

A close-up photograph of several red tomatoes that have been hollowed out and filled with a mixture of melted cheese, crumbled bacon, and chopped green onions. The tomatoes are arranged on a green, textured surface, possibly a cloth or paper liner. The lighting is bright and natural, highlighting the vibrant colors of the ingredients.

*A well-seasoned  
kitchen*

GLUTEN-FREE  
ADAPTATION GUIDE

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LEE CLAYTON ROPER





## Using This Guide

The first question I ask when guests RSVP to a dinner party isn't "*do you have any dietary restrictions*"...it's "*what are your dietary restrictions?*" More and more of our friends, family, and *A Well-Seasoned Kitchen* fans have gone gluten free, and this guide was created to answer the question of how to adapt our recipes to suit their needs. Together with a gluten-free expert, we determined which recipes are naturally gluten free (no changes needed), and which recipes could be made gluten free with one or two simple ingredient substitutions. Of the 186 total recipes in *A-Well Seasoned Kitchen*, this guide shows how 140 dishes can be made or are already naturally gluten free!

— LEE CLAYTON ROPER



# *Appetizers*



Benedictine Cheese Canapés 14  
Substitute gluten-free bread.

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Spicy Chicken on Pita Triangles 16  
Substitute gluten-free bread or brown rice tortilla  
for the pita bread.

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Toasted Clam Rolls 17  
Substitute gluten-free bread.  
Substitute gluten-free Worcestershire sauce.

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Camembert Sauté 22  
Substitute gluten-free cheese.  
Substitute gluten-free bread crumbs.

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Santo's Cheese Spread 25  
Substitute gluten-free Worcestershire sauce.

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Melted Gruyère and Bacon Dip 26  
Substitute gluten-free crackers.

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Spicy Pecans 28  
Substitute gluten-free Worcestershire sauce.

## NATURALLY GLUTEN FREE APPETIZERS

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Smoked Salmon and Goat Cheese Torte 20

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Sally's Smoked Trout Paté 21

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Cannellini Bean Dip with Truffle Oil 24

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Lee's Favorite Cosmos 29

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Perfect Sidecar 29

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Genuine Derby Day Mint Juleps 30





# *Breakfast and brunch*



Sausage, Mushroom and Pepper Strata 35

Substitute gluten-free bread.

Substitute gluten-free sausage and gluten-free mushroom soup.

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Deviled Eggs in Madras Sauce 36

Substitute gluten-free tamari for soy sauce.

For Madras sauce: thicken with  $1\frac{1}{4}$  tablespoons cornstarch instead of flour. Mix cornstarch in cold water then add to sauce.

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Cinnamon Raisin Bread Custard with Fresh Berries 38

Substitute gluten-free bread.

---

Shelburne Farms French Toast 39

Substitute gluten-free bread.

---

NATURALLY GLUTEN FREE BREAKFAST & BRUNCH

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Poached Eggs in Italian Tomato Sauce 34

Christmas Morning Eggs 34

Mixed Berry Smoothies 49



# *Soups*



Jeanne's Gazpacho 52  
Substitute gluten-free bread.

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Indian Mulligatawny Soup 59  
Use 1½ tablespoons cornstarch to thicken instead of flour.

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Corn and Chicken Chowder 60  
Use ¼ cup cornstarch to thicken instead of flour.

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### NATURALLY GLUTEN FREE SOUPS

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Gazpacho Blanco 53

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Chilled Tomato Dill Soup 54

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Carrot and Zucchini Soup 56

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Tomato Basil Bisque 57

---

White Bean and Chicken Chili 61

# Salads





Hearts of Romaine with  
Lemon-Anchovy Dressing 68  
Omit the chicken marinade.

---

Grilled Chicken and Green Bean Salad 79  
Substitute gluten-free tamari for soy sauce.

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Chilled Asian Chicken and Noodles 84  
Substitute gluten-free pasta.  
Substitute gluten-free tamari for soy sauce.

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Smoked Fish and Pasta Salad 87  
Substitute gluten-free pasta.

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#### NATURALLY GLUTEN FREE SALADS

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Spinach and Goat Cheese Salad 64

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Spinach Salad with Lemon-Dijon Dressing 65

---

Avocado and Grapefruit Salad 66

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Red Leaf Lettuce with Hot Bacon Dressing 69

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Cilantro Peanut Coleslaw 70

## NATURALLY GLUTEN FREE SALADS

Roasted Tomato and Arugula Salad	71
Tomatoes Stuffed with Artichoke Hearts, Onions and Bacon	72
Broccoli Salad with Caesar Dressing	74
Curried Pea Salad	75
Minted Green Beans with Feta and Pecans	76
Sharp Vinaigrette Dressing	78
Layered Chicken Salad with Tarragon Dressing	80
Overnight Chicken Taco Salad	82
Layered Chinese Chicken Salad	83
Avocado and Crab Salad	85

# *Poultry*



*Grilled Chicken with Tomatoes and Goat Cheese*



Chicken Breasts Stuffed with Chorizo 93  
Substitute gluten-free chorizo.  
Substitute 1 tablespoon cornstarch for flour.

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Black Bean Chicken Enchiladas 97  
Substitute corn tortillas or brown rice tortillas.

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Lemon Mustard Grilled Chicken 98  
with Caramelized Red Onions  
Substitute gluten-free Worcestershire sauce.

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Spicy Turkey Meatloaf 107  
Substitute gluten-free oats.  
Substitute gluten-free bread crumbs.

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#### NATURALLY GLUTEN FREE POULTRY

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Grilled Chicken with Tomatoes 90  
and Goat Cheese

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Grilled Chicken with 91  
Lime-Green Chile Sauce

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Chicken with Mushrooms, Scallions 92  
and Almonds

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Busy Night Baked Chicken with Spinach 96

## NATURALLY GLUTEN FREE POULTRY

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Autumn Lemon-Garlic Chicken Breasts	99
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Tuscan Stuffed Chicken Breasts	100
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Roasted Chicken Sausage and Butternut Squash	102
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Turkey Spinach Enchiladas	106
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*Roasted Chicken Sausage and Butternut Squash*

# Meats





Mom's Steak and Lamb Marinade 111  
Substitute gluten-free tamari for soy sauce.

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Mom's Favorite Beef Stroganoff 112  
Thicken with 1 tablespoon cornstarch instead of flour.

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Veal Stroganoff 113  
Thicken with 1 tablespoon cornstarch instead of flour.

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Beef Bourguignon 114  
Thicken with  $\frac{3}{4}$  tablespoon cornstarch instead of flour.

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Bobotee 116  
Substitute gluten-free bread crumbs.

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Evie's Enchilada Pie 117  
Substitute gluten-free mushroom soup and  
gluten-free tortilla chips.

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Korean Barbecue Beef 118  
Substitute gluten-free tamari for soy sauce and  
gluten-free oyster sauce.

---

Fall Off the Bone Slow Cooker  
Short Ribs 120  
Substitute gluten-free Worcestershire sauce.

Clayton Lamb Curry 123  
Omit the flour.

---

Rack of Lamb with Nut Crust 124  
Substitute gluten-free bread crumbs.

---

Grilled Pork Tenderloin with  
Ginger Couscous 130  
Thicken with  $\frac{3}{4}$  tablespoon cornstarch instead of flour.

---

Pork and Green Bean Sauté 132  
Substitute gluten-free tamari for soy sauce.

---

Sausage and Spinach Torte 137  
Substitute gluten-free sausage.  
Substitute gluten-free bread crumbs.



## NATURALLY GLUTEN FREE MEATS

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Steaks with Dijon, Caper and Green Onion Sauce	110
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Sally's Corned Beef and Cabbage	119
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Barbecued Lamb Chops	122
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Roast Pork Loin with Plum Conserves	126
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Pork Tenderloin with Port, Balsamic and Cranberry Sauce	127
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Pork Tenderloin Stuffed with Spinach and Cheese	128
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Dijon Pork Chops with Arugula	134
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Cajun Pork Chops	136
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# *Seafood and fish*

Mascarpone and Spinach Stuffed Salmon 140  
Substitute gluten-free bread crumbs.

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Salmon with Crumb Topping 141  
and Herb Mayonnaise  
Substitute gluten-free bread crumbs.

---

Baked Halibut with Tomatoes and 143  
Capers with a Feta-Crumb Crust  
Substitute gluten-free bread crumbs.

---

Asian Swordfish 147  
Substitute gluten-free tamari for soy sauce.

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Shrimp with Sherry-Bread Crumb Topping 154  
Substitute gluten-free bread crumbs.

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Shrimp and Sausage Gumbo 156  
Substitute 1 tablespoon corn starch for flour.  
Substitute gluten-free Worcestershire sauce.

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Scallops with Shallot Butter 158  
and Pine Nuts  
Substitute gluten-free bread crumbs.

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Baked Crab and Mushroom Casserole 159  
Substitute gluten-free bread crumbs.

## NATURALLY GLUTEN FREE SEAFOOD

---

Grilled Tuna with Puttanesca Sauce 144

---

Grilled Mustard-Tarragon Swordfish 146

---

Baked Fish on Lettuce 148

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Baked Shrimp with Tomato,  
Feta Cheese and Capers 152

---

Shrimp Tostadas 155

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Sautéed Shrimp and Cheese Grits 157





# *Pasta*



Pesto Chicken and Vegetable Fettuccine 162  
Substitute gluten-free pasta.

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Cajun Shrimp Linguine 164  
Substitute gluten-free pasta.  
Substitute gluten-free Worcestershire sauce.

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Salmon Linguine in a Vermouth  
Cream Sauce 165  
Substitute gluten-free pasta.  
Substitute gluten-free tamari for soy sauce.

---

Spinach and Cheese Penne 166  
Substitute gluten-free pasta.

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Baked Farfalle with Prosciutto,  
Mushrooms and Cheese 167  
Substitute gluten-free pasta.  
Substitute 1½ tablespoons cornstarch for flour.  
Substitute gluten-free Worcestershire sauce.

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Spinach Farfalle Bolognese 168  
Substitute gluten-free pasta.

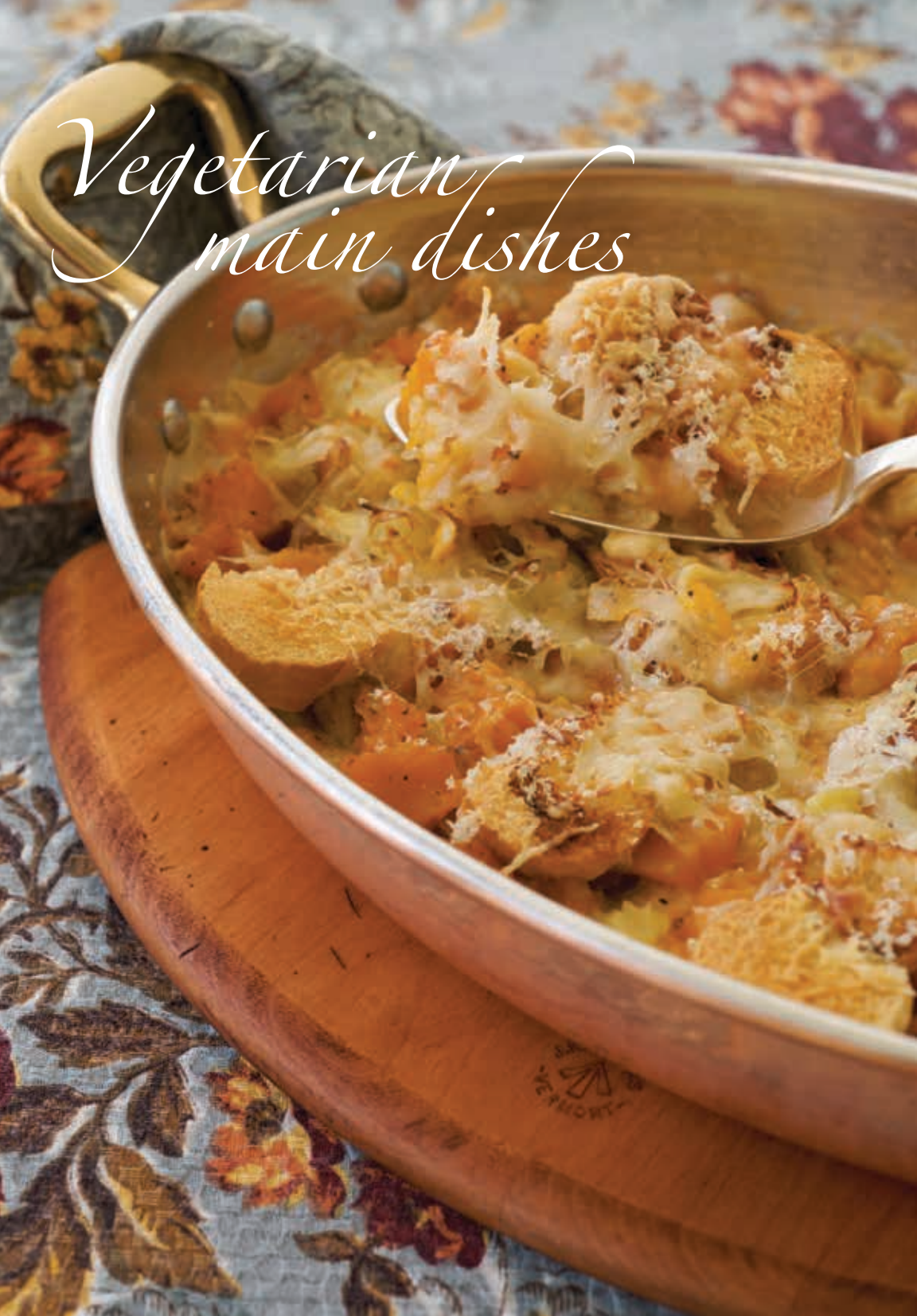
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Mexican Chicken Lasagna 171  
Substitute gluten-free pasta.

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Chicken and Mushroom Lasagna  
with Tomato Sauce 174  
Substitute gluten-free pasta.





# *Vegetarian main dishes*



Butternut Squash Gratin 178  
Substitute gluten-free bread.

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Chile Relleno Casserole 182  
Substitute 1 tablespoon corn starch for flour.

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Mushroom, Tomato and  
Cream Cheese Enchiladas 184  
Substitute corn tortillas or brown rice tortillas.

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#### NATURALLY GLUTEN FREE VEGETARIAN MAIN DISHES

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Parmesan Polenta with Mushroom Marinara 179

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Roasted Eggplant, Zucchini and Red Pepper 180



# *Side dishes*



Creamed Spinach and Tomato Gratin 192  
Substitute gluten-free bread crumbs.

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Kentucky Corn Pudding 198  
Substitute 1 tablespoon cornstarch for flour.

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Leek Gratin 199  
Substitute 1 tablespoon cornstarch for flour.

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Brown Rice Gratin 210  
Substitute gluten-free bread crumbs.

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#### NATURALLY GLUTEN FREE SIDE DISHES

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Stuffed Tomatoes Provençal with Parsley, Pine Nuts & Wine 190

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Cauliflower Purée 191

---

Green Beans with Cashew Gremolata 194

---

Green Beans with Lemon-Butter Sauce 195

---

Individual Asparagus Soufflés 196



## NATURALLY GLUTEN FREE SIDE DISHES

---

Sausage, Butternut Squash  
and Yam Casserole 200

---

Grilled Vegetable Packets 201

---

Roasted Vegetables of Any Kind 204

---

Roasted New Potatoes with Truffle Oil 205

---

Overnight Potato Salad 206

---

Potato Soufflé 207

---

Simone's Mayonnaise for French Fries 208

---

Lemon Rice 209

---

Bobby Lewis' Wild Rice 211

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Elegant Wild Rice Salad 212

## NATURALLY GLUTEN FREE SIDE DISHES

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Creamy Parmesan Polenta	215
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Cheese Grits	216
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# *Desserts*





Lemon Ginger Blueberry Tart 226  
Substitute gluten-free ginger snaps.

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Fluffy Pumpkin Pie 230  
Substitute gluten-free pie crust.

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Kim and Jan's Pecan Pie 232  
Substitute gluten-free pie crust.

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Aunt DeeDee's Cheesecake 244  
Substitute gluten-free graham crackers.

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Frozen Brandy Alexander Pie 247  
Substitute gluten-free graham crackers.



## NATURALLY GLUTEN FREE DESSERTS

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Kahlua Chocolate Mousse	234
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Eggnog and White Chocolate Pots de Crème	236
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Pavlova	242
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Lemon Almond Ice Cream	248
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Kentucky Colonels	257
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Chocolate Coconut Pecan Bars	258
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Sally's Chocolate Almond Toffee	260
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## GLUTEN FREE ADAPTATION GUIDE

Featuring 140 of 186 recipes from A Well-Seasoned Kitchen  
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 <http://www.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 statement, recipes or adaptations are intended to diagnose, treat, cure, or prevent any disease.*

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