



Mama Laura's  
• KITCHEN •

# Fall Favorites

22 COMFORTING & WARMING  
GLUTEN-FREE RECIPES

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# Hi, I'm Laura!

My hope for my blog is to help people bake and cook delicious gluten free food and also share some fun ideas for inviting friends and family in your home to enjoy it with. There are those of us that need to eat strictly gluten free for allergy reasons, others that may benefit from a gluten free diet, and some who may just want some gluten free dinner menus to pull out when serving those with allergies. From all of us that need it, thank you!



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# ➔ Breakfast ↵





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# Dairy Free Raspberry Pear Scones



Servings: 6 Scones | Prep Time: 15 Min | Bake Time: 16 - 21 Min

## INGREDIENTS

- 6 tablespoons of dairy free stick butter, gf or other butter, cut into small pieces
- ¼ cup Califa Farms Dairy Free Almond Milk Creamer, gf
- 1 egg
- ½ teaspoon pure vanilla extract, gf
- ½ cup Anthony's Premium Cassava Flour, gf
- ½ cup Bob's Red Mill Tapioca Flour, gf
- ½ cup Kirkland Signature Almond Flour Blanched, gf
- 1 tablespoon Bob's Red Mill Organic Coconut Flour, gf
- 1 tablespoon of baking powder, gf
- ¼ cup of organic cane sugar
- ½ cup Driscoll's Organic Raspberries
- 1/3 cup Asian, Bosc, or Anjou pear, skinned and chopped
- ½ teaspoon of lemon juice

For brushing the top:

- 1 tablespoon of Califa Farms Almond Milk Non Dairy Creamer, gf
- 1-2 teaspoons of coarse cane sugar

1. Cut the dairy free butter or butter into small pieces and freeze for 10-15 min.
2. In a small bowl, whisk together the egg, non dairy creamer, and the vanilla.
3. Preheat the oven to 400 degrees F.
4. In a medium bowl, sift the cassava flour, tapioca flour, almond flour, coconut flour, baking powder and sugar together. If using unsalted butter, stir in ¼ teaspoon salt.
5. Put the chopped pear pieces in a ramekin or small bowl and pour the lemon juice over.
6. Remove the butter pieces from the refrigerator and mix into the dry ingredient bowl, combining with your

## DIRECTIONS

7. hands until small pieces of butter remain.
7. Make a well in the dry ingredients and pour in the non dairy creamer/egg mixture. Mix with a fork and then your hands to combine and form a dough that holds together. Mix the pear pieces and lemon juice in with your hands to distribute.
8. Turn out onto a gluten free floured board. Press the berries into the dough as you press the dough into an 8" round about 1" thick, spacing out the berries throughout the round.
9. Line a 9" tart pan or pie pan with a round of parchment paper. Cut the dough into 6 - 8 pieces, keeping them in the round.

Move half of the round onto the prepared baking dish, and then the other half, spacing the pieces out slightly while keeping in the round.

10. Brush the top of the dough with 1 tablespoon of non dairy creamer. Sprinkle 1-2 teaspoons of coarse sugar over the top.
11. Bake at 400 degrees F for 16-21 minutes, until puffy and golden brown on the top bottom and edges, moving the oven rack up as needed.



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# Seasoned Oven Potatoes

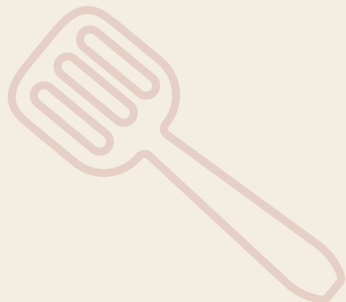
Servings: 4 | Prep Time : 10 Min | Bake Time: 35 Min

## INGREDIENTS

- 3 – 4 medium russet or golden potatoes, washed with skins on, cut into 3/4" wedges
- 1 ½ tablespoons of extra virgin olive oil or avocado oil
- ½ teaspoon garlic powder, gf
- ¼ teaspoon paprika, gf
- ¼ teaspoon chili powder or ancho chili powder, gf
- ¼ teaspoon oregano, gf
- ¾ teaspoon salt
- Crushed black pepper
- A pinch of crushed red pepper or Aleppo pepper, gf, optional

## DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Lay the potato pieces out evenly on your edged baking sheet or stone bar pan. Drizzle with olive oil. Sprinkle with the remaining ingredients and stir with your hands to coat the potatoes. Bake for 35-40 minutes until golden brown.
3. For the stone pan, no need to turn these midway through cooking because both sides will brown during the cooking, but for a metal sheet you may want to flip them over to brown the other side.





# ➤ Appetizers &





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# Gluten Free Flatbread

## *with Dubliner Cheese, Roasted Chicken and Sun-Dried Tomatoes*

Servings: 1 Flatbread | Prep Time : 10 Min | Bake Time: 10 Min

### INGREDIENTS

- 1 dough ball from Laura's Favorite Gluten Free Pizza Dough Recipe (recipe on next page)
- 2 tablespoons olive oil
- ½ - ¾ cup cooked chicken cut into pieces or sliced (leftover roasted chicken works well)
- ¼ cup sun-dried tomatoes packed in oil, drained and cut into small pieces
- ½ cup grated Dubliner cheese
- ½ cup grated Mozzarella cheese
- ¼ cup grated Pecorino cheese
- 4 large garlic cloves sliced fine
- 2-3 short sprigs fresh rosemary, stems removed and minced or ¾ teaspoon of dried rosemary, gf
- ¾ teaspoon dried oregano, gf
- 1 ½ tablespoon honey drizzled on top
- gluten free cornmeal for sprinkling on baking stone

### DIRECTIONS

1. Remove one dough ball 45 minutes to one hour before you want to put the flatbread together.
2. On a well floured board, roll or flatten using your fingers to push the dough out to a 10 - 12" round (or make this oval....there are no rules). Poke a few holes in the dough with a fork.
3. Preheat the oven to 450 degrees F. (You can also preheat a pizza or baking stone, but these will cook fine without that step).
4. Prepare a stone or baking tray, by greasing with a little olive oil, and sprinkle

5. Slide the dough round onto the baking sheet before topping. Add a drizzle of olive oil on the crust. Mix the cheeses together in a bowl. Add half of the total cheese across the crust evenly. Add the sun-dried tomatoes, chicken, and garlic, spreading evenly. Add the remainder of the cheese to the top. Sprinkle with the herbs and drizzle with another tablespoon of olive oil. Drizzle the honey over the top.
6. Bake in the center of the oven for about

10-15 minutes, until the crust is starting to brown on the outside edge. The cheese will also be starting to brown, and the bottom crust will golden brown.

7. Remove to a cutting board and cut in half and slice in strips or cut as you would a pizza in 8 slices.

Note: \*For a flatbread using olive oil instead of a pizza sauce, roll or press into a 10- 12" round. Top and bake the flatbread at 450 degrees for 10- 14 minutes for flatbread. You do not need to prebake before topping.





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# Laura's Favorite Gluten Free Pizza Dough

Servings: 3 9 ½ – 10" crusts | Prep Time : 30 Min | Bake Time: 10 Min

## INGREDIENTS

- 1 1/3 cups (167 grams) Ryze Gluten Free Multi-Purpose Flour Mix or gluten free 1 to 1 flour blend
- 1 1/3 cups (167 grams) sorghum or millet flour, gf
- 1 1/3 cups (167 grams) tapioca starch gf
- 1 ¾ teaspoons xanthan gum (omit if using a blend that contains xanthan gum for a third of the flour)
- 2 ¼ teaspoons (8 grams) yeast, gf
- 1 tablespoon (17.5 grams) extra virgin olive oil
- 2 ¾ teaspoons (17.5 grams) salt
- 1 tablespoon sugar
- 1 ¾ cup (400 grams) cold water
- Gluten free cornmeal for dusting the baking stone

## DIRECTIONS

1. In a bowl of a stand mixer, mix the Ryze flour or gluten free 1 to 1 flour blend, the millet or sorghum, and the tapioca starch, yeast, xanthan (if using), salt, and sugar until well combined. Add the cold water and mix on medium for 3 to 4 minutes. Add the oil and mix for 2 minutes more. Let the dough rest at room temperature for 30 minutes, covered with a towel.
2. Divide the dough into 3 equal dough balls (using a scale if you have one). The dough will be soft and a bit sticky. Wrap the dough balls in cellophane and place on small trays and refrigerate or set on a piece of parchment on a small tray and

seal in a Ziploc bag. Refrigerate at least 3 hours, but preferably not more than 24 hours before using.

3. Let come to room temperature for 1 hour before making pizza or flatbreads. When ready to proceed, flour a board and press the dough into a 9 ½ or 10" circle for each pizza.
4. Preheat a pizza stone or baking stone in the oven at 450 degrees. When the stone is preheated, sprinkle with cornmeal, and slide the crust onto the stone. Poke holes in the crust with a fork. Prebake for 8 – 9 minutes or until slightly golden. Add a drizzle of olive oil, sauce, and pizza

toppings and bake for 8-10 minutes more or until browned to your liking.

### Notes

\*\*For a flatbread, roll or press into a 10- 12" round. Top and bake at 450 degrees for 10-14 minutes for flatbread. You do not need to prebake before topping.

\*\*\*For cooking a pizza in a pizza oven, I like to start the topped pizza at 700 degrees. Turn down after one and a half minutes or so, to 550 to keep the top crust and cheese from burning. Bakes in 3-5 minutes in a pizza oven. You do not need to prebake.





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# Italian Red Lentil Soup with Sausage

Servings: 6-7 | Prep Time : 15 Min | Cook Time: 1 Hr 30 Min

## INGREDIENTS

- 2 ½ tablespoons olive oil extra virgin
- 1 teaspoon salt
- 1 medium onion minced
- 2 large stalks celery chopped
- ¼ bulb fennel chopped, optional
- 1 carrot chopped fine
- 3 - 4 large cloves garlic minced or crushed
- 2 ½ tablespoons tomato paste
- ½ cup white wine optional
- 1 ½ cups red lentils or red mixed lentils, rinsed several times
- 3 cups chicken broth homemade or store bought, or vegetable broth, gf
- 4 cups water
- ¼ - ½ teaspoon crushed red pepper, gf
- 2 small handfuls spinach or kale, chopped
- 8 - 9 ounces mild Italian sausage (3 links) crumbled, gf
- 2 tablespoons fresh Italian flat leaf parsley, chopped or 1 teaspoon dried, gf
- 8 - 10 basil leaves torn or chopped
- 1 teaspoon dried basil, gf
- 1 ½ - 2 zucchini sliced lengthwise, then into ¼" thick half rounds
- ⅔ cup brown rice uncooked
- A small chunk (½ inch x ¾ inch) parmesan cheese

## DIRECTIONS

1. In a large stockpot or Dutch oven heat the olive oil, over medium high heat, and sauté onion, carrot, celery, and optional fennel with salt for three to four minutes. The vegetables of this "soffrito" should be soft. Add the garlic and stir quickly for 20 seconds.
2. Remove to a bowl or plate to add back in later. Brown the crumbled sausage in the stockpot. After it has browned, turn down the heat to medium low and add the white wine and simmer and "deglaze" the pan, stirring the bits of browned meat off the bottom.
3. Add the broth, the water, tomato paste, lentils, the crushed red pepper, dried basil, half of the amounts of parsley and basil, the onion mixture, and the spinach or kale. Simmer over medium low heat for 30 minutes.
4. Add the brown rice and parmesan cheese chunk and stir, and continue cooking for 30 minutes.
5. Stir in the zucchini slices and cook for 20-25 minutes more, until zucchini and brown rice is cooked.
6. Ladle into bowls, drizzle with a little olive oil, sprinkle with cheese and fresh basil strips, and be sure to pass bowls of extra parmesan cheese, and crushed red



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# Roasted Butternut Squash & Apple Bisque with Dubliner

Servings: 5 | Prep Time : 20 Min | Cook Time: 45 Min

## INGREDIENTS

- 2-3 tbsp olive oil, extra virgin
- 4 cups butternut, acorn, or sugar pumpkin, roasted or a combination, measured after roasting
- 2 granny smith or pippin apples, cored and roasted
- 3 large carrots, roasted
- salt and pepper
- 2 tbsp olive oil, extra virgin
- 1 large onion, diced
- 2 stalks celery, diced
- 1 medium carrot, minced
- ½ cup dry white wine
- 3 cloves garlic, minced
- 2½ cups water
- 1 rosemary sprig or 5-6 thyme sprigs tied with string
- ⅛ teaspoon nutmeg, gf
- ⅛ teaspoon cayenne powder, gf more to taste
- 1 tbsp pure maple syrup
- 1 tbsp balsamic vinegar
- ¾ cup Dubliner Cheddar or other white cheddar, grated
- 1 tbsp heavy cream
- 1-2 tbsp Califa Farms Pecan Caramel Almond Creamer, gf
- salt and pepper to taste
- ¼ cup roasted pepitas or pumpkin seeds to top bowls
- minced chives, thyme, or rosemary to top bowls

## DIRECTIONS

1. Preheat the oven to 425° F.
2. Line 1 or 2 baking sheets or stone baking pans with parchment paper.
3. Cut the acorn or butternut squash or sugar pumpkin in halves. Remove the seeds scraping them out with a spoon. Cut the carrots into 4" long pieces and halve the apples and remove the core. Set the squash face up and drizzle with olive oil. Then turn face down on the sheet. Place the carrot pieces on the sheet and apple pieces face up on the baking sheet. Drizzle with olive oil, then turn apple halves face down on the baking sheet. Add salt and pepper.
4. Roast for 15-20 minutes. Remove the apple and carrot pieces to a bowl. Continue to roast the squash or pumpkin for another 15-20 minutes or until soft. Set aside to cool.
5. Scrape the squash or pumpkin away from the skin using a scoop. Measure out 4 cups of roasted squash or pumpkin.
6. In a stockpot or large saucepan, heat 2 tablespoons of olive oil. Sauté the diced onion, carrots, and celery until they begin to soften. Add the garlic and sauté for 30 seconds.
7. Add the wine and water and continue to simmer for 5-10 minutes. Add roasted squash or pumpkin, roasted apples and carrots, rosemary or thyme, cayenne, nutmeg, and maple syrup.
8. Simmer covered loosely for 40-45 minutes. Remove from heat. Remove the sprigs of herbs and discard.
9. Use an emulsion blender to puree to a smooth soup, covering with a towel so it doesn't splatter. Add ¼ – ½ more of water as needed. Add in balsamic vinegar, stirring. Add salt and pepper to taste. Add cream, Pecan Caramel Creamer, and cheese, reserving ¼ cup of cheese for topping the bowls of soups.
10. Ladle into bowls and top with minced rosemary or thyme. Top bowls with reserved cheese, black pepper, and pepitas.



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## Buffalo Slightly Spiced Baked Chicken Wings made Gluten Free

Servings: 4 | Prep Time : 25 Min | Cook Time: 45 Min

### INGREDIENTS

- 12 chicken wings or drumettes
- 2 tbsp cassava flour, gf
- 1 ½ tbsp gluten free 1 to 1 flour
- 1 large egg
- ¼ cup almond flour, gf
- ⅓ cup gf breadcrumbs or gf cracker crumbs
- ⅓ cup cornmeal, gf
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder, gf
- vegetable oil to pan fry
- 2 tbsp butter or dairy free butter
- 1-1½ tbsp Sky Valley Sriracha Sauce, gf or other gf brand
- 2½ tbsp BBQ Sauce, gf
- 1 teaspoon apple cider vinegar
- 1 teaspoon Lea Perrins Worcestershire, gf or other gf brand
- 1 tbsp honey
- 1 pinch cayenne pepper, gf optional

#### Buffalo Sauce:

### DIRECTIONS

1. Mix the cassava flour and the gluten free 1 to 1 flour in a paper bag or a ziplock bag. Stir together in a flat bowl, the almond flour, breadcrumbs or cracker crumbs, cornmeal, salt, pepper, and garlic powder.
2. In another bowl, whisk or beat the egg with a fork.
3. Lightly salt and pepper the drumettes or wings.
4. Shake the drumettes in the flour mixture bag. Then dip in the beaten egg, followed

5. by the breadcrumb mixture. After dipping in the breadcrumb mixture, immediately set on a parchment lined sheet or plate.
5. Cover with cellophane or foil and refrigerate for 1 hour.
6. Preheat the oven to 400 degrees F.
7. Heat a skillet with 3-4 tablespoons of oil in it. When the oil is very hot, brown the drumettes in one or two batches. Press them down into the pan. Turn them carefully to brown all sides. Place on a

8. baking sheet lined with parchment.
8. Bake for 40 minutes, turning every 10-15 minutes. Toss in the sauce. Serve with ranch dressing for those that like to dip.

#### Buffalo Sauce

1. Combine the ingredients in a small saucepan. Heat over low to a simmer, stirring often. Remove from the burner and set aside.



# ➔ Entrees ➔





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## Coq Au Vin (Chicken with Wine)

Servings: 3 | Prep Time : 15 Min | Cook Time: 45 Min

### INGREDIENTS

- 1-2 slices of bacon, cut into ¾" strips, gf
- 3-4 skinless bone-in or boneless chicken thighs
- Salt and pepper
- 1 medium onion, sliced or diced
- 1 large carrot, quartered and then 1" long pieces
- 1 stalk celery, diced
- 2 cloves garlic, sliced
- 1 cup Red Blend, Pinot Noir, or Sauvignon Blanc (we used local winery Sones Cellars Hedgehog Red Blend and this was delicious)
- 1 cup chicken stock, gf
- 5-6 sprigs of fresh thyme
- 1 large sprig of fresh rosemary
- 2 medium potatoes, cut into quarters lengthwise, then 1 inch chunks
- Squeeze of ¼ lemon



### DIRECTIONS

1. Preheat the oven to 325 degrees.
2. Cook the bacon pieces until light crisp in an oven safe skillet with a lid or a Dutch Oven.
3. Remove the bacon to a small plate. Salt and pepper the chicken thighs.
4. In the bacon fat sear the chicken thighs over high heat, browning only on all sides. Remove the thighs to a plate.
5. Heat the Dutch Oven over high heat again and saute the onion slices, carrots, celery, and garlic together in the remaining bacon fat until the onions are light golden brown. Remove to a bowl and set aside. Remove the remaining bacon fat from the pan and discard.
6. While still over high heat, deglaze the brown bits on the bottom of the pan with the wine. Lower the heat and continue cooking, stirring the bits off the bottom, then adding the broth and simmering for a few minutes. Add the onion mixture back in, followed by the chicken pieces, and then add the potato pieces and bacon in. Lastly, add the thyme and rosemary in to the pan.
7. Cover and cook for 45 minutes to 1 hour or until chicken registers 175-185 degrees F with a meat thermometer. The chicken will continue cooking and come to temperature after it is removed from the oven. Remove the sprigs of thyme and rosemary. Finish with a squeeze of lemon and more salt and pepper to taste. Add fresh herbs to the top of the dish before serving.
8. Ladle hot stew into bowls and serve with gluten free bread or rolls and your wine you opened for the recipe, if you like.



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# Pork Tenderloin with Apricot Brandy Sauce

Servings: 5-6 | Prep Time : 15 Min | Cook Time: 21 Min



## INGREDIENTS

- 2 - 1 pound each pork tenderloin
- 2 teaspoons salt
- 1 tablespoon paprika, gf
- 2 teaspoons freshly ground black pepper
- 1 tablespoon brown sugar
- 1 tablespoon finely ground coffee
- 2 teaspoons garlic powder, gf
- ½ teaspoon mustard seed, gf, crushed
- 2 - 3 tablespoons avocado, vegetable oil, or other high heat oil
- Pan Sauce (recipe below)

### For Apricot Brandy Sauce:

- ½ cup dry white wine
- 1 ½ cups chicken broth, gf
- 2 tablespoons brandy, gf
- ¾ cup apricot preserves
- ¼ teaspoon garlic powder, gf
- 1 teaspoon balsamic vinegar
- Salt to taste

## DIRECTIONS

1. Preheat the oven to 400 degrees.
2. In a bowl, stir together the salt, paprika, pepper, brown sugar, coffee, garlic powder, and crushed mustard seed.
3. Cut off any white silvery tendon pieces, taking care to leave the fat pieces. Dry each tenderloin with paper towels.
4. Rub two tenderloins with the spice rub coating all over each. If making only one tenderloin, use half the amount of spice rub.
5. In a cast iron or other skillet, heat the oil. Sear each tenderloin on each side and ends over high heat, for a total of 5-6 min.
6. Using a pair of tongs move the tenderloin to

a stone or baking sheet to roast for about 16-20 minutes, until instant thermometer reads 140-149 in the thickest portion of the pork. You can reheat this perfectly if you cook to 140 -145 in the thickest part of the tenderloin. If you plan to eat right away, remove at 145-148 internal.

7. While the pork is roasting, make the pan sauce below in the skillet you used for searing the meat. Remove the meat from the oven and cover the meat loosely with foil for 10-15 minutes. The temperature will rise as it sits.
8. Slice into ¼" thick slices and move to a platter. Pour pan sauce over the slices and

pass more for people to add more if they like.

9. Serve with roasted or mashed potatoes and roasted asparagus.

### For Apricot Brandy Sauce:

1. Deglaze the skillet used for searing the pork with the wine, stirring to break the spice and meat bits off the bottom. Add the broth, brandy, apricot preserves, garlic powder, and balsamic vinegar.
2. Simmer over medium low heat and reduce sauce down until it begins to thicken, about 10-15 minutes. Add salt and pepper to taste.



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## Grandma Rose's Chicken Sauce (Pasta Sauce)

Servings: 6-7 | Prep Time : 25 Min | Cook Time: 1 Hr 30 Min

### INGREDIENTS

- 3 ½ tablespoons olive oil (or enough to cover the bottom of the saucepan)
- ½ large onion (or 1 small onion), minced fine
- ½ teaspoon salt, plus more to taste
- 3 large cloves garlic minced or crushed (Grandma only used 2 cloves, I think ;))
- 3 chicken breast halves or 4-5 chicken thighs, boneless or bone in, or 4-5 chicken legs, bone in salted and peppered.
- 1 – 28 oz can stewed plum tomatoes cut up
- 1 – 6 oz can tomato paste
- 1 teaspoon dried, crushed basil, gf
- large handful fresh basil leaves, torn
- 1 ½ cups water (or fill 2, 6 oz size can with water)
- 1 teaspoon salt

### DIRECTIONS

1. Heat 3 tablespoons olive oil in a 4 qt saucepan or dutch oven over medium low. Add the onion and ½ teaspoon salt and saute the onion until just translucent and soft. Add the minced garlic and saute for just 30 seconds on low. Remove the onion and garlic to a small bowl or small plate.
2. Add a half tablespoon of olive oil and heat the pan over high heat. Add the chicken pieces and lightly salt and pepper. Saute until each piece is brown on each side.
3. Add the stewed tomatoes, tomato paste, water, fresh basil, dried crushed basil, salt and the sauteed onion and garlic back in to the saucepan. Simmer over low heat covered with the lid cracked for 1 ½ to 2 hours.
4. For the recipe, if using chicken with bones, after the sauce simmers for 1 ½ hours, remove the chicken pieces to a large plate and remove the bones and cartilage from the chicken. The chicken will fall off the bones, and be super tender. Put the boned chicken pieces back into the sauce.
5. Serve this over your favorite gluten free pasta. Rigatoni or mostaccioli for me. Tube pasta is great for this sauce. Pass the parmesan cheese too, for me, but Paul says it doesn't need it. Serve this with Gluten Free Cheesy and Herb Sourdough Breadsticks or a gluten free Italian baquette.



## Braised Beef in Wine Over Polenta

Servings: 3-4 | Prep Time : 30 Min | Cook Time: 2 Hr 30 Min

### INGREDIENTS

- 2 ½ – 3 lbs. chuck roast, cut in 2 ½ inch cubes
- 4 tablespoons olive oil
- 1 teaspoon salt
- ¾ teaspoon cracked black pepper
- 5 cloves garlic, minced or crushed
- 1 large onion, minced
- 1 large carrot, cut into 1 inch pieces
- 2 stalks celery, cut into 1 inch pieces
- ½ cup Italian flat leaf parsley, chopped
- 3-4 sprigs of fresh thyme or 1 teaspoon of dried thyme, gf
- 2 bay leaves, gf
- 1 – 6 oz. can of tomato paste
- 2 cups of gf beef broth or gf chicken broth
- ¾ bottle of Zinfandel wine or Syrah

#### Creamy Polenta

- 4 cups water
- 1 cup polenta (coarse grain and gluten free)
- 1 teaspoon salt
- freshly grated parmesan cheese, for sprinkling



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### DIRECTIONS

1. Preheat oven to 325 degrees, with the rack placed on the lower third of oven.
2. In a Dutch oven, over medium high heat, add minced onions to 3 tablespoons of olive oil. Saute onion for 5-8 minutes or until translucent, stirring occasionally. Add garlic and cook for 1 minute more. Remove from the pan to a bowl.
3. In a saucepan, heat wine on low heat.
4. Place your meat cubes on a plate, and sprinkle the salt and pepper evenly over both sides.
5. Heat 1 tablespoon of olive oil in your Dutch oven or large skillet, over high heat. Add 4-5 pieces of meat, turning after a minute or so on each side, searing each side.
6. Remove to a plate, and repeat with additional meat pieces. Remove the next batch to the plate.
7. With stove on medium high, pour the wine in. Turn the stove down to simmer and add the

broth. Simmer for a few minutes, before adding the meat cubes back in. Next add the cooked onion and garlic back to the Dutch oven, on top of the meat, then the celery, carrot, thyme, parsley, bay leaf and tomato paste. Return to simmer. Once simmering, turn the burner off, cover and move to the oven.

8. Cook for approximately 2 ½ hours before checking the tenderness of the meat. The meat should come apart when pulled with a fork, but hold it's shape. Check every 10-15 minutes until it is done.
9. Once the meat is done, remove from oven. Take the meat pieces out gently and move to a plate. Cover and let rest.
10. Strain with a slotted spoon the large vegetable pieces and the thyme and bay leaf. Set aside. If you choose to, the carrots can be served with

the dish. On top of the stove, bring the sauce to a boil, reducing it down and thickening it a bit.

11. Serve atop polenta or mashed potatoes with a glass of wine.

#### Creamy Polenta

1. In a saucepan, bring 4 cups of water to a boil. Add the polenta gradually and the salt and lower temperature to medium low.
2. Stir constantly for the first five minutes, then continue to cook, stirring occasionally until thickened, about 20 minutes more. Lower heat on stove as needed to keep polenta at a simmer.
3. Remove from heat. Stir in butter. Top with freshly grated parmesan cheese.



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## Pecorino Cheese and Crimini Mushroom Risotto

Servings: 4-6 | Prep Time : 10 Min | Cook Time: 30 Min

### INGREDIENTS

- 2 ½ Tablespoons olive oil extra virgin
- 1 medium onion minced
- 4 cloves garlic sliced
- 1 ¼ cups Lundberg Family Farms White Arborio Rice, gf
- 5 oz. Crimini mushrooms washed, dried, and sliced 1/8" thick
- 1 ½ tablespoons butter
- 1 cup white wine
- 1 tablespoon limoncello or a squeeze of fresh lemon
- 4 cups chicken broth homemade or store bought, gf
- ¾ cup water
- ½ - ¾ teaspoon white truffle oil (¾ teaspoon if more flavor desired)
- ½ teaspoon dried parsley or 1 tablespoons of chopped Italian flat leaf parsley
- ½ teaspoon dried oregano, gf
- 8 - 10 basil leaves chopped
- 1/3 cup plus 2 tablespoons for serving Pecorino (sheep) cheese freshly grated, (2 tablespoons for serving)

### DIRECTIONS

1. Heat the olive oil in a 12" or large cast iron skillet over medium high heat. Add the onion in the skillet, stirring to coat with the olive oil and sprinkling with the salt. Cook until translucent, and cooked almost through, then add the garlic slices. Continue to cook another minute. Remove to a plate and set aside.
2. Heat the butter over medium high (or high) heat. Sauté the mushrooms until they are browned, turning in the skillet to brown both sides.
3. Turn the heat down under the skillet and remove the mushrooms to a small bowl and cover.
4. Turn the skillet heat back up to medium low,

and add the rice and coat in the remaining butter in the skillet. Add the wine and simmer over medium low heat until it is absorbed. Stir in the limoncello.

5. Add 1 cup of the broth a time, simmering and stirring continually after each addition until the liquid is mostly absorbed. Continue with remaining broth and water additions.
6. When the cook time is at about 20 minutes, (near the end of the cook time), add the herbs, and drizzle in the white truffle oil. Add the water when the broth has all been added, adding an additional few tablespoons as

needed for a very creamy texture. Continue to cook until just barely al dente and very creamy, about 22 - 30 minutes.

7. Remove from the pan from the heat. Stir in the parsley, oregano, pecorino cheese and three quarters of the mushrooms.
8. Spoon the risotto into a serving bowl or into individual serving bowls, top with the reserved mushrooms, a sprinkle of Pecorino cheese and a few basil leaves.



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## Corinne's Favorite Roasted Chicken and Crispy Potatoes

Servings: 4-5 | Prep Time : 20 Min | Cook Time: 1 Hr 20 Min

### INGREDIENTS

- 1, 4-4 ½ lb. whole chicken
- 1½ teaspoons salt
- ½ teaspoon fresh ground black pepper
- ½ teaspoon garlic powder, gf
- ¾ teaspoon dried oregano, gf
- 3 large sprigs of fresh rosemary
- ¼-½ lemon
- 2 large russet potatoes, cut in half lengthwise, then each half in 4 or 5 pieces
- 2-3 carrots, cut into 3" pieces, washed and cut into 2" pieces
- 1 medium white or red onion, cut into quarters
- Sprinkle of salt and pepper over the carrots and potatoes

### EQUIPMENT

- 1 stone bar pan 14 ¾ x 10 ½" or other equivalent sized ceramic baking dish or baking sheet

### DIRECTIONS

1. Preheat oven to 400° F.
2. Get your Pampered Chef Stone Bar Pan out. You can also use a 14 or 15" large cast iron or a large casserole dish.
3. Rinse the chicken with cool water and pat dry on the inside and outside, with several paper towels. Lay breast side up in the center of your stone bar pan or other baking dish.
4. Sprinkle salt, pepper, garlic powder and dried oregano on to the chicken to coat, reserving some of each for the inside of the chicken.
5. Squeeze lemon quarter on chicken, and put the lemon when done into the cavity opening.
6. Break the rosemary and put one piece into the cavity and the other pieces on the pan.
7. Lay your potato pieces in the pan, being

8. sure to lay each in a single layer so they get a nice crisp bottom. Then add the onion and carrot pieces in (some can sit on top of your potatoes).
8. Drizzle olive oil over the top of the chicken, then drizzle the rest over the potato chunks, carrots and onion chunks, and sprinkle additional salt and pepper over the vegetables.
9. Place the chicken pan on the center rack of your preheated oven and bake for 1 hour 20 minutes - 1 hour 45 minutes. If your chicken is over 4 ½ pounds it may need to cook another 15-20 minutes. \*\*See note below.
10. Chicken is done when a rich golden brown and the leg pulls away easily, and clear liquid only comes from the leg joint when

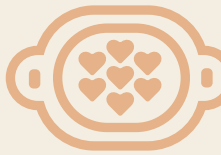
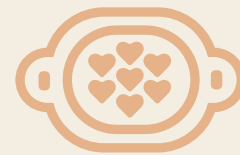
pierced with a knife. Check the temperature by inserting a thermometer into the thick part of the thigh. Reading should be 175-185° in the thigh joint or thickest part of thigh and 165° in the center of the breast.

11. Remove from oven. Let stand for 10 minutes before carving.
12. Remove pieces to a large platter to serve, place the potatoes and vegetables around the platter. Add a few more fresh herbs to decorate and it's ready to serve! Or you may want to present in on the table first, then carve it.

\*\*Note: If the potatoes are not browning well, remove some of the liquid from the pan using a spoon or baster. Discard or save to make a gravy.



# ➤ Side Dishes ➤





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## Paul's Favorite Sweet Gluten Free Cornbread



Servings: 6 Slices | Prep Time : 15 Min | Cook Time: 20 Min

### INGREDIENTS

- 1 cup Safeway Organics Gluten Free Corn Meal
- ½ cup Maseca Gluten Free Instant Corn Masa Flour
- 2 tablespoons of tapioca flour, gf
- 2 tablespoons of potato starch, gf
- ½ cup organic cane sugar
- 3 ½ teaspoons of baking powder, gf
- ⅝ teaspoon baking soda, gf
- ½ teaspoon guar gum or xanthan gum
- ¼ teaspoon salt
- 1 cup minus 1 teaspoon of whole milk
- 1 teaspoon of apple cider vinegar
- 1 large egg
- 1 large egg yolk
- 1 tablespoon maple syrup or honey
- ½ cup vegetable oil, canola oil, or avocado oil
- 1 teaspoon vanilla, gf

### DIRECTIONS

1. Grease an 8" round or 8" square glass baking dish or for corn muffins prepare a muffin pan with paper liners or grease the cups of the muffin tin. Preheat the oven to 400 degrees F.
2. Stir together the corn meal, masa corn flour, sugar, tapioca starch, potato starch, baking powder, baking soda, guar gum, and salt in a large bowl.
3. In a medium bowl, whisk to combine the milk, vinegar, egg and egg yolk, maple syrup, oil, and vanilla.
4. Pour the liquid mixture into the dry ingredients and stir with a rubber spatula or wooden spoon until well combined. Let sit for 5 minutes until bubbly.
5. Pour into the prepared glass pan and smooth the top or into the prepared muffin
6. Remove from the oven and serve piping hot with whipped honey butter or butter.

tray for corn muffins. Bake for 15-20 minutes for corn muffins or 20-25 minutes for a round pan, until golden brown and a toothpick comes out clean when inserted into the center of the muffin or round.



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# White Cheddar Cheesy Gratin Potatoes

Servings: 5-6 | Prep Time : 25 Min | Cook Time: 1 Hr 25 Min

## INGREDIENTS

- 4-5 russet potatoes, skins on, sliced with a mandolin or by hand, 1/8" thick
- 1 ½ tablespoons olive oil
- ½ cup minced onion (half of a small onion)
- ¾ teaspoon salt
- 1 ½ tablespoons butter
- 1 ½ tablespoons 1 to 1 gluten free flour blend of your choice
- 1 ½ cup whole milk
- ½ cup heavy cream
- ¼ teaspoon paprika gluten-free, gf
- ⅛ teaspoon fresh ground pepper
- Pinch of nutmeg, gf
- 2 ½ oz. Dubliner white cheddar grated (approximately ⅝ cup grated)
- 3 oz. Tillamook Extra Sharp White Cheddar grated (or substitute another cheddar) (approximately ¾ cup grated)
- 2 ½ oz. Fontina cheese or Gruyere cheese semi soft cheese (or gouda or other semi soft aged cheese) cut into small pieces (approximately ⅝ cup pressed in)

## DIRECTIONS

1. Grease a 9" square baking dish. Preheat oven to 375 degrees.
2. Reserve 1 ½ – 2 ounces of cheese for topping the casserole.
3. In a medium saucepan, heat the olive oil. Add the onion and salt and sauté on medium low heat until it is soft and lightly golden. Remove the onion to a small plate.
4. To make the roux, add the butter to the saucepan and melt over medium low or low heat. Add the flour and stir constantly with a wooden spoon or rubber spatula for 2-4 minutes, to make a smooth paste. Stir in the milk, cream, sauteed onion, paprika and pepper. Continue cooking over low or medium low heat until it begins to thicken. Remove from the heat.
5. Stir in the cheese until smooth, being sure to reserve the amount for topping the dish. Spoon a thin layer of cheese sauce on the bottom of the dish. Layer the potatoes and sauce in the dish, making 4-5 thin layers of potatoes, and topping each with a layer of cheese sauce. Pour the remaining sauce on top after all potatoes have been covered. Sprinkle with half the remaining cheese. And add a dash of nutmeg to the top.
7. Cover with foil and bake at 375° F for 1 hour. Turn oven up to 400° F. Remove from oven, uncover, and sprinkle with the rest of the cheese and bake for 25 minutes more, until browned. If you prefer the cheese more brown, put under the broiler for 3-5 minutes, watching as to not burn. Add fresh ground pepper to the top and serve.



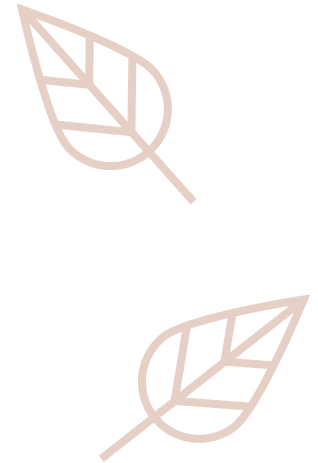
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## Charred Green Beans

Servings: 6 | Prep Time : 13 Min | Cook Time: 8 Min

### INGREDIENTS

- 1 pound of green beans
- 1- 2 tablespoons olive oil or avocado oil
- 1-3 cloves garlic, sliced or minced\*\*
- 8 oz. Mini Heirloom, Cherry, or Mini Plum Tomatoes, optional
- Salt and pepper to taste



### DIRECTIONS

1. Prepare the green beans by washing and snapping or trimming off the cut end only. Bring 1 ½ cups of water to boil in a saucepan and add ½ teaspoon of salt. Prepare a bowl of water with a few ice cubes and set aside.
2. Add the beans to the saucepan when the water is boiling and cook for 3-5 minutes until slightly tender but still crisp. Test one before removing. Drain the beans quickly and add to the prepared cold water. Let sit until cool.
3. Drain the water off the beans. Heat a skillet or cast iron with the olive oil or medium high or high heat. Add the green beans once the oil is very hot. Saute or char the beans for 4-5 minutes, stirring often, until charred but still crisp. Add additional salt and pepper to taste. Lower the heat to medium, and add the garlic slices and stir to coat in oil. Continue stirring and cooking until the garlic is beginning to turn golden brown, another minute or so.
4. \*\*For a variation, you can add a cup of rinsed and dried mini heirloom, cherry, or mini plum tomatoes into the skillet and saute for 8-10 minutes over medium heat before adding the green beans. It's delicious with tomatoes, green beans, and garlic. The sugar in the tomatoes will caramelize making a perfect contrast to the beans.
5. For another variation, omit the garlic and add sliced raw almonds near the end of cooking. If using toasted almonds only add for the last 30 seconds of cooking time.
6. \*\* For a no boil version: Add the green beans to a large microwave safe bowl. Add an ¼ cup of water and cover with a lid or plate. Microwave on high for 1 minute 40 seconds. Stir and microwave for an additional 20-30 seconds as needed. Beans will be slightly tender and still crisp. Drain water and add the beans to a cold water bath to keep your color bright. Proceed to the step of charring the beans in oil in a hot skillet.



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## Puffy Yeast Breadsticks

Servings: 3-4 | Prep Time : 30 Min | Cook Time: 20 Min | Rest/Rise Time: 1 Hr 5 Min

### INGREDIENTS

- 120 grams, (1 cup) Ryze Gluten Free Multi-Purpose Flour Mix or 60 gr white rice flour and 60 gr brown rice flour, gf
- 120 grams (1 cup) Bob's Red Mill Finely Ground Tapioca Flour, gf
- 120 grams (1 cup) Bob's Gluten Free 1 to 1 Baking Flour or other gluten free blend with xanthan gum
- 68 grams (½ cup) finely ground corn meal, gf
- 8 grams (2 ¼ tsp or 1 packet) Fleishman's Active Dry Yeast, or other gluten free brand
- 14 grams salt (2 ½ tsp)
- 220 grams of warm water (1 cup minus 1 tbsp)
- 2 tbsp milk or dairy free milk, gf
- 1 large egg
- 20 ounces (1 ½ tbsp) extra virgin olive oil
- 1 tbsp honey
- ¼ - ⅓ cup gluten free flour
- 2 tbsp butter
- 2 tbsp extra virgin olive oil
- ¾ - 1 cup grated sharp cheddar cheese
- Dried oregano, gf
- Dried basil, gf
- 1-2 cloves crushed garlic, or dried garlic for sprinkling, gf
- 2-3 tbsp of grated pecorino or parmesan cheese
- Cinnamon sugar if desired for a sweet variation

### DIRECTIONS

1. In the bowl of a stand mixer with dough hook attachment add the Ryze flour, the 1 to 1 gluten free flour, tapioca flour, finely ground corn meal, yeast, and salt. Mix until well combined.
2. Add the warm water, milk, honey, and oil and mix for 30 seconds. Add in the egg and mix on medium for 2 - 2 ½ minutes.
3. Add in just enough gluten free flour, in ¼ cup increments, to make a mildly firm, but still pliable dough. Cover the bowl and let the dough rest for 20 minutes.
4. Flour a board or mat with gluten free flour. Knead the dough gently for 3 to 4 minutes. Add more flour to the board to keep from sticking. Flour the board before forming the dough into a rectangle, about 9" x 6.5".
5. Melt the butter and olive oil in a saucepan over low heat or in the microwave for 20 seconds. Pour into a flat bowl and let cool a few minutes.
6. Cut the rectangle vertically into 1 ⅛ inch strips, 8 pieces.
7. Set out a baking sheet or stone pan with an edge. Place close to your working area.
8. Carefully dip each strip of dough into the butter mixture to coat. Lay each butter coated breadstick on the pan, twisting as you set it down.
9. Continue to dip each strip in the butter mixture and set each on the pan, leaving a minimum of 1 ½ inches between each. Use an additional baking sheet if needed.
10. Top with grated cheddar cheese pressed onto the tops. For the herb version, use crushed garlic brushed on top, or garlic powder sprinkled on top. Add dried basil and oregano. Then top with parmesan cheese. Press into the dough.
11. Cover with a towel and let rise on the pan in a warm place for 30-45 minutes. Preheat the oven to 425° F.
12. Bake in the lower third of the oven for 18 -20 minutes until puffy. Rotate pans midway to bake evenly. If needed, heat the oven to 450° F and move the baking sheet to just above the center rack and bake for 2-5 minutes more until golden brown and cheese is crisped.





# ➔ Desserts ➔





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# Gluten Free and Dairy Free Gingerbread Mini Cakes

Servings: 5-6 | Prep Time : 10 Min | Cook Time: 20 Min | Glaze: 20 Min



## INGREDIENTS

- ⅔ cup white rice flour, gf
- ⅝ cup brown rice flour, gf
- ¼ cup tapioca starch, gf
- ½ cup finely ground almond flour, gf
- ½ teaspoon xanthan gum
- 1¼ teaspoons baking soda, gf
- 2 teaspoons ground ginger, gf
- 1½ teaspoons ground cinnamon, gf
- ½ teaspoon ground cloves, gf
- ½ teaspoon ground allspice, gf
- a sprinkle of nutmeg, gf
- ¼ teaspoon salt
- ½ cup organic cane sugar
- ½ cup molasses, gf or ¼ cup molasses, gf,

- plus ¼ cup pure maple syrup or honey
- ½ cup oil (vegetable, canola or light olive)
- 1 large egg
- ½ cup boiling water
- 1 teaspoon pure vanilla, gf

## Candied Lemon Slices (optional) and Lemon Glaze

- 1 lemon, cut into thin slices
- ¼ cup powdered sugar
- ⅛ cup water
- ½ cup powdered sugar
- ⅛ cup water
- ¼ teaspoon lemon zest
- ½ - 1 tablespoon almond milk, gf

## DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Prepare the mini Bundt cake pans, 8" cake pan, or cupcake pans by oiling the cake pans or the cups of the cupcake pan with a spray oil or a little vegetable oil on a paper towel. Dust lightly with brown rice flour.
3. In a large bowl, sift the white rice flour, brown rice flour, and tapioca together with the baking soda and the xanthan. Add the almond flour and combine. Add the ginger, cinnamon, cloves, allspice, nutmeg, and salt. Stir the sugar, molasses, maple syrup or honey, oil, egg and stir together with a rubber spatula. Pour in the boiling water and

vanilla and continue to stir until smooth. You can also choose to mix the batter in a stand mixer.

5. Fill the mini cake pans or cupcake pans two thirds full.
6. Bake in a 350 degree oven for 20-25 minutes for mini cakes, 15-16 for cupcakes, or 25-30 for 8".
7. Cool for 10 minutes before removing to a wire rack to finish cooling.
8. Make the Candied Lemon Slices and set to dry slightly. Then proceed to make the Lemon Glaze.
9. Drizzle the Lemon Glaze over the cooled cakes.

Add the Candied Lemon Slices and serve.

## Candied Lemon Slices (optional) and Lemon Glaze

1. In a small saucepan, stir water and powdered sugar together. Heat to boiling. Add lemon slices and cook for 1 minute. Remove the lemon slices to a wire rack or parchment paper to dry. Reserve syrup for lemon glaze.
2. To the syrup from the candied lemon slices, add ½ cup powdered sugar and ⅛ cup water. Bring back to a boil and boil for 2-3 minutes. Add ¼ teaspoon lemon zest and ½ tablespoon almond milk.



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## Chocolate Caramel Pots de Crème (Gluten Free)

Servings: 6–7 | Prep Time : 10 Min | Cook Time: 10 Min | Caramel Sauce: 10 Min

### INGREDIENTS

- 1 cup heavy cream
- $\frac{3}{4}$  cup whole milk
- 3 large egg yolks
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  cup sugar
- $\frac{1}{8}$  cup brown sugar
- $\frac{1}{8}$  cup honey
- 6 ounces of 70-72% gf dark chocolate, broken into pieces or 70-72% gf dark chocolate chips
- 1 tablespoon of rum, gf
- $\frac{1}{2}$  teaspoon vanilla, gf

#### Caramel Sauce

- 1 cup sugar
- $\frac{1}{8}$  cup light or dark corn syrup
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon of rum, gf
- $\frac{3}{4}$  cup heavy cream
- 3 tablespoons of butter, cut up
- $\frac{1}{4}$  cup heavy cream, heated
- $\frac{1}{2}$  teaspoon of vanilla, gf

### DIRECTIONS

1. Whisk together in a medium saucepan the cream, whole milk, egg yolks, salt, sugar, brown sugar and honey. Cook over low to medium heat, stirring continuously. The mixture should be thick enough to coat the back of a spoon. Remove from the burner.
2. Add the chocolate chips and stir until the chips have melted and the mixture is very smooth. Add in the rum and the vanilla and stir completely. Pass the chocolate cream through a sieve into a bowl.
3. Spoon or pour into small glassware or ramekins and cover with cellophane and

4. refrigerate for 4 hours.
4. When ready to serve, heat the caramel sauce and pour a layer over the chocolate if desired. Add a dollop of sweetened whipped cream and a drizzle of warm caramel sauce over the whipped cream.

#### Caramel Sauce

1. In a small saucepan stir the sugar, corn syrup, salt, rum, and  $\frac{3}{4}$  cup of the heavy cream. Cook over medium low heat, shaking the pan slightly to stir occasionally until a candy thermometer reaches 234 degrees F. It should just be beginning to turn a light amber

2. color. Remove from heat.
2. Add the butter pieces and stir completely. Add the remaining  $\frac{1}{4}$  cup of heated heavy cream, and vanilla and stir completely. If any chunks form when cream is added, return to the stove over low heat and stir for a few minutes until the sauce is smooth again.
3. Pour into a glass ball jar and cool, or use after cooling for 20 minutes. If cooled, heat the jar in a pan of hot water. Refrigerate the unused portion of sauce for up to 2 weeks.



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## Apple Spice Cake with Crumb Topping

Servings: 9 | Prep Time : 25 Min | Cook Time: 40 Min

### INGREDIENTS

#### Cake Batter:

- 1 cup (120 grams) millet or brown rice flour, gf
- ¼ cup (37 grams) Bob's Gluten Free 1 to 1 Baking Flour
- ½ cup (54 grams) almond meal or almond flour, fine, gf
- ½ cup (54 grams) tapioca starch, gf
- 2 ½ teaspoons baking powder, gf
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 ½ teaspoons cinnamon, gf
- 1 ¼ teaspoons nutmeg, gf
- 1 teaspoon pumpkin pie spice, gf
- ½ cup honey

- ½ cup brown sugar, packed
- ¼ cup organic cane sugar
- 1 cup vegetable oil or canola oil
- 3 large eggs
- 2 teaspoons vanilla, gf
- 1 ¾ cups peeled, chopped Granny Smith or other tart apple

#### Crumb Topping:

- ¼ cup brown sugar, packed
- ¼ cup pecans, chopped
- ¼ cup almond flour, gf
- ½ teaspoon cinnamon, gf
- 1½ tablespoons butter, cut in small pieces

### DIRECTIONS

1. Preheat oven to 350 degrees. Grease a 8" square pan and set aside.
2. Combine millet flour (or brown rice flour), Bob's Gluten Free 1 to 1 Flour, tapioca starch, baking powder, baking soda, salt, cinnamon, nutmeg, and pumpkin pie spice in a medium size bowl.
3. In another bowl or stand mixer bowl, add the honey, brown sugar, cane sugar, and oil. Combine on low speed for 30 seconds. Add the eggs and vanilla and mix on

4. medium for three minutes more. Add the dry ingredients into the stand mixer bowl. Mix on medium until well combined.
4. Add the chopped apples and stir either by hand or in the mixer, with the setting on low speed for 20 seconds, or just until combined. Scrape the batter into the greased pan.
5. To make the topping, in a small bowl, stir together the almond flour, brown sugar, chopped pecans, and ½ teaspoon of

6. cinnamon.
6. Sprinkle the topping gently on the top of the cake batter, topping evenly and then adding the butter pieces spread evenly across the cake top.
7. Bake at 350° F for 40-45 minutes. Check at 38 or 40 minutes with a toothpick poked into the center. Continue baking until toothpick comes out clean.
8. Slice a piece for you and a loved one to enjoy while warm!



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## Gluten Free Soft Honey Ginger Cookies

Servings: 18 Large Cookies | Prep Time : 15 Min | Cook Time: 10 Min

### INGREDIENTS

- 1 ½ cups organic cane sugar
- 7 Tablespoons salted butter
- 3 Tablespoons honey or molasses, gf
- 2 eggs
- ½ cup almond flour, gf
- 1 ½ cups plus 1 Tablespoon Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking soda, gf
- 3 ½ teaspoons cinnamon, gf (use 2 ½ for less spice)
- 3 ½ teaspoons ground ginger, gf (use 2 ½ for less spice)
- ¼ cup organic cane sugar for coating cookie balls before baking



### DIRECTIONS

1. In a large bowl with a hand mixer or in a stand mixer bowl, cream the butter and sugar.
2. Add the honey and eggs, and mix together on low or medium low.
3. Mix in the almond flour, Bob's Gluten free 1 to 1 Baking Flour, baking soda, cinnamon, and ginger.
4. Cover the bowl with cellophane and refrigerate for 1 ½ – 2 hours.
5. When ready to bake, line a baking sheet or baking stone with parchment. Preheat the oven to 350° F.
6. Set a shallow small bowl with sugar for coating the cookie balls and another shallow bowl of few tablespoons of water. Spoon out a heaping tablespoon of dough and roll into a ball, roll in the sugar to coat on all sides and place on the baking tray. Continue for other dough balls, being sure to leave 3 inches in between. Dip a flat bottomed glass in the water, then in the
7. Bake for 10 – 14 minutes, until golden browned. Let cool for 2 minutes before removing to a wire rack to finish cooling. You can make these crunchier by cookie on the longer side and leaving on your tray to cool for 4 minutes, before moving to a rack to finish cooling.



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## Maple Pumpkin Crème Brûlée

Servings: 5 Ramekins | Prep Time : 20 Min | Cook Time: 35 Min

### INGREDIENTS

- 6 tbsp pure maple syrup
- ¼ cup packed light brown sugar
- 2 cups heavy cream
- 4 egg yolks
- ¼ cup pumpkin puree, canned, gf
- 1 ¼ teaspoons pumpkin pie spice, gf
- ½ teaspoon cinnamon, gf
- ¼ teaspoon salt
- ½ teaspoon pure vanilla, gf
- 1 tbsp of brandy
- 6-7 teaspoons of fine granulated sugar, for top

### DIRECTIONS

1. Preheat the oven to 300 degrees. Set water in tea kettle to boil on stove. Prepare your 9 x 13 inch pan by first laying a small tea towel on the bottom. This will keep the dishes from sliding. Set the ramekin or crème brûlée dishes inside, so they are not touching each other.
2. Whisk the egg yolks in a small bowl. Add the pumpkin puree, pumpkin pie spice, cinnamon and salt. Set aside.
3. In a medium saucepan, over low heat, stir the maple syrup with the brown sugar until the sugar is dissolved. Add the heavy cream and stir, then increase the stove top temperature to medium high. Let the cream heat until just starting to bubble on the sides of the pan, but do not boil. Turn the heat off.

4. Add in vanilla and brandy. Pour or ladle cream mixture about  $\frac{3}{4}$  full, into the dishes set in your baking tray. Pour boiling water from the kettle around the ramekins, filling the tray or roasting pan until the water is halfway up the crème brûlée dish or ramekin dish. Place gently in the center of the oven, so as not to spill the water into the dishes.
5. Bake for 30-40 minutes or until just set (should have a tiny jiggle when the dish is moved). Ramekins will take longer than flatter crème brûlée dishes. When done, remove the

baking pan from the oven, then the dishes from the tray to a cooling rack.

6. Cool on rack until just cool to touch. Cover with cellophane, or place in a large plastic container covered, for 2-3 hours minimum and up to 2 days.
7. Remove from the refrigerator a few minutes before serving. Sprinkle each evenly with granulated sugar (about one teaspoon for each) and with a kitchen torch, brown the sugar holding the torch about 1 – 2 inches from the top of custard. Torch until evenly browned and caramelized. Turn off torch as soon as caramelization is complete to not burn it or heat the custard. You want it to remain cold. Serve immediately.