

Holiday Recipes
Tasting Party 11-15-18

Classic Gluten Free Stuffing Serves 8-10

6 Cups of Gluten Free Bread Crumbs
(I used Northern Bakehouse white Bread-Sprouts)
4 T ghee/coconut oil/dairy free butter
2 shallots, finely chopped
2 yellow onions, diced
2 stalks celery, diced
2 carrots, diced
2 teas of dried sage
2 teas dried thyme
1/2 teas salt
1/2 teas ground black pepper
1/2 dry white wine
1 c gluten free chicken broth
1/4 chopped fresh parsley

Preheat oven to 300 F. Spread bread cubes on baking sheet. Bake, stirring occasionally, until dried and golden brown, about 20 minutes. If using dried stuffing cubes, skip this step.

Increase oven temp to 325 degrees. Melt ghee in a medium skillet over medium heat. Add shallot, onion, celery and carrot and cook, stirring frequently, until soft and golden brown, about 10 minutes. Add sage, thyme, salt and pepper and cook for 2 minutes. Add wine and cook until liquid is reduced by 1/2. About 5 minutes.

Grease 9" x 13" baking dish with ghee or neutral flavored coconut oil. In a large bowl, combine vegetables with bread cubes, chicken broth & parsley. Transfer to the prepared dish and bake until hot and golden brown, about 30 minutes.

Chunky Beef, Cabbage & Tomato Soup

Great recipe to have on the stovetop as guests arrive. Source: skinnytaste.com

- 1 lb 90% lean ground beef
- 1-1/2 teaspoon kosher salt
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced carrot
- 28 oz can diced or crushed tomatoes
- 5 cups chopped green cabbage

- 4 cups beef stock (canned* or homemade)
- 2 bay leaves

INSTANT POT:

1. Assuming your electric pressure cooker has a saute option, or if using the Instant Pot, press the saute button and let the pressure cooker get very hot, when hot spray with oil, add the ground beef and salt and cook until browned breaking the meat up into small pieces as it cooks, 3 to 4 minutes.
2. When browned, add the onion, celery and carrots and saute 4 to 5 minutes.
3. Add the tomatoes, cabbage, beef stock and bay leaves, lock the lid cook high pressure 20 minutes.
4. Let the steam release naturally. Remove bay leaves and serve. Makes 11 cups.

STOVE TOP:

1. Follow the same directions as above in a large pot or Dutch oven, cook covered low 40 minutes.

Vegan Sweet Potato Casserole

- 5 large Sweet Potatoes (yams) (about 2.5 lbs)
- 1/4 cup Almond Milk (unsweetened)
- 1 tsp Lemon Juice (or Apple Cider Vinegar)
- 1/2 tsp Salt
- 1/2 tsp Cinnamon
- 1/2 tsp Vanilla
- 1/4 tsp Nutmeg
- 2 T coconut sugar

Topping

- 1 cup Roasted Pistachios
- 1 cup Rolled Oats
- 1 Tbs Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 tsp Salt
- 1 Banana or you could substitute 2-3 T of coconut sugar to taste

Instructions

1. Peel and cube 5 large sweet potatoes and add them to a large pot of cold water. For me, 2 really large potatoes were 2.5 pounds.
2. Add a generous pinch of salt, heat to boiling, cook 10 minutes (or until fork tender), drain and return to pan.
3. In a small measuring cup or bowl, whisk almond milk and lemon juice together. Then slowly mix in salt, cinnamon, vanilla, nutmeg & coconut sugar.
4. Pour into potatoes and mash until creamy. Spoon into a casserole dish and smooth out the top.

Topping

1. Roughly chop 1 cup of roasted, salted pistachios and place them in a small bowl.
2. Also rough chop, pulse, or lightly grind the oats and mix into the pistachios. (we don't want oatmeal powder so go easy)
3. Stir in the salt and cinnamon, mix, and then stir in the maple syrup. Mix well.
4. Finally slice a banana and using a fork, mash it into the crumb mixture being sure to incorporate it very well. Mix until there are no dry crumbs left.
5. Carefully crumble the topping onto your casserole, being sure to cover as much of it as possible, and lightly press down with a fork.
6. Bake in a 350 degree oven for 25-30 minutes.

Sweet Potato Casserole with Pecan Praline Topping Option #2

- 3-4 large sweet potatoes
- 2/3 cup coconut milk
- 1/3 cup maple syrup
- 1/4 cup melted ghee or coconut oil
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon fine salt
- 1 egg

FOR THE TOPPING:

- 1 1/4 cup chopped pecans
- 1/2 cup gluten-free, all-purpose flour*
- 1/2 cup light brown sugar (or coconut sugar)
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1/4 cup butter or coconut oil, in solid form

1. Peel and chop the sweet potatoes into large 2-inch chunks. Place the chunks in a large saucepan and cover with cold water, bring to a boil and reduce to simmer. Simmer until the sweet potatoes are fork tender, about 15-20 minutes.
2. Meanwhile, preheat the oven to 350 F. Grease a quart-size casserole dish. In a bowl, combine the pecans, flour, sugar, salt, and vanilla, Cut in the butter or oil with a fork until the mixture is sandy with pea-sized chunks of butter. Set aside.

3. When done cooking, drain the sweet potatoes well. Process the sweet potatoes in a food processor until smooth and creamy. You may have to do this in batches. Alternatively you can whip them up with a hand or stand mixer. Measure out 3 cups of the mashed sweet potatoes and place into the bowl of a stand mixer or bowl to use with a hand mixer. Any extras make a yummy snack for later!
4. Add the coconut milk, maple syrup, butter or oil, vanilla, cinnamon, nutmeg, and salt to the bowl. Whip to combine. Add the egg and continue to whip until smooth and creamy.
5. Pour the sweet potatoes into the prepared dish and top with the pecan mixture. Bake for 25-30 minutes, until the top is golden and the sweet potatoes are bubbling. Enjoy!

Mashed Cauliflower

- 4 cups finely chopped cauliflower 1 small head - or buy riced already
 - 2 tbsp ghee or coconut oil
 - 1/4 tsp salt
 - 2 cups unsweetened coconut milk
1. Cut the cauliflower into chunks, place in a food processor and pulse for 10 seconds until the cauliflower is broken into small pieces. Alternatively you can chop it by hand.
 2. Place the ghee or coconut oil into a large skillet on medium high heat, and once hot, add in the cauliflower and sprinkle with salt. Cook for 6 to 7 minutes until the cauliflower begins to turn golden in colour.
 3. Add in the coconut milk and let the cauliflower cook for approximately 10 minutes until there is no liquid in the bottom of the pan, it should all be absorbed into the cauliflower.
 4. Transfer the mixture to a food processor or blender and puree until completely smooth.
 5. Serve warm

Honey Balsamic Roasted Brussels Sprouts Source: Kevinscooking.com

- 1 1/2 lbs brussels sprouts
 - 3 tbsp olive oil separated
 - 3/4 tsp kosher salt
 - 1/2 tsp ground black pepper
 - 2 tbsp balsamic vinegar
 - 2 tsp honey
1. Preheat oven to 425 F. Line a baking sheet with aluminum foil.

2. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.
3. In a large bowl, toss brussels sprouts with 2 tablespoons of olive oil, kosher salt and freshly cracked black pepper to coat thoroughly.
4. Transfer the brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
5. Place brussels sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.

Apple Pecan Coconut Crisp - source beamingbaker.com

- 3 medium apples, peeled and thinly sliced* (4 cups) Choose Braeburn, Fuji, Gala, granny smith or a combo.
- 2 tablespoons coconut sugar
- 1 tablespoon pure maple syrup
- 1 tablespoon finely ground, blanched almond flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon pure vanilla extract
- 1-2 tablespoons water (optional)

Topping

- ¾ cup pecans, chopped
 - ½ cup unsweetened coconut flakes
 - ¼ cup finely ground, blanched almond flour
 - ¼ teaspoon ground cinnamon
 - 2 tablespoons pure maple syrup
1. Preheat oven to 350°F. Grease an 8-inch square baking pan with coconut oil. Set aside.
 2. In a large bowl, add all Filling ingredients: apples, coconut sugar, maple syrup, almond flour, cinnamon, nutmeg and vanilla extract. Using a rubber spatula, stir and fold until apples are fully coated and sugar has dissolved. If your mixture isn't very wet, add in water—you'll want to see 1-2 tablespoons liquid at the bottom of your mixing bowl. I used 1 ½ tablespoons water in mine.
 3. Pour this mixture into the prepared baking pan. Use the spatula to smooth apples into an even layer.
 4. Add all Topping ingredients to a medium bowl. Using a fork, stir and fold until crumbles form. Gently spoon evenly over apples, making sure to keep crumbles intact.
 5. Bake for 40-60 minutes. Mine took 45 minutes. It's done when the top is a deep golden brown and the juice around the filling has thickened. To test, use a spoon to carefully

lift up a corner of the crisp to see the juices. If it's still watery, bake for another 5 minutes.

6. Allow to cool for 10-15 mins. Serve warm with a scoop with dairy-free ice cream on top. Enjoy! Storing instructions below.

Pumpkin Bars Source: Elenaspantry.com

- ½ cup roasted pumpkin puree (acorn, butternut, or other squash)
- ½ cup honey
- 2 large eggs
- 1 cup blanched almond flour (not almond meal)
- ¾ chocolate chips...tweak we made to the recipe
- ¼ teaspoon celtic sea salt
- ½ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

Instructions

1. In a food processor, combine pumpkin, agave and eggs and pulse for 2 minutes
2. Pulse dry ingredients into wet for a full minute, until well combined.
3. Add ¾ c of dairy free chocolate chips (Enjoy Life Brand is good)
4. Pour batter into a greased 8 x 8 inch baking dish
5. Bake at 350°F for 30-35 minutes

Double Chocolate Orange Torte Source: Elenaspantry.com

- ½ cup chocolate chips
- ½ cup blanched almond flour (not almond meal)
- ¼ cup cacao powder
- ½ teaspoon celtic sea salt
- 3 large eggs
- ½ cup agave nectar or honey
- ½ cup grapeseed oil or palm shortening
- 1 tablespoon orange zest
- ½ cup chocolate chips

Instructions

1. Place ½ cup chocolate chips in a food processor and pulse until coarsely ground to the texture of gravel
2. Pulse in almond flour, cacao powder and salt and process until well combined, about 10 seconds
3. Add eggs to food processor and pulse again, then add in agave, grapeseed oil and orange zest
4. Pulse all ingredients together until smooth
5. Remove "bowl" from food processor and stir in second ½ cup of chocolate chips using a spoon or spatula
6. Transfer batter into a well oiled 8 inch springform pan
7. Bake at 350°F for 25-30 minutes, until a toothpick inserted in the center comes out clean