



## **Gluten Free Thanksgiving Made Easy By Gluten Free Cooking School**

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## Roasted Brined Turkey

1 turkey (10 – 25 lbs)	1 celery stalk, cut into 1 in. pieces
2 c. table salt or 4 c. kosher salt	1 orange, halved
2 gallons water	6 – 8 Tbsp. olive oil, divided
1 onion, peeled and quartered	large Ziplock roasting bag
1 carrot, cut into 1 in. pieces	

Line your largest stock pot with a Ziplock roasting bag. Make the brine by combining the salt and water in a pitcher(s) and stirring until the salt has dissolved. Place the turkey (fresh or thawed, not frozen) into the lined stock pot and pour the brine in until the bag is full. Tie off the bag and refrigerate the turkey for 12 – 24 hours.

Preheat the oven to 325 degrees F and move the bottom oven rack to the lowest setting. Remove the turkey from the brine; wash and dry the inside and outside of the bird. Place the onion, celery, carrots, and orange in the cavity and brush the outside with 4 – 6 Tbsp of olive oil.

Place the turkey breast-side down on a roasting pan and pour  $\frac{3}{4}$  c. water into the pan. Roast according to the following schedule and baste the back and legs with oil at least twice during the first roasting period.

If turkey weighs x: roast for y -

<18 lbs: 2 hours
18 – 21 lbs: 2.5 hours
> 21 lbs: 3 hours

Take the turkey out of the oven, and using something to protect your hands, flip the turkey onto it's back (watch out for hot juices!) Return the turkey to the oven and roast until a thermometer inserted into the thickest part of the thigh registers 170 degrees F. The 2<sup>nd</sup> roasting period will take 30 – 90 minutes depending on the size of the turkey. Baste the turkey with pan drippings once or twice during this final roasting. If the turkey is getting close to being done, but is not nicely browned turn the oven up to 400 for the last 5 – 10 minutes. Remove the turkey from the oven, place it on the serving platter and let it rest for 20 – 40 minutes before carving.

## Gluten Free Cornbread

1 Tbsp oil	1 tsp. baking powder
1 3/4 c. Bob's Red Mill GF cornmeal	1 tsp. baking soda
1/2 c brown rice flour	2 c. buttermilk or 2 Tbsp. vinegar +
1 tsp. salt	1 7/8 c. unsweetened non-dairy milk

Preheat oven to 400 degrees. Add the oil to a 10 inch cast iron skillet and put the skillet in the oven to preheat. Mix all dry ingredients in a large bowl. Whisk the eggs and buttermilk together and stir into the dry ingredients.

Check the skillet and see if the oil has started to smoke a bit. Once it has, pull the oven rack out (with the skillet on it) and pour the cornbread batter into the skillet. It will sizzle and some of the oil will come up around the sides and onto the top of the batter. Cook the cornbread for 20 – 25 minutes. When it is done the top will be golden and the middle will be firm but slightly springy to the touch.

## Gluten Free Cornbread Dressing

1 recipe Gluten Free Southern Cornbread	1 Tbsp. poultry seasoning
2 c. gluten free bread crumbs, toasted	1 Tbsp. rubbed sage
2 c. onion, diced	3/4 tsp. salt
1 c. celery, diced	1/2 tsp. black pepper
8 Tbsp. (4 oz) butter or margarine	4 c. chicken or vegetable stock
	2 eggs, well beaten
	2 Tbsp. baking powder

Bake a recipe of Gluten Free Southern Cornbread (or any sugarless cornbread recipe) and set it aside to cool. Melt a stick of butter in a large skillet. Sauté the onion and celery in the butter until the onion is transparent. Crumble the corn bread into a really large bowl. Add the breadcrumbs, onion and celery, and the remainder of the ingredients of the ingredients. Stir until well combined. Pour the dressing into a 9 x 13 casserole dish and bake at 350 degrees for at least an hour. If, after an hour, the dressing is not brown on top or is not firm in the center, keep on cooking until it is.

## Gluten Free Bread Stuffing

10 c. gluten free bread, cut into ½” cubes	1 tsp. sage
8 Tbsp. butter	1 tsp. thyme
2 c. chopped onions	¾ tsp. salt
1 c. chopped celery	½ tsp. black pepper
¼ - ½ c. minced parsley	1/3 to 1 c. chicken stock
	2 large eggs (optional)

Preheat the oven to 400 F. Place the bread cubes on a baking sheet and toast for 5 – 10 minutes, stirring every 2 – 3 minutes. Pour the bread into a large bowl. Melt the butter over medium high heat. Add the onions and celery and cook for 5 minutes. Remove from the heat and stir in the parsley and spices. Add this to the toasted bread and toss until well combined.

Stir in the stock until the stuffing is lightly moist but not packed together. Taste and adjust the seasonings as desired. For a firm stuffing, stir in 2 beaten eggs and the more stock if needed to get to the desired consistency. Bake until the stuffing reaches an internal temperature of 165 F.

## Mary's Condensed Cream Of Mushroom Soup

2 Tbsp. butter	salt and pepper to taste
1/4 cup gluten free flour*	1/4 cup of mushrooms, finely chopped
1/2 cup stock-veggie or chicken	
1/2 cup unsweetened non-dairy milk	

This recipe equals 1 can of Campbell's Condensed Cream of Soup

Melt butter in a medium sized skillet over medium heat. Add the mushrooms and cook until soft, not just tender. Add flour and butter and whisk together. Slowly add stock while stirring or whisking. Bring to a simmer and cook a few minutes until thickened. Add milk and salt and pepper and stir until combined and thick.

\*Rice flour or a gluten free flour mix that does not contain xanthan gum.

## Green Bean Casserole

20 oz. (4 c.) Green beans	½ c. milk
1 recipe of Mary's Condensed Cream of Mushroom Soup with Mushroom	2 c. toasted pecans, chopped

If you're using fresh or frozen green beans, cook them in water in a large saucepan until they are tender. Then drain them and combine the green beans, the cream of mushroom soup, and milk in a large mixing bowl. Pour this into a casserole dish and bake at 350 F until the sauce is bubbly around the edges (approx. 25 minutes). Sprinkle the toasted pecans on top and bake for a few more minutes.

## Gluten Free Mushroom Gravy

16 oz. Mushrooms, diced	oil
1 tsp. olive oil	squirt of lemon juice
4 Tbsp. unsalted butter	1 - 2 Tbsp. GF Worcestershire sauce or Moore's Marinade
1/2 c. brown rice flour	2 to 3 tsp. of GF bouillon
2 c. chicken or vegetable stock	Kitchen Bouquet
1 1/8 c. plain ND milk mixed w/ 3/8 c.	

Sauté mushrooms over medium-low heat in 1 tsp. of olive oil. Set the mushrooms aside once they have released their juices. In a clean skillet, melt the 4 Tbsp. of butter. Gradually add the flour to the butter while constantly whisking. Once you've added all of the flour, allow the roux to cook for a few minutes while you continue to whisk it.

Gradually began to add the stock to the roux. Add a little bit and whisk it in before you add any more. Once you've added all of the stock, begin adding the milk/oil mixture. After adding all of it, bring the sauce to a simmer and let it cook for one minute. Continue whisking since the sauce may continue to thicken.

Add the sautéed mushrooms into the sauce and cook the gravy on low for twenty minutes. Add the GF Worcestershire sauce and bouillon. Stir well. Add water to the gravy to thin it down to the consistency that you like. Season to taste with salt and pepper. If you like, add Kitchen Bouquet to darken the gravy.

## Mixed Green Salad with Apples & Pecans, Buttermilk Honey Dressing

Salad:	Dressing:
8 c. mixed salad greens	1/4 c. rice vinegar
2 Granny Smith apples	1/4 c. mayonnaise
1 c. toasted pecans	1/4 c non-dairy milk
	1 tsp. cider vinegar
	3 Tbsp. honey
	1 tsp. minced garlic
	1 scallion, minced
	pinch of ground black pepper
	1/2 c. olive oil

Wash and dry the greens. Core the apples and slice them very thinly. To make the dressing, whisk all ingredients except the olive oil in a small bowl. Then add the olive oil slowly, and steadily, while you continue to whisk the dressing. Toss the greens in enough dressing to lightly coat all the leaves. For buffet style, serve the greens in a large salad bowl, layering the apples over the top, and then sprinkling the pecans over the apples slices.

## **Brown White Rice**

1 c. white rice	14 oz. chicken broth
8 Tbsp. butter	dash of garlic powder
14 oz. beef broth	1/2 lb. mushrooms, sliced (optional)

Place all ingredients into a 2.5 quart casserole dish. Bake at 425 degrees F for one hour.

## **Mary's Yeast Rolls (1 ½ dozen rolls)**

2 c. brown rice flour	¼ cup butter, melted
1 ¼ c. cornstarch or tapioca starch	¾ c. water
1/4 c. potato starch	1/8 cup sugar
1 Tbsp. xanthan gum	1 ¼ cup milk
1 tsp salt	1 Tbsp. active dry yeast
3 large eggs, beaten	

Heat the milk in a saucepan until it is scalded (heated to 180 degrees F). Let the milk cool to 110 degrees F and add the sugar and yeast and stir gently until combined. Set the milk mixture aside until the yeast has proofed.

In a large mixing bowl, combine the brown rice flour, starches, xanthan gum and salt. Add the milk/yeast mixture and the beaten eggs to the flour and beat for 3 -4 minutes. Cover the dough and allow it to rise until doubled in size.

Turn the dough out onto a lightly floured board and knead it gently a few times. Separate the dough into 18 even pieces. Roll each piece of dough between your floured hands until it forms a ball. Then lightly coat the roll with flour and set aside on your baking pan.

I added more water to this recipe after we filmed the video so shape the rolls as follows if the dough is too soft to knead: Scoop a roll-sized piece of dough out of the bowl with a spoon and drop it onto a well-floured surface. Roll the dough in the flour to lightly coat and then pick it up and shape it.

Repeat for each piece of dough. Cover the rolls with a lightly floured towel and let them rise for thirty minutes. Brush melted butter over the tops of the rolls and bake at 425 degrees F for 20 - 25 minutes, or until the top of the rolls are golden brown and crispy.

## **Impossibly Easy Sweet Potato Pie**

2 c. cooked sweet potato

½ c. Gluten Free Bisquick® mix

1 c. sugar

1 c. milk

1 teaspoon vanilla

1 large egg

Preheat oven to 350 degrees. Use a mixer or food processor to “mash” the sweet potatoes until a smooth consistency is obtained. Mix the remaining ingredients into the sweet potato and pour the pie filling into a greased 9” pie plate. Bake for 30 – 40 minutes, until knife inserted in center comes out clean. Cool the pie on the counter for 30 minutes, and then cover and refrigerate for at least 3 hours before serving.