

Fall

Fish Bones 

October 10th 2011 Living With-Out Meeting at 6:00pm

This month our meeting will be sponsored by Katz Gluten Free Bakery and we will be sampling several of Katz's products.



"Katz Gluten Free Bakery" is a company in Monroe, NY. They operate in a state of the art facility, which has been certified gluten free . Their motto is "gluten free should not be taste free." Their challah rolls have surpassed the competition and have made them the winners of best baked goods award in the breads, grains, and cereals category at the prestigious Kosherfest '08 new products competition held in NY. Katz's products are also corn,dairy,soy, nut,and egg free. Katz has over thirty different products, from breads, rolls, cookies, muffins, cakes, and cereal. Many of you are familiar with Katz's products in which we now carry in our freezer. We will be sampling a variety of their products.

Kathy Andrews founder of "Empty Nest Bakery" is located in Hillsborough, NC . Kathy will be our guest this month. I have not had the pleasure to meet Kathy yet, but I have had the pleasure to sample what you will be sampling at the meeting, and all I have to say is you don't want to miss this meeting. Kathy will be bringing samples of her Focaccia bread, Jalapino Cheddar scones, Lemon Blueberry scones, Boston Cream Pie cupcakes, and my favorite Salted Caramel Chocolate Brownie tart. Kathy will bring a list of all the other goodies she makes as well.

Tips on special diet baking:

Special diet baking can be a little more challenging, so here are some tips to make your baking a little easier.

In most recipes, one for one substitution of a g.f. flour blend for wheat flour works very well. The exception is yeast breads; they require more adjusting.

Making your own self rising flour is easy. Combine 1 cup g.f. all purpose flour blend with 1 ½ teaspoons baking powder and ½ teaspoon salt. Blend mixture together and store in the refrigerator in a tightly covered container. If you use a commercial flour blend, check the ingredients. Add the salt only if it's not already in your blend .

Some recipes may call for super-fine flour.

Super-fine flour is important because it prevents baked goods from becoming gritty. You can turn regular brown rice flour into super-fine by processing it in a blender, a food processor, or a clean coffee grinder. Another way to make sure your baked goods have a delicate texture is to blend 3 part white rice flour with 1 part brown rice flour. Use this blend as a direct substitute for the super-fine brown rice flour in your recipes.

If you have a problem with your baked goods, crumbling, or always being dry, try using yogurt, honey, or applesauce as part of the liquid in your recipes to increase the moisture content. G.f. baked goods should never be kept in the refrigerator. Refrigeration produces the dry, hard, crumbly texture. Instead, wrap baked goods tightly and store them in the freezer. To revitalize baked goods, wrap portions in paper towels and heat them briefly in the microwave.



Recipe

Pumpkin Pie- (makes its own crust)

1 (15 oz.) can pumpkin puree

1 cup milk or dairy-free milk

2 tablespoons melted butter

3 tablespoons spiced apple cider

1 tablespoon lemon juice

2 tablespoons G.F. all purpose flour blend

½ cup packed brown sugar

¼ cup sugar

2 large eggs

½ teaspoon of salt

2 teaspoons of cinnamon

1½ teaspoons ground nutmeg

½ teaspoon ground cloves

- 1) preheat oven to 450 degrees, grease a 10 inch pie pan
- 2) mix together all liquid ingredients in one bowl.
- 3) In a separate bowl, whisk together dry ingredients. Slowly pour dry ingredients into liquid, stirring to combine. Then beat until totally combined.
- 4) Pour batter into prepared pie pan, leaving at least ½ inch between batter and the rim of the pan. Pour any remaining batter into greased ramekins and smooth top with a spatula.
- 5) Place pie in preheated oven and bake 15 minutes. Reduce heat to 375 degrees and bake for 30 minutes or until a knife inserted into pie center comes out clean.

Please RSVP to this event. This helps our preparation for the meeting.

Dr. Duprey will also be joining us for any questions or comments.

The new issue of Living With-out Magazine is in.

