

PANCAKES, WAFFLES, AND OTHER BREAKFAST FOODS

Pancakes, Waffles, and French Toast

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Breakfast—the foundation of a healthy diet—is also the most wheat-laden meal. Bagels, muffins, toast, pancakes, waffles, and cereal—they all contain wheat, leading some newly diagnosed people to skip breakfast entirely for fear of getting sick. But the many recipes offered in this chapter leave no reason to skip this critical meal.

Many of us eat breakfast at our desk or on-the-run, but there is something very comforting about eating a breakfast that you prepare in your own home. If you're short on time during the week, set aside time on weekends to try some of these terrific recipes.

Yes, you can use store-bought mixes for pancakes and waffles; in fact, you can buy basic gluten-free waffles and muffins, as well as bread for your morning toast. Instead, mix up a batch of my versatile Carol's Sorghum Blend (page x) ahead of time so you're ready to make the flavorful pancakes and waffles in this chapter anytime. Or use it to make muffins and quick breads in the *Quick Breads and Muffins* chapter. Or English muffins and Bagels

in the *Yeast Breads* chapter. These recipes provide a wider variety of flavors and much more diversity than any store-bought versions.

Wholesome, nutritious cereals—hot or cold, and made from amaranth, sorghum, quinoa, corn, rice, beans, buckwheat, and teff—are widely available in natural food stores and grocery stores. Oats—an inherently gluten-free grain that can be contaminated during growing or processing—are now available in a pure, uncontaminated, gluten-free form. Make your own granola, granola bars, or muesli, using gluten-free oats, for a hearty start to your day. Be sure to get your physician's approval before you indulge; some gluten-intolerant people still may react to these oats for a number of other reasons, even though they are uncontaminated. For more information on the issue of gluten-free oats, go to www.gluten.net or see *Gluten-Free Diet* (Expanded Edition, 2006) by Shelley Case, RD.

Finally, I offer innovative ways to prepare eggs—beyond sunny-side-up, over-easy, or scrambled—such as frittatas, hash, quiche, and even pizza, for special days.



PANCAKES, WAFFLES, AND FRENCH TOAST

Basic Pancakes

MAKES 8 PANCAKES (4 INCHES EACH)

Make this easy batter for those mornings when the comfort of homemade pancakes seems absolutely necessary. You can use any milk but, of course, the flavor will change a little bit. For pancakes later in the week, double all of the ingredients (except the baking powder and baking soda) and refrigerate the remaining batter for up to 3 days. A teaspoon of fresh lemon juice will revive the reserved batter and make the pancakes nice and light.

- 1 cup Carol's Sorghum Blend (page x)
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ⅛ teaspoon salt, or to taste
- ¼ teaspoon xanthan gum
- ⅓ to ½ cup 1% milk (cow's, rice, soy, potato, or nut)
- 2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- Additional butter, buttery spread, or canola oil for frying

1 In a mixing bowl or large measuring cup, sift together the sorghum blend, sugar, baking powder, baking soda, salt, and xanthan gum.

2 Gradually whisk in the milk, butter, egg, and vanilla until very smooth. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, right).

3 In a large, nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

TIPS FOR PERFECT PANCAKES

- Let the pancake batter stand 5 minutes before frying the pancakes to give the liquid and dry ingredients time to meld and reach the proper consistency.
- For the recipes in this book, start with the smaller amount of milk. If the batter looks too thick, add another 2 to 3 tablespoons milk to reach the desired consistency. The batter should be thick enough to spread only slightly when it hits the hot griddle, yet not so thick that it doesn't spread at all. If it spreads very rapidly, add more sorghum blend, 1 tablespoon at a time.
- Browning time will vary with the ingredients in your pancake batter, but generally the pancakes are ready to be turned when bubbles start to appear on the surface of the batter. You can also determine if the underside is browned enough by gently lifting the pancake with a spatula and taking a peek. Frying a "test" pancake is always a good idea to see if the skillet heat and the pancake batter are correctly calibrated.

Buttermilk Pancakes **V**

MAKES 4 PANCAKES (4 INCHES EACH)

Homey and comforting, these pancakes are sure to please your family and guests. Buttermilk makes pancakes lighter, but you can achieve a similar effect using the homemade Buttermilk option (page 677). To make small silver-dollar pancakes, use 2 tablespoons of batter per pancake; for 4-inch pancakes, use ¼ cup of batter; for large 5-inch pancakes, use ⅓ cup of batter.

- 1 cup Carol's Sorghum Blend (page x)
- 2 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon xanthan gum
- ½ cup buttermilk, or homemade Buttermilk (page 677), well-shaken, or more as needed
- 2 tablespoons unsalted butter or buttery spread, such as Earth Garden, melted, or canola oil
- 1 large egg
- 1 teaspoon pure vanilla extract
- Additional butter, buttery spread, or canola oil for frying

- 1 In a mixing bowl or large measuring cup sift together the sorghum blend, sugar, baking powder, baking soda, salt, and xanthan gum.
- 2 Gradually whisk in the buttermilk, butter, egg, and vanilla until very smooth. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3).
- 3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

Buckwheat Pancakes **V**

MAKES 8 PANCAKES (4 INCHES EACH)

Buckwheat is related to rhubarb and is not actually a grain; it is a seed in the fruit family. Rather than buy buckwheat flour, I always have Bob's Red Mill Creamy Buckwheat Cereal on hand for my breakfast. I quickly grind what I need for these pancakes with my little coffee grinder. Start with ½ cup of milk, adding more if necessary until the batter reaches the right consistency.

- ½ cup buckwheat flour
- ½ cup potato starch
- 2 teaspoons baking powder
- 1 teaspoon sugar
- ½ teaspoon baking soda
- ¼ teaspoon xanthan gum
- ¼ teaspoon salt
- ½ to ⅔ cup 1% milk (cow's, rice, soy, potato, or nut)
- 2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil
- 1 tablespoon fresh lemon juice
- 1 large egg
- 1 teaspoon pure vanilla extract
- Additional butter, buttery spread, or canola oil for frying

- 1 In a mixing bowl or large measuring cup, sift the flour, potato starch, baking powder, sugar, baking soda, xanthan gum, and salt.
- 2 Whisk in milk, butter, lemon juice, egg, and vanilla until very smooth. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3).
- 3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

Sweet Potato Pancakes with Maple Butter **V**

MAKES 8 PANCAKES (4 INCHES EACH)

Joel Schaefer is a chef at a major resort, where his responsibilities include meeting the requests of guests with food allergies and intolerances. He provides guests with innovative choices, such as these pancakes with sweet potatoes—one of the least allergenic foods on earth.

MAPLE BUTTER

1 pound unsalted butter or buttery spread, such as Earth Balance, at room temperature

½ cup (4 ounces) pure maple syrup

Salt to taste

PANCAKES

1 cup Carol's Sorghum Blend (page x)

2 teaspoons sugar

2 teaspoons baking powder

½ teaspoon baking soda

1 large egg

½ cup 1% milk (cow's, rice, soy, potato, or nut)

1 tablespoon canola oil

¼ teaspoon salt

½ cup sweet potato, roasted, peeled, and pureed

Additional canola oil for frying

1 Make the Maple Butter: Place the butter in a mixing bowl and beat with a stiff whisk or spatula. Add the maple syrup and mix until combined. If you are using an electric mixer, use the paddle attachment to combine the ingredients. Transfer the Maple Butter to a container and store in the refrigerator until needed. Bring to room temperature before serving.

2 Make the pancakes: In a small mixing bowl, sift together the sorghum blend, sugar, baking powder, and baking soda. Whisk until well blended.

3 In another mixing bowl, whisk together the egg, milk, oil, and salt. Add the sweet potato puree and blend with a handheld mixer or a wire whisk just until smooth.

4 Add the sweet potato mixture to the dry ingredients and stir until combined.

5 Heat a 10-inch skillet or electric griddle on medium heat. Lightly oil the pan or griddle with canola oil, wiping off any excess oil with a paper towel.

6 Pour ¼ cup batter in the skillet and cook until bubbles appear on top of the pancake, about 1 to 2 minutes. Turn and cook until browned on the other side, about another 1 to 2 minutes. Serve immediately with Maple Butter.

Blueberry Millet Pancakes **V**

MAKES 8 PANCAKES (4 INCHES EACH)

I developed this recipe to showcase the mild flavor of millet, an incredibly healthy grain that adds wonderful nutrients to gluten-free meals. Rather than buy millet flour (which has a fairly short shelf life), buy whole-grain millet and grind it as you need it in a small coffee grinder. Keep the millet grains in your freezer or refrigerator to keep them fresh. If you buy frozen blueberries, just toss them into the batter in their frozen state to keep the batter from turning blue.

¼ cup millet flour

¼ cup tapioca flour

½ cup potato starch

2 tablespoons sugar

1½ teaspoons baking powder

1 teaspoon baking soda

¼ teaspoon salt

¼ teaspoon xanthan gum

½ cup 1% milk (cow's, rice, soy, potato, or nut)

2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil

2 teaspoons grated lemon zest

1 large egg

1 teaspoon pure vanilla extract

1 cup fresh or frozen blueberries, preferably small

Additional butter, buttery spread, or canola oil for frying

1 In a mixing bowl or large measuring cup, sift the flours, potato starch, sugar, baking powder, baking soda, salt, and xanthan gum.

2 Whisk in the milk, butter, lemon zest, egg, and vanilla until very smooth. Gently stir in the blueberries. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3).

3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour $\frac{1}{4}$ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

Mesquite Pancakes

MAKES 8 PANCAKES (4 INCHES EACH)

If you've only thought of mesquite as the wood that lends a wonderful flavor to grilled meats, this will be a pleasant surprise. Mesquite flour, ground from the pods of mesquite shrubs that grow in arid regions, has a wonderful cinnamonlike taste that can be used in a variety of foods. It has a high protein and fiber content. I devised this simple recipe so you can substitute other high-protein and high-fiber flours such as amaranth, teff, Montina, or millet. Use the same quantity as the mesquite flour, though you may need to add a few additional tablespoons of milk to reach the proper consistency. You can also increase the mesquite flour to $\frac{1}{4}$ cup if you like, and add more milk as needed.

1 $\frac{3}{4}$ cups Carol's Sorghum Blend (page x)

2 tablespoons mesquite flour*

2 tablespoons sugar

1 $\frac{1}{2}$ teaspoons baking powder

1 $\frac{1}{2}$ teaspoon baking soda

1 $\frac{1}{8}$ teaspoon salt, or to taste

1 $\frac{1}{4}$ teaspoon xanthan gum

1 $\frac{1}{3}$ to $\frac{1}{2}$ cup 1% milk (cow's, rice, soy, potato, or nut)

2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil

1 large egg

1 teaspoon pure vanilla extract

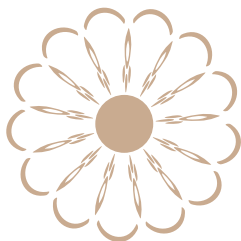
Additional butter, buttery spread, or canola oil for frying

1 In a mixing bowl or large measuring cup sift together the sorghum blend, mesquite flour, sugar, baking powder, baking soda, salt, and xanthan gum.

2 Gradually whisk in the milk, butter, egg, and vanilla until very smooth. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3).

3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour $\frac{1}{4}$ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

*Available at www.therubyrange.com or www.casadefruta.com.



Cottage Cheese Pancakes **V**

MAKES 8 PANCAKES (4 INCHES EACH)

Adding cottage cheese to pancakes gives them a nice, substantial texture while boosting their calcium content. As with all pancakes, I recommend making a “test” pancake first, to see if the skillet is the right temperature.

- 1 cup Carol's Sorghum Blend (page x)
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon Expandex modified tapioca starch, or 1 teaspoon Carol's Sorghum Blend
- ½ teaspoon baking soda
- ¼ teaspoon xanthan gum
- ¾ cup buttermilk or homemade Buttermilk (page 677), well-shaken
- 2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted
- 1 large egg
- ½ teaspoon pure vanilla extract
- ½ cup small curd cottage cheese
- Additional butter, buttery spread, or canola oil for frying

1 In a medium mixing bowl, sift the sorghum blend, sugar, baking powder, modified tapioca starch, baking soda, and xanthan gum.

2 Whisk in the buttermilk, butter, egg, and vanilla until very smooth. Gently stir in the cottage cheese. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3). If it is too thick, add more water, a tablespoon at a time.

3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

Sour Cream–Raisin Pancakes **V**

MAKES 8 PANCAKES (4 INCHES EACH)

Sour Cream–Raisin Pie (page 597) was my inspiration for these pancakes. The sour cream makes these pancakes deliciously rich, and they are all the more irresistible with chewy raisins tucked inside.

- 1 cup Carol's Sorghum Blend (page x)
- 2 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon xanthan gum
- ½ cup sour cream or sour cream alternative, such as Tofutti
- ¼ to ⅓ cup 1% milk (cow's, rice, soy, potato, or nut)
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 teaspoon grated lemon zest
- ¼ cup dark raisins or dried currants
- Butter, buttery spread, such as Earth Balance, or canola oil for frying

1 In a mixing bowl or large measuring cup, sift together the sorghum blend, sugar, baking powder, baking soda, salt, and xanthan gum.

2 Gradually whisk in the sour cream, milk, egg, vanilla, and lemon zest until very smooth. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3). Stir in the raisins.

3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

Coconut Pancakes **V**

MAKES 8 PANCAKES (4 INCHES EACH)

Coconut flour is made by drying and defatting coconut meat and then finely grinding it into flour. It lends a delicious coconut flavor and is a great ingredient for gluten-free baking because of its high fiber, high protein, and low carbohydrate content. I especially like using it with coconut flakes, which further intensify the lovely coconut flavor in these yummy pancakes.

- ¾ cup Carol's Sorghum Blend (page x)
- ¼ cup coconut flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ⅛ teaspoon salt, or to taste
- ¼ teaspoon xanthan gum
- ¾ to 1 cup 1% milk (cow's, rice, soy, potato, or nut)
- 2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- 1 teaspoon coconut-flavored extract (optional)
- ¼ cup sweetened shredded coconut
- Additional butter, buttery spread, or canola oil for frying

1 In a mixing bowl or large measuring cup, sift the sorghum blend, coconut flour, sugar, baking powder, baking soda, salt, and xanthan gum.

2 Gradually whisk in the milk, butter, egg, vanilla, and coconut extract, if using, until very smooth. Stir in the coconut. Let the batter stand 5 minutes and then add more milk, if necessary, just until the batter is thin enough to pour (see Tips for Perfect Pancakes, page 3).

3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately.

Peanut Butter and Jelly (PB&J) Pancakes **V**

MAKES 8 PANCAKES (4 INCHES EACH)

You can have the delicious flavors of the traditional peanut butter and jelly sandwich in this breakfast version of every kid's favorite.

- 1 cup Carol's Sorghum Blend (page x)
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon xanthan gum
- ⅓ cup 1% milk (cow's, rice, soy, potato, or nut)
- ⅓ cup crunchy peanut butter, at room temperature
- 2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil
- 1 large egg
- 1 teaspoon pure vanilla extract
- Additional butter, buttery spread, or canola oil for frying
- ½ cup grape jelly

1 In a medium mixing bowl, sift the sorghum blend, sugar, baking powder, baking soda, salt, and xanthan gum.

2 Whisk in the milk, peanut butter, butter, egg, and vanilla until very smooth. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3).

3 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately with 1 tablespoon jelly per pancake.

Pumpkin Pancakes with Pomegranate Syrup **V**

MAKES 8 PANCAKES (4 INCHES EACH)

Subtly flavored with autumn accents, these pancakes are a perfect way to use up that little bit of pumpkin left over from your holiday baking. They are also a great way to add important nutrients to your diet and the pomegranate syrup provides important antioxidants—not to mention that it's delicious!

- ⅓ cup 100% pumpkin puree (not pumpkin pie filling)
- 1 large egg, at room temperature
- ½ cup 1% milk (cow's, rice, soy, potato, or nut)
- 2 tablespoons unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil
- 1 teaspoon pure vanilla extract
- ½ cup Carol's Sorghum Blend (page x)
- ½ cup potato starch
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- ⅛ teaspoon freshly grated nutmeg
- ⅛ teaspoon ground cloves
- 1 tablespoon fresh lemon juice (optional)
- Additional butter, buttery spread, or canola oil for frying
- Store-bought pomegranate syrup or homemade Pomegranate Syrup (page 649) or maple syrup

1 In a medium bowl, whisk the pumpkin puree, egg, milk, butter, and vanilla until smooth. In a separate bowl, whisk the sorghum blend, potato starch, sugar, baking powder, baking soda, cinnamon, ginger, salt, nutmeg, and cloves until blended. Or, put all the ingredients in a blender and process until very smooth. Let the batter stand 5 minutes and then adjust the consistency, if needed (see Tips for Perfect Pancakes, page 3). For lighter pancakes, squeeze a tablespoon of fresh lemon juice into the batter just before frying.

2 In a large nonstick (gray, not black) skillet, heat the butter over medium-high heat until hot but not smoking. Pour ¼ cup batter onto the skillet and cook until bubbles appear on top of the pancake, about 2 to 3 minutes. Turn and cook until browned on other side. Serve immediately with pomegranate syrup.

Spiced Applesauce Waffles **V**

MAKES 8 WAFFLES (4 INCHES EACH)

This is a wonderful breakfast to serve your family or guests on a leisurely autumn weekend when you want something special. You can double this recipe if you need to serve more than four, but there's no need to increase the baking powder or baking soda.

- 2 large eggs, at room temperature, separated
- ¼ cup unsalted butter or buttery spread, such as Earth Balance, melted, or canola oil
- 1 container (4 ounces) unsweetened applesauce
- 1 teaspoon cider vinegar
- 1 teaspoon pure vanilla extract
- 1 cup Carol's Sorghum Blend (page x)
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1½ teaspoons pumpkin pie spice or apple pie spice (or use 1 teaspoon ground cinnamon, plus ¼ teaspoon ground nutmeg or allspice)
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon xanthan gum
- Topping of your choice, such as warmed applesauce, syrup, or honey

1 If you want to keep the cooked waffles warm while preparing the others, line a 15 × 10-inch baking sheet with foil and place in a preheated 200°F oven.

2 In a large bowl, whisk together the egg yolks, butter, applesauce, vinegar, and vanilla until smooth.

3 In a small bowl, sift together the sorghum blend, sugar, baking powder, pumpkin pie spice, baking soda, salt, and xanthan gum and then whisk into the liquid ingredients until the batter is smooth.

4 In a small bowl, beat the egg whites with an electric mixer on medium speed until soft peaks form, about 30 to 45 seconds. Increase the speed to high and beat until stiff peaks form, about 2 minutes. Fold half of the whites into the batter and then carefully fold in the remaining whites.

5 Coat a waffle iron with cooking spray and heat, following manufacturer's directions. Pour about ⅓ cup for each 4-inch waffle onto the surface, spreading the batter evenly to the edges. Cook 3 to 4 minutes or until the waffles are golden brown. Transfer cooked waffles to the baking sheet in the oven while cooking the remaining waffles, if necessary. Top with warmed applesauce, syrup, or honey.



Baked Cinnamon Raisin French Toast

MAKES 6 SERVINGS

French toast is always a treat, but my simple version is an exceptionally easy way to have a hot breakfast for your family on a weekday or to serve weekend house guests. Prepare it the night before so all you have to do the next morning is bake it.

6 slices (½-inch thick) homemade gluten-free Cinnamon Raisin Yeast Bread (page 84)

6 large eggs

2 cups 1% milk (cow's, rice, soy, potato, or nut)

2 tablespoons sugar

2 teaspoons pure vanilla extract

½ teaspoon ground cinnamon

¼ teaspoon freshly grated nutmeg

½ teaspoon salt

1 Arrange bread slices in 2 rows in a generously buttered 13 × 9-inch nonstick (gray, not black) baking dish.

2 In a large bowl, combine the eggs, milk, sugar, vanilla, cinnamon, nutmeg, and salt and whisk until blended. Pour the mixture over the bread slices, making sure all are covered evenly. Cover with foil and refrigerate overnight.

3 Place a rack in the middle of the oven. Preheat the oven to 350°F. Bake 35 to 40 minutes or until puffed and lightly browned. Serve immediately with your favorite syrup, honey, or jam.

French Toast with Candied Almond Topping: Just before baking, blend together ¼ cup (½ stick) unsalted butter, ¼ cup packed light brown sugar, ½ cup sliced almonds, 1 tablespoon light corn syrup, ½ teaspoon ground cinnamon, ½ teaspoon freshly grated nutmeg, and ¼ teaspoon salt in a medium bowl. Spread evenly over slices of the French toast. Bake and serve as directed in Step 3.

Savory French Toast

MAKES 4 SERVINGS

French toast doesn't have to be sweet as this savory version illustrates. You can still top it with a little marmalade or apple butter for a sweet contrast to the melted cheese.

- 2 large eggs, beaten
- ½ cup milk (cow's, rice, soy, potato, or nut)
- 1 cup shredded Monterey Jack cheese or cheese alternative, such as Vegan Gourmet
- 1 tablespoon chopped fresh chives
- 4 teaspoons unsalted butter or buttery spread, such as Earth Balance
- 1 homemade gluten-free French Baguette (page 100), cut into ½-inch slices
- ¼ cup grated Parmesan cheese or soy alternative, such as Soyco
- ½ cup orange marmalade, apple butter, or fruit preserves of choice for topping

1 In a shallow bowl, whisk together the eggs, milk, cheese, and chives. In a large nonstick (gray, not black) skillet, melt the butter over medium heat. Dip slices of bread into the egg mixture and place them in the hot skillet.

2 Cook 3 to 5 minutes per side, or until the toast is golden and crispy. Dust the tops with Parmesan cheese. Serve hot with a small dollop of marmalade, apple butter, or fruit preserves.

CEREAL AND GRANOLA

Naked Gluten-Free Granola

MAKES 4 CUPS

This is a simple, lightly sweetened yet tasty version of granola. Without the nuts and fruit, it becomes even more versatile in your repertoire of quick dishes for your family. For a sweeter granola, increase the honey to ½ cup.

DRY INGREDIENTS

- 3 cups rolled soy flakes (available at health food stores) or gluten-free rolled oats*†
- 1 cups raw natural coconut or sweetened coconut flakes
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt

LIQUID INGREDIENTS

- ⅓ cup honey
- ¼ cup very hot water
- ¼ cup canola oil
- 1 teaspoon pure vanilla extract

1 Place a rack in the middle of the oven. Preheat the oven to 300°F. Line a 15 × 10-inch baking sheet (not nonstick) with parchment paper or lightly coat it with cooking spray.

2 In a very large bowl, place the dry ingredients and toss to thoroughly combine.

3 In a small bowl, combine the liquid ingredients and stir until the honey is dissolved. Pour over the dry ingredients and toss with a spatula until thoroughly combined. (The mixture will be fairly wet.) Place the granola on the prepared sheet and spread to a thin layer.

4 Bake 15 minutes and stir. Bake another 15 minutes and stir again. Continue baking in 10-minute increments until granola is browned to desired degree. Cool the granola on the pan 20 minutes on a wire rack. Refrigerate up to 2 weeks.

*Available from www.bobsredmill.com, www.creamhillestates.com, www.giftsofnature.net, www.glutenfreeoats.com, or www.onlyoats.com.

†Check with your physician before using gluten-free oats.

Gluten-Free Granola with Nuts and Dried Fruit **V**

MAKES 5 CUPS

You can enjoy this wonderful cereal for breakfast, as a topping for fruit crisps, as a granola bar, or just by the handful as a snack.

DRY INGREDIENTS

- 2 cups rolled soy flakes* or gluten-free rolled oats**†
- 1 cup unsweetened coconut flakes
- ¼ cup sunflower seeds
- ¼ cup almond slices
- ¼ cup pumpkin seeds
- ¼ cup walnuts or pecans
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt

LIQUID INGREDIENTS

- ½ cup honey
- ¼ cup very hot water
- ¼ cup canola oil
- 1 teaspoon pure vanilla extract

DRIED FRUITS AND NUTS

- ½ cup whole almonds
- ¼ cup dried bananas
- ¼ cup dark raisins
- ¼ cup finely chopped dried apricots

- 1 Place a rack in the middle of the oven. Preheat the oven to 300°F. Line a 15 × 10-inch baking sheet (not nonstick) with parchment paper or lightly coat it with cooking spray.
- 2 In a very large bowl, place the dry ingredients and toss to thoroughly combine.

3 In a small bowl, combine the liquid ingredients and stir until the honey is dissolved. Pour over dry ingredients and toss with a spatula to thoroughly combine. The mixture will be fairly wet. Place the granola on the prepared sheet and spread to a thin layer.

4 Bake 15 minutes and then stir. Bake another 15 minutes and stir again. Continue baking in 10-minute increments until the granola is browned to the desired degree. Cool the granola on the pan 20 minutes on a wire rack. Stir in dried fruits and nuts. Refrigerate up to 2 weeks.

*Available at natural food stores.

**Available from www.bobsredmill.com, www.creamhillestates.com, www.giftsofnature.net, www.glutenfreeoats.com, or www.onlyoats.com.

†Check with your physician before using gluten-free oats.

Thin, Crispy Granola Bars **V**

MAKES 24 BARS

Granola bars can take a variety of different textures. Use your homemade granola to make this thin, crispy version, or try rolled soy flakes in place of the oats in the Naked Gluten-Free Granola (page 11). You can bake the bars in a 13 × 9 × 2-inch cake pan, but I recommend a 13 × 9-inch rimmed baking sheet (not nonstick) to make it easier to remove the bars. They are perfect for lunch boxes or hiking snacks, sealed tightly in individual food storage bags.

- ¾ cup almonds, pecans, or walnuts
- 2 cups homemade Naked Gluten-Free Granola (page 11)*†
- ¼ cup honey
- ¼ cup packed light brown sugar
- 1 tablespoon boiling water
- 1 tablespoon canola oil
- 1 teaspoon pure vanilla extract
- ¾ teaspoon ground cinnamon

1 Place a rack in the middle of the oven. Preheat the oven to 325°F. Line a 13 × 9-inch rimmed baking sheet (not nonstick) with foil or parchment paper. Coat with cooking spray.

2 In a food processor, pulse the nuts until very finely chopped. Add the remaining ingredients and process until thoroughly combined.

3 With a wet spatula, spread the mixture in the pan. Lay a piece of plastic wrap over the mixture and flatten to a ¼-inch thickness with your palms.

4 Bake 45 to 50 minutes, or until golden brown. Cool the pan 10 minutes on a wire rack. Cut into bars with a very sharp knife. Remove from pan and cool the bars completely on a wire rack.

**Made with gluten-free oats from www.bobsredmill.com, www.creamhillestates.com, www.giftsofnature.net, www.glutenfreeoats.com, and www.onlyoats.com.*

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Chewy Granola Bars

MAKES 24 BARS

These bars can be served warm with a dollop of whipped cream. Or, they make a great breakfast as you're rushing out the door to school or work.

¼ cup unsalted butter or buttery spread, such as Earth Balance, at room temperature

¼ cup honey

¼ cup packed light brown sugar

1 teaspoon pure vanilla extract

2 cups homemade Naked Gluten-Free Granola (page 11)*†

1 cup nutty flax cereal, such as Perky's

½ teaspoon ground cinnamon

½ teaspoon xanthan gum

¼ teaspoon salt

¼ cup gluten-free dairy-free chocolate chips, such as Tropical Source

1 In a medium saucepan, combine butter, honey, and brown sugar. Bring to boil and cook, stirring, until sugar is melted. Remove from heat and stir in vanilla.

2 Stir in granola, flax cereal, cinnamon, xanthan gum, and salt with wooden spoon until blended. Then stir in chocolate chips. Spread in a 13 × 9-inch *ungreased* glass pan. Refrigerate 2 hours or until firm.

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Cranberry-Ginger Cereal Bars

MAKES 24 BARS

You will enjoy the wonderful flavors in this no-bake snack bar. It makes a quick breakfast meal on the run or a nutritious after-school snack.

2 cups gluten-free puffed rice cereal, such as Erewhon

2 cups homemade Naked Gluten-Free Granola*† (page 11) or Enjoy Life or Bakery on Main

1 cup almond slices

1 cup dried cranberries

½ cup sweetened coconut flakes

½ cup ground flax meal

¼ cup finely chopped crystallized ginger

2 teaspoons pure vanilla extract

1 teaspoon xanthan gum

½ teaspoon salt

⅔ cup honey

1 tablespoon unsalted butter or buttery spread, such as Earth Balance, or canola oil

1 Place a rack in the middle of the oven. Preheat the oven to 325°F. Generously grease an 11 × 7-inch nonstick (gray, not black) pan.

2 In a large bowl, mix all the ingredients, except the honey and butter, until thoroughly blended.

3 Heat the honey and butter in the microwave on low for 1 minute or until the butter is melted; stir to combine. Pour over the dry ingredients and toss until thoroughly combined. Transfer the mixture to the prepared pan, spreading it evenly with a spatula, then press the mixture down firmly with a spatula or oiled hands.

4 Bake 10 to 15 minutes or just until the edges of the bars turn golden. Cool the bars in the pan on a wire rack at least 1 hour before cutting.

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COOKED WHOLE GRAINS FOR BREAKFAST

Hot cereal makes a great breakfast year-round, not just in the cold winter months. There are several gluten-free whole grains besides wheat that cook up into marvelous hot cereals.

For breakfast, I like to stir a teaspoon of vanilla into the cooked cereal for a flavor boost. You can also use salt to taste if you wish. My favorite toppings include cinnamon, honey, maple syrup, pancake syrup, brown sugar, fresh fruit, jam, jelly, or applesauce.

Look for Bob's Red Mill Mighty Tasty Gluten-Free Cereal, which is made from brown rice, corn, buckwheat, and sorghum; or Bob's Red Mill Creamy Buckwheat hot cereal in your local natural food store.

Cooking times for whole grains can vary slightly depending on the age of the grains and their moisture content. The height and depth of your pot will also affect cooking time. Use the table below as a guide; if the grains are not done when the allotted time is up, add a little more water and continue cooking.

GRAIN (1 CUP)	WATER	COOKING TIME	YIELD
Amaranth	2 cups	15 to 20 minutes	3½ cups
Brown rice	2½ cups	30 to 45 minutes	3½ to 4 cups
Buckwheat (kasha)	1 cup	15 to 20 minutes	4 cups
Millet	2½ to 4 cups	35 to 40 minutes	4 cups
Quinoa	2 cups	15 to 20 minutes	3 cups
Sorghum (soak overnight)	2 cups	45 to 60 minutes	3 cups
Wild Rice	4 cups	40 minutes	3½ to 4 cups

Granola Orange-Strawberry Parfait **V**

MAKES 4 SERVINGS

I am especially fond of using Bakery on Main granola for this recipe because it is delicious and comes in a wide variety of flavors. This recipe makes four individual parfaits for families, but I sometimes double or even triple the recipe and serve it in a glass trifle bowl for large brunches. It makes a dramatic presentation and guests love it. To keep the granola crunchy, assemble the parfait just before serving rather than preparing it ahead of time. You can use any number of different yogurt and fruit combinations, such as blueberry yogurt with fresh blueberries or raspberry yogurt with fresh raspberries.

- 2 containers (8 ounces each) lemon or orange-flavored yogurt (cow's, soy)
- ½ cup orange marmalade or homemade Clementine Marmalade (page 678)
- 2 cups gluten-free granola, such as Bakery on Main
- 2 cans (8 ounces each) mandarin oranges, drained
- 2 cups sliced fresh hulled strawberries
- Fresh mint leaves for garnish

In a small bowl, whisk together the yogurt and marmalade. For each parfait, layer ½ cup yogurt-marmalade mixture, ½ cup granola, ½ can mandarin oranges, and ½ cup hulled strawberries. For larger parfait glasses or the trifle bowl, repeat the layers as needed. Reserve some of the fruit to use as a garnish on top. Serve immediately, garnished with fresh mint leaves.

Muesli **V**

MAKES 4 SERVINGS

This hearty breakfast dish can be kept in the refrigerator and served throughout the week. It is commonly served in European countries and is a “stick-to-your-ribs” kind of meal.

- 2 cups gluten-free rolled oats*†
- ½ cup raw coconut flakes
- ¼ cup chopped dried apricots
- ¼ cup raw pumpkin seeds
- ¼ cup sunflower seeds
- ¼ cup dried cranberries
- 2 apples (Gala, Fuji, or your choice), cored, and diced
- 1 container (8 ounces) plain low-fat yogurt (cow's, soy)
- 1 cup 1% milk (cow's, rice, soy, potato, or nut)
- 1 tablespoon honey, or to taste
- 1 teaspoon pure vanilla extract

In a large bowl, toss all the ingredients until combined. Cover and refrigerate overnight or until the liquids are absorbed, at least 4 hours. Serve cold or gently reheated in the microwave oven on medium for 3 to 5 minutes or until warm.

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EGGS, QUICHES, AND CASSEROLES

Eggs Baked in French Bread

MAKES 4 SERVINGS

When everyone tires of the usual scrambled eggs and toast, this is an innovative way to serve these two breakfast staples.

1 loaf homemade gluten-free French Yeast Bread (page 100), sliced in half horizontally

Cooking spray (preferably olive oil)

2 large eggs

¼ cup chopped fresh thyme

¼ cup grated Parmesan cheese or soy alternative, such as Soyco

¼ teaspoon salt

⅛ teaspoon white pepper

Fresh parsley for garnish

1 Place a rack in the middle of the oven. Preheat the oven to 350°F. With your fingers, hollow out the loaf of bread, leaving the crust intact. Reserve the hollowed-out bread. Generously spray the loaf halves with cooking spray.

2 Place the loaf halves cut side down on a baking sheet (not nonstick) and bake 10 minutes or until the inside of the loaf begins to brown. Remove from oven and let cool slightly.

3 While the bread bakes, in a mixing bowl, combine the eggs, thyme, Parmesan cheese, salt, and pepper. Whisk together until smooth. Stir in reserved bread pieces. Arrange the mixture in each half of the cooled loaf.

4 Bake 30 to 35 minutes or until eggs are set. If the bread browns too much, cover with foil. Remove from oven, cut each half into 4 pieces, and serve immediately with a garnish of fresh parsley.

Eggs in a Nest

MAKES 4 SERVINGS

This is a particularly good way to use up gluten-free bread that has hardened, but is not quite stale. Gently heat it in a microwave oven on low for 1 to 2 minutes or until it is soft and pliable and then proceed with this recipe.

4 slices gluten-free bread of choice (see Yeast Breads chapter)

2 tablespoons chopped green onion

2 tablespoons chopped fresh thyme, divided

4 large eggs

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

¼ cup shredded Gruyère or Swiss cheese, or cheese alternative, such as Vegan Gourmet

Dash paprika

1 Put a rack in the lowest position of the oven. Preheat the oven to 325°F. Generously grease four 6-ounce ramekins. Place the ramekins on a baking sheet (not nonstick).

2 Trim the crusts from the bread. With a rolling pin, flatten each slice of bread to ¼-inch thickness, and push and press into a ramekin.

3 Divide the green onion and half of the thyme evenly among the ramekins, reserving some thyme for garnish. Break an egg into each ramekin and season it with salt and pepper. Top with cheese and sprinkle with paprika.

4 Bake 20 to 25 minutes or to desired doneness for eggs. Remove from the oven, garnish with a sprinkle of remaining fresh thyme, and serve immediately.

Cheese Blintzes

MAKES 8 BLINTZES

Cheese blintzes, with their sweet topping, are an excellent choice for brunch or dessert. Serve them anytime you wish. They are especially pretty topped with cherry pie filling, but other fruit toppings such as blueberry will also work well.

CREPES

$\frac{3}{4}$ cup 1% milk (cow's, rice, soy, potato, or nut)

$\frac{2}{3}$ cup Carol's Sorghum Blend (page x)

2 large eggs

6 teaspoons unsalted butter, buttery spread, such as Earth Balance, melted, or canola oil

$\frac{1}{4}$ teaspoon xanthan gum

$\frac{1}{8}$ teaspoon salt

Additional butter, buttery spread, or canola oil for frying

FILLING AND TOPPING

1 cup ricotta cheese or firm silken tofu, such as Mori-Nu

1 small package (3 ounces) cream cheese or cream cheese alternative, such as Tofutti, softened

3 tablespoons powdered sugar + $\frac{1}{2}$ cup powdered sugar, for dusting

Grated zest of 1 lemon

1 large egg, at room temperature

1 can (20 ounces) cherry pie filling

1 Make the crepes: In a blender, combine all the ingredients, except the additional butter and process until the mixture is smooth. Refrigerate 1 hour. Just before frying the crepes, blend again to reincorporate ingredients.

2 Heat an 8-inch skillet or seasoned crepe pan over medium-high heat until a drop of water dances on the surface. Brush the surface with butter and replenish after each crepe is cooked.

3 For each crepe, pour a scant $\frac{1}{4}$ cup batter into the pan and immediately tilt and swirl the pan to coat the bottom evenly with crepe batter. Cook until the underside of the crepe is crispy brown, then flip the crepe with a thin spatula and cook the other side for about 20 to 30 seconds, or until the crepe batter sets. (The first crepe will often not cook as well as the pan reaches the right temperature.) Stack the cooked crepes between sheets of foil, plastic wrap, or parchment paper to prevent drying out. Repeat with the remaining batter.

4 Place a rack in the middle of the oven. Preheat the oven to 400°F. Coat a 13 × 9-inch glass baking dish with cooking spray.

5 Make the filling: In a medium bowl, beat the ricotta cheese and cream cheese together on medium speed until smooth. Gradually, beat in the 3 tablespoons powdered sugar, lemon zest, and egg until smooth. Spoon $\frac{1}{4}$ cup of the cheese mixture in a line along the lower third of each crepe. Fold the bottom edge away from you to just cover the cheese filling; then fold the 2 sides in to the center. Roll the crepe away from you a couple of times to make a package, ending with the seam side down. Place the blintzes in the baking dish.

6 Bake 10 to 15 minutes, or until the egg is cooked and the cheese sets. Using a spatula, transfer the blintzes to serving plates. Dust with powdered sugar, spoon cherry pie filling on top, and serve warm.

Egg Crepes with Brie and Almonds

MAKES 4 SERVINGS

You're probably familiar with crepes made with flour, but these lacy beauties are made from very thin layers of fried egg.

- 2 teaspoons olive oil
- 6 large eggs
- 2 tablespoons 1% milk (cow, rice, soy, potato, or nut)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 small round (8 ounces) Brie, cut into ½-inch cubes, or cheese alternative, such as Vegan Gourmet, divided
- ¼ cup sliced almonds, divided
- 1 bunch fresh chives, snipped

1 In a large heavy nonstick (gray, not black) skillet, heat the oil over medium heat.

2 In a medium bowl, whisk the eggs with the milk, salt, and pepper until smooth. Pour ½ cup egg mixture into the skillet and tilt and rotate to make eggs coat the bottom of the pan evenly. Cover and cook until the eggs are barely set, about 2 minutes. Lay ¼ of the Brie cubes in a row down the middle of the crepe and sprinkle with 1 tablespoon of the almonds. Loosen eggs from the pan with a silicon spatula and fold sides over the Brie.

3 Transfer Brie-filled crepe to a serving plate and repeat the process to make another 3 crepes. Serve immediately or place Brie-filled crepes on a baking sheet and keep warm in a 180°F oven until all the crepes are cooked. The Brie will soften slightly. Garnish with snipped fresh chives and serve.

Breakfast Egg and Cheese Strata

MAKES 8 SERVINGS

This dish is perfect for a weekend family visit or for entertaining because you can assemble it the day before and refrigerate it overnight. It bakes while you're preparing the rest of the meal. For added flavor, replace ¼ of the milk with your favorite dry white wine.

- 10 slices store-bought gluten-free bread, such as Whole Foods or Enjoy Life, or homemade White Sandwich Yeast Bread (page 85) or homemade Cornbread (page 68), cut in 1-inch cubes
- 2 cups Canadian-style bacon, finely diced
- 2 cups coarsely grated Gruyère (about 6 ounces), or cheese alternative, such as Vegan Gourmet
- 1 cup finely grated Parmesan cheese or soy alternative, such as Soyco, divided
- ½ cup store-bought basil pesto or homemade Basil Pesto (page 672)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh grated onion or 1 tablespoon dried minced onion
- 4 large eggs
- 3 cups 1% milk (cow's, rice, soy, potato, or nut)
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon freshly grated nutmeg
- 2 tablespoons chopped fresh parsley

1 Generously grease a 13 × 9-inch baking dish; set aside.

2 In a very large bowl, place the bread cubes, bacon, Gruyère, and ¾ cup of the Parmesan cheeses; toss until thoroughly combined. Combine the pesto, oil, and onion, and toss with the bread until thoroughly blended. Spread the mixture evenly in the bottom of the baking dish.

3 In the same large bowl, whisk together the eggs, milk, mustard, salt, pepper, and nutmeg and pour evenly over the bread cubes. Cover with plastic wrap and refrigerate overnight.

4 Place a rack in the middle of the oven. Preheat the oven to 350°F. Remove the plastic wrap and sprinkle with the remaining ¼ cup Parmesan. Bake 45 minutes to 1 hour, or until the top of the casserole is brown. Let stand 5 minutes before serving sprinkled with chopped parsley.

Leek-Pasta Frittata

MAKES 4 SERVINGS

Most people throw away leftover pasta, but there are many flavorful ways to use it up. Any brand will work in this flavorful frittata, but I like the linguine from Heartland's Finest because it holds its shape quite well and has a high protein content.

- 1** tablespoon canola oil, divided
- 2** cups thinly sliced leeks (about 2 medium), white section only, halved lengthwise, and washed thoroughly
- 1** slice prosciutto or pancetta, finely chopped
- 4** large eggs
- ¼** cup 1% milk (cow's, rice, soy, potato, or nut)
- ¼** cup grated Parmesan cheese or soy alternative, such as Soyco
- ½** teaspoon salt
- ¼** teaspoon freshly ground black pepper
- 2** teaspoons fresh oregano or 1 teaspoon dried
- 2** teaspoons fresh basil or 1 teaspoon dried
- 1½** cups (about 4 ounces) cooked gluten-free linguine, such as Heartland's Finest
- ½** cup shredded mozzarella cheese or cheese alternative, such as Vegan Gourmet
- 2** tablespoons fresh parsley or 1 tablespoon dried

1 In a 10-inch nonstick (gray, not black) skillet, heat 2 teaspoons of oil over low-medium heat. Add the leeks and prosciutto and cook until the leeks are softened, about 4 minutes. Remove the skillet from the heat.

2 In a medium bowl, whisk together the eggs, milk, Parmesan cheese, salt, pepper, oregano, and basil. Stir in the cooked linguine.

3 Return the skillet to medium heat. Add the remaining teaspoon canola oil. Pour the egg mixture

into pan, cover, and cook 10 minutes or until the top is set. Uncover, sprinkle with mozzarella cheese, and cover again. Cook another 1 to 2 minutes or until the cheese is melted and eggs are cooked through. Garnish with parsley and serve immediately.

Wild Morel Frittata

MAKES 4 SERVINGS

Morels are mushrooms that resemble little corn cobs. In fact, that is what we called them when we gathered them in the timberland near my childhood home. Today, dried morels can be found near the produce section of your grocery store when fresh ones aren't available. Substitute 1 cup of any fresh mushroom or dried mushroom variety, and this dish will still taste just as great.

- 1** tablespoon canola oil
- 2** teaspoons unsalted butter or buttery spread, such as Earth Balance
- ½** pound reconstituted dried morels (follow package directions)
- ¼** cup sliced green onions
- 1** slice pancetta or bacon, finely chopped
- 4** large eggs
- ¼** cup 1% milk (cow's, rice, soy, potato, or nut)
- ¼** cup grated Parmesan cheese or soy alternative, such as Soyco
- ½** teaspoon salt
- ¼** teaspoon freshly ground black pepper
- 2** teaspoons snipped fresh chives or 1 teaspoon dried
- 2** teaspoons chopped fresh parsley or 1 teaspoon dried
- 2** teaspoons chopped fresh chervil or 1 teaspoon dried
- 1½** cups cooked gluten-free linguine (about 4 ounces), such as Heartland's Finest or Tinkyada
- Juice of 1** lemon
- 2** tablespoons chopped fresh parsley or 1 tablespoon dried

1 In a 10-inch nonstick (gray, not black) skillet, heat the oil and butter over medium-low heat. Add the morels, onions, and pancetta and cook until onions have softened, about 5 minutes. Remove the skillet from heat.

2 In a medium bowl, whisk together the eggs, milk, cheese, salt, pepper, chives, parsley, and chervil. Stir in the cooked linguini.

3 Return the skillet to medium heat. Pour the egg mixture into the skillet. Cover and cook 10 minutes or until the top is set. Uncover and sprinkle with lemon juice. Cover again and cook another 1 to 2 minutes or until the eggs are cooked through. Garnish with parsley. Serve immediately.

Bacon, Leek, Tomato, and Goat Cheese Quiche

MAKES 4 SERVINGS

Quiche is a wonderful flavorful option for brunch, lunch, or a light dinner. Pair it with a tossed green salad and some crusty French bread and you have a delightful meal. Keep a few pie crusts rolled out and stored flat in your freezer, and this quiche will come together quickly.

Basic Pastry Crust for a 9-inch pie, single crust (page 587), unbaked

2 leeks, white section only, halved lengthwise, thinly sliced and washed thoroughly

4 slices cooked bacon, cut in 1-inch pieces

4 large eggs

¾ cup whole milk (cow's, rice, soy, potato, or nut)

1 teaspoon Dijon mustard

1½ teaspoons chopped fresh thyme or ½ teaspoon dried

1 small package (4 ounces) goat cheese, crumbled, or cheese alternative, such as Vegan Gourmet

1 tablespoon sweet rice flour or potato starch

¼ teaspoon salt

⅛ teaspoon white pepper

½ cup finely diced sun-dried tomatoes

1 Place a rack in the bottom position and another rack in the middle position of the oven. Preheat the oven to 400°F. Fit the pie crust into 9-inch pie plate and flute edges; set aside.

2 In a heavy skillet over medium heat, cook the leeks and bacon together, stirring constantly, until the bacon is crisp and leeks are tender. Transfer the leeks and bacon to drain on paper towels.

3 In a separate bowl, whisk together the eggs, milk, mustard, thyme, goat cheese, sweet rice flour, salt, and pepper. Stir in the leeks, bacon, and tomatoes. Pour the mixture into the crust.

4 Bake 15 minutes on the bottom rack of the oven. Move the quiche to the middle rack. Lay a sheet of foil over it and continue baking 30 minutes or until the quiche is set and a knife inserted in center comes out clean. Serve immediately.

Sweet Potato Hash

MAKES 4 SERVINGS

You've no doubt heard of corned beef hash, but this version uses chopped Canadian-style bacon and sweet potatoes instead. And if your potatoes are already mashed, that's fine, too. Unlike many hash dishes where the eggs are cooked separately and then served on top of the hash, this version goes into the oven with the raw eggs resting on top and they cook together. If you prefer, you can always cook the eggs separately from the hash and arrange them on the cooked hash at serving time.

2 tablespoons olive oil, divided

1 tablespoon unsalted butter or buttery spread, such as Earth Balance

1 small red bell pepper, cored and diced

1 small yellow onion, peeled and diced

1 garlic clove, minced

1 large sweet potato, peeled and cut in ¼-inch dice

2 cups diced Canadian-style bacon

½ teaspoon salt

½ teaspoon freshly ground black pepper

4 large eggs

2 green onions, thinly sliced

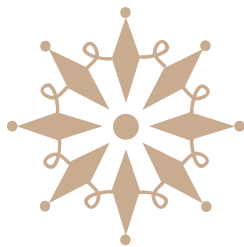
Dash paprika

1 tablespoon chopped fresh parsley or 1 teaspoon dried

1 In a heavy cast-iron skillet, heat 1 tablespoon of the oil and the butter over medium heat. Add the bell pepper and onion and cook, stirring occasionally, about 4 to 5 minutes, or until lightly browned. Add the garlic and stir 30 seconds.

2 In a large bowl, stir together the potatoes, bacon, salt, and pepper until well blended and transfer it to the skillet. With a spatula, press the mixture firmly to compress it. Cook until the bottom sets, about 3 to 4 minutes. To turn the hash, set a plate the size of the skillet on top of the pan. Invert the pan carefully so the hash falls intact onto the plate. Heat the remaining tablespoon of oil in the skillet. Slide the hash cooked-side up back into the skillet. (If the hash breaks apart during this process, simply reshape it with a spatula.) Cook 3 to 5 minutes more, or until the bottom of the hash starts to brown. (Browning time may vary due to the amount of moisture in the potatoes.)

3 Make 4 (3-inch) holes in the hash and break an egg into each hole. Sprinkle the hash with the green onions. Reduce the heat to low, cover, and cook 4 to 5 minutes or until the eggs are cooked to the desired degree of doneness. You can also bake the hash in a preheated 350°F oven until the eggs are set. Dust with paprika, sprinkle with fresh parsley, and serve immediately.



Turkey Hash

MAKES 4 SERVINGS

This is an excellent way to use up leftover turkey from your holiday meals, and it is a hearty breakfast. Once you make a hash, you'll see that there are no hard and fast rules—you can vary the ingredients based on what you have available at the time.

2 tablespoons olive oil, divided

1 tablespoon unsalted butter or buttery spread, such as Earth Balance

2 cups diced cooked russet potatoes

1 cup chopped or shredded cooked turkey or chicken

¼ cup gluten-free, low-sodium chicken broth, such as Swanson's Natural Goodness, or homemade Chicken Broth (page 676)

1 tablespoon gluten-free Worcestershire sauce, such as French's

1 tablespoon Dijon mustard

2 tablespoons finely diced fresh onion or 2 teaspoons dried minced onion

½ teaspoon celery salt

½ teaspoon freshly ground black pepper

4 large eggs

Additional salt and pepper

Paprika, for garnish

2 tablespoons chopped fresh parsley or 1 tablespoon dried for garnish

1 In a heavy cast-iron skillet, heat 1 tablespoon of the oil and the butter over medium heat. Place the potatoes and turkey in the skillet and cook until heated through.

2 While the mixture heats, in a medium bowl, whisk together the broth, Worcestershire sauce, mustard, onion, celery salt, and pepper. Pour over the potatoes and turkey.

3 With a spatula, press the mixture firmly down to compress it; and cook until deeply browned and crispy on the bottom. Flip the hash, add the remaining tablespoon of oil to the skillet, and cook the other side until deeply browned and crisp.

(The cooking time will depend on the temperature and size of the potatoes and turkey.)

4 Transfer the hash to a plate, season with additional salt and pepper, and cover with foil to keep warm.

5 Add eggs to the same skillet and fry each to the desired degree of doneness. Add salt and pepper to taste. Place an egg on top of each serving. Dust with paprika and parsley and serve immediately.

Egg Tortilla Casserole with Chipotle Mole Sauce

MAKES 4 SERVINGS

This makes the perfect brunch dish, and the mole sauce is sure to capture the interest of your guests. Mole sauce can take many forms, but in the United States, this term typically refers to a dried chile sauce that contains unsweetened chocolate—an unusual ingredient that gives it a unique flavor. Coffee further complements these flavors. This recipe works great with corn tortillas, but I also make it for large brunch groups by frying the eggs in a 10-inch skillet, using the larger gluten-free flour tortillas by Food for Life or La Tortilla Factory, and assembling the casserole in a skillet large enough to accommodate this size. If you don't want to use the homemade sauce, just use a 16-ounce jar of gluten-free prepared salsa.

MOLE SAUCE

1 can (14 to 15 ounces) fire-roasted tomatoes, drained

½ cup strong brewed coffee

2 tablespoons chopped onion

1 large garlic clove, chopped

1 teaspoon homemade Chipotle Adobo Sauce (page 673)

1 teaspoon unsweetened cocoa powder

½ teaspoon sugar

CASSEROLE

6 large eggs

2 tablespoons 1% milk (cow's, rice, soy, potato, or nut)

¼ teaspoon salt

⅛ teaspoon freshly ground black pepper

¼ cup canola oil for frying eggs

5 white corn tortillas (6-inch size), such as Tamxico's

1 cup grated mild Cheddar cheese or cheese alternative, such as Vegan Gourmet

GARNISHES

2 tablespoons chopped fresh cilantro

2 tablespoons chopped black olives

2 tablespoons chopped green onion

1 Make the sauce: Place all the ingredients in a blender and puree until very smooth. Transfer the sauce to a small, heavy pan and simmer over low heat 15 minutes.

2 While the sauce simmers, make the casserole. In a mixing bowl, whisk together the eggs, milk, salt, and pepper until smooth. Heat a tablespoon of the oil in a 6-inch nonstick (gray, not black) skillet over medium heat. Pour ¼ of the egg mixture into the skillet and cook until lightly browned. Repeat with the remaining egg mixture, using ¼ of the egg mixture for each of the 3 remaining layers and using more oil as needed.

3 Place a corn tortilla on an 8-inch round microwave-safe rimmed serving platter or shallow bowl. As each egg layer cooks, cover it with a tortilla, ending with the fifth tortilla. Pour the sauce over the tortillas. Heat the casserole in a microwave oven on medium for 2 to 3 minutes or until heated through. Garnish with cilantro, black olives, and green onion. Serve immediately.

Breakfast Pizza

MAKES 6 SERVINGS (12-INCH PIZZA)

My pizza crust has won national acclaim as a lunch or dinner item, but few people consider pizza for breakfast. In fact, it's a great choice because it can be eaten on the run, if necessary, and it won't crumble or fall apart. And, you still get all the sausage-and-egg flavors of a typical breakfast.

1 (12-inch) homemade gluten-free Pizza Crust
(page 117)

¼ pound gluten-free pork sausage, such as Jennie-O or Hormel

2 tablespoons each diced red bell and green bell pepper

¾ cup shredded Cheddar cheese or cheese alternative, such as Vegan Gourmet

3 large eggs, beaten

1 tablespoon finely diced fresh onion or 1 teaspoon dried minced onion

½ teaspoon salt

¼ teaspoon freshly ground black pepper

2 tablespoons grated Parmesan cheese or soy alternative, such as Soyco

1 Place a rack in the bottom position and another rack in the middle position of the oven. Preheat the oven to 425°F. Prepare the gluten-free Pizza Crust (page 117), making the edges high to contain the toppings. Bake 10 minutes on the bottom rack.

2 While the crust bakes, in a heavy skillet, cook the sausage and bell pepper over medium-high heat until the sausage is no longer pink. Sprinkle it evenly on the pizza crust. Sprinkle the cheese evenly on top.

3 In a medium bowl, whisk the eggs together with the onion, salt, pepper, and Parmesan cheese. Pour over the pizza crust and bake on the middle rack for another 20 to 25 minutes or until the eggs are set. Cut into wedges and serve immediately.

