

Holidays Recipes from Gluten-Free Makeovers Fall 2012

Turkey Gravy

The Gravy Whisperer. Don't yell at your gravy if it isn't boiling or thickening fast enough. Following this easy recipe to tame the beast in your sauce.



Juice from one 14 -16 pound turkey with enough chicken broth added to make 2 cups
2 tablespoons butter or oil
1 medium onion, chopped
1/4 cup white wine
1/3 cup orange juice
2 tablespoons cornstarch mixed with 3 tablespoons orange juice
3/4 cup sliced mushrooms, if desired*
salt and pepper to taste

1. Collect juices from turkey and roasting pan. Cool and skim off fat. In a saucepan, melt butter and sauté onion over low heat until soft (3 minutes).
2. Add wine and orange juice; simmer until liquids are reduced by half. Add pan juices and additional broth and simmer 6 minutes to reduce.
3. Stir in cornstarch mixture and stir until thickened. Check seasonings and add salt and pepper as needed. Serve warm.

*If using, sauté mushrooms in olive oil before sautéing onion and reserve. Fold in to thickened gravy and serve.

Corn Bread Pudding



Serves 8

This savory dish is perfect for a holiday buffet as well as a Thanksgiving table. It can be prepared and baked up to two days ahead. Reheat for 10 minutes in a 350 degree oven. With a few alternations, this can be a vegetarian dish as well. Omit the bacon and replace the chicken broth with vegetable stock. Eggs cannot be replaced in this dish.

¼ pound smoked bacon, chopped (turkey bacon works well)
2 tablespoons olive oil
1 cup diced onion
½ cup each diced red and green bell pepper
4 cups corn bread crumbs
1 can cream style corn
4 eggs, lightly beaten
½ cup gluten-free chicken stock such as Progresso or Kitchen Basics brand
½ teaspoon dried thyme leaves
½ teaspoon dried rubbed sage
Salt and pepper to taste

1. Preheat oven to 350 degrees. Coat a 2-quart baking dish with vegetable spray.
2. In a large skillet, sauté bacon until cooked, but not crisp. Remove with slotted spoon and drain on paper towels.
3. Pour off bacon fat and heat olive oil in skillet. Add onions and peppers and sauté until soft.
4. Transfer onions and peppers to a large mixing bowl and add bacon. Toss with remaining ingredients.
5. Spoon into prepared baking dish. Bake 50-60 minutes, or until well browned and firm to the touch.

Stuffing Rolls



Makes 24 rolls

Here's a way to serve both bread and stuffing, all rolled into one. This recipe is equally suited to a buffet, potluck or formal sit-down meal. These can be made ahead and frozen. To reheat, thaw, then place rolls in preheated 350°F oven for 5 minutes.

Stuffing

- 2 tablespoons olive oil, divided
- 2 large uncooked gluten-free chicken-apple sausage, casing removed ($\frac{1}{2}$ – $\frac{3}{4}$ pound)
- 1 medium onion, diced
- 1 large apple, peeled and diced
- 3 teaspoons poultry seasoning, to taste

Dough

- 4 cups gluten-free high-protein flour blend such as Bob's Red Mill brand
- 4 teaspoons xanthan gum (omit if included in blend)
- 1½ teaspoons salt
- 2 tablespoons sugar
- 3 teaspoons active dry yeast
- 1½ cups warm milk of choice (105°F-115°F)
- 3 large eggs
- 4 tablespoons melted butter or oil

- 1.** To prepare Stuffing, heat 1 tablespoon olive oil in a medium sauté pan. Crumble sausage and sauté until slightly brown. Add remaining olive oil and onion and apple. Cook mixture until onion and apple are soft and sausage is cooked through. Do not allow to brown. Stir in poultry seasoning, to taste. Remove from heat and allow to cool to room temperature. Chop ingredients with the back of a spoon or on a cutting board. Measure out about 2½ cups. Reserve. (Set aside any extra stuffing for another use).
- 2.** Coat 24 muffin cups with vegetable spray. Set aside.
- 3.** In a large mixing bowl, combine flour blend, xanthan gum, salt and sugar. Mix well. Add yeast.

4. In a separate bowl, combine milk, eggs and melted butter or oil, mixing well. Add to dry ingredients. Beat on low speed until combined. Then beat on medium-high for 3 minutes.

5. Fold in reserved 2½ cups chopped stuffing mixture.

6. Scoop into prepared muffin tins. Cover with lightly oiled plastic wrap and set in a warm place to rise until doubled in size (30 to 40 minutes).

7. Preheat oven to 350°F.

8. Remove plastic wrap. Place rolls in preheated oven and bake 22 to 25 minutes. When done, remove from oven and cool to room temperature.

Egg-Free. Stir 3 tablespoons flax meal into 9 tablespoons warm milk of choice; let mixture sit 5 minutes until thickened. Add to wet ingredients (step 4) in place of eggs and continue with recipe as instructed. If dough seems too dry, slowly add more milk, 1 teaspoon at a time. Rolls may bake more quickly. Begin checking at 20 minutes.

Shortcut. Short on time? Use 4 cups (about 18 ounces) store-bought gluten-free bread mix such as King Arthur brand; prepare dough according to package instructions.

Apple Cranberry Crisp



Serves 8 to 10

This dessert is a fall must. It's cozy comfort food at its best and a nice departure from the parade of pies at everyone's holiday table. Serve warm with French vanilla ice cream or whipped topping of choice. Topping can be made a day ahead and refrigerated.

Topping

- 1 cup packed light brown sugar
- 1½ cups All-Purpose GF Flour Mix such as Gluten-Free Pantry brand
- ½ teaspoon xanthan gum
- ½ teaspoon salt
- ¾ cup gluten-free oats such as Bob's Red Mill brand
- 1 teaspoon cinnamon
- 10 tablespoons unsalted butter, softened, or dairy-free alternative

1. In a food processor, combine ingredients and pulse until mixture resembles a coarse meal. Set aside or refrigerate for later use.

Filling

- ½ cup sugar
- 2 ½ tablespoons potato or cornstarch
- 1 teaspoon cinnamon
- ½ cup apple juice
- 1 ¾ cups fresh cranberries, rinsed and drained
- 1 ½ pound tart apples, such as Granny Smith, peeled and cut into 1/2 inch cubes

Preheat oven to 375 degrees.

1. In a large saucepan, combine all filling ingredients, except apples, and simmer, stirring until mixture has thickened and cranberries have popped. Stir frequently. Add apples and stir to coat. Pour mixture into a 9 x 13 baking dish and sprinkle with topping. Gently press topping into apple mixture.

2. Bake 35-50 minutes or apples are tender and top is golden.

Copyrights and Permissions
All recipes are property of Beth Hillson
and cannot be reproduced without permission