

# easy co

FROM OUR KITCHENS TO YOURS

Silvana's Kitchen / Bread Alone /





# COOKING

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Finding the  
Sweet Spot:  
*Made with  
Love in  
Silvana's Kitchen.*



Nothing says the holidays like dessert and it's at this time of year that the baker comes out in me. Now, with these recipes, you don't have to say goodbye to the best part of the meal because of gluten. So, go ahead and indulge in the flavors of the season.

**BY SILVANA NARDONE**



# Pumpkin Cake with Whipped Cream and Pecan Praline 🍂

**SERVES** One 8-inch layer cake

**PREP TIME** 1 hr

**COOK TIME** 1 hr

3 cups granulated sugar  
 2 cups pecans  
 2½ cups Silvana's Kitchen All-Purpose Gluten-Free Flour  
 1 tablespoon pumpkin pie spice  
 1 teaspoon salt  
 1 teaspoon baking powder  
 1 teaspoon baking soda  
 2 sticks unsalted butter or buttery sticks, at room temperature  
 2 cups packed brown sugar  
 4 large eggs, at room temperature  
 ¾ cup milk or nondairy milk  
 Grated zest of 1 orange  
 One 15-ounce can pure pumpkin puree  
 3 cups heavy cream or nondairy creamer, chilled or prepared coconut whipped cream  
 2 teaspoons pure vanilla extract

**1** Line a baking sheet with parchment paper. In a large skillet, heat 2 cups of the granulated sugar over medium-high heat until light amber, about 7 minutes. Reduce the heat to low, add the pecans and stir to coat. Transfer to the prepared baking sheet and, using a metal spatula, spread in a single layer to cool completely. Place the praline in a resealable plastic bag and crush into pieces.

**2** Preheat the oven to 350°. Grease two 8-by-2-inch round cake pans and line the bottoms with parchment paper. Grease the parchment and flour the pans, shaking out any excess. In a bowl, sift together the flour, pumpkin pie spice, salt, baking powder and baking soda. Using an electric mixer, beat together the butter, ½ cup brown sugar and the remaining 1 cup granulated sugar until light and fluffy, about 3 minutes. Add the eggs,

1 at a time, beating until combined. Beat in the flour mixture in 3 parts alternately with the milk and orange zest on low speed until combined. Add the pumpkin puree and beat until combined. Divide the batter evenly between the 2 prepared pans; bake until a toothpick inserted in the center comes out clean, about 45 minutes. Let cool on a rack for about 10 minutes, then remove the cakes from the pans, invert and peel off the parchment paper. Let the cakes cool completely on a rack.

**3** Meanwhile, make the frosting. Using a standing mixer with a whisk attachment, whip the cream on medium speed until soft peaks form, 2 to 3 minutes. On low speed, gradually beat in the remaining 1½ cups brown sugar and the vanilla until stiff peaks form. Cover and refrigerate until ready to use.

**4** To assemble the cake, halve each cake layer horizontally with a serrated knife. Place 1 cake layer on a platter. Spread the whipped cream frosting on top about ¼ inch thick; sprinkle with about ½ cup crushed pecan praline. Repeat with three more layers, saving enough frosting for the cake sides and reserving the last layer of praline. Spread the remaining frosting evenly on the sides of the cake and sprinkle the reserved pecan praline on top. Refrigerate the cake for at least 1 hour before serving.



Sugar and spice is everything nice in this moist cake topped with crunchy praline.







This pie balances spiced pillowy soft pumpkin with a rich chocolate cookie crust.



# Double-Decker Pumpkin-Caramel Pie 🍷

**MAKES** One 9-inch pie

**PREP TIME** 35 min (plus chilling)

**COOK TIME** 45 min

1½ cups crushed gluten-free chocolate cookies, such as

Glow Gluten-Free or Enjoy Life

5 tablespoons unsalted butter, buttery sticks or  
unflavored coconut oil, melted

1 large egg white, plus 3 whole eggs

2¾ cups heavy cream or nondairy creamer

One 15-ounce can pure pumpkin puree

½ cup light brown sugar

1 teaspoon pumpkin pie spice

½ teaspoon salt

28 caramel candies

1 ounce bittersweet chocolate, for grating

**1** Preheat the oven to 350°. In a small bowl, stir the cookie crumbs and butter until combined. Press onto the bottom and up the sides of a 9-inch pie pan; freeze until set, about 15 minutes. In a small bowl, beat the egg white with a fork and lightly brush on the pie shell. Bake for 10 minutes; let cool.

**2** Meanwhile, in a large bowl, mix together the 3 whole eggs, 1 cup of the cream, pumpkin puree, brown sugar, pumpkin pie spice and salt until combined. Pour into the pie shell and bake until just set, 40 to 45 minutes. Let cool slightly, then refrigerate for at least 3 hours or overnight.

**3** In a bowl, microwave the caramels with ½ cup of the cream at high power until melted, about 1½ minutes. Stir until smooth, then let cool to room temperature.

**4** Using an electric mixer, whip the remaining 1¼ cups of the cream until soft peaks form. Drizzle in the caramel and beat until well blended. Spoon the caramel whipped cream on top of the pumpkin filling and refrigerate until completely chilled. Before serving, coarsely grate the chocolate on top of the pie.





# Dulce de Leche Cheesecake 🍪

**SERVES** 10

**PREP TIME** 30 min (plus cooling)

**COOK TIME** 1 hr

10 ounces gluten-free shortbread cookies, such as Amy's (about 2 boxes)

¼ cup blanched almonds, toasted

2 tablespoons brown sugar

½ teaspoon salt

4 tablespoons unsalted butter, melted

Two 8-ounce packages cream cheese, at room temperature

3 tablespoons Silvana's Kitchen All-Purpose Gluten-Free Flour

2 large eggs plus 1 large egg yolk

1¾ cups dulce de leche

Boiling water, for baking







Caramel sauce sends this silky smooth cheesecake right over the top.

**1** Preheat the oven to 350°. Wrap the outside of a 9-inch springform pan with foil. Using a food processor, finely chop the cookies, nuts, brown sugar and  $\frac{1}{4}$  teaspoon salt. Add the butter and pulse until just combined. Press into the bottom of the prepared pan and bake until set, 10 to 12 minutes. Transfer to a rack to cool. Lower the oven temperature to 300°.

**2** Using a mixer, beat the cream cheese until softened, 2 minutes. Beat in the flour and remaining  $\frac{1}{4}$  teaspoon salt on low speed. Beat in the eggs and egg yolk, 1 at a time, on medium speed. Mix in 1 cup of the dulce de leche.

**3** Pour the batter into the crust. Loosely cover the pan with foil, set in a roasting pan and pour in enough boiling water to reach a depth of 1 inch. Bake until set at the edges but slightly wobbly in the center, about 55 minutes.

**4** Transfer the cake to a rack; let rest for 15 minutes. Spread the remaining  $\frac{3}{4}$  cup dulce de leche over the warm cake. Refrigerate until ready to serve, then remove the springform and slice.



Put a twist on classic  
pecan pie by stirring in  
coconut and chocolate.





# German Chocolate Pecan Pie

**SERVES** One 9-inch pie

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

**COOK TIME** 55 min

1¼ cups Silvana's Kitchen All-Purpose Gluten-Free Flour

1 teaspoon salt

1 stick (4 ounces) plus 5 tablespoons unsalted butter or buttery sticks, 1 stick chilled and cut into small pieces

¼ cup ice water

2 large eggs

½ cup dark brown sugar

½ cup light corn syrup or brown rice syrup

2½ cups (about 10 ounces) pecan halves, coarsely chopped

¾ cup sweetened flake coconut

¾ cup nondairy semisweet chocolate chips

**1** In a food processor, pulse the flour with ½ teaspoon of the salt. Add the chilled butter pieces and pulse until coarse crumbs form, about 5 seconds. Drizzle in the ice water and pulse just until the dough comes together. Wrap in plastic wrap; flatten to form a disk. Refrigerate until firm, about 15 minutes.

**2** On a lightly floured work surface, roll out the dough into a 12-inch round; transfer to a pie pan. Cut the excess dough to leave a ½-inch overhang. Using your fingers, roll the dough edge under and crimp. Prick the bottom of the pie shell with a fork; refrigerate for 15 minutes.

**3** Preheat the oven to 400°. Line the shell with foil and pie weights or dried beans; bake for 15 minutes. Remove the foil and beans, reduce the heat to 375° and bake for another 12 minutes.

**4** Meanwhile, in a medium bowl, whisk the eggs. In a heavy, medium saucepan, whisk together the remaining 5 tablespoons butter and ½ teaspoon salt with the brown sugar and corn syrup over medium heat until melted and smooth. Whisk the sugar mixture into the beaten eggs. Stir in the nuts and coconut.

**5** Spread the chocolate chips in the pie shell. Pour in the filling and bake until set, about 25 minutes. Let the pie cool completely before slicing.



Fresh, lush raspberries  
add a splash of color to  
these decadent chocolate  
dessert bars.





# Chocolate-Raspberry Truffle Bars

SERVES 9 bars    PREP TIME 15 min    COOK TIME 40 min

1 pound semisweet chocolate  
 2 sticks (8 ounces) plus 1½ tablespoons unsalted butter  
 ¼ cups sugar  
 5 large eggs  
 1 cup Silvana's Kitchen All-Purpose Gluten-Free Flour  
 2 half-pints fresh raspberries



- 1 Preheat the oven to 350°. Grease and flour a 9-inch square baking pan. In a microwave oven, melt half of the chocolate and the 2 sticks butter; stir to combine.
- 2 In a large bowl and using a whisk, beat the sugar with the eggs until frothy, about 1 minute. Gradually whisk in the melted chocolate, then the flour. Using a spatula, scrape the batter into the prepared pan, smooth the top and bake until a toothpick inserted in the center comes out with moist crumbs, about 35 minutes. Let cool on a rack.
- 3 In a microwave oven, melt the remaining chocolate and the remaining 1½ tablespoons butter; stir to combine. Pour the glaze onto the cooled truffle cake and tilt the pan to coat the top. Refrigerate to partially set the glaze, about 30 minutes. While the chocolate is still tacky, scatter the raspberries in a single layer on top, then refrigerate for a few more minutes to set the glaze completely. Cut the bars into 3-inch squares.





# BREAD ALL

As soon as I felt confident developing recipes for gluten-free cookies, cakes and pies, I knew I was ready for the gluten-free baking Olympics: bread. We are a bread-obsessed culture. Go out to dinner, and there's a basket of bread. Try making school lunches without bread or serving a robust holiday meal — all without bread. I say it can't be done! And now, it needn't be. Even if you've never baked bread before, with a little kitchen confidence, you'll be turning out everything from sandwich bread to pull-apart rolls — all before you know it.

**BY NICOLE HUNN**





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# PULL-APART DINNER ROLLS

Expandex, a modified tapioca starch, helps give these soft and smooth dinner rolls some much needed elasticity—and helps them hold their shape. I buy mine online at [giftsofnature.net](http://giftsofnature.net), and it even helps make the shaping of gluten-free bread dough a pleasure. Store the rolls at room temperature for 2 days, then freeze for later.

**MAKES 12**   **PREP TIME** 20 min   **COOK TIME** 25 min

3 cups plus 9 tablespoons (500 g) all-purpose gluten-free flour, plus more for sprinkling  
 2 teaspoons xanthan gum  
 9½ tablespoons (76 g) cornstarch, plus more by the tablespoon, if necessary  
 8 tablespoons (64 g) whey powder  
 60 grams Expandex modified tapioca starch  
 ½ teaspoon cream of tartar  
 3½ teaspoons (11 g) instant yeast  
 1 teaspoon salt  
 2½ tablespoons (53 g) honey  
 5 tablespoons (70 g) unsalted butter, melted and cooled  
 4 tablespoons (56 g) canola oil  
 1 extra-large egg plus 1 extra-large egg yolk, at room temperature, beaten  
 1 teaspoon apple cider vinegar  
 1½ cups (12 fl. oz.) warm milk, about 110°  
 Egg wash (1 egg yolk plus 1 tablespoon heavy cream, beaten)

① Grease a 7-by-12-inch baking dish. In the bowl of a stand mixer and using the whisk attachment, combine the flour, xanthan gum, cornstarch, whey powder, Expandex, cream of tartar and yeast. Add the salt and whisk to combine. Add the honey, butter, oil, egg and egg yolk, vinegar and milk. Using the paddle attachment, mix on medium speed until the dough comes together. With a silicone spatula, scrape down the sides of the bowl. If the dough sticks to the spatula, add cornstarch, 1 tablespoon at a time, and mix at medium speed until the dough falls away cleanly from the spatula. The dough will be soft and smooth.

② Turn the dough out onto a piece of parchment paper lightly sprinkled with flour. Sprinkle the dough lightly with a bit more flour and with floured hands and a bench scraper, divide the dough into 12 equal portions, each about 100 grams. Still with floured hands, roll each piece of dough into a round, pinching the dough together on the bottom to smooth the top.

③ Place the rolls about 1-inch apart in the prepared baking dish, and cover with greased plastic wrap. Set in a warm, draft-free area to rise until the rolls are nearly doubled in size and touching each other (about 1 hour).

④ Meanwhile, preheat the oven to 375°. Brush the tops and exposed sides of the rolls liberally with the egg wash. Place in the center of the oven; bake, rotating once, until lightly golden, about 25 minutes. Let cool in the baking dish until ready to serve.





## BREAD MAKING TOOLS ON A SHOESTRING



ENGLISH MUFFIN RINGS



BENCH SCRAPER



SILICONE SPATULA



UNBLEACHED PARCHMENT PAPER



OVEN THERMOMETER





# BROWN SANDWICH BREAD

Nutrient-dense whole grain teff and oat flour give this toothsome loaf its bite, and molasses its color and depth of flavor. Slice it thin or thick, and, toasted or not, there's nothing this hearty loaf can't do. Just resist the temptation to slice it before it has cooled completely. Store at room temperature for 2 days, then slice and freeze for later.

**MAKES** 1 loaf **PREP TIME** 15 min **COOK TIME** 40 min

2½ cups (350 g) all-purpose gluten-free flour, plus more for sprinkling  
 1¼ teaspoons xanthan gum  
 3 tablespoons (38 g) whole grain teff  
 9 tablespoons (68 g) oat flour  
 ¼ teaspoon cream of tartar  
 ¼ teaspoon baking soda  
 2 tablespoons (25 g) sugar  
 3 teaspoons (9 g) instant yeast  
 1½ teaspoons salt  
 4 tablespoons (56 g) unsalted butter, at room temperature  
 1 tablespoon (12 g) vegetable shortening  
 1 teaspoon apple cider vinegar  
 1 tablespoon unsulphured molasses  
 2 extra-large egg whites, at room temperature, beaten  
 1½ cups (12 fl. oz.) warm milk, about 110°  
 Cornstarch by the tablespoon, if necessary

① Grease a 9-by-5-inch loaf pan. In the bowl of a stand mixer fitted with a whisk attachment, combine the flour, xanthan gum, teff, oat flour, cream of tartar, baking soda, sugar and yeast. Add the salt and whisk to combine.

② Add the butter, shortening, vinegar, molasses, egg whites and milk, and using the paddle attachment, mix on medium speed until the dough starts to come together. The dough should be thick. With a silicone spatula, scrape down the sides of the bowl. If the dough sticks to the spatula, add cornstarch, 1 tablespoon at a time, and mix at medium speed until the dough falls away cleanly from the spatula. The dough will be soft and smooth. Transfer to the prepared pan, cover with greased plastic wrap and place in a warm, draft-free area to rise until the dough is about 150% of its original volume.

③ Meanwhile, preheat the oven to 375°. Remove the plastic wrap and place the bread in the center of the oven; bake for 30 minutes. Remove the bread from the loaf pan and place on a baking sheet. Return the bread on the baking sheet to the oven; bake for 10 minutes more, or until the top is nicely browned and the loaf sounds hollow when thumped on the bottom. Remove from the oven, and let the bread cool on the baking sheet for 10 minutes. Transfer to a wire rack to cool completely before slicing.





# QUICK AND EASY ENGLISH MUFFINS

For these authentic-tasting gluten-free English muffins, be sure to pick up a few English muffin rings since they force the muffins to rise up instead of out. And without yeast, they're ready in 30 minutes flat! Serve the same day, or split and freeze the English muffins for later. This recipe is from my new cookbook, *Gluten-Free on a Shoestring Quick & Easy*. Excerpted with permission from Da Capo Lifelong, a member of the Perseus Books Group. Copyright © 2012.

**MAKES 6**    **PREP TIME 15 min**    **COOK TIME 20 min**

2 cups (280 g) all-purpose gluten-free flour  
 1 teaspoon xanthan gum  
 ¼ teaspoon baking soda  
 1¼ teaspoons baking powder  
 2 teaspoons (8 g) sugar  
 1 teaspoon kosher salt  
 2 tablespoons (24 g) vegetable shortening,  
 melted and cooled  
 1 teaspoon apple cider vinegar  
 1 extra-large egg, at room temperature, lightly  
 beaten  
 1 cup milk, at room temperature

- ① Preheat the oven to 400° and grease the inside of six English muffin rings. Line a rimmed baking sheet with parchment paper.
- ② In a large bowl, whisk together the flour, xanthan gum, baking soda, baking powder, sugar and salt. Add the melted shortening, vinegar, egg and milk, mixing to combine. The dough should come together and be soft and a bit slick. With wet hands and a bench scraper, divide the dough into 6 equal portions. Wet your hands once more; gently press each portion into a disk about the size and shape of a muffin ring.
- ③ Heat a cast-iron skillet on the stovetop over high heat. Place as many greased rings in the skillet as will fit. Drop a disk of dough in the center of each ring. Sear for a few moments on the first side or until it begins to develop some color on the bottom. Flip each muffin with a wide spatula and sear the other side. Transfer the muffins (in their rings) to the prepared baking sheet. Repeat with any remaining muffins and place in the center of the oven; bake for 15 minutes. Remove the rings and bake the muffins for another 5 minutes, or until the muffins are golden on the sides.

# BUTTERY CRESCENT ROLLS

This buttery bread dough is a true pleasure to work with, and the warm and fragrant, delicate rolls make them a welcome addition to any meal, any time of day. Serve them with dinner, or even for breakfast with a steaming hot cup of coffee. Store leftover rolls at room temperature for 1 day, then freeze for later.

**MAKES 12**   **PREP TIME 20 min**   **COOK TIME 14 min**

1 cup plus 13 tablespoons (254 g) all-purpose gluten-free flour, plus more for sprinkling  
 2½ teaspoons xanthan gum  
 4¼ tablespoons (34 g) cornstarch, plus more by the tablespoon, if necessary  
 3½ tablespoons (28 g) whey powder  
 35 grams Expandex modified tapioca starch  
 ¼ teaspoon cream of tartar  
 ¼ cup (50 g) sugar  
 1 heaping teaspoon (4 g) instant yeast  
 1 teaspoon salt  
 8 tablespoons unsalted butter (112 g), at room temperature  
 1 extra-large egg, at room temperature, beaten  
 1 teaspoon apple cider vinegar  
 ¾ cup (6 fl. oz.) warm milk, about 110°  
 4 tablespoons (56 g) unsalted butter, melted

① Line a rimmed baking sheet with parchment paper. In the bowl of a stand mixer and using a whisk attachment, combine the flour, xanthan gum, cornstarch, whey powder, Expandex, cream of tartar, sugar and yeast. Add the salt and whisk to combine. Add the butter, egg, vinegar and milk, and using the paddle attachment, mix on medium speed until the dough comes together. With a silicone spatula, scrape down the sides of the bowl. If the dough sticks to the spatula, add cornstarch, 1 tablespoon at a time, and mix at medium speed until the dough falls away cleanly from the spatula. The dough will be soft and smooth.

② Turn the dough out onto a piece of parchment paper lightly sprinkled with flour. Sprinkle the dough lightly with a bit more flour and with floured hands, pat the dough into a flat disk. Cover with another sheet of parchment paper, and roll into a 16-inch circle, sprinkling lightly with more flour if the dough gets sticky.

③ With a pastry wheel or sharp knife, slice the round of dough into quarters, then slice each quarter into thirds, making 12 triangles. Brush the dough with 2 tablespoons of the melted butter. Let the dough sit until the butter sets, about 5 minutes. Separate one triangle from the circle, and roll gently, but securely from the base to the tip. Place on the prepared baking sheet, with the tip of the triangle on the bottom. Repeat with the remaining triangles, spacing the rolls about 2 inches apart. Cover the baking sheet with greased plastic wrap and place in a warm, draft-free area to rise until at least 150% of its original size, about 45 minutes.

④ Meanwhile, preheat the oven to 400°. Remove the plastic wrap and brush the tops of the rolls with the remaining 2 tablespoons of melted butter. Place in the center of the oven; bake until puffed and lightly golden, about 14 minutes.





## Breakfast



Apricot Kuchen



Citrus-Glazed  
Cranberry-Pistachio  
Bread



Persimmon Syrup



Pumpkin Butter



Quick & Easy Yeast-  
Free English Muffins



Sweet Cornmeal  
Muffin Mix



Sufganiyot  
(Jelly Doughnuts)

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## Breads



Brown Sandwich  
Bread



Buttery Crescent  
Rolls



Pull-Apart Dinner  
Rolls

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## Main Dishes



Shepherd's Pie



Simple Roast Turkey  
with Tarragon



Thanksgiving  
Leftovers Casserole



## Vegetables & Sides



Creamy Mashed Potatoes



Drunken Cranberries



Everyday Stuffing



Pumpkin Bisque



Roasted Sweet Potatoes & Fresh Figs



Sauteed Swiss Chard



Stir-Fried Brussels Sprouts with Umami Sauce



Stuffed Acorn Squash with Millet, Spinach, Cranberries and Hemp Seeds

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## Desserts



Apple Crumb Pie



Chocolate-Raspberry Truffle Bars



Double-Decker Pumpkin-Caramel Pie



Dulce de Leche Cheesecake



French Apple Cake



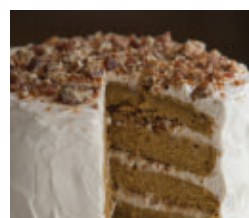
German Chocolate Pecan Pie



Holiday Fudge



Pecan-Maple Shortbread



Pumpkin Cake with Whipped Cream and Pecan Praline



Spiced Pears



Spiced Pumpkin Pie

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## Gluten-Free Flour Blends



Cybele Pascal's  
Basic Gluten-Free  
Flour Mix



Jeanne's Gluten-Free  
All-Purpose Flour

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## Drinks



Dairy-Free Egg Nog



Mint Hot Cocoa Mix



Vin Brulé



Orange Spice Mulling  
Sachet



Apple Cider Mimosa

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## Miscellaneous



Almond Praline



Devilish Almonds



Easy Make-Ahead  
Gravy



Rosemary Olive Oil



Umami Sauce



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## Citrus-Glazed Cranberry-Pistachio Bread

Recipe developed by Silvana Nardone.

**SERVES** Three (3¼-by-5¾-inch) mini loaf pans

**PREP TIME** 10 min

**COOK TIME** 50 min

2 large eggs, at room temperature  
 1½ cups sugar  
 ½ cup vegetable oil  
 1 tablespoon lemon zest plus 2 tablespoons lemon juice  
 1 tablespoon orange zest plus 2 tablespoons orange juice  
 1 teaspoon vanilla extract  
 1½ cups Silvana's Kitchen All-Purpose Gluten-Free Flour  
 ½ cup finely ground pistachios  
 2 teaspoons baking powder  
 ¼ teaspoon baking soda  
 ½ teaspoon salt  
 1 cup fresh or frozen cranberries, chopped or whole



**1** Preheat the oven to 350° and grease four 3¼-by-5¾-inch mini loaf pans. In a large mixing bowl, whisk together the eggs and 1 cup of the sugar until pale yellow and frothy. Whisk in the oil, lemon zest, orange zest, vanilla and ½ cup water.

**2** In a small bowl, whisk together the flour, ground pistachios, baking powder, baking soda, salt and cranberries. Whisk into the wet ingredients until just combined. Transfer the batter to the prepared pans and bake until a toothpick inserted in the center comes out clean, about 40 minutes. Let cool for 10 minutes in the loaf pans on a rack.

**3** In a small bowl, combine the lemon juice, orange juice and the remaining ½ cup sugar. Carefully remove the loaves from the pans and set on a wire rack over a rimmed baking sheet. Brush the loaf all over with the glaze to coat.





## Umami Sauce

You can store the sauce in a lidded jar and keep in the refrigerator for up to 2 weeks. Bring to room temperature and shake well before using. Recipe reprinted with permission from *True Food* by Andrew Weil, MD, Sam Fox and Michael Stebner (Little, Brown and Company, \$29.99).

**MAKES** 1½ cups

**PREP TIME** 8 min

¼ cup apple cider vinegar  
 3 tablespoons gluten-free tamari  
 1 cup nutritional yeast flakes  
 8 cloves garlic, mashed  
 ½ cup olive oil  
 Salt (optional)



Put the vinegar, tamari, yeast flakes and garlic in a blender or food processor and blend until well combined. With the machine running, slowly drizzle in the olive oil; blend well until thickened like mayonnaise and season with salt, as needed.



## Cybele Pascal's Basic Gluten-Free Flour Mix

To measure the ingredients, use a large spoon to scoop flour into the measuring cup, then level it off with the back of a knife. The key to the best gluten-free baked goods is Authentic Foods superfine brown rice flour. It's the Cadillac of brown rice flours and is worth its weight in gold. It's not grainy and bakes the most fantastic cookies, cakes, piecrusts and so on. If you can't find it at your local natural foods market, you can order it online. Recipe reprinted with permission from *Allergy-Free and Easy Cooking: 30-Minute Meals Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame* by Cybele Pascal, copyright © 2012. Published by Ten Speed Press, an imprint of the Crown Publishing Group.



**MAKES** 6 cups

**PREP TIME** 5 min

4 cups superfine brown rice flour

$1\frac{1}{3}$  cups potato starch (not potato flour)

$\frac{2}{3}$  cup tapioca flour (also called tapioca starch)

Combine all of the ingredients in a gallon-size resealable bag. Shake until blended. Store in the refrigerator.