



*Recipe Reminiscences from the 2009 Summits
East and West Editions*

The following recipes are just a mere glimpse into the plethora of signature gluten-free creations presented at The Fourth Annual Gluten-Free Culinary Summit East Edition in New York and West Edition in Colorado produced by GF Culinary Productions, Inc. Savor!

© Copyright 2010 - GF Culinary Productions, Inc.
All rights reserved. May not be reprinted.

EAST EDITION

Caramelized-Onion Focaccia

Recipe by Chef Richard Coppedge
Professor in Baking and Pastry Arts / Certified Master Baker
The Culinary Institute of America (Hyde Park, NY)
Author: *Gluten-Free Baking with The Culinary Institute of America* (Adams Media)

YEILD: approximately one, "half-sheet pan"

INGREDIENTS:

4 oz. olive oil
16 oz. water
4 ea Egg Whites
0.7 oz Salt
10 oz. Potato Starch
6 oz Tapioca flour
6 oz. White Rice Flour
4 oz. Garbanzo Flour
0.5 oz Instant Dry Yeast
0.5 oz Guar gum
16 oz. raw Spanish or red onions
4 oz. olive oil

METHOD OF PREPARATION:

1. Combine all the wet ingredients (water, egg whites, olive oil)
2. Combine and sift all dry ingredients.
3. Add all of the dry ingredient mixture at once to the wet mixture. Mix on low speed, using a paddle only until combined.
4. Cover the top of mixture container and proof approximately 40 minutes.
5. Peel the onions, and then cut in half. Slice to ¼" thick.
6. Sauté onions in olive oil, cook over medium heat, until "caramelized." Drain off excess oil, and then cool.
7. Using a paddle, thoroughly mix in onions.
8. Prepare a 'half-sheet pan' by lining with parchment paper. Coat the inside walls of the pan with olive oil.
9. Spread the mixture into the prepared 'half-sheet pan'. Lightly coat the surface with olive oil.
10. Allow the focaccia to 'proof' in a draft-free, warm environment for 40-60 minutes.
11. Bake in a 400° F oven, with steam. After five minutes, reduce temperature to 375° F. Continue to bake until light-golden brown in color (approximately 20 minutes).
12. Remove from oven, un-mold from sheet pan. Remove parchment liner.
13. Cool finished focaccia on a cooling rack.
14. Bread can be brushed with olive oil, and garnished lightly with coarse salt while still warm.



Fruit & Nut Buckwheat Pilaf

Recipe by Margaret Dickenson

Margaret's Sense of Occasion (Ottawa, Ontario, Canada)

Author: Margaret's Table: Easy Cooking & Inspiring Entertaining

*"WOW" Factor: This simple but exquisite recipe is a real "winner"!
It placed first in the buckwheat groats' category in*

The Birkett Mills International Association of Culinary Professionals' Buckwheat Competition.

With its exciting flavours and textures, the myriad of uses for this currant and nut buckwheat pilaf, is remarkable. Fresh chives and a mustard herb vinaigrette add an interesting "zip" allowing the pilaf to marry extremely well with poultry and meats (e.g., lamb, pork, game) as well as with scallops. Take it on a picnic; make it part of your next dinner, barbecue or buffet! Served warm, cold or at room temperature, it is always a treat. With cooked buckwheat groats on hand, the recipe can be tossed together in minutes!

YEILD: 3 1/2 cups or 875 mL (5 to 6 servings)

INGREDIENTS:

- 2 tbsp (30 mL) instant chicken bouillon powder*
- 2 cups (500 mL) hot water
- 1 cup (250 mL) whole buckwheat groats**
- 2/3 cup (170 mL) currants
- 1/2 cup (125 mL) chopped hazelnuts (with skins) or pecan pieces
- 1/4 cup (60 mL) finely chopped fresh chives

2 1/3 to 3 tbsp (35 to 45 mL) vinaigrette, a mustard herb type (recipe follows or commercial)

To taste salt and crushed black peppercorns

Pinch granulated sugar (optional)

METHOD OF PREPARATION:

1. In a medium saucepan, dissolve instant chicken bouillon powder in hot water; place over high heat and bring to a boil.
2. Stir in buckwheat groats, bring back to a boil and immediately reduce heat to low, covering saucepan tightly. Simmer until groats are just tender (about 15 to 17 minutes); avoid over cooking.
3. Quickly pour cooked groats into a large wire sieve; turn gently with a fork and drain extremely well.
4. Promptly spread groats in a thin layer on a couple of large plates. With a fork, gently turn kernels to stop cooking process and to allow extra moisture to escape. Let groats cool and rest for at least 30 minutes before using or refrigerating. (This makes about 2 1/2 cups or 625 mL of cooked groats.) Note: Groats become drier (i.e., less sticky) and firmer (i.e., not "mushy") as they cool and rest.
5. To make Fruit and Nut Buckwheat Pilaf, toss together "cooled and rested" buckwheat groats, currants, hazelnuts, chives and vinaigrette. Season with salt and crushed black peppercorns. If desired, add a pinch of sugar to strategically balance the acidic flavour of the vinaigrette.
6. If possible, let pilaf rest for at least an hour to allow flavours to develop.
7. Serve pilaf warm, at room temperature or cold.

* Note: Not all instant chicken bouillon powder is gluten-free (i.e., some may contain "wheat protein"). Read the ingredient list on the package carefully.

** These are dehulled, unroasted buckwheat kernels. They are available in health food stores as well as some supermarkets and specialty food stores.

MAKE AHEAD TIP: Both cooked buckwheat groats (Steps 1 to 4) and the Fruit & Nut Buckwheat Pilaf (Step 5) may be prepared in advance, placed in airtight plastic containers and stored refrigerated for up to 3 days or frozen for months. (Note: It may be necessary to add a touch more of vinaigrette to the pilaf before serving it.)

ALTERNATIVE USE TIP: With a little ingenuity and experimentation, the recipe may also be used as a component in hors d'oeuvres, appetizers and salads.



Chocolate Chip Cookies

Recipe by Corporate Chef Scott Uehlein
Canyon Ranch (Tucson, AZ)

YEILD: 38 cookies

INGREDIENTS:

1/4 cup canola oil

1 cup firmly packed brown sugar

2 large eggs

1 teaspoon pure vanilla extract
1 1/2 cups sorghum flour
1/2 cup tapioca flour
1/2 cup Arrowroot flour
1/2 teaspoon sea salt
1 teaspoon baking soda
1 package semi-sweet chocolate chips, about 6 ounces

METHOD OF PREPARATION:

1. Preheat oven to 350°. Lightly coat a baking sheet with canola oil spray.
2. With an electric mixer or a food processor on high speed, cream canola oil and brown sugar. Turn mixer to low and add eggs and vanilla and mix until just combined.
3. In a medium bowl, combine sorghum, tapioca and Arrowroot flours together. Stir salt, baking soda and chocolate chips into flour mixture.
4. Combine creamed mixture and dry ingredients together.
5. Drop rounded heaping teaspoonfuls (or use a 3/4 ounce scoop) onto baking sheet about 1 1/2 inches apart. Bake for 10 minutes or until golden. Cool on baking sheet until cookies are set. Transfer to cooling rack until completely cooled. Store in a tightly sealed container.

Nutrition Note: Dark, semi-sweet chocolate chips provide more immune boosting antioxidants than milk chocolate chips.

Serving: 85 calories; 13 gm. carbohydrate; 3 gm. fat; 12 mg. cholesterol; 1 gm. protein; 64 mg. sodium; 1 mg. fiber

WEST EDITION

Nutty Harvest Fruit and Quinoa Breakfast Bowl

Recipe by Chef-Instructor Eric Stein
Johnson & Wales University (Denver, CO)

YEILD: 4 Servings

INGREDIENTS:

3 1/2 Cup	Milk
2 Tablespoons	Chunky Peanut Butter
1 Tablespoon	Brown Sugar
2 Cups	Cooked Quinoa
2 Tablespoon	Raisins
2 Each	Bananas, Sliced
2 Each	Granny Smith Apples, Diced
To Taste	Honey

METHOD OF PREPARATION:

Heat milk in a medium-sized sauce pan over high heat. Once the milk is hot, stir in the peanut butter and brown sugar and stir to dissolve.

Stir in the quinoa and raisins. Reduce heat to simmer and cook until the porridge reaches oatmeal consistency, about 5 minutes.

Once the quinoa reaches your desired consistency, divide the mixture between 4 serving bowls.

Place sliced bananas and apples on top over the oats, and drizzle with honey if desired.

Cooking Quinoa:

Quinoa cooks up just like rice. Start with a 2:1 ratio of liquid to grain. Combine them in a sauce pan and bring to boil over high heat. Stir, reduce heat to simmer, and cover. Simmer 20 minutes. Remove from heat and allow to rest with the lid on for 5 minutes. Remove the lid and fluff with a fork.

Non-Dairy Suggestions:

Any dairy-alternatives would work fine with these recipes such as soy milk, almond milk, or rice milk.

To replace heavy cream: Soy creamer is available. I suggest using vanilla hazelnut or almond milk, but none of these substitutions is going to give you the richness of the heavy cream.



Raspberry-Coconut Cookie Bars

Recipe by Chef/Cookbook Author Robert Landolphi (Storrs, CT)
Author: *Gluten Free Every Day Cookbook / Andrews McMeel Publishing*

YEILD: 24 bars

INGREDIENTS:

1 1/2 cups sweetened coconut
1/2 cup brown rice flour
1/4 cup tapioca flour
1/4 cup potato starch
1/4 cup walnuts, chopped
1/2 cup packed light brown sugar
1/4 cup sugar
1/2 teaspoon xanthan gum
1/4 teaspoon salt
6 tablespoon butter, cut into small pieces
3/4 cup raspberry preserves

METHOD OF PREPARATION:

1. Preheat oven to 375°F. Butter an 8x11 inch baking pan. Spread the coconut evenly on a baking sheet and toast in the oven for 8-10 minutes, turning once, until golden brown. Remove from the oven and let cool completely.
2. In food processor, combine the brown rice flour, tapioca flour, potato starch, walnuts, brown sugar, sugar, xanthan gum and salt. Whirl to blend. Add the butter and process until a fine meal forms. Transfer the flour mixture to a bowl and stir in the toasted coconut. Remove 3/4 cup of the mixture and reserve for topping.

3. Press remaining flour mixture firmly and evenly onto the bottom and sides of the prepared baking pan to form a crust. Spread the raspberry preserves evenly on top of dough and sprinkle with the reserved flour mixture. Bake 20-25 minutes, or until topping is lightly browned. Remove from the oven and let cool completely on a wire rack before cutting into 24 bars.



Curried Squash and Goat Cheese Fritters with Green Goddess Dipping Sauce

Recipe by Chef/Owner Vitaly Paley and Kimberly Paley (Portland, OR)
Paley's Place (Portland, OR)
Authors: *The Paley's Place Cookbook (Ten Speed Press, 2008)*

YEILD: Serves 4 to 6

INGREDIENTS:

1 pound summer squash (such as zucchini), ends trimmed
Kosher salt and freshly ground black pepper
1 1/2 teaspoons curry powder
2 ounces fresh goat cheese
1/2 onion, finely diced
3 tablespoons Persillade (recipe follows)
2 large eggs, lightly beaten
1/4 cup chickpea flour
Canola oil, for deep-frying
Green Goddess Dipping Sauce (recipe follows), for accompaniment

Persillade:

1 bunch Italian parsley, leaves only
3 large cloves garlic
Finely chop the parsley on a cutting board, then gather it to one side of the board. Finely chop the garlic. Mix them together and chop some more until well incorporated. Transfer the mixture to a small container, cover tightly, and refrigerate until ready to use.

METHOD OF PREPARATION:

Using a box grater, coarsely grate the squash into a large bowl. Sprinkle with 1 tablespoon of salt and mix and squeeze with your hands. When the squash begins to leach liquid, hold up a handful over the sink and squeeze to remove as much water as you can. Place it into another bowl. Repeat until all the squash has been wrung dry.

In the bowl with the squash, add the curry powder, goat cheese, onion, persillade, and eggs. Mix with a wooden spoon until well incorporated. Sprinkle with the flour and season with a few grindings of pepper. Mix until all the flour has been absorbed.

Use a heavy-bottomed soup pot large enough to accommodate a batch of fritters without crowding.

Fill the pot with about 3 inches of oil. Heat the oil over high heat until it reaches 325°F on a deep-fat thermometer. Decrease the heat to maintain the oil at that temperature.

Fry the fritters in batches of 5 or 6 and serve them hot from the pot. For each fritter, scoop up a heaping soup spoon of batter and carefully drop it into the hot oil. Fry until golden brown all over, flipping them once or twice to ensure even cooking, about 7 minutes. With a slotted spoon, remove them from the fat to paper towels to drain. Continue deep-frying until all the batter has been used. If the oil cools below 325°F, return it to 325°F before continuing. Sprinkle with salt and serve immediately after frying with a bowl of green goddess sauce for dipping.

Green Goddess Dipping Sauce

YEILD: Serves 4 to 6

INGREDIENTS:

1/4 cup fresh basil leaves
1/4 cup dill fronds
1/4 cup fresh tarragon leaves
1/4 cup fresh Italian parsley leaves
1/4 cup fresh mint leaves
1/2 cup Aioli (recipe follows)
1/2 cup sour cream
4 anchovy fillets, drained
3 tablespoons cider vinegar or white wine vinegar
1/4 cup buttermilk
Kosher salt and freshly ground black pepper

METHOD OF PREPARATION:

Combine all ingredients except salt and pepper in a blender and liquefy. Season with salt and pepper.

Transfer to a small container, cover, and refrigerate until ready to use. Green Goddess tastes best when freshly made, but will keep overnight, tightly covered and refrigerated. Any leftover dressing is delicious on a salad or as a sauce for fish or chicken.

Aioli

3 large cloves garlic
1 teaspoon sea salt, plus a pinch more for finishing
3 large egg yolks
1 teaspoon Dijon mustard
1 teaspoon freshly squeezed lemon juice
1 cup grapeseed oil
2 tablespoons extra-virgin olive oil

To prepare the aioli, on a cutting board, crush the garlic with the back of a knife and remove the peel. Add the cloves to a mortar along with the 1 teaspoon sea salt. Using the pestle, work the garlic by pressing it against the sides of the bowl until it forms a glistening paste, about 1 minute. Add the egg yolks, mustard, and lemon

juice, and blend the ingredients until smooth, about 30 seconds. Dribble 1 tablespoon of grapeseed oil into the mortar with one hand while using the pestle in the other hand to fully incorporate the oil with a swirling motion. Be patient! Repeat, incorporating a second tablespoon until the mixture is emulsified, then once again with a third tablespoon. At this point the emulsion should be ready to accept additional oil easily. Slowly drizzle in the remaining oil with the same swirling motion of the pestle to maintain the emulsion. Be sure that the oil you've added is completely absorbed before adding more. When all the grapeseed oil is incorporated, add the extra-virgin olive oil in the same manner, slowly and carefully. Because salt can make the difference between flavor that is good and flavor that is great, stir in a pinch of salt, taste, and adjust if necessary.

Reprinted with permission from *The Paley's Place Cookbook: Recipes and Stories from the Pacific Northwest* by Vitaly Paley and Kimberly Paley with Robert Reynolds, copyright © 2008. Published by Ten Speed Press, a division of Random House.

