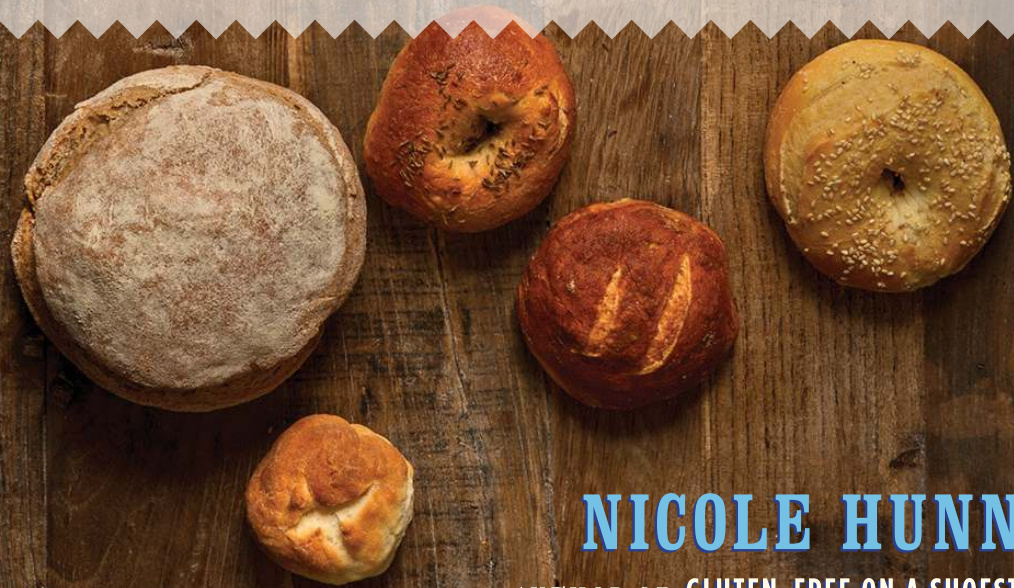




# GLUTEN-FREE ON A SHOESTRING

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## Gluten-Free Recipes You Need to Master Right Now!



**NICOLE HUNN**

*AUTHOR OF* **GLUTEN-FREE ON A SHOESTRING**



Gluten-Free Flour Tortillas  
Yield: 10 to 20 tortillas, depending upon size

# Gluten-Free Flour Tortillas

Yield: 10 to 20 tortillas, depending upon size

The best thing about these flour tortillas is just how authentic they taste. The second best thing? They freeze beautifully. Just let them cool, then wrap them in a stack (no need to place any parchment in between the tortillas—just stack 'em up) in freezer-safe wrap, and place them in the freezer. Defrost them overnight in the refrigerator, or even in a quick spin in the microwave. I always have at least a dozen in my freezer. I consider it dinner insurance.

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## INGREDIENTS

- 1 3/4 cups (245 g) all-purpose gluten-free flour, plus more for sprinkling (I use Better Batter)
- 1 teaspoon xanthan gum (omit if your blend already contains it)
- 35 grams (about 1/4 cup) Expandex modified tapioca starch \* (can be replaced here with an equal amount of regular tapioca starch/flour)
- 1 1/2 teaspoons baking powder
- 1 teaspoon (6 g) kosher salt
- 4 1/2 tablespoons (54 g) vegetable shortening
- 3/4 cup (6 ounces) warm water (about 85°F)

\* For information on where to find Expandex, please see the Resources page on my blog. For information on how to replace Expandex with Ultratex 3, readily available in most countries outside the United States, in the gluten-free bread recipes in GFOAS Bakes Bread scroll to #6 in Resources. I have not yet tested Ultratex 3 in this recipe, but I would recommend trying a mix of 268 grams all purpose gluten-free flour + 12 grams Ultratex 3 in place of the blend above. Ultratex 3 is at least 3 times as strong as Expandex.

## DIRECTIONS

1. In a large bowl, place the all-purpose flour, Expandex, baking powder, and salt, and whisk to combine. Add the vegetable shortening and toss it in the dry ingredients. With the tines of a large fork, break up the shortening into small pieces about the size of small peas. Create a well in the center of the mixture, and add the water. Mix to combine. The dough will come together and be thick. Press together into a ball, cover with a moist tea towel, and allow to sit for about 20 minutes. The dough will stiffen a bit as it absorbs more of the water.



2. Heat a 10 or 12 inch cast iron skillet over medium high heat. Divide the dough into five pieces. Begin with one piece of dough, and cover the rest with a moist tea towel to prevent them from drying out. On a lightly floured surface, with a rolling pin, roll out the first piece of dough until it is 1/8 inch thick. Cut out as many rounds as you can (should be three or four) with a 6 or 8 inch metal cake cutter or the lid of a pot about the same size. Stack the raw tortillas on top of one another, dusting lightly with flour between them, if necessary, to prevent them from sticking. Gather the scraps and set them aside. Repeat with the remaining pieces of dough, including gathering and re-rolling all of the scraps together.
3. Once all the tortillas have been rolled out and cut, place them one at a time in the center of the hot skillet and cook on one side until bubbles begin to appear on the top surface and the tortilla darkens in color a bit on the underside (about 45 seconds). Flip the tortilla over with a wide spatula, and cook on the other side until more bubbles form and the tortilla darkens on the underside (about another 45 seconds). Remove the tortilla from the pan, place on a moist tea towel, and cover gently. Repeat with the remaining tortillas.
4. If you don't plan to use the tortillas right away, place them, still wrapped in the towel, in a plastic bag to seal in the moisture. Use within a few hours.

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**Adapted slightly from the book *Gluten-Free on a Shoestring Bakes Bread: Biscuits, Bagels, Buns, and More* by Nicole Hunn.**



One Bowl Gluten-Free Chocolate Cake  
Yield: 1 9inch cake

# One Bowl Gluten-Free Chocolate Cake

Yield: One 9inch cake

All it takes is a few basic gluten-free pantry ingredients, plus one bowl, one spoon and a baking pan (well, okay, you'll need your oven) to make this rich, fudgy chocolate cake. It makes a perfect birthday cake for gluten-free and gluten eaters alike, and is a great place to begin your gluten-free baking adventure if it's new to you. Chocolate perfection!

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## INGREDIENTS

For the cake

- 1 1/2 cups (210 g) all-purpose gluten-free flour (I use my Better Than Cup4Cup blend or Better Batter)
- 3/4 teaspoon xanthan gum (omit if your blend already contains it)
- 14 tablespoons (70 g) unsweetened cocoa powder (I prefer Dutch-processed in this recipe, but have made it with natural cocoa powder and it works fine)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1 cup (200 g) granulated sugar
- 3/4 cup (168 g) sour cream, at room temperature
- 1/2 cup (112 g) vegetable oil
- 2 eggs (120 g, weighed out of shell) at room temperature, beaten
- 3/4 cup (6 ounces) warm water (about 95°F)

FOR THE GANACHE TOPPING (optional)

- 3/4 cup (6 fluid ounces) heavy whipping cream
- 8 ounces dark chocolate, chopped

## DIRECTIONS

1. Preheat your oven to 350°F. Grease a 9inch round or square baking pan and set it aside.



2. In a large bowl, place the flour, xanthan gum, cocoa powder, salt, baking soda and sugar, and whisk to combine well. Create a well in the center of the dry ingredients and add the sour cream, oil, eggs and water, mixing to combine after each addition. The batter should be very thickly pourable. Scrape the batter into the prepared pan, smooth into an even layer and place in the center of the preheated oven. Bake until a toothpick inserted in the center of the cake comes out mostly clean or with a few moist crumbs attached (about 30 minutes). Do not overbake. Remove from the oven and allow the cake to cool for 10 minutes in the pan before inverting onto a wire rack to cool completely.
3. While the cake is cooling, make the (optional) ganache topping. In a small, heavy-bottom saucepan, heat the heavy whipping cream until it just begins to simmer. Place the chopped chocolate in a mediumsize bowl, and pour the hot cream over the chocolate. Allow the cream to sit on the chocolate for about a minute, until the chocolate begins to melt, and mix until the chocolate is melted and the mixture is smooth and glossy. Pour the warm ganache over the top of the cooled cake, and gently spread toward the edges so the ganache begins to drip down the sides of the cake. Allow to set at room temperature before serving.



The Best Gluten-Free Won Ton Wrappers  
Yield: Makes 60 3inch square wrappers



# The Best Gluten-Free Won Ton Wrappers

Yield: Makes 60 3inch square wrappers

Unlike conventional wonton wrappers, which are sold ready made in large grocery stores in the refrigerated case, if we want gluten-free wonton wrappers, we have to make them ourselves. And since wonton wrappers are the foundation of everything from eggrolls and crab Rangoon to steamed dumplings and wonton soup, this is a gluten-free recipe to master right now. Like the gluten-free flour tortillas above, they freeze beautifully, stacked without filling, or filled and shaped. You can even boil filled wontons in soup without defrosting them at all!

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## INGREDIENTS

1 3/4 cups (245 g) all purpose gluten-free flour (I use Better Batter), plus more for sprinkling

3/4 teaspoon xanthan gum (omit if your blend already contains it)

35 grams (about 1/4 cup) Expandex modified tapioca starch \* (can be replaced, in this instance, with an equal amount of regular tapioca starch/flour)

3 eggs (180g, out of shell) at room temperature, beaten

4 to 6 tablespoons warm water (about 85°F)

\* For information on where to find Expandex, please see the Resources page on the blog. For information on how to replace Expandex with Ultratex 3, readily available in most countries outside the United States, in the gluten-free bread recipes in GFOAS Bakes Bread scroll to #6 in Resources. I have not yet tested Ultratex 3 in this recipe, but I would recommend trying a mix of 268 grams all purpose gluten-free flour + 12 grams Ultratex 3 in place of the blend above. Ultratex 3 is at least 3 times as strong as Expandex.

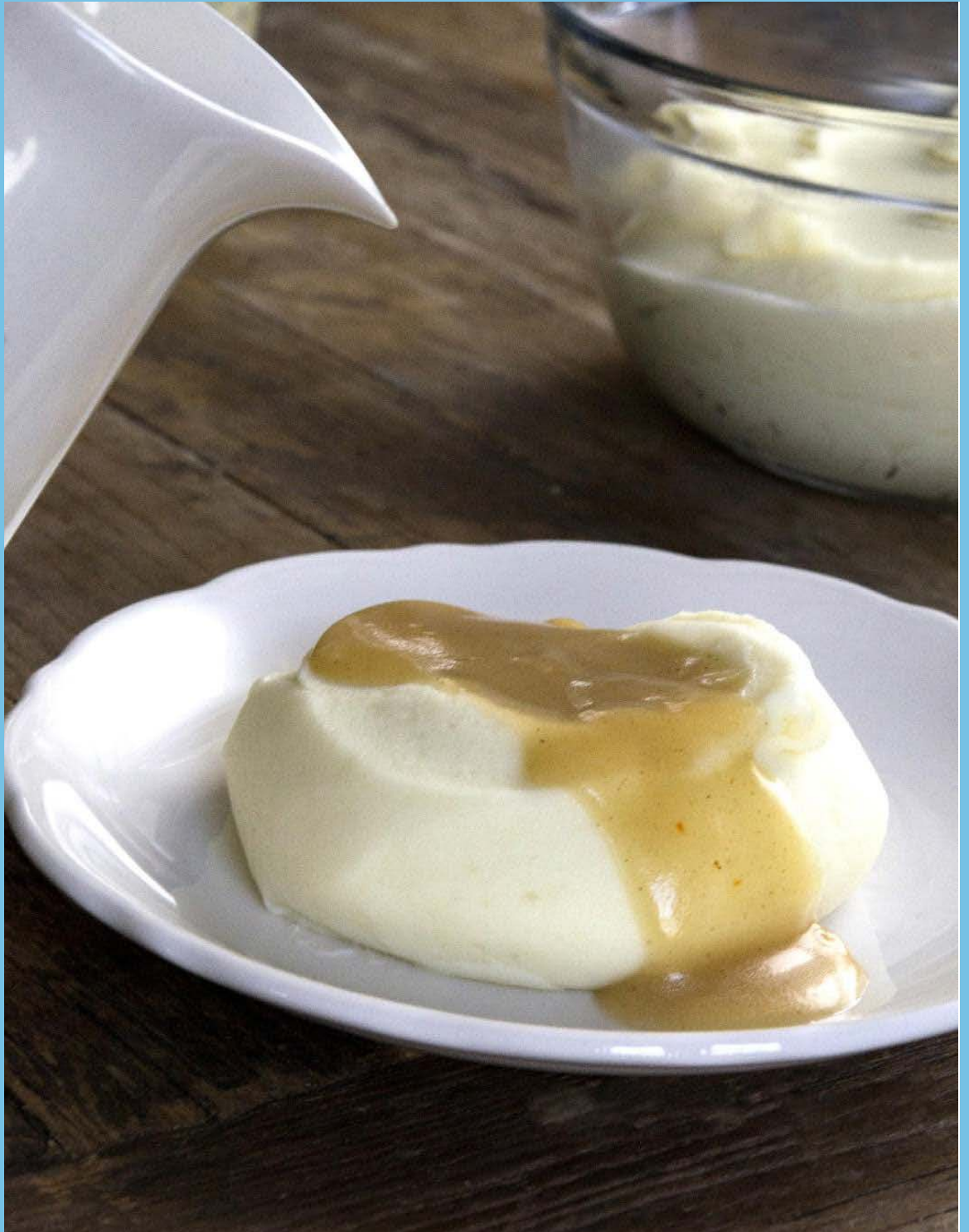
## DIRECTIONS

1. In the bowl of a stand mixer fitted with the paddle attachment (or a large bowl with a wooden spoon), place the flour, xanthan gum and Expandex, and whisk to combine well with a separate handheld whisk. Create a well in the center of the dry ingredients, and add the eggs and 4 table spoons warm water, and mix to combine on medium speed for about 1 minute (or with the wooden spoon for at least 2 minutes). The dough should come together. If there are any crumbly bits, add the remaining warm water by the teaspoon until the dough holds together well when squeezed with your hands. Turn the mixer speed up to medium high, and beat until smooth, 3 to 4 minutes (or by hand with a wooden spoon for at least twice as long). The dough should be smooth and pliable. If it feels stiff, add a few more drops of water and mix in until pliable. It should be, at most, slightly sticky but mostly just smooth.



2. Transfer the dough to a piece of plastic wrap, wrap it tightly and allow it to sit at room temperature for about 10 minutes. The dough will absorb more water and any remaining stickiness should dissipate. Unwrap the dough, divide it in half and return half of it to the plastic wrap and wrap tightly to prevent it from drying out. Place the remaining half of the dough on a lightly floured surface, sprinkle lightly with more flour and roll into a rectangle about 1/4 inch thick. Flip and shift the dough often to prevent it from sticking, sprinkling very lightly with more flour as necessary to allow movement. With a pizza wheel, pastry cutter or sharp knife, trim the edges of the rectangle to create even edges. Remove and gather the trimmings, and set them aside.
3. Applying even and sustained, but not aggressive, pressure roll out the rectangle until it is approximately 1/8 inch thick. Slice into 3 inch squares. Alternatively, slice the 1/4 inch thick rectangle into 1 1/2 inch squares, and roll each square evenly in all directions until it doubles in surface area and is 1/8 inch thick. I often find this the quicker, easier way to get squares that are the proper thickness.
4. Use wonton wrappers in gluten-free eggrolls , gluten-free crab Rangoon , or wonton dumplings for soup. Stack any leftover wrappers, wrap first in waxed paper and then place in a freezer safe container, seal tightly and freeze until ready to use. Defrost by placing overnight in the refrigerator before using.
5. To make wonton soup, make a filling of 1 pound ground pork or beef + 3 tablespoons gluten-free soy sauce + 3 tablespoons rice vinegar + 1 tablespoon honey + 1 scallion, chopped. Then, place about 1 teaspoon of filling in the center of each skin, moisten all 4 edges of the skin with an egg wash (1 egg beaten with 1 tablespoon water), and close by joining two opposite corners of the skin, pressing out any air and sealing tightly. Then, brush the top with more egg wash, and bring together both tips on the long side of the resulting triangle, overlapping them slightly and brushing with more egg wash to seal. To make the soup, boil the wontons about 10 at a time in 4 cups boiling chicken stock, seasoned with soy sauce and chopped scallions, for about 4 minutes per batch (or until the meat is cooked and the noodles are tender). Remove the wontons with a strainer, divide among bowls, and wilt baby bok choy in the stock. Divide the soup among the bowls, and serve piping hot.

**Adapted from the Wonton Wrappers (page 48) in the book *Gluten-Free on a Shoestring* (Copyright © 2011) and Flour Tortillas (page 203) in *Gluten-Free on a Shoestring Bakes Bread* (Copyright © 2013).**



Basic Gluten-Free Flour Roux /Gravy  
Yield: About 2 1/2 cups gravy

# Basic Gluten-Free Flour Roux /Gravy

Yield: About 2 1/2 cups gravy

A flour roux is really one of the simplest ways to thicken everything from soups and sauces to cheese sauce and gravy. But have you ever tried to make a gluten-free flour roux with a gluten-free flour blend that contains xanthan gum or guar gum? Not a good scene. Master this recipe for a basic gluten-free flour roux, and you can even follow a conventional recipe the rest of the way. Think of this recipe as a ratio of fat (in the form of butter, here) to a flour blend to a liquid, and modify it to your needs and tastes.

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## INGREDIENTS

4 tablespoons (56 g) unsalted butter

6 tablespoons (54 g) basic xanthan gumfree flour blend (36 g superfine white rice flour + 12 grams potato starch + 6 grams tapioca starch/flour)

Aromatics (like fresh sage leaves, fresh rosemary, fresh thyme and/or fresh parsley) to taste (optional)

5 cups (40 fluid ounces) liquid (all low sodium chicken stock, half low sodium chicken stock + roasted turkey pan drippings, drained of the fat, or even 12 fluid ounces evaporated milk + 28 ounces milk for a cream base )

Salt and pepper to taste

## DIRECTIONS

1. Place the butter in a large, heavy bottom skillet, and melt over medium heat. Add the xanthan gum free flour blend, and mix to combine. Cook over medium heat, stirring frequently, until the mixture is golden brown and nutty smelling (about 3 minutes, and it will go from very blond to golden brown and fragrant quite suddenly, so pay close attention).
2. Add the aromatics, if using, and then 2 cups (16 fluid ounces) of the liquid. Whisk to combine. Bring the mixture to a simmer over medium heat, and cook, stirring constantly, until thickened (about 5 minutes, less if you are using pan drippings which have quite a lot of collagen). Remove the solid aromatics (if you used any), add the remaining liquid, and stir in the salt and pepper to taste. Continue to cook over medium heat, stirring frequently, until thickened to your desired consistency.



Gluten-Free English Muffin Bread  
Yield: One 9inch x 5inch loaf of bread

# Gluten-Free English Muffin Bread

Yield: One 9inch x 5inch loaf of bread

Did someone say lunch? This is the easiest, softest, and fastest gluten-free yeast bread, and it is absolutely perfect for those school lunches. There is no shaping involved in making English Muffin bread, as it's a very, very soft dough. No learning curve!

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## INGREDIENTS

3 cups (420 g) GlutenFree  
Bread Flour, plus more for sprinkling \*  
1 2/3 teaspoons (5 g) instant yeast  
1 tablespoon (12 g) sugar  
1 1/2 teaspoons (9 g) kosher salt  
1 2/3 cups hot milk (110°F)  
Coarsely ground gluten-free cornmeal, for sprinkling

### \*1 cup (140 g) GLUTEN-FREE BREAD FLOUR

100 grams (about 11 1/2 tablespoons) allpurpose gluten-free flour (71%) \*\*  
25 grams (about 5 tablespoons) unflavored whey protein isolate (18%)  
15 grams (about 5 teaspoons) Expandex modified tapioca starch (11%) (See notes in Flour Tortilla Recipe above for information on Expandex)

\*\* For the all-purpose gluten-free flour in Gluten-Free Bread Flour, use the High-Quality All-Purpose Gluten-Free Flour ( below ), which is a copycat recipe for Better Batter gluten-free flour , so the commercially available Better Batter allpurpose gluten-free flour blend will also work well.

### 1 CUP (140 g) HIGH-QUALITY ALL-PURPOSE GLUTEN-FREE FLOUR

42 grams (about 1/4 cup) superfine brown rice flour (30%)  
42 grams (about 1/4 cup) superfine white rice flour (30%)  
21 grams (about 2 1/3 tablespoons) tapioca starch (15%)  
21 grams (about 2 1/3 tablespoons) potato starch (15%)  
7 grams (about 1 3/4 teaspoons) potato flour (5%)  
4 grams (about 2 teaspoons) xanthan gum (3%)  
3 grams (about 1 1/2 teaspoons) pure powdered pectin (2%)



## **DIRECTIONS**

1. In the bowl of your stand mixer, place the flour, yeast, and sugar, and use a handheld whisk to combine well. Add the salt, and whisk to combine. Add the milk and mix with the paddle attachment until the dough is smooth. It will be very wet. Cover the bowl with oiled plastic wrap, and set in a warm, draft-free location to rise until nearly doubled in size (about 40 minutes).
2. Preheat your oven to 350°F. Grease well an 8 1/2 by 4 1/2 inch loaf pan and sprinkle the bottom and sides with cornmeal. Once the dough has doubled, stir it down to deflate it a bit. Scrape the dough into the prepared loaf pan, smooth the top with a wet spatula, and sprinkle the top with flour to create a cloak. Cover with oiled plastic wrap and place in a warm, draft-free location to rise until the dough is about 1/2 inch above the sides of the pan (about 1 hour). Remove the plastic wrap from the loaf pan and slash down the center of the loaf at a 45 degree angle and about 1/4 inch deep with a sharp knife or lame. Sprinkle the top of the loaf lightly with cornmeal, and place it in the center of the preheated oven. Bake until the loaf is lightly golden brown, registers 185°F in the center on an instantread thermometer, and sounds hollow when thumped on the bottom (about 35 minutes).
3. Remove from the oven and allow to cool in the loaf pan for about 10 minutes before transferring to a wire rack to cool completely. This bread in particular must be completely cool before slicing, as it is very tender.

**From the book *Gluten-Free on a Shoestring Bakes Bread: Biscuits, Bagels, Buns, and More* by Nicole Hunn. Copyright © 2013.**

## About Nicole Hunn:

As the personality behind the wildly popular *Gluten-Free on a Shoestring* blog and cookbook series, Nicole firmly believes that gluten-free eating should be both enjoyable and affordable! Nicole has written about gluten-free eating for *Parade* magazine, *Living Without*, and *Gluten-Free Living* and she has appeared on Sirius/XM Radio, The Better Show, and ABC News. She has also been featured in the *New York Times*, *Better Homes & Gardens*, *Parents* magazine and *Epicurious.com*. Nicole lives with her family in Westchester County, NY.

Available in the *Gluten-Free on a Shoestring* cookbook series.

