- 2 large carrots, peeled and diced
- 1½ teaspoons salt
- 2 cups jarred tomato sauce
- 1 cup medium-grain polenta
- ¼ cup grated parmesan cheese, plus more for serving (optional)

- 1 In a large frying pan with a lid, heat ½ tablespoon of the olive oil over medium-high heat. Add the ground pork and beef; cook, breaking up the meat, until browned, about 3 minutes. Strain the meat in a colander over the sink.
- 2 Return the pan to the stove and heat the remaining ½ tablespoon olive oil over medium heat. Add the carrots and cook until tender, about 5 minutes. Return the meat to the pan. Stir in ½ teaspoon of the salt and the tomato sauce; bring to a simmer and cook, covered, for 10 minutes.
- 3 Meanwhile, bring 4 cups of water to a boil in a medium saucepan. Add the remaining 1 teaspoon salt. Add the polenta in a slow stream, whisking. Reduce the heat and simmer, stirring, until thickened, about 20 minutes. Stir in the cheese, if using. Serve the polenta topped with the sauce and more cheese, if using.





When choosing a jarred tomato sauce, look for a brand that has little to no sugar, such as [Monte Bene garlic marinara](#). Some brands sneak in a surprising amount of sweetener, making a normally healthy sauce not-so-healthy. This meat sauce can also be served over gluten-free pasta instead of polenta.

Friday

MAKE IT Chicken and Black Bean Chili

ROUND IT OUT Sliced Avocados with Lime Juice

SWEETEN IT UP Cornbread

CHICKEN AND BLACK BEAN CHILI

SERVES 4 **PREP TIME** 10 min **COOK TIME** 45 min

- 2 tablespoons vegetable oil
- 1 small yellow onion, peeled and diced
- 1 red bell pepper, diced
- 1 pound ground chicken, preferably dark meat
- 2 tablespoons mild chili powder
- 1 teaspoon dried oregano
- 1¼ teaspoons salt
- One 15-ounce can diced tomatoes with juice
- 1 cup chicken broth
- One 15-ounce can black beans, drained

① In a medium pot or Dutch oven, heat the oil over medium heat. Add the onion and bell pepper; cook, stirring occasionally, until starting to soften, about 10 minutes. Raise the heat to medium high. Add the chicken and cook for 3 minutes.

② Add the chili powder, oregano and salt to the pot. Stir to coat the meat with the spices. Add the tomatoes with their juice and the broth; bring to a boil. Reduce the heat and simmer, covered, for 15 minutes. Stir the beans into the chili and simmer, uncovered, until thickened, about 10 minutes more.





Lean ground chicken and black beans beef up this chili. Set out bowls of shredded cheese, chopped cilantro or sliced jalapeños for topping. Guacamole and baked tortilla chips would make a great accompaniment, too. You could also boil some whole-grain gluten-free macaroni for a quick bowl of chili mac.

Back-to-School Special: Weeknight Menu Planner

Kick off the new school year with these simple suppers from your favorite gluten-free bloggers.

WEEK 1



CHICKEN KORMA

Peter Bronski
[No Gluten, No Problem](#)



PLANTATION SHRIMP

Rachel Jagareski
[The Crispy Cook](#)



LIME CHICKEN TOSTADAS WITH CILANTRO SOUR CREAM

Anna Vocino
[Gluten Free Anna](#)



GREEN CHILI TURKEY BURGERS

Elana Amsterdam
[Elana's Pantry](#)



TOMATO AND ARUGULA PIZZA

Melissa McLean
Jory
[Gluten Free for Good](#)

WEEK 2



STUFFED CHICKEN BREAST

Shauna James Ahern
[Gluten-Free Girl and the Chef](#)



SWEET AND SPICY MOROCCAN STEW

Melissa McLean
Jory
[Gluten Free for Good](#)



QUINOA PILAF WITH MOM'S 15-MINUTE TOMATO-BASIL SAUCE

Silvana Nardone
[Silvana's Kitchen](#)



NOODLES WITH SHRIMP AND GREENS

Jill Elise
[Hey, That Tastes Good](#)



HAWAIIAN TURKEY BURGERS

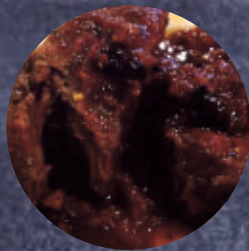
Danielle Walker
[Against All Grain](#)

WEEK 3



SHRIMP MARSEILLAISE

Rachel Jagareski
[*The Crispy Cook*](#)



CROCK POT SHORT RIBS

Anna Vocino
[*Gluten Free Anna*](#)



BAKED HALIBUT WITH ASPARAGUS, LEEK AND DILL

Shauna James
Ahern
[*Gluten-Free Girl
and The Chef*](#)



CHICKEN CACCIATORE

Peter Bronski
[*No Gluten, No Problem*](#)



GRILLED STEAK AND SALAD

Carol Kicinski
[*Simply...Gluten Free*](#)

WEEK 4



COD PICCATA

Elana Amsterdam
[*Elana's Pantry*](#)



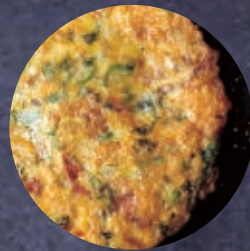
SWEET POTATO BLACK BEAN CHILI

Peter Bronski
[*No Gluten, No Problem*](#)



CHICKEN, MUSHROOM AND BROWN RICE BAKE WITH LEEK

Amy Green
[*Simply Sugar and
Gluten-Free*](#)



PROSCIUTTO ASPARAGUS TORTILLA

Shauna James
Ahern
[*Gluten-Free Girl
and the Chef*](#)



MOROCCAN CHICKEN SALAD

Danielle Walker
[*Against All Grain*](#)

WEEK 5



BACON RISOTTO WITH ROASTED BUTTERNUT SQUASH

Brittany Angell
[*Real Sustenance*](#)



VIETNAMESE STYLE CHICKEN AND CABBAGE SALAD

Jenni Hulet
[*The Urban Poser*](#)



TONNO ALLA SIRACUSA

Rachel Jagareski
[*The Crispy Cook*](#)



GINGER AND GARLIC BEEF STIR FRY

Brittany Angell
[*Real Sustenance*](#)



THAI CHICKEN WRAPS

Elana Amsterdam
[*Elana's Pantry*](#)



SWEET SURPRISE

**Krumville Bake Shop's
Champagne Grape Focaccia**



Power Grapes

You can thank the warm spices of Holland and traditional Italian breads for nurturing the gluten-free baker in Antonella Zangheri, who credits her Italian-Dutch heritage for inspiring her to open Krumville Bake Shop. Previously a fashion and lifestyle photographer, Zangheri left her career to bake gluten-free muffins, focaccia and cookies for bakeries and markets in New York City. “I loved what I did, but I love this more,” says Zangheri in her Italian-accented English. Comfortable in the kitchen from a young age, she bakes by feel with a natural affinity to inspiration around her. She likes to open the cupboards, see what’s on hand and make something from nearly nothing. This practical philosophy extends to Krumville’s ingredients, which Zangheri strives to keep seasonal and local. Her recipe for grape focaccia is an early fall variation of a traditional recipe, which she likes to make with grapes grown in New York’s Hudson Valley. (\$7; for more information or to order online, visit krumvillebakeshop.com)

—AUTUMN GILES

RECIPE



Drinks



Energy Smoothie



Green Energy Juice

Salad & Sandwich



Egg Salad Sandwich



Tossed Kale Salad

Breads & Pizza



Balsamic & Honey
Radicchio Pizza



Cinnamon Raisin
Bread Twists



Krumville Bake Shop's
Champagne Grape
Focaccia

Main Dishes



Chicken and Black
Bean Chili



Chicken Divan with
Mustard Crumb
Crunch



Chicken Parm
Casserole with Garlic
Croutons



Pasta e Fagioli



Polenta with Bolognese
Sauce



Shrimp and Corn
Quesadillas



Skirt Steak
with Sesame Soy
Marinade



Swiss Chard, Pear &
Gruyère Tart

Dessert



Chocolate Cake and
Pumpkin Spice Ice
Cream Push Pops



Dairy-Free Pumpkin
Spice Ice Cream



Graham Cracker-
Topped Apple Crisps

Miscellaneous



Honey Nut Rice
Cake with Almond
Butter



Marinara Sauce

Advertiser Index

- Bob's Red Mill
- Enjoy Life Foods
- The Food Allergy & Anaphylaxis Network (FAAN)
- Pamela's Products
- Rice Krispies
- Rudi's Gluten-Free Bakery
- San-J
- Triumph Dining



Balsamic & Honey Radicchio Pizza

Don't do dairy? Just blend soft tofu with lemon juice, salt and pepper, and use dairy-free mozzarella. No pizza crust? Use toasted bread instead.

SERVES 4

PREP TIME 10 min

COOK TIME 20 min

6 slices of bacon, chopped
 1 large onion, chopped
 2 small heads of radicchio, cut into thin strips (about 4 cups)
 1½ tablespoons balsamic vinegar
 2 tablespoons honey
 Salt and pepper
 Olive oil, for drizzling
 1 homemade or store-bought gluten-free pizza crust, such as Udi's
 ½ cup ricotta cheese
 ½ cup mozzarella cheese
 2 fresh basil leaves, cut into thin strips



1 Preheat the oven to 400° and prepare a pizza pan or baking sheet. In a 10-inch skillet over medium-high heat, cook the bacon for 3 minutes, then stir in the onion. Continue to cook, stirring occasionally, until the onions are softened. Stir in the radicchio and cook, stirring occasionally, until wilted. Stir in the vinegar and honey, and cook for 2 minutes. Remove from the heat and season with salt and pepper.

2 Drizzle a little olive oil on the pizza crust. Spread on the ricotta and season with black pepper. Top with the radicchio mixture and mozzarella; cook until the cheese is melted, about 5 minutes. Remove from the oven and sprinkle with basil.



Dairy-Free Pumpkin Spice Ice Cream

MAKES About 4 cups

One 14.5-ounce can pumpkin puree
 Two 13.6-ounce cans full-fat coconut milk
 1½ teaspoons gelatin
 ½ cup honey
 1 tablespoon ground cinnamon
 ¾ teaspoon ground nutmeg
 ½ teaspoon ground ginger
 ¼ teaspoon ground cloves



1 Layer four clean paper towels and spread the pumpkin puree over them. Place 4 more paper towels on top and press lightly to drain. Peel back the wet paper towels and repeat until most of the excess liquid has been removed.

2 Place ½ cup of the coconut milk in a small saucepan. Sprinkle the gelatin across the top and let soften, about 3 minutes; heat over medium heat, stirring, until dissolved. Transfer the mixture to a blender. Add the remaining coconut milk, strained pumpkin puree, honey, cinnamon, nutmeg, ginger and cloves. Blend on medium-low speed until combined. Transfer to a large bowl, cover, and refrigerate overnight.



Marinara Sauce

MAKES About 2½ cups

PREP TIME 5 min

COOK TIME 19 min

2 tablespoons olive oil

4 cloves garlic, pressed or finely chopped

¼ teaspoon crushed red pepper flakes

One 28-ounce can crushed tomatoes

One 14-ounce can diced tomatoes

½ cup chopped basil

Salt and pepper



1 In a heavy pot over medium-high heat, combine the olive oil, garlic and crushed red pepper. Cook for 2 minutes, stirring, until fragrant. Add the tomatoes; bring to a boil. Reduce to a simmer over medium-low heat and cook, stirring occasionally, until slightly thickened, about 15 minutes. Remove from the heat, stir in the basil and season with salt and pepper.



Cinnamon Raisin Bread Twists

MAKES 10

PREP TIME 14 min (plus rising)

COOK TIME 35 min

2 tablespoons whole millet
 ¼ cup boiling water
 2½ cups (625 g) milk, nondairy milk or water
 ½ cup (113 g) butter, buttery sticks or unflavored coconut oil, plus ¼ cup softened
 1 large egg, at room temperature
 1½ cups (210 g) cornstarch
 ¾ cup (120 g) potato starch
 ¾ cup (105 g) white rice flour
 ½ cup (70 g) millet flour or sorghum flour
 ¼ cup (50 g) granulated sugar
 3 tablespoons (27 g) psyllium husk powder
 2½ teaspoons (10 g) salt
 One ¼-ounce packet active dry yeast
 1 teaspoon xanthan gum, optional
 1 teaspoon probiotics powder, optional
 1 teaspoon cinnamon
 1½ cups raisins, soaked for 5 minutes in warm water and drained
 ¼ cup light brown sugar
 1 cup confectioners' sugar



- 1 In a small bowl, combine the whole millet and boiling water; let stand for 15 minutes, then drain.
- 2 In a small saucepan, warm the milk until bubbles start to appear around the edges. Remove from the heat, add ¼ cup of the butter and let melt. Let cool, then whisk in the egg.
- 3 In a large bowl, whisk together the cornstarch, potato starch, rice flour, millet flour, granulated sugar, psyllium husk powder, salt, yeast, xanthan gum and probiotics powder, if using, cinnamon and raisins. Stir in the cooled milk mixture and puffed millet to combine; let sit until the dough is thickened, about 7 minutes.
- 4 Scoop the dough out onto a parchment paper-lined work surface sprinkled lightly with rice flour. Flatten the dough into a 10-by-13-inch rectangle; evenly spread over the softened butter and sprinkle with the brown sugar. Fold the top third down to the center, then fold the bottom third up to meet; flatten around the edges to seal. Cut the dough into ten 1-inch-wide strips (6 inches long). Gently lift and twist each piece once in the opposite direction; place on the prepared baking sheet, about ⅛ inch apart. Cover with plastic wrap and let rise in a proofer or at room temperature until puffy, about 30 minutes.
- 5 Position a rack in the bottom of the oven, place a baking stone on top and preheat to 425°. Bake for 10 minutes, then reduce the temperature to 350° and bake until golden brown, 30 to 35 minutes. Let cool on a wire rack.
- 6 Meanwhile, in a small bowl, whisk together the confectioners' sugar with 2 tablespoons water. Drizzle over the cooled twists.



Krumville Bake Shop's Champagne Grape Focaccia

MAKES 1 sheet of focaccia

PREP TIME 14 min (plus rising)

COOK TIME 20 min

- 1¾ cups (200 g) Krumville Bake Shop's
Gluten-Free Flour Mix (see recipe right)
- 2 teaspoons active dry yeast
- 1 teaspoon xanthan gum
- ½ teaspoon salt
- ½ cup warm water
- 1½ large egg whites
- 3 tablespoons agave nectar
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- Champagne grapes, for topping
- ¼ teaspoon anise seeds (optional)



- 1** Place a pizza stone on the middle rack of the oven and preheat to 375°. In a medium bowl, whisk together the flour mix, yeast, xanthan gum and salt. In a large bowl, whisk together the water, egg whites, agave, olive oil and vinegar.
- 2** Using a standing mixer fitted with the paddle attachment, add the flour mixture to the bowl. Slowly mix in the water mixture, increasing the speed to medium and adding up to 1/3 cup more water, if necessary, until the batter is thick, fluffy and shiny, but not runny, 2 to 4 minutes.



Krumville Bake Shop's Gluten-Free Flour Mix

MAKES About 9½ cups

PREP TIME 9 min

2½ cups (300 g) millet flour
 2 cups (280 g) brown rice flour
 2 cups (265 g) tapioca starch
 1½ cups (230 g) sorghum flour
 1 cup (180 g) plus 1 tablespoon (11 g)
 potato starch
 ½ cup (100 g) potato flour

In a large bowl, whisk together the millet flour, brown rice flour, tapioca starch, sorghum flour, potato starch and potato flour. Place in a container and store in a cool, dry place.

3 Grease a sheet of parchment paper with olive oil or cooking spray; dust with millet or corn flour. Place the batter in the center; with wet hands, work the dough outwards until about ½-inch thick. Scatter over some grapes, pressing down gently. Cover the dough with plastic wrap; let rise in a warm, humid place for 30 to 40 minutes. Transfer the dough with parchment paper onto the baking stone; bake until golden, 15 to 20 minutes. Let cool on a rack.