

SAVORING THE SUMMITS SINCE 2006

Take a scroll down Summit recipe memory lane...

Since the inaugural Gluten-Free Culinary Summit took place in 2006, an opus of gluten-free creations has been presented by our casts of culinary masters. One stunning recipe among dozens from each Summit is featured below. We invite you to enjoy them again or for the first time!



2009

EAST EDITION

THE FOURTH ANNUAL GLUTEN-FREE CULINARY SUMMIT

Hosted by The Culinary Institute of America

September 12 – 13, 2009

Hyde Park, New York

Curried Teff

*Presented by David Kamen, Professor in Culinary Arts
The Culinary Institute of America (Hyde Park, NY)*

YEILD: 10 portions

INGREDIENTS:

Ethiopian Curry Powder
Cloves, 1 ea.
Cinnamon, 1-inch piece, 1 ea.
Fenugreek seeds, 1 ½ tsp.
Cumin seeds, 1 tsp.
Cardamom seeds, ½ tsp.
Ground turmeric, ¼ tsp.
Ground nutmeg, ⅛ tsp.
GF chicken stock, 2 ½ pt.
Butter, ½ wt. oz.
Gingerroot, ½" piece, 1 ea.
Onion, minced, ¾ wt. oz.
Garlic, minced, ½ tsp.
Teff, 1 ½ lb.
Basil, chiffonade, 1½ tsp.
Oregano, chopped, ½ tsp.

METHOD OF PREPARATION:

1. Make Ethiopian curry by grinding spices to a powder.
2. Heat stock in a small saucepot. Stir in 1 tablespoon of the prepared Ethiopian Curry Powder. Reserve remaining curry powder.
3. Heat butter in a large saucepan. Add ginger, onion, and garlic and sweat until onions are translucent. Remove gingerroot.
4. Add teff and stir to coat with butter.
5. Add hot curried stock and simmer for 10 minutes. Stir in basil and oregano before serving.

Note: Teff may be used as a stuffing and mixes well with other grains.

2009

WEST EDITION

THE FOURTH ANNUAL GLUTEN-FREE CULINARY SUMMIT

Hosted by Johnson & Wales University College of Culinary Arts

October 3 - 4, 2009

Denver, Colorado

Blueberry Amaranth Porridge

Presented by Eric Stein, Chef-Instructor

Johnson & Wales University College of Culinary Arts (Denver, CO)

YEILD: 4 Servings

INGREDIENTS:

- 1.5 cups, amaranth
- 2.5 cups, water
- 2.5 cups, milk
- 2 tablespoons, butter
- 1/3 cup, heavy cream
- 1/2 cup, blueberries
- 4 tablespoons, maple syrup

METHOD OF PREPARATION:

1. Combine amaranth, water, milk, and butter in a medium-sized sauce pan over high heat.
2. Simmer for 20 minutes, stirring occasionally, or until the mixture becomes very thick and the grains are cooked through.
3. Stir in the heavy cream and blueberries.
4. Divide mixture between 4 serving bowls and drizzle with maple syrup.

Non-Dairy Suggestions:

Any dairy-alternatives would work fine with these recipes such as soy milk, almond milk, or rice milk, however, the consistency will be less thick when not using the heavy cream.

2008

THE THIRD ANNUAL GLUTEN-FREE CULINARY SUMMIT
September 19 - 21, 2008
Providence, Rhode Island

Fruit Tart - Cookie Dough

*Presented by Richard Coppedge, Professor of Baking and Pastry / CMB
The Culinary Institute of America (Hyde Park, NY)*

Author: Gluten-Free Baking with The Culinary Institute of America (Adams Media)

INGREDIENTS (Weight and Volume respectively when two amounts noted):

Sugar, 2 oz or ¼ C
Butter, unsalted, cold, 4 oz or ½ C
White rice flour, 2.5 oz or ¾ C
Brown rice flour, 1.75 oz or 1/3 C
Potato starch, 1 oz or ¼ C
Tapioca starch, .75 oz. or ¼ C
Eggs, 1 ea

For dusting flour:

Tapioca starch, 2 T
White rice flour, 2T

METHOD OF PREPARATION:

Cut butter into 1 inch cubes. Mix together both rice flours, potato and tapioca starches. Add butter to flour mixture and mix (by hand or with a paddle) until combined. Wrap the dough in plastic, or wax paper. Refrigerate for 1-2 hours before use.

Rolling out the dough:

1. On a lightly flour-dusted surface, roll chilled dough to approximately ¼" thickness.
2. Using a round cutter slightly larger than the diameter of the tin, or a paring knife, cut circles.
3. Lay the circle over the tin, and gently press dough into the edges of the tin. To trim excess dough, roll a rolling pin over the edges, leaving the dough flush with the top of the tin.
4. Dock the tart by piercing the bottom with the prongs of a fork, covering the entire surface with small holes.
5. Bake at 375°F (350°F convection) for 15-20 minutes, or until light golden brown.
6. Cool in tins for 10 minutes, gently remove from tins.

Note: Fluted tins generally have a false bottom, so take care to move shells by holding the sides rather than the bottom. Aluminum pie tins of the same size may also be used.

2007

THE SECOND ANNUAL GLUTEN-FREE CULINARY SUMMIT
August 17 – 19, 2007
Denver, Colorado

Mexican Chocolate Banana Skillet Cake

*Presented by Shawn Brisby, Demonstration Chef
Canyon Ranch® (Tucson, AZ)*

YEILD: Serves 16

INGREDIENTS:

2 tablespoons butter
4 tablespoons brown sugar
4 medium bananas, sliced in half lengthwise
1 cup brown rice flour
1/3 cup cocoa powder
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/3 cup chocolate chips
1/2 cup egg whites
1 cup brown sugar
1 cup nonfat plain yogurt
2 teaspoons pure vanilla extract

METHOD OF PREPARATION:

1. Preheat oven to 350°.
2. Heat a 12-inch oven proof skillet over medium and melt butter with brown sugar. Add bananas and sauté until sugar becomes a syrup and remove from heat. Arrange bananas neatly in pan and set aside.
3. In a large bowl, mix flour, cocoa powder, baking powder, baking soda, cinnamon, and chocolate chips. In another bowl, combine egg whites, brown sugar, yogurt, and vanilla.
4. Add dry ingredients to wet ingredients and mix until just combined. Pour into skillet over sautéed bananas. Bake for 20 to 25 minutes or until middle of cake springs back when touched. Remove from oven and cool slightly. Invert onto a large plate and cut into 16 slices.

2006

The Inaugural Summit

THE FIRST ANNUAL GLUTEN-FREE CULINARY SUMMIT

August 26 - 28, 2006

Copper Mountain, Colorado

Spinach Porcini Risotto

Presented by Lee Tobin, Executive Chef

Whole Foods Market Gluten-Free Bakehouse (Morrisville, NC)

INGREDIENTS:

3 TB butter
1 medium onion, diced
2 cloves garlic, minced
1 cup Arborio or Carnaroli rice
1/3 cup dried porcini mushrooms
1/3 lb bacon, cooked and diced
1/3 cup Marsala
3 to 4 cups chicken stock
2 cups fresh spinach, washed and chopped
1/3 cup aged gruyere cheese, shredded
sea salt, to taste
freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. To prepare the risotto, soak the dried mushrooms in hot water for 5 minutes. Strain and reserve the liquid! It's important to reserve the mushroom liquid, as it will be needed in the recipe. Chop the re-hydrated mushrooms into bite-sized morsels and set aside.
2. Sauté the onion and garlic in butter over medium heat for about 3 minutes, until the onions are translucent. Add the Arborio rice and stir continuously, coating the rice with butter, for 3 minutes. Next, add the Marsala and continue stirring until the liquid is completely absorbed, about 1 minute.
3. Stir in the bacon, mushrooms, and the reserved mushroom liquid. Continue stirring until the stock has been absorbed and continue by adding the chicken stock, one-half cup at a time, stirring continuously, until all the liquid has been absorbed.
4. The mixture should get creamier as you stir, and the total cooking time should be about one-half hour. When the rice is cooked (it will be tender but still al dente), turn off the heat, stir in the spinach and cheese, and season with salt and pepper to taste. Serve immediately.

Bon Appetit!