

GLUTEN FREE • DAIRY FREE • CORN FREE
LOW GLYCEMIC • KOSHER

Gluten-Free GOES GOURMET



VICKY PEARL

Gluten-Free GOES GOURMET

Applying The Healthy Way

As my mother

always taught me, “There are no coincidences,” and, accordingly, Vicky showed up in my life exactly when I was ready for her. In 2006, I was faced with the daunting task of figuring out how to provide a gluten-free diet for my sixteen-year-old daughter, who was less than thrilled by this prospect. Vicky was able to guide me through the world of nutritional therapy, and she changed my daughter’s life.

The very thought of elimination diets and supplements was overwhelming, but Vicky guided me though slowly and carefully, making sure I was never lost along the way. The attention that I received so lovingly is embodied in the following pages.

With this cookbook, it is no longer difficult to navigate the waters of eating in a healthy, delicious, allergy-free way. This is an invaluable resource for anyone who suffers from food allergies or sensitivities.

I cannot begin to say how grateful I am to have Vicky in my life. She is an upbeat, wonderful teacher, and she works tirelessly to educate the world about holistic living.

I have seen the difference that an allergy (or sensitivity) free diet can make, and my life is better for it. It is no coincidence that Vicky and her incredible cookbook have shown up in your life.

DR. AIMEE LEVIN WEINER, AUD

I: 64 rugelach
II: 128 or 256
Yield rugelach

Mini, medium, or large,
this rugelach recipe re-
ceived the “gold medal
award.”

Rugelach

Ingredients

- 2 CUPS POTATO STARCH
- 1½ CUPS TAPIOCA FLOUR
- 1¼ CUPS SWEET RICE FLOUR
- 1 CUP BROWN RICE FLOUR
- 5 TSP XANTHAN GUM
- 4 TSP BAKING POWDER
- 2 LARGE EGGS
- 2 CUPS TRANS-FAT-FREE MARGARINE, *room temperature* (4 sticks)
- ½ CUP RICE, ALMOND, OR SOY MILK
- ½ CUP AGAVE OR GRANULATED SUGAR
- CONFECTIONERS’ SUGAR, *for brushing*

Chocolate Filling

- ½ CUP CONFECTIONERS’ SUGAR
- ½ CUP XYLITOL OR GRANULATED SUGAR
- ¼ CUP COCOA POWDER, *sifted*
- ¼ TSP CINNAMON

Cinnamon Filling

- ¼ CUP CINNAMON
- ¼ CUP CONFECTIONERS’ SUGAR
- 1 CUP XYLITOL OR GRANULATED SUGAR

Directions

- 1 Preheat oven to 350°.
- 2 In a bowl, mix together starch, flours, xanthan gum, and baking powder; set aside.
- 3 In the bowl of an electric mixer, mix together eggs, margarine, milk, and agave for 2 minutes.
- 4 Add dry ingredients slowly to bowl, mixing well to form a dough, about 5 minutes, adding an additional ¼ cup potato starch if dough is too sticky.

Version I

- 1 Divide dough in half. Roll out each half until ⅛ inch thick. Invert a dinner plate onto dough; using a small sharp knife, cut around perimeter of dinner plate to create a circle of dough. Remove plate.

Rugelach *come in many different forms, sizes, shapes, and flavors. Tender and soft, flaky and slight crispy, rolled up, sliced, large or miniature. These rugelach, based on an original recipe that contained coffee creamer, fall more into the flaky camp. The agave and milk helps keep them soft, so I’ve coined a new phrase, “tender flaky rugelach,” in their honor. Rugelach will freeze well with or without the sugar.*



- 2 Place $\frac{1}{2}$ of chosen filling into center of dough. Using the back of a spoon, spread the filling in a circular motion up to $\frac{1}{2}$ inch from ends.
- 3 Using a knife or pizza wheel, cut dough into 8 wedges, then into 16 wedges and finally into 32. Roll each wedge from the wider ends to the center, jelly-roll style. Transfer rugelach to parchment-paper-lined baking sheet, placing fairly closely together.
- 4 Bake for 20 to 22 minutes or until lightly golden. Remove pan

to rack to cool completely, then sprinkle with confectioners' sugar.

Version II

- 1 Divide dough into 8 equal-sized pieces. Roll out each piece until $\frac{1}{8}$ inch thick. Cut a 7-inch circle out of each piece of dough. (I use a small Corelle soup bowl as a guide.)
- 2 Place $\frac{1}{8}$ of chosen filling into center of dough. Using the back of a spoon, spread the filling in circular motion up to $\frac{1}{4}$ inch from ends.
- 3 For a total of 128 rugelach, cut

dough into 8 wedges, then again into 16.

- 4 For a total of 256 rugelach, cut dough once more into 32 wedges. This mini version might be a little difficult to work with.
- 5 Roll each wedge from the wider ends to the center, jelly-roll style. Transfer rugelach to parchment-paper-lined baking sheet, placing fairly closely together.
- 6 Bake for 16 to 18 minutes or until lightly golden. Allow rugelach to cool, then sprinkle with confectioners' sugar.





Two-Tone Vegetable Kugel

Yield 6 to 8 servings

It's this simple to serve a nutritious gourmet side dish. The orange of the sweet potato layer contrasts beautifully with the deep green of the broccoli layer.

Ingredients

- 2 LARGE SWEET POTATOES
- 1½ LB FROZEN BROCCOLI FLORETS
- 2 LARGE EGGS
- 2–3 TBSP (heaping) MAYONNAISE, divided
- 2 TBSP POTATO STARCH, divided
- 2 TSP KOSHER SALT, divided
- ⅛ TSP GARLIC POWDER
- ⅛ TSP ONION POWDER

Directions

- 1 Preheat oven to 350°. Grease or line a 9-inch round or square baking pan or dish.
- 2 Peel and cut sweet potato into large chunks. Place chunks in a large pot filled with water set over high heat. Bring to boil. Add a pinch of salt. Reduce heat; simmer, covered, for 20 minutes or until potatoes are soft. Drain potatoes; return to pot and mash with a potato masher. Stir in 1 of the eggs, 1 Tbsp of the mayonnaise, 1 Tbsp of the potato starch, and half of the salt, mixing well.
- 3 In a separate large pot, bring water to a rolling boil. Add a pinch of salt. Add broccoli and cook over high heat, uncovered, for 10 minutes.
- 4 Drain broccoli; return to the pot and mash with a potato masher. Stir in remaining egg, 1 to 2 heaping tablespoons of mayonnaise, remaining potato starch and salt, and garlic and onion powders, mixing well.
- 5 Spoon broccoli mixture evenly into bottom of prepared pan, smoothing surface. Top with sweet potato mixture, spreading evenly.
- 6 Bake in center of preheated oven for 1 hour or until the top is golden.

Freezes well for up to 3 months.

To create a third tier, boil 1½ lb of chopped cauliflower (fresh or frozen) in lightly salted boiling water. Mash and add 1 egg, 1 heaping Tbsp mayonnaise, a pinch of salt, and onion and garlic powders. Spread on top of broccoli layer. Bake as directed.



Yield 8 to 10 servings

*A bright and tasty salad
that is high in fiber to
boot!*

Full-Of-Color Pasta Salad

Ingredients

1 BAG (16 oz) TRI-COLORED
BROWN RICE SPIRAL
PASTA

1 RED ONION, *diced*

1 RED PEPPER, *diced*

1 YELLOW PEPPER,
diced

1 CARROT, *diced*

2 STALKS CELERY, *diced*

Dressing

½ CUP AGAVE, XYLITOL, OR
GRANULATED SUGAR

⅓ CUP VINEGAR

⅓ CUP OIL

2 TSP KOSHER SALT

½ TSP FRESHLY GROUND
BLACK PEPPER

Directions

1 Bring a large pot of water set over high heat to just under a boil, just to the point where small bubbles form. Sprinkle in some salt. Add pasta to pot. Cook uncovered, stirring occasionally, for 12 minutes. Drain pasta well; rinse under cold water to stop the cooking process.

2 Place pasta in a large bowl. Add vegetables and mix well.

3 In a small bowl, mix together dressing ingredients. Pour dressing over pasta and vegetables, tossing gently until well coated.

4 For best results, cover with plastic wrap and refrigerate for up to 3 hours. Bring to room temperature before serving.

Wherever *they are arranged on the rainbow, peppers contain high levels of carotene, antioxidants including vitamins C and E, and lutein, and are a great source of B6 and folate. The brighter the color, the richer the source of nutrients.*



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*mushrooms; root vegetables;
spinach; string beans;
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Over **100**
wholesome
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Each recipe
accompanied with
its own full color
PHOTO

Numerous tips on
NUTRITIONAL
value of
specific foods

USEFUL GUIDE
to help you chose
among different grains
and gluten free flours



“YOU only need to read the dessert section of this cookbook to see that Vicky Pearl has enabled those with gluten intolerances to never feel deprived. So many Jewish favorites are now gluten-free!”

Leah Schapira

CookKosher.com

Author of *Fresh & Easy Kosher Cooking* and
co-author of the *Made Easy* cookbook series

“Who knew gluten-free foods could look this good? With beautiful pictures and delicious recipes, this book is a breakthrough for anyone with special dietary concerns. Vicky brings years of professional experience and a genuine caring heart to this book, ensuring the perfect combination of trustworthy and tasty food for the whole family.”

Ester Kafa

Kosherscoop.com

Author of *Spice It Right!* and *Cooking with Color*

“FOR those whose health depends on the elimination of certain ingredients, Vicky presents a unique, wholesome collection. Nothing is sacrificed to provide the look, texture, flavor, and aroma of tradition that reminds us of special times and people... These recipes will help people learn to love living gluten-free.”

Mary Schluckebler, BS, MA

Executive Director, Celiac Sprue Association

“Vicky's cookbook is one huge step in the right direction in the worldwide movement to help stop the growth of childhood obesity and type 2 diabetes. All of Vicky's recipes use real food, without gimmicks of any kind, in real recipes that are doable in your home kitchen and that you will be proud to serve.”

Nechama Cohen

Nutritional Consultant and Naturopath

Founder and Director, Jewish Diabetes Association

Author of *Enlightened Kosher Cooking*



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