

Gluten Free Recipes from a Nature Doctors patient who has done lots of experimental cooking and would like to share her results!! Bon Appetit!

I love this recipe with "Bob's Red Mill" gluten free all purpose flour and xanthan gum as per the flour bag's instruction

Perfect Pancakes (Vegan Brunch, Isa Chandra Moskowitz)

These vegan pancakes are from my favorite vegan cookbook author, Isa Chandra Moskowitz. These pancakes won't fool anyone looking for regular egg & dairy pancakes, but for a vegan pancake lover, these are it! These also come out great if you use 1/2 whole wheat flour and 1/2 white.

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

Yield 8 pancakes

Ingredients

- 1 1/4 cups [Unbleached All-Purpose Flour](#)
- 2 tsp [Baking Powder](#)
- 1/2 tsp [Salt](#)
- 1 tsp [Cinnamon, Ground](#)
- 2 tbsp [Pure Canola Oil](#)
- 1/3 cup [Tap Water](#)
- 1 cup [Soy Milk](#)
- 2 tbsp [Maple Syrup](#)
- 1 tsp [Vanilla Extract](#)

Directions

Mix the dry ingredients together

Mix the wet ingredients together

Pour the wet into the dry and mix until just blended...not too much. It's ok if there are a couple of lumps. You may want to add a little more soy (or rice or almond or whatever you use) milk to make the consistency how you like it.

I like to let the batter rest for about 20 minutes, but it's not strictly necessary.

AND

Buckwheat Pancakes

This recipe is from
[Isa Chandra Moskowitz](#), of [Veganomicon](#) fame.
Make 'em up and enjoy them whether or not you can eat gluten.
These are yet another example of
You'll never know they're gluten free.!
See the original post for this recipe [HERE](#)

Makes 8 five-inch pancakes
(as you can see in the picture above,
mine are a LITTLE bit bigger!!)

1/2 cup buckwheat flour
1/4 cup quinoa flour

1/4 cup corn flour (NOT cornmeal, corn flour is lighter)
1 tablespoon ground flax seeds (or flax meal)
2 tablespoons tapioca flour (cornstarch or arrowroot would be okay, too)
1 tablespoon baking powder (not a misprint 1 Tbsp. is correct)
1/4 teaspoon cinnamon
1/4 teaspoon salt
1/2 cup non-dairy milk
1/2 cup water (I skipped the water and just used 1 cup soy milk)
2 tablespoons pure maple syrup
2 tablespoons canola oil
1/2 teaspoon pure vanilla extract

In a large mixing bowl, mix together all flours, flax seeds, tapioca, baking powder, cinnamon and salt. Create a well in the center and add the remaining ingredients. Use a fork to mix well for about a minute. Let the batter rest, and preheat a large, non-stick or cast iron pan over medium-high heat.

When pan is hot, spray with a thin layer of cooking spray and use a 1/4 cup measure to pour batter onto the frypan and form pancakes. The pancakes should start to form little air bubbles, but not as much as

"normal" pancakes do, so don't worry. Cook for two and half to three minutes, then flip and cook for 2 minutes more. Keep warm on a plate covered with tin foil until ready to serve.

and below is one of my favorite discoveries - a GREAT tofu scramble - which I eat mexican style with a mound of salsa and a mound of greek yogurt (sour cream to me) and some avocado too. I make it with green peppers and onions and sometimes greens like chard. and sometimes fried potatoes mixed in. Quite yummy and virtuous!

<http://www.savvyvegetarian.com/vegetarian-recipes/tofu-scramble.php>

How To Cook Tasty Tofu: Tofu Scramble Recipe

One Of The Most Delicious Tofu Recipes Ever!

Recipe courtesy Isa Chandra Moskowitz, author of [Vegan Brunch: Homestyle Recipes Worth Waking Up For - from Asparagus Omelets to Pumpkin Pancakes](#)

We consider ourselves **tofu connoisseurs** and think we've got some good tofu recipes, but honestly? Isa's tofu scramble is some of the best tofu we've ever eaten! And her directions are so entertaining!



Since this **tofu recipe is so awesomely good**, it seems unfair that it be reserved for brunch. We ate it for lunch and would eat it anywhere, anytime.

We went for **added veggies (broccoli + red pepper + scallions)**, as shown in the picture, and reduced the cumin as we're not that in love with it. We used a non-stick pan and plastic spatula contrary to Isa's instructions, but next time will use our heavy sauté pan and metal spatula.

Cooking Tip: We used half the amount of cumin and thyme, which worked for us. Feel free to mess around with the ingredients - Chandra won't mind!

4 - 6 Servings Tofu Scramble

Printable Recipe: Click the printer icon on your browser & get just the recipe.

Basic Tofu Scramble: Ingredients

- **For the Spice Blend:**
- 2 tsp ground cumin
- 1 tsp dried thyme, crushed with your fingers
- 1/4 tsp ground tumeric
- 1 tsp salt
- 3 Tbsp water
- **For the Tofu:**
- 1 lb firm or extra firm tofu, crumbled
- 3 garlic cloves, minced (or more, to taste)
- 2 Tbsp olive oil
- 1/4 cup nutritional yeast
- Fresh black pepper to taste

Directions

1. First blend the spices and salt together in a small cup. Add the water and mix. Set aside.
2. Preheat a large, heavy-bottomed pan over medium-high heat
3. Sauté the garlic in olive oil for about a minute
4. Break the tofu apart into bite-size pieces and sauté for about 10 minutes, stirring often
5. Get under the tofu when you are stirring, scrape the bottom, and don't let it stick to the pan; that is where the good crispy stuff is
6. Use a thin metal spatula to get the job done; a wooden or plastic one won't really cut it
7. The tofu should brown on at least one side, but you don't need to be too precise about it
8. The water should cook out of it and not collect too much at the bottom of the pan. If that is happening, turn the heat up and let the water evaporate. Conversely, if the scramble seems dry add splashes of water until it's nice and moist
9. Add the spice blend and mix to incorporate. Add the nutritional yeast and pepper. Cook for about 5 more minutes. Serve warm

Tof-u and Tof-me: Scramble Add Ins

1. You can include these additions to your scramble by themselves or in combination with one another
2. Broccoli: Cut broccoli into about 1 cup of small florets and thinly sliced stems. Add along with the tofu
3. Onions: Finely chop 1 small onion. Add along with the garlic and cook for about 5 minutes, until translucent. Proceed with recipe
4. Red Bell Peppers: Remove stem and seeds and finely chop 1 red bell pepper. Add along with the garlic and cook for about 5 minutes. Proceed with recipe
5. Mushrooms: Thinly slice about 1 cup mushrooms. Add along with the tofu

For more delicious variations and other amazing brunch recipes, pick up a copy of [Vegan Brunch](#): Homestyle Recipes Worth Waking Up For — from Asparagus Omelets to Pumpkin Pancakes, by Isa Chandra Moskowitz.

And

<http://www.glutenfreecookingschool.com/archives/gluten-free-all-purpose-flour-mix/>

Gluten Free All Purpose Flour Mix Recipe

The gluten free item that I most often reach for is my homemade all-purpose flour mix. When I first started cooking gluten free foods I bought [Gluten Free 101](#) by Carol Fenster and rushed home to bake some goodies for my GF husband. I eagerly flipped to the section on flour blends and was incredibly disappointed to find that I did not have any of the ingredients on hand, and had no idea where to buy them. I kept reading though, and thanks to Carol's very informative writing, I came up with my own mix.

(If you'd like to learn more about why you have to use so many different flours together, what the flours do, which flour substitutions are okay, and which gluten free flour mix is best for you, read Chapter 7: How to Cook the Foods You Can't Live Without in [my book: The Gluten Free Survival Guide](#).)

After almost four years of cooking gluten free, I am *amazed* at how well this mix works in so many different recipes. When I make [gluten free biscuits](#) with this mix, they taste like biscuits. When I make [gluten free pancakes](#), they taste like pancakes. I've even made onion rings with this! I know I'm a geek, but this really is exciting!

Since I use this mix so often, I usually make up a big batch and store it in a large canister so that it's ready whenever I decide to bake. If you don't think that you will use the flour often, then I suggest that you store it in the freezer so that the soy and brown rice flours

do not spoil. Just be sure to let it come to room temperature if you're going to make [gluten free bread](#).

Gluten Free All Purpose Flour Mix

3 parts [brown rice flour](#) (*I use Bob's Red Mill*)
3 parts [corn starch](#)
2 parts [soy flour](#)
1 part [masa harina](#)

I've given you this recipe in "parts" so that you can make as much or as little as you want. I usually use a 1 cup measure, so I end up with 3 c. brown rice, 3 c. cornstarch, 2 c. soy flour and 1. c. masa harina. However, I've also used a teaspoon measure when I needed just a little bit.

Combine all the ingredients in a large bowl and mix thoroughly. (If you're new to mixing flours, then you want to make sure that you don't see any clumps or streaks of individual flours. By the time you're done it should be one homogeneous bowl of flour.) Transfer the flour to a canister or other storage container. You're done!

<http://www.glutenfreecookingschool.com/archives/gluten-free-casein-free-flour-tortillas/> (I made using the above flour recipe and this recipe is a miracle wrap/tortilla creation)

No More Naked Burritos: Gluten Free Flour Tortillas

I've been sitting here for ages trying to figure out what to say about these tortillas. If you've been gluten free for long, you can understand why I'm speechless. The wonder of it all . . . to have tortillas that bend without breaking; that are big enough to actually wrap around something; that taste like flour tortillas. If you've ever used [gluten free bread](#) as a wrap for a chicken salad sandwich, you'll definitely want to give these tortillas a try.



And again, if you've been gluten free for long I've probably already said enough to convince you to try these. They are inspired by a recipe of Bette Hagman's, but I've changed up the flour mix to add nutritional value (gotta love the iron and fiber in the bean flours) and made the recipe casein free.

(Update: I have a new recipe for flour tortillas that is even MORE flexible and yummy. It's also easier to roll out. If you'd like to try it, it's included in the cookbook that comes along with [our e-book, The Gluten Free Survival Guide.](#))

If you'd like an idea for something to put into these incredible tortillas, try my recipe for [gluten free tacos](#) and stop back by on Friday for a tutorial on rolling tortillas.

Gluten Free Flour Tortillas

(makes 8 tortillas that are gluten free and casein free)

2 c. [Gluten Free All-Purpose Flour Mix](#)

1 1/2 tsp. xanthan gum

2 tsp. sugar

1 tsp. salt

1 c. warm water

1. Add the dry ingredients to a large mixing bowl and mix the ingredients thoroughly. (I do this with my hand)

2. Add the cup of warm water to the bowl and mix the dry goods into the water with your hand. Just squish it all up until all of the dry ingredients are no longer dry. And then keep mixing a minute longer because it's fun and we should all be pretend we're kids once in a blue moon. =)

3. Separate the dough into 8 pieces and roll each piece into a ball. Place all but one of the dough balls back into the bowl and cover with plastic wrap until you're ready to work with them.

4. Sprinkle a clean, flat surface with a bit of rice flour and then roll you dough ball into a roughly circular shape. Get is as thin as possible. (If you need some practice on rolling out dough, check back here Friday for a tortilla rolling tutorial)

5. Throw the tortilla onto a hot griddle (I use a cast iron griddle on medium heat with just a smidge of shortening or oil) and let it cook approximately 1 minute – or until it has started puffing up and the bottom side is developing those lovely brown spots. Flip the tortilla and cook the other side until is toasty as well.

6. Slide the cooked tortilla onto a waiting plate and repeat from step 4 until you've cooked all 8 tortillas. I generally roll one tortilla out while another is cooking, so that there's is always a tortilla on the griddle.

Cook's Notes: If you're allergic to soy, I have substituted Fava/Garbanzo flour for the soy flour with success. If you're allergic to corn, try tapioca starch instead of the corn starch and almond meal instead of the masa harina.

<http://www.glutenfreecookingschool.com/archives/finally-really-good-sandwich-bread/> (havent tried yet)