

Tilapia with Mushrooms and Tarragon	150
Substitute ¼ cup cornstarch for the flour.	
Stir cornstarch into ½ cup cold water until smooth before adding to sauce.	
Shrimp with Sherry-Bread Crumb Topping	154
Use gluten-free bread crumbs.	
Shrimp Tostadas	155
Use gluten-free corn tortillas.	
Shrimp & Sausage Gumbo	156
Substitute 1 tablespoon cornstarch for the flour.	
Stir cornstarch into ¼ cup water until smooth before adding to sauce. Use gluten-free chicken broth, gluten-free Worcestershire sauce and gluten-free sausage.	
Sautéed Shrimp and Cheese Grits	157
Use gluten-free grits and gluten-free chicken broth.	
Scallops with Shallot Butter and Pine Nuts	158
Use gluten-free bread crumbs.	
Baked Crab and Mushroom Casserole	159
Use gluten-free chicken broth and gluten-free bread crumbs.	

NATURALLY GLUTEN-FREE FISH & SEAFOOD

Salmon and Summer Vegetables en Papillote	142
Grilled Mustard-Tarragon Swordfish	146
Baked Fish on Lettuce	148
Baked Shrimp with Tomato, Feta Cheese & Capers	152

PASTA

Pesto Chicken & Vegetable Fettucine	162
Use gluten-free fettucine.	
Cajun Shrimp Linguine	164
Use gluten-free linguine and gluten-free Worcestershire sauce.	
Salmon Linguine in a Vermouth Cream Sauce	165
Substitute gluten-free tamari for soy sauce.	
Spinach and Cheese Penne	166
Use gluten-free penne and gluten-free spaghetti sauce.	
Baked Farfalle with Prosciutto, Mushrooms & Cheese	167
Use gluten-free farfalle. Substitute 1 ½ tablespoons cornstarch for the flour. Stir cornstarch into ¼ cup water until smooth before adding to sauce.	
Spinach Farfalle Bolognese	168
Use gluten-free Italian pork sausage and gluten-free farfalle.	

Turkey Stuffed Pasta Shells	170
Substitute gluten-free Tinkyada grand shells for jumbo macaroni shells. Use gluten-free spaghetti sauce.	
Mexican Chicken Lasagna	171
Use gluten-free lasagna noodles and cook until al dente before using.	
Seafood Lasagna	172
Use gluten-free Cream of Mushroom Soup (we like Amy's brand). Use gluten-free lasagna noodles and cook al dente before using.	
Chicken & Mushroom Lasagna with Tomato Sauce	174
Use gluten-free chicken broth. Use gluten-free lasagna noodles and cook al dente before using.	

VEGETARIAN MAIN DISHES

Butternut Squash Gratin	178
Use gluten-free chicken broth and gluten-free bread.	
Chile Relleno Casserole	182
Substitute 1 tablespoon cornstarch for the flour.	
Pesto & Ricotta Cheese Soufflé	183
Substitute 1 tablespoon cornstarch for the flour.	
Mushroom, Tomato & Cream Cheese Enchiladas	184
Use gluten-free corn or gluten-free flour tortillas.	

Tex-Mex Cheese Fondue	186
Substitute 2 tablespoons cornstarch for the flour.	
Use gluten-free bread.	
Roasted Butternut Squash Risotto	196
Use gluten-free vegetable broth.	

NATURALLY GLUTEN-FREE VEGETARIAN MAIN DISHES

Parmesan Polenta with Mushroom Marinara	179
Roasted Eggplant, Zucchini & Red Pepper	180

SIDE DISHES

Creamed Spinach & Tomato Gratin	192
Use gluten-free chicken broth and gluten-free bread crumbs.	
Kentucky Corn Pudding	198
Substitute 1 tablespoon cornstarch for the flour.	
Leek Gratin	199
Substitute 1 tablespoon cornstarch for the flour. Stir cornstarch into 1/4 cup water before adding to sauce.	
Sausage, Butternut Squash & Yam Casserole	200
Use gluten-free sausage.	

Lemon Rice	209
Use gluten-free chicken broth.	
Brown Rice Gratin	210
Use gluten-free chicken broth and gluten-free bread crumbs.	
Bobby Lewis' Wild Rice	211
Use gluten-free chicken broth.	
Creamy Parmesan Polenta	215
Use gluten-free chicken broth.	
Parmesan-Buttermilk Cornbread	219
Substitute 1 cup gluten-free flour for flour. Add ½ teaspoon xanthan gum.	

NATURALLY GLUTEN-FREE SIDE DISHES

Stuffed Tomatoes Provencal with Parsley, Pine Nuts & Wine	190
Cauliflower Purée	191
Green Beans with Cashew Gremolata	194
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Individual Asparagus Soufflés	196
Grilled Vegetable Packets	201
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Roasted New Potatoes with Truffle Oil	206
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Potato Soufflé	207
Simone's Mayonnaise for French Fries	208
Elegant Wild Rice Salad	212
Cheese Grits	216

DESSERTS

Fast Fruit Cobbler	222
Substitute 4 to 5 ounces gluten-free yellow cake mix.	
Lemon Ginger Blueberry Tart	226
Use gluten-free gingersnap cookie crumbs.	
Chocolate Pecan Pie	229
Use store-bought 9-inch gluten-free pie shell.	
Kim & Jan's Pecan Pie	232
Use store-bought 9-inch gluten-free pie shell.	
Lemon Custard Cups	233
Substitute 2 tablespoons cornstarch for the flour.	
Apple Cake	237
Substitute 3 cups gluten-free flour for flour. Add 1 1/2 teaspoon xanthan gum. Use Bundt pan.	
Jam Cake with Caramel Frosting	238
Substitute gluten-free flour blend for all-purpose flour. Add 1 1/2 teaspoons xanthan gum.	

Aunt DeeDee's Cheesecake	244
Use gluten-free graham cracker crumbs.	
Strawberry & White Chocolate Heaven	245
Use gluten-free vanilla cookie crumbs.	
Frozen Peppermint Cheesecake	246
Use gluten-free chocolate cookie crumbs and gluten-free chocolate chips.	
Frozen Brandy Alexander Pie	247
Use gluten-free graham cracker crumbs.	
Cheesecake Squares	250
Substitute 1 cup gluten-free flour for flour.	
Layered Oatmeal Chocolate Bars	247
Use gluten-free chocolate chips. Substitute 1 1/4 cups gluten-free flour for flour. Add 1/2 teaspoon xanthan gum. Use gluten-free oats.	
Nama's Lemon Love Notes	252
Substitute 1 cups gluten-free flour for flour. Add 1/2 teaspoon xanthan gum.	
Chocolate Coconut Pecan Bars	258
Use gluten-free cornflakes and gluten-free chocolate chips.	
Almond Macaroons	258
Use gluten-free almond paste.	

NATURALLY GLUTEN-FREE DESSERTS

Kahlua Chocolate Mousse	234
Eggnog & White Chocolate Pots de Crème	236
Pavlova	242
Lemon Almond Ice Cream	248
Kentucky Colonels	257
Sally's Chocolate Almond Toffee	260

Featuring 164 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 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.



A well-seasoned kitchen®

GLUTEN-FREE ADAPTATION 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 gluten-free expert, Carol Fenster, we determined which recipes are naturally gluten free (no changes needed), and which recipes could be made gluten free with a few simple ingredient substitutions. Of the 186 total recipes in *A Well-Seasoned Kitchen*®, this guide shows how 164 dishes can be made or are already naturally gluten free!

by LEE CLAYTON ROPER
WWW.SEASONEDKITCHEN.COM

Continues on Next Page

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 *A Well-Seasoned Kitchen*®.

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APPETIZERS

Benedictine Cheese Canapés	14
Substitute gluten-free bread.	
Spicy Chicken on Pita Triangles	16
Use gluten-free pita bread (BFree brand).	
Toasted Clam Rolls	17
Substitute gluten-free Worcestershire sauce.	
Use gluten-free bread	
Camembert Sauté	22
Use gluten-free bread crumbs.	
Santo's Cheese Spread	25
Use gluten-free Worcestershire sauce.	
Melted Gruyere & Bacon Dip	26
Use gluten-free crackers.	
Spicy Pecans	28
Use gluten-free Worcestershire sauce.	
Hearts of Palm Dip	30
Use gluten-free crackers.	
Taco Salad Dip	31
Use gluten-free crackers.	

NATURALLY GLUTEN-FREE APPETIZERS	
Smoked Salmon & Goat Cheese Torte	20
Sally's Smoked Trout Paté	21
Cannellini Bean Dip with Truffle Oil	24
Lee's Favorite Cosmos	29
Perfect Sidecar	29
Genuine Derby Day Mint Julep	30

BREAKFAST & BRUNCH

Sausage, Mushroom & Pepper Strata 35
Use gluten-free bread, gluten-free sausage, and gluten-free Cream of Mushroom Soup (we like Amy's brand).

Deviled Eggs in Madras Sauce 36
Substitute gluten-free tamari for soy sauce. For Madras Sauce: thicken with 1 ¼ tablespoons cornstarch instead of flour. Stir cornstarch into ¼ cup water until smooth before adding to sauce. Use gluten-free chicken broth.

Cinnamon Raisin Bread Custard with Fresh Berries 38
Use gluten-free cinnamon raisin bread (we like Udi's brand).

Shelburne Farms French Toast 39
Use gluten-free cinnamon raisin bread (we like Udi's brand).

Sour Cream Peach Muffins	40
Substitute 2 ½ cups gluten-free flour for the flour.	
Add 1 teaspoon xanthan gum.	
Pumpkin Cream Cheese Muffins	41
Substitute 3 cups gluten-free flour for the flour.	
Add 1 ¼ teaspoons xanthan gum.	
Blueberry Lemon Muffins	42
Substitute 2 cups gluten-free flour for the flour.	
Add ¾ teaspoon xanthan gum.	
Very Lemony Bread	44
Substitute 1 ½ cups gluten-free flour for the flour.	
Add ½ teaspoon xanthan gum.	

NATURALLY GLUTEN-FREE BREAKFAST & BRUNCH	
Poached Eggs in Italian Tomato Sauce	34
Christmas Morning Eggs	34
Mixed Berry Smoothies	49

SOUPS	
Jeanne's Gazpacho	52
Use gluten-free bread.	
Gazpacho Blanco	53
Use gluten-free chicken broth.	
Chilled Tomato Dill Soup	54
Use gluten-free chicken bouillon.	
Carrot & Zucchini Soup	56
Use gluten-free chicken broth.	
Tomato Basil Bisque	57
Use gluten-free chicken broth.	
Emergency Crab Bisque	58
Use gluten-free Tomato Soup and gluten-free Green Split Pea Soup (we like Amy's brand).	
Indian Mulligatawny Soup	59
Substitute 1 ½ tablespoons cornstarch for the flour. Stir cornstarch into ¼ cup water until smooth before adding to soup.	
Corn & Chicken Chowder	60
Use gluten-free chicken broth. Substitute ¼ cup cornstarch for the flour. Stir cornstarch into ½ cup water until smooth before adding to chowder.	
White Bean & Chicken Chili	61
Use gluten-free chicken broth and gluten-free Cream of Chicken Soup (we like Amy's brand).	

SALADS

Hearts of Romaine with Lemon-Anchovy Dressing	68
Omit the chicken marinade.	
Grilled Chicken & Green Bean Salad	79
Substitute gluten-free tamari sauce for soy sauce.	
Chilled Asian Chicken & Noodles	84
Use gluten-free linguine or spaghetti. Substitute gluten-free tamari for soy sauce.	
Smoked Fish & Pasta Salad	87
Use gluten-free pasta.	

NATURALLY GLUTEN-FREE SALADS	
Spinach & Goat Cheese Salad	64
Spinach Salad with Lemon-Dijon Dressing	65
Avocado & Grapefruit Salad	66
Red Leaf Lettuce with Hot Bacon Dressing	69
Cilantro Peanut Coleslaw	70
Roasted Tomato & Arugula Salad	71
Tomatoes Stuffed with Artichoke Hearts, Onions, & Bacon	72
Broccoli Salad with Caesar Dressing	74
Curried Pea Salad	75
Minted Green Beans with Feta & Pecans	76
Sharp Vinaigrette Dressing	78
Layered Chicken Salad with Tarragon Dressing	80
Overnight Chicken Taco Salad	82
Layered Chinese Chicken Salad	83
Avocado & Crab Salad	85
Rice, Shrimp & Avocado Salad	85

POULTRY

Grilled Chicken with Lime-Green Chile Sauce 91
Use gluten-free chicken broth.

Chicken Breasts Stuffed with Chorizo 93
Use gluten-free chorizo. Substitute 1 tablespoon cornstarch for the flour. Stir cornstarch in $\frac{1}{4}$ cup water until smooth before adding to sauce. Use gluten-free broth.

Busy Night Baked Chicken with Spinach 96
Use gluten-free Cream of Chicken Soup (we like Amy's brand).

Black Bean Chicken Enchiladas	97
Use gluten-free Mexican seasoning and gluten-free flour tortillas.	
Lemon Mustard Grilled Chicken with Caramelized Red Onions	98
Use gluten-free Worcestershire sauce.	
Autumn Lemon Garlic Chicken Breasts	99
Use gluten-free chicken broth.	
Tuscan Stuffed Chicken Breasts	100
Use gluten-free chicken broth.	
Roasted Chicken Sausage and Butternut Squash	102
Use gluten-free sausage.	
Turkey and Spinach Enchiladas	106
Use gluten-free flour tortillas or corn tortillas.	
Spicy Turkey Meatloaf	107
Use gluten-free chipotles in adobo sauce, gluten-free oats, and gluten-free bread crumbs.	

NATURALLY GLUTEN-FREE POULTRY	
Grilled Chicken with Tomatoes & Goat Cheese	90
.....	
Chicken with Mushrooms, Scallions & Almonds	92

MEATS	
Mom's Steak & Lamb Marinade	111
Substitute gluten-free tamari for soy sauce.	
Mom's Favorite Beef Stroganoff	112
Substitute 1 tablespoon cornstarch for the flour. Stir cornstarch into ¼ cup water until smooth before adding to sauce. Use gluten-free beef broth.	
Veal Stroganoff	113
Use gluten-free Italian sausage and gluten-free beef broth. Substitute 1 tablespoon cornstarch for the flour. Stir cornstarch into ¼ cup water until smooth before adding to sauce.	
Bouef Bourguignon	114
Substitute 2 ¼ teaspoons cornstarch for the flour. Stir cornstarch into ¼ cup water until smooth before adding to sauce.	
Bobotee	116
Use gluten-free bread crumbs.	
Evie's Enchilada Pie	117
Use gluten-free Cream of Mushroom soup (we like Amy's brand) and gluten-free tortilla chips.	
Korean Barbeque Beef	118
Substitute gluten-free tamari for soy sauce and use gluten-free oyster sauce (we like Wok Mei).	

Fall Off-the-Bone Slow Cooker Short Ribs	120
Use gluten-free Worcestershire sauce.	
Clayton Lamb Curry	123
Omit the flour.	
Rack of Lamb with Nut Crust	124
Use gluten-free bread crumbs.	
Country Ham	125
Use gluten-free ham.	
Pork Tenderloin with Port, Balsamic & Cranberry Sauces	127
Use gluten-free chicken broth.	
Pork & Green Bean Sauté	132
Substitute gluten-free tamari for soy sauce. Use gluten-free chicken broth.	
Chinese Stir-Fry Ground pork & Eggplant	133
Substitute gluten-free tamari for soy sauce. Use gluten-free bean sauce, gluten-free oriental chili sauce and gluten-free chicken broth.	
Sausage & Spinach Torte	125
Use gluten-free pork sausage and gluten-free bread crumbs.	

NATURALLY GLUTEN-FREE MEATS	
Steaks with Dijon, Capers & Green Onion Sauce	110
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Roast Pork Loin with Plum Conserves	126
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FISH & SEAFOOD

Mascarpone and Spinach Stuffed Salmon	140
Use gluten-free bread crumbs.	
Salmon with Crumb Topping & Herb Mayonnaise	141
Use gluten-free bread crumbs.	
Baked Halibut with Tomatoes & Capers with Feta-Crumb Crust	143
Use gluten-free bread crumbs.	
Grilled Tuna with Puttanesca Sauce	144
Use gluten-free anchovy paste.	
Asian Swordfish	147
Substitute gluten-free tamari sauce for soy sauce.	

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