



Recipe Reminiscences from the 2008 Summit

The following recipes were served at the GF Culinary Gala with the Summit Chefs during The Third Annual Gluten-Free Culinary Summit held in Providence, Rhode Island at The Providence Biltmore (September 19 – 21, 2008).

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Farinata / Panisse

Recipe by Chef Walter Potenza (Providence, RI)

Serves 6

Prep Time: 30 minutes

1 pound chickpea flour
Extra virgin olive oil
Freshly squeezed lemon juice
Salt and freshly ground black pepper

The recipe draws a "certain degree of nobility" from a thin stream of oil, a few drops of lemon juice, and freshly ground pepper. In other words, it's frugal, true peasant food.

Heat one and a half quarts of water. When it reaches a boil remove it from the fire and sift in the flour, stirring constantly to keep lumps from forming. The resulting porridge should be smooth and not overly thick. Return the pot to the fire and cook the *Panissa* for about an hour stirring constantly; should it dry out too much while it's cooking stir in more boiling water. Once it's done, divvy it out into bowls, and serve it with salt, pepper, and cruetts of olive oil and lemon juice, which your diners will use to season their *Panissa* to taste.

Italian Sausage and Porcini Zuppa with Roasted Polenta

Recipe by Chef Lee Tobin of Whole Foods Market Gluten-Free Bakehouse

Soup

1 onion, diced
3 ribs celery, diced
1 bulb fennel, diced
1 bunch red chard, stems diced, leaves chopped and set aside
6 cloves garlic, minced
One-half oz dried porcini mushrooms, diced and soaked in
1 C warm water
1 C dry red wine
1 (28 oz) can diced tomatoes with juice
2 qt mushroom broth
12 oz Italian sausage, diced (Make sure this sausage is gluten-free)
3 T olive oil
1 t salt
One-half t black pepper
1 pinch crushed red pepper
3 T fresh oregano, chopped and set aside

Polenta

1 (18 oz) package polenta
3 T olive oil

Method

In a medium sized pan and over medium heat, sauté the vegetables and sausage with the olive oil until vegetables are translucent, approximately 10 minutes. Add the red wine and reduce for approximately 10 more minutes. Add the porcinis and their soaking water, the mushroom broth, the canned tomatoes with juice.

Add the salt, black pepper, and crushed red pepper. Simmer over low heat for approximately 20 minutes, to develop the flavor.

While the soup is simmering, cube the polenta and coat gently in olive oil. Spread the cubes evenly on a parchment-lined sheet pan. Roast at 350 for approximately 20 minutes, or until golden brown.

Immediately before serving, stir in the chard leaves, fresh oregano and the roasted polenta. Serve with a sprinkle of fresh grated parmaggiano-reggiano.

Roasted Artichoke Dip with Bread Crumb Topping

Recipe by Cookbook Author Carol Fenster

½ cup fresh lemon juice, divided
2/3 cup extra-virgin olive oil, divided
2 large garlic cloves, minced

½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 package (14 ounces) frozen artichokes, thawed
2 teaspoons dried thyme leaves
2 teaspoons dried basil leaves
2 tablespoons grated Parmesan cheese
Additional salt and pepper to taste
1/3 to ½ cup gluten-free plain bread crumbs
Serve with fresh zucchini and red bell pepper slices.

1. Place a rack in the middle of the oven. Preheat the oven to 350°F. In a large, heavy ovenproof skillet (or ovenproof serving dish), combine 6 tablespoons of the lemon juice, 2 tablespoons of the olive oil, garlic, salt, and pepper. Add artichokes and toss to coat with lemon juice mixture. Bring mixture to boil, remove from heat, and place skillet, uncovered, in preheated oven.
2. Bake 30 to 45 minutes or until artichokes are tender and lightly browned. Remove from oven and cool for 10 minutes.
3. Place browned artichokes in a food processor and add remaining 2 tablespoons of lemon juice, the remaining oil, and thyme, basil, and Parmesan cheese. Process until thoroughly blended. Taste and add additional salt and pepper, if desired.
4. Return mixture to skillet or serving dish, smooth with spatula, and sprinkle evenly with bread crumbs. Return to oven and bake just until bread crumbs start to brown. (You may use the broiler, but watch carefully so the bread crumbs don't burn.)
Serve slightly warm with gluten-free crackers, chips, or fresh vegetables as dippers.

Makes 8 servings, about ¼ cup each.

Chianti Braised Short Ribs

Recipe by Chef Robert Landolphi (University of Connecticut)

Makes 6 to 8 servings

1/4 cup diced pancetta
4 pounds bone-in short ribs
1 1/2 cups finely chopped onions
1/4 cup finely chopped celery
1/4 cup finely chopped peeled carrots
4 garlic cloves, minced
2 cups Italian Red Wine (Chianti)
3 cups Gluten Free (low salt) chicken broth
1 32-oz can crushed tomatoes
2 tablespoons chopped fresh parsley
2 teaspoon finely chopped fresh rosemary
Salt and Freshly ground black pepper to taste

Heat large pot over medium heat. Add pancetta and sauté until crisp. Using slotted spoon, transfer pancetta to paper towels to drain. Sprinkle ribs with pepper. Working

in batches, brown ribs in drippings in pot over medium-high heat until brown on all sides, about 8 minutes per batch. Transfer to plate.

Add onions, celery, carrots and garlic. Cover, reduce heat to medium, and cook until vegetables are soft, stirring occasionally, about 10 minutes. Add wine to deglaze pan and. boil uncovered until liquid is reduced by half, scraping up browned bits, about 5 minutes. Add broth, tomatoes, parsley, pancetta and rosemary. Return ribs to pot, cover and simmer on low heat until meat is tender 2 ½ - 3 hours.

Transfer ribs to plate; Spoon fat from surface of sauce. Boil sauce until it reduces by half and begins to thicken, about 10 minutes. Season to taste with salt and pepper. Return ribs to pot and simmer to rewarm, about 5 minutes. Serve on top of Creamy Parmesan Polenta.

Creamy Parmesan Polenta

3 ½ cups canned (low salt) GF chicken broth
2 ½ cups whole milk
1 teaspoon salt
½ teaspoon black pepper
1 ½ cups Gluten Free yellow cornmeal
¾ cup grated parmesan cheese (about 3 ounces)

In large sauce pan over high heat, whisk together broth, milk, salt and pepper. Gradually whisk in cornmeal, and then decrease heat to medium. Cook until mixture is thick and creamy, frequently whisking about 10-12 minutes. Remove from heat and whisk in parmesan cheese.

Braised Chicken with Sicilian Olives and Tiny Potatoes

Recipe by Cookbook Author Jacqueline Mallorca

You can use any variety of large, brine-cured green olive here (not the flavor-free canned variety!), but if the only green olives you can find are small and rather sharp-tasting, like the cocktail variety stuffed with pimiento, blanch them in boiling water for 30 seconds before cutting into quarters.

Serves 4

1 pound chicken thighs, skinless and boneless, halved lengthways
2 tablespoons white rice flour
2 tablespoons extra virgin olive oil, plus extra for potatoes
Fine sea salt and freshly ground black pepper
1/2 cup dry white wine
2 garlic cloves, chopped
1 teaspoon minced rosemary leaves
1/2 cup gluten-free chicken broth, plus extra if needed
1/2 cup large green olives, pitted and roughly chopped, Sicilian if possible
2 tablespoons sun-dried tomatoes in oil, chopped
8 to 12 tiny potatoes, such as Yukon Gold or Dutch Yellow, unpeeled
2 tablespoons chopped flat-leaf parsley

Dust the chicken thighs with rice flour, shaking off any excess. Heat the olive oil in a large sauté pan over medium-low heat until it shimmers. Brown the chicken pieces

on both sides, about 7 minutes, in two batches if necessary. Transfer to a plate and season with salt and pepper.

Add the wine to the pan, scraping with a wooden spoon to bring up all the browned bits from the bottom of the pan, and bring to a boil. Return the chicken and accumulated juices to the pan, and add the garlic and rosemary. Add the chicken broth, and bring to a boil. Reduce the heat to low, partially cover, and simmer for 15 minutes. Turn the chicken pieces, add the olives and sun-dried tomatoes, and a little more chicken broth if necessary to prevent drying out. (There should be approximately 1 cup of sauce at the end of cooking time.) Continue cooking, stirring occasionally, until the chicken is tender and no longer pink inside, about 10 minutes more. Taste for seasoning. Sprinkle with the parsley.

Meanwhile, cook the potatoes in boiling, salted water to cover until tender, 15 to 20 minutes. Drain, toss with a little olive oil and season with salt, and serve with the chicken.

Seared Mushroom, Pea, and Carrot Risotto Cake with Spicy Tomato Relish and Creamy Goat Cheese

Recipe by Chef Joel Schaefer of Walt Disney World® Resort (Orlando)

Risotto Cakes

1 tablespoon margarine or olive oil
½ cup peas, frozen or fresh
1 cup julienne button mushrooms
2 teaspoons chopped fresh thyme

5 cups vegetable stock

3 tablespoons olive oil
1/3 cup finely minced onions
½ cup small diced carrots
1 ½ cups Arborio rice
½ cup dry white wine
1/3 cup grated aged Parmesan cheese

Spicy Tomato Relish

2 cups seeded and diced ripe tomatoes
1/8 cup minced red onions
1 tablespoon extra virgin olive oil
1/16 teaspoon cayenne pepper
2 teaspoons sea salt
1 ½ tablespoons chopped fresh basil

Garnish

4 ounce package of soft goat cheese
4 tablespoons basil oil (can be purchased at specialty food store)

Method of Preparation

1. Heat the margarine or olive oil in a small skillet over medium heat. Add the peas and mushrooms and cook for 2-3 minutes. Add the thyme and cook for 30 seconds, stirring often. Turn off heat and set aside.
2. Bring the stock to a simmer in a saucepan, turn off and cover until needed.
3. Heat the 3 tablespoons of olive oil in a heavy 4-quart sauce pan over medium heat. Add the onions and carrots, sauté for 1-2 minutes, until they are soft. Do not brown onions.
4. Add the rice and cook for 1 minute, stirring to coat all of the grains evenly with oil. Add the wine and cook, stirring until all of the liquid is completely absorbed.
5. Begin to add the hot stock, ½ cup at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next ½ cup, reserving about ¼ cup to add at the end. Stir frequently to prevent sticking.
6. After approximately 18 minutes, when the rice is tender but still firm, add the remaining stock, mushroom and pea mixture, and Parmesan cheese and stir until completely combined.
7. Lightly coat a 9" x 13" inch pan with cooking oil and spread the rice out evenly in the pan. Place in the refrigerator until cold.
8. While the rice is cooling, prepare the tomato relish as directed and place in the refrigerator until needed.

Presentation or Assembly

1. Cut the rice into 8 even pieces.
2. Heat a nonstick cooking pan over medium heat.
3. Add 1 teaspoon of canola oil and evenly brown each piece on both sides for 1-2 minutes.
4. Place rice on a serving plate, top with ¼ cup of spicy tomato relish, 1 tablespoon of crumbled goat cheese, and drizzle with 1 ½ teaspoons of basil oil.

Molten Chocolate Cakes

Recipe by Chef Richard Coppedge of The Culinary Institute of America (Hyde Park)

Yield: 6 individual cakes

	Weight	Volume
Semisweet Chocolate	8 oz	1 ¾ cup
Butter	4 oz	½ cup
Milk	2 oz	¼ cup
Heavy cream	2 oz	¼ cup
Eggs	4 ea	4 ea
Sugar	1.5 oz	3 T
Flour Blend #1**	4 oz	¾ cup

- 1) Prepare 6- 6oz ramekins by buttering generously with softened butter and sprinkling entire interior with sugar. Set aside.
- 2) Melt the chocolate and butter together over a hot water bath.
- 3) Bring milk and cream to a boil.
- 4) Once the chocolate and butter are melted, pour the hot milk/cream over the chocolate and stir until completely incorporated.
- 5) In a separate bowl, whisk the eggs and sugar together until smooth. Slowly add the chocolate mixture, stirring to incorporate completely, add flour.

6) Portion 4 ounces of batter into each ramekin and place on a sheet pan.
7) Bake at 400°F (375°F convection) for 8-10 minutes or until tops are set but still spring back when touched, internal temperature should be 150-160°F. Un-mold from ramekins and serve immediately.

****Flour Blend #1**

White rice flour	1 lb. 3 oz.
Potato starch	14.5 oz.
Tapioca starch	14.5 oz.
Total amount	3 lb.

Tiramisu Trifle

Recipe by Pastry Chef Mary Schaefer of Walt Disney World® Resort (Orlando)

Ladyfingers:

Ingredients

2 cups/285 g/10.2 oz potato starch
1 cup/96 g/3.3 oz almond flour
1 tablespoon/13 g/0.47 oz gluten-free baking powder
12 each whole eggs
1-1/2 cups/330 g/11.7 oz granulated sugar
3/8 teaspoon/2.4 g/0.09 oz salt
1 tablespoon gluten-free vanilla
3/8 teaspoon lemon juice
Confectioners' sugar for dusting

Method of Preparation

1. Mix together the potato starch, almond flour, and baking powder.
2. Whip the egg yolks, sugar, salt, and vanilla to ribbon stage.
3. Whip the egg whites with the lemon juice until soft peaks are formed. Gently stir one-fourth of the whites into the ribboned base. Add the remaining whites. Sprinkle the dry ingredients over the whites and fold into the base until homogenous.
4. Spread batter onto full sheet pan. Dust with confectioners' sugar.
5. Bake at 350 degrees F for approximately 10 minutes or until golden.

Espresso Syrup:

Ingredients

1 cup hot freshly brewed espresso
¼ cup granulated sugar
2 tablespoons light rum
¼ cup Kahlua (or other coffee-flavored liqueur)

Method of Preparation

1. Combine espresso and sugar and stir to dissolve. When cool, add rum and coffee liqueur.

Mascarpone Mousse:

Ingredients

5 large egg yolks
1/3 cup granulated sugar
1/3 cup sweet Marsala
1 tablespoon water
14 ounces Mascarpone cheese, softened
1/2 cup heavy cream
2 teaspoons vanilla

Method of Preparation

1. In a bowl whisk together the yolks and sugar. Whisk in the Marsala and water. Set the bowl over simmering water and whisk until the mixture reaches 160 degrees F. Remove the bowl from the water and let cool for about 15 minutes, or cool over an ice bath.
2. Combine the mascarpone, heavy cream and vanilla and beat until soft peaks form. Fold into the cooled egg yolk mixture.

Chocolate Mascarpone Mousse:

Ingredients

8 oz dark chocolate
2 cups heavy cream
8 oz mascarpone cheese

Method of Preparation

Day before assembly:

1. Bring the heavy cream almost to a boil over medium heat. Pour over the chocolate coins and let sit for a couple of minutes. Whisk until the chocolate is melted and mixture is smooth.
2. Whisk in the mascarpone cheese. Strain.
3. Refrigerate for at least 6 hours or overnight. The next day, whip until fluffy and slightly stiff. Do not over whip.

ASSEMBLY:

1. Pipe a tablespoon of mascarpone mousse in a parfait glass. Sprinkle about a teaspoon of shaved chocolate on top of the mousse.
2. Dunk a ladyfinger sponge disc in the espresso syrup and lay on top of the mascarpone mousse.
3. Pipe about 2 tablespoons of chocolate mascarpone mousse onto the sponge cake circle. Sprinkle with another teaspoon of shaved chocolate.
4. Top with another soaked sponge disc.
5. Repeat layering with mascarpone mousse, shaved chocolate, sponge, chocolate mascarpone mousse, shaved chocolate, and sponge.
6. Top the parfait with a thin layer of mascarpone mousse and garnish with chocolate shavings.