

**MADISON AREA GLUTEN INTOLERANCE CHAPTER
M.A.G.I.C.**

<http://www.madison.com/communities/gluten-free/>

CSA/USA, INC. – Madison Area Chapter #41 – Affiliated 1993

**Next Gathering: Saturday, September 8, 2007
10a.m. – 12 p.m.
Prairie Park Apartments—6530 Schroeder Rd., Madison**

**Dr. Ehrhardt
Gastroenterologist @ Dean Clinic
Topics—Celiac Disease and IBS**

Prepared Gluten Free Meals—Shipped Nationwide

Dear CSA Member

I am a member of the Colorado Springs group and as such I would like to pass on some information regarding my company, Ceres' Kitchen. We are a completely gluten-free meal assembly kitchen and we ship family size meals nationwide.

We all have had times when time is tight and it would be wonderful not to plan, prepare and cook a gluten-free meal for the family. In most cases it isn't any easier to "go out" to eat. It would be great to have something in the refrigerator or freezer that you could quickly take out and cook to put a delicious meal on the table that the whole family could eat.

Ceres' Kitchen may be the answer. Like a lot of the "pre-prep businesses springing up around the country we prep meals that can be cooked at home. Our menu changes every month and we offer a large number of vegetarian as well as meat based meals. We only use "natural"-antibiotic meats and as much organic produce as possible.

The largest difference between Ceres' Kitchen and the other pre-Prep businesses is that we are completely gluten-free, we have no minimum number of meals that you need to buy and we ship nationwide.

We would like to get this information out to the gluten-free community so if you would like more information please visit our website at www.cereskitchenco.com or call me at (719) 266-8202.

Thank you

Sharon Bivins
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Recipes from July Picnic

Gluten-Free Multigrain Miracle Bread

Original version found at <http://glutenfreebay.blogspot.com/2007/02/gluten-free-bread-that-just-might-make.html>

1/2 cup brown rice flour
3/4 cup sorghum flour
1/4 cup quinoa flour
1/4 cup tapioca starch
1/4 cup arrowroot starch
2 scant teaspoons xanthan gum
2 teaspoons active dry yeast (used quick rise)
1 teaspoon salt
2 eggs
2 additional egg whites
1 cup water, room temperature
2 tablespoons vegetable oil
2 tablespoons honey
2 teaspoons apple cider vinegar
Incidental Ingredient: Pan greased with palm oil

Preheat the oven to 200F when making a loaf. When making buns, don't heat oven all the way to 200F. It overheats the dough.

Sift flours, yeast & all other dry ingredients together in medium bowl.
(If using quick rise yeast, dissolve yeast in 1 cup warm water with 1 tsp sugar according to package directions, then combine other liquid ingredients into it)

Combine wet ingredients in a separate large bowl using a hand-mixer on low or medium speed. When fully combined, slowly add dry ingredient mixture & mix until fully blended with no lumps. Scrape sides regularly.

Grease a 9x5" bread pan or bun pan; pour dough into pan. Turn off oven and immediately place the pan in it. Do not open the door again, if possible. Allow the dough to rise for 90 minutes for a 9 x 5 loaf, around 30 minutes for buns. It should rise to the very top of the pan.

Increase heat to 350F and bake for approximately 40 minutes for a loaf, around 20 to 30 for buns. The crust should be golden-brown. Allow to cool slightly before removing from the pan to finish cooling. Do not slice until the bread is no longer hot.

This loaf does not need to be frozen, but if there are leftovers after a few days, place slices in airtight bags and freeze.

Carrot Millet Bread

1/2 cup millet flour
1/2 cup tapioca flour
1/2 cup white rice flour
1/4 cup sweet rice flour
1/4 cup quinoa flour
1 tsp salt
2 teaspoons xanthan gum
1 package yeast
1 tsp sugar
2/3 cup warm water
2 tbs cooking oil
3 eggs
1 cup carrots, grated
1 tbs lemon juice

Combine the flours, salt, and xanthan gum in a mixing bowl. In a larger bowl, proof the yeast in the warm water with the sugar. Add the eggs, oil, carrots and lemon juice to the yeast and mix in with electric mixer. Mix in the dry ingredients and beat a few minutes until smooth. Pour into bun pans or a loaf pan and let rise until nearly doubled. Bake at 350EF for 35 to 40 minutes (for loaf) or until done. Should be golden brown on top. Adapted from a recipe in Soups, Stews & Quickbreads by Jan Thomson, 1998.

Spicy Black Bean Spread

16-oz can black beans, rinsed and drained
1/2 cup salsa
2 tablespoons coarsely chopped cilantro
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 tablespoons finely diced green pepper
3 tablespoons finely diced red pepper

Use a food processor to process the beans until smooth. Add the salsa, cilantro, cumin, salt and black pepper and process just to mix, leaving some small chunks of tomato, if desired. Stir in chopped peppers. Use as a dip or sandwich spread. Recipe from Spreads, Toppers, & Dips by Diane Rozas, 1997.

MACARONI SALAD

(Margaret Kramer)

Combine in bowl....

3 cups chilled cooked GF macaroni or shells (1 1/2 cups uncooked)
1/2 lb. bits of crisp bacon
1/2 cup chilled cooked peas
1/2 lb cheddar cheese, cubed
1 cup chopped celery
2 Tablespoon minced onion
1/4 cup minced green pepper, if desired
Salt and pepper to taste
Toss together with Hellmann's mayonnaise

BLENDER MUFFINS

(Kathy Borner)

3 eggs, separated
pinch of salt
1 cup buttermilk
1/3 cup oil
1 cup brown rice flour
3 Tablespoons corn flour
1 teaspoon baking soda
1 Tablespoon sugar

2 teaspoons baking powder

In a blender, add: egg yolks, salt, buttermilk and oil. Blend. Add rice flour, corn flour, baking soda and sugar. Blend. In a separate bowl, beat egg whites till stiff, not dry, and baking powder. Fold mixture from blender into stiffly beaten egg whites. Gently pour into 12 greased muffin tins. Bake 350 oven for 20-25 minutes.

For mini-muffins, bake 13-15 minutes depending on the size of the pans.

RAW BROCCOLI/CAULIFLOWER SALAD

(Kathy Borner)

1 bunch broccoli - cut or broken up
1 small head cauliflower - cut or broken up
4 green onions - cut up
1 - 10 oz. pkg. frozen peas or 2 cups frozen peas

Dressing: (quantities for two sizes salad)

| medium | large |
|-------------------|---|
| 1/3 cup + 1 Tbsp. | 3/4 cup sour cream (I used Daisy Light) |
| 1/4 tsp. | 3/4 tsp. salt |
| pinch | 1/3 tsp. garlic salt |
| 1 tsp. | 2 tsp. sugar |
| 3/4 cup | 1 1/2 cup mayonnaise (I used Hellman's Light) |

1. Put peas in colander; run water over to break apart; don't soak or cook; drain.
2. In a medium sized bowl, thoroughly mix together all dressing ingredients.
3. In a large bowl, place broccoli, cauliflower, green onions, and peas.
4. Pour dressing over vegetables. Toss together till well mixed. Refrigerate for several hours or overnight to blend flavors.

NAMASTE BLONDIES

Make according to pkg. instructions plus:

1 teaspoon GF vanilla
1 10 oz pkg. dark Nestle Chocolate morsels

NO-FLOUR PIZZA

(Nancy Spencer)

4 cups grated zucchini (4-5 medium to small)
2 eggs, beaten
4 cups mozzarella cheese-divided
15 oz. pizza sauce (I use Pastorelli)
1 chopped green pepper
½ cup diced onion
Sliced mushrooms
1 cup fresh grated parmesan cheese
1 tablespoon dried oregano
Black pepper to taste
1 tablespoon olive oil

Preheat oven to 400 degrees. Squeeze moisture out of zucchini and mix with eggs and 2 cups of mozzarella cheese. Fill bottom of 9x12 cake pan with mixture and bake for 25 minutes. Remove from oven and spread with sauce, green peppers, mushrooms, onions and remaining cheeses. Sprinkle black pepper and dried oregano on top of cheese. Dribble olive oil over top and bake for 20-30 minutes. Do not let cheese get too brown.

ORANGE FLUFF

(Cheryl Dykhuizen)

3 cups water
1 pkg. 3oz orange Jello
1 pkg. 3 oz. vanilla pudding (cooked kind)
1 pkg. 3 oz tapioca pudding (cooked kind)
1 large can mandarine oranges (well drained) Save a few for garnish
1 8 oz. Cool whip thawed

Bring the water to a boil, gradually add the gelatin & the 2 puddings while stirring constantly. Bring mixture back to a boil; boil for 2 minutes stirring constantly. Set aside to cool. When cool add oranges and Cool whip and fold together. Refrigerate several hours or overnight. Serve cold.

QUINOA CRUNCH SUMMER SALAD

(Alexi)

2 cups rinsed Ancient Harvest Quinoa
1 large chopped tomato,
1 large chopped cucumber
2 tablespoon lemon juice
Salt & pepper to taste

Microwave 2 cups quinoa with 3 cups water for 9 minutes and let stand for 2 minutes. Cool. Mix chopped vegetables and other ingredients when quinoa is cool.
Chill for 1 hour. Serve cold

CRUNCHY ORIENTAL CHICKEN SALAD

(Claire Poppe)

- 1 Tablespoon oil or butter
- 1 pkg. Thai Kitchen Lemongrass + Ginger Soup mix (looks like packet of Ramen)
- 2 Tablespoons sesame seeds
- 2 Tablespoon honey
- ¼ rice wine vinegar (or use ¼ cup vinegar plus ¼ cup sugar)
- ¼ teaspoon pepper
- 2 cups cubed, cooked chicken
- ¼ cup dry-roasted peanuts (opt.)
- 4 med. Green onions, sliced (opt.)
- 1 bag coleslaw mix or broccoli slaw mix
- 1 can mandarin orange segments, drained

Marinate chicken for several hours:

- ¼ cup low sodium GF soy sauce
- ¼ cup rice wine vinegar
- ¼ teaspoon pepper
- ½ teaspoon ginger
- ½ teaspoon garlic powder

In oil or butter on med-low heat, add noodles (broken up) from soup mix. Let cook 2 minutes. Add seasoning packet from soup mix. Stir in sesame seeds. Cook additional 2 minutes and remove from heat

Combine honey, vinegar, oil from soup mix, and pepper in large bowl. Add noodle mixture and rest of ingredients. Toss and enjoy cold or warm.

BUSY DAY BEEFBURGERS

(Mary Lee Rossmassler)

- 1 lb. ground chuck or round
 - 1 ½ cups chopped onion (may use frozen)
 - 1 ½ cups chopped celery
 - 1 can tomato soup (do not reconstitute)
 - ½ cup catsup
 - 2 tablespoon brown sugar (opt.)
 - 1 teaspoon salt
 - Dash pepper
 - 5-6 buns, toasted
- Brown meat, add onion & celery. Add soup, catsup, & seasonings. Simmer uncovered about 20 minutes. Salt to taste.
- May use tomato sauce instead of soup. Add white rice flour or tapioca flour to thicken.

CHOCOLATE CAKE

(Avery's)

- Mix a Pamela's Chocolate Cake Mix and bake according to direction.
- Frost with Door County Cherry Pie Filling

GREEK DIP

Yogurt, cucumber, rice vinegar, olive oil, mint, garlic salt to taste

RASPBERRY SWIRL CHEESECAKE

1-8 oz. pkg. cream cheese, softened
1-14 oz can sweetened condensed milk
1 egg
4 tablespoon lemon juice, divided
1 gluten free crust
½ cup raspberry preserves

In mixing bowl, beat cream cheese until fluffy. Beat in condensed milk until smooth. Add eggs & 3 tablespoon lemon juice, mix well. Pour ½ of batter into crust. Combine remaining 1 tablespoon lemon juice with raspberry preserves. Spoon ½ raspberry mixture over batter. Pour remaining cream cheese mixture on top. Using a knife, swirl remaining preserves into pattern on top. Bake 45 minutes – 300 degree oven

SPICY BLACK BEAN SPREAD

16-oz can black beans, rinsed & drained
½ cup salsa
2 tablespoons coarsely chopped cilantro
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon black pepper
3 tablespoons finely diced green pepper
3 tablespoons finely diced red pepper

Use a food processor to process the beans until smooth. Add the salsa, cilantro, cumin, salt & pepper and process just to mix, leaving some small chunks of tomato, if desired. Stir in chopped peppers. Use as a dip or sandwich spread.

CARROT MILLET LOAF

| | |
|-------------------------|--------------------------|
| ½ cup millet flour | 1 package yeast |
| ½ cup tapioca flour | 1 teaspoon sugar |
| ½ cup white rice flour | 2/3 cup warm water |
| ¼ cup sweet rice flour | 2 tablespoon cooking oil |
| ¼ cup quinoa flour | 3 eggs |
| 1 teaspoon salt | 1 cup carrots, grated |
| 2 teaspoons xanthan gum | 1 tablespoon lemon juice |

Combine the flours, salt and xanthan gum in a mixing bowl. In a larger bowl, proof the yeast in the warm water with the sugar. Mix eggs, oil, carrots and lemon juice with electric mixer. Mix in the dry ingredients and beat a few minutes until smooth. Pour into bun pans or a loaf pan and let rise until nearly doubled. Bake at 350 degrees for 35-40 minutes (for loaf) or until done. Should be golden brown on top.

DECADENT CHOCOLATE CAKE

Make Cake using Gluten-Free decadent chocolate cake mix. Use icing recipe on back of box and enjoy.

PEPPERONI CHEESE WHEEL

1-8oz container soft-style cream cheese with chives & onion
1-1/4 cup shredded Muenster cheese (5 oz.)
1-3 1/2 oz. package sliced pepperoni finely chopped
1 tablespoon milk
2 teaspoons paprika
1/2 teaspoon ground red pepper
GF crackers

Mix together cream cheese, Muenster cheese, chopped pepperoni & milk. Shape into 4-inch ball. Flatten the ball into a wheel shape measuring 4 1/2 x 1 1/2. On wax paper combine paprika & red pepper. Roll and pat cheese wheel in paprika mixture till well coated. Cover & refrigerate for 3 hours to 1 week. OR wrap in moisture and vapor proof material & freeze up to 3 months. Let thaw overnight in refrigerator before serving.

GLUTEN-FREE MULTIGRAIN MIRACLE BREAD

Original version found at:

<http://glutenfreebay.blogspot.com/2007/02/gluten-free-bread-that-just-might-make.html>

1/2 cup brown rice flour
3/4 cup sorghum flour
1/4 cup quinoa flour
1/4 cup tapioca starch
1/4 cup arrowroot starch
2 scant teaspoons xanthan gum
2 teaspoons active dry yeast (used quick rise)
1 teaspoon salt
2 eggs
2 additional egg whites
1 cup water, room temperature
2 tablespoons vegetable oil
2 tablespoons honey
2 teaspoons apple cider vinegar
Incidental Ingredient: Pan greased with palm oil

Preheat the oven to 200F when making a loaf. When making buns don't heat oven all the way to 200F. It overheats the dough. Sift flours, yeast & all other dry ingredients together in medium bowl. (If using quick rise yeast, dissolve yeast in 1 cup warm water with 1 teaspoon sugar according to package directions, then combine other liquid ingredients into it.) Combine wet ingredients in a separate large bowl using a hand-mixer on low or medium speed. When fully combined, slowly add dry ingredient mixture & mix until fully blended with no lumps. Scrape sides regularly.

Grease a 9x5 bread pan or bun pan; pour dough into pan. Turn off oven and immediately place the pan in it. Do not open the door again, if possible. Allow the dough to rise for 90 minutes (for a 9x5 pan, around 30 minutes for buns). It should rise to the very top of the pan.

Increase heat to 350F and bake for approximately 40 minutes for a loaf (around 20-30 for buns). The crust should be golden-brown. Allow to cool slightly before removing it from the pan to finish cooling. Do not slice until the bread is no longer hot.

This loaf does not need to be frozen, but if there are leftovers after a few days, place slices in airtight bags and freeze.

Gluten Free Restaurants

From Dawn Whyte (Madison R.O.C.K.)

"I mentioned this restaurant in a previous newsletter but wanted to let everyone know that we recently were in the Chicago area and tried the Italian restaurant **Da Luciano's**. It was the best place we have been to!!!! It is a small place with about 10 tables & the owners have 7 children which 4 of the children have celiac disease. The gluten-free menu is exactly like the regular menu. Alexandria had fried mozzarella sticks for an appetizer, personal pizza for dinner and 2 cream puffs for dessert. Alexandria was so happy eating and said she wanted to eat there everyday. I spoke with the owner and she said that they are working on a mail order list. The menu has garlic bread, bruschetta, fried calamari, antipasto, lasagna, chicken, seafood & veal pasta dishes, tiramisu, pizza, etc. Here is the website--to the left it lists it gluten-free menu. <http://www.dalucianos.com/> It was 10 miles outside of Downtown Chicago and is really easy to get to."

Check out www.celiachandbook.com. You can click on the state that you want & it will give you a list of restaurants for that states. If you know of a restaurant that serves gluten-free food you can submit it to them.

