

# Gluten Free Delectable Culinary Delights

*by* GAIL LARSON

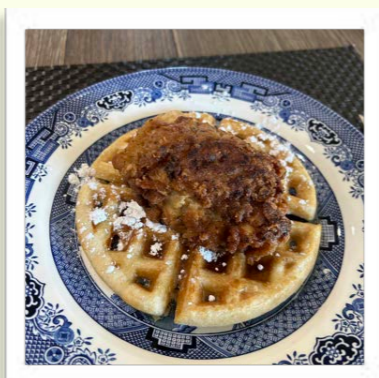


# No Gluten No Problem Recipes

# Introduction

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Throughout my lifetime, I've explored a multitude of eating journeys that were very freeing... meat-free, msg-free, dairy-free, lactose-free, and as hard as it is... carb-free! But to be gluten-free has been one of the most challenging and not so freeing experiences of my life! This is why I have decided to share my recipes and other culinary tips and tricks that have allowed me and my family to enjoy delicious and satisfying meals day in and day out!



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# GF Baby Back Pork Ribs

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## Ingredients:

- 3 slabs of baby back pork ribs
- Homemade Rub
  - tablespoon each of granulated garlic, granulated onion, salt, pepper, paprika, lemon pepper seasoning, smokehouse maple seasoning pre-mixed in a bowl

## Barbecue Sauce

- 8 oz can of tomato sauce
- 1/4 cup of GF Tamari Soy sauce
- 1/2 cup of brown sugar
- 1/4 maple sugar
- 1/4 cup mustard (yellow or brown)
- 1 tbs horseradish
- 1 tbs hot sauce
- 1/2 cup sweet ginger chili sauce
- 1/4 cup of Everything Bagel Seasoning

## Instructions

- Divide the 3 slabs of ribs equally so that 1 1/2 slabs fit into 2 large, glass baking dishes.
- Apply homemade rub on both sides of the ribs the night before, cover and let set over night in the refrigerator.
- When ready to start the cooking process, add about 1-2 cups water (or broth) to the bottom of the two, large glass baking dishes. You do not want to cover the ribs... just adding moisture.
- Cover with foil and place in a pre-heated oven at 350 degrees for 30 minutes, then reduce heat to 300 degrees.
- Bake covered for 2 hours at that temperature.
- Uncover ribs and bake for another hour to brown.
- Remove from the oven to apply the barbecue sauce, and then slice each slab between the ribs, depending upon preference, and put the ribs back into the oven for another 30 minutes.
- Total bake time is 4 hours

# GF Shrimp & Grits

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Grits are naturally gluten free, so remember to ensure that your cheeses are not processed and your seasonings are gluten free.

1. To prepare grits be sure to add salt and a half stick of butter to the water.
2. Bring to boil, then add grits. Cover and let simmer until most liquid is absorbed.
3. Add a teaspoon of oil to prevent grits from sticking.
4. Add your favorite cheeses.
5. While grits are simmering, thaw and peel shrimp.
6. Fry bacon so you can use some of its grease to cook the shrimp
7. After bacon is done, remove and leave behind maybe a couple tablespoons of grease.
8. Add a stick of butter (or garlic butter).
9. Add diced onions and minced garlic.
10. Add fresh chopped Spinach (optional)
11. Add shrimp, and cook til pink
12. Season with a half package of Grill-mates Tomato, Basil, Garlic pack
13. Add a cup of salsa
14. Now you can serve the shrimp over your grits and sprinkle with lemon!



## Grits Preparation Option

- Bring 2 cups salted water to a boil
- Add a half cup of grits, bring to a boil, then reduce heat, and cover until liquid is absorbed.
- In a small saucepan, bring a cup of water to boil, add a half cup of frozen corn. Cook for 5 minutes, drain and add to the cooked grits.
- Add a 1/4 cup each of cream cheese and shredded cheeses of your choice. Other optional ingredients include jalapeños, hot sauce or red pepper flakes.

# GF Chicken n' Waffles

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## GF Chicken n' Waffles

Although it is convenient to use a pre-made gluten free pancake or waffle mix, popular brands tend to be expensive. Having gluten free flour on hand will save you money and time in the long run, as it is needed in a variety of recipes (including the referenced fried chicken in this savory/sweet meal that can be served any time of day.

## GF Waffles

- 1/34 cup GF All-Purpose Flour with Xanthan (Bob's Red Mill or Pillsbury)
- 1/4 cup Sugar (\*optional if you prefer a sweeter waffle)
- 1 tbs Baking Powder
- 1tsp salt (\*optional)
- 1 tsp vanilla
- 1/3 cup milk
- 1 cup cold water
- 1 tbsp Vegetable Oil (Wesson Oil is GF)
- 2 egg whites

Pre-heat lightly greased waffle iron, or coat with GF cooking spray. Whisk together wet ingredients, then add dry ingredients. Batter will be slightly lumpy. Pour onto waffle iron, cooking until steam stops and waffle is golden brown.

## GF Fried Chicken

Chicken Thighs (these are the most tender and moist marinated in butter mild for 2 hours)

3 cups GF All-Purpose Flour

1 tbs each granulated garlic and granulated onion

1tbs each of lemon pepper, paprika and salt

3 eggs and 1/2 cup of milk



## Instructions

- Remove chicken thighs from buttermilk, and pat dry.
- Combine dry ingredients in a medium casserole dish.
- Whisk wet ingredients in a medium mixing bowl.
- Dip chicken thighs in egg mixture, then dredge in flour mixture.
- After an inch of oil heats in a fry pan, to a temperature whereas a dash of flour sizzles, place thighs in pan, ensuring that it is not crowded.
- Fry chicken approximately 8 minutes on each side on medium high heat.

## Serving Suggestion

Place waffle on the plate, add melted butter, GF syrup and powdered sugar. Place a chicken thigh in the center, then add additional syrup and powdered sugar if preferred.

# GF Biscuits & Gravy

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## Ingredients

- Sage Pork Sausage
- 1 cup of Bob's Red Mill GF All-Purpose Flour
- 1/2 cup diced onions
- 1/2 cup Milk (whole, half and half, or even lactose free, works)
- 1/2 stick of butter
- GF biscuits (recipe below)

## Instructions

- Brown sausage, adding onions mid-way through
- Without draining the grease, add the 1/2 stick of butter
- gradually add the flour and the milk until desired gravy consistence is achieved.
- cover and let simmer. Spoon atop biscuits and add eggs made your way!

## GF Cheddar Biscuits

### Ingredients

- 2 cups Bob's Red Mill GF All-Purpose Flour
- 1 Tbs GF Baking Powder
- 1 1/2 sticks of softened butter
- 1 cup milk(whole, half and half, or even lactose free, works)
- 1 cup shredded cheddar
- 1 tbs garlic powder

### Instructions

- Combine dry ingredients with 1 stick of softened butter, reserving the remaining half stick to top the finished biscuits.
- add the milk and cheese to the mix
- use an ice cream scoop to portion out the biscuits and place on a parchment lined baking sheet, treated lightly with non-stick spray
- Bake at 425 for 15 minutes or until golden brown.
- Melt the remaining butter, adding the garlic powder and a dash of salt if preferred (optional).
- Coat the biscuits with the butter mixture while hot.

# GF Italian Crustless Quiche

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## Ingredients

7 eggs, whisked  
1/2 cup ricotta cheese  
1/2 cup cream cheese  
1 cup shredded Mozzarella cheese  
1/2 cup diced tomato,  
1/2 onion, sliced  
1/2 stick butter  
1/2 cup each of artichoke, broccoli, cauliflower  
1 cup cooked GF spaghetti  
Sour cream (optional)  
Hot sauce (optional)



## Directions

1. Sauté ingredients in 1/2 stick butter seasoned with Italian seasoning and lemon & herb seasoning
2. Pour egg mixture over ingredients and bake at 350° for 25 minutes
3. Top with sour cream and hot sauce to taste.

***Chef's note:*** Pre-packaged shredded cheeses contain gluten, so shred your own! If you would like to have a delicious crust WITH your quiche, try Bob's Red Mill Gluten Free All-Purpose flour with your next quiche with crust recipe!

# GF Grilled Chicken Legs n' Thighs

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## **Chef's note:**

*I use my same go-to rub on my chicken legs and thighs, except I also add Italian season. \*Always check seasoning labels for "hidden" gluten ingredients like wheat and soy!*

## **Ingredients**

- Homemade Rub (tablespoon each of granulated garlic, granulated onion, salt, pepper, paprika, lemon pepper seasoning, smokehouse maple seasoning pre-mixed in a bowl)
  - 3 lbs each of legs and thighs
  - 2-3 cups of buttermilk

## **Directions**

1. Soak chicken in buttermilk overnight to tenderize.
2. Remove from milk, pat dry, then season with the rub.
3. If charcoal grilling, prepare as usual.
4. If baking in the oven, place in a glass pan adding a cup of water to the bottom, and cook at 375 degrees for an hour.

# GF Southern Catfish

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## **Chef's note:**

*Interestingly enough the name brand New Orleans Louisiana Fish Fry is gluten free! Its ingredients are mainly cornmeal, garlic, and salt. I generally use this brand, or sometimes I use a combination of the Bob's Red Mill cornbread mix and Aleia's gluten free Italian breadcrumbs.*

## **Directions:**

- Whisk eggs in a bowl seasoned with paprika, chili powder and salt and garlic
- Dip fish into cornmeal mixture (either Louisiana Fish Fry or Cornbread/breadcrumb blend).
- Dip battered fish into the egg mixture, then back into the cornmeal blend.
- Ensure that you have a heavy pan pre-heated with oil.
- Place the fish fillets carefully in the pan, making sure not to flip it until it is fully cooked on the one side and releases easily from the pan. Then cook on the other side.

## **Homemade Tarter Sauce**

1 cup of mayonnaise

1/2 cup of bread and butter pickles finely chopped (relish can be substituted but not as hearty)

1/4 cup of Chic-fil-A sauce (which is primarily mustard and catsup if you don't have any handy)

A pinch of dill seasoning

1/2 cup of finely diced white onions

1 tbs of finely diced jalapeños

1 tbs of hot sauce



# GF Spicy Pasta Salad

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## Pasta Salad Ingredients

- 2 cups Gluten-free rotini, penne, or elbow (corn, rice or chick pea) pasta.
- 1 cup canned corn (or frozen corn, boiled and chilled)
- 1 can fire roasted diced tomatoes
- 1/2 white onion, diced
- 1/2 cup fresh cilantro, chopped
- 2 tbs Jalapeño pepper, diced (optional)
- 1 cup diced white cheese of choice (like pepper jack or white cheddar)
- 1 diced avocado
- 1 can black beans (drained)

## Dressing Ingredients

- 1 cup mayonnaise
- 1/4 cup neutral oil
- 1 tbs lime juice
- 1/4 tsp lemon pepper
- 1/4 tsp ground cumin, chili powder paprika
- 1/2 tsp hot sauce

## Instructions

1. Prepare GF pasta according package. Drain, rinse, refrigerate for 1 hour.
2. Whisk dressing ingredients in small bowl
3. Combine remaining pasta salad ingredients and add to chilled pasta
4. Toss dressing into pasta, chill until ready to serve

# Deviled Eggs

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## Ingredients

- **14** shelled hard-boiled eggs cut in half lengthwise, yolks scooped out and set aside.
- 1/2 cup pimientos, drained, patted dry and finely chopped.
- 3 tablespoons black or green olives, rinsed, patted dry and finely chopped.
- 2 tablespoons capers, rinsed, patted dry and finely chopped.
- 1/4 cup chopped fresh parsley.
- 1/3 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1/4 cup softened cream cheese
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper.
- Smoked paprika (and optional pimientos) for sprinkling.

## Directions:

- Boil eggs as usual and peel.
- Cut eggs in half, removing the yolk and placing them in a medium sized bowl.
- Place egg whites on a pan or deviled egg serving dish.
- Mix all ingredients except for the pimientos, capers, and paprika, as those will be used to top the eggs.
- Fill the egg whites with the mixture and top with capers, pimientos and sprinkle with smoked paprika.

# GF Oyster Soup

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## Ingredients

- 1 Can GF Mushroom Soup (Campbells or Amys Bisque)
- 3 cans oysters (8 oz Chicken of the Sea brand)
- 4 oz fresh mushrooms
- 1/2 cup diced onion
- 1/2 stick butter (or 1/2 cup garlic spread)
- 1/4 cup cashew or almond milk
- 1/2 cup Bob's Red Mill All-purpose Flour
- \*Suggested seasonings - (lemon pepper, garlic seasoning or minced garlic, Everything But the Leftovers Trader Joe's Seasoning, Grill Mates Garlic Herb Wine Packet, Hot Rocks Sea Salt Italian seasoning).

## Directions

1. Sauté the onions, garlic, and mushrooms in the butter
2. Add 1/2 cup Bob's Red Mill All-purpose Flour
2. Season to taste\*
3. Add the oysters
4. Add mushroom bisque soup and milk

***Chef's note:*** Soups have always been a challenging experience throughout my gluten free journey, as those that prepare soup rely heavily on thickening agents. Fortunately, now there are more options (including mashed cannelloni beans) that can make soups thick and hardy.

# GF Pulled Pork Chili



## PULLED PORK CHILI

**Chef's Note:** No flour nor other thickening ingredients needed for this delicious award-winning delight!

### INGREDIENTS

- Pork Shoulder Roast
- 6 slices bacon (diced)
- 3 bell peppers (green, red, yellow)
- 1 cup diced scallions
- 1 can kidney beans
- 8 oz can Fire-Roasted Diced Tomatoes
- 1/2 cup fresh cilantro

**1**

Preheat the oven to 300°

Chop uncooked bacon, dice bell peppers, scallion, then finely chop the cilantro.



**2**

In a large skillet, fry bacon.

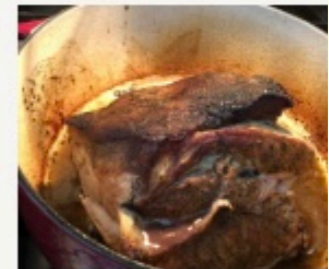
When done, add and sauté the scallions, peppers, cilantro.

Add the kidney beans, fire-roasted tomatoes, and all the seasonings to the skillet. Stir well to combine. Add one cup of beef broth.



**3**

Sear the pork shoulder roast in a Dutch oven with habanero oil. Cover and place in the oven for an hour. Add cup of beef broth. Continue to cook for another 2-3 hours until tender.



**4**

After the pork is ready, place in a large casserole dish to pull it with two forks until finely separated. Add to chili mixture and let simmer until ready to served.



# Charcuterie Boards

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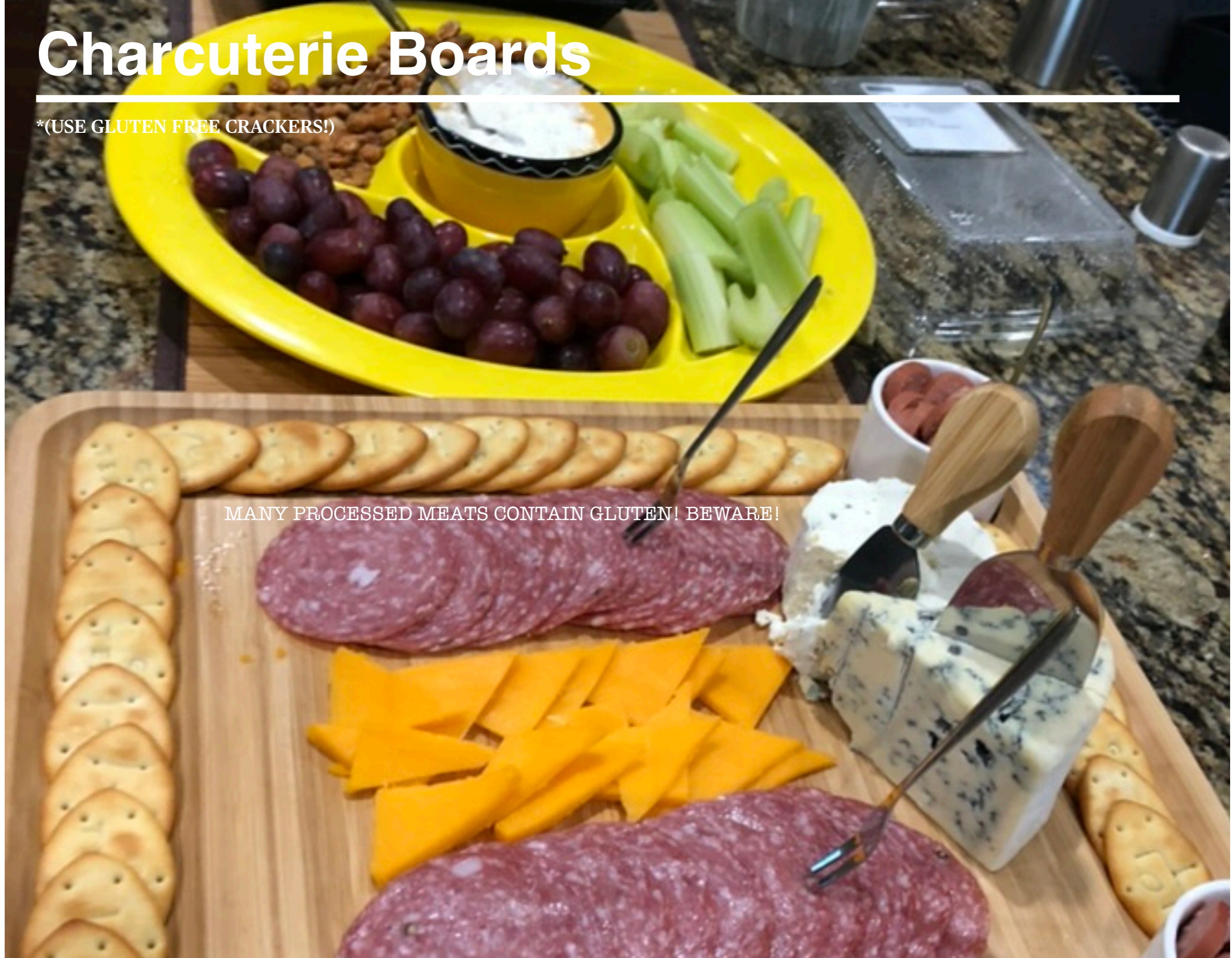
\*(USE GLUTEN FREE CRACKERS!)



# Charcuterie Boards

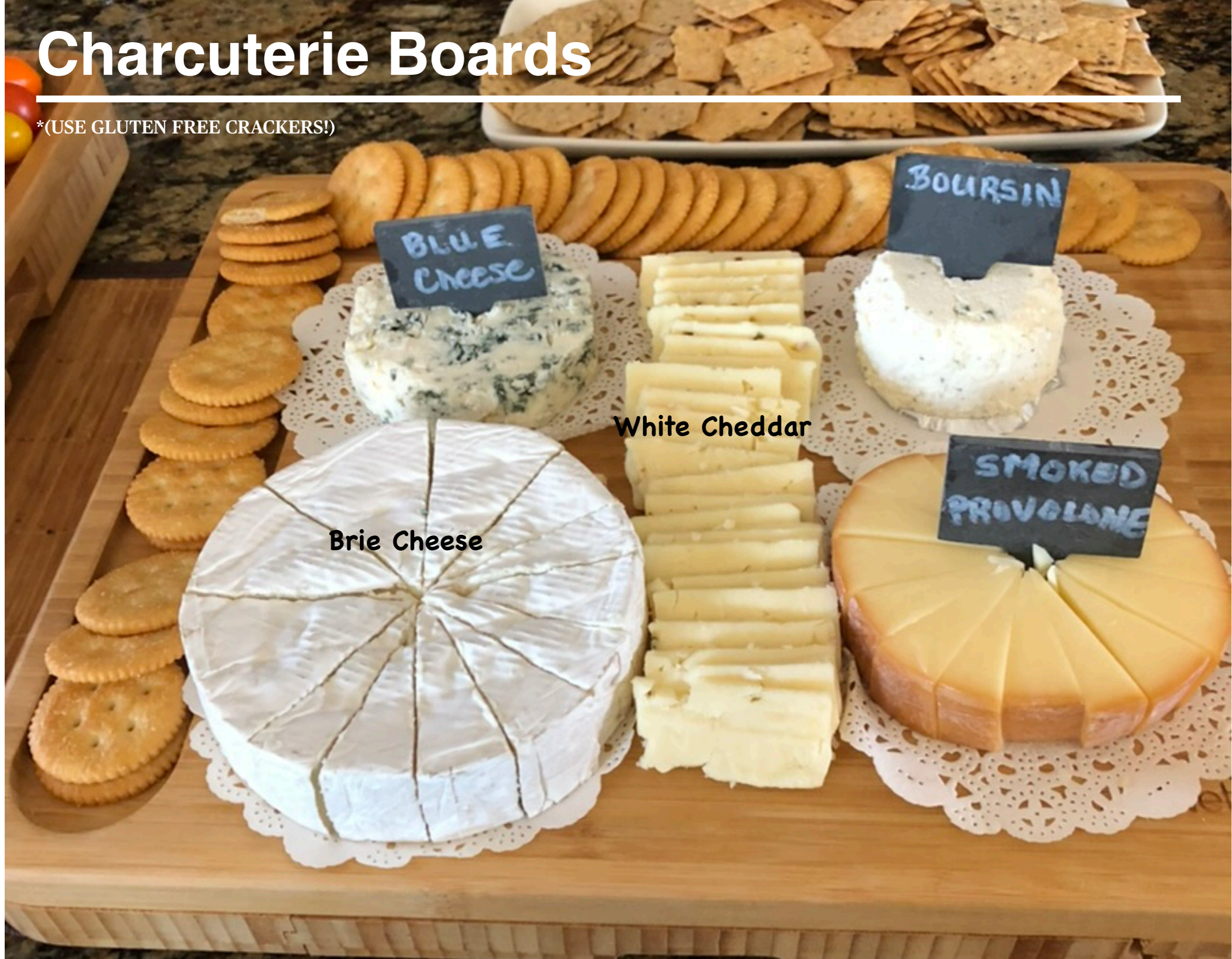
\*(USE GLUTEN FREE CRACKERS!)

MANY PROCESSED MEATS CONTAIN GLUTEN! BEWARE!



# Charcuterie Boards

\*(USE GLUTEN FREE CRACKERS!)



# GF Collard, Mustard, & Turnip Greens Medley

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## Ingredients

- 1 large bunch each of collard, mustard, and Turnip greens, soaked in cold water, rinsed, and drained
- 1 tbs salt
- 1 tbs pepper
- 1 tbs granulated garlic
- 1/4 cup olive oil
- 1 large onion sliced
- 4 tablespoons chopped garlic
- 1/4 cup vinegar
- 3 tablespoons sugar
- 1 stick of butter
- 3 slices bacon, cut into quarters



## 1. Directions

2. Fill a large stew pot halfway with water, vinegar, and season with salt, pepper and garlic. Bring water to a boil.
3. Meanwhile, chop all greens into medium pieces.
4. Heat oil in a large saute pan with the stick of butter and cook garlic gently until it begins to turn light brown, being careful not to burn.
5. Place greens, bacon, and sliced onions and sautéed garlic into boiling water, reduce heat and continue to simmer for 45 minutes.

# GF Cauliflower Mac n' Cheese

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## Ingredients

- ¾ lb. Gluten Free elbow macaroni
- 2 sticks of butter
- 6 cups cheddar cheese grated
- 2 cups milk
- 5 eggs slightly beaten
- ½ cup cream cheese
- 2 cups cooked, finely chopped cauliflower
- 1 teaspoon Italian Seasoning
- 1 teaspoon salt
- 1 teaspoon salt
- 1 teaspoon lemon pepper
- 1 teaspoon granulated garlic

## Instructions

1. Preheat the oven to 350°. Butter a 9 x 13 casserole dish.
2. In a large pot bring salted water to a boil and cook pasta per package directions. Drain pasta water into a separate large bowl, and place pasta back in the pot.
3. In a separate pot boil cauliflower until soft. Drain and chop finely, then add to the pasta.
4. Mix in the cream cheese.
5. While still hot, add butter and stir until melted. Next add 4 cups of the cheese, reserve the last cup for the top. Stir until it has partially melted then add the milk and last, add the beaten eggs. Stir until

# GF Garlic Mashed Potatoes w/ Cauliflower

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## Ingredients

- 8-10 Yukon Gold Potatoes
- 2 cups frozen or fresh cut cauliflower
- 1 stick of butter
- 1 cup soften cream cheese
- 1 tbs Italian season
- 1 tbs salt
- 2 tbs granulated garlic
- 1 tbs lemon pepper
- 1 1/2 cups of milk
- 3/4 cup grated parmesan cheese



**Chef's note:** *Potatoes are naturally gluten free; however, beware of prepared boxed mashed potato products as they typically contain gluten as a thickener.*

## Directions

1. Slice unpeeled potatoes into 6th's (the smaller the cuts, the faster they cook)
2. Bring to boil in heavily salted water.
3. Once the potatoes have boiled for 15 minutes, add cauliflower.
4. Continue cooking on medium high heat for 20 additional minutes
5. Drain the water using a colander over a large plastic mixing bowl in order to retain the potato water for other recipes (for stews, soups, gravies, broths)
6. In the same pot used to boil the potatoes, add the stick of butter, to begin melting, along with the softened cream cheese.
7. Add the milk and granulated garlic
8. Add half of the cooked potato and cauliflower to the milk and butter mixture
9. Mash with a potato masher, and then add the remaining potatoes and cauliflower
10. Stir in grated parmesan with a spatula.
11. Finish off with the lemon pepper and Italian seasoning.

# GF Cornbread Stuffing

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## Ingredients

- 6 cups cornbread \*(I like Bob's Red Mill GF Cornbread or Krusteaz GF)
- 1 lb. Sage Sausage
- 4 Tbs Butter
- 1 large Red Pepper (chopped)
- 1 Onion (chopped)
- 1 1/2 cups broth (saved from previously cooked veggies)
- 1 cup Half-n-half
- 1 tsp Pepper
- 1/2 tsp Granulated garlic
- 1/2 tsp Thyme
- 1/2 tsp Sage

***Chef's note:*** Often times store bought broths will contain gluten, thus I will save broth boiled from veggies and meats in mason jars for future use.

## Instructions

1. Make and bake cornbread according to package instructions on box or homemade cornbread recipe for 9 x 9 pan. Set aside to cool. Once the cornbread has cooled, cut into squares.
2. Meanwhile, heat a skillet over medium-high heat. Add sausage and cook until fully cooked. Drain on paper towels.
3. Clean out skillet and add butter and heat over medium heat. Add onions and cook for 8-10 minutes or until onions are softened. Add red peppers and cook for 5-6 minutes longer, or until the peppers are softened. Add chipotle peppers and remove from heat.
4. Preheat oven to 375 degrees. In a small bowl, whisk together broth, half-n-half, pepper, garlic, thyme, and sage until completely combined.
5. Place dried cornbread squares into a large bowl. Pour liquid mixture over it. Add sausage and onions and peppers. Carefully toss, trying to not break up the cornbread too much.
6. Pour into a 10 x 13 casserole dish. Bake covered with foil at 375 degrees for 30-40 minutes. If you want it to be toasty on top, remove foil and cook for 5 minutes longer.

# GF Double Chocolatey Nutty Brownies

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## Ingredients

- 1/2 cup Bob's Red Mill All-Purpose Flour
- 1 cup sugar
- 1 1/2 stick of softened butter
- 1/2 cup cocoa powder
- dash of salt
- 2 cup macadamia nuts
- 1/2 cup chopped pralines
- 1/2 cup chocolate chips
- 1/2 cup peanut butter chips
- 2 eggs

## Instructions

1. Whisk eggs in a mixing bowl, then stir in sugar and butter
2. Add GF flour, cocoa, and vanilla.
3. Add nuts. Batter will be slightly lumpy
4. Add chocolate and peanut butter chips
5. Spread on greased and GF floured 8X8 baking dish
6. Cook at 350 degrees for 25 minutes or until a toothpick comes out clean



***Chef's note:*** Although there are plenty of GF prepared, boxed dessert mixes, adding just a little extra butter ensures the moist texture found in non-gluten free delights.

# GF Chocolate Chip Bars

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## Ingredients

- 2 cups Bob Red Mill GF All purpose flour
- 1 tsp each of salt and baking soda
- 2 1/2 sticks of butter
- 2 tsp vanilla
- 2 oz softened cream cheese
- 1 tsp sugar free Hazelnut coffee enhancer
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 1 cup chocolate chips
- 1 cup peanut butter chips
- (Optional) nuts of your preference (I love macadamia and chopped pecans)

## Instructions

1. Whisk eggs, butter and cream cheese together, then add vanilla, and Hazelnut enhancer
2. Combine remaining dry ingredients
3. Add chocolate, peanut chips
4. Spread mixture on a parchment paper covered baking sheet treated

***Chef's note:*** When adding packaged chocolate or peanut butter chips, be cognizant of those that contain soy. I have found that due to my level of gluten intolerance, I have to avoid soy at all cost. Additionally, some recipes will call for dried fruits such as cranberries. Dried fruits typically contain gluten, or processed in facilities with other products containing gluten. Same with most flavored nuts, such as pralines.

# Gluten Free Delectable Culinary Delights

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YOU , TOO, CAN ENJOY A FULL CULINARY EXPERIENCE WITH GLUTEN FREE OPTIONS!

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