

KEEPERS AT HOME

Gluten-Free COOKING

Foods for people with gluten allergies from Keepers At Home kitchens

Front cover: Jelly Roll (page 88) by Nicole Hiebert

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Thank You!

A special thank-you to *Keepers at Home* readers who have made this book possible. Thank you for sharing your experiences and your favorite foods found here in *Gluten-Free Cooking*. We trust your efforts will be rewarded when others who have gluten allergies enjoy what you so generously contributed here.

Marvin & Miriam Wengerd
Gluten-Free Cooking Editors

Preface

I was three years old when I last ate anything with gluten in it. That was over 20 years ago. After I was diagnosed with Celiac disease in 1988, our lifestyle radically (and permanently!) changed. Celiac disease is a permanent, hereditary disease which renders one completely intolerant to gluten. With gluten found in the majority of our North American diet, this change to a gluten-free diet is not without its challenges, but with this cookbook in your hands you will be far better equipped to handle the adjustment.

When I was first diagnosed, the available options for the would-be gluten-free cook (and more so for the unfortunate eater!) were anything but encouraging. One wasn't sure if the cookies were *supposed* to taste like sawdust, and chances were ten to one you would have to eat your cake with a spoon simply because it would sift through the tines of your fork before it reached your mouth. Those were the days!

But such an experience will not be yours! Recent studies and experiments in the gluten-free field are turning out more and more satisfactory results, to the point now where many non-gluten-free people are shocked to find the desserts they are sampling do not have a single trace of wheat flour in them! Special gums and combinations of various gluten-free flours have turned baking (and eating!) into a scrumptious joy, instead of a burden necessary for survival.

Whether you are new to the field of gluten-free baking (and eating) or a veteran, you will find this cookbook a helpful tool and reliable guide in your kitchen—and a winner in the dining room!

Nicole Hiebert
Worsley, Alberta
July 2009

About Keepers at Home Magazine



Started in 1993, Keepers at Home has a mission to encourage women in their God-given calling of being mother and homemakers. Our banner verses were and still are Titus 2:4-5. Speaking to women, Paul encourages, “That they may teach the young women to be sober, to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their husbands, that the Word of God be not blasphemed. Four times a year we seek to bless and encourage close to sixteen thousand readers across the world with homemaking articles, recipes, gardening topics, homemade creations and spiritual nourishment all written by our readers and editors.

We live “down the hill” from Walnut Creek, Ohio, a little town famous for its Amish kitchen cooking and other tourist amenities. We invite you to stop by our house if your travels bring you by!

Marvin & Miriam Wengerd family

*Amy (Josh), Leah, Rosetta, Emily, David, Lisa, Heidi,
Carrie & Jonathan*

Ben Jr. & Mary K Troyer family

*Jolene (Conrad), Jessica (Charles), Bethany (Daniel)
Vonda, Ben Lindan, Justin & Josiah (in heaven)*



Table of Contents

Gluten-Free Getting Started.. .. .	9
Gluten-Free Flour Mixes	19
Gluten-Free Yeast Breads	23
Gluten-Free Quick Breads	33
Gluten-Free Muffins.. .. .	39
Gluten-Free Biscuits.. .. .	45
Gluten-Free Breakfast	49
Gluten-Free Main Dishes	55
Gluten-Free Cakes and Cupcakes	65
Gluten-Free Cookies	75
Gluten-Free Desserts	83
Gluten-Free Miscellaneous	93
Index	95

Gluten-Free Getting Started



Helping You Get Started

Recently I was in a health food store when I overheard a man at the checkout counter who was buying gluten-free products because he had been diagnosed with Celiac disease within the last few months. I went up to him and greeted him with the words, “Join the crowd!”

A tired smile crossed his face. He was thin and you could see that he was still recovering from the effects of poor health. “Seems like it’s getting to be a bigger crowd all the time!” he admitted.

That’s true. Just a decade ago, most people gave me a strange look when I told them that I was intolerant to gluten. Many didn’t know what gluten was.

The scene is dramatically different now. On two occasions in the last year I have entered a fast-food restaurant (out of necessity, I assure you!) and mentally steeled myself for the stressful ordeal before me—that of explaining my food restrictions to the staff and asking for a hamburger patty without a bun. However, on both of these occasions, I was in for a surprise.

“Oh, you mean Celiac disease?” the first manager asked. “My best friend has it. Don’t worry—my patties and fries are gluten-free.”

“Oh, yes, I understand,” the second manager assured us, “my mother is a Celiac. Let me help you with your menu.”

Gluten-intolerance seems to be on the rise. More and more people are turning to a gluten-free diet in attempt to clear up digestive problems, fatigue, and/or emotional and mental difficulties. In many cases, it *is* the answer. For some, they can do very well if they merely avoid wheat, but they can still use other gluten grains such as barley, spelt, or rye. For the true gluten-intolerant person, which definitely includes Celiacs, even these grains are damaging and unsafe.

At one point, the field was very narrow and bleak for gluten-intolerant people. But today with a wide variety of “safe” grains and gums, we are not deprived at all!

I was diagnosed as a Celiac at the age of three after three months of tests. In those early days, my mother cooked separately for me, and so we always had to have two pots of pasta, two kinds of bread, two toasters, etc. Now our whole family eats gluten-free for the most part. As the years passed, my other sisters began exhibiting adverse reactions to gluten in different ways. One sister had a low immunity and wasn’t growing properly. After being put on a gluten-free diet, she started gaining weight and there was a marked improvement in her immunity. Another sister’s problems with potty training cleared up. Mysterious stomach aches vanished. Energy levels increased.

The challenge remains to *read each and every label very diligently*. Gluten hides under a score of disguises. You will only occasionally find “gluten” in an ingredient list. Most likely, though, you will find some of the following: modified food starch, hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), malt extract, malt flavoring, and malt syrup. The first three mentioned may or may not be gluten-free—it depends entirely on whether the starch or protein is derived from wheat or not. Very sensitive people may be wiser to avoid them unless the label specifically states it is derived from a non-gluten source. Personally, I have had very negative effects from modified food starch, so I have chosen to keep away from anything with that ingredient. Malt extract, malt flavoring, and malt syrup are usually extracted from barley. *However, do not confuse this with malt sugar and malt vinegar*. Malt sugar (Maltose) and malt vinegar are both gluten-free.

If you are new to the field of gluten-free cooking/eating, rest assured that the process will soon become second nature. With the increase and improvement of recipes and aware-

ness, the path is much easier—and more fun than it used to be. Our family learned long ago that my Celiac disease was a blessing in disguise. It began our journey to better health. May your gluten-free experiences be just as rewarding!

Gluten-Free Flour

There are three ingredients used in my recipes which may or may not already be in your pantry:

Brown rice flour

Tapioca

Xanthan gum

Although xanthan gum can be expensive, it is the key ingredient in gluten-free baking.

Other gluten-free flours include bean flours, buckwheat flour, corn flour, nut flours, potato flour and potato starch flour (the two are different—don't confuse them!), sorghum flour, soy flour, amaranth, quinoa, and millet.

Recent studies have shown that oats may safely be used by most Celiacs. However, they are processed with the same equipment as gluten grains, therefore there is a risk of contamination. Some people are not affected by this, but for those who are really sensitive, pure, uncontaminated oats are available, and should be consumed in limited amounts.

Flours to AVOID include spelt, kamut, club, durum, bulgur, einkorn, semolina, triticale, rye, and barley. These all include at least a trace amount of gluten.

—Nicole Hiebert