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NOVEMBER / DECEMBER 2012



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easy ESSENTIALS

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BY AMY HOWARD

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easy LIVING

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BY NICOLE HUNN





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HAPPY HOLIDAYS!

This time of year, I tend to get caught up with the rush of emotions — and feasts filled with everlasting decadent dishes and desserts — that comes with the busy holiday season. Undoubtedly, this year will be different. New York City, where my family lives, is still reeling post-Hurricane Sandy.

We were among the very lucky to be safe in our home. My personal goal is to be there for my family, friends and fellow hurricane survivors. I pledge to cook, to clean — to give of myself however I can. I also would like to

thank everyone who has given in some way, however small or large. Your support and love continues to heal.

From our *Easy Eats* family to yours, here's wishing you happy holidays full of comfort and joy.

Love,

Silvana Nardone
Editor-in-Chief

Send me your questions
and comments at
silvana@easyeats.com



ON THE COVER
Mint Hot Cocoa Mix from
“Homemade Holiday.” Photograph
by Stephen Scott Gross

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Rice Krispies
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Tree Trimmer Treats™

Ingredients:

- 12 6-inch lengths string licorice*
- 12 mini marshmallows*
- 3 tbsp. butter or margarine*
- 4 cups mini marshmallows*
- 6 cups *Kellogg's® Rice Krispies®* Gluten Free cereal
- Frosting to decorate*
- *M&M'S®* Brand Chocolate Candies

*Since product formulations vary from one brand to another, be sure to always read the ingredient listing to be sure that the brands you selected are gluten free.

Directions:



1. Fold each licorice piece in half and push ends through centers of 12 marshmallows. Set aside.



2. In a large pan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add *KELLOGG'S RICE KRISPIES* Gluten Free cereal. Stir until well coated.



3. Using greased 1/2-cup measuring cup, divide warm cereal mixture into 12 portions. Shape each portion around licorice ends. Cool. Decorate with frosting and *M&M'S®* Brand Chocolate Candies.
Serving size = 1 ornament

For more recipes and nutrition information, visit ricekrispies.com



Scan for more holiday treat ideas. Message and data rates may apply. Check your carrier for details.

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GOOD TO BE GLUTEN FREE

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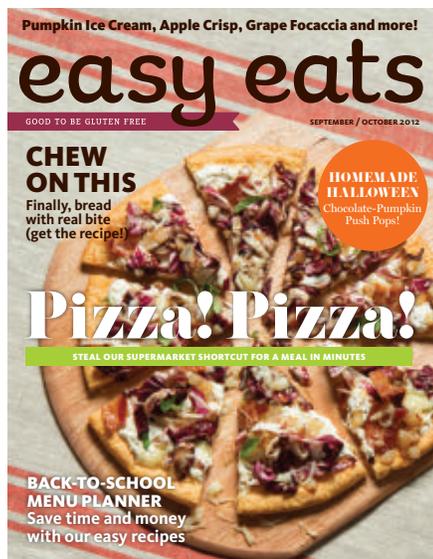
BUSINESS INTERNS

Have a question or comment?

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a qualified health-care professional
if you have any medical questions
or concerns.



EMAIL

Such a gorgeous magazine, as always. (And I will have to adapt the pizza ideas!)

—Ricki Heller, PhD, RHN

There are a lot of, well, “meh” gluten-free resources out there. *Your* magazine is a completely different beast. The recipes are just plain and simple — good. Not the dreaded, “Good...for gluten-free.” Your recipes taste good no matter who’s eating them. And that is so needed right now! I have a list of about 10 gluten-free cookbooks and websites that I carry around in my bag at all times, so I have them on hand to whip out and hand over to folks I meet who are struggling. *Easy Eats* is the only magazine—and it’s at the top of the list with a big star and a, “Read this first!” next to it. Thanks again as well for such a great magazine and all the hard work you put into it. —Jenna Lutz



SAY ANYTHING

FACEBOOK

With family in town this week, we decided to make your full line of gluten-free Girl Scout cookies! Votes are split...the Chocolate-Peanut Butter Meltaways and Chocolate-Mint Wafers are to die for!

TWITTER

Great info, especially with the holidays coming up! RT @easyeatsmag #Glutenfree travel tips from @SilvanaNardone <http://bit.ly/PtuyZ4> —@CeliacAwareness (Celiac Central)

@easyeatsmag, I mentioned you in this post. “How to Eat Gluten-Free During the Holidays” Webinar <http://goo.gl/5y58C> —@Amys_SSGF

@easyeatsmag: Shirataki Spaghetti (gluten-free). Root-sourced, low-carb pasta w no affect on blood sugar. <http://pinterest.com/pin/205899014185380502/> ...” MY FAV!! —@MishiRN

Easy weeknight meals in new issue of @easyeatsmag! 2 are mine + more from @glutenfreegirl @elanaspantry @TheUrbanPoser & @RealSustenance —@againstallgrain

thank you! @frannycakesblog I’m big fan of your recipes using @CupforCup as well :) @SilvanaNardone @easyeatsmag —@CupforCup (Lena Kwak)



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EASY EATS

GLUTEN-FREE FOOD BANK INFORMATION FOR HURRICANE SANDY RELIEF

@easyeatmag Any word on where NYCers can get #gluten-free emergency food? Looking to make donation/direct folks there.
—@gfbird

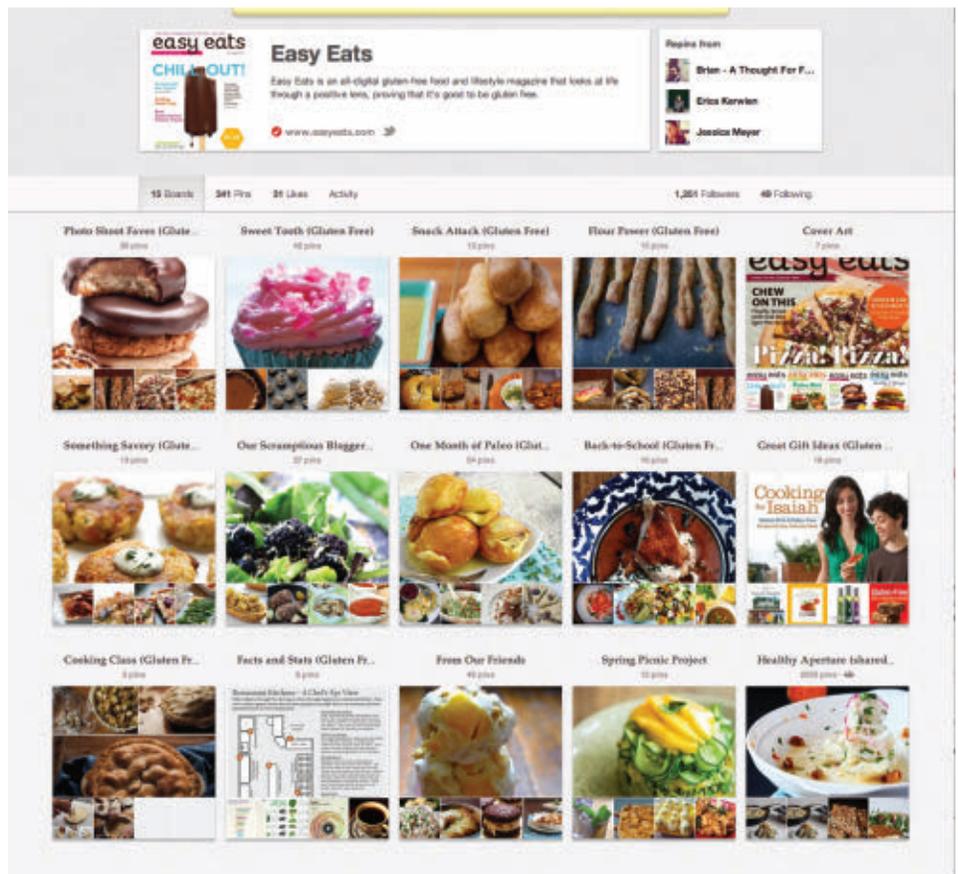
For those needing emergency gluten-free food in Sandy's aftermath, @FoodBank4NYC is your 1st resource. We'll post more as we hear. @gfbird
—@easyeatmag

@easyeatmag @gfbird Is there confirmation from @FoodBank4NYC they are carrying #glutenfree food?
—@gfreefun

@JackieOurman @gfreefun @easyeatmag @living_without @AllergicLiving We have some product in a warehouse in the Northeast that we may be able to donate if we can find somewhere to drop it off.
—@GF_Insider (Kinnikinnick Foods)

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Now, you can get all of our mouth-watering pins in one place. Check out our fun boards, like Flour Power, Sweet Tooth, Cooking Classes or Thanksgiving—all with links to recipes! You can also use our Pinterest tab on Facebook!





BLOG

QUINOA STUFFED MUSHROOMS—A QUEEN OF QUINOA FIRST COURSE!

These look absolutely incredible, I have made something similar before with wild rice and they are always a hit. I cannot wait to try them with quinoa! I have a dinner party next week that I am definitely going to make these for! YUM! —Beth @Tasty Yummies

Is there anyway to eliminate the cheese in this recipe? Firm tofu + nutritional yeast? —Dr. Marilee Heggem

A SUGAR-FREE SWEET GIVEAWAY!

I have a terrible issue with eating “healthy foods” and then dying for sugar afterwards. I feel like I just cannot control it sometimes. —Gina Lay

My struggle is trying to give treats to my gf girls, because they can use the calories and want to be like normal kids. One of my girls doesn't seem to have a problem with sugar, but one definitely does. —Elaine L

It's an everyday struggle, my sugar craving. Usually, I have a healthy meal and afterwards I'm dying for a sugar treat and most of the time I can't control and give in. A Gluten-Free Sugar Cleanse will help me start a good, healthy gluten-free diet and take control of my sweet tooth!
—Maria Mullin



SUPERNATURAL

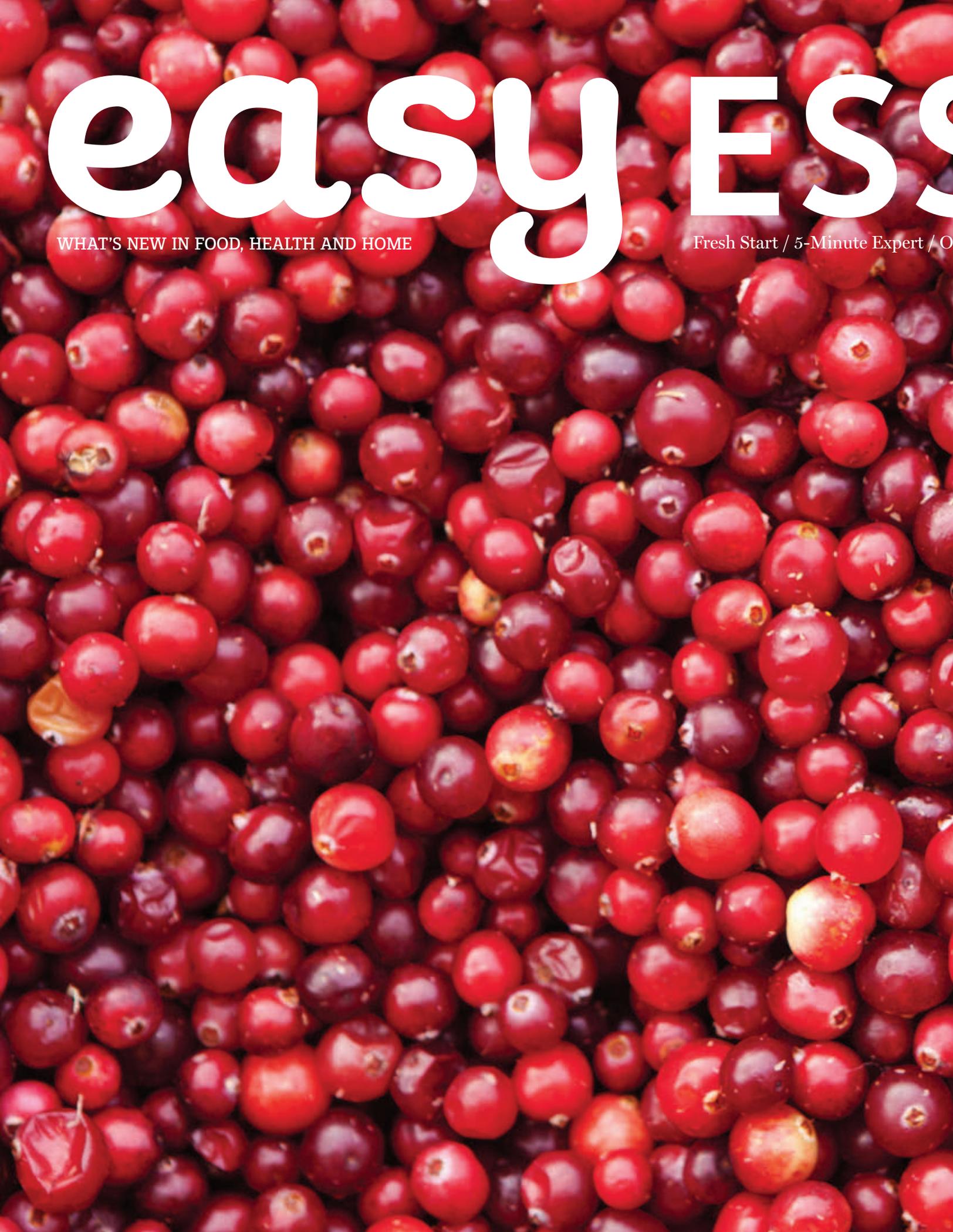
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WHAT'S NEW IN FOOD, HEALTH AND HOME

Fresh Start / 5-Minute Expert / O

SENTIALS

Open Book / Taste Test



FRESH START

RECIPE



Berry Nice

Get fresh cranberries at the market while you can — before they disappear after the holiday season. BY AMY HOWARD

Citrus-Glazed Cranberry-Pistachio Bread

BUY Look for berries that are firm, round, red and shiny. Avoid cranberries that have soft or brown spots.

STORE Place fresh washed cranberries in a resealable plastic bag and store in the fridge for up to 2 months.

PREPARE Remove the stems from the cranberries and rinse under cool water, then dry them off with paper towels.

HISTORY The first commercial canned cranberry sauce was produced by the Cape Cod Cranberry Company and debuted on store shelves in 1912.

FUN FACT Contrary to popular belief, cranberries don't grow in water. Instead, they grow on vines in impermeable beds layered with sand, peat, gravel and clay. These beds, or "bogs," were originally made by glacial deposits.

GOOD TO KNOW Besides helping maintain urinary tract health, cranberries are high in vitamin C and antioxidants, which protect you against common colds and the flu.



Instant Gratification

10 ways to enjoy cranberries now.

1. Make a 10-minute cranberry sauce: Mix 4 cups cranberries, 1 cup water, 2 cups sugar and orange zest in a saucepan over medium heat and bring to a boil until the sugar dissolves. Let cool until berries burst and liquid has reduced.
2. Stuff pork tenderloin with goat cheese and fresh cranberries, and roast at 325° for 1 hour until the internal temperature of the meat is 140° to 145°.
3. Toss dried cranberries into your favorite winter salad.
4. Stir dried or fresh cranberries into your waffle or pancake batter (fresh will be more tart).
5. Swap fresh cranberries for blueberries in muffins.
6. Make easy cranberry butter: Whip together 1 cup softened butter, ¼ cup chopped fresh cranberries, orange zest and 3 tablespoons honey. Enjoy on gluten-free toast.
7. Add fresh cranberries to your gluten-free stuffing before baking.
8. Stir fresh cranberries and almonds into fried rice for an interesting flavor twist.
9. Mix dried chopped cranberries into chicken or tuna salad.
10. Core an apple, fill it with fresh cranberries and top with a mixture of 1½ tablespoons each of brown sugar, oatmeal and butter. Bake in an oven-safe dish at 325° for 10 to 15 minutes.

Nature's Pharmacy

The season's produce isn't just delicious—experts believe it can make you feel better, too.



GUAVA

A single guava fruit contains about four times the amount of vitamin C as an orange.



FENNEL

Fennel helps aid the body in preventing cellular damage that results in joint deterioration.



PUMPKIN

This squash is great for its high amounts of potassium and vitamin A.



POMEGRANATE

A single pomegranate may contain as much as 400 milligrams of potassium, much more than any other fruit.



OKRA

Full of fiber, okra helps stabilize blood sugar as it curbs the rate at which sugar is absorbed through the intestinal tract.



PARSNIP

Half a cup of sliced cooked parsnips has 3 grams of fiber and only 55 calories.



PERSIMMON

1 persimmon has 20 times the amount of vitamin A and 60 times that of carotene than an average apple.



SWEET POTATO

These tubers are high in beta carotene and vitamins E and C. They're also a good source of fiber when eaten with the peel.



RHUBARB

One cup of cooked rhubarb contains as much calcium as a glass of milk.



BANANA

This is the only fruit that contains the amino acid tryptophan and vitamin B₆, a powerful combo that produces serotonin.



YUZU

A hybrid of a mandarin and papeda, this fruit can be halved and used in a bath to treat tough skin and relax the mind.



BUTTERNUT SQUASH

Just 1 serving (1 cup cooked) makes up 18 grams of carbohydrates, making it a better choice than rice.



DRAGON FRUIT

Dragon fruit is full of vitamin C, B₁, B₂ and B₃. It can lower blood glucose levels and blood pressure.



ALMONDS

One ounce of almonds gives you more than a third of the daily value of vitamin E.



SEAWEED

Seaweed is rich with natural iodine extracts that help maintain healthy thyroid function.



KALE

One cup of steamed kale contains 1328% RDA vitamin K and 354% RDA of vitamin A.

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The Food Allergy & Anaphylaxis Network

How Do I Stay Sane During the Holidays?

PUT HEALTH FIRST

I have to admit that the holidays are much easier for me now that my children are older. Gone are the frenetic days of a family vacation to “entertain” them during their holiday break. Now my older boys come home from college or from where they live out of town and want to be home to visit with their childhood friends. So, instead of travel, we have a full house and this has its own challenges. My favorite advice that I give others—and myself—is called preventive scheduling.

You’ve heard of preventive medicine, where you make choices in advance that influence your health in a positive way? Well the same thing goes for your schedule. You can choose in advance how hectic your schedule will be and how much time you make for your self-care, which includes exercise, shopping and preparing for your healthy food. Isn’t it true that you knew exactly how bad your day would be when you added that last extra thing to your schedule? You can make a different choice by adding that meeting or event to a different day that isn’t already crammed with other obligations.

PREVENTIVE SCHEDULING IDEAS:

1. Consider staying home and not traveling during the holidays. We call this a “staycation” in our house and it has become our favorite time of year. It is quiet. The phone doesn’t ring. Everyone else is busy doing something — except us.
2. Make a sane schedule for yourself. Spread out the family plans so there isn’t too much in one day or in one week.
3. Make sure there is “me” time for exercise, eating healthy and relaxation.
4. Relax and enjoy so that you look forward to this time next year!

—*Dr. Susan Blum*

REDUCE STRESS

The stress of the holiday season can send us head over heels into illness and fatigue. We already have our stress response triggered 60 times on a regular day. Imagine what it’s like with added holiday stress.

5 TIPS TO LIVE BY:

1. As best as you can, get 7 to 9 hours of sleep every night.
2. Eat protein every 3 to 4 hours.
3. Exercise, even if 15 minutes, 3 times a week.
4. Make time for you to de-stress.
5. Keep sugar and alcohol to a minimum.

—*Dr. Doni Wilson*

DO THE UNEXPECTED

Focus on what you *can* get done and let go of things you can't. I try to focus on the celebrations, friends and family, and abandon the temptation to do things out of obligation. Gifts? I prefer to give them as a “surprise-I-was-just-thinking-of-you-and-thought-you'd-like-this” occasion. Attendance at every holiday function? Maybe. Life is stressful enough without seasonal pressures to do things just because they're expected. Stay focused on a healthy lifestyle and you'll deal with the unavoidable stressors far better if you're eating well, getting plenty of sleep and staying active. Holiday indulgences? Sure...in moderation. —*Danna Korn*

TAKE A BREAK

Purposefully carve out a few minutes a day to just sit and breathe, take a walk, turn off your electronic devices. Even a regular daily 10-minute mini-break will go a long way toward keeping you grounded during the busiest time of the year. —*Sarah Rivkin*

BE HAPPY

The number one factor in staying sane during the holidays is your attitude. If you're happy and healthy, then no one cares what you eat, except that they'll probably admire your willpower and the fact that you actually do truly care about your health.

Do what you can to be with friends and family at non-food events. Be proactive about planning an outing to a musical or a tree lighting ceremony. Focus on making the holidays about people and relationships rather than food and material items. You'll be happier anyway! —*Stephen Wangen*

PLAN AHEAD

Do as many things early as you can. I've been known to use a summer picture of my kids for our holiday card. I also do as much shopping online as possible. And finally, to avoid the insane mall crowds, I take one day off from work, usually in the first week of December and go to the mall with my list in hand, and don't let myself leave until I'm done. —*Alice Domar*

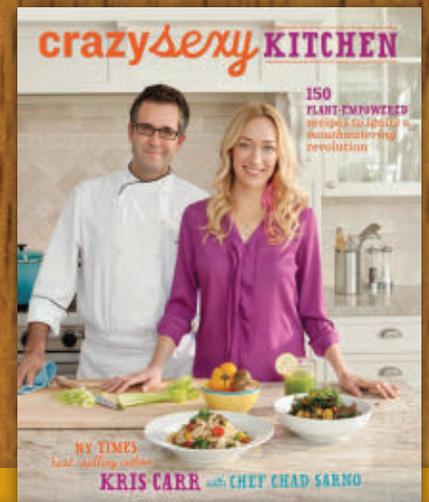
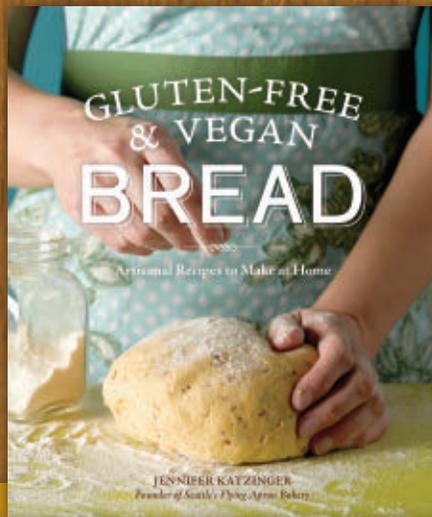
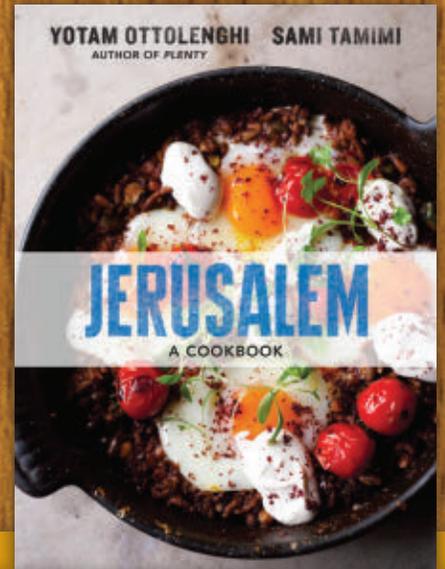
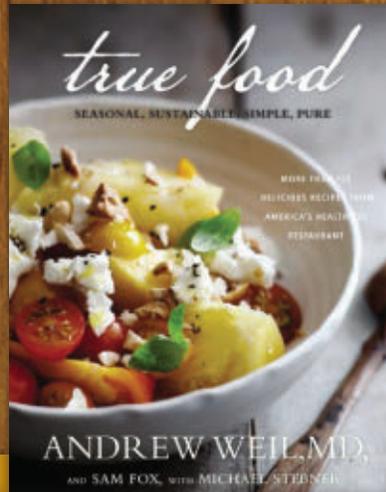


OPEN BOOK

Holiday Helpers

From appetizer to dessert, you'll want to cook by the book with seasonal, gluten-free recipes from these newly-released cookbooks.

BY **SILVANA NARDONE**

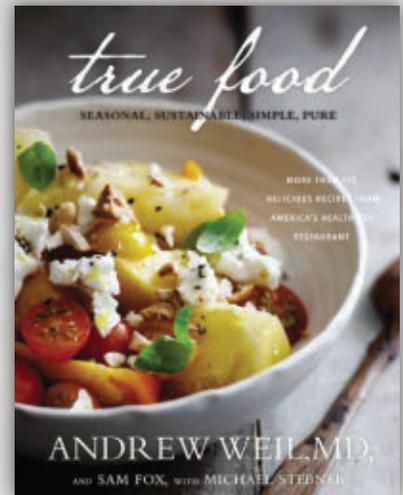


True Food: Seasonal, Sustainable, Simple, Pure

Authors: Andrew Weil, MD, Sam Fox and Michael Stebner

Best Cookbook For: Cooking for health and well-being

Tastiest Quote: “Getting produce should be a kind of meditative practice. Abandon preconceived notions and desires and accept whatever the moment — and the market — brings.”



Stir-Fried Brussels Sprouts with Umami Sauce

Most people who say they hate Brussels sprouts have never had them properly prepared. The secrets: Choose fresh, smallish, young sprouts; don't overcook them and enhance them with the right seasonings. Recipe reprinted with permission from True Food (Little, Brown and Company, \$29.99).

Heat a wok or skillet over high heat. Add the oil. When hot, add the Brussels sprouts and garlic, and cook for 1 minute. Add $\frac{1}{4}$ cup water, cover, and cook for 2 minutes, tossing to cook evenly. Remove the cover and stir in the Umami Sauce, lemon juice, zest, salt and pepper. Continue to cook while occasionally tossing until the liquid is reduced to a thick sauce, about 7 minutes.

SERVES 4 to 6

PREP TIME 7 min

COOK TIME 10 min

- 1½ teaspoons canola oil
- 1½ pounds Brussels sprouts, halved
- 2 cloves garlic, thinly sliced
- $\frac{1}{3}$ cup Umami Sauce
- 2 teaspoons fresh lemon juice
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

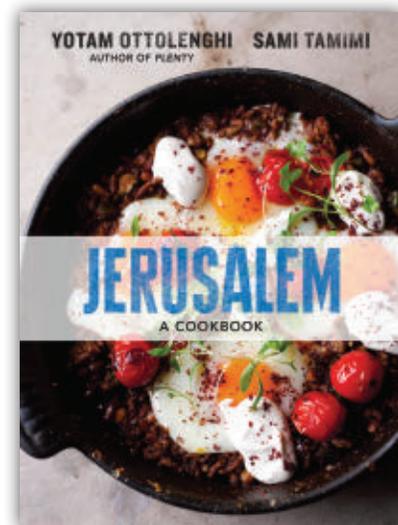


Jerusalem: A Cookbook

Author: Yotam Ottolenghi and Sami Tamimi

Best Cookbook For: Being transported to a place, a culture and a kitchen full of beautiful recipes and stories.

Tastiest Quote: “This is Jerusalem in a nutshell: very personal, private stories immersed in great culinary traditions that often overlap and interact in unpredictable ways...”



Roasted Sweet Potatoes & Fresh Figs %

The balsamic reduction should be runnier than honey and will continue to thicken as it cools. If it becomes too thick to drizzle, stir in a drop of water before serving. Recipe reprinted with permission from Jerusalem: A Cookbook (Ten Speed Press, \$35).

MAKES 4

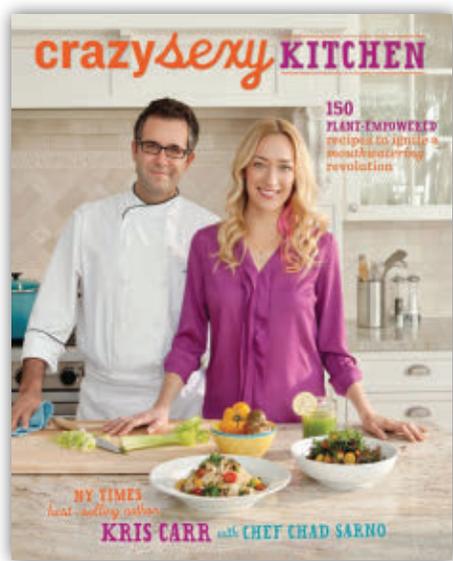
PREP TIME 10 min

COOK TIME 35 min

4 small sweet potatoes
(2¼ pounds total)
5 tablespoons olive oil
Scant 3 tablespoons balsamic vinegar
1½ tablespoons superfine sugar
12 green onions, halved lengthwise and cut into 1½-inch segments
1 red chile, thinly sliced
6 ripe figs, quartered
5 ounces soft goat's milk cheese (optional)
Salt and pepper

- 1 Preheat the oven to 475°. Wash the sweet potatoes, halve them lengthwise, and then cut each half again similarly into 3 long wedges. Mix with 3 tablespoons of the olive oil, 2 teaspoons salt and some pepper. Spread the wedges out, skin side down, on a baking sheet and cook until softened, about 25 minutes; let cool.
- 2 Place the balsamic vinegar and sugar in a small saucepan. Bring to a boil, then lower the heat and simmer until thickened, 2 to 4 minutes.
- 3 Arrange the sweet potatoes on a serving platter. Heat the remaining oil in a medium saucepan over medium heat and add the green onions and chile. Fry for 4 to 5 minutes, stirring often. Spoon the oil, onions and chile over the sweet potatoes. Dot the figs among the wedges and drizzle over the balsamic reduction. Crumble the cheese over the top, if using.





Crazy Sexy Kitchen: 150 Plant-Empowered Recipes to Ignite a Mouthwatering Revolution

Authors: Kris Carr with Chad Sarno

Best Cookbook For:

Inspiring, nourishing plant-based cooking.

Tastiest Quote: “The kitchen has heart, soul, and powerful medicine.”

Pumpkin Bisque

Bright orange veggies like pumpkin, butternut squash, and sweet potato contain high levels of beta-carotene, which is a well-known cancer- and disease-fighter. Recipe reprinted with permission from *Crazy Sexy Kitchen* by Kris Carr with Chad Sarno (Hay House, \$29.95).

SERVES 4 to 6

PREP TIME 12 min

COOK TIME 1 hr 30 min

2 cups pumpkin, butternut squash, or sweet potato, peeled and cubed	¼ teaspoon cayenne
1½ cups diced white onions	¼ cup sherry wine
2 tablespoons olive oil	½ teaspoon sea salt
5 cloves roasted garlic (see tip)	Freshly ground black pepper, to taste
3 cups vegetable broth	¼ cup toasted pumpkin seeds (optional)
1½ tablespoons maple syrup	Drizzle of toasted pumpkin seed oil (optional)
½ teaspoon cinnamon	

- 1 Steam or boil the pumpkin (or squash or potatoes) until tender.
- 2 Sauté onions on medium heat in olive oil until translucent.
- 3 Blend pumpkin, garlic, onions and the next 7 ingredients until smooth in a high-speed blender. Transfer to a medium soup pot and place on low-medium heat.
- 4 Serve warm; top with toasted pumpkin seeds and a drizzle of toasted pumpkin-seed oil.



Tip: Roasting Garlic

Preheat the oven to 400°. Slice off the top end of a bulb of garlic, leaving the bulb intact. Place on a piece of tin foil, large enough to wrap the entire head. Drizzle a teaspoon of olive oil over the garlic and wrap in the foil. Place on a baking sheet and bake in the oven until golden brown, 20 to 25 minutes. Let cool: The cloves will easily slide out of their skins.

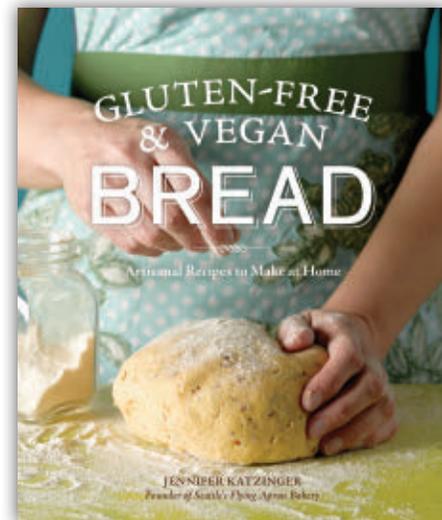


Gluten-Free & Vegan Bread: Artisanal Recipes to Make at Home

Author: Jennifer Katzinger

Best Cookbook For: Baking gluten-free, dairy-free, egg-free and soy-free breads.

Tastiest Quote: “Making bread at home has the power to transport you right into the most precious of places.”



Apricot Kuchen 🍪

This recipe makes two kuchen, but is easily halved if you prefer to make one. If you have limited time, store-bought apricot jam is a delicious substitute for the filling. Recipe reprinted with permission from Gluten-Free & Vegan Bread (Sasquatch Books, \$24.95).

SERVES 2 kuchen

PREP TIME 25 min

COOK TIME 1 hr 50 min

FOR THE APRICOT FILLING

1½ cups dried apricots
2 cups boiling water
1½ tablespoons whole cane sugar
1 tablespoon fresh lemon juice
2 teaspoons vanilla extract

FOR THE DOUGH

1½ cups sorghum flour
1½ cups tapioca flour
¾ cup brown rice flour
½ cup almond meal
½ cup flax meal
1 teaspoon salt
1 teaspoon xanthan gum
1 tablespoon active dry yeast
1½ cups room temperature water
¼ cup maple syrup
3 tablespoons olive oil
Sifted powdered evaporated cane juice or confectioners' sugar, for sprinkling

1 Make the filling: In a large bowl, soak the dried apricots in the boiling water, covered, for 2 hours. Drain the apricots, reserving ¼ cup of the soaking liquid; transfer to a food processor or blender and purée until smooth. Blend in the cane sugar, lemon juice and vanilla.

2 Make the dough: Preheat the oven to 350°. In a large mixing bowl, combine the sorghum flour, tapioca flour, brown rice flour, almond meal, flax meal, salt and xanthan gum.

3 In the bowl of a stand mixer fitted with a paddle attachment, dissolve the yeast in the room temperature water. Add the maple syrup and olive oil. Just as the yeast begins to foam, about 3 minutes, add the combined dry ingredients and mix on low speed until a soft dough forms.

4 Turn the dough out onto the counter and divide into 2 equal portions. Generously dust a 12-inch long sheet of parchment paper with brown rice flour. With floured hands, gently shape 1 portion of the dough on the parchment paper into a rectangle that is 12 inches long and 10 inches wide. Spread half of the filling over the dough to coat evenly. Turn the paper so that the long side of the rectangle is nearest you. Begin rolling, using the parchment paper to lift the dough and roll it over onto itself, forming a cylinder; transfer with parchment paper to the prepared baking sheet. Repeat with the remaining dough. With a pair of clean scissors, make 3 or 4 incisions on top of each loaf. Bake until golden brown and crusty, about 1 hour and 50 minutes. When cooled, dust with powdered evaporated cane juice.

Gluten-Free Baking for the Holidays: 60 Recipes for Traditional Festive Treats

Author: Jeanne Sauvage

Best Cookbook For: Recreating your favorite classic holiday baked goods — and memories.

Tastiest Quote: “For me, holiday baking is about complete joy.”

Sufganiyot (Jelly Donuts)

The eight days of Hanukkah, the Jewish celebration of lights, honor the sacred lamp in the Holy Temple, which burned for eight days even though it only contained enough oil for one. Traditionally, many Hanukkah foods celebrate the oil in addition to the light. Recipe reprinted with permission from Gluten-Free Baking for the Holidays (Chronicle Books, \$24.95).

MAKES About 20 doughnuts

PREP TIME 25 min

COOK TIME 15 min

1 teaspoon granulated sugar, plus $\frac{3}{4}$ cup

$\frac{3}{4}$ cup plus 2 tablespoons warm water
(about 110°F)

1 tablespoon active dry yeast

2 cups Jeanne's Gluten-Free All-Purpose
Flour

1 teaspoon salt

1 teaspoon xanthan gum

2 teaspoon baking powder

1 extra-large egg, at room temperature

1 tablespoon unsalted butter, melted and cooled a bit

Neutral-flavored oil, such as rice bran or canola, for greasing and frying

Tapioca flour, for dusting

$\frac{1}{4}$ cup jam of your choice, such as raspberry



- 1 In a small bowl, whisk the 1 teaspoon sugar into the warm water until dissolved. Whisk in the yeast until dissolved. Set aside to proof until foamy.
- 2 In a medium bowl, mix together the flour, salt, xanthan gum, baking powder and $\frac{1}{4}$ cup of the sugar.
- 3 In the bowl of a stand mixer fitted with the paddle attachment, beat the egg, butter and yeast mixture on low speed for a few seconds to combine. Add the flour mixture and beat for a few seconds to combine. Increase the speed to high and beat for 3 minutes more.
- 4 Grease a large bowl with oil. Scrape the dough into the oiled bowl and cover with plastic wrap. Let the dough stand in a warm, draft-free place until nearly doubled, about 1 hour.
- 5 Liberally dust your rolling surface with tapioca flour. Line two baking sheets with waxed paper. Place the dough on the floured surface and dust with tapioca flour. Gently roll the dough to about $\frac{1}{8}$ -inch thick. With a $2\frac{1}{4}$ -inch cookie cutter, cut out as many rounds as possible, dipping the cutter into tapioca flour before each cut. With a spatula dipped in tapioca flour, scoop up the rounds and place on the prepared baking sheets, spacing them at least 1 inch apart. Repeat with any remaining dough. You should have about 40 rounds in total.
- 6 Using a pastry brush, brush off as much tapioca flour as you can from the cut rounds. Place $\frac{1}{4}$ teaspoon jam in the center of half of the rounds. With a finger dipped in water, moisten the dough around the jam. Set a plain round on top of each



jam-covered round. Press around the edges to seal, then push the edges toward the center so each doughnut is fat and fluffy. Let stand in a warm, draft-free place until puffy and about double in bulk, about 1 hour.

7 About 30 minutes before the doughnuts have risen fully, pour 3 to 4 inches of oil into a deep, heavy-bottomed 2-quart saucepan. Heat over medium-high heat until the oil reaches 375° on a candy thermometer. Line 2 platters with paper towels.

8 Using the spatula, carefully lower the doughnuts into the hot oil. Cook only as many as will fit comfortably in your pan, allowing some space between them so that they can fry evenly. Fry until brown on one side, about 40 seconds, then turn and fry until puffed and golden, about 20 seconds. With tongs, remove the doughnuts from the oil and place on the paper towels to drain. Let the oil to return to 375° and repeat with all of the remaining doughnuts.

9 Set a wire rack over a cookie sheet. Place the remaining ½ cup sugar in a bowl. Gently roll each warm doughnut in the sugar until coated. Set on the rack to cool completely.

Flour Power

Many gluten-free flour blends boast an “all-purpose” label. But few stand up to the task. We took some into the kitchen to see which ones truly live up to their claim. **BY JACQUELINE RAPOSO**





King Arthur Flour

In keeping with their longtime mission to provide high-quality flours, this gluten, soy and nut-free blend leaves out the xanthan gum so you can tailor recipes to suit your health needs. (\$7.95 for 1.5 lb. box; kingarthurfLOUR.com)



Hodgson Mill

Millet, sorghum and brown rice flours provide a healthy dose of fiber and iron in this blend. Bonus: The back of the box is loaded with recipes, like how to make pancakes. (\$2.55 for 12 oz.; hodgsonmill.com)



Pamela's Products

With cultured buttermilk, almond meal and white and brown rice flours, you'll get fluffy baked goods along with 8 grams of whole grains per serving. (\$35.82 for six 24-oz. packages; pamelasproducts.com)



Jules Gluten-Free

This corn-and-white rice flour blend makes baked goods taste as good as their gluten-full counterparts. Modified tapioca starch increases shelf-life and improves texture. (\$19.95 per 5 lb. bag; julesglutenfree.com)



Better Batter

Rice flour, tapioca starch, potato starch and xanthan gum combined with potato flour and pectin, give this blend a textural edge in your recipes. (\$7.50 for 20 oz.; betterbatter.org)



Bob's Red Mill

This rice-free baking flour combines garbanzo and fava bean flours with sorghum flour, potato and tapioca starches, hearkening back to earlier high-protein blends. (\$3.21 for 22 oz.; bobsredmill.com)



Authentic Foods

Superfine brown rice flour, sweet rice flour, tapioca starch, cornstarch and xanthan gum combine to make this whole-grain, dairy, soy and nut-free blend a longtime fan favorite. (\$6.95 for 1.5 lbs.; authenticfoods.com)



Cup 4 Cup

Developed by pastry chef Lena Kwak, this blend contains milk powder along with old school gluten-free flours which adds softness to your recipes. (\$19.95 for 3 lbs.; cup4cup.com)



Domata

This "recipe ready" flour—based on the standard rice-based mix—yields a wonderful lightness to baked goods and is free of dairy, soy or sugar. (\$6.79 for 20 oz.; domataflour.com)