

food

## 10 must-try, gluten-free recipes

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Skillet Rosemary Chicken (Photo by Antonis Achilleos, provided by Hyperion.)

If you've been to a restaurant, grocery store or bookshop lately, you can't miss it: Gluten-free options are everywhere.

Even if you aren't a gluten-free eater, you may have friends or family members who follow a gluten-free diet. Afraid to invite them over for dinner? Don't be. Here are 10 recipes — many developed exclusively for Denver Post readers — to help you bolster your gluten-free arsenal at

home.

Everyone to the table!

### Gluten-free recipes

#### 1. Skillet Rosemary Chicken

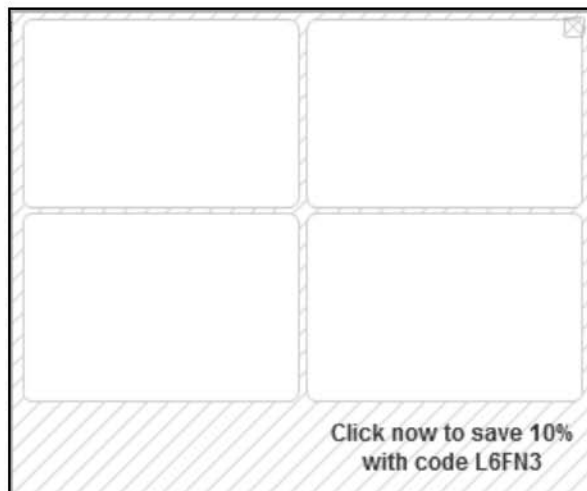
*Recipe from "Food Network Magazine: Great Easy Meals" (Hyperion). Mash your garlic into a paste as we did in this recipe to distribute it evenly. No one likes biting down on a chunk of raw garlic! Serves 4. Photo at right, by Antonis Achilleos, provided by Hyperion*

##### Ingredients

- 3/4 pound small red-skinned potatoes, halved, or quartered if large
- Kosher salt
- 2 sprigs rosemary, plus 1 tablespoon leaves
- 1 clove garlic, smashed
- Pinch of red pepper flakes
- Juice of 2 lemons (squeezed halves reserved)
- 2 tablespoons extra-virgin olive oil
- 4 skin-on, bone-in chicken breasts (6 to 8 ounces each)
- 10 ounces cremini mushrooms, halved

##### Directions

Preheat oven to 450. Cover the potatoes with cold water in a saucepan, and salt the water. Bring to a boil over medium-high heat and cook



until tender, about 8 minutes; drain and set aside.

Pile the rosemary leaves, garlic, 2 teaspoons salt and the red pepper flakes on a cutting board, then mince and mash into a paste using a large knife. Transfer the paste to a bowl. Stir in the juice of 1 lemon and the olive oil. Add the chicken and turn



Chocolate and Almond Cake (Provided by Ecco)

to coat. Heat a large cast-iron skillet over medium-high heat.

Add the chicken, skin-side down, cover and cook until the skin browns, about 5 minutes. Turn the chicken; add the mushrooms and potatoes to the skillet and drizzle with the juice of the remaining lemon. Add the rosemary sprigs and the squeezed lemon halves to the skillet; transfer to the oven and roast, uncovered, until the chicken is cooked through and the skin is crisp, 20 to 25 minutes.

Per serving: calories 413; fat 23 g (saturated 5 g); cholesterol 87 mg; sodium 1,055 mg; carbohydrate 19 g; fiber 2 g; protein 32 g

## 2. Chocolate and Almond Cake

Recipe from "The Food of Spain," by Claudia

Roden (Ecco). Tested at Denver's altitude. Makes 1 cake.

### Ingredients

#### FOR THE CAKE

- 5 ounces bittersweet chocolate
- 3 tablespoons water
- 11 2/3 tablespoons (1 1/3 sticks) unsalted butter, cut into pieces
- 4 large eggs, separated
- 1/2 cup superfine sugar
- 1 cup (4 ounces) ground almonds
- 1 teaspoon baking powder
- 1/4 cup rum

#### FOR THE CHOCOLATE TOPPING

- 2 ounces bittersweet chocolate
- 1/4 cup sugar
- 2 tablespoons unsalted butter

#### Directions

Preheat oven to 325 degrees.

Break up 5 ounces of chocolate and heat with the water in a double boiler or in a Pyrex bowl placed on top of a pan of gently boiling water until almost melted. Add the butter and let them both melt. Remove from heat.

With a fork, beat the egg yolks, sugar, ground almonds, baking powder and rum in a large bowl until well mixed. Add the melted chocolate and butter and mix well.

An advertisement for HotOtc.com. It features a person with their back to the camera, arms raised in a celebratory gesture, standing in front of a background of stock market charts and data. The text "100% Free Alerts" is at the top, followed by "Daily Penny Stock Scans". The website name "HotOtc.com" is in the center, and a button at the bottom says "Join Our Free Newsletter Today!".

With an electric mixer, beat the egg whites in a large bowl until stiff peaks form. Fold them into the chocolate mixture.

Pour the batter into a greased and gluten-free rice-floured 9-inch springform cake pan, preferably nonstick. Bake for about 55 minutes, until firm. Let



Kung Pao Chicken (Leo Gong, provided by Celestial Arts )

cool, then turn out the cake.

For the optional topping, melt 2 ounces chocolate with 2 tablespoons of water in a double boiler or a Pyrex bowl placed on top of a pan of gently boiling water. Add sugar and butter, let the butter melt, and mix well. Spread topping over the cooled cake.

Serve with heavy cream or whipped cream.

### 3. Honey and Spice Pork

*Recipe by Denver's own Elizabeth Yarnell. Yarnell will be sharing nutritional strategies for building healthy families at 7:30 pm tonight at Sacred i Yoga in Park Hill (2212 Kearney St., mysacredi.com).*

#### Ingredients

- Olive or canola oil spray
- 1 to 1 1/2 pounds pork tenderloin
- Sea salt and ground black pepper
- 1/2 cup honey
- 6 tablespoons Dijon or Cajun-style mustard
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 12 to 16 small new potatoes, scrubbed
- 4 large carrots, sliced in coins, or 10-14 baby carrots
- 30 to 40 green beans (about 1 pound), trimmed, or 4 cups frozen

#### Directions

Preheat the oven to 450 degrees.

Spray the inside of a 4-5 -quart cast iron Dutch oven and lid with oil. Put the pork in the pot and lightly season with salt and pepper.

In a small bowl, mix together the honey, mustard, ginger, cinnamon and cloves and pour

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over the pork.

Slice the potatoes in half and add to the pot, then scatter the carrots and green beans over the potatoes.

Cover and bake for 53 minutes, or until 3 minutes after the aroma of a fully cooked meal escapes the oven. Serve immediately.

## 4. Cherry Peach Crumble

*Recipe created exclusively for Denver Post readers by Boulder resident Elana Amsterdam, author of the best-selling books "Gluten-Free Cupcakes" and "The Gluten-Free Almond Flour Cookbook," both available at bookstores everywhere. Find more of Amsterdam's recipes at [elanaspantry.com](http://elanaspantry.com).*

### Ingredients

#### FRUIT

- 4 cups peaches, pitted and sliced
- 2 cups cherries, pitted and halved
- 2 tablespoons lemon juice
- 2 tablespoons agave nectar
- 3 tablespoons arrowroot powder

#### TOPPING

- 1 1/2 cups almonds
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 2 tablespoons (vegan) shortening
- 1/4 cup agave nectar

### Directions

Preheat oven to 350 degrees. Place peaches and cherries in a large bowl and sprinkle with lemon juice and agave. Toss fruit mixture with arrowroot powder to distribute evenly. Place fruit mixture in an 8-by-8-inch Pyrex dish and set aside.

Pulse almonds in a food processor until they're texture of coarse sand. Pulse in salt, cinnamon, shortening and agave — topping will form a bit of a ball and stick to the sides. Pinch bits of topping over fruit mixture to distribute evenly.

Cover dish with aluminum foil and bake for 45-55 minutes, or until juices are bubbling, then bake uncovered until topping is brown, about 5-10 minutes. Cool 15-20 minutes, then serve.

## 5. Gazpacho

*Recipe adapted from Olav Peterson of Bittersweet restaurant in Denver. (500 E. Alameda Ave., 303-942-0320, [bittersweetdenver.com](http://bittersweetdenver.com)).*

### Ingredients

#### LIME-CHILE VINAIGRETTE

- 1/2 cup fresh lime juice
- 1 tablespoon honey
- 1 teaspoon crushed red pepper
- 2 cloves of garlic
- 1 small shallot
- 2 cups of olive oil

#### TOMATO MELON PUREE

- 3 heirloom tomatoes, diced
- 1 red pepper, diced
- 1 shallot, diced
- 3 cloves of garlic, chopped
- 1/2 English cucumber, seeds removed, diced
- 1 quart (4 cups) watermelon, diced, seeds removed
- 1 jalapeño pepper, chopped

#### TO PLATE

- 2 avocados, halved, pitted and peeled

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- 1 cucumber, julienned
- 1 red pepper, julienned
- Cilantro leaves for garnish
- Lemon olive oil

## Directions

Make vinaigrette: Combine all the ingredients except oil in blender blend till smooth. Slowly drizzle in olive oil, blending until emulsified.

Make the tomato puree: In a large skillet, saute tomatoes, peppers, shallot and garlic together until the tomatoes start to release their water. Cool slightly. Add these ingredients to blender with the cucumber, watermelon and jalapeño. Blend till smooth. Cool in refrigerator until ready to serve.

To assemble the dish: In a mixing bowl, toss cucumber and pepper with lime-chile vinaigrette. (You will have leftover vinaigrette.) Fill each avocado half with the julienned cucumber and pepper. Pour watermelon-tomato puree into bowl, then place filled avocado in center and garnish with cilantro and a drizzle of lemon olive oil.

## 6. Kung Pao Chicken

*Reprinted with permission from "The Gluten-Free Asian Kitchen," by Laura B. Russell (Celestial Arts, an imprint of Ten Speed Press and the Crown Publishing Group). Serves 4.*

## Ingredients

- 1 1/2 pounds boneless, skinless chicken breasts, cut into 1/2-inch dice
- 4 tablespoons gluten-free soy sauce or tamari, divided
- 1 tablespoon sake or dry sherry
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons warm water
- 1 tablespoon sugar
- 2 1/2 tablespoons unseasoned rice vinegar
- 2 1/2 teaspoons toasted sesame oil
- 3 tablespoons vegetable oil, divided
- 1 tablespoon cornstarch

- 1 tablespoon minced fresh ginger
- 8 cloves garlic, minced
- 6 green onions, white and green parts, sliced
- 1/2 teaspoon red pepper flakes
- 1/2 cup coarsely chopped roasted peanuts or cashews

Steamed rice, for serving (optional)

## Directions

In a medium bowl, stir together the chicken, 1 tablespoon of the soy sauce, the sake, salt and pepper. Set aside until ready to use.

In a small bowl, stir together the warm water and sugar until the sugar dissolves. Add the rice vinegar, sesame oil and the remaining 3 tablespoons soy sauce.

In a large frying pan or a wok, heat 1 tablespoon of the vegetable oil over medium-high heat. Add half the chicken to the pan and cook, stirring occasionally until lightly browned but not all the way cooked through, about 2 minutes. Transfer the chicken to a large bowl. Repeat with the remaining chicken and 1 tablespoon of the oil. Add the cornstarch to the chicken. Toss to combine. Heat the remaining 1 tablespoon oil over medium-high heat. Add the ginger, garlic, green onions and red pepper flakes and cook, stirring, for 1 minute. Add the chicken back to the pan and stir to coat. Stir in the soy sauce mixture and bring to a simmer. Cook until the

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sauce coats the chicken and everything is heated through, about 2 minutes longer. Stir in the peanuts; serve hot with steamed rice.

## 7. Amaranth Ravioli with Rosemary Pancetta Pomodoro Sauce

*Recipe from Elise Wiggins of Panzano restaurant. Wiggins created this recipe exclusively for Denver Post readers. Panzano has several creative gluten-free items on the menu. (909 17th St., 303-296-3525, panzano-denver.com). Find amaranth flour and tapioca flour at specialty markets. Serves 4.*

### Ingredients

#### FOR THE PASTA

- 1 cup amaranth flour
- 1/4 cup tapioca flour
- 1 egg
- 1 tablespoon vegetable or walnut oil, optional
- 1-2 tablespoons water, if and as needed

#### FOR THE STUFFING

- 1/2 cup mascarpone cheese
- 1/2 cup ricotta
- 2 tablespoons Parmesan cheese
- 1 teaspoon chopped thyme

#### FOR THE SAUCE

- 1 tablespoon olive oil
- 1 teaspoon rosemary, chopped fine
- 1 tablespoon pancetta, diced small
- 1 cup tomato sauce, pureed
- 1 teaspoon sea salt

### Directions

Make ravioli: Combine all pasta ingredients in a mixer with paddle attachment until dough starts to pull away from the sides. Roll out using more tapioca flour.

Roll into pasta sheets. Brush with egg wash. Place mounds of cheese stuffing 2 inches apart from each other. Top with another sheet of pasta. Press down to remove air around the stuffing. Cut by using a shaped pasta cutter or ravioli tool. Set aside.

Make sauce: Heat oil and rosemary together

until fragrant. Throw in pancetta and sweat on low temp for 2 minutes. Do not overcook. Add tomato sauce. Heat and then set aside.

Meanwhile, heat water to a boil with a little oil. Cook ravioli until al dente, about 6-7 minutes. Toss with sauce.

## 8. Gluten-Free Stuffed Poblanos

*This recipe is originally from Luis Galvez's family, natives of the state of Durango, Mexico. (Galvez is the chef at Blue Bonnet restaurant: 457 S. Broadway, 303-778-0147, bluebonnetrestaurant.com.) This entire recipe can be sourced from Colorado products, and using Olathe corn really makes it sweet. Serves 6.*

### Ingredients

- 8 green poblano peppers
- 1 red bell pepper
- 1 large yellow onion
- 2 cups sour cream
- 2 cups sweet corn kernels, steamed or sauteed
- 1 cup shredded cheddar cheese
- 1 teaspoon black pepper
- 2 teaspoons kosher salt
- 1 tablespoon olive oil

Cooked beef, chicken or fish, if desired

### Directions

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Roast the poblanos and red bell pepper in the oven directly on the rack at 350 degrees for about 10 minutes, until the skins on the vegetables turn black. This can also be done over an open flame, such as on a grill.

Wear gloves with this step to avoid getting any spice into your eyes: Remove the charred skins of the vegetables, rubbing to enhance the flavors. Make one lengthwise cut into all the poblano peppers, and remove the vein with all the seeds, along with the stem and the top.

Place 6 of the poblanos on a baking sheet with their slits facing on the side for easy stuffing. Cut the remaining 2 poblanos and 1 red bell pepper into thin strips.

Cut the onion into strips and saute in a medium-sized pot with olive oil until translucent. Add the poblano and red bell pepper strips along with the 2 cups cooked corn, 2 cups sour cream, 1 teaspoon salt, 2 teaspoons black pepper and cook on stove in pot for 8 to 10 minutes.

Remove mixture from heat and stuff into the slits of the poblano peppers. Add beef, chicken or fish, if desired, to the stuffing. Luis adds, "If it doesn't look messy, it's not good! The messier the better!"

Layer the poblanos with a few sprinkles of cheese on each one and pop back in the oven at 350 degrees until the cheese on top melts. Garnish with more sour cream if desired.

## 9. Halibut With Stewed Heirloom Tomatoes, Capers and Kalamata Olive Pesto

*Recipe created by chef Christopher Cina exclusively for Denver Post readers. Cina cooks at Hideaway Steakhouse (2345 W. 112th Ave., Westminster, 303-404-9939, [hideawaysteakhouse.com](http://hideawaysteakhouse.com)) Serves 2.*

### Ingredients

#### FOR THE STEWED TOMATOES

1/2 ounce (a good glug) olive oil  
1 teaspoon garlic, minced  
2 heirloom tomatoes  
2 tablespoons capers  
2 tablespoons water  
Kosher salt

1 tablespoon basil, chopped

#### KALAMATA OLIVE PESTO

1 cup Kalamata olives  
1 cup fresh basil (about 1 1/2 ounces)  
1 cup shredded Parmesan cheese (about 4 ounces)  
1/2 cup slivered almonds (about 2 1/2 ounces)  
1/4 cup garlic cloves (6-8 cloves)  
1/2 cup olive oil  
Kosher salt

#### TO SERVE

2 pieces of halibut (about 6 ounces each) or other fish of your choice  
A little olive oil

#### Directions

Make the stewed tomatoes: Heat a small sauce pot over low heat. Add the oil and garlic; sweat the garlic for 30 seconds. Add the tomatoes, capers, water and a pinch of kosher salt. Cover tightly and simmer over low heat for 10-12 minutes. Once the tomatoes begin to release their juices, add the basil, stir well and remove from heat. Leave covered until you're ready to

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serve.

Make the pesto: Place the olives in a small sauce pot and cover with water. Bring to a boil and remove from heat, allow the olives to steep until they come to room temperature.

In a food processor, combine the basil, Parmesan, almonds, cooled olives and garlic, and puree till smooth. Slowly add the oil in a slow stream until emulsified. Adjust seasoning with salt as needed.

To serve: Sear, grill or poach two 6-ounce pieces of halibut or other fish, depending upon your own preference. I prefer to sear the halibut in a hot pan with a little oil, then finish the halibut in a 350 degree oven until it reaches desired doneness.

Place the fish on top of the tomato sauce and garnish with a spoonful of the pesto.

## 10. Summery Pasta Salad

*This recipe was created exclusively for Denver Post readers by Carol Fenster, author of "125 Gluten-Free Vegetarian Recipes" (Avery).*

### Ingredients

#### FOR THE SALAD

- 4 cups cooked gluten-free penne pasta by Tinkyada, well-drained
- 1 cup fresh snow peas, blanched and halved diagonally
- 1 cup small broccoli flowerets, blanched
- 1 small red bell pepper, diced
- 1/4 cup small pitted Kalamata olives, halved
- 1/4 cup pine nuts, toasted
- 1/4 cup chopped fresh basil, plus extra leaves for garnish
- 2 cooked boneless, skinless chicken breasts, cut in 1-inch cubes

#### FOR THE DRESSING

- 1/4 cup red-wine vinegar
- 1/4 cup fresh lemon juice
- 1 tablespoon Dijon mustard

- 1 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1 small garlic clove, minced
- 1/3 cup extra-virgin olive oil
- Salt and pepper, to taste
- Dusting of Parmesan cheese (or soy Parmesan by Galaxy), for garnish

### Directions

In a medium-large serving bowl, toss together the cooked pasta, snow peas, broccoli, red bell pepper, olives, nuts, basil and chicken.

In a blender, process the red-wine vinegar, lemon juice, mustard, basil, salt, pepper and garlic until blended. With the motor running, slowly add the olive oil and process until the dressing thickens.

Pour as much of the dressing over the salad as you like and toss well. Chill for two hours. Let stand at room temperature for 20 minutes. Serve, garnished with a dusting of Parmesan and fresh basil leaves.

## The fifth annual "Incredible Edible Gluten-Free Food Fair"

This event is from 10 a.m. to 4 p.m. Sunday in Expo Hall II at the Denver Merchandise Mart, 451 E. 58th Ave. Dozens of local and national vendors

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and gluten-free experts will be on hand, doling out samples and helping folks with gluten-free strategies. Last year's event was a huge success; this year's promises to be even bigger. Visit [denverceliacs.org](http://denverceliacs.org) for more information.

## Gluten-free facts and figures

### What is celiac disease?

Celiac disease, or gluten allergy, is an autoimmune digestive disorder that renders sufferers incapable of digesting gluten, a protein found in wheat, rye and barley. Symptoms can include digestive distress, headaches and joint pain.

### How many people have it?

The latest figure from the National Digestive Diseases Information Clearinghouse puts the number of people with celiac disease at 1 in 133 people. The National Institutes of Health suggests a slightly higher percentage, about 1 in 100. Many independent experts believe the number of people with gluten sensitivities (not outright allergies) may be as high as 10 percent.

### Isn't there a pill for that?

According to the National Foundation for Celiac Awareness, there is no pharmaceutical treatment for celiac disease. The only treatment is a gluten-free diet, one free of wheat, rye and barley.

### Aren't gluten-free products hard to find?

It's becoming less and less difficult to find gluten-free food, both at the store and in restaurants. According to Food Business News, the gluten-free category is now a multibillion-dollar industry, with an annual growth rate of about 30 percent. In 2010, the market was about \$2.6 billion; by 2015, it will exceed \$5 billion. More than 50 percent of the gluten-free market is in the United States.

### How do I know for sure if a product is gluten-free?

Gluten-free labels are not currently subjected to FDA standards. Consumers must rely on manufacturers to define whether a product is truly gluten-free.

### Will that change?

Yes. The FDA is currently reviewing labeling standards for "gluten-free" products. The most recent proposal would require products labeled "gluten free" to contain less than 20 parts per million of gluten, the level at which gluten can't be detected by accepted lab tests. Consumers are welcome to weigh in on the proposal at [regulations.gov](http://regulations.gov). (Enter docket number FDA-2005-N-0404 for the fine print.) The FDA hopes to have rules solidified by late 2012.

*Tucker Shaw, The Denver Post*

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