

The Gluten Free Cookbook

22 Recipes

By Bella Edwards

INTRODUCTION

More people are currently embracing gluten free recipes owing to the negative effects of gluten. Gluten is simply protein that is found in wheat and other grains like barley and rye. This protein has been shown to cause inflammation of the small intestines especially for those with Celiac disease.

Eating gluten for anyone with intolerance to this protein can cause an immune reaction that damages the lining of your small intestines and your ability to get most of the nutrients absorbed through the small intestines leading to nutritional deficiencies. This makes a gluten free diet suitable for those with celiac disease as well as those who may want to lose weight, as the inflammation caused by gluten may makes it impossible to lose weight.

The first step to starting out any diet is to know what you are supposed to eat and what you cannot eat. We will thus look at the various foods you can eat and those that you cannot eat when on a gluten free diet.

What not to eat

Flour: whole wheat, graham flour white flour, kamut, spelt, Wheat germ, wheat bran, Semolina, durum wheat, and triticale.

Other common foods that have wheat: flour tortillas, pasta, bread, cakes, pastries, muffins, cereal, crackers, gravy, seasonings and sauces, breadcrumbs and croutons, fried foods, some candies, malt, modified food starch and soy sauce.

While pure oats are gluten-free, most of the times, oats is harvested and processed alongside wheat; hence, it may be contaminated with wheat.

What to eat

Alternatives for flour: Almond flour, rice flour, soy flour, corn flour and coconut flour.

Most dairy products.

Fruits and vegetables.

Beans, nuts and seeds in their natural unprocessed form.

Fresh eggs.

Grains: Arrowroot, amaranth, corn and cornmeal, flax, corn, millet, flax, cornmeal, rice, quinoa, tapioca, teff and sorghum.

Most people starting out on a gluten free diet, think that they will not have variety when it comes to the various meals they can take; however, you have many options at your disposal. Some may also think that a gluten free diet is time consuming. However, did you know that there are many gluten free slow cooker recipes? I bet you would love to come home to a hot home cooked meal after a long day at work. What I love most about slow cooking is that the flavors are infused into the food during the cooking period making your meal absolutely delicious.

Furthermore, I do not need to keep on checking if the meal is ready since I can simply put what I want on the stove, adjust the heat settings and go to work or do other activities and come back to find a hot and tasty meal waiting for me. Slow cooker recipes are necessary for anyone who has a hectic schedule and little or no time to cook.



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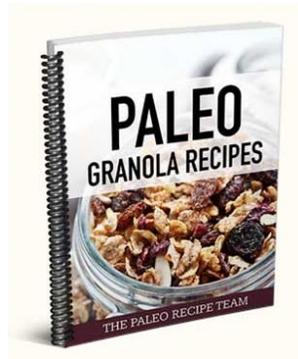
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Gluten-Free Thai Chicken Soup

Ingredients

1 tablespoon grapeseed oil
3 shallots, chopped
2 tablespoons chopped cilantro
4 cups chicken stock
2 (14 ounce) cans coconut milk
1 tablespoon agave nectar
1 (8 ounce) package crimini mushrooms, sliced
1 head broccoli, cut into florets
1 pound thinly sliced chicken breast meat
2 teaspoons red curry paste
3 tablespoons lime juice
3 tablespoons fish sauce

1/2 cup chopped fresh cilantro
2 serrano chile peppers, thinly sliced
1/4 cup chopped green onions
8 lime wedges

Directions

Heat the grapeseed oil in a large saucepan over medium heat. Cook and stir the shallots and 2 tablespoons chopped cilantro in the hot pan until the shallot has softened and turned translucent, about 4 minutes. Pour in the chicken stock, coconut milk, and agave nectar; bring to a simmer over medium-high heat. Once the broth reaches a simmer, strain through a mesh strainer into a clean saucepan; discard the shallot and cilantro.

Return the broth to a simmer; stir in the mushrooms and broccoli and cook until the broccoli becomes tender, about 4 minutes. Add the chicken and cook until no longer pink, stirring constantly. Stir the curry paste, lime juice, and fish sauce in a small bowl to dissolve the curry paste; mix into the simmering soup.

Ladle the soup into bowls and sprinkle with 1/2 cup cilantro, serrano peppers, green onions, and lime wedges to serve.

Gluten-Free Golden Yam Brownies

Ingredients

2 tablespoons dry egg replacer (such as Ener-G®)
1/2 cup water
1 1/2 cups sweet rice flour (mochiko)
1 1/2 teaspoons xanthan gum
1 teaspoon baking powder
1/2 teaspoon salt
1 cup vegan margarine (such as Earth Balance®)
1 cup packed brown sugar
1 cup turbinado sugar (such as Sugar in the Raw®)
2 teaspoons gluten-free vanilla extract
2 cups peeled and finely shredded yam

3/4 cup turbinado sugar (such as Sugar in the Raw®)
1/4 cup cornstarch
2 tablespoons vegan margarine (such as Earth Balance®), softened
2 tablespoons almond milk

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Stir the egg replacer and water together in a small bowl until the powder is completely integrated. Stir the rice flour, xanthan gum, baking powder, and salt together in a separate bowl.

Beat 1 cup margarine, brown sugar, and 1 cup turbinado sugar with an electric mixer in a large bowl until light and fluffy. Add the egg replacer about 1/2 cup at a time, allowing each addition to blend into the butter mixture before adding the next. Add the vanilla extract with the last of the egg replacer. Pour the rice flour mixture into the batter, mixing until just incorporated. Fold the shredded yam into the batter, mixing just enough to evenly combine. Pour the batter into prepared pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes.

Stir 3/4 cup turbinado sugar, cornstarch, 2 tablespoons margarine, and almond milk together in a small bowl until smooth. Spread over the brownies while still warm; they will absorb some of the glaze. Serve warm.

Gluten-Free White Bread for Bread Machines

Ingredients

3 eggs
1 tablespoon cider vinegar
1/4 cup olive oil
1/4 cup honey
1 1/2 cups buttermilk, at room temperature
1 teaspoon salt
1 tablespoon xanthan gum
1/3 cup cornstarch
1/2 cup potato starch
1/2 cup soy flour
2 cups white rice flour
1 tablespoon active dry yeast

Directions

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer.

Select the sweet dough cycle. Five minutes into the cycle, check the consistency of the dough. Add additional rice flour or liquid if necessary.

When bread is finished, let cool for 10 to 15 minutes before removing from pan.

Gluten-Free Yellow Cake

Ingredients

1 1/2 cups white rice flour
3/4 cup tapioca flour
1 teaspoon salt
1 teaspoon baking soda
3 teaspoons baking powder
1 teaspoon xanthan gum
4 eggs
1 1/4 cups white sugar
2/3 cup mayonnaise
1 cup milk
2 teaspoons gluten-free vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and rice flour two 8 or 9 inch round cake pans.

Mix the white rice flour, tapioca flour, salt, baking soda, baking powder and xanthan gum together and set aside.

Mix the eggs, sugar, and mayonnaise until fluffy. Add the flour mixture, milk and vanilla and mix well. Spread batter into the prepared pans.

Bake at 350 degrees F (175 degrees C) for 25 minutes. Cakes are done when they spring back when lightly touched or when a toothpick inserted near the center comes out clean. Let cool completely then frost, if desired.

Perfect Gluten-Free Peanut Butter Cookies

Ingredients

1/2 cup gluten free, casein free margarine
1/2 cup brown sugar
1/2 cup white sugar
1 egg
1/2 cup salted natural peanut butter
1/2 teaspoon baking soda
1 cup soy flour
1/4 cup tapioca flour
1/4 cup potato flour

Directions

Preheat the oven to 375 degrees F (190 degrees C).

In a medium bowl, cream together the margarine, brown sugar and white sugar until smooth. Mix in the egg and peanut butter. Combine the baking soda, soy flour, tapioca flour and potato flour; stir into the batter to form a dough. Roll teaspoonfuls of dough into balls and place them 2 inches apart onto ungreased baking sheets.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Gluten-Free Irish Soda Bread

Ingredients

1 1/2 cups white rice flour
1/2 cup tapioca flour
1/2 cup white sugar
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1 egg
1 cup buttermilk

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch round cake pan.

Combine the rice flour, tapioca flour, sugar, baking soda, baking powder, and salt in a large bowl. In a separate bowl, whisk together egg and buttermilk. Make a well in the center of the dry ingredients and pour in the wet. Stir just until the dry ingredients are moistened. Pour into the cake pan.

Bake for 65 minutes in the preheated oven, or until a toothpick inserted into the center comes out clean. Cool on a wire rack, for 10 minutes before removing from the pan. Wrap bread in plastic wrap or aluminum foil and let stand overnight for the best flavor.

Delicious Gluten-Free Pancakes

Ingredients

1 cup rice flour
3 tablespoons tapioca flour
1/3 cup potato starch
4 tablespoons dry buttermilk powder
1 packet sugar substitute
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon xanthan gum
2 eggs
3 tablespoons canola oil
2 cups water

Directions

In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain.

Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.

Gluten-Free Chocolate Cake with Semi-Sweet

Ingredients

1/2 cup sorghum flour
1/2 cup tapioca flour
1/2 cup rice flour
1 cup cocoa powder, sifted
1 1/2 tablespoons xanthan gum
2 1/2 teaspoons baking powder
1 teaspoon baking soda
3/4 cup butter at room temperature
3/4 cup (packed) dark brown sugar
1 cup white sugar
3 eggs
2 egg yolks
2 teaspoons vanilla extract
1 1/2 cups buttermilk

5 ounces chocolate chips
1/2 cup sour cream
1/2 teaspoon vanilla extract
1 tablespoon heavy cream

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan and set aside.

In a medium bowl, sift together the sorghum, tapioca, and rice flours with the cocoa powder, xanthan gum, baking powder, and baking soda.

In a large mixer bowl, cream the butter until light and fluffy. Slowly beat in the brown and white sugars; whip until fluffy. Beat in the eggs and egg yolks one at a time. Add the vanilla. On low speed, alternately combine the buttermilk with the flour mixture. Pour batter into prepared pan.

Bake in preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool in pan.

To make the icing, in the top of a double boiler over medium high heat, melt the chocolate chips (or use microwave). Remove from heat and cool until warm. Stir in the sour cream and vanilla; add heavy cream. Stir in additional heavy cream to make desired consistency. Once the cake is thoroughly cool, spread a thin layer of frosting over the top.

Amazing Gluten-free Layer Bars

Ingredients

7 ounces flaked coconut
1 cup butterscotch chips
6 ounces semisweet chocolate chips
8 ounces unsalted peanuts
1/2 cup sliced almonds
1 (14 ounce) can sweetened condensed milk

Directions

Preheat oven to 350 degrees F (175 degrees C). Generously grease one 13x9 inch baking pan.

Spread 2/3 of the flaked coconut evenly on the bottom of the baking pan. Sprinkle the butterscotch morsel, chocolate chips, and peanuts evenly over the coconut layer. Pour condensed milk evenly over the whole pan. Top with sliced almonds and remaining coconut . Bake for 20 minutes in the preheated oven. Cool completely before cutting into squares.

Gluten Free Macadamia Pie Crust

Ingredients

6 ounces macadamia nuts
2 eggs
1 1/2 cups soy flour

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the macadamia nuts into the container of a food processor, and blend until they reach a peanut butter like consistency. Scrape out into a bowl, and stir in the eggs and soy flour until well blended.

Place the dough between two pieces of waxed paper, and roll out into about a 12 inch circle. Remove the top piece of waxed paper, and invert the dough into a 9 inch pie plate. Press into the bottom and up the sides. Remove any overhanging dough.

Bake for 5 minutes in the preheated oven, or until light golden brown. Use in any recipe calling for a prebaked pie crust.

Perfect Cashew and Peanut Butter Gluten-free

Ingredients

1/2 cup brown sugar
1/2 cup white sugar
1 egg
1/4 cup salted natural peanut butter
1/4 cup cashew butter
1/2 cup gluten free, casein free margarine
1/2 teaspoon baking soda
1/2 cup corn flour
1/2 cup tapioca flour
1/4 cup potato flour

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the margarine, brown sugar, white sugar and egg until smooth. Stir in the peanut butter and cashew butter. Combine the baking soda, corn flour, tapioca flour, and potato flour; stir into the batter to form a dough. Roll the dough into teaspoon sized balls and place them 2 inches apart onto an ungreased cookie sheet.

Bake for 8 to 10 minutes in the preheated oven. Let cool on baking sheets for a few minutes before removing to wire racks to cool completely.

Gluten Free Chocolate Cupcakes

Ingredients

1 1/2 cups white rice flour
3/4 cup millet flour
1/2 cup unsweetened cocoa powder
1 teaspoon salt
1 teaspoon baking soda
1 tablespoon baking powder
1 teaspoon xanthan gum
4 eggs
1 1/4 cups white sugar
2/3 cup sour cream
1 cup milk
2 teaspoons vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with paper baking cups.

In a medium bowl, stir together the rice flour, millet flour, cocoa, salt, baking soda, baking powder and xanthan gum. In a separate large bowl, beat the eggs, sugar, sour cream, milk and vanilla. Stir in the dry ingredients until smooth. Spoon the batter into the prepared cups, dividing evenly.

Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter.

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