



CANADIAN CELIAC ASSOCIATION
MANITOBA CHAPTER
40TH ANNIVERSARY
COOKBOOK
1981-2021



DEDICATION

This cookbook is dedicated to the original four women, Barbara Good, Georgina Matthews, C. Susan Finlay and Kim Skidmore, who, along with Dr. Moroz, Pat Ozechowsky, dietitian, Leslie Galloway, nurse and Lyall Meyers, pharmacist, formed the nucleus of our Chapter 40 years ago.

We have come a long way thanks to their commitment and determination, but we must also thank all of the many members, volunteers, and board members who have given their time and effort over the years. This includes our present representatives for 2020 – 2021:

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Medical Advisor	Dr. D. Duerksen
Dietitian Advisor	Dayna Weiten

*Special thanks to all those who submitted their favourite recipes, photos of past events and notes on the origin events of the Chapter.

Donalda Johnson, Editor

The Canadian Celiac Association Manitoba Chapter was incorporated July 17, 1981. The first Directors were:

- **Barbara Good**
- **C. Susan Finlay**
- **Georgina Matthews**
- **Kim Skidmore.**

Our organization wishes to express our gratitude to these early Celiac pioneers for their efforts in starting the Manitoba Chapter and early support of National. Where would we be today if not for them! So much we take for granted today!

The following is a very inspiring history of our Chapter's beginning, written by one of the original Directors, Susan Finlay in her October 1999 report on Manitoba Chapter roots:

Our son Rob was biopsied in 1972 at the age of 4 – so for the next 8 years we stumbled along with the help of Dr. Moroz and dietitian Pat Ozechowsky. We were managing to help him return to good health, but we didn't know anyone else who was a Celiac.

Then in 1980, Dr. Stan Moroz, plus our Registered Dietitian, and the Clinic Nurse at the Children's Hospital, helped the parents of their Celiac patients get together as an interest/support group. I believe there

were about 7 families at that first meeting.

At that time the retail availability of gluten-free products was minimal in Manitoba and we were all operating independently, trying our best to help our kids eat well and stay healthy. By coming together and sharing information we were able to get and give support. For the first time since encountering Celiac Disease we felt empowered.

Shortly after we started meeting – and it was monthly in those days – we were told of the existence of the Kitchener Waterloo Chapter and 6 other chapters, so we made contact. In November of 1982, this Manitoba Chapter had 59 members and 1 honorary member – Dr. Moroz. From 1980 to 82 we raised enough money to send Barbara Good, this chapter's first president, and Larry Skidmore, our first Director, to the 2nd Annual National Meeting in Kitchener. There were many adult Celiacs also looking for information and support and we joined forces to become the nucleus of the strong group you see today. I see by the latest National Newsletter that there are 25 chapters plus satellite locations and over 4000 members [UPDATE to 2021 – several chapters have folded due to not enough volunteers. Currently 14

chapters/support groups are in operation across Canada].

Barbara and Larry came home from that National Convention to ask us if we'd be willing to host the next National Convention in May of 1983. The idea was to start holding these meetings in the east one year and in the west the next year. We decided we could do it and off we went.

I understand that you've agreed to host the 2001 National Convention.

I know that if our small group of around 59 members (some of those were out of town members – so our number of easily available people was probably around 30), you folks with 217 members will do a terrific job.

Since we were the first chapter to hold the National Meeting outside of Kitchener, we looked to the Kitchener Waterloo Chapter for help and advice, but also put our own stamp on the proceedings. For example, we presented the 1st Honorary Member Award to Kay Ernst, one of our co-founders. We may have been first to have a Wine and Cheese Party on the Friday night after registration and the first to have entertainment at the Saturday night banquet. In reading National Newsletters over the years, it seems as though those patterns still exist. We had about 100 people

attend from across Canada, about 10 were children.

Barbara Good went on to become the National President in 1983-84. Under her leadership, the first national fundraising campaign was initiated. Monies raised started the "National Research Fund". Barbara was Manitoba Chapter's newsletter editor from our beginning and as National President she encouraged the use of newsletters to bring all the chapters across Canada together as one voice.

The first draft of the National Handbook was presented at the 1984 Board of Directors Meeting. Also, work was being done to send letters to physicians – a marvelous example of how far we have come!

Many of the same things are being done now that were being done 20 years ago, but slowly and carefully making sure that you are on solid ground, you are improving everything in this Association. I know that this is how you will always be because with Celiacs helping Celiacs you're feeling that empowerment that we felt back in 1980.

I hope that I've been of some help in your understanding or relearning about your roots. Thanks again for inviting me and for allowing me to go back down memory lane. I've enjoyed it. I hope you have too.

C. Susan Finlay

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BROCCOLI AND CHEDDAR QUINOA BITES

Gluten free appetizer/snack

Ingredients:

2/3 cup quinoa - rinsed
1 cup water
2 cups broccoli - finely chopped
2 cups cheddar cheese - grated
2 eggs - lightly beaten
1 Tbsp Dijon mustard
Salt and pepper to taste
Cayenne - optional

Instructions:

Bring quinoa and water to boil in a medium saucepan- reduce heat - simmer until all the water is absorbed. Let cool.

In a large bowl mix all other ingredients together. Spoon into greased mini muffin pan.

Bake in preheated 350F oven for 15-20 min, until golden brown.

Makes 5 dozen mini muffins.

This recipe works well for a variety of food intolerances and tastes. It is a hit when I bring it for potluck events where many of my friends have various food sensitivities! And, as I am celiac, it is good to have an enjoyable snack food that is also nutritious!

This recipe also lends itself to various manipulations i.e. add 1 cup chopped ham or other seasonings.

Submitted by Janice Scott

Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together.

-Guy Fiere



Dr. D. Duerksen and Dayna Weiten

CHOCOLATE MACA ENERGY BALLS

Adapted from recipe by Ingrid DeHart Gluten Free, dairy free, soy free
Yield 10 servings

Ingredients:

1/4 cup walnuts	3 Tbsp cocoa powder
1/2 cup ground almonds	2 Tbsp melted coconut oil
1/4 cup shredded coconut	3 Tbsp maca powder (optional)
Pinch of sea salt	1/2 tsp vanilla
1/2 cup chopped soft dates (6-8)	1/4 cup flakes coconut

Instructions:

In a food processor, process the walnuts, ground almonds, 1/4 cup coconut and pinch of sea salt until fine.

Add the dates, cocoa, coconut oil, maca and vanilla. Process until the mixture holds together well. Scoop out a rounded teaspoon of the dough then roll in your palm to form a ball. Roll in coconut.

Repeat until you have used up all the dough. You will get approximately 20 little balls. One serving is 2 balls.

Store in the refrigerator for up to a week or freeze for up to 2 months.

Submitted by Lisa Rigaux

You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients. -Julia Child

LETTUCE WRAPS

Ingredients:

1 Tbsp olive oil

1 pound ground chicken

2 cloves garlic, minced

1 onion, diced

¼ cup gluten free hoisin sauce

2 Tbsp gluten free soy sauce

1 Tbsp rice vinegar

1 – 2 tsp sesame oil

1 Tbsp freshly grated ginger

1 (8 ounce) can whole water chestnuts, drained and diced

2 green onions, thinly sliced

Salt and pepper to taste

Lettuce (variety of your choice) separated into leaves. Head lettuce works well as it is crispy

Grated carrots

Red pepper, finely diced

Cilantro sprigs

Chopped peanuts

Sriracha (or other hot sauce) as desired

Instructions:

Heat the olive oil in a frying pan. Scramble fry ground chicken until cooked, making sure to crumble up the chicken.

Stir in garlic, onion, hoisin, soy sauce, rice vinegar, sesame oil and ginger. Cook until onions are translucent and softened.

Stir in water chestnuts and green onions and cook a couple of minutes.

Season with salt and pepper to taste. When ready to serve, spoon some of the chicken mixture into the center of lettuce leaf and garnish with carrots, red peppers, cilantro and peanuts as desired. Let individuals drizzle with hot sauce as desired.

Source: family recipe Submitted by: Nancy Moffat – member since 2004

SUNFLOWER SESAME SQUARES

Ingredients:

1/2 cup liquid honey

1/2 cup peanut butter

3/4 cup powdered milk

3/4 cup sesame seeds

3/4 cup sunflower seeds

Instructions:

In a pan over low heat melt honey and peanut butter till smooth, but don't cook, or boil it. Add rest of ingredients. Press into 8 by 8 inch pan. and bake at 325 for 12-15 minutes Do not over bake. Cool and cut into squares.

NOTES Reprinted from Celi-Yak News Summer 2012 Categories: Gluten-Free Misc. Snacks Author Credit: Bonnie Pirch



CCAMB Exec. 2005-2006 Back L to R: Dorothy Labay, Susan Finlay, Dave Murray,

Monique Robert Front L to R: Lorraine Weir Kim Summers, Carol Weber

SWEET POTATO DIP WITH PECANS AND OLIVES

Great gluten free, dairy free, nightshade free, sugar free dip that's wonderful with GF crackers, GF tortilla chips and/or raw vegetables.

Ingredients:

1 medium sweet potato, roasted, peeled and cooled

1 tsp celery seed

1 tsp dried basil

1 tsp dried oregano

1 clove of garlic, finely minced

2 Tbsp olive oil

1 Tbsp lemon juice

Sea salt and fresh ground black pepper

3 Tbsp chopped pecans

2 Tbsp sliced black olives

Instructions:

Combine the all the ingredients **except the pecans and olives** in a food processor or a bowl with a small hand blender, until creamy.

Spoon into a serving dish and chill until ready to use. Top with pecans and olives and serve with crackers, chips and vegetables.

Note: This freezes well (without the nuts and olives) so can be made ahead any time you have a roasted sweet potato. Alternatively use cooked carrots or roasted butternut squash in place of the sweet potato.

Submitted by D. Johnson

One cannot think well, love well, sleep well if one has not dined well. - Virginia Woolf

BREAKFAST/BRUNCH EGG CUPS

Ingredients:

7 eggs

1/4 cup gluten free Bisquick

12 thin slices of ham or turkey

1 cup of diced veggies of your choice:

- Mushrooms
- Onions
- Peppers
- Tomatoes
- Etc.

1/2 cup grated cheese (dairy free cheese may be used)

Instructions:

Mix Bisquick and eggs in bowl (you can add seasonings of your choice – salt, pepper, etc.).

Lightly oil muffin tins (makes 12). Line each muffin cup with thin sliced meat (to make a cup).

Divide diced veggies into each cup and evenly top veggies with the grated cheese.

Pour the Bisquick & egg mixture into each cup evenly and bake in pre-heated 375F oven for 15-20 minutes (until fluffy & cooked).

(They can also be made and stored in the refrigerator for several days or frozen for a quick on breakfast.)

Submitted by Marlene Gauthier

WAYNE'S BANANA APPLE PANCAKES

Gluten free, dairy free Makes 16 pancakes



Ingredients:

1 cup white rice flour	2 large eggs or 1/2 cup egg whites
1/2 cup sorghum flour	1 tsp apple cider vinegar
1/2 cup brown rice flour	1/4 cup sunflower oil
2 Tbsp ground flax seed	1 banana sliced very thin
1 Tbsp baking powder	1 apple, peeled, cored and coarsely shredded
2 tsp baking soda	
1 1/4 cups almond milk	

Instructions:

Combine the dry ingredients in a large bowl. Whisk thoroughly to blend well. Preheat the griddle to medium and oil lightly if not a stick-free pan.

Combine the liquid ingredients in a smaller bowl. Add to the dry ingredients and stir just to combine. Add fruits and stir briefly. Spoon 1/4 cup batter at a time onto the heated griddle. Cook until edges look dry. Flip and cook until done approx. 5 min per side. Serve hot with favourite syrup.

Submitted by Donalda Johnson- member since 2013

ALMOND MUFFINS

Ingredients:

2 1/2 cups finely ground almonds

3 large eggs, beaten

1/2 cup honey, melted

1/4 cup plain yogurt or oil

1/2 tsp baking soda

1/8 tsp salt

Optional: cashews and/or blueberries, 1/2 cup each

Instructions:

Mix all ingredients together in a large bowl. Spoon into 6 large or 8 medium cupcake liners in a muffin tin.

Bake 15-20 minutes at 375F. Remove from pan to rack to cool.

Submitted by Susan Finlay from Margaret Hills

Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together.



Enjoying lunch after Walkathon 2015

CORN CHEESE BREAD

Cooking Time: 35-45 Minutes

Ingredients:

4 eggs

1/3 cup oil

1-500 ml creamed cottage cheese (2%)

3 cups grated cheese (Cheddar or your favorite cheese)

1 small onion chopped fine

1 cup milk

1 cup corn

Instructions:

Combine all ingredients in order given.

Bake in glass 9x13 inch pan at 375F for 35-45 minutes until golden brown on top.

Author Credit: Kim Summers

Note: Reprinted from the Celi-Yak News Spring 2014



VERY FLUFFY GLUTEN-FREE BREAD OR BUNS

This is by far the best bread I've eaten in 20 years (pre-celiac diagnosis). The first couple of times I made this, I (carefully!) used a hand mixer. It turned out so well, I invested in a stand-up mixer. You won't believe its gluten free!
Makes 1 dozen buns or 1 large loaf of bread. Because of the added raisins in the cinnamon raisin bread, it makes 1 large loaf and 4-6 buns.



Ingredients:

Mix together:

1 bag of Presidents Choice GF flour (3 1/3 cups)

Optional: substitute 1 cup of PC flour with higher nutritional and lower carbohydrate GF flours such as bean and pea starches/flours.

4 tsp instant yeast (I often use 3 tsp with good results)

1 1/2 tsp xanthan gum (this is extra over what is included in flour)

4 tsp baking powder

1 tsp citric acid (optional)

Salt

Mix together:

1 1/2 cup warm water

3 Tbsp honey

1/4 cup olive oil

2 large eggs (for vegan or egg-free, substitute 6 T aquafaba or 2 T ground flaxseed and soak in 6 T water)

2 tsp apple cider vinegar

Instructions:

With an electric stand mixer, add wet ingredients to dry.

This is a batter bread, like most GF breads, so you get a very soft dough.

Mix thoroughly 2-4 full minutes, you will see the batter become smoother.
Let dough set for 5-10 minutes and then beat well again, another 2-4 minutes.
(Optional Add*)

Before baking:

Cover and let rise about 20-30 minutes in warm oven. (called “**proofing**” this is generally at 90-120F but I aim for 120-140 F)

Just before baking, do an egg white wash, (if you want a crustier top)

For buns - using an ice cream scoop, put batter into greased muffin tins or use a cookie sheet lined with parchment paper and form into hot dog, hamburger, or dinner buns. You can use your fingers dipped in water to smooth the dough, (or the back of a wet spoon) Proof then bake at 375F for 15-20 minutes depending on how brown you want them.

For bread – Pour into a greased large loaf pan, smooth with the back of a wet spoon.

Proof, then bake at 370F for 30-40 minutes. Test for doneness with a wooden skewer or thermometer. If the crust is brown enough and skewer does not come out clean, turn off the oven and leave bread in for 5 more minutes. Test again.

For cinnamon raisin bread –



Add* 1 to 1¼ cup raisins (soak first. Drain and dry off with paper towel before adding)

Working in layers, begin with a layer of raisin dough then combine the following and add in layers;

2 - 3 Tbsp melted butter

½ cup brown sugar

3 - 4 Tbsp cinnamon

Careful not to extend the cinnamon sugar mixture to the edges of the pan. Finish layering with dough mixture.

Proof, then bake at 370F for 30-40 minutes.

NOTE: this will make a very large loaf so before adding the raisins, remove some of the dough and use it to make 4-6 buns.

For savory buns or bread –



Add* caramelized onions, sautéed sweet peppers or jalapenos, fresh herbs such as thyme or rosemary, and grated cheese.

Submitted by Colleen Watson - member since 2002 Adapted from Facebook group - My Gluten Free Kitchen by Marilyn J Wells



Guest speaker Dr. A. Fasano with Susan Finlay- National Conference Wpg 2001

GLUTEN FREE FLAX BREAD

Ingredients:

½ cup brown rice flour	1 tsp sugar
¼ cup potato or tapioca starch	1 egg
¼ cup ground flax	1 Tbsp olive oil
½ tsp baking soda	¾ cup buttermilk <u>or</u> ¾ cup non-dairy milk and ½ tsp. AC vinegar
½ tsp baking powder	Additional 1 Tbsp olive oil (to oil the pan after heating)
½ tsp xanthan gum	
½ tsp salt	

Instructions:

Place a 10-inch cast iron pan in the oven and preheat to 450F.

While the pan is heating, mix the dry ingredients in a large bowl. Beat the wet ingredients in another bowl or measuring cup. Stir wet ingredients into the dry ingredients.

Remove pan from the oven and add the second 1 tablespoon of olive oil and swish around to coat the bottom of the pan. Pour batter into the hot pan and smooth it out with a spatula to a circle approximately 8 inches diameter. Bake for a total of 17 minutes. Check after the first 10 minutes (but do not open the oven), and if browning too fast lower the heat to 375F, depending on your oven.

After it's baked, let cool a few minutes and remove from hot pan. Bread will look like a thin pita. Serve by cutting into 6 or 8 wedges. You can freeze any leftover wedges and microwave for a few seconds before eating.

Source – clipped out of the Free Press years ago, Recipe Swap column

Submitted by Nancy Moffat – member since 2004

cont.

cont.

Nancy's Flax Bread recipe makes a super pizza crust!

Instructions:

Eliminate the sugar from her recipe and instead add in a mix of dried herbs

½ tsp each oregano, basil, thyme and chives

Instead of the cast iron fry pan, preheat a pizza stone in the 450F oven. Remove and add 1 Tbsp. oil and spread evenly over the stone to within 1" of the edge.

Pour the batter onto the stone and spread evenly and quickly to within 1" of the edge.

Cook in the 450F oven for 15 min.

Remove from heat and top with pizza sauce and your choice of toppings.

Return to oven and cook for an additional 15 min or until toppings are cooked.

Remove and cut into wedges and enjoy!

-Donalda

Note: Another option is to cook this savoury version in the fry pan but top with caramelized red onion and goat cheese and serve in wedges as an appetizer. Delicious!

Again, another option to the frypan version. Once cooled, cut in half and then slice open like a pita bread and fill with chicken or salmon salad mixtures plus arugula or shredded lettuce. Super for lunch! This can even be used as a hamburger bun.

"A recipe is only a theme which an intelligent cook can play each time with a variation" –Madame Benoit

RHUBARB COFFEE CAKE

Ingredients:

Topping:

1/3 cup margarine

1 cup brown sugar

2 tsp cinnamon

Batter:

1/2 cup margarine

3/4 cup sugar

1 egg

1 cup sour cream

1 tsp vanilla

2 cups white rice flour

1 tsp baking powder

1 tsp baking soda

1/4 tsp salt

2 cups fresh rhubarb, chopped

Instructions:

Combine topping ingredients and set aside. Cream margarine and sugar until light and fluffy. Add egg, sour cream and vanilla and blend well.

Combine flour, baking powder, baking soda and salt. Add to batter and blend well. Spread 2/3 of batter in a lightly greased 9 inch spring form pan. Top with rhubarb, and spread remaining batter over the fruit. Sprinkle with topping mixture.

Bake at 350F for 1 hour.

Note: you can substitute raspberries, strawberries, or blueberries for the rhubarb.

Reprinted from "Good Food Gluten-Free" published by the Manitoba Chapter in 1994. This recipe was then submitted by the late Sharon Penner.

BASMATI-VEGE RICE

A nutritious, flavourful, gluten free side dish recipe shared in the Volume 2 cookbook, with the families of Maples Day Care Inc. by a delightful mother, Manjit Virdi, with just a couple of adaptations.

This was always enjoyed by my sons when young and many friends and family for over 25 years!

Ingredients:

- 1 Tbsp vegetable oil
- 2 cups basmati rice, washed and soaked in 3 cups water for 1/2 hour
- 1/2 cup peas (fresh or frozen)
- 2 medium carrots, peeled and sliced diagonally
- 1 medium potato, peeled and cubed into 1/2 inch squares
- 3/4 tsp cumin seeds
- 3 tsp salt (according to taste)
- 1 tsp red chili powder (gluten free)
- 3 Tbsp vegetable oil
- 1 small onion, thinly sliced



Instructions:

In a medium pot over medium heat put in vegetable oil and heat about 1 minute; add cumin seeds first, then onion. Sauté onion for about 4 minutes until lightly browned. Add peas and sauté another 2 minutes. Keep stirring, adjust heat accordingly. Add potatoes, carrots, salt, chili powder. Add rice with soaking water, stir well and cover pot with lid. Bring to a boil. Turn down heat, but not too low and simmer until all water is soaked in and rice is puffed up. (About 20 minutes at medium low has worked well).

From Diane Wolfman, who volunteered for a few years after being diagnosed with Celiac Disease in 1997.

CRANBERRY WILD RICE STUFFING

Ingredients:

- 1 cup wild rice, uncooked
- 1 cup water (can use up to 4 cups)
- 1 cup dried cranberries
- 10 green onions (chopped) or 1 cup chopped onion
- 2 Tbsp vegetable oil
- 1 cup chopped celery
- 1 tsp grated orange rind
- 1 tsp dried thyme



Instructions:

Put wild rice, water and cranberries in saucepan and cook over medium heat for 30 minutes. Turn off & leave 30 minutes more. Drain.

Sauté onions and celery in oil until tender. Add orange rind, thyme & rice.

(Try using a cheesecloth stuffing bag. Fill with dressing and place in cavity of turkey. It is so easy to remove after bird is cooled.)

NOTES Reprinted from Celi-Yak News - Winter 2009 Author Credit: Iva Yeo

Enjoying cooking class:
Monique Robert, Dorothy
Mcintyre, KathyPrice and
LaRae Grieve



EASY ONE POT CREAMY TOMATO AND RED LENTIL PASTA

Gluten free, vegan

Makes 4 generous servings

Ingredients:

4 cups red lentil penne

1 796 ml can diced tomatoes

3 cups vegetable broth

2 tsp dried oregano

1 tsp basil

1/4 tsp red pepper flakes

2 handfuls spinach, chopped

Salt and pepper to taste



Instructions:

In a large pot, combine all ingredients, except pasta, spinach, salt and pepper.

Bring to a boil. Add pasta and stir well. Reduce heat to a low simmer and cover. Simmer for about 15 minutes, stirring every few minutes to be sure it's not sticking or cooking too fast. Remove from heat and add the spinach, stir and let rest, covered, until the spinach wilts.

Add salt and pepper to taste.

This is an easy recipe to adapt to make it your own. (The starch from the pasta makes this have a creamy texture.)

Submitted by Christine Kristjanson

Member since February 2016 (celiac since 2014)

Eating is a necessity but cooking is an art. -unknown

HASHBROWN CASSEROLE

This is a combination of a couple of recipes and can be modified according to taste – if you like it, add it (herbs, sausage, bacon, corn), if you don't then remove it!

Ingredients:

1 - 4.2 oz carton of Golden Grill dehydrated hash browns - rehydrated (or 1 pkg frozen hash browns)

½ cup GF mayonnaise

½ to ¾ cup sour cream

1/3 cup melted butter

1.5 cups grated cheddar or mixed cheeses

Grated onion and salt to taste (I find I don't need added salt with rehydrated hash browns)

Herbs if you like (basil, oregano and or thyme is nice)

Parmesan cheese to top

Instructions:

Rehydrate potatoes according to instructions and place in large bowl. Mix mayo, sour cream and melted butter together. Pour over potatoes and mix together. Add grated onion, herbs, cooked sausage or bacon if using. Stir well. Add cheese and stir again. Pour into greased baking dish, cover with foil and bake for 40 minutes at 350 F. Remove and add Parmesan cheese lightly on top. Return to oven uncovered for 10 minutes or until lightly brown.

Submitted by Joy Plohman

One cannot think well, love well, sleep well if one has not dined well.

- Virginia Woolf

BLUEBERRY CORN SALAD

Ingredients:

3 cups corn kernels, cooked
1 sliced cucumber
3 cups blueberries, fresh or frozen
¼ cup vinegar of your choice (raspberry vinegar)
2 Tbsp olive oil
1 tsp sea salt
Pepper to taste

1 Tbsp chopped red onion
1 stem celery, thinly sliced
1 sprig parsley, minced

Instructions:

Mix in a large bowl. Cover and refrigerate.

NOTES; Reprinted from Celi-Yak News - Summer 2010 from 2009 Christmas party

Author Credit: Mary Ross



RAW SWEET POTATO SALAD

When lettuce is expensive or contaminated, this salad hits the spot -nutritious, colourful and easy to make. Serves 4

Ingredients:

- 1 medium sweet potato
- 1/3 cup dried cranberries
- 1 stem of celery, thinly sliced
- 1 Tbsp. red onion, finely chopped

Dressing:

- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. orange or lemon juice
- 2 tsp. apple cider vinegar
- ½ tsp Dijon mustard
- ½ tsp grated orange peel
- Salt, pepper, and dried herbs to taste

Instructions:

Peel and coarsely shred the sweet potato. Add the cranberries, celery and onion. Toss well.

Mix dressing ingredients in a small glass jar with a tight lid. With lid on tightly, shake well.

Add dressing to the salad a little at a time until it is to your taste. Chill well before serving.

Submitted by Donalda Johnson

Note: Scatter a few toasted sunflower seeds on top for added texture and taste.



*Charleswood Mall bake sale
manned by Helen Leggo and*

Bruce Jones 1993

BRUCE'S BUTTONS

Gluten free, dairy free

Serving: makes 2 – 3 adult servings.

Ingredients:

600 grams (1½ lbs) pork button ribs

½ cup brown sugar

1/3 cup white vinegar

1 cup water

2/3 cup ketchup

2 Tbsp corn starch

Instructions:

Cut slabs of ribs into smaller, bitesize pieces (between bones).

Lightly grease a frying pan with canola oil and “brown” ribs on medium heat.

Once browned, place ribs in a casserole dish.

Into the warm frying pan, add vinegar, ketchup and brown sugar and mix well.

Add cornstarch to water, mix thoroughly, then add into frying pan and stir well.

Add contents of frying pan to casserole dish over ribs and stir.

Place casserole dish (no lid) in oven (preheat to 325 degrees) for 45 minutes to further cook the ribs as well as to cook and thicken the sauce.

When ready, remove dish from oven and let stand for 5 minutes to cool. Serve.

Options: Serve over rice. Compliment with a green vegetable.

Submitted by Bruce McBeth

The only real stumbling block is fear of failure. In cooking, you have to have a what-the-hell attitude!

-Julia Child

CHICKPEA STEW

Servings: 6

Ingredients:

- 1/2 cup water
- 3 Tbsp soya sauce (GF)
- 1 onion, sliced
- 2 cups yam, diced
- 1 cup carrots, sliced
- 1 cup celery, chopped
- 1 red pepper, diced
- 3 cups tomatoes, diced
- 2 - 540 ml cans chick peas, drained
- 2 cups chicken stock (GF)
- 1/3 cup peanut butter
- 1 Tbsp Patak's Hot Curry Paste
- 1 tsp dried cilantro

Instructions:

In a saucepan, heat water and soya sauce. Add onion, yam, carrot, celery and red pepper.

Simmer 10 min. Add tomatoes, chick peas, soup stock. Blend in peanut butter to hot liquid.

Add curry paste and cilantro. Simmer 30 min.

Author Credit: Roger and Mary Ross

NOTES Reprinted from Celi-Yak News - Spring 2009 Enjoyed at our 2009 Christmas party.

"This much I know. If you are what you eat, then I only wanna eat the good stuff." -ratatouille



Charlene Hare at a Potluck Brunch

COATING MIX FOR POULTRY & MEAT

Ingredients:

1 cup sorghum flour

3 Tbsp corn starch

½ tsp garlic powder

½ tsp ground pepper

2 tsp salt

¼ tsp celery salt

½ tsp onion powder

Instructions:

(Doubling the ingredients listed can make a larger batch which can be refrigerated for later use)

Mix all ingredients together. Use amount needed to dredge chicken, chops, or fish for deep frying.

Allow meat to fry until golden brown. Turn with fork or tongs and fry on remaining side until golden and done. Put remaining mix in tight container and freeze or refrigerate for later use.

This mix is flavourful and makes a crispy, golden coating without getting gooey or sticking to the pan!

NOTES (for chicken, chops, and fish)

Reprinted from Celi-Yak News - Spring 2009 Categories: Marinade/Rub Misc. Condiment

Author Credit: Ron Webster, our past newsletter publisher from 2009 to 2014

FAMILY FRIENDLY TANDOORI CHICKEN

Adapted from a recipe by Nita Sharda

Prep time: 15 min Cook time: 30 - 45 min Total time: 60 min

Serves 4

Ingredients:

1.5 lb bone-in or boneless chicken

-If using bone in chicken, remove skin and excess fat

-If using chicken breast – cut into 1 – 2” chunk

-If using thighs – no need to cut, remove excess fat

¼ cup plain yogurt or sour cream

2 Tbsp tomato paste

1 tsp turmeric

1 Tbsp tandoori powder

1 tsp ground cumin

2 tsp plant-based oil

¼ tsp salt

cloves garlic, minced

¼ tsp black pepper

2” knob ginger, minced

Lemon, for garnish

1 Tbsp mayo

¼ - ½ cup cilantro, for garnish

Instructions:

Trim excess skin and/or fat from your chicken.

In a large bowl, prepare your marinade by mixing together: sour cream, tomato paste, tandoori powder, oil, garlic, ginger, mayo, and your spices.

Add your chicken into the bowl. Be sure to coat the chicken well with the bright red marinade. You can even work the marinade into the chicken using your hands.

Allow the chicken to marinate for at least 2 hours but preferably overnight.

Cook your chicken. You have a few options:

- -Grill chicken on the BBQ. Cont.

Cont.

- -Lay your chicken into an oven proof dish, bake at 350F until your chicken is cooked through.
- -Lastly, you can bake your chicken in the oven and then finish off on the grill over low-medium heat.

A meat thermometer inserted into the thickest part of the chicken should read 165F on the thermometer.

Drizzle with a fresh squeeze of lemon and top with cilantro.

Submitted by Amandeep Singh, member since 2020



You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients. -Julia Child

GOURMET MACARONI & CHEESE

GF version of Best of Bridge – Janice Hawkins Recipe

Ingredients:

2 1/2 cups GF macaroni (625 ml) – 1 pkg
1/4 cup butter (60 ml)
1/4 cup GF flour (60 ml) or 1/8 cup of cornstarch
2 cups milk (500 ml)
1 tsp salt (5 ml)
1 tsp. sugar (5 ml)
1/2 lb processed cheese, cubed (250 g) (Velveeta)
2/3 cup sour cream (150 ml)
1 1/3 cups cottage cheese (325 ml)
2 cups grated **old** cheddar cheese (500 ml) (save 1/4 cup for topping)
1 1/2 cups soft GF breadcrumbs (375 ml)
2 Tbsp butter (30 ml)
paprika

Instructions:

Cook and drain macaroni. Melt butter over medium heat; stir flour/cornstarch into milk and mix well.

Add milk mixture to butter and cook over medium heat, stirring constantly until sauce thickens.

Add salt, sugar, Velveeta, and 3/4 of cheddar cheese. Mix well. Mix sour cream and cottage cheese into sauce.

In large dish, pour over macaroni, mix well and place in a 2 1/2 quart (2.5 L) large greased casserole.

You can use a medium sized casserole and 3 smaller single serving casseroles.

Sprinkle with rest of cheddar cheese and crumbs over top.

Dot with butter and sprinkle with paprika. May be frozen at this point.

Bake at 350F (180C) for 45-50 minutes. Large casserole serves 6-8.

Submitted by Susan Finlay

OVEN-READY LASAGNA

Original - given by my mother-in-law Gluten Free

Ingredients:

1 lb of extra lean ground beef

½ tsp of black pepper

½ tsp of oregano

1 medium onion chopped

3 – 750 ml jars of pasta sauce (Classico Sauce at Sobeys- Tomato and Basil is the best)

500 ml – 2% cottage cheese

1 package Pasta Joy Ready Brown Rice Pasta (no need to pre-cook)

3 eggs lightly beaten

1 1/2 cups of mozzarella cheese, grated

½ cup of parmesan cheese

Instructions:

Preheat oven to 350F.

Brown ground beef and onion in frying pan. Drain fat. Add 3 jars of the pasta sauce and heat.

Combine cottage cheese and eggs in a separate bowl.

Spread 1 cup of the hot meat mixture in the bottom of the lasagna pan (9 by 13 inch Pyrex dish) and reserve 1 cup meat mixture for the top. Arrange a layer of 4 noodles over the sauce.

Layer ½ meat mixture, ½ cottage cheese and ½ mozzarella cheese. Cover with another 4 noodles then layer meat mixture, cottage cheese and mozzarella cheese.

Top with last 4 noodles and cover with reserved meat sauce. Sprinkle with parmesan cheese.

Bake at 350F for 1 and ¼ hours or until noodles are soft.

Let Lasagna stand for 10 minutes before cutting.

Approximately - 12 - 16 servings

Submitted by Angela Budnick (5 years with the Manitoba Chapter)

POLYNESIAN CHICKEN

(Adapted from Company's Coming by Jean Paré)

Gluten free, dairy free

Ingredients for Seasoning Mixture:

Mix together in plastic bag or bowl:

2/3 cup GF all-purpose flour

1 tsp celery salt

½ tsp garlic powder

½ tsp nutmeg

1 tsp paprika

Instructions:

Toss 2 lbs of chicken pieces in flour seasoning mixture to coat (We prefer boneless skinless chicken breasts cut in half so pieces have more flavour) and pan fry in a few tablespoons of oil or margarine (butter browns too fast) until lightly browned. Place in a large casserole dish.

Sauce:

Mix together:

¼ cup GF soy sauce (or coconut sauce substitute)

2 Tbsp brown sugar

1 14oz can of pineapple with juice

Pour sauce over chicken and bake uncovered at 375F for 45 minutes until cooked through. Serve over rice.

Submitted by Marlene Gauthier

PAT'S FAVOURITE FLOUR MIX

This is not as important as it used to be with GF flour mixes now available, but I believe this is cheaper, and works well as a **gluten flour replacement**.

Ingredients:

- 2 cups white rice flour
- 2 cups brown rice flour
- 2 cups potato starch
- 2 cups tapioca starch
- 6 Tbsp xanthan gum

Instructions:

Whisk together thoroughly and store in a dry cool place. Use as an all-purpose flour for general baking.

Submitted by Pat Sparling

Lyall Meyers and assistant Maria at the 2015 National Conference in Winnipeg



GLUTEN FREE FLOUR BLEND

Ingredients:

1 cup brown rice flour or sorghum flour

½ cup teff flour

½ cup millet flour

2/3 cup tapioca starch/flour

1/3 cup cornstarch or potato starch



Ron Webster

Celi-Yak publisher 2009 to 2014

Instructions:

Thoroughly combine all ingredients. Store in a covered container in the refrigerator until needed.

This is a high fibre flour blend that works well for breads, pancakes, snack bars and cookies contain chocolate, warm spices, raisins or other fruit. It is not suitable for delicately flavoured recipes such as sugar cookies, crepes, cream puffs, birthday cakes or cupcakes.

Note: Reprinted from Celi-Yak News Summer 2011

Author credit: Ron Webster

Cooking tip: Try letting your dough rest for 30 minutes before baking. This seems to allow for better rising.

MONSTER COOKIES

Ingredients:

1/4 cup butter	1 1/4 tsp baking soda
3/4 cup white sugar	3 cups gluten-free oats
3/4 cup brown sugar	3/4 cup gluten-free chocolate chips or raisins
2 eggs	1/2 cup sunflower seeds, chopped nuts or coconut
1 tsp vanilla	
1 cup peanut butter	

Instructions:

Preheat oven to 175C (350F).

Using an electric mixer, beat butter and sugars. Add eggs, beating well after each addition, and vanilla. Add peanut butter and mix well.

In a medium bowl stir together baking soda and oats. Add to peanut butter mixture.

Add chocolate chips, raisins, seeds, nuts or coconut and stir until combined.

Drop a generous tablespoon of dough onto a well-greased cookie sheet and flatten slightly with fork. Bake 10-12 minutes, or until lightly browned at edges.

Cool on rack.

NOTES Reprinted from Celi-Yak News Summer 2011
Submitted by Bonnie Pirch

Tester's notes: Bonnie got this recipe from her friend Heather, who got it from a manufacturer of gluten-free oats. This is a soft, chewy, delicious cookie that should appeal to everyone, gluten issues or not. Bonnie prefers adding raisins and coconut, but you can use any combo. Make sure to watch while baking: peanut butter cookies can scorch quickly.



TRAIL COOKIES

Ingredients:

1 cup sunflower seed butter	1/4 cup sunflower seeds
1 cup sweetened coconut flakes	1/4 cup maple syrup
1/2 cup semi-sweet chocolate chips	1 large egg
1/2 cup packed dark brown sugar	1/2 tsp vanilla
1/2 cup dried cranberries	1/2 tsp baking soda
1/2 cup dates, chopped	1/4 tsp salt

Instructions:

Preheat oven to 350F. Place all of the ingredients together in the bowl of a stand mixer. Mix on medium speed until ingredients are incorporated. Drop generous tablespoons of dough onto a parchment lined cookie sheet.

Cook 12-14 minutes until cookies are set, but still soft. Remove from the oven and let cool on the cookie sheet. Enjoy!

NOTES Reprinted from Celi-Yak News Fall 2012 A delicious moist cookie, great for school lunches! Author Credit: Monique Robert



Past President Dorothy McIntyre with National Liaison Heather Yeo 2015

APPLE CAKE

Gluten Free, dairy free Prep time: 20 min Cook time: 60 min.

Servings 16-20



Ingredients:

6 to 8 firm cooking apples, medium size

3 large eggs

1 cup sugar

2 cups + 1 Tbsp GF 1 to 1 flour

1/3 cup butter flavoured Crisco shortening, melted

2/3 cup almond milk

1/3 cup white wine or kombucha tea

1 Tbsp baking powder

1 tsp vanilla

1 tsp grated lemon peel

2 tsp cinnamon mixed
with 1 Tbsp sugar

Instructions:

Wash, peel, core and slice the apples. Place in lemon water to prevent browning. Beat the eggs with the sugar until creamy. Add the remaining ingredients (except cinnamon and sugar mix) and mix well. Pour into a parchment lined 13 x 9 inch cake pan. Drain the apple slices and arrange on top of the batter and lightly sprinkle with cinnamon and sugar mixture.

Bake in a 350 F oven for 60 minutes. Remove and let cool.

Submitted by Donalda Johnson, member since 2013

CARROT CAKE CUPCAKES

Ingredients:

2/3 cup sorghum flour	1/4 tsp nutmeg
2/3 cup brown rice flour	1 cup granulated sugar
2/3 cup tapioca starch	¾ cup neutral oil
2 Tbsp dry milk powder	½ cup unsweetened apple sauce
2 ½ tsp ground cinnamon	½ cup brown sugar
2 tsp baking powder	4 eggs, room temperature
2 tsp baking soda	2 tsp vanilla extract
1 tsp xanthan gum	3 cups grated carrots, packed
1/2 tsp salt	½ cup chopped pecans (optional)

Instructions:

Preheat oven to 350F. Grease the muffin tins. I always use the regular size muffin tins. The recipe yields 18 – 24 cupcakes depending on how much batter you choose to put in each spot.

In large bowl whisk together the sorghum, brown rice flour, tapioca starch, milk powder, cinnamon, baking powder, baking soda, xanthan gum salt and nutmeg. In another bowl, whisk together granulated sugar, oil, apple sauce, brown sugar, eggs and vanilla.

Add wet ingredients to dry ingredients and stir to combine. Fold in shredded carrots and pecans (if using). Spoon into prepared muffin tins.

If making 24 cupcakes, bake for about 22 minutes. If making 18 slightly larger cupcakes, bake about 25 to 30 minutes. In either case, bake until a toothpick inserted into the middle of the cupcake comes out clean.

Cool completely before frosting with cream cheese icing. I often skip the frosting as these are very good plain. They freeze well also.

Source: Jeanine Friesen's website - faithfullyglutenfree.com

Submitted by Nancy Moffat – member since 2004

CHOCOLATE CARAMEL SLICE

Ingredients:

1 chocolate GF cake mix of your choice (9 x 13 inch size works best)

¾ cup melted margarine or butter

1/3 cup condensed milk

1 cup chocolate chips (optional)

Instructions:

Mix cake mix with melted margarine or butter & condensed milk to make a batter.

Spread 2/3 of the mixture evenly in bottom of 9 x 13 inch (greased) cake pan and bake at 350F for 10-12 minutes.

Caramel sauce:

½ cup brown sugar

½ cup butter or margarine

½ can condensed milk

1 Tbsp corn syrup

Heat together in microwave for 1–2 minutes (stirring occasionally) till all melted together. Mix with beater until smooth.

Pour over baked cake base. Top with chocolate chips (optional) and dot the rest of the 1/3 reserved cake mix on top to cover as much of caramel topping as possible. Bake for an additional 20 minutes. Let cool and cut into bars.

Note: The recipe can be doubled and spread onto a baking sheet for a larger version.

Submitted by Marlene Gauthier (Received recipe from friend and adapted to Gluten Free)

CHOCOLATE ZUCCHINI CAKE

(adapted from Allrecipes.com)

Ingredients:

2 cups gluten-free flour mixture with xanthan gum included

3 tsp baking powder

1 ½ tsp baking soda

1 tsp ground cinnamon

½ cup unsweetened cocoa powder

¼ cup butter

¼ cup vegetable oil

¼ cup unsweetened apple sauce

2 cups white sugar

3 eggs

1 tsp vanilla extract

2 cups shredded zucchini

¼ cup milk

Instructions:

1. Preheat oven to 350F. Grease and flour a 9x13 inch pan. Sift together the flours, baking powder, baking soda, salt, cinnamon and cocoa powder. Set aside.

2. In a large bowl, cream together the butter, oil, applesauce, and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. In a small bowl, combine shredded zucchini with milk. Beat in the flour mixture alternately with the zucchini mixture. Pour batter into prepared pan.

3. Bake in the preheated oven for 55 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Note: I have also made cupcakes with this and it works well.

Submitted by Pat Sparling

COLADA CHEESECAKE

Ingredients:

3 Tbsp butter or margarine
1 cup vanilla wafer crumbs
1 cup finely chopped nuts
2 Tbsp sugar
1 envelope unflavored gelatin
¼ cup cold water
1 8-oz. (250 g) pkg. cream cheese, softened
½ cup sugar
1 cup crushed pineapple, drained, reserving liquid
White rum
1 cup whipping cream, whipped
½ cup coconut

Instructions:

Grease sides of a 9 inch spring form pan. Melt butter at 80 per cent (medium high) for about 1 minute. Mix with crumbs, nuts and sugar, and press on to bottom of pan. Refrigerate.

Soften gelatin in cold water. Microwave at 50 per cent (low) for 1 to 2 minutes, or until dissolved, stirring after first minute.

Beat cream cheese and sugar until well blended. Add enough rum to reserved pineapple liquid to measure ¾ cup. Gradually add gelatin and rum to cheese mixture. Refrigerate until slightly thickened.

Fold in whipped cream and pineapple. Pour over crust and refrigerate until firm

Spread coconut evenly on glass pie plate. Microwave at 100 per cent (high) for 2 to 3 minutes, or until toasted, stirring after every minute. Sprinkle over cheesecake just before serving.

Serves 8 to 10.

Submitted by Pat Sparling

LAZY DAISY CAKE

Ingredients: - Cake

2 eggs	1 cup sugar	1 tsp xanthan gum
1 tsp vanilla		¼ tsp. salt
1 cup GF flour		½ cup milk
1 tsp baking powder		1 Tbsp butter

Ingredients: - Topping

5 Tbsp butter
8 Tbsp brown sugar
4 Tbsp cream or milk
2/3 cup shredded coconut

Instructions: - Cake

Heat oven to 350 F. Grease and flour an 8x8x2 inch pan. In a mixing bowl, beat eggs well. Beat in sugar and vanilla. In another bowl, thoroughly mix flour, baking soda, xanthan gum and salt. Stir dry ingredients into egg mixture. Heat milk and 1 Tbsp butter together just to the boiling point. Add milk mixture into batter and beat well. Pour batter into prepared pan and bake for about 35 min or until top of cake springs back when touched lightly in the middle.

Instructions: - Topping

Blend 5 Tbsp butter, brown sugar and cream in a small saucepan and cook over moderate heat and let bubble up together. Stir in the coconut and stir slowly. Spread mixture evenly over cake. Put pan low under broiler for 2 – 3 minutes. To brown. Remove from oven and let stand to cool.

Note: Cake has a tendency to dry out. Cover pan with saran wrap between servings.

Submitted by Bruce McBeth

MERINGUE COOKIES AND PAVLOVA

GF/nut free/soy free. Makes ~15 cookies.

Meringue contains eggs and sugar. Pavlova contains eggs, dairy, and sugar.



Meringue cookies are a delicious, naturally gluten-free dessert. The crisp, chewy cookies can be enjoyed plain, or dressed up with berries and whipped cream to make a Pavlova. You can easily colour the cookies with food dye for birthday parties or holidays. This recipe was adapted from Natasha's Kitchen.

Ingredients:

Meringue Cookies:

6 egg whites (room temperature)

1½ cups granulated sugar

½ Tbsp lemon juice

½ Tbsp vanilla extract

2 tsp corn starch (check label to ensure GF)

Pavlova:

1½ cups whipping cream (35%)

2 Tbsp granulated sugar
4-5 cups fresh fruit (blueberries, raspberries, strawberries, kiwi, etc.)
Mint leaves for garnish (optional)

Instructions:

Meringue cookies:

Preheat oven to 225F. Line a baking sheet with parchment paper.

In the bowl of a stand mixer, beat the egg whites on high until soft peaks form, about 1 min. With the mixer on, gradually add sugar and beat for 10 min on high, or until stiff peaks form. Use a spatula to fold in lemon juice and vanilla until combined. Sift cornstarch over top and fold in to combine.

Spoon or pipe meringue 2-3 inches wide onto the parchment paper. Indent the center with a spoon to allow room for cream. Bake at 225F for 1 hr and 15 min, then turn the oven off without opening the door and let the meringue sit in the oven for another 30 min.

Transfer the meringue and parchment paper onto the counter or a cookie rack and allow to cool.

Pavlova:

While the meringue cookies cool, beat the whipping cream with 2 Tbsp granulated sugar for 2-3 minutes, or until whipped and spreadable. Spoon or pipe the whipped cream onto the cooled meringue cookies, and top with fresh fruit.

Meringue cookies can be stored in an airtight container for 3-5 days. Pavlova should be enjoyed within a few hours of assembly.

Submitted by Isobel Simpson. Member since 2019

NO-FAIL GLUTEN FREE PIE CRUST

yield: 2 large crusts or 3 smalls

Ingredients:	1/2 tsp salt
1/2 cup tapioca flour	1 dash sugar
1/2 cup cornstarch	1 cup butter flavored Crisco
1/4 cup sorghum flour	1 cold egg
1 cup rice flour (sweet rice flour if you can find it)	1 Tbsp vinegar
1 rounded tsp xanthan gum	4 Tbsp ice water

Instructions:

Sift dry ingredients together. Cut in the shortening with a fork or pastry cutter until the crumbles become pea sized. In a separate bowl mix together the egg, vinegar, and ice water until thoroughly blended. Add this mixture to your butter mixture until well blended. Divide into two balls for large pies or into three balls for smaller pies. Refrigerate the dough balls for at least an hour, covered with plastic wrap. Roll out (not too thin) and set in your pie plate and prick the dough with a fork. Bake in the oven for 20 minutes at 425 degrees or until lightly brown. (Or bake for 10 minutes, cover the edges with tin foil or pie shields, and then bake for the remaining 10 minutes.)

For a fruit pie, before baking, fill with fruit of your choice and cover with a crumble topping then bake at 425F for 20 min and reduce to 350F for 30 more minutes or until fruit is cooked.

Note: Dough can be prepared and frozen for future use. Thaw in refrigerator.

Submitted by Donalda Johnson

UPSIDE DOWN BANANA BREAD CINNAMON ROLLS

Serves 15

Prep time: 4+ hours or overnight

Recipe adapted from Julie Klink on Tasty.co

A gluten free treat for breakfast, coffee breaks, or dessert.

Ingredients:

Dough:

1 cup whole milk
4 Tbsp unsalted butter
1 Tbsp instant yeast
1/3 cup granulated sugar
1/4 tsp salt
3 ripe bananas, mashed
4 1/2 cups all-purpose GF flour
2 Tbsp oil

Filling:

4 Tbsp unsalted butter, melted
1/4 cup granulated sugar
1 Tbsp cinnamon

Caramel Sauce:

1/2 cup unsalted butter
1 cup brown sugar
1 tsp salt
1 tsp vanilla
1/4 cup honey

Instructions:

In a large, microwave-proof bowl, combine the milk and melted butter. Microwave for 40 seconds, until the milk mixture reaches 110F. Add the yeast, then let sit for 10 minutes.

Add the granulated sugar, salt, mashed bananas and stir.

Add the flour, 1/2 cup at a time, stirring between each addition.

Transfer the dough to a floured surface and knead for 3 minutes, adding more flour 1/4 cup at a time if the dough is sticking to your hands or the surface. Form the dough into a ball.

Add the oil to a clean large bowl and place the dough in the bowl. Cover with a kitchen towel and let rise in the refrigerator for at least 3 hours, or overnight, until doubled in size.

Once the dough has risen, roll it out to a 1/4 inch thick rectangle about 18x12 inches. Cont.

Make the filling by mixing the melted butter, granulated sugar, and cinnamon together in a small bowl.

Spread the filling evenly over the dough. Roll up the dough and slice into 15-1 inch thick slices (discard the ends).

Make the caramel sauce: In a saucepan over medium heat, combining the butter, brown sugar, salt, vanilla, and honey. Keep stirring to prevent the sugar from sticking to the pan. Bring to a gentle boil, then remove the pan from the heat. Preheat the oven to 350F.

Pour the caramel sauce into a 9x12-inch baking dish. Arrange the rolls in the dish so there are 3 rows of 5 rolls. Cover with plastic wrap and let the rolls rise for 15 minutes, in a warm place.

Remove the plastic wrap and bake the cinnamon rolls for 30-40 minutes or until light golden brown.

Let cool for 20 minutes, then invert the rolls onto a serving platter. Leftover cinnamon rolls can be stored up to 5 days in the refrigerator. Reheat in the microwave or oven.

Submitted by Tracy Dueck

Cooking is love made visible. unknown



*Long standing members L-R Dennis Cook, Dorothy McIntyre, Bruce McBeth
and Susan Finlay at St. John's Conference*

GREEN TOMATO MINCEMEAT

I am not a mincemeat lover but this is wonderful! I decided to try the recipe years ago just for fun to use a bunch of green tomatoes. It can be used for tarts, pie, ice cream topping or even on toast! So scrumptious!

Ingredients:

- 1 gallon green tomatoes
- 2.5 pounds white sugar
- 1 pound raisins
- 1 cup molasses
- 1 cup vinegar
- 1 Tbsp ground cloves
- 1 Tbsp salt
- 1 gallon apples (I used locally grown for best flavor)
- 1/4 cup butter
- 1 lb currants
- 1 Tbsp nutmeg
- 1 Tbsp cinnamon

Instructions:

Wash and sterilize 10 -12 pint jars (Wash with a small amount of bleach in the water, rinse well, and heat on a cookie sheet in a 300F oven).

Chop tomatoes medium fine. Pour boiling water over and strain 3 times. Core, peel and chop apples (a little peel is ok). Mix all ingredients together and boil 30 minutes. Bottle and seal. If bottled hot (be sure to put a knife or spoon in jar before adding hot contents) I found my jars sealed well as they cooled.

(**Note:** If jars don't seal, place them on a cookie sheet and slowly heat them in the oven to 300F and cook for 15 min. then remove and cool again.)

Makes approximately 10 pints

Submitted by Joy Plohman

STRAWBERRY, RHUBARB & PINEAPPLE FREEZER JAM

Ingredients:

5 cups of chopped rhubarb

5 cups of sugar (I use less to taste)

19 ounce can crushed pineapple with juice

2 small 5 oz. pkgs. of strawberry jelly powder

Instructions:

Cut up the rhubarb the night before cooking, and mix with the sugar.

Boil rhubarb, sugar, and pineapple for about 15 minutes, or until rhubarb is cooked and soft. Add the jelly powder and stir well. Pour into sterilized jars, cool and freeze.

Author Credit: Bonnie Pirch This is an old family recipe.

Note: Reprinted from Celi-Yak News Summer 2014



Preparing food and feeding people brings nourishment not only to our bodies but to our souls. - Shauna Niequist

