

HIEBERTS'
Gluten-Free
Cooking

*195 Gluten-Free favorites from the
George and Betty Hiebert family*

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2673 Township Road 421
Sugarcreek, OH 44681
800.852.4482

Meet the Hieberts

We are George and Betty Hiebert and live with our family near the city of Grande Prairie in northern Alberta, Canada. We are so thankful for twenty-nine years of marriage. Our oldest daughter Nicole (27) is married to Benjamin Bergen and they live about twenty minutes from the family home. Benjamin and Nicole enjoy music, reading and studying together, and using their teaching gifts in the local church. Michelle (24), Brianne (19), Kaitlyn (17), Matthew (14), Melissa (13), and Emily (11) are at home, keeping busy with homeschooling, writing, teaching, music, and household duties. We also have a hobby farm and enjoy our twelve goats, two sheep, one goose, growing rabbit population, frequent cats, and two dogs. There is much laughter and discussion in our home and we love to show hospitality—and enjoy being able to be a “safe haven” for gluten-intolerant friends. Our greatest love and passion, however, is in knowing and loving Jesus Christ—our Lord, our Redeemer, and our Friend. The focus of our life revolves around getting to know Him better and serving Him each day.



Matthew · Brianne · Benjamin & Nicole · George & Betty · Emily · Michelle · Melissa · Kaitlyn

Introduction

For someone who has grown up in a home where gluten-free cooking and baking is an integral part of daily life, it is almost difficult to understand the helplessness that a newly diagnosed celiac or gluten-intolerant person feels. I mean, going gluten-free is *easy*. I do it all the time. I have done it now for over fourteen years.

Well, actually, it's not so very easy. For people who have lived the majority of their lives savoring the smell and flavor of freshly baked whole wheat bread...who have always considered a can of Campbell's tomato soup a necessity for a good casserole...who have always thickened their sauces and gravies with wheat flour...who have never even *dreamed* of reading the labels on their soy sauce and seasonings...who don't even know of any other flour options than all-purpose flour...who love the sticky deliciousness of Grandma's cinnamon rolls...who are used to just picking up a burger in town for a quick lunch...no, going gluten-free is not a simple task.

And neither is it very appealing to the wheat-adjusted taste buds! Perhaps you feel as though you are saying good-bye to all of your favorite foods, and think that you will have to live on rice crackers, vegetables, and flavorless meat for the rest of your life. You've tried the store-bought version of gluten-free bread and are tempted to despair when you think of eating that for years to come.

Or maybe you are enthused and eagerly ready to launch into this new lifestyle...but don't know where to start. Perhaps your doctor handed you a little pamphlet about the diet and directed you to a health-food store, but you still have so many questions. Simply put, the gluten-free lifestyle is completely different than what you have experienced so far—and you'd like some experienced help.

Over the years our family has been asked many times for our recipes and for help in starting a gluten-free diet, and many packages of photocopied pages have been sent in the mail. Now all those recipes and all those tips are compiled into one book...and we are so excited to be able to offer it to a wider audience.

We are not (by any stretch of the imagination!) cooking and baking extraordinaires, but we hope we can be of some practical and down-home help to you. You may just be starting into the gluten-free lifestyle or you may have been on the diet for a while—or, while being gluten-tolerant yourself, you may have friends on the gluten-free diet that you would like to be able to cook and bake for. Whatever the case, this cookbook will provide you with helpful ideas, real-life stories, and tried-and-true recipes.

Hieberts' Gluten-Free Cooking was a family effort. All the Hiebert ladies were involved in testing, compiling, and editing the recipes, and Kaitlyn, Brianne, and Nicole spent hours typing out each recipe. Mom and I did the bulk of the story/tip writing. But beyond those practical details, this cookbook represents years of daily cooking and baking...of experimentation and conversion from wheat to gluten-free...of flops and successes...of memories of working together in the kitchen and of home-cooked meals eaten and enjoyed as a family...

If this cookbook had a dedicatory page, there would be no doubt as to who would have the honor. My maternal grandmother, Liz Rempel (1935-2008), was truly the pioneer in our family's journey.

Her expertise in baking, her willingness to try new recipes, and her hard work in the kitchen to supply her granddaughters with what they needed for their celiac diet has left a treasured legacy for us. How she would have enjoyed seeing this cookbook—which includes a number of her original recipes, many of which are still our favorites. She truly was our inspiration and greatest support, and we thank the Lord for her!

We hope that you will find encouragement and help in the following pages and that through our story and recipes you will discover that going gluten-free is not as hard or unsavory as you may have thought. All the best in your gluten-free endeavors!

Michelle Hiebert
Valhalla Centre, Alberta
October 2012

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The Journey

I love being a mom. The Lord has blessed me and my husband George with seven children, and our years of training and teaching them has been an adventure. There have been challenges, but there have also been blessings along the way—many blessings—and I would not trade motherhood for any career out of the home.

Part of being a mother is looking out for the health and well-being of my family. I grew up on a farm. Fresh vegetables and home-baked goods were normal. My siblings and I enjoyed good health when we were growing up, with no serious ailments or conditions to be dealt with.

As I began having children and raising my own family, I didn't expect that there would be any major health issues to deal with.

Our first daughter, Nicole, was born in 1985. She was small at birth and very colicky for the first three months, but other than that she seemed healthy. As time went on, however, we noticed that she was quite small for her age. I brought this to the attention of our family doctor, who dismissed my concerns on the basis of the fact that my husband and I were not large people. Nicole had gained well in the first year of her life but weighed only 21 pounds at age 3. She also had stomach cramps which would cause her to double up in

pain. The doctor dismissed them as probable flu symptoms. Nicole was a very passive child and lacking in energy. I remember her having to rest halfway up the stairs when she had to go upstairs in our house. She always wanted to be carried when we went to the park located next to our yard. I finally insisted that something was wrong when I once again brought Nicole in to see our doctor. A blood test was taken, and the next day at suppertime my doctor called, telling me to be at the Children's Hospital first thing the next morning.

Months of tests and procedures followed that were very uncomfortable and traumatic for Nicole. The doctors ignored my appeals to test for celiac disease. Nicole was not experiencing diarrhea—the classic symptom of celiac disease—so they would not investigate that possibility, even though celiac disease was on both my mother and father's side of the family. Finally after five months, they had exhausted all their tests and agreed to test for celiac disease. Nicole was sedated and a biopsy was done to look at the villi in her upper intestine. Even though it all happened while she was very young, Nicole has vivid memories of that time:

"I was only three years old when I was diagnosed with celiac disease. Barely three. I doubt most people have as many vivid memories as I do of such a young age. Trauma will do that, you know. And after three months of tests, one is bound to experience a measure of trauma. My mind has stored a number of incidents that were better left forgotten. I remember lying on a hard, narrow cot or bed of some kind (although it seems more like a stretcher to my memory) in a semi-darkened room. Across my chest and down along my body were several thick black straps holding me still. Slightly to the side of my range of vision was a big red EXIT sign. I was crying. Sobbing. Beside me sat my mother, pregnant at the time. She was also crying. To this day, I wonder if that scene was