



Fresh Tastes

FROM
A well-seasoned kitchen®

GLUTEN-FREE ADAPTATION GUIDE

The first question I ask when guests RSVP to a dinner party is “do you have any dietary restrictions?” More and more of our friends and family are going gluten-free, and this guide was created to show you how to adapt my recipes in *Fresh Tastes* to address their needs. Together with gluten-free expert Carol Fenster, we determined which recipes are already gluten-free (that is, no changes are needed), and which recipes could be made gluten free with a few minor modifications. Of the 163 total recipes in *Fresh Tastes*, you can serve a whopping 149 to your gluten-free friends and family!

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SOME IMPORTANT NOTES ON THE ADAPTATIONS INCLUDED IN THIS GUIDE:

- Make sure to use a gluten-free flour blend, not a single ingredient gluten-free flour.
- We favor two gluten-free flour blends, both of which are widely available, reliable, and light in flavor and color:
 - Bob’s Red Mill Gluten Free 1 to 1 Baking Flour (contains xanthan gum)
 - King Arthur Flour Gluten Free Multipurpose Flour (no xanthan gum, no guar gum)
- Check the ingredients on your gluten-free flour blend closely. If it contains xanthan gum or guar gum, don’t add the xanthan gum as noted in the guide.
- Xanthan gum should be added together with the gluten-free flour blend when used.
- Sift or whisk gluten-free flour blend before measuring.
- When purchasing gluten-free versions of other ingredients, check the contents closely. For example, while Nestlé Butterscotch Chips used to contain gluten, the company has modified the recipe so they are now gluten-free. You should read the labels on any ingredients you serve to your gluten-free guests to make sure they are safe.
- Note that the number beside each entry corresponds to the page on which the recipe can be found in *Fresh Tastes*.

APPETIZERS

Goat Cheese, Pesto and Tomato Crostini	17
Use gluten-free French bread.	
Green Chile Canapés	18
Use gluten-free French bread.	
Mushroom Paté	20
Use gluten-free crackers or toast points.	
Hot Onion Soufflé	21
Use gluten-free tortilla chips.	
Zesty Pimiento Cheese Spread	25
Use gluten-free crackers.	
Tomato Shortbread with Olive Tapenade	26
Substitute gluten-free flour blend for all-purpose flour.	
Add ½ teaspoon xanthan gum.	
Poppy Seed Puffs	29
Substitute gluten-free flour blend for all-purpose flour.	
Add ¼ teaspoon xanthan gum.	
Hearts of Palm Dip	30
Use gluten-free crackers.	
Taco Salad Dip	31
Use gluten-free crackers.	

NATURALLY GLUTEN-FREE APPETIZERS

Spicy Chicken Wings	24
Smoked Salmon Mousse	28
Champagne Cocktail	32
Robert’s Perfect Martini	34
Robert’s Perfect Manhattan	35

BREAKFAST & BRUNCH

Southwestern Chile-Cheese “Soufflé”	38
Substitute gluten-free flour blend for all-purpose flour.	
Pesto, Sausage and Parmesan Cheese Strata	39
Use gluten-free bread and gluten-free sausage.	
Cheese Blintz Soufflés with Blueberry	40
Balsamic Sauce	
Substitute gluten-free flour blend for all-purpose flour.	
Banana Caramel Baked French Toast	42
Substitute gluten-free bread.	
Smoked Salmon Eggs Benedict with Mustard-Dill Sauce	44
Substitute gluten-free English Muffins or gluten-free toast.	

Huevos Rancheros	46
Use gluten-free Mexican seasoning or gluten-free taco seasoning blend.	
Toasted Bagels with Egg Salad and Smoked Salmon	48
Substitute gluten-free bagels.	
Cinnamon Loaf	50
Substitute gluten-free flour blend for all-purpose flour. Add 1 teaspoon xanthan gum.	
Apple Butterscotch Muffins	52
Substitute gluten-free flour blend for all-purpose flour. Add 1 teaspoon xanthan gum. Use gluten-free Butterscotch chips.	

NATURALLY GLUTEN-FREE BREAKFAST & BRUNCH

Spiced Bacon Twists	43
Mushroom, Spinach & Onion Frittata with Goat Cheese	47

SOUPS

Cucumber Leek Vichyssoise	56
Use gluten-free chicken stock.	
Chilled Minted Pea Soup	58
Use gluten-free chicken broth.	
Butternut Squash Soup	59
Use gluten-free chicken stock.	
Carrot-Ginger Soup	60
Use gluten-free chicken stock.	
Puréed Black Bean Soup	62
Use gluten-free chicken stock or broth.	
Roasted Eggplant and Tomato Soup	63
Use gluten-free vegetable stock.	
Split Pea Soup with Country Ham	64
Use gluten-free chicken broth.	
Italian Sausage, Spinach and Orzo Soup	66
Use gluten-free sausage. Use gluten-free chicken broth or stock. Use DeLallo gluten-free Pasta Corn and Rice Orzo.	
Soy-Ginger Shrimp and Rice Soup	68
Use gluten-free chicken broth and substitute gluten-free tamari sauce for soy sauce.	
Chinese Chicken Noodle Soup	69
Use gluten-free chicken stock or broth and substitute gluten-free tamari sauce for soy sauce.	

SALADS

Spinach Salad with Curry Dressing	82
Substitute gluten-free tamari sauce for soy sauce.	
Indonesian Brown Rice Salad	86
Substitute gluten-free tamari sauce for soy sauce.	
Caesar Salad Dressing	87
Use gluten-free granulated chicken broth and gluten-free Worcestershire sauce.	
Asian Shrimp and Brown Rice Salad	93
Substitute gluten-free tamari sauce for soy sauce.	
Tuna and Roasted Red Pepper Pasta Salad with Pesto Dressing	96
Use gluten-free rotini pasta.	

NATURALLY GLUTEN-FREE SALADS

Mixed Greens with Dried Cranberries	72
Tomato & Peach Salad with Lime-Balsamic Dressing	73
Tomato & Cucumber Salad with Yogurt-Herb Dressing	74
Apple, Walnut & Stilton Cheese Salad	76
Avocado-Mushroom Salad with Chutney Dressing	78
Roasted Beet Salad with Arugula Dressing	79
Roasted Butternut Squash & Mushroom Spinach Salad	80
Arugula & Spinach Salad with Lemon-Dijon Dressing	83
Dorothy's Potato Salad	84
Grilled Steak, Roasted Potatoes & Tomato Salad	88
Layered Salmon Salad with Avocado-Lime Yogurt Dressing	90
Crab & Shrimp Salad with Curry-Chutney Dressing	92
Tuna Salad Nicoise with Lemon-Tarragon Dressing	94
Chicken, Blueberry & Mango Salad	97

POULTRY

Pesto Chicken with Black Beans	100
Use gluten-free chicken broth.	

Sautéed Chicken Breasts with Tomato-Olive-Caper Sauce	101
Use gluten-free chicken stock.	
Grilled Rosemary-Dijon Chicken Breasts	102
Use gluten-free Worcestershire sauce.	
Ginger-Orange Chicken with Spicy Couscous	108
Replace couscous with 2 cups uncooked brown rice and cook per package instructions. Add apricot, cinnamon, allspice, olive oil, nuts, green onion and basil to rice after cooking.	
Parmesan-Onion Breaded Chicken Breasts	111
Replace French-fried onions with 1 tablespoon dried minced onion. Use gluten-free bread crumbs. Use gluten-free Worcestershire sauce.	
Mexican Baked Chicken	112
Use gluten-free breadcrumbs.	
Rolled Turkey Breast with Roasted Red Pepper Stuffing	118
Use gluten-free chicken broth.	

NATURALLY GLUTEN-FREE POULTRY

Baked Chicken with Artichoke Topping	104
Feta Chicken	105
Arroz Con Pollo	106
Dijon Curry Chicken	110

MEATS

Cajun Meatloaf	122
Use gluten-free Worcestershire sauce. Use gluten-free breadcrumbs.	
Hill Family Meatloaf	123
Use gluten-free bread crumbs.	
Steak Enchiladas with Roasted Tomatillo-Green Chile Salsa	124
Use gluten-free corn tortillas.	
Kidwell Family Tacos	126
Use gluten-free corn tortillas.	
Oklahoma BBQ Sauce	128
Use gluten-free Worcestershire sauce.	
BBQ Beef Sandwiches	128
Use gluten-free hamburger buns.	

Beef Stew with Caramelized Root Vegetables	130
Use gluten-free beef broth.	
Wild Bill's Bison with Shitake Bourbon Sauce	132
Substitute 3 tablespoons cornstarch for all-purpose flour. Use gluten-free beef stock. Stir cornstarch into ½ cup of stock until smooth before adding to skillet.	

Roasted Lamb with Lemon	134
Substitute 1 tablespoon cornstarch for all-purpose flour. Stir cornstarch into ¼ cup of cold water until smooth before adding to pan.	

Slow Cooker Mediterranean Meatball Ratatouille	136
Use gluten-free Italian sausage.	

Eggplant Parmesan with Sausage, Mushroom and Olive Marinara Sauce	137
Use gluten-free Italian sausage. Use gluten-free bread crumbs.	

Roasted Hoisin Pork Tenderloin	138
Use gluten-free hoisin sauce.	

Asian Pork Tenderloin	139
Substitute gluten-free tamari sauce for soy sauce.	

Grilled Pork Chops with Mushrooms Sautéed in Bourbon	142
Use gluten-free chicken broth. Use gluten-free Worcestershire sauce.	

Sauteed Pork with a Mustard-Caper Sauce	143
Use gluten-free chicken broth.	

Pulled Pork Sandwiches	144
Use gluten-free hamburger buns.	

Stir-Fried Pork and Asparagus	145
Use gluten-free Worcestershire sauce. Use gluten-free oyster sauce. Use gluten-free chicken broth.	

NATURALLY GLUTEN-FREE MEATS

Balsamic-Honey Pork Tenderloin	138
Spicy Pork Chops with Argentine Chimichurri Sauce	140
Lemon Glazed Pork Chops	144

FISH & SEAFOOD

Salmon with Lemon-Lime Crumb Topping	155
Use gluten-free bread crumbs.	
Sally's Bouillabaisse	157
Use gluten-free Worcestershire sauce.	

Grilled Shrimp with Tomatillo-Avocado Sauce	161
Substitute gluten-free tamari sauce for soy sauce.	
Chipotle Lime Shrimp Tacos with Tomato Mango Salsa	162
Use gluten-free flour tortillas or wraps.	
Uncle Bill's Shrimp de Jonghe	164
Use gluten-free bread crumbs. Use gluten-free chicken broth. Use gluten-free spaghetti or angel hair pasta.	
Ham and Shrimp Jambalaya	165
Use gluten-free Worcestershire sauce.	

NATURALLY GLUTEN-FREE FISH & SEAFOOD

Halibut with Celery Root Purée & Tomato Garnish	148
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Grilled Citrus Salmon	154
Mahi Mahi with Herb Mayonnaise	156
Scallops with Tomatoes and Pesto	160

PASTA

Zucchini Stuffed Shells	169
Use gluten-free jumbo macaroni shells.	
Thai Peanut Shrimp with Linguine	170
Use gluten-free linguine. Substitute gluten-free tamari sauce for soy sauce. Use gluten-free chicken broth.	
Ravioli with Roasted Red Pepper Sauce	173
Use gluten-free ravioli.	
Parmesan-Crusted Chicken with a Tomato Cream Sauce	174
Use gluten-free bread crumbs. Use gluten-free linguine.	
Angel Hair with Chicken and Artichoke-Caper Sauce	176
Use gluten-free angel hair pasta. Substitute cornstarch for all-purpose flour. Use gluten-free chicken broth.	
Sausage, Pepper, Mushroom & Onion Fusilli	178
Use gluten-free Italian sausage. Use gluten-free fusilli or rotini pasta.	

VEGETARIAN MAIN DISHES

Green Chiles Stuffed with Goat Cheese	182
Substitute ¼ cup cornstarch for all-purpose flour.	
Stuffed Eggplant	183
Substitute 1 tablespoon cornstarch for all-purpose flour. Stir cornstarch into ¼ cup of milk until smooth before adding to saucepan.	
Individual Fontina Cheese and Broccoli Soufflés	188
Substitute 1 tablespoon cornstarch for all-purpose flour. Stir cornstarch into ¼ cup of milk until smooth before adding to saucepan.	
Tempura Vegetable Fondue	190
Substitute gluten-free tamari for soy sauce. Use gluten-free Tempura Batter Mix.	
Vegetable Curry	194
Use gluten-free vegetable broth.	
Roasted Butternut Squash Risotto	196
Use gluten-free vegetable broth.	

NATURALLY GLUTEN-FREE VEGETARIAN MAIN DISHES

Mediterranean Quinoa Stuffed Sweet Peppers	186
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SIDE DISHES

Prosciutto Wrapped Asparagus	200
Use gluten-free bread crumbs.	
Roasted Zucchini with Crumb Topping	204
Use gluten-free bread crumbs.	
Golden Potatoes	212
Use gluten-free bread crumbs.	
Cheese Grits Soufflé	213
Use gluten-free Worcestershire sauce.	
Saffron Cilantro Rice	216
Use gluten-free chicken or vegetable broth.	
Portobello Mushrooms, Sundried Tomatoes and Rice	217
Use gluten-free chicken broth.	
Baked Spinach Risotto	218
Use gluten-free chicken or vegetable broth.	
Couscous with Dried Cranberries and Pecans	220
Replace couscous with 3 cups uncooked brown rice and cook per package directions.	

Italian Popovers 227
Substitute gluten-free flour blend for all-purpose flour.
Add ¼ teaspoon xanthan gum.

NATURALLY GLUTEN-FREE SIDE DISHES

Shredded Brussels Sprouts with Bacon 201

Stuffed Tomatoes with Olives & Prosciutto 202

Zucchini & Yellow Squash Ribbons 203

Broccoli with Curry-Mayonnaise Sauce 206

Cauliflower with Parmesan Sauce 207

Lemon-Dijon Green Beans with Caramelized Shallots 208

Corn & Prosciutto Salad 210

New Potatoes with Lemon-Caper Sauce 211

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Cranberry & Golden Raisin Relish 222

DESSERTS

Key Lime Pie with Ginger Whipped Cream 231
Use gluten-free cracker crumbs.

Frozen Strawberry Pie 234
Substitute gluten-free flour blend for all-purpose flour.

Frozen Lemon Velvet 235
Use gluten-free graham cracker crumbs.

White Chocolate and Lime Tart with Strawberries 238
Substitute gluten-free flour blend for all-purpose flour.
Add ¼ teaspoon xanthan gum.

Rum Pumpkin Tart 239
Use gluten-free gingersnap cookie crumbs.

Rum Pumpkin Pots de Crème 240
Use gluten-free gingersnap cookies.

Mint Chocolate Mousse 242
Use gluten-free chocolate cookie crumbs.

Pear Kuchen 244
Substitute gluten-free flour blend for all-purpose flour.
Add ½ teaspoon xanthan gum.

Banana Raspberry Cake with Lemon Frosting 246
Substitute gluten-free flour blend for all-purpose flour.
Add ½ teaspoon xanthan gum.

Sticky Ginger Cake 248
Substitute gluten-free flour blend for all-purpose flour.
Add ½ teaspoon xanthan gum.

Bea's Pecan Crispiers 253
Substitute gluten-free flour blend for all-purpose flour.
Add 1 ¼ teaspoon xanthan gum.

Chocolate Pecan Toffee Bars 254
Substitute gluten-free flour blend for all-purpose flour.
Add 1 teaspoon xanthan gum.

Almond-Cocoa Wedding Cookies 256
Substitute gluten-free flour blend for all-purpose flour.
Add 1 teaspoon xanthan gum.

Chocolate Oatmeal Cookies 257
Substitute gluten-free flour blend for all-purpose flour.
Add ¾ teaspoon xanthan gum.

Ginger Spice Cookies 258
Substitute gluten-free flour blend for all-purpose flour.
Add 1 teaspoon xanthan gum.

Pecan Shortbread Bars with Butter-Rum Glaze 259
Substitute gluten-free flour blend for all-purpose flour.
Add ¾ teaspoon xanthan gum.

Lemon Ginger Brownies 260
Substitute gluten-free flour blend for all-purpose flour.
Add ½ teaspoon xanthan gum.

Blonde Brownies 261
Substitute gluten-free flour blend for all-purpose flour.
Add 1 teaspoon xanthan gum.

NATURALLY GLUTEN-FREE DESSERTS

Sea Salt Caramel Apple Slices 249

Fresh Fruit with Brandy Custard Sauce 250

Peach Ice Cream 252

Featuring 149 of 163 recipes from *Fresh Tastes* that can be made or are already naturally gluten-free!

Note: While the recipe adaptations in this guide allow for the creation of gluten-free dishes, unless you are preparing the food in a gluten-free facility, there's a high risk of cross contamination. Persons with celiac disease or who are otherwise sensitive to gluten should seek the advice of their health care providers for selecting appropriate foods prepared in a gluten-free environment. For more information on setting up a gluten-free kitchen, visit celiaccentral.org. None of the statements, recipes or adaptations in this guide have been evaluated by the U.S. Food and Drug Administration ("FDA"), nor should the use of "gluten-free" in this guide be understood to mean that any statement, recipe or adaptation meets the FDA's definition of "gluten-free." None of these statements, recipes or adaptations are intended to diagnose, treat, cure, or prevent any disease.