ISSUE NO. 17 / HOLIDAY 2018

gff MAGAZINE

gluten-free forever

Home For The
HOLIDAYS

+ Buche de Noel
P.22
& Cream Puffs!
P.52

The Perfect Feast
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Awesome Appetizers
P.26

78 recipes & tips for a delicious season

TEFF BUTTERMILK PANCAKES WITH CRANBERRY-APPLE COMPOTE
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GFFMAG.COM

EDITOR'S NOTE

DESPITE THE FACT that some stores start showcasing holiday decor so absurdly early it's still bathing-suit weather here in Northern California, October is the month when I feel the holidays are suddenly upon us. That's when time really speeds up, calendars begin to fill, and I begin racing against the clock to get all my holiday and school-vacation plans in order while simultaneously flitting from one activity to the next.

During this season, perhaps more than any other, cooking is my meditation, my escape. The process of following a recipe—chopping onions, mincing herbs, minding the stove, and cleaning as I go—focuses and quiets my mind. It allows me to just be, and to luxuriate in pleasing aromas and the promise of delicious things to come.

But in this case, it's not only the journey but also the destination that counts. There's no greater reward for a day spent in the kitchen than a beautiful meal enjoyed among friends and family, or a pride-inducing buffet-table contribution of an elegant appetizer (page 26), gorgeous sweet potato pie (page 59), show-stopping GF/DF buche de Noel (page 22), six-layer cake (page 41), or platter of cream puffs (page 52).

This issue is loaded with reasons to put on your apron, roll up your sleeves, get into the kitchen, and hopefully find your zen. But if you'd rather step out, we've got you covered with a guide to making the most of restaurant dining while gluten-free (page 66), as well as a list of must-try spots in Manhattan (page 83), which is a wonderful place to get in the holiday swing.

However you celebrate, I hope the recipes and ideas in these pages help enhance your holidays and lead you to quality time with loved ones and a myriad of opportunities to stop and savor the moment.

Warmly,

Erika

PHOTOGRAPHY EMMA K. MORRIS

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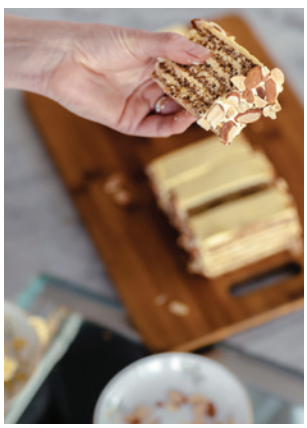

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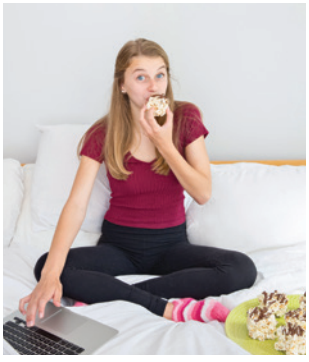
THE MAKING OF THE MAGAZINE



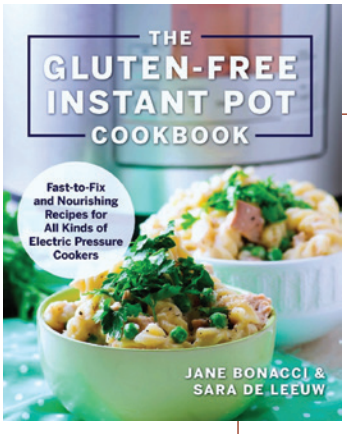
Top row, from left: Eric Lundy and Erin Ng shooting cream puffs; Erin reviewing her shot; Eric in the kitchen at GFF HQ (aka editor Erika Lenkert's house). **Second row:** Junior editor Viva testing her popcorn crispy treats; Erin, Eric, and Erika in the kitchen; Eric's husband Barry Lipscomb, Erin, Erika, and Emma K. Morris. **Third row:** Erika with Michelle Polzine at S.F.'s 20th Century Cafe; swag bags from our Dream Dining series; Erin, Eric, Nader, and Erin Lubin. **Fourth row:** the delish GF/DF Buche de Noel; Emma K. Morris with Michelle.

WHERE IT'S @

All the news that's fit to RT, ♥, and #

What Erika's Eating Now

I'm a sucker for eggs Benedict, so the minute I got my hands on the new **Canyon Bakehouse Original English Muffins** ($6.09/5 muffins), I marched them down to my local breakfast café and asked the staff if they'd be kind enough toast one up to bolster their poached eggs and hollandaise. They're fluffy, light happiness. ✦ The good people of Berkeley, California–based **Cult Crackers** shared with me their sesame-stick-reminiscent, cheese-tray-perfect, vegan, paleo **Crunchy Cassava Crackers** ($32/4 (5-ounce) boxes), and I want to share them with you. So they agreed to extend free shipping with an order of four or more boxes. Find 'em at *cultcrackers.com* and use code GFF. ✦ **Taste Republic**'s fresh GF pastas ($5.99/9-ounce pack) are starring frequently on the dinner table; even Junior Editor Viva is blown away by their incredible texture and flavor. ✦ Portland, Oregon's "Roonmaster Jen" is behind the new, pretty box of **Mixed & Matched Holiday Assortment Roons** ($27/9-pack at eatroons.com); individual macaroons in holiday flavors of pumpkin spice, caramel, and candy-cane, they're a perfect host or holiday gift for GF food lovers.



Read that Feeds

Our friends **Jane Bonacci** of the **Heritage Cook** website and **Sara De Leeuw** of the **My Imperfect Kitchen** site teamed up to craft ***The Gluten-Free Instant Pot Cookbook*** (Harvard Common Press/Quarto US; $19.99). Expect easy-to-follow recipes ranging from cheese grits to cheesecake and everything in between. ■

ERIKA PHOTO EMMA K. MORRIS

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YOU ASKED FOR IT...

Our answers to reader questions sent to info@gffmag.com

Q: Why are oats controversial for a gluten-free diet? Aren't they gluten-free?
—Patricia W., Cranston, RI

A: Ah, the oats conundrum! The short answer is yes, oats are naturally gluten-free. However, they are often grown on land that also grows gluten-containing grains and/or are processed in facilities that process gluten-containing grains, making cross contamination a real concern. There's one more reason oats sometimes raise eyebrows: they contain proteins called avenins, which cause reactions in a very small number of people with celiac disease whose diets include large amounts of oats. Still, the general consensus is that certified gluten-free oats are safe to eat while on a gluten-free diet.

Q: I'm confused about whether alcohol is gluten-free or not. Can you clarify?—*Abbey J., Wichita, KS*

A: Absolutely! It can be confusing, especially since grain alcohol is made with, well, grain. Here's the scoop: it's widely agreed that grain alcohol's distillation process eliminates any reaction-causing proteins found in gluten, so *distilled* alcohol is considered GF. The exception is when other ingredients containing gluten have been added after the fact, which can be the case with flavored or blended spirits as well as mixed drinks.

Beer is another story: Gluten-free beer, or beer made with ingredients that never contained gluten, is 100 percent gluten-free and identified as such on the label. Gluten-*reduced* beer is made with gluten ingredients (hello, barley) and an enzyme that reduces the gluten levels to, presumably, less than 20 parts per million. These beers are labeled "crafted to reduce gluten." It's undetermined whether gluten-reduced beer has undetectable adverse effects on people with celiac disease or gluten intolerance, and some breweries are more diligent than others about testing every batch for gluten. So, many experts recommend you imbibe gluten-reduced beer at your own risk.

You'd think wine would, of course, be celiac-safe, and for the most part it is. But it's a little-known fact that some cooperages seal the grooves in their oak barrels, where the staves meet the heads, with trace amounts of wheat paste (many use a synthetic product, or buckwheat, instead). It's argued that because the wheat-paste component of a sealant and the seal are tested for effectiveness before barrels are sent to wineries, there's little likelihood of cross contamination. Most celiac-disease authorities deem wine gluten-free, so the general consensus is that wine is safe to drink. But if you're worried, you can always drink wine that's not barrel-aged or contact the winery in question to find out if any of their barrel sealants contain wheat.

Our general advice as you raise a glass this season and beyond? If you're unsure, research before you revel.

KITCHEN MUST-HAVES SET
Apron, bread bag, and two tea towels; $116 at *roughlinen.com*

GOOD STUFF

From essentials to pretty extras to give and get, behold some of the stuff we're coveting right now.

BY DANIELLE ELDERKIN

ROUGH LINEN PHOTOGRAPHY GINTARE MARCEL

LAVENDER FLORAL DIFFUSER
$24.95 at *papersource.com*

PORCELAIN SPICE GRINDERS
$38 each at *food52.com*

HANDMADE MIX SPOONS
$68 each at *kaufmann-mercantile.com*

DARK GREEN WATERCOLOR LARGE PAPER PLATES
$6.95/8-pack at *harlowandgrey.com*

CANDYLAND PITCHER
An homage to midcentury-American factory glassworks; $240 at *esque-studio.com*

EGG STOOL
Made of suar wood, custom order only; $599 at *furniturelandsouth.com*

ECO-FRIENDLY MARBLED/ MISTLETOE WRAPPING PAPER
$15/6-sheet set at *wrappily.com*

GFF Faves: Mac and Cheese

When treating yourself to the comforts of macaroni and cheese, there's no room for second-rate servings. That's why we boiled, baked, mixed, and munched our way through the nationally available gluten-free and dairy-free boxed offerings to find the brands most likely to induce fork fights. Behold our cheesiest, pleasiest recommendations for satisfying any craving for classic mac and cheese.

BY MORGAN HOLLAND

1 BANZA CHICKPEA PASTA MAC AND CHEESE DELUXE RICH & CREAMY CHEDDAR ELBOWS
Chickpea-flour pasta with 18 grams of protein and 8 grams of fiber per serving; very creamy. $3.49/11-ounce box. *eatbanza.com*

2 ANNIE'S GLUTEN FREE RICE PASTA & CHEDDAR
Like Kraft Mac & Cheese, plus a slight sweetness; best with less liquid added. $2.99/6-ounce box. *annies.com*

3 PAMELA'S MAC N' CHEESE PASTA MEAL
Buttery, creamy, and bright orange, with mild-cheddar taste; organic pasta, non-GMO. $3.79/5-ounce box. *pamelasproducts.com*

4 ANNIE'S GLUTEN FREE CREAMY DELUXE & CHEESY CHEDDAR
Creamy, classic, tasty, and effortless, thanks to the included cheese-sauce pouch. $4.99/11-ounce box. *annies.com*

5 AMY'S GLUTEN FREE DAIRY FREE RICE MAC & CHEEZE
Comforting and robust, with mild-cheddar flavor and vibrant orange color; comes frozen; best made in the oven. $3.85/9-ounce box. *amys.com*

6 AMY'S GLUTEN FREE RICE MAC & CHEESE
Creamy, rich, mild-cheddar flavor, and crispy pan-edges; comes frozen; best made in the oven. $3.80/8-ounce box. *amys.com* ■

CRISPY ROAST CHICKEN WITH POTATOES, SPINACH, AND LEMON
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Fast, Fabulous Dinners

Make the weekday dash tastier with delicious dinners by **Eric Lundy**.

PHOTOGRAPHY ERIN NG

Beef and Broccoli Stir-Fry

SERVES 2 This classic dish gets a zingy upgrade with a kiss of orange and chili garlic sauce. Serve it solo or with rice to soak up the luscious sauce.

Kosher salt and freshly ground pepper
3 cups small broccoli florets
1 tablespoon cornstarch
¾-pound skirt steak, cut into 2-inch-wide strips, then cut against the grain into ¼- by 2-inch strips
1 tablespoon canola oil
1 clove garlic, minced
1 teaspoon minced ginger
½ cup gluten-free, reduced-sodium beef broth
2 teaspoons gluten-free tamari or soy sauce
1 teaspoon gluten-free chili garlic sauce
1 teaspoon orange zest
2 teaspoons orange juice

Place 1 inch of water, ½ teaspoon salt, and the broccoli in a pot. Bring the water to a boil, cover, reduce heat to simmer, and cook for 2 minutes. Immediately drain and reserve the broccoli.

In a medium bowl, combine the cornstarch with ½ teaspoon salt. Add the beef strips and toss to coat.

In a wok or large nonstick frying pan over medium-high heat, heat the oil until hot but not smoking. Add the beef, garlic, and ginger to the pan and cook, stirring a few times, until the beef is just browned, 1 to 2 minutes. Add the broccoli and stir-fry to slightly soften, 1 minute. Add the broth, tamari, chili garlic sauce, orange zest and juice, ¾ teaspoon salt, and ¼ teaspoon pepper. Turn the heat to high to bring the liquid to a boil, then turn it down to medium, and simmer, stirring frequently, until the sauce thickens, 1 to 2 minutes. Serve.

Skill It: GF/DF Buche de Noel

Forget any ideas you have about the classic edible Yule log. This recipe by a longtime *GFF* fan, 17-year-old San Franciscan **Kelsey Puknys**, beats them all—while being gluten- and dairy-free and incredibly easy to make. If you're looking for happy holidays, start here.

PHOTOGRAPHY AND PROP STYLING ERIN NG / FOOD STYLING ERIC LUNDY

Party

Starters

Whether you're hosting or bringing a dish to a gathering this season, we've got you covered. These grab-and-go bites are delicious *and* easy to make—often in advance—so you can whip them up and get back to enjoying the holidays.

PHOTOGRAPHY CHRISTINE HAN
FOOD STYLING OLIVIA MACK MCCOOL
PROP STYLING STEPHANIE YEH

GOLDEN OPPORTUNITIES

Patiently sauté sliced onions to sweet and buttery caramelized perfection, and you've got one of the greatest flavors on earth. Make the following recipes and taste for yourself—*if* you can resist eating the seductive, deep-gold strands straight from the pan.

RECIPES AND PHOTOGRAPHY CHRISTIANN KOEPKE

CARAMELIZED ONION AND BLUE CHEESE TART
Page 50

PHOTOGRAPHY TODD QUACKENBUSH

Destination: Manhattan

With one of the most diverse populations on the planet, more than 80 neighborhoods, and about 24,000 restaurants within its 22.8 square miles, Manhattan can be somewhat of a mystery even to its 1.7 million residents. But FeedFeed studio and programming director and gluten-free resident **Giora Stuchiner** leads the way to the gems, so you can effortlessly take the best GF bite out of the Big Apple.

GAME ON!

Train your brain by finding the hidden words.
HINT: They can be backward, forward, or diagonal.

E W E F N L D H O N I O N S R
S N F G E Z O X E Z I B T E F
D E T M A L U X K N O N H M W
T E O E I T S T A Z A T N K E
P N Z D R D N E C R A N O M T
J X A I N T N I U G X U I A G
H Y F E L I A A V M T L T N N
S E L O R E T I F O R P A H I
X B O N A S M S N S I W R A N
R Y U L E S F A F N Z N B T I
C B R R L E B E R F O C E T D
Y T R A P V L I A A U Y L A Z
A P P E T I Z E R S C P E N F
U N P O K I U P Q P T H C L L
K M D I N O R A C A M R W R D

'TIS THE SEASON

APPETIZERS
CAKE
CARAMELIZED
CELEBRATION
DINING
ENTERTAIN
FEAST
FLOUR
GATHER
HOLIDAYS
LEMON
MACARONI
MANHATTAN
ONIONS
PARTY
PROFITEROLES
PUFFS
RESTAURANTS
TEFF
VINTAGE
YULE

For the solution, go to gffmag.com/holiday2018.

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