



Lorna Sundberg International Center

Gluten Free Cooking Class

March 21, 2010

Taught by Hannah Meredith

Chocolate Hazelnut Torte with Raspberries

Cooking Light, DECEMBER 1999

Ingredients

- 2 teaspoons of rice/ tapioca/potato flour
- 1/2 cup hazelnuts (about 2 ounces)
- 3 tablespoons rice/tapioca/potato flour
- 1 cup granulated sugar
- 2/3 cup unsweetened cocoa
- 3 tablespoons cold strong brewed coffee
- 2 1/2 tablespoons butter or stick margarine, melted
- 1 teaspoon vanilla extract
- 1/2 teaspoon grated orange rind
- 3 large egg whites
- 7 large egg whites
- 3 tablespoons granulated sugar
- 2 cups fresh raspberries
- 1 teaspoon powdered sugar

Preparation

Coat a 9-inch springform pan with cooking spray, and sprinkle with 2 teaspoons flour.

Place the hazelnuts in a medium nonstick skillet. Cook over medium heat 6 minutes or until lightly toasted, stirring frequently. Turn nuts out onto a towel. Roll up towel; rub off skins. Cool. Place hazelnuts in a food processor; process until coarsely ground. Add 3 tablespoons flour; process until finely ground.

Preheat oven to 350°.

Combine 1 cup granulated sugar and next 6 ingredients (sugar through 3 egg whites) in a large bowl; stir well with a whisk. Add hazelnut mixture, and stir well. Beat 7 egg whites at high speed of a mixer until soft peaks form. Gradually add 3 tablespoons granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold one-third of egg white mixture into cocoa mixture; gently fold in remaining egg white mixture. Spoon into prepared springform pan.

Bake the torte at 350° for 40 minutes or until set; cool torte on a wire rack. Remove sides of pan. Arrange raspberries on top of torte, and sift powdered sugar over raspberries.

Pumpkin Quick Bread ■ Rice-based

This is a very moist bread with nice pumpkin and spice flavor. It was a big hit with the people who wandered through the kitchen the day I was creating it.

- ☛ Preheat the oven to 350°F. Lightly grease an 8-inch square baking pan.
- ☛ In a large bowl, mix the oil and flour. Add all the other ingredients and mix well. The batter will thicken as it is mixed.
- ☛ Pour into the prepared pan. Bake for approximately 35 minutes, until a toothpick inserted in the middle tests cleanly.

■ Serves 9 ■

Recipe from *You Won't Believe It's Gluten Free!* By Roben Ryberg

1/4 cup oil
1 cup rice flour, 150 grams
3/4 cup canned pumpkin (not pumpkin pie filling)
3/4 cup brown sugar, 150 grams
1 teaspoon ground cinnamon
1/2 teaspoon grated nutmeg
1 egg
1/4 cup plain yogurt
1 tablespoon baking powder
1/2 teaspoon baking soda
3/4 teaspoon xanthan gum
1/2 teaspoon salt
+ dash cloves

Coconut Meringues

Recipe altered by Ruth Clemo

Ingredients

- 3 egg whites
- 1/8 tsp salt
- 1/2 tsp vanilla extract
- 1/2-1 cups granulated sugar
- 2 cups shredded coconut (if unsweetened, use up to 1 c sugar; if sweetened, use 1/2 c sugar)
- 1/3 c chopped pecans (optional, or add to half of the mixture)
- 1/2 c chocolate chips to drizzle over cooked cookies if desired.

Preparation

1. Pre heat oven to 325 C
2. Beat egg whites and salt until soft peaks are formed. Add sugar very gradually until glossy peaks form. Gently fold in the pecans and coconut.
3. Spray cookie pan with cooking spray. Drop mixture by rounded teaspoon onto baking tray, 2" apart.
4. Bake 20 minutes until lightly browned. (Leave in longer if you want crispier cookies)
5. Immediately remove to a cooling rack.
6. If desired, drizzle with melted choc. Chips.

Sweet Muffins ■ *Rice-based*

This is a light, tender muffin! Yes, it is really made with rice flour. You just need to trust me on this one, including the seemingly small amount of flour used.

- Preheat the oven to 350°F. Line or grease nine sections of a muffin tin.
- Mix the oil with the sugar. Add the eggs. Mix until light yellow and a little thicker. This will take a minute or two with your mixer. Add the other ingredients. Beat well. The batter will thicken a little. Divide among the nine sections of the muffin tin.
- In a bowl, combine the butter, sugar, and cinnamon for the topping. Lightly sprinkle the tops of the muffins with the mixture.
- Bake for 20 to 25 minutes, until a toothpick inserted in the middle tests cleanly.

■ Makes 9 ■

2 tablespoons oil
1/3 cup plus 1 tablespoon
sugar, 75 grams
2 eggs
1/3 cup plain yogurt
1/2 cup rice flour, 75 grams
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon vanilla extract
1/2 teaspoon xanthan gum
1/4 teaspoon ground
cinnamon
1 tablespoon apple cider
vinegar

Topping:

1 tablespoon butter, softened
1 tablespoon brown sugar
Pinch of ground cinnamon