

Forward

Rain Breaw and Jon Michaels have compiled this recipe book from their own kitchen. Every recipe in this book is something that we like enough that we would (and have, mostly) prepare for guests.

Most recipes in this book are also “Rain-Friendly,” which means that they are gluten/dairy/soy/egg free. You can easily substitute (or un-substitute) the changed ingredients based on what is in your kitchen, but you’ll find below that it is relatively easy to create very allergy friendly versions of what we think are great meals! :)

A few cooking tips:

1. Use *Actual* Ingredients

Use the actual ingredients wherever possible, instead of some canned or pre-prepared version. For example, there is a taco seasoning recipe in here. We find this to be far superior to the taste we got from a purchased package of taco seasoning (which we cannot do anymore because of Rain’s allergies). Start from the basics, and you’ll find your flavors are much more interesting!

2. Fresh Vegetables

Get your vegetables and fruits from a farmers market if possible (or grow them yourselves). It makes a substantial difference in flavor. The biggest difference will be found in tomatoes and onions, so even if you get everything else at a regular grocery store, try to get those two ingredients from a farmers market. And if you can, try to get organic.

3. The Nuances of Salt

Kosher or sea salt is far superior for grilling and roasting to regular table salt, and worth having in your cupboard. You’ll be surprised when you taste the difference.

4. Keep it Simple

Going to grill up some meat and vegetables and not sure what to do? Oil, salt & pepper is your easy go-to.

5. Regular vs. Gluten-Free Flour

You can substitute Bob's Red Mill All-Purpose Gluten-Free Flour cup for cup with regular flour. However, for baked goods you will need to add a little xanthan gum to help things stick together better. Xanthan gum amounts:

Cookies – 1/4 tsp per cup of flour

Cakes – 1/2 tsp per cup of flour

Muffins and Quick Breads – 3/4 tsp per cup of flour

Breads – 1 to 1 1/2 tsp per cup of flour

Pizza Crust – 2 tsp per cup of flour

You can switch a gluten-free recipe back to regular flour with a cup for cup substitution and removing the xanthan gum.

6. Egg Replacement

Eggs can be substituted in recipes in a few different way depending on what you are doing. For baking you can use Ener-G Egg Replacer: 1 1/2 tsp egg replacer whisked into 2 tbsp warm water = 1 egg. You can also use flaxseed meal: 1 tbsp flaxseed meal whisked into 3 tbsp water = 1 egg. (You should let this sit for a minute or two before adding.) For things like meatballs, we sometimes just add 1 or 2 tablespoons of oil.

7. Stock

Broth or stock is used in a lot of recipes. Finding gluten-free, soy-free bouillon cubes can be difficult. Also, since Rain is allergic to chicken, we look for substitutions. Edward & Sons Not-Beef and Not-Chicken bouillon cubes are gluten-free, vegan and very good. Imagine Organic No Chicken Broth is a good choice for pre-made broth.

Questions about the contents of this book? Ask us!
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But you know how to reach us.

-- *Enjoy!*

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Grilled Pork Chop

Meat Dishes

Brined Rosemary Pork Chops

Carnitas

Slow Cooker Turkey with 40 Cloves of Garlic

Trinh's Olive Turkey (Chicken) Legs

Coffee-and-Pepper Crusted New York Steaks

Smoked Pork Chops with Cherry Tomatoes and White Beans

Jon's Spicy Grilled Turkey

Brined Rosemary Pork Chops

(intended for the grill)

Recipe from Weber's Real Grilling™ by Jamie Purviance

BRINE

- 3 Tbsp kosher salt
- 3 Tbsp light brown sugar
- 3 whole sprigs fresh rosemary
- 2 Tbsp extra virgin olive oil
- 2 Tbsp balsamic vinegar
- 1 tsp freshly ground black pepper

ADDITIONAL INGREDIENTS

- 4 bone-in 1" thick pork rib chops
- Extra virgin olive oil



DIRECTIONS

In a medium bowl combine the salt and sugar. Pour 1 cup of hot water into the bowl and whisk to dissolve the salt and sugar. Add 2 cups of cold water along with the remaining brine ingredients.

Place the chops in a large, resealable plastic bag and pour in the brine. Press the air out of the bag and seal tightly. Turn the bag to distribute the brine, place the bag in a bowl, and refrigerate for 4 to 6 hours.

Remove the pork chops from the bag and pat dry with paper towels. Discard the brine. Allow to stand at room temperature for 20 to 30 minutes before grilling.

Lightly brush or spray both sides of the chops with oil. Grill over direct medium heat (350°F to 450°F), with the lid closed as much as possible, until barely pink in the center of the meat, 8 to 10 minutes, turning once. Let rest for 3 to 5 minutes. Serve warm.

Serves: 4

Prep Time: 10 minutes

Marinating Time: 4 to 6 hours

Grilling Time: 8 to 10 minutes



Carnitas

Recipe from homesicktexan.blogspot.com

INGREDIENTS

3 pounds of pork loin
1 cup of orange juice
3 cups of water
2 tsp of salt

DIRECTIONS

Cut pork into cubes (1 inch or so). Add everything to a large pot or dutch oven. Bring to a boil and then simmer uncovered on low for 2 hours. Do not touch the meat.

After two hours, turn heat up to medium high, and continue to cook until all the liquid has evaporated and the pork fat has rendered (about 45 minutes). Stir a few times, to keep pork from sticking to bottom of pan.

When pork has browned on both sides, it's ready (there will be liquid fat in the pot). Serve either cubed or shredded (pork will be tender enough that just touching it will cause it to fall apart).

Great with salsa and guacamole. Serve in tacos, enchilidas, arepas or pretty much anything you want.

Serves: 4-6

Prep Time: 10 minutes

Cooking Time: 3 hours

Slow Cooker Turkey with 40 Cloves of Garlic

This has become Jon and Rain's Thanksgiving Turkey recipe. Excellent if you like garlic!

INGREDIENTS

2 sprigs fresh thyme
2 sprigs fresh rosemary
2 sprigs fresh sage
2 sprigs fresh Italian parsley
3-4 lbs of turkey pieces
2-4 stalks of celery cut into 3-inch pieces
40 cloves of unpeeled garlic
1/2 teaspoon ground black pepper

DIRECTIONS

Place celery in the bottom of the slow cooker. Place 1 sprig of thyme, rosemary, sage and Italian parsley on top of the celery. Put turkey on top of celery and herbs. Add garlic, unpeeled around turkey. Chop remaining herbs; sprinkle herbs and pepper over the turkey.

Cover and cook on LOW 8 to 10 hours (HIGH: 3 1/2 to 5 hours).

To serve, place turkey, garlic and celery on serving platter. Squeeze roasted garlic out of skins onto toasted bread then spread with a knife.

Serves: 6-8

Prep Time: 30 minutes

Cooking Time: 10 hours



Trinh's World Famous Olive Turkey (or Chicken) Legs

INGREDIENTS

Turkey Legs

Ground ginger to taste

Paprika to taste (recommend 2x paprika to ginger)

salt and pepper to taste

Spanish olives to taste (recommend 1/2 cup for 4 turkey legs)

DIRECTIONS

Rub the turkey with the spices.

Braise the turkey in water.

Add the olives about 3/4 of the way through cooking.



Coffee-and-Pepper Crusted New York Steaks

Recipe from Weber's Art of the Grill™
by Jamie Purviance



INGREDIENTS

2 Tbsp whole coffee beans
2 Tbsp whole black peppercorns
4 New York strip steaks,
each about 3/4 pound
and 1 inch thick
Vegetable oil
Kosher salt

DIRECTIONS

Coarsely grind the coffee beans and peppercorns in a food processor or coffee grinder.

Lightly brush or spray the steaks with oil and then season them on both sides with the coffee-pepper mixture.

Grill the steaks over direct high heat (450°F to 550°F), with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once.

Remove the steaks from the grill. Season both sides with salt. Allow to rest for 2 to 3 minutes before serving.

Serves: 4

Prep Time: 5 minutes

Grilling Time: 6 to 8 minutes

Smoked Pork Chops with Cherry Tomatoes and White Beans

Recipe from the February 2008 issue of *Gourmet*, by Maggie Ruggiero

INGREDIENTS

4 Tbsp olive oil, divided
1 pound cherry or grape tomatoes (3 cups)
1 garlic clove, smashed
4 smoked pork chops (1 pound total)
2 (15- to 19-ounce) cans cannellini or other white beans, drained and rinsed
2 Tbsp green-olive paste or olive tapenade
3/4 tsp thyme leaves (recommend fresh)

DIRECTIONS

Heat 3 tablespoons oil in a 10-inch heavy skillet over medium-high heat until it shimmers, then cook tomatoes and garlic, lightly pressing tomatoes occasionally, until tomatoes begin to burst, about 5 minutes.

While tomatoes cook, heat remaining tablespoon oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then brown pork chops on both sides, about 4 minutes total.

Stir beans into tomatoes along with olive paste, thyme, and salt and pepper to taste and cook, covered, 2 minutes. Add chops and cook, covered, until heated through, about 2 minutes.

The tangy sweetness of cherry tomatoes contrasts nicely with the plump, smoky chops, while green-olive paste gives a briny edge to the white beans.

Serves: 4

Time to prepare: 15 min

Jon's Spicy Grilled Turkey

INGREDIENTS

1 to 2 lbs boneless turkey breast pieces (roughly 6–8 oz each)

1/4 cup olive oil

1 tsp kosher salt

1/2 tsp ground black pepper

1/2 tsp paprika

1/4 tsp ground chipotle chili pepper

(If you'd like it a little less spicy, use half the black pepper and chipotle.)

DIRECTIONS

Mix the oil, salt, pepper, paprika and chipotle in a gallon zip-lock bag.

Add the turkey.

Seal the bag and coat the turkey well.

Place in the refrigerator for 4–6 hours.

Grill over direct medium heat (350° to 450°) for 8–10 minutes turning once. Keep the grill covered as much as possible.

Serves: 4-6

Prep Time: 5 minutes

Marinating Time: 4-6 hours

Grilling Time: 8 to 10 minutes



Jon's Spicy Grilled Turkey



Asian Style Fish In Parchment

Seafood Dishes

Lemony Quinoa and Asparagus with Shrimp Scampi
Asian Style Tilapia in Parchment
Jon's Quick Mole Grilled Shrimp

Lemony Quinoa and Asparagus with Shrimp Scampi

Recipe adapted from the Boston Globe, boston.com

This recipe is possibly Rain's favorite, and well-worth the time/labor involved in preparing it.

INGREDIENTS

1/4 cup olive oil
3 Tbsp allergy friendly margarine or lard
1 medium onion, finely chopped
1 1/2 cups quinoa, rinsed
Salt and black pepper
1/2 pound asparagus, ends snapped off and cut into 1 1/2-inch lengths
1 1/2 teaspoons grated zest and
1/4 cup juice from 1 lemon
2 pounds large shrimp, peeled, deveined (if desired), rinsed, and dried
4 garlic cloves, minced
1/2 cup dry white wine
Cayenne pepper
1/4 cup minced fresh parsley

DIRECTIONS

Adjust the oven rack to the center position, place an ovenproof serving dish on rack, and heat the oven to 200 degrees.

In a large nonstick saute pan set over medium heat, heat 2 tablespoons of oil and 1 tablespoon of butter. Add the onion and cook until soft, about 5 minutes. Add the quinoa and cook, stirring constantly, until quinoa smells toasty, about 4 minutes. Add 2 3/4 cups of water and 1 teaspoon of salt, increase the heat to high, and bring to a boil. Reduce the heat to low, cover, and simmer until the quinoa is just tender, about 12 minutes.

Off heat, sprinkle the asparagus over the quinoa, replace the cover, and set pan aside until quinoa has absorbed all of the liquid and the asparagus is tendercrisp, about 12 minutes.



Add the lemon zest and juice, season with black pepper and additional salt, if desired, and stir. Transfer the quinoa to the warmed serving dish, spread it out to make a bed, and place in the oven to keep warm.

Wipe out the saute pan with a paper towel, add 1 tablespoon of oil, and set over high heat. When the oil just begins to smoke, add half of the shrimp and cook, without moving, until they begin to turn opaque, about 1 minute. Quickly turn the shrimp and cook until fully opaque, about 45 seconds longer, and transfer to a bowl. Add the remaining 1 tablespoon of oil to the pan, and repeat the process to cook the remaining shrimp.

Add the remaining 2 tablespoons of butter to the pan, place over medium-low heat, and when the butter has melted, add the garlic and cook, stirring constantly, until fragrant, about 45 seconds.

Add the wine and a pinch of cayenne and stir to blend. Return the shrimp and any accumulated juices to the pan, add the parsley, season with salt to taste, and stir to combine.

Remove the serving dish from the oven, pour the shrimp and its juices over the bed of quinoa, and serve at once.

Serves: 4-6

Prep Time: 15 minutes

Cooking Time: 45 minutes

Asian Style Fish in Parchment

Adapted from an original recipe from Katie Merker, Real Simple

INGREDIENTS

- 1 small head bok choy, thickly sliced, or 4 baby bok choy
- 1 red bell pepper, thinly sliced lengthwise
- 4 6–8-ounce tilapia fillets
- 1/2 tsp black pepper
- 3 scallions (white and green parts), thinly sliced
- Zest from 2/3 orange, cut into matchstick-size strips
- 3 Tbsp gluten-free soy sauce (or soy-free soy sauce if desired)
- 1 1/2 tsp rice vinegar
- 1 1/2 tsp sesame oil
- 1 Tbsp grated ginger root

DIRECTIONS

Heat oven to 400° F. Tear off four 15-inch squares of parchment paper or aluminum foil and arrange on 2 baking sheets.

Divide the bok choy and bell pepper evenly among the squares.

Place a halibut fillet on each mound of vegetables and sprinkle with the black pepper. Top with the scallions and zest. In a small bowl, combine the soy sauce, vinegar, oil, and ginger. Spoon the mixture evenly over the halibut.

Top with 4 more squares of parchment or foil and fold the edges over several times to seal.

Bake for 15 minutes. Transfer each packet to a plate. Serve with a knife to slit the package open, and be careful of the steam that will escape. Note: we have also tried this with shrimp and scallops and it works well with both.

Serves: 4

Prep Time: 25 minutes

Cooking Time: 15 minutes

Jon's Quick Mole Grilled Shrimp

INGREDIENTS

1 to 2 lbs uncooked shrimp
1/3 cup olive oil
1/2 cup lemon or lime juice
2 Tbsp brown sugar
2 Tbsp chili powder
1 tsp garlic powder
2 tsp cocoa powder

DIRECTIONS

In a large bowl, whisk oil, lime juice, brown sugar, chili powder, garlic powder and cocoa powder. Add shrimp. Coat well. Cover and refrigerator for 1 hour.

Skewer the shrimp.

Grill over direct high heat (450° to 550°) for 4–6 minutes turning once. Keep the grill covered as much as possible. Look for the shrimp to turn pink and opaque.

Serve over rice or in soft corn taco/tortilla shells.

Serves: 2-3

Prep Time: 15 minutes

Marinating Time: 1 hour

Grilling Time: 4 to 6 minutes





Pasta & Pizza Dishes

Pesto Pasta Salad & Fresh Basil Pesto

Buffalo Pasta

Easy Pizza Sauce

Simple Marinara Sauce

Pesto Pasta Salad & Fresh Basil Pesto

Adapted from Simply Recipes

Pesto Pasta

INGREDIENTS

4 cups uncooked spiral rice pasta
1 cup fresh basil pesto
2 Tbsp chopped green olives, or olive tapenade
1/4 cup pine nuts
12 ounces cherry tomatoes, halved
Several fresh basil leaves, coarsely chopped
1 Tbsp olive oil
Salt and pepper

DIRECTIONS

Cook pasta according to instructions on the package. Make sure the water is salted (at least a half teaspoon per quart). Remove pasta from heat and strain when pasta is cooked, but still firm (al dente).

Put pasta in a big bowl. Mix in fresh basil pesto, green olives, and pine nuts. Gently mix in cherry tomatoes, fresh basil leaves and olive oil. Salt and pepper to taste. Chill or serve at room temperature.





Fresh Basil Pesto

INGREDIENTS

2 cups fresh basil leaves, packed
1/2 cup Parma! Soy-Free Vegan Parmesan
1/2 cup extra virgin olive oil
1/3 cup pine nuts or walnuts
3 medium sized garlic cloves, minced
Salt and freshly ground black pepper to taste
Special equipment needed: A food processor

DIRECTIONS

Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the vegan parmesan and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

Serves: 6-8

Pasta Prep Time: 30 minutes

Pesto Prep Time: 15 minutes

Buffalo Pasta

A quick throw-together meal that Jon and Rain make from time to time, created by us.

INGREDIENTS

1lb ground bison meat
1 bag of pasta shells or spirals (use rice pasta for allergies or gluten free variant)
3 ripe, juicy, farmers market or home grown tomatoes
1/4 cup coarsely chopped fresh basil
1-2 chopped bell peppers (optional), sweeter yellow or orange better if available
salt and pepper to taste
olive oil to taste

DIRECTIONS

Cook the ground bison meat in a skillet and prepare the pasta noodles.

Chop the basil, tomatoes and peppers, but do not cook.

Toss everything into a big bowl and mix it all together.

Serve.

Serves: 3-5

Prep Time: 15 minutes



Easy Pizza Sauce

Recipe from [About.com](#)

INGREDIENTS

1 clove garlic, mashed and minced
1 tsp salt
1 can (6 ounces) tomato paste
1 can (8 ounces) tomato sauce
1/2 tsp sugar
1/8 tsp pepper
1/2 tsp oregano
1 Tbsp olive oil
dash red pepper, optional

DIRECTIONS

Combine all ingredients. Makes about 1 1/2 cups.

Simple Marinara Sauce

Recipe [Care2 Healthy & Green Living](#), by [Cait Johnson](#)

INGREDIENTS

6 garlic cloves, chopped
2 medium onions, chopped
6 Tbsp extra-virgin olive oil
2 32-oz cans whole tomatoes in juice
salt to taste

DIRECTIONS

Cook garlic and onions in olive oil until softened, stirring occasionally. Use heavy saucspan and medium-low heat.

Add tomatoes, juice, salt. Mash tomatoes. Simmer uncovered, stirring occasionally, until thickened (about 1 hour).

Add whatever you like: basil, pine nuts, olives, meat, shrimp, red wine, cream, sugar, etc. Makes approximately 5 cups.



Salads

Rain's Cucumber Chopped Salad

Rain's Apple, Bacon & Feta Salad

Rain & Jon's Grilled Veggie Salad

Rain's Cucumber Chopped Salad

INGREDIENTS

2 large peeled cucumbers
3 large juicy farmer's market or home grown tomatoes
1/2-1 smallish red onion (to taste)
2 tablespoons coarsely chopped fresh basil
olive oil to taste
white balsamic vinegar to taste (about 1/2 of olive oil)
salt and pepper to taste

DIRECTIONS

Chop everything to small sizes (about the size of a half-lego) and mix together in a large bowl. Serve.

Apple, Bacon & Feta Salad

(NOTE: not Rain-Friendly)

INGREDIENTS

3 Golden delicious apples chopped into 1/2 cubes
1/2 package of feta cheese, crumbled
1/4 - 1/2 lb bacon (to taste), cooked crispy and crumbled
8-9 leaves of butter lettuce, broken small
raspberry, fruit or fine balsamic vinegar

DIRECTIONS

Mix salad ingredients together.

Pour small amount of vinegar, around 1 Tbsp to taste, into salad and toss.

Eat right away - does not have shelf life.

Rain & Jon's Grilled Veggie Salad Mash-up

INGREDIENTS

Grilled red onion
Grilled yellow or orange bell pepper
Grilled zucchini or other squash
Grilled asparagus
Grilled... whatever veggies you like!
Fresh black olives, cut into small pieces
Pine nuts to taste
Fresh basil, coarsely chopped
Fresh oregano, coarsely chopped
White balsamic vinegar for dressing
Olive oil for dressing (2 parts olive oil to vinegar)
Salt and pepper

* optional: add grilled shrimp! season the shrimp with olive oil, chili powder, salt and pepper before grilling for best flavor (other meats will add nice flavor as well, but definitely consider the chili powder or chipotle addition)

DIRECTIONS

Mix everything together and eat.





Sweet Potato & Butternut Squash Soup

Soups

Albondigas Soup (Meatball Soup)

Allergy Free Corn Chowder

Zucchini Soup

Lettuce Soup

Pumpkin Soup

Sweet Potato and Butternut Squash Soup

Potato Goulash

Thai Coconut Soup with Skewered

Jon's Famous Chili

Albondigas Soup (Meatball Soup)

Recipe substantially adapted from Simply Recipes at www.elise.com.

INGREDIENTS

- 2 Tbsp olive oil
- 1 large onion, chopped
- 1 large garlic clove, minced
- 1/2 cup of tomato sauce
- 3 quarts of chicken stock or beef stock OR water OR a mixture of both (we usually use half stock half water as the meatballs will create their own stock)
- 2 to 4 large carrots, sliced
- 1/2 to 1 lb of string beans, cut into 1 inch pieces
- 1 pound ground beef
- 1/3 cup of raw white rice
- 2 Tbsp lukewarm water
- 1 1/2 tsp Ener-G egg replacer (or 1 raw egg)
- 1/2 cup of chopped fresh mint and/or parsley (prefer mint)
- 1 1/2 tsp salt
- 1/4 tsp black pepper
- Dried oregano, crumbled
- Salt and pepper





DIRECTIONS

Heat oil in a large pot or dutch oven over medium heat. Add onion and minced garlic and sauté until tender, about 5 minutes. Add tomato sauce and broth mixture. Bring to boil and simmer. Add carrots and string beans.

Prepare meatballs. In a medium bowl, mix rice into meat, adding mint or parsley leaves, salt and pepper. Whisk lukewarm water and egg replacer or raw egg in a small bowl. Add to meatballs. Form beef into 1-inch meatballs.

Return soup to gentle simmer. Add meatballs to soup, one at a time. Cover and let simmer for 1/2 hour. Add a few pinches of oregano and sprinkle with salt and pepper to taste.

The original recipe calls for 1 1/2 cups of peas to be added near the end of the final 1/2 hour of simmering. It also recommends garnishing with 1/2 cup of chopped cilantro. We skip these things due to allergies and personal taste.

Other good things to add: several stalks of chopped celery. 1 or 2 chopped bell peppers. 1 or 2 chopped zucchinis.

Serves: 6-8 (stores and reheats well)

Prep Time: 45 minutes

Cooking Time: 2.5 hours

Allergy-Free Corn Chowder

Recipe adapted from Cooks.com

INGREDIENTS

1 onion, chopped
1 clove garlic, minced
1 chopped green bell pepper
2 potatoes, cubed
1 or 2 stalks of celery, diced
1 1/2 cups boiling water or stock
1 cup water
6 Tbsp rice milk powder
1 medium can whole kernel corn (or 1 1/2 cups frozen)
1/2 tsp salt (or 1 chicken bouillon cube)
1 Tbsp lard or dairy-free soy-free margarine (room temp)
2 tsp gluten-free flour (Bob's Red Mill a good source)

DIRECTIONS

In a large pot or dutch oven, sauté onion, garlic and pepper for 5 minutes over medium heat. Add potatoes, celery and boiling water or stock. Add salt or bouillon cube. Cover and simmer over low heat until potatoes are tender.

In a bowl or liquid measuring cup, mix 1 cup of water and 6 tablespoons of rice milk powder until smooth. (1 cup of evaporated milk may be substituted for people who can have dairy.) Add this to the chowder. Add corn.

Blend lard and flour evenly and gradually add to chowder.

Cook, uncovered over low heat for 20 minutes, stirring occasionally until soup is thickened. Be careful not to scorch bottom. Season to taste with salt and pepper.

(For an extra fatty and tasty version, try frying up 1/4lb of bacon or salt pork in the pot initially and then proceeding with the recipe as normal.)

Serves: 4-6

Prep Time: 30 minutes

Cooking Time: 2 hours

Zucchini Soup

Original recipe by William Anatooskin and found on [Allrecipes.com](https://www.allrecipes.com)

INGREDIENTS

2 Tbsp butter/margarine or lard
2 onions, chopped
2-3 potatoes, peeled and diced
8 zucchinis, chopped
1/4 tsp dried thyme
1/4 tsp dried rosemary
1/2 tsp dried basil
1/4 tsp ground white pepper (add extra for more spice)
4 cups broth
1 cup milk (cows, soy or rice)
1/4 cup dry potato flakes (use an extra potato if no flakes are available)
1 Tbsp gluten-free soy sauce (or soy free alternative)
chopped fresh rosemary for garnish

DIRECTIONS

In a large frying pan, melt butter or margarine; add onion and saute until translucent. Add diced potato, zucchini, thyme, rosemary, basil, and white pepper, and cook for 5 minutes.

In a medium-sized cooking pot, add broth and bring to boil. Add zucchini/potato mixture; reduce heat and simmer about 15 minutes.

When cooked, puree in food processor or blender in batches (or an immersion blender in pot). Return to cooking pot, add milk and bring just to boil, but do not boil. Add instant mashed potato flakes and soy sauce and stir well. Adjust seasonings to taste. Garnish with fresh rosemary.

Soup may be served hot or chilled.

Serves: 6-8 (freezes well)

Prep Time: 30 minutes

Cooking Time: 1 hour

Blending Time: 15-20 minutes

Lettuce Soup

Adapted from A Veggie Venture

INGREDIENTS

1 Tbsp butter (reduced from 2 tablespoons)
1 clove garlic, chopped
1 large onion, chopped (I used onion and shallot)
3/4 tsp ground coriander
1 tsp kosher salt
Several grinds pepper
1/2 pound new potatoes, sliced into thin batons or cubed
(these will take the longest to cook so cut them quite small)
8 cups coarsely chopped lettuce (include the ribs, and consider mixing up types of lettuce)
3 cups water
1 Tbsp olive oil
Salt & pepper to taste

DIRECTIONS

Heat the oil until shimmery in a large pot on medium high. Add the garlic and onion, cook til just soft, stirring to coat often. Stir in the coriander, salt and pepper, cook a minute. Stir in potatoes and lettuce.

Cook for a couple of minutes, stirring often to coat with fat, until lettuce begins to wilt.

Add the water, cover and bring to a boil.

Reduce heat to maintain a simmer and cook until potatoes are done, about 15 minutes. If desired, stir in another tablespoon of butter, stir until it melts.

Serves: 2-4 (depending on if a side dish or the meal)

Prep Time: 30 minutes

Cooking Time: 1 hour

Blending Time: 15-20 minutes (near end of cooking)

Pumpkin Soup

Recipe from All Recipes by Lea Ogawa

INGREDIENTS

6 cups chicken stock
1 1/2 tsp salt
4 cups pumpkin puree
1 tsp chopped fresh parsley
1 cup chopped onion
1/2 tsp chopped fresh thyme
1 clove garlic, minced
3 Tbsp rice milk powder
1/2 cup water
5 whole black peppercorns

DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.

Puree the soup in small batches (1 cup at a time) using a food processor, blender or immersion blender in pot.

In a bowl or liquid measuring cup, mix 1/2 cup of water and 3 tablespoons of rice milk powder until smooth. Set aside.

Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in rice milk mixture. Pour into soup bowls and garnish with fresh parsley or other herb.

Serves: 8-10

Prep Time: 20 minutes

Cooking Time: 1.5 hours

Blending Time: 15-20 minutes (in middle of cooking)

Sweet Potato and Butternut Squash Soup

Recipe from *New York Times* by Martha Rose Shulman
This is another of Rain's all-time favorites.

INGREDIENTS

1 Tbsp canola oil
1 small onion, chopped
1 Tbsp minced fresh ginger
1 pound butternut squash, peeled and diced
1 pound sweet potatoes, peeled and diced
1 medium-size Yukon gold or russet potato, peeled and diced
6 cups water, chicken stock, or vegetable stock
Salt to taste

DIRECTIONS

Heat the oil in a heavy soup pot or Dutch oven over medium heat. Add the onion and cook, stirring, until tender, about 5 minutes. Add the ginger and stir together until fragrant, about 1 minute. Add the squash, sweet potatoes, regular potato, and water or stock, and bring to a simmer. Add salt to taste, reduce the heat, cover and simmer 45 minutes, or until all of the ingredients are thoroughly tender.

Using a food processor, blender or immersion blender, puree the soup. Return to the pot and stir with a whisk to even out the texture. Heat through, adjust salt and add pepper to taste.

Yield: Serves 6

Advance preparation: You can make this a day ahead and refrigerate. Reheat gently. The soup freezes well. Once thawed, whisk well to smooth out the texture, and reheat.

Serves: 6

Prep Time: 30 minutes

Cooking Time: 1 hour

Blending Time: 15-20 minutes (near end of cooking)

Potato Goulash

Recipe from the 2008 calendar given out by Fish King in Glendale

INGREDIENTS

1 1/2 lbs pork loin
1 tsp caraway seeds
2 cloves garlic
2 Tbsp ground paprika
2 lbs potatoes
2 onions, diced
2 Tbsp olive oil
2 Tbsp vinegar
3 cups beef stock
1 14-oz tin diced tomatoes
2 Tbsp chives
salt and pepper to taste
sour cream (for garnish)

DIRECTIONS

Cut the pork into bite-sized cubes. Crush caraway seeds in a mortar. Peel and finely chop garlic. Mix meat with salt, pepper, caraway, garlic and 1 tbsp of ground paprika. Peel, wash potatoes and cut into bite sized pieces.

In a large pan, heat oil and sear meat on all sides over high heat. Add onions and saute until softened. Sprinkle with remaining paprika and add vinegar, stock, tomatoes and potatoes.

Simmer over low heat for about 1 hour. Serve in bowls and top with fresh chives if desired.

Serves: 6

Prep Time: 30 minutes

Cooking Time: 1 hour

Thai Coconut Soup with Skewered Talapia

Recipe adapted from the 2008 calendar given out by Fish King in Glendale

INGREDIENTS

1 large chard leaf
1 fresh chili pepper
1 lime
2 Tbsp fish sauce
1 tsp salt
2 8oz coconut milk (consider using light coconut milk, as this is a dense soup)
2 tbsp chopped peanuts
18 oz talapia fillet, cubed (any fish will work, including shellfish)
4 stalks lemon grass
salt and pepper to taste

DIRECTIONS

Cut out and finely slice the white stalk of the chard. Roughly chop the leaf. Cut chili into thin rings. Grate half of the lime peel and extract juice from one half. Add 1 cup water, salt and sugar to a pan and bring to a boil. Add coconut milk, lime juice, lime peel, fish sauce and chard stalk. Cook on high heat for 5 minutes.

Coat talapia with juice from remaining lime and season with salt and pepper. Thread talapia cubes through lemon grass stalks and quickly saute both sides in peanut oil. Don't overcook.

Ladle soup into small bowls, scatter with chopped peanuts and place skewers across tops of bowls.

Serves: 4

Prep Time: 30 minutes

Cooking Time: 5-10 minutes

Jon's Famous Chili

Recipe adapted from "Dinner In No Time" Pillsbury Classic Cookbooks #183, May 1996

INGREDIENTS

1 lb. ground beef
1 medium onion, chopped
1 bell pepper, chopped
1 cup warm water
1 No-Beef bouillon cube
1 15oz can tomato sauce
1 60oz can tomato paste
2 15oz cans pinto beans, drained and rinsed
1 Tbsp chili powder
(Try to use organic food. Kroger-owned grocery stores carry Private Select Organic canned foods that are reasonably priced.)

DIRECTIONS

In a large saucepan, brown ground beef with onions and bell pepper. Drain.

In a separate bowl, dissolve the bouillon cube in the water. Add to saucepan.

Stir all remaining ingredients into a large saucepan.

Bring to a boil.

Reduce heat; simmer 20 minutes, stirring occasionally.

Freezes well.

Serves: 4

Prep Time: 15 minutes

Cooking Time: 30-45 minutes



Butternut Squash with Browned Butter and Thyme

Sides

Oven Baked Sweet Potato Fries

Butternut Squash with Browned Butter and Thyme

Salty Bok Choy

Spanish Rice

Oven Baked Sweet Potato Fries

NOTE - your fries may or may not come out crispy depending on your oven, how much oil you put on your fries, and other variable factors. Practice will improve texture success.

INGREDIENTS

1 – 1 1/2 lb sweet potatoes
1/4 cup olive oil
1/2 tsp salt (use kosher if you have it)
1/2 tsp paprika (regular, don't use smoked)
1/4 tsp cinnamon

DIRECTIONS

Preheat oven to 425 degrees. Line a baking sheet with aluminum foil (preferably the easy release kind).

Peel the sweet potatoes. Cut into strips that are about 1/2 inch wide on each side.

Place the sweet potatoes into a resealable plastic bag. Add oil, salt, paprika and cinnamon. Seal the bag and shake well to thoroughly coat the fries. Spread the potatoes out onto the baking sheet in a single layer.

Cook for 40 minutes, turning every 10 minutes, until slightly browned. Transfer immediately to a paper towel lined plate and serve warm.

Prep Time: 15 minutes

Cooking Time: 40 minutes



Butternut Squash with Browned Butter and Thyme

Original recipe from [Simply Recipes](http://SimplyRecipes.com) at Elise.com

INGREDIENTS

1 1/2 pounds butternut squash, peeled, seeds removed,
flesh diced into 1/2-inch pieces (about 4 cups)
3 Tbsp allergy-friendly margarine or lard
1 Tbsp chopped fresh thyme (or 1 teaspoon of dried)
Salt and freshly ground black pepper to taste

DIRECTIONS

Heat a large skillet on medium heat. Add the butter, whisking frequently. Continue to cook the butter until it foams a bit then subsides. Honey-colored browned milk solids will begin to form. Remove from heat. Add the thyme, whisking continuously (it may foam up a bit again).

(It doesn't take much time to go from browned butter to burnt butter, so remove the pan from the heat to help stop the cooking of the butter. If the butter burns, start over.)

Add the cubed butternut squash pieces to the pan and return the pan to the burner, heating to medium high. Stir the squash pieces so they are all well coated with the butter thyme mixture. Sprinkle generously with salt and pepper. Spread the squash pieces out in an even layer and let cook, without stirring, so that they brown a bit on one side (several minutes). Stir and spread the pieces out again and let cook without stirring so more sides get browned.

Reduce the heat to low, cover the pan, and let cook until the squash is tender, 10 to 20 minutes, depending on how big you cut the pieces. Add more salt and pepper to taste, sprinkle with a bit more chopped fresh thyme before serving.

Serves: 4

Prep Time: 10 minutes

Cooking Time: 40 minutes

Salty Bok Choy

INGREDIENTS

4–6 baby bok choy

1 Tbsp sesame oil

pinch of salt

1/4 cup soy sauce (gluten & soy free for allergy friendly)

1 cup stock

DIRECTIONS

Slice bok choy in half length-wise. Brown in sesame oil and salt (approximately 3 minutes).

Add 1/4 cup of soy sauce and 1 cup of stock. Cover and simmer for 5 minutes.



Spanish Rice

Original recipe from Simply Recipes at Elise.com

INGREDIENTS

2 Tbsp olive oil (can use up to 1/4 cup)
1 onion, chopped fine
1 garlic clove, minced
2 cups of medium or long-grain white rice
3 cups* chicken stock (or vegetable stock if vegetarian)
1 heaping tablespoon tomato paste
1 cup of diced fresh or cooked tomatoes, strained
Pinch of oregano
1 tsp salt

*Check the instructions on the rice package for the proportions of liquid to rice. They can range from 1:1 to 2:1. If your rice calls for 2 cups of water for every cup of rice, then for this recipe, use 4 cups of stock for 2 cups of rice.

DIRECTIONS

In a large skillet brown rice in olive oil, medium/high heat. Add onion and garlic. Cook onion rice mixture, stirring frequently, about 4 minutes, or until onions are softened.

In a separate sauce pan bring stock to a simmer. Add tomato paste, tomatoes, oregano, and salt. Add rice to broth. Bring to a simmer. Cover. Lower heat and cook 15–25 minutes, depending on the type of rice and the instructions on the rice package. Turn off heat and let sit for 5 minutes.

This recipe can be done in a rice cooker for convenience, but is slightly less flavorful that way.

Serves: 4-6

Prep Time: 20 minutes

Cooking Time: 30-40 minutes





Seasonings

Homemade Taco Seasoning

Soy Free Soy Sauce

Homemade Taco Seasoning

Blend the following ingredients together and store them in a dry, airtight container:

- 3 Tbsp of chili powder
- 3/4 tsp of garlic powder (double or triple amount per taste!)
- 3/4 tsp of onion powder (double or triple amount per taste!)
- 3/4 tsp red pepper flakes
- 3/4 tsp dried oregano
- 1 1/2 tsp paprika
- 1 Tbsp + 1 1/2 teaspoons cumin
- 1 Tbsp salt (use kosher if you have it)
- 1 Tbsp ground pepper
- 3 tsp of cornstarch

When making taco meat, fish, or veggies with this seasoning, use approximately 3 tablespoons of seasoning per pound of meat for **spicy*** taco filling. Put the meat into the hot skillet, followed immediately by the seasoning, then add approximately 1/3rd of a cup of water as you blend the meat and the seasoning.

* This is a very spicy seasoning. Increase paprika, garlic powder and onion powder and decrease chili powder to mellow it if desired.



Soy-Free Soy Sauce

Recipe from [RecipeZaar](#)

INGREDIENTS

2 Tbsp Sodium Free Beef Bouillon (gluten free)
2 tsp Red Wine Vinegar
1 tsp Molasses
1/8 tsp Ground Ginger
dash Black Pepper
dash Garlic Powder
3/4 cup Water

DIRECTIONS

In small sauce pan, combine and boil gently uncovered about 5 minutes or til mixture is reduced to 1/2 cup.

Store in refrigerator. Stir before using.



Gluten Free Buckwheat Pancakes

Breads

Pumpkin Flax Quick Bread

Gluten Free Buckwheat Pancakes

Pumpkin Flax Quick Bread

Original recipe from Bob's Red Mill, adapted from a recipe on allrecipes.com

INGREDIENTS

1/2 cup Flaxseed Meal
8 Tbsp Water
1 1/2 cups Turbinado Sugar
1 cup Pumpkin Puree
1/2 cup Applesauce
2 cup Gluten-Free Flour (Bob's Red Mill a good choice)
1 tsp Baking Soda
1 tsp Cinnamon, Saigon (Premium)
3/4 tsp Salt
1/2 tsp Baking Powder
1/2 tsp Nutmeg
1/4 tsp Cloves
3/4 tsp xanthan gum (skip if using regular flour)

DIRECTIONS

Preheat oven to 350F. Lightly grease one 9"x5" loaf pan or muffin pan. Whisk together flax and water. Mix in sugar, pumpkin, and applesauce. In a large bowl, stir together dry ingredients. Add flour mixture to pumpkin mixture; stir until smooth. Pour batter into prepared pan. Bake loaf for 65-70 minutes or muffins 15-20 minutes, until a toothpick inserted comes out clean.

Serves: 12

Prep Time: 15 minutes

Cooking Time: loaf - 65-70 minutes, muffins. 15-20 minutes

Gluten Free Buckwheat Pancakes

Recipe as written on the Post Punk Kitchen Blog: theppk.com

INGREDIENTS

1/2 cup buckwheat flour
1/4 cup quinoa flour
1/4 cup corn flour (NOT cornmeal, corn flour is lighter)
1 Tbsp ground flax seeds (or flax meal)
2 Tbsp tapioca flour (cornstarch or arrowroot will work)
1 Tbsp baking powder
1/4 tsp cinnamon (we add a little extra)
1/4 tsp salt
1/2 cup non-dairy milk (we use rice milk)
1/2 cup water
2 Tbsp pure maple syrup
2 Tbsp canola oil
1/2 tsp pure vanilla extract

DIRECTIONS

In a large mixing bowl, mix together all flours, flax seeds, tapioca, baking powder, cinnamon and salt. Create a well in the center and add the remaining ingredients. Use a fork to mix well for about a minute. Let the batter rest, and preheat a large, non-stick or cast iron pan over medium-high heat.

When pan is hot, spray with a thin layer of cooking spray and use an ice cream scooper to pour batter and form pancakes.

The pancake should start to form little air bubbles, but not as much as “normal” pancakes do, so don’t worry.

Cook for 2 1/2 to 3 minutes, then flip and cook for 2 minutes more. Keep warm on a plate covered with tin foil until ready to serve.

Serve with maple syrup and fresh fruit.

Yield: about 8 five inch pancakes

Prep Time: 15 minutes

Cooking Time: 4-6 minutes per pancake, can do 2-3 at a time depending on pan size



Desserts

Chocolate Nut Clusters

Vanilla Delight Cashew Ice Cream

Sweet Potato or Yam Cookies

Old Fashioned Peanut Butter Cookies

Mocha Maddness Cupcakes

Chocolate Nut Clusters

Recipe adapted from Jon's mom, Chris Hayes

INGREDIENTS

1 10 oz package Chocolate Chips (we use Enjoy Life for allergies)

1/3 cup nut butter butter (peanut, cashew, almond, sunflower)

1 1/4 cups spanish peanuts (substitute any chopped nuts for allergies)

1/4 tsp xanthan gum

DIRECTIONS

Microwave chocolate chips in a 2 quart casserole (batter bowl) on HIGH for 2 to 3 minutes or until melted. Stir halfway through cooking.

Stir in nut butter, nuts and xanthan gum.

Drop by teaspoons onto waxed paper. Let set until firm--- the freezer might be a good choice here.

Store in an airtight container.



Vanilla Delight Cashew “Ice Cream”

Recipe from Vice Cream by Jeff Rogers

INGREDIENTS

2 vanilla beans
2 cups organic cashews or cashew pieces
2 cups purified water
1 cup maple syrup

DIRECTIONS

Cut the vanilla beans into small pieces. Grind to a fine powder in a clean coffee grinder.

Combine the ground vanilla, cashews, water, and syrup in a blender. Blend on high until silky smooth, at least 1 minute.

Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for at least 1 hour or up to overnight, until well-chilled. Pour the mixture into an ice cream maker and freeze according to the manufacturer’s instructions. Serve immediately or transfer to airtight containers and store in the freezer until ready to server. Makes about 1 quart.



Sweet Potato or Yam Cookies

Original recipe adapted from Amish Cooking.

INGREDIENTS

1 1/2 cups mashed sweet potatoes or yams
2/3 cup melted All Vegetable Shortening or Lard
2 tsp grated orange rind
1 tsp lemon juice
1/2 cup brown sugar
1/2 cup dark molasses
1 3/4 cups Bob's Red Mill All-Purpose Gluten-Free Flour
1/2 scant tsp xanthan gum
1/2 tsp salt
1/2 tsp baking soda
1 tsp cinnamon
1/4 tsp ground cloves
1/2 cup chopped nuts

DIRECTIONS

Blend potatoes and shortening. Stir in orange rind, lemon juice, sugar and molasses. Sift together flour, xanthan gum, salt, baking soda and spices.

Gradually stir into potato mixture. Mix well. Stir in nuts.

Chill batter several hours before baking. Drop by spoonfuls onto ungreased cookie sheet and bake in 350°F oven for 10–12 minutes.



Old-Fashioned Peanut Butter Cookies

Adapted from *The Gluten-Free Gourmet Makes Dessert*

INGREDIENTS

1 3/4 cups Bob's Red Mill All-Purpose Gluten-Free Flour
1/2 tsp xanthan gum
3/4 tsp salt
3/4 tsp baking soda
3/4 cup peanut butter
1/2 cup Spectrum All Vegetable Shortening or Lard
1 1/2 cups brown sugar
3 Tbsp rice milk
1 Tbsp vanilla
1 1/2 tsp Ener-G egg replacer
2 Tbsp warm water.

DIRECTIONS

Preheat oven to 375°.

In a small bowl, whisk together the flour, xanthan gum, salt, and baking soda. Set aside. In another small bowl, whisk together the egg replacer and the warm water. Set aside.

In the bowl of your mixer, combine the peanut butter, shortening, brown sugar, milk and vanilla. Beat on medium until well blended. Add the egg replacer and beat just until blended. Add the dry ingredients and beat on low until blended.

Drop by teaspoonfuls onto ungreased cookie sheets, about 2 inches apart. Flatten with a fork, making crisscross marks on the dough.

Bake for 7–8 minutes or until set. Cool for a few minutes on the cookie sheet before removing to cool on a rack. Makes about 4 dozen cookies.

Mocha Madness Cupcakes

Adapted from *The Gluten-Free Gourmet Makes Dessert*

INGREDIENTS

2 cups Bob's Red Mill All-Purpose Gluten-Free Flour
1 tsp xanthan gum
1 1/2 cups sugar
1/3 cup cocoa powder
2 tsp baking soda
1/2 tsp salt
1 tsp baking powder
1 6oz jar baby prunes or plums
1/4 cup vegetable oil
1 Tbsp Ener-G egg replacer
4 Tbsp warm water
3 Tbsp espresso powder
1/2 cup warm water
2 tsp vanilla

DIRECTIONS

Preheat oven to 350°. Grease, or line with paper cups, 18 standard-size muffin cups or 15 large muffin cups (2 1/2").

In a medium bowl, whisk together the flour mix, xanthan gum, sugar, cocoa powder, baking soda, salt, and baking powder.

In another mixing bowl, whisk the egg replacer and 2 tbsp warm water. Stir in the prune puree, and oil. Dissolve the espresso powder in the water. Add to prune mixture, along with the vanilla.

Stir the dry ingredients into the liquids until blended. Do not beat. Spoon the batter evenly into the prepared muffin cups, filling each about 2/3 full.

Bake for 18–20 minutes or until tops spring back when lightly touched. Cool for about 3 minutes and then remove from pan. Cool and frost with your favorite frosting or serve with a dab of whipped topping. Makes 15–18 cupcakes.

Bakers' Secret Icing

Adapted from *The Gluten-Free Gourmet Makes Dessert*

INGREDIENTS

2 Tbsp Bob's Red Mill All-Purpose Gluten-Free Flour (sweet rice flour is best)
2 Tbsp cornstarch
1 cup rice milk
1 cup sugar
1 cup vegetable shortening
1 tsp salt
1 tsp vanilla

DIRECTIONS

In a small saucepan, blend the flour and cornstarch. Add a bit of the milk to form a paste; stir in the remaining milk. Cook over medium heat, stirring constantly, until the paste is thick. Set aside to cool completely, or place in the refrigerator.

In a medium bowl, whip together the sugar and shortening; add the salt and vanilla. Blend in the milk paste. Beat hard until the icing is fluffy. Makes about 2 1/2 cups.

