

# Gluten Free Faces Chicago



Potluck Cookbook - April 25, 2010



## G/F Chicago Style Pizza Puffs

Sarah Sapperstein, Chicago, IL - I made this recipe after a pizza party where I was encouraged to bring a gluten free pie to share with others. Ever notice that when taking a piece of pizza, you have to touch 2 slices? This solved the contamination problem, and brought a great Chicago style flair.

Olive oil  
Your favorite sauce  
Your favorite pizza topping  
Gluten free pizza dough (I use Bob's Red Mill) and its accompanying ingredients (eggs/water/yeast/etc)

Muffin Pan (I use the full-size muffin pan, but I suppose mini-muffins would work too)

---

Preheat oven as directed for pizza dough. Begin pizza dough process and let rise as directed.

Use a bit of olive oil on a clean towel or paper towel to coat the inside of each muffin tin: make sure you get the bottom and the sides. If some oil sits in the tin, that's ok.

Once pizza dough has risen, rip off small pieces and form "cups" in each muffin tin. Make sure the bottom is fully covered and the sides aren't too thick. I use a little more than half of the BRM dough for 1 full size muffin tin.

Put in oven for directed first-time-through cooking. Dough will rise but not brown.

Remove from oven, and use a spoon to push sides of each "dough cup" outward, from the center, to re-establish the

cup formation. Be sure not to break the bottom of the "cup."

Spoon about 1 tspn-tblspn of your favorite pizza sauce into each cup. Some of the sauce will soak into the dough, but do not overfill!

Sprinkle your favorite toppings on top of the puff and push some down into the sauce in the center. Brush tops of dough with olive oil if desired.

Return the muffin tin to the oven to complete the dough cooking.

When dough is cooked, remove tin from oven. Let rest for a few minutes. With a table knife, trace around the sides of each pizza puff, and pop each puff out of the tin.

\*\*Pizza Puffs will be very hot w/very hot sauce inside- cutting in half for kids can help! Serve with a bowl of extra sauce for dipping if desired.

---

BRM pizza dough mix (incl. egg, yeast)  
Trader Joe's Tomato Basil Marinara  
Vegan/G/F mozzarella Rice Cheeze OR Organic 365 shredded mozzarella (dairy)

## Pasta Salad with Tomatoes and Corn

Alexandra Tsarpalas, Chicago - IL

5 tablespoons olive oil  
5 tablespoons red wine vinegar  
1/2 cup chopped fresh basil  
2 large garlic cloves, chopped  
1 1/2 cups fresh corn kernels  
(cut from 3 ears) or frozen, thawed  
1 1/4 pounds plum tomatoes, chopped  
8 ounces Tinkyada pasta, freshly cooked  
1/2 cup grated Parmesan cheese

Whisk 4 tablespoons oil, vinegar, basil and garlic in large bowl to blend.  
Heat remaining 1 tablespoon oil in heavy large skillet over medium heat.  
Add corn; sauté 3 minutes.  
Add corn to dressing in bowl.  
Add tomatoes, pasta and cheese to bowl and toss to blend.  
Season salad with salt and pepper.





## Chicken, Avocado and Mandarin Salad

Lisa Williams -

<http://lisacooksallergenfree.blogspot.com>

This salad is a nice balance of crisp, juicy, sweet and tart, chicken makes it a meal.

3 chicken breasts

1½ tablespoon Italian flat leaf parsley, minced

2 tablespoons honey

¼ cup of canola oil

2 tablespoons white wine vinegar

½ teaspoon Kosher salt

small pinch ground pepper

small pinch garlic powder

1 head romaine lettuce, cut into bite-sized shreds

2 stalks of celery cut on angle

½ of a red pepper, chopped

1 Can of Mandarin oranges, drained

1 avocado, cut into ½" squares

In a large sauté pan over medium high heat, add canola oil.

Lightly season chicken with Kosher salt and ground black pepper and add to pan.

Cook thoroughly on both sides until breast reaches internal temperature of 165°F or until the juices run clear, set aside to cool.

Combine Italian flat leaf parsley, honey, canola oil, white wine vinegar, Kosher salt, ground pepper and garlic powder in a blender and blend for 30 seconds.

Add lettuce, celery, red pepper to bowl.

Top with Mandarin oranges, avocado and chicken breast, cut into strips.

Pour dressing lightly over salad, reserve a little, mix and add remaining dressing to taste.

# Quinoa with Chimmichurri Dressing and Orange Radish Salad

Lisa Williams - <http://lisacooksallergenfree.blogspot.com>

## Chimichurri Dressing

2 tablespoons cilantro leaves  
2 tablespoons parsley leaves  
1 garlic clove  
1/4 jalapeno pepper, seeded (leave seeds in if you like it hot)  
2 tablespoons white vinegar  
5-6 tablespoons extra virgin olive oil  
to taste Kosher salt

Mix solid ingredients with vinegar in a blender and blend until smooth. Slowly drizzle in oil, continuing to blend. Add salt to taste.

## Quinoa Preparation:

1/2 cup quinoa, rinsed several minutes  
1/2 cup water  
1/2 cup chicken stock (use vegetable stock for vegetarian)  
1/2 scallion, cut on an angle  
1/2 small tomato, peeled, seeded and cut in small pieces (blanch & shock to tomato to easily remove skin)  
1/4 cup roasted red pepper, diced  
1 1/2 tablespoons roasted pumpkin seeds

Add water and stock to sauce pan and bring to a boil. Add quinoa and cook until tender, you will see a small white line through quinoa that will tell you it is done. Toss lightly with dressing, and spread out and let cool. Once cooled, toss with remaining ingredients and dressing.

## Orange Radish Salsa

1/2 orange, cut in segments, skin removed  
1 radish, cut into small strips, about 1/16"  
1/2 tablespoon parsley leaves, whole  
1/2 tablespoon cilantro leaves, whole  
juice from remaining orange  
1 tablespoon extra virgin olive oil  
to taste Kosher salt  
to taste black pepper

Mix ingredients together and plate next to quinoa.



## Mini Cherry Cheesecakes

Betsy Thompson

[www.glutenfreebetsy.com](http://www.glutenfreebetsy.com)

24 Le Veneziane Mais Cookies

3 pkg cream cheese

1 c. sugar

3 eggs

1 tsp vanilla extract

1/4 tsp nutmeg

1 can cherry pie filling (or fruit of choice)

Heat oven to 325 degrees.

Line 24 muffin cups with foil baking cups. Place 1 mais cookie in the bottom of each cup.

Mix cheese, sugar, eggs, vanilla extract, and nutmeg in a large bowl until smooth.

Fill each cup 2/3 full.

Bake at 325 for 25 minutes or until set (cheesecakes should have a nice golden top)

Cool, top with 2 cherries and some sauce.

Refrigerate until completely cool.

Enjoy! :)





## Chocolate Covered Cherry Cupcakes:

Betsy Thompson

[www.glutenfreebetsy.com](http://www.glutenfreebetsy.com)

1 box of Betty Crocker gluten free chocolate cake mix (or any gf chocolate cake mix)

1 can of cherry pie filling

Chocolate frosting

Prepare cake mix as directed.

Using foil baking cups, spoon 2 tablespoons of cake mix into each cup. Add one tablespoon of cherry pie filling to cups, and fill cups 2/3 full with cake mix.

Bake as directed.

Frost with chocolate frosting and enjoy!

(I wish I would have made my own chocolate butter-cream frosting. The premade stuff was kinda nasty...but in a pinch, it works!)

Variation:

Fill cupcakes 2/3 full with chocolate cake mix and then add 1 TBSP of cherry filling. Baked and eat...no frosting required!

## Strawberry Shortcake Cupcakes

Betsy Thompson

[www.glutenfreebetsy.com](http://www.glutenfreebetsy.com)

1 package of Bob's Red Mill gluten free yellow cake mix  
(or any other GF yellow cake mix)

1 package of Strawberry flavored Jell-O

1 container of Fluffy White frosting

Prepare cake mix as directed. Using foil baking cups (very important!) spoon mixture 2/3 full of cake mix. Bake as directed.

When cupcakes are almost ready to come out of the oven, boil 1 cup of water and add to Jell-o powder (do NOT add cold water!)

As soon as cupcakes are done baking, using either a medicine syringe or plastic squirt bottle (I use the Wilson's candy making plastic bottle) insert tip into the cupcakes and squeeze. Do this in several spots of the cupcakes so the strawberry flavor is not all in one place.

Cool completely and top with frosting.





## No-Compromise Banana Bread

Barbara Flom, Chicago

3/4 butter, softened  
1 cup sugar (I often cut this back to 3/4 cup so it isn't so sweet)  
1 egg, at room temperature  
1-1/3 cups flour blend (recipe below)  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
2 to 2-1/2 medium bananas, peeled and mashed  
1 tsp. double-strength vanilla  
1 tsp. cinnamon  
1/4 cup sour cream  
1 cup chopped walnuts (optional)

Preheat oven to 350 degrees. Grease an 8-inch loaf pan. Cream butter and sugar until light and fluffy. Add egg gradually, scraping down bowl. In one separate bowl, combine all dry ingredients (except nuts). In another separate bowl, combine bananas, vanilla and sour cream. Add all dry ingredients to egg mixture and mix until just combined. Add wet ingredients and mix until just combined. Stir in nuts by hand, lightly. Pour batter into pan. Bake for 55-60 minutes, until a cake tester inserted near center of loaf comes out clean.

### **Flour Blend** (makes enough for 4 loaves)

3/4 cup superfine white rice flour  
4 cups potato starch  
5 tablespoons guar gum  
1/2 cup albumen (dried egg white)  
(Blend all ingredients vigorously. Store mixture in a cool dry place.)