

Cooking Gluten-Free and Loving It

Web Sites and Resources:

www.gfutah.org Gluten Intolerance Group of Utah : information, stores, , resources. support

www.gluten.net/recipes National Gluten Intolerance Group, information, recipes

www.celiac.com Information, recipes

www.glutenfreeda.com 4000 gluten-free recipes

www.glutenfreebcg.com/ Blue Chip Group – gluten free flours and mixes, Salt Lake City

www.csaceliacs.org/recipes Celiac Sprue Association - information, recipes

What Can I Eat:

Dietitians developed the following dietary guidelines, for the Gluten Intolerance Group® and Celiac Disease Foundation. These are in agreement with the Gluten Free Diet guidelines published by the American Dietetic Association, October 2000.

The following grains & starches are allowed:

- Rice
- Corn
- Soy
- Potato
- Tapioca
- Beans
- Garfava
- Sorghum
- Quinoa
- Millet
- Buckwheat
- Arrowroot
- Amaranth
- Teff
- Montina®
- Nut Flours

The following grains contain gluten and are not allowed:

- Wheat (durum, semolina, kamut, spelt)
- Rye
- Barley
- Triticale

The following ingredients should not be consumed. They are derived from prohibited grains:

- Barley
- Malt or malt flavoring (can be made from barley)
- Malt vinegar (made from barley)
- Rye
- Triticale
- Wheat (durum, graham, semolina, kamut, spelt)

Additional components frequently overlooked that often contain gluten:

- Breading, Coating mixes, Panko
- Broth, Soup bases
- Brown rice syrup
- Candy – ex: licorice, some Chocolates
- Croutons
- Flour or cereal products
- Imitation bacon
- Imitation seafood
- Marinades
- Pastas
- Processed lunchmeat meats
- Sauces, Gravies
- Self-basting poultry
- Soy sauce or soy sauce solids
- Stuffing, Dressing
- Thickeners (Roux)
- Communion wafers
- Herbal supplements
- Drugs & Over-the-Counter Medications
- Nutritional Supplements Vitamins & Mineral Supplements
- Playdough: A potential problem if hands are put on or in the mouth while playing with playdough or are not washed after use

Can I Use Oats?

Research suggests that **pure, uncontaminated oats** in moderation (1 cup cooked) daily are safe for most persons with celiac disease. There is concern by health professionals that most oats are cross-contaminated with other grains.

[Against the Grain](#) *All products in the store are gluten-free!*

Salt Lake: 2292 West 5400 South, Taylorsville, UT (801) 955-4418

Hours: Tues-Fri 10am - 6pm, Sat 10am - 4pm, Closed Sunday and Monday.

Kitchen Knags

West Jordan: 7579 S 1700 West (801) 561-9616 **Ogden:** 330 Grant St. (801) 339-3221

Flour Mixes:

	For 9 cups	For 12 cups
Gluten-free Flour Mix (original rice mix)		
Rice flour (2 parts)	6 cups	8 cups
Potato starch (2/3 part)	2 cups	2 2/3 cups
Tapioca flour (1/3 part)	1 cup	1 1/3 cups
Light Bean Flour Mix (for breads only)		
Garfava bean flour (1 part)	3 cups	4 cups
Tapioca flour (1 part)	3 cups	4 cups
Cornstarch (1 part)	3 cups	4 cups
Four Flour Bean Mix		
Garfava bean flour (2/3 part)	2 cups	2 2/3 cups
Sorghum flour (1/3 part)	1 cup	1 1/3 cups
Cornstarch	3 cups	4 cups
Tapioca Flour (1 part)	3 cups	4 cups
Featherlight Rice Flour Mix		
Rice flour (1 part)	3 cups	4 cups
Tapioca flour (1 part)	3 cups	4 cups
Cornstarch (1 part)	3 cups	4 cups
Potato flour (1 teaspoon per cup)	3 Tablespoons	1/4 cup
Sorghum Flour Blend		
Sorghum flour (1 part)	3 cups	4 cups
Cornstarch (1 part)	3 cups	4 cups
Tapioca Flour (2/3 part)	2 cups	2 2/3 cups
Corn flour (1/3 part)	1 cup	1 1/3 cups
All Purpose Flour Mix		
White rice flour	1 cup	
Potato Starch	1 cup	
Corn starch	1 cup	
Corn flour	1/2 cup	
Tapioca flour	1/2 cup	
Xanthan gum	4 teaspoons	

Other Gluten free ingredients:

Xanthan gum/guar gum: prevents crumbling in baked goods, thickens sauces

Leicithin granules: soy granules that improve texture and emulsify ingredients

Unflavored gelatin powder: adds moisture and protein to baked goods, binds ingredients

Egg replacer powder: Improves structure and texture of baked goods, adds leavening

Vinegar: serves as acidic food for yeast

Magic Muffins – Universal Gluten-Free Muffin Mix

Basic Mix

½ cup brown rice flour
½ cup white rice flour
¼ cup tapioca flour
¼ cup potato starch
¼ cup flax seed meal
⅓ cup white sugar
⅓ cup brown sugar
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon xanthan gum
¼ teaspoon salt
⅓ cup oil

To this you need to add:

1 cup of something wet (sour cream, banana, yogurt, apple sauce)
2 eggs

Variations:

Banana Chocolate Chip

Use 1 cup mashed banana for the wet ingredient (plus 2 T. milk, soy or almond milk)
Chocolate chips or nuts if desired

Blueberry

Use 1 cup of sour cream and a little vanilla for the wet ingredients
Add blueberries and sprinkle a little sugar on top

Apple Cinnamon with Crumble Topping

Use 1 cup plain yogurt for the wet ingredient, with 1 apple cut into small chunks
Add cinnamon with the dry ingredients

For crumble topping, mix together and sprinkle on each muffin:

1 tablespoon butter or margarine
Brown sugar, cinnamon, almond meal, a little gluten-free flour

The basic procedure for all muffins is to mix the dry ingredients, then add all wet ingredients and beat on medium with electric mixer for 3 minutes. Should be thicker than cake batter. Mix fruit in by hand. Generously scoop into a lined muffin tin. Bake for 25 minutes at 350 degrees, until a toothpick comes out clean.

Basic French Bread

1 Tablespoon Dry Active Yeast
1 Tablespoon Sugar
1 cup water 110 ° F.
1 ½ cups Sorghum/Corn Flour Blend
½ cup potato starch
¼ cup powdered milk
1 ½ teaspoons xanthan gum
1 teaspoon guar gum
1 teaspoon salt
¼ teaspoon soy lecithin (improves the texture, but works without it)
1 large egg
1 Tablespoon butter or margarine
½ teaspoon cider vinegar

1. Combine yeast, sugar and warm water. Set aside until yeast foams—about 5 minutes.
2. In heavy-duty stand mixer (regular beaters, not dough hook) combine yeast with remaining ingredients.
3. Blend on medium speed for 2 minutes, scraping down sides with spatula if necessary.
4. Place in greased 8 x 4 inch pan. Cover lightly with foil and let rise at room temperature until dough is level with top of pan (45-60 minutes).
5. Preheat oven to 375 ° F. With sharp knife, make three diagonal slashes on top of loaf, so steam can escape during baking.
6. Bake 50-65 minute or until nicely brown. Cover with foil tent after 20 minutes to reduce overbrowning.

For raisin bread, add 1 teaspoon cinnamon and ½ cup raisins during last few minutes of mixing.

*Flour blend: 1 ½ cups sorghum flour, 1 ½ cups potato starch or cornstarch, 1 cup tapioca flour, ½ cup corn flour.

English Muffins

1 Tablespoon yeast
1 teaspoon sugar
1 ¼ cup warm water
2 cups white rice flour
2/3 cup potato starch
1/3 cup tapioca starch
1 teaspoon xanthan gum
½ teaspoon salt
1 Tablespoon sugar + 2 teaspoons sugar
3 egg whites
4 Tablespoons canola oil

Proof the yeast with the sugar and warm water. Mix the white rice flour, potato starch, tapioca flour, xanthan gum and salt. Combine the 1 tablespoon and 2 teaspoons sugar, egg whites, and canola oil. Add yeast mixture. Beat to mix. Add half of the flour mixture and beat until smooth. Add rest of the flour mixture and beat three minutes. Spoon into English muffin rings sprayed with oil spray and let rise about 45-60 minutes for regular yeast and 25-35 minutes for quick rise yeast. Bake 375 degrees for 20-22 minutes.

Oatmeal Peanut Butter Scotchies

1 cup white sugar, 1 cup brown sugar, 1/2 cup unsalted butter, 1 1/2 cups chunky peanut butter (not the sugar free kind), 4 1/2 cups rolled oats (can do all old fashioned or do half old fashioned and half instant depending on your texture preferences), 2 tsp. vanilla extract, 3 whole eggs, 2 tsp baking soda, 1 bag of butterscotch chips, 3/4 cup chopped pecans.

Cream butter, peanut butter and sugars. Add eggs and vanilla. Stir in oats, soda, butterscotch chips and nuts until combined. Drop by spoonful on a greased cookie sheet or use parchment paper. Bake 350 degrees for 12 minutes (brown on bottom and some browning on top). Cool on cookie sheet 5 minutes before removing to cooling rack. Makes 72 cookies.

Chocolate No Bake Cookies

2 cups sugar

3 Tablespoons cocoa

1/2 cup milk

1/2 teaspoon salt

1/2 cup shortening

Mix together and bring to a boil. Boil for one minute. Remove from heat and stir in:

3 cups quick oats

1 cup coconut

1/2 cup chopped nuts

1 teaspoon vanilla

1 cup miniature marshmallows

Spoon onto cookie sheet and let set. Makes 4 dozen.

Coconut Macaroons

5 1/2 cups coconut

1 can sweetened condensed milk (14 oz.)

2 teaspoons vanilla extract

1 1/2 teaspoons almond extract (optional)

Bake at 350 degrees for 12-17 minutes

Snickers Cookies

1 cup butter or margarine
1 cup creamy peanut butter
1 cup brown sugar
1 cup sugar
2 eggs
1 teaspoon vanilla
2 cups brown rice flour (or flour blend)
½ cup potato flour (NOT potato starch)
1 teaspoon baking powder
1 ½ teaspoon baking soda
½ teaspoon salt
1 teaspoon xanthan gum
1 – 14 oz. bags of fun size or miniature Snickers Bars

Mix butter, peanut butter, sugars, egg and vanilla together. Add dry ingredients and mix. Cut fun size Snickers bars in half or use one whole miniature Snickers. Wrap about a 1 inch ball of cookie dough around each piece of candy and place on a well greased cookie sheet. Bake at 375 degrees for about 9 minutes. Flatten cookies slightly with a spatula as soon as they are removed from the oven. Let cool for about 10 minutes on the cookie sheet .

Can substitute chocolate chips for candy bars, if desired.

Pie Crust

2/3 cup rice flour
¼ cup corn starch
3 Tablespoons tapioca flour or soy flour
1 teaspoon xanthan gum
¼ teaspoon salt
1 Tablespoon sugar
¼ teaspoon baking powder
3 Tablespoons butter or shortening
3 Tablespoons oil
1 egg yolk or replacer
3 Tablespoons cold water
1 teaspoon cider vinegar

Blend dry ingredients. Cut in butter or shortening until mixture resembles coarse meal. Add egg yolk, water, vinegar and oil. Blend. Wrap dough in plastic and press into a ball. Chill for 1 hour. Between two sheets of plastic wrap, roll a 12 inch circle (about ¼ inch thick). Remove top sheet of plastic wrap and flip pastry onto a 10 inch pie pan. Keeping the plastic wrap over the top of the crust, pat it into the pan, piecing together any parts that separate when the crust lands in the pan. Remove the 2nd sheet of plastic wrap. Crimp edges. Bake at 400 for 12-15 min.

Angel Food Cake

1/3 cup potato starch
1/3 cup corn starch
1/3 cup powdered sugar
1 teaspoon dried lemon peel (optional)
12 large egg whites
2 tablespoons water
1/2 teaspoon salt
1 1/4 teaspoons cream of tartar
3/4 cup sugar
1 teaspoon vanilla (optional)

Preheat oven to 375 degrees. Sift together 4 times the flour, cornstarch and powdered sugar. Add lemon peel. In the bowl of your mixer, whip the egg whites, water, salt, and cream of tartar until foamy. Slowly add the sugar while beating until soft peaks form. Fold in the flour mix, a little at a time. Add the vanilla (if used) and spoon into large angel food cake pan with removable bottom. Cut through the batter with a knife to eliminate any air bubbles. Bake for 35 minutes. Reverse pan immediately when taken from oven and stand on legs or tubular center until cool. Drop the cake, reversed onto the serving plate. Makes 12-16 servings.

German Chocolate Cake

1/2 cup shortening or oil
1 cups sugar
3 eggs
1 teaspoon vanilla
1 cup milk or sour cream
1 teaspoon apple cider vinegar
1 3/4 cup rice flour
1/3 cup potato starch
1/3 cup tapioca starch
1 Tablespoon cornstarch
1 teaspoons Xanthan gum
4 Tablespoons cocoa
2 teaspoons baking powder
1 teaspoon soda
1/2 teaspoon salt
1 cup very hot water

In a large mixing bowl, beat together shortening and sugar. Beat in eggs and vanilla. Pour milk and vinegar on top of batter. In medium mixing bowl, combine dry ingredients; add to creamed mixture. Mix together with electric mixer. Pour hot water over batter and stir in quickly. Pour batter into a greased and rice-floured 13 x 9 inch cake pan. Bake at 350 degrees for 35 minutes until it tests done.

Frosting:

1 cup evaporated milk
1 cup sugar
2 eggs, slightly beaten
½ cup butter
1 teaspoon vanilla
1 ⅓ cup coconut
1 cup chopped pecans.

Cook first five ingredients over medium heat, stirring constantly, until mixture comes to a boil. Stir in coconut and pecans. Spread over cooled cake.

Canned Cream Soup Substitute

2 cups powdered nonfat milk
¾ cup cornstarch
¼ cup instant chicken bouillon
3 tablespoons dried onion flakes

Mix all ingredients together. Store in air-tight container. Equals 9 cans soup. To use: Combine ⅓ cup dry mix with 1 ¼ cups cold water. Cook and stir until thickened. Add as you would add a can of soup. Can add mushrooms or celery, if desired.

Beef Enchilada Casserole

1 pound ground beef
1 large onion, diced
1 tablespoon chili powder
2 teaspoons cumin
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon sugar
½ teaspoon oregano
½ teaspoon cinnamon
1 can diced tomatoes (16 ounce)
1 can tomato sauce (8 ounce)
8-10 corn tortillas
2 cups grated cheddar cheese
1 bunch sliced green onions (optional)
1 small can sliced olives (optional)
sour cream, (optional)

Cook ground beef with onion until brown. Add tomatoes, tomato sauce and spices. Simmer 15-20 minutes. Put half the tortillas on the bottom of a buttered 9 by 14 inch pan. Put half of meat mixture on top and cover with half of the cheese. Layer with the rest of the tortillas, meat and

cheese, ending with cheese. Garnish with sliced green onions or sliced olives, if desired. Bake at 350 degrees for 30 minutes. Serve with sour cream if desired. Makes 8 servings

Chicken Enchiladas

1 chicken, cooked (remove meat from bones and cut into small pieces)
10-12 corn tortillas
1 small onion, diced
3 tablespoons butter
3 tablespoons white rice flour
2 and ½ cups milk
1 small can green chilies
1 cup sour cream
3-4 cups mixture of grated monterey jack and cheddar cheese
1 bunch green onions, sliced

Sauté diced onion in butter. When onions are cooked, add flour and mix in. Add milk and stir constantly with a wire whisk until mixture thickens. Add green chilies and chicken. Take off heat and add sour cream. Put a layer of tortillas in the bottom of a buttered casserole dish. Top with a layer of chicken mixture and then with cheese. Repeat, ending with cheese. (Make 2-3 layers depending on size of pan). Sprinkle with green onions. Bake for 30 minutes at 350 degrees.

New York Style Pizza Crust

Ingredients:

2 tablespoons rapid rise yeast
1 1/3 cups warm milk
1 teaspoon sugar
1 1/3 cup brown rice flour
1 cup tapioca flour
2 teaspoons guar gum
1 teaspoon salt
2 teaspoons unflavored gelatin powder
2 teaspoons dried Italian seasoning
2 teaspoons olive oil
2 teaspoons apple cider vinegar

Directions:

Preheat oven to 425 degrees. In a small bowl, dissolve yeast and sugar in warm milk. In a separate larger bowl, blend together dry ingredients. Stir in yeast mixture to dry ingredient mixture. Add oil and vinegar. Mix well. Butter and flour the pizza pan. Pat down dough on pan—sprinkle top of dough with flour, so it doesn't stick to your hands. Rub olive oil on top of patted out crust. Bake un-topped crust for 10 minutes. Remove from oven and add toppings. Return to oven and bake for another 20 minutes.

Mexican Lasagna

1 diced onion
4 cloves garlic, minced
1 jalapeno, seeded and diced
1 can black beans, drained and rinsed
1 can kidney beans, drained and rinsed
1 Tablespoon chili powder
½ Tablespoon cumin
Juice of one lime
1 teaspoon salt
8 ounces pepper jack cheese, shredded
8 corn tortillas
8 ounces cream cheese
¼ cup warm water
½ Tablespoon adobo sauce (from canned chipotle peppers)
1 large tomato, diced
1 avocado, diced
4-5 lime wedges
1 cup gluten-free corn chips, lightly crushed

Preheat oven to 350 degrees. Heat oil in a large sauté pan over medium heat. Add onion, garlic and jalapeno. Sauté until soft, about 2 minutes. Add beans, salsa, chili powder, cumin, lime juice and salt. Stir, and turn heat down to a simmer. Cook for about 6 minutes. Set aside. Spray a 9 x 14 pan with a non-stick spray and place 4 tortillas down as the first layer. Spread half the bean mixture over tortillas. Sprinkle half the cheese over the beans. Repeat with the next layer, finishing with the cheese. Bake for 25 minutes. While lasagna bakes, combine the cream cheese with adobo sauce and warm water. Mix until smooth. When lasagna is done baking, remove from oven and spread cream cheese sauce over the top. Garnish with avocado, tomatoes, chips and limes. Can substitute 1 pound ground beef or turkey for half of beans.

Granola

Mix together dry ingredients:

10 cups oatmeal
1 cup sunflower seeds
1 cup sesame seeds
1 cup soy flour
2 cups raw peanuts
2 cups raw cashews
2 cups coconut
1 heaping Tablespoon salt

Bring to a boil: ¾ cup oil, 1 ½ cups honey, 1 Tablespoon vanilla. Mix thoroughly into dry ingredients. Spread out on 3 large cookie sheets. Bake at 325 degrees for 15 minutes. Stir. Continue baking until golden brown, stirring every 5 minutes.

Banana Pecan Pancakes

1 1/3 cup gluten-free flour
1/3 cup sugar
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
Dash nutmeg
1/4 teaspoon salt
1 cup milk
1 cup plain or vanilla flavored yogurt
1 Tablespoons butter, melted
2 Tablespoons vegetable oil
2 yolks, lightly beaten
2 egg yolks, lightly beaten
1 teaspoon vanilla
1/2 cup very ripe bananas, mashed
2 egg whites
1/2 cup pecans, toasted
Pure maple syrup

In a large bowl, mix together flour, sugar, baking powder, baking soda, cinnamon, nutmeg and salt. In a separate bowl, whisk together milk, yogurt, melted butter, vegetable oil, egg yolks and vanilla. Stir in mashed bananas. Pour wet ingredients into dry ingredients, mixing until just combined. Beat egg whites until stiff. Fold into batter. Spoon about 1/3 cup of batter. Cook until top of each pancake is starting to dry around edges, then turn and cook underside. Serve with maple syrup and pecans.

Buckwheat Pancakes

1 cup buckwheat flour
1 teaspoon baking powder
1 teaspoon sugar
1/4 teaspoon salt
2 eggs
2 Tablespoons sour cream or plain yogurt
1 Tablespoon melted butter or margarine
1 to 1 1/4 cups milk

Sift dry ingredients together. In a small bowl, lightly beat the egg and mix with the remaining wet ingredients. Stir into dry ingredients until batter is smooth. Drop by spoonfuls onto a hot greased griddle. Flip when lightly brown.