

The  
**Chopping  
Block**

# GLUTEN- FREE GOURMET

GUIDE & RECIPE  
COLLECTION

How to Have a Flavorful  
Gluten-Free Lifestyle





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# INTRODUCTION TO GLUTEN-FREE LIVING

Gluten-free eating has become much more common in recent years, but it's far from just a passing trend. For many people, it's a necessary lifestyle shift that supports better health and overall well-being. Going gluten-free isn't only about skipping bread and pasta—gluten can be hidden in countless products, from sauces and soups to snacks and condiments.

This guide is designed to give you clarity and confidence in the kitchen. You'll learn what gluten is, where it often shows up, and how to spot it on labels so you can make safe, informed choices. We'll also share pantry staples to keep on hand, shopping and dining tips, and chef-tested recipes that prove you don't have to sacrifice flavor, texture, or joy when living gluten-free.

Whether you're managing Celiac Disease, navigating a gluten sensitivity, or simply curious about exploring this way of eating, consider this your go-to resource for building a delicious, sustainable gluten-free lifestyle.



# HOW DO YOU KNOW IF YOU HAVE A GLUTEN SENSITIVITY?

Gluten sensitivity can look different for everyone, but common symptoms include bloating, stomach pain, or digestive discomfort after eating foods with gluten. These issues often improve or disappear once gluten is removed from the diet.

It's important to note that the only way to know for certain is through proper medical testing and diagnosis. Sometimes what feels like a sensitivity may actually be Celiac Disease—a serious autoimmune condition in which the body's immune system attacks the small intestine after gluten is consumed. Over time, this can interfere with nutrient absorption and lead to long-term health problems.

Celiac Disease isn't always easy to identify, since it can cause a wide range of symptoms—more than 300 have been reported, including abdominal issues, migraines, skin conditions like eczema, and even hair loss. The Celiac Disease Foundation estimates that about 1 in 133 Americans have the disease, and roughly 2.5 million Americans remain undiagnosed.

If you suspect gluten may be affecting your health, consult a doctor for evaluation and guidance before making major changes to your diet.

## Signs Your Body May Be Reacting to Gluten

- Bloating, stomach pain, or digestive discomfort
- Diarrhea or constipation
- Chronic fatigue
- Frequent headaches or migraines
- Skin issues (eczema, rashes)
- Unexplained weight loss or difficulty gaining weight
- Joint or muscle pain
- Hair loss
- Brain fog or difficulty concentrating







# WHAT IS GLUTEN?

Gluten is a natural protein found in grains like wheat, rye, and barley. When flour and water are mixed, gluten forms a stretchy network that gives bread its chewiness and helps baked goods rise and hold their shape. It's the "glue" that gives structure to many of our favorite foods, from pasta and pizza to pastries.

For most people, gluten is harmless. But for those with Celiac Disease, even small amounts trigger the immune system to attack the small intestine, interfering with nutrient absorption and leading to long-term health risks if left untreated.

## ALL IN THE FAMILY

Celiac Disease has a strong genetic link. If you have a first-degree relative (parent, child, or sibling) with the condition, your chances of developing it increase to about 1 in 10. Because of this, it's important for families with Celiac Disease to be especially mindful about testing and monitoring symptoms.

Currently, the only effective treatment for both Celiac Disease and gluten sensitivity is a lifelong commitment to a gluten-free diet. That might sound overwhelming at first, but it doesn't have to mean giving up delicious meals or feeling limited in your options.

This guide will help you understand which foods to avoid, what to stock in your pantry, and how to make simple substitutions that keep your cooking flavorful and satisfying. You'll also find chef-tested recipes and practical tips for transforming traditional favorites into gluten-free versions you'll love.

Happy (gluten-free) cooking!



# CORE PRINCIPLES OF A GLUTEN-FREE DIET

Living gluten-free starts with one essential skill: knowing what's in your food. Gluten often hides in unexpected places, so reading labels carefully is key.

## Where Gluten is Found

Gluten is naturally present in wheat, rye, and barley—but it also shows up in their many relatives and derivatives. Watch out for:

- Wheat varieties: wheatberries, durum, semolina, spelt, farina, farro, graham
- Crossbreeds: triticale (a wheat/rye hybrid)
- Ingredients like malt, brewer's yeast, and soy sauce (unless labeled gluten-free)
- Modified food starch, which may sometimes contain gluten

**Important Note:** Products labeled "wheat-free" are not always gluten-free. Always double-check the ingredient list to be sure.

## Common Foods That Contain Gluten

- Pastas and noodles
- Breads, crackers, and baked goods
- Pastries, cookies, and cakes
- Cereal and granola
- Breakfast favorites (pancakes, waffles, biscuits)
- Breadcrumbs and croutons
- Sauces and gravies thickened with wheat flour
- Flour tortillas







# SHOPPING TIPS

Today, finding gluten-free products is easier than ever. If a package is clearly labeled “gluten-free,” it has been tested to meet FDA standards of containing less than 20 parts per million of gluten. That’s the safest choice.

But remember: many foods are naturally gluten-free (like fruits, vegetables, fresh meat, fish, beans, rice, and dairy) even if they aren’t labeled as such. Don’t assume a food must carry a gluten-free label to be safe—but do double-check the ingredient list.

## Key things to keep in mind when shopping:

- Always read labels. Companies can change recipes without notice, so a product that was once gluten-free may no longer be safe.
- Watch out for hidden gluten. Look for terms like:
  - Barley/malt (malt extract, malt syrup, malt flavoring, barley malt)
  - Wheat starch (must be labeled gluten-free if safe)
  - Brewer’s yeast (unless specified gluten-free)
  - Hydrolyzed wheat protein (not safe)
- Don’t confuse ingredients. For example, maltodextrin is safe (it’s made from corn, potato, or rice), but malt is not.
- Oats require extra caution. Oats are naturally gluten-free but often contaminated during processing. Only purchase oats specifically labeled “gluten-free.”

When in doubt, check the brand’s website or call customer service. If you can’t get a clear answer, skip the product.





# DINING OUT

Eating out can feel intimidating at first, but more restaurants now offer gluten-free options or menus. The key is to ask questions and let your server know you're gluten-free so they can help guide you.

## Cuisines and Dishes to Consider:

- Sushi: Typically safe, but confirm that gluten wasn't added to the rice or sauces.
- Indian: Many sauces are thickened with nuts or yogurt instead of flour—often a safe option.
- Barbecue: Stick to the meat and sides without bread or flour-based sauces.
- Italian: Northern Italian menus are pasta- and pizza-heavy, but Southern Italian fare features grilled fish, vegetables, and polenta. Many Italian restaurants now offer gluten-free pasta or crusts.
- Thai: Rice noodles are safe, but check for soy sauce (contains wheat) or ask for a gluten-free substitute like tamari.
- Mexican: Corn tortillas are usually gluten-free—just confirm they haven't been mixed with wheat flour. Watch out for mole sauces, which may contain bread.
- Pizza spots: Many now serve gluten-free crusts—just confirm they prepare them safely to avoid cross-contamination.

## Tips for Safer Dining:

- Be specific—ask about ingredients and how food is prepared.
- Avoid fried foods unless cooked in a dedicated fryer (shared oil = gluten contamination).
- Don't hesitate to request simple swaps, like tamari instead of soy sauce or corn tortillas instead of flour.



# GLUTEN-FREE PANTRY STAPLES

Transitioning to a gluten-free diet can feel like a big adjustment at first, but the good news is there are plenty of safe, delicious foods you can enjoy. In fact, many staples you already know and love—like fresh produce, meat, poultry, seafood, dairy, beans, and nuts—are naturally gluten-free. Add to that the growing variety of specialty gluten-free products now available (yes, even breads, pastas, and pizza crusts!), and you'll never feel limited.

Stocking a well-planned pantry makes gluten-free cooking much easier. Here are some essentials to keep on hand:

## FLOURS

Gluten-free baking often relies on a blend of flours for the right texture. Great options include:

- Rice flour (white, brown, and sweet)
- Corn, potato, and tapioca flours/starches
- Chickpea (garbanzo), buckwheat, and amaranth flour
- Nut flours (almond, hazelnut)
- Oat flour (make sure it's certified gluten-free)
- Teff, sorghum, and millet flours

**Tip:** Chickpea and sweet rice flours are especially useful for thickening sauces and making roux.



## GRAINS

Many grains are naturally gluten-free and can be used in place of wheat-based options:

- Quinoa
- Millet (a great stand-in for couscous)
- Sorghum
- Teff
- Amaranth
- Certified gluten-free oats
- Corn and cornmeal

**Note:** Avoid purchasing from bulk bins, where cross-contact with wheat and barley is common.





# GLUTEN-FREE PANTRY STAPLES

## RICE, BEANS & LEGUMES

Rice is a gluten-free staple, but go beyond plain white rice to add variety and nutrition: try wild, black, or red rice for new flavors and textures. Beans and legumes—like lentils, chickpeas, and black beans—are naturally gluten-free and provide protein, fiber, and versatility. As with oats, double-check that packaged varieties are labeled gluten-free to avoid contamination.



## STABILIZERS

In traditional baking, gluten provides structure and elasticity. In gluten-free baking, stabilizers like xanthan gum and guar gum help fill that role. They prevent crumbling, improve texture, and help baked goods hold moisture so they stay fresher longer. You don't need much—usually just ½ to 1 teaspoon per cup of flour blend.

**Pro Tip:** If a recipe already calls for a gluten-free flour blend, check the label—many mixes already contain xanthan gum, so you may not need to add more.





# GLUTEN-FREE PANTRY STAPLES

## FLAVOR BOOSTERS

Gluten-free grains and flours can sometimes taste heavier or more neutral, so building layers of flavor is key. Stock your pantry with:

- Tamari (a gluten-free soy sauce alternative)
- Gluten-free hoisin or teriyaki sauces
- Coconut milk for creaminess in curries and soups
- Rice vinegar for acidity
- Vegan Worcestershire sauce (regular versions often contain barley malt vinegar)
- Vegetable broth labeled gluten-free
- Hot sauces and spice blends (double-check for hidden wheat)

Homemade condiments like hummus, guacamole, or salsa are naturally gluten-free and add great flavor and freshness to meals.



## EVERYDAY GLUTEN-FREE PRODUCTS

The variety of gluten-free packaged foods has grown tremendously, making it easier than ever to enjoy your favorite staples. Keep a few on hand so you never feel deprived:

- Crackers and chips (great for cheese boards or snacks)
- Pasta made from rice, corn, quinoa, or lentils
- Bread (many brands now rival traditional loaves in texture and taste)
- Pizza crusts and tortillas (look for frozen or shelf-stable options)

**Reminder:** Even with packaged products, always read the ingredient list and look for the certified gluten-free seal for peace of mind.







# TRANSFORMING RECIPES INTO GLUTEN-FREE

One of the biggest challenges of living gluten-free is figuring out how to adapt favorite recipes. The good news: with the right knowledge and a little experimentation, almost any recipe can be made gluten-free without losing flavor or texture.

## Do Your Research

Start by learning where gluten hides and how substitutions behave. Read labels carefully, explore gluten-free cookbooks and blogs, and get familiar with different flours and ingredients. The more you know, the easier it becomes to swap wisely and avoid surprises.

## Experiment with Flours

Gluten-free baking isn't as simple as replacing one cup of wheat flour with one cup of a single gluten-free flour. Most recipes require a blend to mimic gluten's structure. For example:

- Basic blends: Try mixing white rice flour with brown rice flour.
- Delicate baked goods (cakes, muffins): Use lighter flours like quinoa, oat, amaranth, or sweet rice flour.
- Flavor boosters: Ground almonds, oats, or coconut flour can add both moisture and richness.



Watch out for ingredient confusion: Tapioca starch and tapioca flour are the same, but potato flour and potato starch are different and not interchangeable.

### Add Structure and Stretch

Because gluten provides elasticity, you'll often need stabilizers or extra ingredients to help replicate it. Try:

- Xanthan gum or guar gum (½–1 tsp per cup of flour blend)
- Eggs or egg whites for binding
- Leavening agents like baking soda or baking powder to improve rise

The key is not being afraid to experiment. Start small—try swapping flours in a simple recipe like pancakes—and adjust until you find the combination that works for you. Every success (and even the failures) helps build confidence in gluten-free cooking.

## FINDING HELP IN READY-MADE PRODUCTS

If mixing and testing your own flour blends feels overwhelming, you're not alone. Thankfully, there are many excellent ready-made gluten-free flours and baking mixes on the market today. These blends are carefully designed to mimic the structure of wheat flour, but keep in mind that no two mixes are exactly alike. Some contain different ratios of starches, flours, and leavening agents, which means your results may vary slightly from recipe to recipe. A little trial and error is still part of the process.

Many gluten-free bakers recommend King Arthur's Gluten-Free Multi-Purpose Flour as a reliable all-around substitute. Other popular options include Bob's Red Mill 1-to-1 Baking Flour and Cup4Cup.

### Storage Tips

Because gluten-free flours don't typically contain preservatives, they can spoil more quickly than wheat flour. To keep them fresh:

- Store opened bags in an airtight container in a cool, dark place.
- For longer shelf life, refrigerate or freeze flours—but always bring them back to room temperature before baking to prevent clumping and ensure even mixing.
- Label containers with the date opened so you can keep track of freshness.

With a good ready-made blend in your pantry, you'll have a head start on gluten-free baking without turning your kitchen into a science lab.





# GLUTEN-FREE RECIPES





# SWEET POTATO PECAN PIE MUFFINS

*Yield: 1 dozen muffins*

*Active time: 30 minutes*

*Start to finish: 1 hour, 40 minutes*

1 large or 2 small sweet potatoes

## **For the dry ingredients:**

3/4 cup GF Cup4Cup gluten-free flour

1/4 cup GF oat flour

1/2 cup almond flour

1/4 cup Mochiko or “glutinous” rice flour

1 tablespoon baking powder

1/2 teaspoon salt

## **For the wet ingredients:**

1/2 stick unsalted butter, softened

1/4 cup light brown sugar

1/4 cup granulated sugar

1 egg

3 tablespoon maple syrup

1 teaspoon vanilla bean paste

1 cup milk

## **For the topping:**

6 tablespoons unsalted butter, softened

1/4 cup dark or light brown sugar

1/2 cup pecans, rough chopped & toasted

1/4 cup almond flour

1/4 cup oat flour

*All the cozy flavors of pecan pie meet the comfort of a muffin—moist sweet potato batter topped with a buttery pecan streusel for the perfect balance of soft and crunchy.*

1. Preheat the oven to 400° and line a muffin tin with paper liners.

2. Place the sweet potato on a parchment-lined sheet tray and roast until fork tender and is starting to caramelize, about 45 minutes. Set aside to cool.

3. Reduce the oven to 375°.



# SWEET POTATO PECAN PIE MUFFINS

4. In a medium-size bowl, whisk together all of the dry ingredients. Set aside.
5. In a large bowl, measure together the butter, brown sugar and granulated sugar. Using an electric mixer, cream together until light and airy, 3 to 4 minutes. Add the egg and maple syrup, and beat until blended.
6. Add half of the dry ingredients to the wet, and mix well.
7. Add the vanilla bean paste and milk followed by the remaining dry ingredients, and mix well.
8. Peel and dice the sweet potato and fold it into the muffin batter.
9. Using a portion scoop, fill the muffin tins.
10. For the topping, mix together all of the ingredients in a medium-size bowl. Using your fingers, cut in the butter and mix.
11. Spoon the topping on top of the batter and gently press it into place.
12. Bake the muffins until the tops just spring back, 20 to 30 minutes.







# CINNAMON ROLLS WITH CREAM CHEESE FROSTING

*Soft, fluffy, and swirled with buttery cinnamon-sugar, these rolls prove you don't need gluten to enjoy a bakery-worthy classic. Topped with cream cheese frosting, they're warm, gooey, and irresistible fresh from the oven. Many of our students prefer this version over regular recipes!*

*Yield: 6 rolls*

*Active time: 30 minutes*

*Start to finish: 1 hour, 30 minutes*

## **For the dough:**

- 1 1/2 cups gluten-free bread flour mix, (see note, below)
- 1 teaspoon xanthan gum
- 3/4 teaspoon salt
- 2 1/2 tablespoons granulated sugar
- 2 1/4 tablespoons active dry yeast
- 3/4 cup plus 1 tablespoon milk, heated to 110°
- 1 teaspoon extra virgin olive oil

Gluten-free flour as needed for your work surface

## **For the filling:**

- 1/2 stick unsalted butter
- 1 cup brown sugar
- 1 tablespoon ground cinnamon
- 1/2 cup raisins, soaked in hot water for 10 minutes and drained (optional)

1. In the bowl of a stand mixer fitted with a dough hook, measure together the bread flour mix, xanthan gum, salt, sugar and yeast.
2. Pour in the warm milk and olive oil. Mix until blended, scraping the sides of the bowl. Continue to mix on high for 2 minutes.
3. Pour the dough into a lightly oiled bowl. Cover with plastic wrap and allow to rise at room temperature for 40 minutes.



# CINNAMON ROLLS WITH CREAM CHEESE FROSTING

4. Preheat the oven to 400°. Spray or butter a medium-size baking dish.
5. While the dough rises, make the filling. Melt the butter in a small saucepan over medium heat. Add the sugar and cinnamon and whisk until smooth. Set aside.
6. Gently turn the dough out onto a gluten-free-floured surface. With flour-dusted hands, press the dough into a rectangle, without deflating it all the way.
7. Spread the butter-sugar-cinnamon mixture over the dough, leaving a 1-inch border on the long sides. Sprinkle on the raisins, if using.
8. Starting from one of the long sides, gently roll the dough up. Cut into 6 pieces, and arrange in the prepared baking dish with the seams inside.
9. Place the dish in the oven and immediately reduce the temperature to 375°.
10. Bake the rolls for about 18 minutes.
11. Allow to cool for 3 minutes, and then spread the tops with Cream Cheese Frosting (recipe follows). Allow to cool for 5 to 7 additional minutes and enjoy!

**Note:**

Gluten-free bread flour mix is comprised of 2 cups millet flour, 2 cups sorghum flour, 1/2 cup cornstarch, 1 cup potato starch and 1 cup tapioca flour.



# CREAM CHEESE FROSTING

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*Yield: 1 1/2 cups*

*Active time: 5 minutes*

*Start to finish: 5 minutes*

4 ounces cream cheese, room temperature  
1/2 stick unsalted butter, room temperature  
1 teaspoon vanilla bean paste or extract  
Pinch of salt  
1 to 1 1/2 cups powdered sugar

1. Using an electric mixer, beat together the cream cheese, butter, vanilla bean paste or extract and salt in large bowl until smooth.

2. Add the powdered sugar and beat until fluffy and smooth.

3. Use to frost cooled cakes, cupcakes or cinnamon rolls.



# CHICAGO-STYLE DEEP-DISH PIZZA

*Bring the iconic taste of Chicago home with this gluten-free take on deep-dish pizza. A hearty, golden crust made from gluten-free flours holds layers of gooey mozzarella, your favorite toppings, and a rich tomato sauce—proof that comfort food classics can be just as satisfying without gluten.*

*Yield: 4-6 servings (one 10-inch pie)*

*Active time: 35 minutes*

*Start to finish: 1 hour, 10 minutes*

## **For the dough:**

2/3 cup millet flour

2/3 cup sorghum flour

1/3 cup tapioca starch

1/3 cup potato starch

1 teaspoon sea salt

1/2 teaspoon garlic powder or  
granulated garlic

1 1/4 teaspoons active dry yeast

3 tablespoons extra virgin olive oil

2 teaspoons honey

2/3 cup warm water (110° to 115°)

## **For the sauce:**

One 28-ounce can crushed tomatoes

1 large clove garlic, pressed or minced

1 tablespoon fresh parsley, rough  
chopped

3/4 teaspoon dried oregano, crumbled

## **For the assembly:**

Extra virgin olive oil as needed

1 to 1 1/2 cups of your favorite pizza  
toppings such as pepperoni, cooked  
and crumbled Italian sausage or bacon,

sautéed veggies such as spinach,

mushrooms, peppers and/or onions

1 cup mozzarella cheese, grated

1/2 cup parmesan cheese, grated



# CHICAGO-STYLE DEEP-DISH PIZZA

1. Preheat the oven to 475°.
2. In a large mixing bowl, measure together the millet flour, sorghum flour, tapioca starch, potato starch, salt, garlic powder and yeast.
3. Make a well in the center of the dry ingredients and add the olive oil, honey and water. Mix with a wooden spoon until well combined. The dough will have a wet, sticky consistency like a thick cake batter. Cover the bowl with plastic wrap, and set aside while preparing the sauce and toppings.
4. To make the sauce, place the crushed tomatoes in a wide, heavy pan over medium-high heat. Bring the tomatoes to a boil, and reduce to a simmer. Cook, stirring occasionally, until all of the liquid has evaporated.
5. Stir in the garlic, parsley and oregano and season with salt and pepper to taste. Set aside.
6. Lightly oil a 10-inch cast-iron pan. Press the dough into the pan, gently stretching it to the edge and about 1 1/2 inches up the sides. Allow to rest for 5 minutes.
7. Sprinkle the mozzarella cheese on top of the dough followed by your desired toppings.
8. Spoon the tomato sauce evenly over the pizza, and top with the parmesan.
9. Bake until the crust and top are golden brown, about 30 minutes.
10. Allow to rest for 5 minutes before slicing.



# NASHVILLE HOT CHICKEN SANDWICHES

*Crispy, juicy chicken thighs are fried to perfection, brushed with fiery spiced oil, and piled high on gluten-free buns with cool lettuce, pickles, and mayo. A bold, gluten-free twist on the iconic Nashville favorite.*

*Yield: 4 sandwiches*

*Active time: 45 minutes*

*Start to finish: 45 minutes*

Oil for frying

4 chicken thighs, skinless and boneless

Salt and pepper to taste

## **For the dredge:**

2 cups corn flour (see note, below)

1/2 cup buttermilk

1 egg

2 tablespoons hot sauce such as Texas

Pete's or Frank's

4 gluten-free buns of your choice, lightly toasted

Mayonnaise

Sliced pickles

1 cup shredded iceberg lettuce

## **For the sauce:**

1/2 cup reserved fryer oil

2 to 3 tablespoons cayenne pepper

1 tablespoon brown sugar

1 teaspoon sweet paprika

1 teaspoon kosher salt

1/2 teaspoon black pepper

1/2 teaspoon garlic powder

# NASHVILLE HOT CHICKEN SANDWICHES

1. Pour about 2 inches of oil in a wide, heavy pan and heat to 325°.
2. Season the chicken with salt and pepper to taste.
3. Measure the corn flour in a baking dish. In a separate baking dish, whisk together the buttermilk, eggs and hot sauce.
4. Dredge the seasoned chicken in the corn flour until thoroughly coated.
5. Dip the dredged chicken into the buttermilk-egg mixture, turning to coat.
6. Return the chicken back to the corn flour, and coat well. Note: You can do this in batches if your baking dishes are not large enough to accommodate all of the chicken pieces.
7. Fry the chicken, turning as needed, until the internal temperature reaches 165° on a meat thermometer, 10 to 15 minutes. Transfer the fried chicken to a cooling rack set over a sheet tray.
8. Preheat the oven to 350°.
9. Once the chicken has been fried, remove 1/2 cup of the fryer oil and place in a medium-size bowl. Allow to cool slightly to prevent the spices from burning.
10. Measure the cayenne pepper, brown sugar, paprika, salt, pepper and garlic powder into the warm fryer oil, and whisk to combine.
11. Generously brush the spiced oil mixture onto the fried chicken pieces, making sure you frequently stir the oil mixture to distribute the spices.
12. Return the chicken to the oven, and bake in order to re-crisp the skin, 5 to 8 minutes.
13. While the chicken is re-crisping, prepare the buns with the condiments of your choice.
14. Place the fried chicken on the buns, and enjoy!

**Note:**

Corn flour has a similar flavor to corn meal, but it has a finer texture like other flours.





# POTATO GNOCCHI WITH BASIL PESTO

*Tender, pillowy potato gnocchi made with gluten-free flour are tossed in a vibrant homemade basil pesto for a dish that's simple, fresh, and full of classic Italian flavor.*

*Yield: 4 servings*

*Active time: 45 minutes*

*Start to finish: 1 hour, 45 minutes*

1 pound russet potatoes  
1/2 cup plus 2 tablespoons  
Cup4Cup gluten-free flour  
1 egg, well beaten  
1 tablespoon parmesan cheese,  
grated  
1 teaspoon extra virgin olive oil  
Salt and pepper to taste

Additional gluten-free flour for  
dusting

## **For the pesto:**

2 cloves garlic  
3 tablespoons pine nuts, toasted  
1/2 cup parmesan cheese, grated  
2 tablespoons romano cheese,  
grated  
2 cups fresh basil leaves, loosely  
packed  
1/2 cup extra virgin olive oil  
Salt and pepper to taste

1. Preheat the oven to 375°.
2. Pierce the potato in several places with fork. Bake on a parchment-lined sheet tray until tender, about 1 hour. Allow to cool for 15 to 20 minutes.
3. Peel the potato and press through a ricer or a food mill into a large bowl. Add the flour, egg, parmesan, olive oil, salt and pepper and stir just until blended.
4. Bring a large pot of salted water to a boil. Keep at a low boil until ready to use.



# POTATO GNOCCHI WITH BASIL PESTO

5. Turn the dough out onto lightly-floured surface. Divide into 4 pieces and roll each piece into a rope about 1/2 inch thick. Cut the ropes into 1-inch pieces, and use a gnocchi board to create grooves, if desired. Place the gnocchi on a lightly-floured sheet tray.

6. To make the pesto, turn on a food processor fitted with a metal blade. Drop the garlic cloves in through the top opening, and process until finely minced.

7. Turn off the processor, add pine nuts and cheeses and process until finely minced.

8. Add the basil, and while the food processor is running, add the oil in a steady stream through the feed tube. Season with salt and pepper to taste.

9. Add the gnocchi to the boiling water, and cook for 2 to 3 minutes. Check for doneness by removing one piece and cutting it in half. The texture should be uniform and cooked through the center. Drain well, reserving 1/3 cup of the gnocchi cooking water, and transfer to a serving bowl.

10. Gently toss the gnocchi with just enough pesto to coat. If the sauce is too thick, add a splash of the reserved gnocchi cooking water.

11. Serve while hot.





# MEXICAN GRAIN BOWL

*This colorful, flavor-packed bowl layers fluffy quinoa with smoky roasted poblanos, spiced “chorizo” tofu, sweet corn, roasted zucchini, and black beans, all finished with a zesty cilantro-lime vinaigrette and a sprinkle of queso fresco.*

*Yield: 4-6 servings*

*Active time: 1 hour*

*Start to finish: 1 hour*

## **For the quinoa:**

1 cup quinoa

2 cups water

Salt to taste

## **For the chorizo tofu:**

One 12-ounce package firm tofu, frozen, defrosted and crumbled (see note, below)

3 teaspoons sweet paprika

1/4 teaspoon turmeric

1/4 teaspoon cayenne pepper powder, or more to taste

1 1/2 teaspoons ancho chili powder

1 1/2 teaspoons guajillo chili powder

3/4 teaspoon ground cumin

3/4 teaspoon ground coriander

1/4 teaspoon ground cloves

1/2 teaspoon dried oregano

1 tablespoon red wine vinegar

1 tablespoon neutral oil plus additional for cooking

Salt and pepper to taste

## **For the corn:**

2 tablespoons neutral oil

2 ears corn, shucked and kernels removed

Tajín to taste

## **For the zucchini:**

1 large or 2 small zucchini, cut into large dice

1 to 2 tablespoons high-heat, neutral oil

1 to 2 teaspoons ground cumin

Salt and pepper to taste

## **For the cilantro vinaigrette:**

1 lime, zested

3 tablespoons lime juice, freshly squeezed

1 teaspoon agave nectar or honey

1/3 to 1/2 cup extra virgin olive oil

2 tablespoons fresh cilantro, rough chopped

Salt and pepper to taste

## **For the assembly:**

1 cup canned black beans, drained and rinsed

2 poblano peppers, roasted and cut into strips (see note, below)

1/2 cup pepitas, toasted

1/2 cup queso fresco, crumbled



# MEXICAN GRAIN BOWL

1. Preheat the oven to 425°.
2. COOK THE QUINOA:
  - Measure together the quinoa, water and salt in a saucepan. Bring the water to a boil and reduce the heat to a simmer. Cook, covered, for 15 minutes. Remove from the heat and allow to sit for 5 minutes. Fluff with a fork.
3. MAKE THE CHORIZO TOFU:
  - Thoroughly mix together the crumbled tofu with all of the spices, vinegar, neutral oil, salt and pepper. Allow to marinate for at least 30 minutes, but overnight is best.
  - Heat a nonstick sauté pan over medium heat, and add enough neutral oil to lightly coat the bottom. Cook the tofu mixture, stirring occasionally, until the spices are toasted and the tofu is hot, about 5 minutes. Transfer to a bowl.
4. SAUTÉ THE CORN:
  - Heat the same pan from the tofu over medium heat, and add the oil.
  - Sauté the corn, stirring occasionally, until the kernels are crisp yet tender, 3 to 4 minutes. Season with Tajín to taste.
5. ROAST THE ZUCCHINI:
  - Place the cut zucchini, oil, cumin, salt and pepper on a sheet tray. Toss well and roast until the zucchini is lightly caramelized around the edges, about 10 minutes. Allow to cool a bit.
6. PREPARE THE VINAIGRETTE:
  - Whisk together the lime zest, lime juice, agave nectar or honey.
  - Slowly drizzle in the olive oil while whisking quickly to create an emulsion. Whisk in the cilantro, and season with salt and pepper to taste.
7. ASSEMBLE THE GRAIN BOWL:
  - Spoon the quinoa into a shallow or deep bowl.
  - Arrange the tofu, corn, zucchini, black beans, roasted peppers and toasted pepitas on top of the quinoa.
  - Drizzle with the cilantro vinaigrette, sprinkle with queso fresco and serve.

## Notes:

When you freeze tofu, ice crystals form making it spongier, firmer and chewier. It also increases its ability to absorb marinades more effectively. When you get your tofu home from the store, drain it and place it in the freezer. A day before you plan on using your tofu, transfer it to the refrigerator to defrost. This method will create the perfect crumbled consistency.

To roast a pepper, place it directly on your gas burner and cook, turning occasionally, until the skin is completely blackened on all sides. Place the pepper in a bowl, cover with plastic wrap and allow to steam for about 15 minutes. Remove the skin and seeds from the pepper, resisting the urge to rinse it, and cut as needed for your recipe.





# FLAKY BUTTERMILK BISCUITS

*Yield: 6 biscuits*

*Active time: 30 minutes*

*Start to finish: 55 minutes*

**For the dry ingredients:**

2 cups Cup4Cup gluten-free flour  
1 tablespoon granulated sugar  
1 teaspoon salt  
1 tablespoon baking powder

6 tablespoons cold unsalted  
butter, cut into 1 tablespoon-size  
pieces

**For the wet ingredients:**

1 cup buttermilk  
1 egg, beaten

Additional gluten-free flour for  
dusting  
2 tablespoons unsalted butter,  
melted

1. Preheat the oven to 325° and line a sheet tray with parchment paper.
2. In a medium-size bowl, whisk together the flour, sugar, salt and baking powder.
3. Using a pastry blender or fork, cut the cold butter into the dry ingredients until the size of large blueberries.
4. Add the buttermilk and egg to the dry ingredients, and use a wooden spoon to stir until combined. Add a sprinkling of flour if the mixture is too wet.
5. Sprinkle your tabletop with flour, and roll out the dough until it is 1/2 inch thick. Fold the dough in half and roll again until 1/2 inch thick. Repeat this step twice more but do not over work the dough.
6. After the fourth fold, do not roll out again. Shape dough so that it is square or rectangular in size and at least 1 1/2 inches thick.
7. Cut into six squares, transfer to the prepared sheet tray and refrigerate for 10 to 20 minutes.
8. Bake for 8 minutes, and then brush with the melted butter. Continue baking for an additional 4 minutes or until golden brown.
9. Serve with your favorite jam or butter.

# STRAWBERRY RICOTTA SHORTCAKE

*A fresh twist on a classic dessert—tender gluten-free shortcakes made with creamy ricotta are topped with sweet-tart strawberries, fragrant basil, and a hint of black pepper, then finished with a cloud of vanilla whipped cream.*

*Yield: 8-10 shortcakes*

*Active time: 35 minutes*

*Start to finish: 50 minutes*

## **For the cakes:**

1 1/2 cups Cup4Cup gluten-free flour  
2 3/4 teaspoons baking powder  
1/4 teaspoon fine salt  
2 tablespoons granulated sugar  
1/4 cup heavy cream  
1/2 cup whole milk ricotta  
1 egg

## **For brushing on the cakes:**

1/3 cup heavy cream  
1/4 cup coarse white sparkling sugar

## **For the strawberries:**

1 pound fresh strawberries, quartered  
2 tablespoons cornstarch  
1 cup granulated sugar  
1 tablespoon fresh basil, torn  
1 teaspoon fresh cracked black pepper

3/4 cup heavy cream  
1 teaspoon vanilla bean paste or extract  
2 tablespoons powdered sugar





# STRAWBERRY-RICOTTA SHORTCAKE

1. Preheat the oven to 400° and line a sheet tray with parchment paper.
2. In a large bowl, measure together the flour, baking powder, salt and 2 tablespoons sugar.
3. In a separate bowl, whisk together the 1/4 cup heavy cream, ricotta cheese and egg.
4. Pour the wet ingredients into the dry, and mix to form a cohesive dough.
5. Scoop the dough into 1 1/2-ounce balls and place them on the prepared sheet tray. Using the palm of your hand, gently flatten each ball into a 2- to 2 1/2-inch diameter.
6. Brush the tops of the shortcakes with heavy cream and sprinkle with coarse white sparkling sugar.
7. Bake for 10 to 12 minutes, or until they are risen and baked all the way through. You can break one open just to be sure. Allow to cool.
8. While the shortcakes are baking and cooling, prepare the strawberry sauce. In a saucepan, measure together the strawberries, cornstarch and 1 cup of sugar. Cook, stirring occasionally, until the mixture has thickened. Remove from the heat, and stir in the basil and pepper. Allow to cool. Note: This step can be prepared ahead of time.
9. In a large bowl, measure together the 3/4 cup heavy cream, vanilla bean paste or extract and powdered sugar. Using a whisk or an electric mixer, whip until you have soft peaks.
10. To assemble the shortcakes, cut the cakes in half using a serrated knife. Top with the strawberry sauce followed by a dollop of the whipped cream.

**Note:**

Store the shortcakes, well-wrapped, at room temperature for several days; freeze for longer storage.

# THUMBPRINT COOKIES

*Buttery, tender gluten-free cookies rolled in almond and coconut flours are pressed with a sweet jam-filled center, creating a classic treat that's simple, versatile, and perfect for any season.*

*Yield: 20 cookies*

*Active time: 30 minutes*

*Start to finish: 1 hour, 10 minutes*

## **For the flax egg:**

2 tablespoon flax meal or ground flax seed

6 tablespoons water

12 tablespoons (1 1/2 sticks) unsalted butter

1 tablespoon vanilla extract

4 cups almond flour

1/2 cup coconut flour (or sub Cup4Cup gluten-free flour)

2 teaspoons cornstarch

1 cup granulated sugar

2 teaspoons baking powder

1/4 teaspoon salt

Seasonal fruit jam

Powdered sugar for dusting

1. Preheat oven to 350° and line a sheet tray with parchment paper.
2. In a small bowl, mix together the flax and water, and allow to hydrate for about 4 minutes.
3. Place the butter in a small saucepan and gently heat until just melted. Add the vanilla extract, and set aside.
4. In a large bowl, whisk together the almond flour, coconut flour, cornstarch, sugar, baking powder and salt.
5. Pour half of the butter-vanilla mixture into the dry ingredients, and stir with a wooden spoon.



# THUMBPRINT COOKIES

6. Add the flax egg mixture and the remaining butter, and mix until the ingredients hold together. Be sure to combine all of the flax into the mixture.
7. Refrigerate the dough for 30 minutes to 1 hour.
8. Form the chilled dough into cylinders, break off the size of cookie you would like and place on the prepared sheet tray.
9. Thumbprint the cookies and fill with jam, making sure you don't over fill. Dust the cookies with powdered sugar.
10. Bake for 10 to 12 minutes, or until the edges begin to turn golden.
11. Allow to cool before serving.



# DARK CHOCOLATE TOFFEE BROWNIES

*Yield: One 8x8-inch pan; 12 brownies*

*Active time: 30 minutes*

*Start to finish: 2 hours (includes cooling time)*

5 ounces semisweet chocolate chips  
1 stick butter, cut into tablespoon-size pieces  
1 cup light brown sugar  
1/2 cup almond meal  
1/4 cup brown rice flour  
1/2 teaspoon fine sea salt  
1/4 teaspoon baking soda  
2 eggs, well beaten  
1 teaspoon vanilla extract  
3 Heath or Skor bars, crushed into small pieces

1. Preheat the oven to 350°.
2. Brush an 8x8-inch baking pan with butter, and line the bottom with parchment paper. Brush the parchment with butter.
3. Place the chocolate and butter together in a saucepan over low heat. Gently stir until melted and smooth.
4. In a medium-size mixing bowl, measure together the brown sugar, almond meal, brown rice flour, salt and baking soda.
5. Make a well in the center of the dry ingredients and pour in the beaten eggs, vanilla extract and chocolate-butter mixture.
6. Using an electric mixer, beat on medium speed until the batter becomes thick and smooth.
7. Fold the crushed toffee bars into the batter, and pour it into the prepared baking pan.
8. Bake for 30 to 35 minutes or until the top has cracked and the brownies are set.
9. Cool to room temperature, cut into squares and enjoy!









## FROM GUIDE TO KITCHEN: WHAT'S NEXT?

Living gluten-free doesn't mean giving up the joy of cooking—or the flavors you love. With the right pantry staples, simple substitutions, and chef-tested recipes, you can create meals that are every bit as satisfying as their traditional counterparts.

Ready to take your skills even further? Join us for one of our special diet cooking classes, where our chefs will guide you through hands-on techniques, flavorful recipes, and smart strategies to make gluten-free cooking easy, delicious, and fun.

Check our [class calendar](#) and sign up today—you'll be amazed at what you can create!

## ABOUT THE CHOPPING BLOCK

At The Chopping Block, our mission is to empower home cooks of all skill levels to feel confident, capable, and inspired in the kitchen. Whether you're just starting out or looking to refine your technique, our chef instructors break down the fundamentals into approachable, hands-on lessons that are as fun as they are educational. From mastering knife skills to creating balanced, delicious meals your family will love, we're here to make cooking feel less like a chore and more like a joy. Join us, and discover how cooking at home can be simple, satisfying, and truly rewarding.

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