



easy GLUTEN FREE RECIPES
FROM AROUND THE WORLD

Traditional and Time Tested

Patricia J Browne

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Book one of a series of traditional recipe collections from around the world, all of which are wheat free and gluten free, and mostly casein free.

For more recipes and information visit gluten-free-around-the-world.com

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This book is dedicated to everyone with a sensitivity to gluten,
whether they know about it or not.

WELCOME

Welcome to Book One in a series of gluten free traditional recipes from around the world.

This book is full of my favorite recipes for quick and easy treats and meals. In this first book I've included some non-traditional favorites too, that I think you may like to have handy.

All the recipes are wheat free and gluten free if prepared with gluten free ingredients.
And there are some that are also grain free, nut free, or dairy and casein free.*

Since many of the recipes are traditional, I've left the dairy and sugar in the recipes in case you want it. I can't eat them, so in some cases I've noted my substitutions for you.

I hope you enjoy the recipes!

Pat

For more recipes and information, please visit me at

Gluten-Free-Around-The-World.com

*Disclaimer: ingredients mentioned in this book and used in these recipes are not guaranteed to be gluten free, nor are the foods produced. Talk to your doctor to learn about safe gluten free food preparation.

acknowledgments

Many thanks to Susana, Debbie, Steve, Fletch, and Doggie Dog for their editing skills and support.

I couldn't have done this without them.

Cover Photo: Almond Cake page 18

Photo Credit: Steve Masley

HOW TO USE THIS BOOK

Navigation

If you are viewing this book electronically on your computer or other device, click on the tab at the left side of the document labeled “bookmarks”. Then you can navigate by clicking on any page.

Search

Instead of an index, with this ebook you can search for any term.

PC: type in **ctrl + f** (*control + f*) **f** stands for *find*

Mac: type in **⌘ + f** (*command or Apple + f*)

Cooking Measurements

If you do not use US measurements and prefer metric, Imperial, or Australian measurements, see the conversion charts at the end of the book.

If there's enough interest, I will publish the book with the alternative amounts, so [please leave a comment here](#) and let me know.

TABLE OF CONTENTS

Welcome	4	Cakes	
<i>How to use this book</i>	6	Almond Cake (<i>Spain</i>)	18
<i>Contents</i>	7	Garbanzo Bean Cake (<i>Mexico</i>)	19
Snacks		Breads	
Rice “Puuding” (<i>Universal</i>)	10	Corn Tortillas (<i>Mexico</i>)	21
Tortillas— <i>Sweet or Savory</i> (<i>Mexico</i>)	11	Sandwich Bread	22
Tortilla Crisps (<i>My Idea</i>)	12	Almond Flour Drop Biscuits	23
Cookies		Breakfast	
Almond Cookies (<i>Italy</i>)	14	Johnnycakes (<i>United States</i>)	25
Chocolate Macaroons (<i>Europe</i>)	15	Blintzes (<i>Jewish Passover</i>)	26
Flapjacks (<i>Britain</i>)	16	Coconut Pancakes (<i>Thailand</i>)	27
		French Toast (<i>My Idea</i>)	28
		Cinnamon-Pecan Bread	22

TABLE OF CONTENTS, CONT.

Soups		Meals	
Simple Soup (<i>Universal</i>)	30	Fried Rice (<i>Asia</i>)	42
Tortilla Soup (<i>Mexico</i>)	31	Baked Chicken	43
Side Starches		Crispy Lemon Chicken	44
Polenta (<i>Italy</i>)	33	Baked Fish	45
Rice	34	Salmon Patties	56
Wraps		Appendices	
Soft Tacos (<i>Mexico</i>)	36	Appendix A: <i>Ingredients</i>	48
Rice Paper Wraps (<i>Asia</i>)	37	Appendix B: <i>Conversions</i>	51
Wrap Fillings (<i>Universal</i>)	38	<i>Measuring</i>	52
Lettuce Rolls (<i>Vietnam</i>)	39	<i>Temperature</i>	53
Rice Cake Wraps (<i>My Idea</i>)	40		

SNACKS

RICE "PUDDING"

A yummy snack made with leftover rice

Can be made in the microwave, or on the stovetop.*

Leftover rice
Almond milk, *or other milk*
Cinnamon: a dash
Vanilla: a few drops
Coconut oil** *or butter* to taste
Nuts, raisins, flaked coconut (optional)

I didn't include amounts because it depends on how hungry you are...

1. Spoon some leftover rice into your bowl.
2. Add milk to about a half inch below the top of the rice, a few drops of vanilla, a dash of cinnamon, and stir.
3. Heat in microwave to desired temperature.
4. Add a bit of coconut oil, or butter if you prefer, and some chopped nuts, raisins and/or coconut.

**Stovetop cooking makes a creamier "pudding", and may be easier if making multiple servings.
Place rice, milk, cinnamon and vanilla in a sauce pan, and heat over a medium flame, stirring often.*

****unrefined coconut oil will give you a rich coconutty taste. And you don't need much!**

Mexico

CORN TORTILLA SNACKS

A great quick snack, with or without sugar

Microwave version:

small corn tortillas*, 2 or 3 per person
butter (optional)
salt
cinnamon (optional)
sugar or other sweetener (optional)

Variation: Add sliced peaches or other fruit

1. Wrap tortillas in a cloth and heat in microwave. *In my microwave 4 tortillas are piping hot after 1 minute, but 1 only takes 20 seconds.*
2. Spread with butter and sprinkle with a tiny bit of salt, and if you like add some cinnamon and/or sugar or fruit.
3. Roll up and enjoy.

Oven version: *A Mexican friend told me her mom made these for her as a child.*

Method: Butter a baking sheet. Spread corn tortillas with butter, cinnamon, and sugar and roll up. Place on baking sheet, spread with more butter, sprinkle with sugar. Bake at 375°F (190°C) for 5 min until crisp.

*See page 13 for how to make corn tortillas if you can't buy them.

TORTILLA CRISPS

A treat with a satisfying crunch.

1 brown rice tortilla
*or other non-corn tortilla**
butter or coconut oil (optional)
sugar (optional)
cinnamon
salt

1. Place a folded cloth napkin or towel on the bottom of the microwave.
2. Set a single tortilla on top.
3. Microwave 60 seconds and check it. It should still be a little soft, and as it cools it will crisp up except a few places that will give you a contrasting chew. I like mine really crisp so I leave it in for 75 seconds.
4. Spread on a little butter, a tiny bit of salt, some cinnamon, and sugar if you like.

Note-you may have to try a few before you find out how long to microwave them, since tortillas and microwaves vary.

*Different types of tortillas give different results: I make these with Trader Joe's brown rice tortillas and they work great, but corn tortillas just get chewy and tough.

Food for Life sells a gluten free brown rice tortilla with the same ingredients as Trader Joe's, so I suspect they may come from the same supplier. La Tortilla Factory sells gluten free tortillas made with teff and millet that may work, too.

COOKIES

Italy

ITALIAN ALMOND COOKIES

15 cookies*

Brutti Ma Buoni, "Ugly but Good"

½ C + 2T blanched almond flour
¼ C granulated sugar
1 large egg white
¼ t vanilla extract
tiny pinch of salt

Low Carb option: I used just 2 T of palm sugar, and these were wonderful.

Read my review of 2 brands of [blanched almond flour](#), and learn about [almond meal vs almond flour](#) on my website.

1. Preheat the oven to 300° F (150° C), and line a baking sheet with parchment paper. Or grease the baking sheet well since these cookies tend to stick.
2. Mix together the almond flour and sugar, pressing out lumps. A rubber spatula works great.
3. In a separate bowl, beat the egg white, vanilla, and salt with an electric mixer until it forms soft peaks. This is pretty quick.
4. Fold the egg white mixture into the almond/sugar mixture.
5. Drop by spoonfuls onto the lined or greased baking sheet. They will spread some so be sure to leave about 2 inches between them.
6. Bake for 30 minutes. They should brown only *very slightly*. If you don't have an oven thermometer, and aren't sure if the oven temperature is accurate, set your timer for 20 minutes. If they are getting brown the oven is too hot, and they'll need less time.

*It's OK to double, triple or quadruple this recipe.

Europe

CHOCOLATE MACAROONS

25 cookies

Simple, fudgy, like a brownie with some crunch

2 C whole unblanched almonds*

½ C –1 C sugar**

¼ t cinnamon

½ t salt

¼ C cocoa powder

1 whole egg

1 egg white

1. Preheat oven to 350°F (175°C).
2. Line a cookie sheet with parchment paper.
3. Process almonds, sugar, cinnamon and salt in food processor until almonds are ground fine, then add cocoa and process until mixed.
4. Add egg and egg white and continue processing until mixture holds together.
5. Moisten fingers and roll dough into 1 inch balls, then press to ⅓ inch thick.
6. Bake about 12 minutes. Tops should puff a little, centers should be soft. You should see *very slight* browning on the bottom.
7. Cool. These store well in an airtight container, but will be chewy without the crunch after storing.

*Using almond flour/meal:

Mix 2 C unblanched almond flour, cocoa, sugar, cinnamon and salt in a food processor. Add egg and egg white and process until mixture holds together. *Then follow steps 5 through 7 above.*

***The full 1 C of sugar will give prettier cookies that spread to a more uniform shape. But using only ½C sugar will yield a delicious cookie with less calories—yet another “ugly but good” cookie. (see page 14)*

If mixing these by hand, beat the eggs first before adding to the almond mixture, then mix with your hands. This is really messy, but can be fun. After cleaning the dough off your hands, follow steps 5 through 7 above.

A British oatmeal cookie ("biscuit")

½ C butter
 ⅓ C golden syrup**
 ⅓ C light brown sugar

 2 C gluten free rolled oats*
 ¾ t ground ginger
 ½ C sliced almonds

1. Preheat oven to 350°F (175°C).
2. Butter a 9" X 11" baking pan.
3. Heat the butter, syrup, and brown sugar in a medium sauce pan until the sugar dissolves and the butter melts. Remove from heat.
4. Stir in the rolled oats, ginger and almonds.
5. Spread into buttered pan, and bake for 15-20 minutes.
6. Remove from oven and cut into bars about 1" by 3".
7. Cool. These store well in an airtight container.

Note: They should be soft to the touch when they come out of the oven, but if they seem too soft to cut, return to the oven for another 10 minutes or so. (The oven may be turned off.) They will harden more and get crisp as they cool.

**Are oats gluten free? Some people are sensitive even to gluten free oats.
[Read more about oats and gluten on my website.](#)*

***If you can't get golden syrup, which is hard to find in the US, substitute maple syrup or your favorite syrup.
Low carb version: These are great with maple flavored maltitol syrup and no sugar.*

cakes

Spain

ALMOND CAKE

serves 8 to 10

Grain, dairy and casein free never tasted so good!

2¼ C blanched almond flour*

½ t cinnamon

peel of 2 lemons, grated

(optional-you can substitute the peel of a large orange, or 1t vanilla or almond extract.)

6 eggs

¾ C sugar (or 1/2 C palm sugar)

*Use only 2 C if using finely ground flour like Honeyville. You can use unblanched flour too, but add 2 T water to the sugar and egg yolk mixture.

1. Preheat oven to 350° (180°C). Grease and line a 9 inch pan (springform if possible). Then grease the liner too.
2. Mix together the almond meal, cinnamon, and lemon zest, breaking up lumps with your fingers or a rubber spatula.
3. Beat the sugar and eggs until thick and pale. *An electric mixer is easiest. If beating by hand it takes about 10 minutes.*
4. Combine all with a gentle folding motion.
5. Pour into pan and bake 30-45 minutes, until cake comes away from the side of the pan.
6. Cool in pan 10 minutes, then remove from pan and cool completely.

Mexico

GARBANZO BEAN CAKE

serves 4-6

pictured on the cover, doubled

Grain free, dairy free and nut free, and still mouth-watering

1 ¼ C (300g) well-cooked garbanzo beans
(*chick-peas*), drained (about ¾ of a 15 oz can)

2 eggs

½ C sugar (or ⅓ C palm sugar)

½ t baking powder

1 ¼ t cinnamon

½ an orange: Juice and zest (or ¼ C frozen
orange juice concentrate)

(optional-you can substitute vanilla plus ¼ C liquid

1. Preheat oven to 350° (175°C). Grease and line an 8 inch pan—a *springform is perfect but not necessary*. Then grease the liner too.
2. Puree the garbanzos until smooth, no chunks. *Use a food processor if you have one, or a blender a little at a time. If too thick, add one of the eggs.*
3. Add all the other ingredients and process until blended.
4. Pour into pan.
5. Bake for 45 minutes, or until tester comes out clean.
6. Cool in pan 10 minutes, remove from pan and cool completely.

BREADS

Mexico

CORN TORTILLAS*

makes 16

Great for snacks or wraps

1 C masa harina**
(or fine corn flour*)
1½ C warm water

1. Mix masa harina or corn flour with water.
2. Knead 2 or 3 minutes to make sure it's mixed well and the water has absorbed.
3. Pinch off enough dough to roll into a 1 inch ball. If it doesn't stick together, put it back in the dough and add water a teaspoon at a time until the dough is easy to make into balls. *Hint: once you get the consistency (you may want to flatten one to make sure it works), then divide the dough in half, then in half again and again until you have 16 portions.*
4. Roll into balls.
5. Press ball between 2 sheets of plastic—a plastic bag with sides cut works fine. Use a tortilla press or the bottom of a sturdy pie plate, or roll with a rolling pin or bottle.
6. Bake on a griddle or heavy pan over medium heat til gold specks form, then flip and bake the other side.

*Made from masa harina these are called *tortillas*, but if you can't get masa harina you can use corn flour. They will be different, but still traditional in other places. For example in India they are known as makki di roti.

**Masa harina is ground from corn that has been treated with lime, which makes it easier to digest. It is also ground very fine which makes it easy to handle. You may find that if you use corn flour instead they will be a little heavier and harder to handle, especially if the flour isn't fine. *Masa harina comes in yellow, white and blue, but white is most common in US markets.*

Inspired by
Tradition

SANDWICH BREAD

One Loaf

A great sandwich texture-it resembles a yeast bread.

¼ C blanched almond flour*
¼ C tapioca flour or other fine starchy flour
½ t salt
1 t baking powder (or ½ t baking soda)
1 T ground flax meal (optional)

¾ C roasted almond butter (creamy)

4 large eggs

*If you want to use unblanched almond flour, add 1½ t water to the almond butter mixture while beating.

Variations:

- For a lighter bread, use raw almond butter and skip the flax meal.
- Cinnamon-pecan bread: Add ½-¾ C chopped pecans, 2 t cinnamon, and 1 T vanilla.
2T-¼ C brown or palm sugar optional.

1. Preheat oven to 350° (175°C). Grease a loaf pan with oil and dust with almond flour.
2. Mix the almond flour, tapioca flour, salt, baking powder and flax meal.
3. Beat the almond butter with an electric beater until smooth and fluffy.
4. Add the eggs and continue beating.
5. Blend the dry ingredients into the almond butter mixture and spread it into the loaf pan.
The batter will be sticky and weird. It's OK.
6. Bake for 40-45 minutes on the bottom rack. When it's done, a knife inserted into the center of the bread should come out clean.
7. Let the bread cool before slicing.

ALMOND FLOUR DROP BISCUITS

High in protein, very satisfying, and versatile

2 C packed unblanched almond flour*
½ t salt
1 t baking powder
¼ C grapeseed or other light oil
2 large eggs
2 T water

*Variations:

- For a lighter biscuit use blanched almond flour, and omit the water.
 - For a grain free and buttermilk-like biscuit add 1 t lemon juice, and replace the baking powder with baking soda.
-

1. Preheat your oven to 350° (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the almond flour, salt and baking powder.
3. In a medium bowl, whisk the oil, eggs, and water, and lemon juice if you are using it.
4. Blend the wet ingredients into the the dry.
5. Drop the batter onto the parchment paper by ¼ cups, about 2 inches apart.
6. Bake 15-20 minutes, until turning golden along the edges, and a toothpick inserted into the center comes out clean.
7. Serve warm.

BREAKFAST

United States,
originally Indian

JOHNNYCAKES

makes about 46

Little cornmeal (maize meal) pancakes

2 C white cornmeal
2 t sugar
1 ½ t salt
3 C boiling water
4 T butter or light oil for frying*

For serving:

butter
maple syrup

1. Preheat oven to 250°F (120°C) *to keep them warm after frying, optional.*
2. Mix cornmeal, sugar and salt in a large bowl.
3. Gradually pour in boiling water as you stir: it will be thick.
4. Heat 1 T butter or oil on a griddle or pan over medium heat.
5. Drop tablespoons of batter onto hot griddle and spread to make 2 inch cakes. Cook until golden brown, about 4 minutes per side.
6. Place on platter and keep them warm in the oven.
7. Serve with butter and your favorite syrup, or with fresh fruit.

There are many variations of corn pancakes and breads, including corn bread, pain de Maïs, pone, dodgers, ash cake, fried corn cakes (gâteaux ce Maïs frits), and hoecake. And this doesn't even dent the variety available world wide.

*Southern cooks would typically fry this kind of pancake in bacon fat.

Jewish
Passover

BLINTZES

makes 20-22

A high protein versatile wrap

6 eggs
1 C potato starch
2 C water

1. Beat the eggs well.
2. Gradually add potato starch and water, and beat well until the batter is pale yellow.
3. Lightly oil a 6 inch non-stick or crepe pan and heat over medium heat.
4. Ladle in just enough batter to coat the pan as you swirl it around, and cook until dry.
5. When all the batter has been cooked, roll them up with your favorite fruit or other filling inside.

Filling Suggestion: chop some apples, add a little cinnamon, a dash of salt, and some lemon juice or zest, and cook until tender. *You could also use these as wraps for savory fillings.*

Optional: after rolling, place seam side down on a cookie sheet, brush with oil and bake in 400°F (200°C) for 20 minutes.

Thailand

THAI COCONUT PANCAKES

12 pancakes

Addictive, especially wrapped around banana strips*

14 oz can light coconut milk** plus ¼ C water
1½ C rice flour
3 eggs, beaten
½ t salt
½ C sugar (optional)
½ C shredded coconut

***If all you can get is regular coconut milk, dilute it with a can of water, then use 2 cups*

***Optional:**

- 2 bananas, halved and then quartered to make banana strips, or use other fruit. (not traditional, but very good)
- Food coloring***

1. Beat together the coconut milk, rice flour, eggs, salt, and sugar. *Batter should be thin. If it's too thick to swirl around the pan add ¼ C water or more if needed.*
2. Fold in the coconut, saving a little to sprinkle on top.
3. Heat a small non-stick omelet pan and wipe or spray with a little canola or other light oil.
4. Add enough batter to coat the bottom of the pan when you swirl the pan.
5. Cook until there are small pale brown flecks, then flip and cook the other side briefly.
6. Sprinkle lightly with reserved coconut and roll them up. If you want to try the fruit version, just roll them up with fruit inside.

If you buy these fresh in a market in Thailand, most likely they will be dyed with food coloring. If you want to tint them, divide batter into 3 bowls and tint 1 portion pink, 1 portion green, and leave the other without tint.

***If you like food coloring, check out these beautiful [natural food colors](#) by India Tree.

FRENCH TOAST

Made with rice cakes or your favorite gluten free bread

6 rice cakes* or 4 slices of gluten free bread

2 large eggs

¼ C milk**

Vanilla: a few drops

Cinnamon: a few dashes

Salt: dash

*For French toast I recommend using lighter rice cakes such as Quaker or Mother's, as the dense Lundberg cakes won't soak up the egg mixture as easily.

** Cow's milk, almond milk, soy milk, or your favorite milk substitute.

1. In a broad shallow bowl, mix egg, milk, vanilla, cinnamon, and salt with a fork.
2. Soak rice cakes or bread slices in the mixture until they start to absorb it. (If using rice cakes they need more time: coat a couple of them and let them sit-just move them to the side while you coat a couple more, then slosh them into the mixture again before frying.)
3. Heat a non-stick or well-seasoned frying pan and add a little canola or other light oil.
4. Fry until slightly golden. They will continue to absorb the egg and soften up while they are frying.
5. Serve with your favorite topping. I like them with fresh fruit, or thawed frozen fruit that I always keep handy. *(Which is also great for peanut butter rice cakes and toast instead of jam.)*

SOUPS

VERY SIMPLE SOUP

Many delicious variations

Ingredients per serving:

1 ½ C chicken or vegetable stock

¼-½ C leftover chicken or tofu

½ bundle of cellophane noodles or leftover rice or pasta

salt, wheat free soy sauce, or seasoning to taste

(Mrs. Dash is a good salt free seasoning.)

1. Heat the stock with the chicken or tofu in a saucepan.
2. When hot, add the cellophane noodles- they don't have to cook, just to heat a little. If using rice, it needs a little longer to heat up.
3. Add your choice of garnishes listed below.

Optional Garnishes:

- *Chopped green onions or chives and cilantro make a nice flavorful garnish.*
- *Crumble some nori seaweed over the soup for a Japanese touch.*
- *Simple Tortilla soup: add avocado, cilantro and tortilla chips*

Mexico

TORTILLA SOUP

serves 4-6

A simple version that 's very satisfying

- 1 1/2 quarts chicken or vegetable stock, or one large can
- 1 can chopped or diced tomatoes—fire roasted if available.
- ¾ C leftover chicken or shrimp (optional)
- 2 T olive or vegetable oil (oil helps carry the flavors)

Optional Garnishes:

- 2 avocados, chopped
- ½ C chopped onion or green onions
- ½ C chopped cilantro and/or 2 T dried oregano

Tortilla chips

1. Heat the stock, tomatoes, and chicken and oil in a stockpot.
2. Place some avocado in each bowl. (optional)
3. Ladle soup over the avocado.
4. Sprinkle on some onion, cilantro and/or oregano, and cheese if desired.
5. Top with tortilla chips, adding more as you eat if you like the contrasting crunch.

See my website for a more complex but authentic and very flavorful [Mexican Tortilla Soup Recipe](#).

side STARCHES

Italy

POLENTA

serves 3 to 4*

One of many daily staples using ground corn (maize)

3½ C water

½ t salt

1 C polenta (coarse cornmeal)

¼ C parmesan (optional)

1. In a 2 quart pan, heat water to a boil.
2. While boiling, gradually stir in the polenta in a stream, so it doesn't lump.
3. Keep stirring for a few minutes until it thickens.
4. Stir in salt.
5. If it's too thick, add more water.
6. If too thin, turn heat to low, cover, and let cook until desired consistency.
7. Stir in 2 T butter or olive oil, and parmesan if

You can easily make more, just double the amounts. Or triple, or quadruple. Just make sure you use a big enough pot so it doesn't boil over.

Universal

Rice

serves 3 to 4*

White is the fastest. If you want a fast whole grain try quinoa.

2 C water

1 C rice, brown or white

1. In a 2 quart pan, heat water to a boil.
2. While boiling, stir in the rice.
3. Keep heat on high until it returns to a boil.
4. Cover and reduce heat to very low.
5. Cook until water is absorbed, but try to refrain from checking it until the time is up:

White rice: 25-30 minutes

Brown rice: about 45 minutes

To double the amount, use 2 C rice and 3½ C water.

WRAPS

Mexico

SOFT TACOS

8-12 tacos,
serves 4

Simple Mexican Style, or add your favorite toppings.

1 lb ground, chopped, or shredded meat.

I often use leftovers, and ground turkey works great too.

¼ C light tasting oil such as grapeseed or canola

1 t salt

salsa

2-4 corn tortillas** per person, depending on their size and your appetites

Mexican Style Topping: Chopped onion, cilantro, salsa

Optional: avocados, chopped tomatoes, shredded cheese

Note: Mexican taquerias usually serve tacos with just chopped onion, cilantro and salsa. Shredded cheese is a Tex-Mex addition from the Southwestern US, as are crispy taco shells.

1. Salt the ground meat and brown it in the oil. Drain on paper towels.
2. Chop onions, avocado, cilantro, and tomatoes, and shred cheese if you want any of these.
3. Heat the tortillas in a cloth in the microwave, or on a comal or heavy pan on the stovetop.
4. Arrange tortillas on individual serving plates, add ground meat (or leftover meat or other filling).
5. Top with favorite toppings and salsa.

Dessert tacos: [See corn tortillas page 3.](#)

**Note: If you can't get tortillas where you live, see page 13 for how to make them, or bottom of page 29 for other wrap ideas.

RICE PAPER WRAPS

2 easy ways to make wraps with rice papers*

- Dried Rice Paper sheets: 2-3 per person, or 4-6 if you want the easier, more secure wrap and a more filling meal.
 - Your choice of filling *See next page for some filling ideas.*
- *Can be purchased in Asian markets.

Note: Typically only one rice paper sheet is used to wrap the filling, but if you over soak it, which is easy to do, then it falls apart and you end up using a fork. Try the following:

**Method #2: use 2 rice paper sheets at a time, and soak them flat on a plate until they soften, but not too soft.

You will need a bowl of warm water. (*Or a plate with a rim.***)

1. Have your filling ready to go
2. Hold the rice sheet so that half of it is in the water, then rotate a few times until it is pliable, but not soft.

Important: Don't leave them in the water too long. They will continue to soak up the water on the surface and will be soft by the time you get them filled and ready to eat.

Wraps can also be made with lettuce, steamed cabbage, collards or chard, or with some kind of flatbread like tortillas (page 13), [dosas](#), or injera. Also see blintzes page 18.

What I like about wraps is that once you make the fillings, people can wrap their own at the table, adding their own preferred sauces and condiments like hoisin sauce or slivered toasted almonds.

WRAP FILLING IDEAS

See previous page for wrap suggestions and how to use Asian rice papers for wraps.

- **Salmon Patties:** These are great wrapped in lettuce leaves, to balance out the oil from frying and to give a great crunchy treat. See page 38.
- **Leftovers:** Sauté some **chopped onion and garlic**, then throw in some **leftover rice** and **whatever else you have handy** like diced vegetables, chicken, shrimp, or tofu. Or thaw some bay shrimp and toss them in. Add some **chopped basil and/or cilantro** just before making your wraps.
- **Vegetable Wraps** (or shrimp and vegies): dice some **vegies** finely (or make julienne strips) and sauté them with **salt (or soy sauce or fish sauce)** to taste. **Leftover rice** can be good. Suggestions: **thinly sliced scallions, garlic, and/or shallots**, plus any or all of the following: **carrots, zucchini, bamboo shoots, water chestnuts, soaked shitake mushrooms** (sliced thin). $\frac{1}{4}$ in **fingers of tofu**, raw or fried, make a nice addition, as do **bay shrimp**. *Optional: serve with Vietnamese dipping sauce-See next page.*
- **Vietnamese Lettuce Roll** (Cuốn diếp): See following page.

For an easy and fun meal, people can make their own wraps at the table, adding their own preferred sauces and condiments like hoisin sauce or slivered toasted almonds.

Vietnam

VIETNAMESE LETTUCE ROLLS

serves 6 to 8

Cuốn Diếp: Often served as an appetizer, but can make a light meal.

Lettuce leaves* ½ leaf per roll
(Iceberg is traditional but I use Romaine or whatever I have.)

4 oz medium rice sticks

Bay shrimp (Or tofu)

Mint leaves

Coriander leaves (cilantro)

1 bunch scallion greens (You can omit these if you're not making them ahead.)

1. Wash and dry lettuce leaves and split in half along the center vein.
2. Pour boiling water over rice sticks and let them soak until crisp tender, about 5 minutes. Then place them in a strainer and run cold water over them.
3. Place a small handful of noodles, a few shrimp, pork slivers, 3 mint leaves, and some coriander leaves toward the end of a lettuce leaf and roll it up. Note: If making these ahead, tie them with a scallion green.
4. Serve with Nước chấm dipping sauce—mix together the following:

¼ C fish sauce (nước mắm)
2 T rice vinegar or 1 T lime juice
4 t sugar
4 T water
carrot slivers

*These can also be made with Asian rice papers to make Vietnamese Spring Rolls. See page 29.

RICE CAKE WRAPS

A great way to make a "sandwich"

One large or 2 smaller lettuce leaves per rice cake sandwich. *I'm a light eater and I usually eat 2.*

Unsalted rice cakes*

Your favorite sandwich fillings: sliced turkey, tuna salad, cheese, tomatoes, avocado. Anything works if you wrap it up and use 2 hands.

I would still recommend eating them over a plate.

1. Have the lettuce leaves washed and dried and ready. *A salad spinner works great.*
2. Spread rice cakes with mayo or whatever, and add veggies, meat, etc.
3. Place in middle of lettuce leaf, then fold the leaf around it.
4. Dig in!

*Lettuce leaves do double duty here:
they add nutrition, and they make rice cake sandwiches much more manageable.*

MEALS

FRIED RICE

A quick meal with leftover rice

4 C cooked rice

2 cloves minced garlic

1 C diced vegetables (optional)

2 cups seafood* and/or 2 or 3 eggs

shake of cayenne

1 t salt

1/8 t pepper (optional)

1. Heat 2-3T olive or light tasting oil in a heavy-bottomed pan over med heat.

2. Sauté the garlic for 2 minutes until golden.

3. If using raw vegetables, add to garlic and sauté.

4. Throw in seafood, or scramble an egg in with the garlic.

5. Add salt, pepper and cayenne pepper.

*shrimp and/or scallops and/or calamari: (If frozen, thaw first in cold water.)

OR substitute leftover chicken, or some tofu.

This is a great side dish, too. Just dice everything finer.

BAKED CHICKEN

A super easy meal: bake a whole chicken or parts.

Chicken

Salt

Pepper (optional)

Your favorite seasonings

Whole Chicken:

If you bake a whole chicken or two, you not only have a simple meal, but lots of leftovers for sandwiches and soups. You also have more bones that will give you some great, rich stock.

Chicken Parts:

Parts bake a lot faster so require less planning. I usually save the bones and skin in the freezer and add to my next batch of stock.

Potatoes: You can throw some potatoes or sweet potatoes in to bake at the same time. Just wash them well and poke them with a fork in a few places so they don't explode. It gets quite messy!
Put them in when you think there's about 45 minutes to go on the chicken (medium potatoes). Large potatoes may take an hour.

1. Preheat oven to 375° (190°C). *A hotter temperature seals the juices inside and gives a crispier skin, which I find tastier.*
2. Salt the chicken or parts and sprinkle with pepper and/or seasonings.
3. Bake until skin is crisp and juices are no longer red.

Approximate times (depends on size):

Whole chicken: 60-90 minutes

Chicken parts: 45-60 minutes

Idea: After enjoying the chicken, throw the skin and bones in a pot with onions, carrots, celery, and water to cover. Simmer one to two hours and strain, and you have a great stock for quick and easy soups.

CRISPY LEMON CHICKEN

Slightly more involved than plain baked chicken, but worth it.

Chicken pieces: thighs or breasts, *with or without skins*

Salt and seasonings

Rice Cake crumbs*

Olive oil

Juice of one or two lemons (optional)

*Rice cake crumbs are super easy to make: just pulse them in the food processor. You can also put them in a bag and roll with a rolling pin, or even a wine bottle.

After processing put them in a plastic bag.

I recommend crushing them pretty finely if you have sensitive teeth, as they may be kind of hard if they get too crunchy. Otherwise, leave some bigger kernels for varied crunch.

1. Preheat oven to 375° (190°C).
2. Wash the chicken pieces and leave them wet, so the rice cake crumbs stick.
3. Salt the chicken or parts and sprinkle with pepper and/or seasonings such as lemon pepper, oregano, or thyme.
4. Drop 2 pieces of chicken at a time into bag of rice cake crumbs. Press the crumbs into the pieces of chicken by squeezing between palms, then place on oiled baking pan.
5. If using chicken without skins, drizzle pieces liberally with olive oil.
6. Squeeze juice from 1-2 lemons over the pieces.
7. Bake until rice cake crumbs are crispy and juices are no longer red. Approximately 45-60 minutes.

BAKED FISH

You can bake whole fish, fish steaks, or fillets.

Fish*

Salt

Pepper (optional)

Your favorite seasonings (optional)

1. Preheat oven to 350° (175°C).
2. Salt the fish and sprinkle with pepper and/or seasonings.
3. Bake until skin is crisp and flesh is flaky.

Approximate time for fish fillets or whole trout: 20-25 minutes. Fish steaks may take a little longer if they are thick.

*Fillets, fish steaks:

These are the easiest because you have relatively few bones, if any, to sort through while eating.

Choose any firm flesh fish: salmon, red snapper, orange roughy are good, but there are many.

Whole Fish:

Many whole fish are too big of course, but trout is easy to bake.

SALMON PATTIES

Rice cake crumbs give the patties a great crunch.

Rice Cake crumbs made from 6 rice cakes*, or *gluten free cracker crumbs*

Two 7.5 oz (212g) cans of salmon, drained

½ to ¾ t salt

1-2 T vinegar or lemon juice (optional)

2 Eggs

Oil for frying.

1. Place rice cake crumbs in a large mixing bowl.
2. Add salmon, salt, vinegar and eggs.
3. Mix thoroughly with hands.
4. Form into patties. *Hint: the smaller and flatter they are, the more crunch you'll get.*
5. Heat oil in heavy skillet.
6. Fry until golden brown on each side, then drain on paper towels.

*Rice cake amounts: For Lundberg rice cakes use 6. For lighter rice cakes like Quaker or Mother's use 7 or 8 rice cakes.

See page 36 for how to make rice cake crumbs.

APPENDIX a

iNGREDiENTS

INGREDIENTS

Almond Flour is simply ground almonds, and is sometimes referred to as *almond meal* or *almond powder*. *Read my review of 2 brands of [blanched almond flour](#), and learn about [almond meal vs almond flour](#) on my website.

There is a difference between blanched and unblanched almond flour—the unblanched flour contains the almond skins, which absorb more moisture or oil. If you substitute unblanched flour, add 1 T liquid per cup of almond flour so it doesn't get too dry.

Baking Powder is a mixture of baking soda with something acidic like tartaric acid, and usually some kind of starch like cornstarch. You can replace baking powder with baking soda (bicarbonate of soda), using half the amount, as long as you add something acidic like lemon juice, citric acid, or cream of tartar (tartaric acid) to activate the baking soda.

Butter Substitutes: If butter is called for, you may substitute your favorite spread, since butter isn't a main flavor in any of these recipes. Baking sheets may be greased with a light oil, like canola oil or grapeseed oil. Sometimes parchment paper prevents sticking, so you can skip the oil.

Cellophane Noodles are Asian noodles that are transparent, and may be made with mung bean starch, potato starch, or tapioca starch (cassava) and water. They're known by many names including bean threads, bean thread noodles, crystal noodles, or glass noodles.

Coconut Milk is made by grinding the white coconut flesh with water, then pressing. It shouldn't be confused with the liquid inside the coconut, which would be called coconut *water*. Thick coconut milk comes from the first pressing and has the most fat. The last pressing would be the lightest, containing more water. When a recipe calls for *thin* coconut milk, as does the Thai coconut pancake recipe, dilute regular coconut milk with an equal amount of water.

INGREDIENTS, CONT.

Coconut Oil comes in two forms: refined and unrefined. The unrefined has a rich coconutty flavor, and the refined is pretty flavorless. Both make a good substitute for butter if the coconut flavor, or lack of flavor, is what you're looking for.

Corn is the term used in the United States for maize, as it is known in much of the world. In Southern parts of Africa it is known as mielie. While the term corn *is* used in other parts of the world, it usually refers to the vegetable or other culinary products like popcorn.

Corn Tortillas: I prefer white corn tortillas, they have a more refined taste and are less coarse. Be sure you get gluten free corn tortillas, as some brands add flour, or they may dust them with flour. Mission makes their tortillas in a dedicated gluten free line, but they do share a facility with the processing of wheat products. See page 13 to learn how to make your own.

Non-Corn tortillas: I like Trader Joe's brown rice tortillas. Food for Life sells a gluten free brown rice tortilla with the same ingredients as Trader Joe's, so I suspect they may come from the same supplier. La Tortilla Factory sells gluten free tortillas made with teff and millet, but I haven't tried them.

Grapeseed Oil is a high quality, light tasting oil that is as healthy as olive oil, without the taste. So it is great for baking and frying.

Milk Substitutes: A few of these recipes call for dairy milk. Since milk is not a major ingredient you can easily substitute almond milk, soy milk, or whatever your favorite milk is.

Mrs. Dash is a handy seasoning to have around. They make many varieties, and are salt free, so you can get as much flavor as you want and add your own salt. It's great in salad dressings and on chicken or fish.

INGREDIENTS, CONT.

Nut alternatives: If you can't eat nuts, or don't have any handy, you can substitute seeds, like sunflower seeds or pumpkin seeds (pepitas). **Fair warning, though:** if you use sunflower seeds in baked goods, they may turn green within a couple of hours. Supposedly they are OK to eat, but they don't look very appetizing—except maybe for Christmas or St Patrick's Day. To reduce the chances of this happening, reduce the amount of baking soda and/or baking powder by half.

Rice Cakes are not all the same in texture and density. I prefer the denser Lundberg rice cakes for my “sandwiches”, and for making rice cake crumbs. I like the lighter, airier rice cakes like Quaker or Mother's for French Toast, because they soak up more egg mixture.

Rice Flour: The rice flour called for in the Thai coconut pancakes would be the very fine white rice flour used in Thai cooking. But I use brown rice flour and the pancakes are wonderful.

Rice papers: These may be round or square and are available in Asian markets.

Rice Sticks are dry rice noodles available in Asian markets. They are also called rice vermicelli.

Sugar substitutes: I have found palm sugar to be the best sugar substitute for me. With most forms of sugar, including fruit, even the slightest little bit throws my system out of whack, but small amounts of palm sugar seem to be OK.

Tapioca flour: This is also called tapioca starch. It's a very fine white starch used for thickening, coating foods for frying, and giving a fine crumb to baked goods. You can usually substitute any fine starch like potato, arrowroot, cornstarch. Rice flour can also be a substitute if it's ground fine.

Vanilla: I keep some vanilla in a dropper, so I can use just a bit for things like “rice pudding” (p 2).

APPENDIX B

CONVERSIONS

MEASURING CONVERSIONS*

US measure	<i>volume metric equivalent</i>	<i>UK equivalent</i>	<i>Australian equivalent</i>
teaspoon (t or tsp)	5 ml, 5 g	teaspoon	teaspoon
Tablespoon (T or Tbsp)	15 ml, 15 g	Tablespoon	$\frac{3}{4}$ Tablespoon**
Cup (C)	237 ml, 237 g	1 C minus 3 T	1 C minus 2 t
Pint (2 C)	473 ml, 473 g	1 $\frac{3}{4}$ C	1 $\frac{3}{4}$ C
Quart (4 C)	946 ml, 946 g	3 $\frac{1}{2}$ C	3 $\frac{1}{2}$ C

How to use this chart:

Column 1: Measurements used in this cookbook. (commonly used in the US)

Column 2: Metric equivalents. The g figures are liquid weights: dry weights would depend on the ingredient.

Column 3: UK equivalent (the size of cups, pints and quarts are different from the US)

Column 4: Australian equivalent (same as the UK except for Tablespoons and Cups, *and pints in Southern Australia which are 425 ml*)

*Measurements are slightly rounded for the kitchen.

**Australia is the only country to have a larger Tablespoon, which equals 20 ml, or 4 t (US) rather than 3.

TEMPERATURE CONVERSIONS

Fahrenheit	Centigrade	Gas Mark	Description*
225°F	110°C	¼	<i>Very Cool, Slow, or Low</i>
250°F	120°C	½	<i>Very Cool, Slow, or Low</i>
275°F	135°C	1	<i>Cool, Slow, or Warm</i>
300°F	150°C	2	<i>Cool, Slow, or Warm</i>
325°F	160°C	3	<i>Very Moderate, Moderately slow</i>
350°F	180°C	4	<i>Moderate or Medium</i>
375°F	190°C	5	<i>Moderately Hot, Fairly Hot or High</i>
400°F	200°C	6	<i>Moderately Hot, Fairly Hot or High</i>
425°F	220°C	7	<i>Hot</i>
450°F	230°C	8	<i>Very Hot or Very High</i>
475°F	240°C	9	<i>Very Hot or Very High</i>

*Descriptions for oven temperatures are not consistent over the many resources I've found.



*For more recipes and information visit me
at gluten-free-around-the-world.com*

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