

## **GLUTEN FREE RECIPES (with options for egg & dairy free use)**

The Book that got us started on the special diet was “Breaking the Vicious Cycle—Intestinal Health Through Diet” Diet for Crohn’s Disease, Ulcerative Colitis, Diverticulitis, Celiac Disease, Cystic Fibrosis and Chronic Diarrhea” by Elaine Gottschall. My niece has a master’s degree in Microbiology and read the book and thought it made good sense. I think the book is still in print. However, I found some of the recipes helpful and others needed some improvement for our tastes..

Each person has to sort out which recipes work for them. My daughter was lactose intolerant so we used yogurt to thicken things. We avoided flour and used ground almonds to replace it where appropriate. There are many more foods now-a-days that eliminate sugar, more so than 10 years ago, when my daughter’s colitis first appeared. Often a high fibre diet is recommended for colitis—that did not work for her.

I then found that I was gluten, egg and dairy intolerant so I used these recipes and others to help develop a new diet. In my case, I used coconut milk to replace milk in recipes and made many different home made soups. I can have sugar but not honey but honey and sugar are basically interchangeable.

I used mixed nut snacks to help control hunger mid-morning and used soup for lunches. I make cranberry applesauce muffins for breakfasts. I was able to adapt to the loss of dairy, gluten and eggs and have enjoyed much better health on the diet.

### **Adjusting regular recipes:**

In general, I use white or Spanish onions instead of leeks whenever they are called for in a recipe.

I have included recipes from the “**Soup Bowl**” (Parragon Books Ltd. 2007) because the book appears to be unavailable. It is an excellent book if you can find it.

I adapt the recipes accordingly for my food preferences and my tastes so the notations are for my taste. Since I cannot have gluten, dairy and eggs, I use coconut milk for dairy and cornstarch or potato for thickening my soups.

I have found that Scoop and Weigh has the unusual spices, eg. Lemongrass, and lime leaves and you can buy it in small amounts.

I included the recipes for Fish Stock, etc. but I have not used them and replace the stock with McCormick’s cubes or chicken stock (which I make from my roast chicken carcasses). If I’m using McCormick’s cubes I eliminate the salt and add only by tasting the soup because the McCormick’s cubes have a lot of salt (but no MSG) in them.

I usually double my soup recipes, once I determine that I like the soup. I then freeze the soup in single and double helpings for use each day. I usually make large quantities of soup when vegetables are in or when I find particularly nice fresh vegetables in the stores.

Other books: **Complete Glutin-Free Cookbook** (by Donna Washburn & Heather Butt), 2007 Robert Ross Inc. and **The Gluten Free Gourmet Bakes Bread** by Bette Hagman, Holt Paperbacks (222.henryholt.com might be helpful).

## **VEGETABLE DISHES:**

### **Broccoli Salad:**

3 lbs. Broccoli with stems (peel and use stems)  
1 lb. Bacon  
½ cup raisins (or an amount that you like)  
½ cup almonds (as above)  
1 small red onion

Dressing:

1 cup mayonnaise  
½ cup sugar  
2 tablespoons cider vinegar (or regular vinegar)

Let broccoli sit in dressing for 2 hours ahead of use.

### **Carrot Casserole**

Green Onion  
Chicken bouillon (or chicken stock)  
½ cup water  
1 tablespoon cornstarch  
½ teaspoon dill (or fresh dill)  
1/4 cup slivered roasted almonds  
2 tablespoons of butter or margarine

Cook the carrots. Make a sauce with the chicken stock, water, cornstarch and margarine or butter. Add to the carrots and add dill and roasted almonds. Salt and pepper as desired.

### **MASHED POTATO CASSEROLE**

|                           |                      |
|---------------------------|----------------------|
| 5 lbs. Potatoes (9 large) | 1 pkge. Cream cheese |
| 2 tsp. Onion salt         | pepper to taste      |
| 1 cup sour cream          | 1 tsp. Salt          |
| 2 Tbs. Butter             |                      |

Cook the potatoes and beat them well adding the rest of the ingredients. Pour the mixture into a greased casserole. Top with butter or buttered bread crumbs if desired.

This recipe can be made ahead and it freezes and reheats well.

### **SORT-OF-SPINACH-SOUFFLE**

1 pkge. 10 oz. frozen, chopped spinach (or fresh package). If frozen thaw and squeeze out water. If fresh partially cook.  
4 to 8 oz. Of cream cheese, softened  
4 to 6 oz. Grated sharp cheddar or other fairly sharp cheese  
1 tbsp. Of butter melted  
2 cloves of garlic, minced or pressed

1 or 2 eggs, beaten  
salt and pepper to taste

- 1 Grease a small (1 qt.) Casserole
2. Combine cream cheese, butter, grated cheese, beaten egg, garlic & salt & pepper, blend well.
3. Add spinach and blend again until thoroughly mixed. Spoon into greased casserole
4. Bake, uncovered, at 350 F for 30 to 35 minutes.

### **Zucchini Rice Casserole**

3 cups sliced zucchini  
½ cup chopped white onion  
3 cups cooked rice (we like basmati rice)  
2 cups shredded cheddar cheese  
3 eggs  
½ cup mayonnaise  
½ teaspoon salt  
Pepper to taste  
1 cup fresh bread crumbs (I used the bought tin with oregano, basil, spicing in it)  
½ cup slivered almonds  
2 Tablespoons Sesame seeds (optional)

Saute onions and zucchini until just barely tender. Stir rice and cheese gently into the zucchini/onion mixture. Slightly beat the eggs and mix in the mayonnaise, salt and pepper. Add to the vegetable/cheese mixture. Sprinkle bread crumbs, almonds and seeds over the top. Bake, uncovered, at 350 degrees for 30 minutes.

(I have made the recipe without the topping and it is still nice. I haven't found it needed 30 minutes in the oven, less worked for me. Makes 2 x 4-6 cup corning ware casseroles.)

Yield: 4-6 servings.

### **Zucchini Boats**

Wash 12" zucchini (or two small zucchini)

Slice horizontally in half.

Scoop out the inside layer leaving enough on the sides to hold up the walls.

Finely chop scooped material in a bowl with white onion (or green onion), mushrooms and white cheddar cheese (Balderson's is nice but other white cheeses will do)

Chop in a slice or two of chicken or turkey (ideally use sundried-basil turkey breast because the spicing is nice). (Otherwise you could use basil and a bit of sundried tomato oil. An alternate would be dill.)

Add 2 tablespoons of salad dressing (to hold the stuffing together).

Fill the zucchini halves to heaping level.

Place on plate and sprinkle with parmesan cheese. Bake in microwave until the walls are just tender.

Sprinkle with fresh chives if desired.

Serve hot.

Can be made ahead and reheated.

## **MEAT DISHES:**

### **Baked Pork Ribs**

Back pork ribs (sufficient to feed your group)  
Cut them in 3 ribs to a group and sauce them each side with Tunnel Sauce (or barbeque or other hot sauce). Wrap in foil and tightly seal. Wrap to avoid drippings leaking because the foil packages are placed on the oven rack.

Bake 2 hours in 300 degree oven.

Ribs may be unwrapped and broiled prior to serving if you want the sauce to be hotter. We like them left wrapped and served that way to keep the juices in and the ribs hot.

### **PORK TENDERLOIN MARINADE**

for 2 tenderloins

2 tablespoons soya sauce  
2 tablespoons apple juice  
1 tablespoon olive oil  
1 tablespoon ginger  
1 tsp. Sugar  
4 cloves garlic

Marinate all day in zip lock bag with most of air removed. Press sauce around meat. There should be enough sauce to have sauce on all sides of the meat so double recipe if necessary. Remove meat and grill. Cut in medallions of meat to serve. Rice goes well with this dish.

### **HAMBURGER SAUCE—makes large quantity and freezes nicely**

Saute fresh mushrooms (sliced) and 1-2 chopped white onions (set aside in bowl).  
1 lb. Beef--I use lean, saute with ½ tsp. Dry mustard and 2 cloves of garlic or more).  
Blend 4 cups tomatoes (I use Hunts tomato sauce 2 large tins)

1 tbsp. (Heaping) of Salsa (you can substitute spices, or make your own salsa).  
Salsa doesn't usually have additives. I sometimes use a bit of hot pepper as a substitute or skip the Salsa entirely. Tomato Ketsup has enough spice to be used as a substitute or 1/4 tsp. Paprika.

Spice according to taste with oregano (½ tsp.), parsley, marjoram (½ tsp.) and basil (1/4 tsp.) You might have to double this to accommodate the above recipe and your taste.

Salt & pepper

1 tablespoon Tarragon vinegar or plain vinegar  
1 tablespoon Honey (or sugar)

Simmer sauce to thicken. Freezes well in meal size containers.

## **Spaghetti Sauce (Italian recipe)**

1 lb. Hamburger  
Piece of salami or pepperoni (1-2 inches)  
1 tin mushrooms or fresh mushrooms  
3-5 tablespoons of olive oil  
8 oz. Tin tomato puree or 28 oz. tin of tomatoes (adapt to how thick you like your sauce)  
2 onions  
1-2 cloves garlic  
1 carrot (grated)  
1 celery (grated) or you can use green pepper or both  
1/4 teaspoon marjoram  
1/4 teaspoon rosemary and a dash of nutmeg  
1/8 teaspoon basil  
1/2 teaspoon oregano  
1/8 teaspoon thyme  
1 tablespoon flour  
2 1/2 cups beef bouillon  
Salt and pepper  
1 bay leaf  
1/2 cup red wine  
1 teaspoon sugar

I saute my onions, mushrooms, celery and hamburger individually and then add them together and add the tomatoes/or sauce, then add the spices and other ingredients. Simmer sauce until the flavours have mellowed (1-2 hours on simmer is ok, especially if using tomatoes and the sauce needs to thicken).

You could use a hot pot with this recipe and it works very well. I would use the same procedure, saute the meat, onion, mushrooms, and celery and put it in the hot pot. Then add the liquids and spices, etc. Bring to a boil on high and then reduce to low and simmer for as long as you like. (Reduce heat to keep warm if you are unable to move the sauce to containers for freezing.)

## **SWEET AND SOUR MEATBALLS**

Combine:

2 lbs. of lean hamburger [I use horseradish and mustard in the hamburger] with  
1 package of Lipton's Onion Soup Mix. If you cannot have MSG which Lipton's Soup mix has in it, alternate ideas appear below.

[Alternately I used a Hot Pepper Sauce which combines soya with hot pepper sauce because of allergies to MSG. I then used white onions cut in large pieces and I browned them a bit with wine vinegar and sugar to create a caramelized onion taste. I also added sauteed mushrooms for a nice effect.]

Add: 1 egg and 1 cup of fine bread crumbs to the hamburger mixture.  
[I often use crushed crackers instead of bread crumbs and I have eliminated them entirely most of the time.]

Form into meatballs sized to suit your menu.  
Bake the meatballs in the oven (350 degrees) until no more pink shows in the meat..

Sauce:

Combine:

3/4 cup of brown sugar

2 tablespoons cornstarch

1/3 cup vinegar

1 cup water

2 tablespoons soya sauce—there are soya sauces with no MSG nowadays.

3 tablespoons of tomato ketchup

I combine the sauce ingredients in a large measuring cup and microwave to thicken. Once the sauce has cleared (it should be about the consistency of gravy) add it to the meatballs.

Serve with rice or use as an appetizer. The meatballs mellow nicely for the 2<sup>nd</sup> day.

## **SOUPS**

### **Cream of Cauliflower Soup** (Joy of Cooking recipe somewhat altered)

About 6 cups.

Prepare a large cauliflower (cut into florets), place in large pot with small amount of water.

Chop and add white onion (as much or as little as you like, the recipe says 2 tablespoons)

Chop and add 3 celery ribs. Once cooked add 1/4 cup butter.

Add 4 cups of chicken stock (or use McCormicks chicken cubes and hot water.)

Add 2 cups of whole milk or light cream– alternately, 1 tin of coconut milk works well.

Thicken with flour and water, if necessary (I usually skip this.)

Parmesan (about 2-3 tablespoons) is nice in cauliflower soup or half cup of grated cheddar cheese.

Once cooked, I blended the mixture for a smooth soup.

Season with salt and pepper as desired for the taste.

To serve sprinkle with paprika and or grated nutmeg and garnish with grated cheese if desired.

### **Curried Carrot Bisque**

1/4 cup butter or margarine

2 cloves garlic, minced or pressed

2 large onions, sliced

1 teaspoon ground coriander

3/4 teaspoon curry powder

1/4 teaspoon ground ginger

1/8 teaspoon ground allspice

3 tablespoons flour

2 cups water

1 1/2 pounds carrots, sliced

7 chicken bouillon cubes

5 cups milk (or coconut milk if dairy intolerant)

Salt

In a 5 to 6 quart pan, melt butter over medium heat. Add garlic, onions, coriander, curry powder, ginger, and allspice. Cook, stirring occasionally, until onions are very soft (about 15 minutes). Stir in flour until all vegetables are coated. Add water, carrots and bouillon cubes. Bring to a boil over high heat; reduce heat, cover, and simmer until carrots are very tender (about 25 min.)

Whirl carrot mixture, a portion at a time, in a food processor or blender until smooth (add enough of the milk/coconut milk for the blender to run easily). Return to pan; add remaining milk and heat until steaming. Season to taste with salt.

If made ahead, reheat over medium-low heat, stirring occasionally; do not boil.

Place condiments of your choice in separate bowls; pass at the table to spoon over individual servings. Makes 8 to 10 servings.

Condiments: Choose from the following: Roasted salted sunflower seeds, chopped hard-cooked eggs, plain yogurt, and fresh cilantro (coriander).

Changes I made to the recipe: I used chicken stock rather than the 2 cups water and bouillon cubes. I used potatoes to thicken rather than flour and coconut milk rather than milk.

### Potato Fennel Soup

|   |         |        |
|---|---------|--------|
| Cooking oil                                     | 2 tsp   | 10 ml  |
| Sliced fennel bulb (white part only)            | 2 cups  | 500 ml |
| Lean ground beef                                | 1 lb    | 454 g  |
| Diced carrot                                    | 1 cup   | 250 ml |
| Chopped onion                                   | ½ cup   | 125 ml |
| Prepared beef broth                             | 6 cups  | 1.5 L  |
| Diced peeled potato                             | 2 cups  | 500 ml |
| Chopped fresh dill (or ½ tsp., 2 ml. Dill weed) | 2 tsp.  | 10 ml. |
| Pepper  | 1/4 tsp | 1 ml   |

Heat cooking oil in large pot or Dutch oven on medium. Add next 4 ingredients. Scramble-fry for about 10 minutes until ground beef is no longer pink. Drain.

Add remaining 4 ingredients. Stir. Bring to a boil. Boil gently, covered, for about 15 minutes, stirring occasionally, until potato is tender. Skim any fat from surface of soup. Makes about 9 cups (2.25 L).

The recipe makes nicely in a hot pot similar to the hamburger sauce procedure.

### Punjab Pea Soup

(This is a Indian style flavour pea soup. I double the recipe because of the size of a package of split peas.)

1 cup dried green split peas  
1 tablespoon salad oil  
1 medium size onion, thinly sliced  
1 ½ teaspoons curry powder  
5 cups water  
2 medium-size carrots, sliced  
2 stalks celery, sliced  
1 clove garlic, minced or pressed  
3 chicken bouillon cubes  
1 bay leaf  
1 teaspoon sugar  
1/8 teaspoon each thyme leaves and dry rosemary  
1/4 teaspoon pepper  
Salt

Sort split peas to remove debris, rinse well, drain and cover with water and soak overnight or for the day.

I did not drain the water off next morning but used it to replace the 5 cups of water. I

used 2 cups of chicken stock to replace the 3 chicken bouillon cubes. I used one MacCormick's chicken cube (it has no MSG).

Heat oil in 3-qt. pan over medium heat. Add onion and curry powder and cook, stirring occasionally, until soft (about 10 minutes). Add Water, carrots, celery, split peas, garlic, bouillon cubes, bay leaf, sugar, thyme, rosemary, and pepper. Bring to boil over high heat; reduce heat, cover, and simmer, stirring occasionally, until peas mash easily (about 1 hour). Remove bay leaf.

Whirl soup, a portion at a time, in a food processor or blender until smooth. Season to taste with salt. Makes 4 to 6 servings.

### **Vegetable Borscht** (Kim and Lois Shane)

1/3 cabbage  
1.5 sticks celery  
2.5 medium potatoes  
2 large carrots  
½ tsp. Pepper  
3 tablespoons vinegar  
1 to 2 containers chicken/beef broth (or substitute McCormick's beef/chicken cubes and 8 cups water)  
½ tsp. Dill (fresh or dry have different effect—use to taste)  
3 medium beets  
½ large onion  
14 oz. Tin tomatoes (plum or other)  
1 to 2 cloves garlic  
1 to 2 tablespoons lemon juice  
2 tablespoons sugar  
Parsley flakes

Boil beets and skin—and shred

Boil potatoes and cube

Saute beets, carrots and onion

Add them to the liquid broth.

Add the cabbage and celery

Add remaining ingredients and simmer 1.5 hours.

The vinegar, lemon juice, sugar, dill and pepper should provide a nice spicy flavour, so depending on whether or not you are doubling the recipe, you may need to add more of these ingredients.

### **Thai Chicken and Coconut Soup**

If they are available, simmer kaffir lime leaves or lemon grass in the coconut milk first for a delicate citrus flavour. (Available from Scoop & Weigh stores.)

Bring to boil in a soup pot:

3 cups chicken stock

2 2/3 cups unsweetened coconut milk

Reduce heat and stir in:

2 small Thai peppers or 3 fresh jalapeno peppers seeded and sliced

3 tbsp. Thai fish sauce (nam pla) or soy sauce  
1 teaspoon minced peeled fresh ginger  
1/8 tsp. Salt

Simmer 10 minutes, then stir in:

1 lb. Boneless, skinless chicken breasts, thinly sliced  
2 tablespoons lime juice.

Simmer until chicken is no longer pink. Garnish with cilantro.

Alternately, I used 1 chopped carrot and chopped spinach (green onion might work) with a red pepper and onion and added Currie (mild) to mimic a recipe I had tasted in a restaurant. It turned out nicely too.

### **Broccoli soup with Orange**

Serves 4

1 med. Onion, chopped  
1 tbsp. Oil  
1 pound broccoli (I used 3 large stalks)  
2 oranges—I used one and grated its rind as well as used the juice)  
2.5 cups chicken stock (and I added 2 beef McCormick's cubes)  
1.25 cups yogurt (I used 1 tin coconut milk and 3 tbsp. Sour cream)  
1 tbsp. Cornstarch and 2 tbsp. Water for thickening purposes  
salt and pepper  
1/4 tsp. Thyme (my addition)

You might garnish with Parmesan cheese.

This recipe suggests that you reserve some of the broccoli for garnish, together with a little grated orange rind. Heat the oil and cook the onion until it has softened but not browned. Add the broccoli and stir round. Cook, covered, for a few minutes and then add the orange juice and stock. Bring to a boil, cover and simmer for about 20 minutes, until broccoli is soft. Puree the soup in a blender. Mix the cornstarch and water to a smooth paste and stir into the soup with salt and pepper to taste. Return the soup to the heat and for a further 5 minutes. Serve, garnished with the reserved broccoli and orange rind. Can be served cold. Frozen broccoli works fine.

### **Russian Borsch**

Cook uncovered 2 cups shredded beets and 1 cup each chopped carrots and chopped onions in 2 2/3rds cups boiling salted water for 20 minutes. Add 2 cups Brown Stock (or 1 can of beef broth, plus 2/3 cup water), 1 cup shredded cabbage, 1 tablespoon butter; cook uncovered 15 minutes.

Add 1 tablespoon lemon juice pour into 6 to 8 bowls. Top with dollops of sour cream.