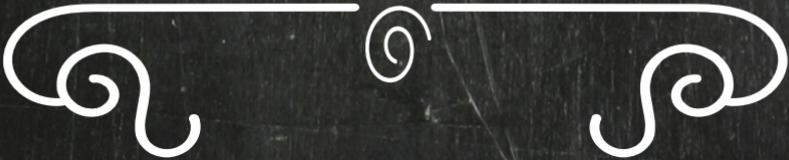


GLUTEN FREE  
*& more*



FATHER'S  
**DAY**  
RECIPES



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This book is organized into a convenient resource which contains recipes from Gluten Free & More magazine and website.

Editing & layout by Malory Speir.

[www.glutenfreeandmore.com](http://www.glutenfreeandmore.com)



# FOOD FOR FATHERS

Father's Day is one of my favorite times of the year - it's a time when I get to show all the fathers in my life how much they mean to me and how thankful I am for them, whether it be my own dad, my husband or my sons, all of whom are wonderful fathers. And like all holidays at my house, Father's Day revolves around great food!

I've put together a collection of recipes that are favorites among the dads in my life and I'm sure the dads in your life will love them too. From ribs to burgers to onion rings to donuts, these recipes are perfect for the men in your life who like their food simple, tasty, and sometimes just a little bit messy! (All while being gluten-free, of course!)

So this year, as you celebrate the fathers in your life, take the time to say thank you by cooking up some delicious dishes that the guys will love.

Happy Father's Day!

Enjoy!





SNACKS  
**AND**  
STARTERS





# GUACAMOLE

## INGREDIENTS

6 ripe avocados  
Juice of 2 limes  
10 to 12 dashes gluten-free hot sauce – more or less to taste  
1 medium red onion, finely chopped  
2 Roma tomatoes, seeded and chopped  
Kosher salt and freshly ground black pepper, to taste

## DIRECTIONS

Cut the avocados in half, remove the pits and scoop the flesh into a mixing bowl. Mash with a fork or potato masher, leaving some larger chunks of avocado. Stir in the lime juice, hot sauce, onion and tomatoes. Season to taste with salt and pepper.

Serve immediately or place the guacamole in a serving bowl and press a piece of plastic wrap directly on the surface of the guacamole to keep it from turning brown.

Fun Fact: Kitchen folklore has it that placing the pits from the avocado into the guacamole will also prevent browning.

**SERVES 6**





# COWBOY SALSA

## INGREDIENTS

2 (15-ounce) cans black beans, rinsed and drained  
1 red onion, diced  
2 tomatoes, seeded and diced  
2 cups frozen corn kernels, thawed  
1 (14-ounce) can sliced pickled carrots, drained – optional  
1 bunch cilantro, roughly chopped  
Juice of 2 limes  
¼ cup olive oil  
½ to 1 teaspoon chili powder  
Kosher salt and pepper to taste

## DIRECTIONS

Combine all ingredients and refrigerate for at least 2 hours. Serve with gluten-free corn tortilla chips.

**SERVES 8 - 10**





# ONION RINGS

## INGREDIENTS

2 large white onions  
Kosher salt  
Fresh black pepper  
2 cups buttermilk  
1½ cups white rice flour  
¼ cup yellow cornmeal  
1 quart vegetable oil

## DIRECTIONS

Preheat oven to 200°F. Prepare a baking sheet by lining it with paper towels.

Peel onions and slice them ½ to ¾ inch thick. Separate into rings.

Add 1 teaspoon of salt and 1 teaspoon of pepper to the buttermilk. Drop the onion rings into the buttermilk and let sit for half an hour (can sit as long as a few hours). Mix the rice flour and cornmeal with 1½ teaspoons of salt and 1 teaspoon of pepper.

Heat the vegetable oil in a large pot or Dutch oven to 275°F. If you have a candy thermometer this is really helpful for maintaining the correct frying temperature – clip it on the side of the pot.

Working in small batches, take some onion rings out of the buttermilk and dredge in the flour mixture then carefully drop into the hot oil. Make sure you do not over crowd. Fry for about 2 minutes or until golden brown, turning once during frying. Take onion rings out of the oil and put on the prepared baking sheet and sprinkle with some additional salt. Keep them warm in the oven while you fry the rest of the onion rings. For best results, keep the oil temperature between 250 and 300°F. If it drops below 250°F then wait until it comes back up to temperature before adding the next batch of onion rings.

The onion rings will stay nice and crisp in the oven for at least 30 minutes. Serve hot.

**SERVES 4 • 6**





# CRISPY CHICKEN WINGS

## INGREDIENTS

1 cup gluten-free barbeque sauce – use divided  
½ cup honey – use divided  
4 pounds chicken wing drumettes  
Gluten-free non-stick cooking spray  
9 ounces gluten-free crackers

## DIRECTIONS

Pour ¾ cup of the barbeque sauce and ¼ cup of the honey in a large plastic food storage bag and mix. Add the chicken wings, close the bag and toss several times to coat the wings with the sauce. Let sit in the refrigerator for at least 30 minutes or up to 24 hours.

Preheat oven to 450°F. Spray two baking sheets with gluten-free non-stick cooking spray.

Grind the crackers in a food processor or blender to fine crumbs and pour onto a dinner plate. Remove a chicken wing from the marinade, roll in the cracker crumbs to coat and place on the prepared baking sheet. Repeat with the remaining chicken wings and discard the marinade. Spray the tops of the wings lightly with gluten-free non-stick cooking spray. Bake for 25 to 30 minutes or until browned and cooked through (registering 165°F on an instant read thermometer inserted into the thickest part of the wing).

Combine the remaining ¼ cup barbeque sauce with the remaining ¼ cup honey and serve with the wings for dipping.

**SERVES 6**





# ROASTED SHRIMP

## WITH WASABI COCKTAIL SAUCE

### INGREDIENTS

2 pounds shrimp, peeled, cleaned and de-veined, tails left on  
1 teaspoon coarse salt  
1 teaspoon freshly ground pepper  
4 teaspoons Old Bay Seasoning  
1 tablespoon olive oil  
Juice of 1 lemon  
1 cup mayonnaise  
2 tablespoons prepared wasabi – more or less depending on your taste  
Zest and juice of 1 lime, zest finely grated  
Limes wedges for garnish – optional

### DIRECTIONS

Preheat oven to 400°F.

Put shrimp on a sheet pan, add salt, pepper, Old Bay Seasoning, olive oil and lemon juice. Toss to coat and spread shrimp out in an even layer.

Roast for 5 to 6 minutes.

While the shrimp are roasting, make the sauce. Mix mayonnaise with wasabi, lime zest and juice until well blended. Serve with shrimp. Garnish with lime wedges if desired.

**SERVES 6 - 8**





# MAIN DISHES



# REUBEN BURGER

## INGREDIENTS

1 pound ground chuck (80/20)\*  
½ pound gluten-free corned beef, ground\*\*  
Olive oil  
Kosher salt  
Freshly ground black pepper  
4 slices Swiss cheese  
1 (14-ounce) can sauerkraut, drained  
½ cup mayonnaise  
¼ cup ketchup  
¼ cup sweet pickle relish  
4 gluten-free hamburger buns

*\*Ground chuck works better in this recipe than ground sirloin.*

*\*\*I used gluten-free corned beef from the deli, had them slice it thinly, then I ground it up in the food processor. If you don't have a food processor, you could always ask your butcher to grind it up for you.*

## DIRECTIONS

Combine the ground beef with the ground corned beef. Divide into 4 equal portions and shape into patties. Brush both sides of the patties with oil and season generously with salt and pepper. Heat a grill, grill pan or skillet over medium-high heat. Grill the burgers for 5 to 6 minutes, flip and grill another 5 minutes. Top each burger with a piece of cheese and cook until the cheese starts to melt.

While the burgers are cooking, place the drained sauerkraut in a medium skillet over medium-high heat. Cook, stirring, until hot and all the liquid is gone.

Combine the mayonnaise, ketchup, and relish.

When the burgers are done, brush the cut sides of the hamburger buns with olive oil and grill until lightly toasted.

Spread the mayonnaise/ketchup mixture on both sides of the buns, place a burger on the bottom bun, top with the sauerkraut and top bun.

**SERVES 4**





# CHIPOTLE BLACK BEAN & QUINOA VEGAN BURGER

## INGREDIENTS

1 cup pre-rinsed quinoa  
1½ cups water  
¼ teaspoon kosher salt  
2 (15-ounce) cans black beans, rinsed and drained (or 4 cups cooked black beans)  
1 teaspoon ground cumin  
3 green onions, green and white parts, chopped  
⅓ cup Chipotle Vegenaïse  
¼ teaspoon black pepper  
½ cup plus 6 tablespoons garbanzo bean flour or all-purpose gluten free flour  
Olive or grapeseed oil

## DIRECTIONS

Combine the quinoa, water and ¼ teaspoon of salt in a small saucepan with a lid. Bring to boil, reduce the heat to low, cover the pan and simmer for 10 to 15 minutes or until all the water has been absorbed. Remove from heat and let sit, covered for 5 minutes. Fluff with a fork. Alternately, you can use 2½ cups cooked quinoa.

Place half of the black beans in a food processor with the ground cumin, green onions, Chipotle Vegenaïse, and ¼ teaspoon of pepper. Process until the mixture is smooth. Add the remaining beans and pulse a few times until you have a somewhat chunky puree. Put the bean mixture into a mixing bowl, add the cooked quinoa and 6 tablespoons of flour, stir to combine. Place the remaining ½ cup flour on a dinner plate. Portion the bean mixture into 6 equal sized patties.

Add just enough oil to a large skillet to coat the bottom and heat over medium-high heat until it starts to shimmer. Place the patties into the flour and coat both sides. Add the patties carefully to the hot skillet, do not over crowd the skillet. Cook for 3 to 4 minutes per side or until golden brown. Serve on lettuce leaves or gluten-free buns.

**SERVES 6**





# ARGENTINIAN STEAK SALAD

## INGREDIENTS

1 large bunch Italian flat leaf parsley  
2 teaspoons dried oregano  
4 cloves garlic, peeled and minced  
¼ teaspoon dried red pepper flakes  
6 tablespoons white balsamic vinegar  
¾ cup olive oil  
Kosher salt  
Freshly ground black pepper  
1½ pounds flank steak  
12 ounces small fresh mozzarella balls, cut in half  
1 pint grape tomatoes, halved  
½ red onion, very thinly sliced  
½ cup chopped Italian flat leaf parsley

## DIRECTIONS

First make the dressing. Combine parsley (with stems), oregano, garlic, and red pepper flakes in a food processor and process for 10 seconds. Add the vinegar and oil and process until almost smooth. Season to taste with salt and pepper.

Season the steak generously with salt and pepper. Place in a large food storage bag and add ½ cup dressing. Let marinate at room temperature for 10 to 30 minutes (or refrigerate for up to 8 hours). Remove the steak from the marinade and discard the marinade.

Heat a grill or grill pan to medium-high heat. Cook the steak 5 minutes per side. Let sit for 10 minutes.

Toss the mozzarella cheese, tomatoes, red onion slices and chopped parsley with ¼ cup dressing. Arrange on a platter. Slice the steak and lay on top of the salad. Drizzle the steak with the remaining ¼ cup dressing.

**SERVES 6**





# CHERRY COLA RIBS

## INGREDIENTS

5 pounds baby back ribs  
1 (2-liter) bottle cola  
Kosher salt  
Fresh black pepper  
1 (15-ounce) can sweet cherries  
1 to 2 teaspoons chili garlic sauce  
2 teaspoons Dijon mustard  
1 tablespoon apple cider vinegar  
2 to 4 tablespoons brown sugar – optional

## DIRECTIONS

Flip the ribs bone-side up and insert a dinner knife just under the white membrane that covers the meat and bones. Gently peel the membrane off. Place the ribs in a baking dish or roasting pan and pour the cola over. Cover with plastic wrap and refrigerate overnight.

Preheat oven to 275°F. Remove the ribs from the cola, reserving the cola for the sauce. Pat the ribs dry with paper towels and season liberally with salt and pepper on both sides. Pour the cola into a saucepan, wipe of the baking dish or roasting pan and return the ribs to the pan. Cover with foil and bake for 3 to 3 ½ hours or until the meat is very tender.

While the ribs are baking, make the glaze. Puree the cherries with their juices in a blender or small food processor. Add to the cola in the sauce pan. Add 1 teaspoon of chili garlic sauce, the mustard, vinegar and ½ teaspoon of both salt and pepper. Bring to a boil. Continue to boil, uncovered until the liquid reduces down to about 1 cup and is very thick. Skim the foam off the top of the mixture occasionally and stir once in a while. When the mixture is reduced and thick, taste it – you may want to add some more chili garlic sauce if you like it spicier and some brown sugar if you want it sweeter – this is to taste. Also check to see if it needs more salt and pepper. Reserve glaze until the ribs are done.

When the ribs have finished baking in the oven, remove and turn the heat up to 500°F (or you can use the broiler – turn to high). Place ribs on a baking sheet, bone side down, and brush the glaze liberally over the top. Cook or broil for about 5 minutes, watching to make sure the glaze does not burn. Serve warm.

**SERVES 4 • 6**



# FRIED CHICKEN

## INGREDIENTS

3 to 4 pounds chicken (legs, thighs or breasts)  
1 quart buttermilk  
3 large eggs  
1 teaspoon hot sauce  
1 cup superfine white or brown rice flour  
⅓ cup potato or tapioca starch  
1 teaspoon kosher or sea salt, plus more for seasoning the chicken  
½ teaspoon black pepper, plus more for seasoning the chicken  
1 teaspoon garlic powder  
1 teaspoon paprika  
Vegetable oil

## DIRECTIONS

Place the chicken pieces in a baking dish and pour on the buttermilk. Cover with plastic wrap and refrigerate for 2 hours or overnight. Remove the chicken from the buttermilk and pat dry with paper towels. Season liberally with salt and pepper.

Whisk the eggs together in a bowl with the hot sauce.

In another bowl whisk together the flour, starch, 1 teaspoon salt, ½ teaspoon black pepper, garlic powder and paprika.

Dip the chicken pieces into the egg mixture then shake off the excess egg and coat well with the flour mixture. Push the flour into the chicken to coat well. Place on a plate and once all the chicken is coated let sit for 5 minutes. Coat the chicken in the flour mixture again.

Line a baking sheet with paper towels and place a wire cooling rack on top. Preheat oven to 200°F.

Fill a large, deep frying pan or Dutch oven halfway with oil. Insert a frying or candy thermometer. Heat oil to 380°F. Once the oil is up to temperature, carefully lower the chicken into the hot oil, do not crowd the pan. Let cook for 4 minutes and flip over. Cook for 4 more minutes. You may have to adjust the temperature to keep the oil at 380°F. Remove the cooked chicken, place on the cooling rack and sprinkle with a little salt. Place in the oven to keep warm while finishing up the rest of the chicken. Let the oil come back up to temperature and repeat with remaining chicken.

**SERVES 6 • 8**



# SWEET TREATS





# PEANUT BUTTER COOKIES

## INGREDIENTS

1 cup creamy peanut butter  
1 cup granulated sugar plus more for rolling the cookies in  
1 large egg, lightly beaten with a fork  
1 teaspoon baking powder  
1 teaspoon vanilla extract

## DIRECTIONS

Preheat oven to 350 degrees. Line two baking sheets with parchment paper or a silicon baking mat.

In a large bowl mix the peanut butter with 1 cup sugar. Stir until well blended. Add the egg, baking powder and vanilla. Stir well. Pour some additional sugar in a small bowl. Take 1 tablespoon of the dough and roll in a ball. Roll the dough ball in the sugar and place on a prepared baking sheet. Repeat with the rest of the dough.

Take a dinner fork, stick it in the sugar and gently press down each dough ball to flatten, then turn the fork 90 degrees and gently press again, making the traditional hatch markings of a peanut butter cookie.

Bake for 10 minutes. Take out of the oven and let them cool on the baking sheet for 5 minutes. Gently transfer the cookies to a rack to finish cooling.

**MAKES 24**



A photograph showing a white plate with four chocolate donuts topped with white frosting and crushed graham crackers. Below the plate, a single donut sits on a piece of white wax paper with a red swirl pattern, also on a dark blue wooden surface.

# S'MORES DONUTS

## INGREDIENTS

Gluten-free non-stick cooking spray  
1¼ cups high-quality gluten-free flour blend with xanthan gum\*  
¼ cup cocoa powder  
2 teaspoons baking powder  
½ teaspoon baking soda  
¾ teaspoon kosher salt  
¾ cup sugar  
2 large eggs  
½ cup grapeseed (or other neutral flavored) oil  
¾ cup rice milk  
2 teaspoons pure vanilla extract  
1 tablespoon leftover cold coffee (optional but adds depth of flavor)  
4 gluten free graham style crackers  
¾ cup Toasted Marshmallow Crème

*\*If your gluten-free flour blend does not include xanthan gum, add ½ teaspoon.*

## DIRECTIONS

Preheat oven to 450°F. Spray 2 (6-count) donut pans with cooking spray.

In a mixing bowl, whisk together the flour, cocoa powder, baking powder, baking soda and salt. In another mixing bowl, whisk together the sugar, eggs, oil, rice milk, vanilla and coffee. Add the wet ingredients to the dry ingredients and whisk to combine. Spoon the batter into the donut pans, filling each form about ¾ full. Bake for 7 to 9 minutes or until the donuts spring back when lightly touched and a tooth pick inserted into a donut comes out clean. Let cool in the pan for 2 to 3 minutes then remove to a baking rack to finish cooling completely. Can be made a day or two ahead.

Place the graham style crackers in a small plastic bag and crush them with a rolling pin until you have some larger pieces (about ¼ inch) and some crumbs. Place on a small plate.

With a knife or small offset spatula spread about 1 tablespoon of the Toasted Marshmallow Crème on the top of each donut then dip into the crushed graham style crackers.

**MAKES 12**

# ROY ROGERS CUPCAKES

## INGREDIENTS

### *For the Cupcakes:*

1½ cups gluten-free all-purpose flour  
3 tablespoons unsweetened cocoa powder  
½ teaspoon baking soda  
½ teaspoon kosher salt  
½ cup buttermilk (or ½ cup dairy-free milk with ½ tablespoon of white vinegar stirred in and left to sit for 5 minutes)  
½ cup cola  
¼ cup grenadine or maraschino cherry juice  
2 teaspoons pure vanilla extract  
½ cup unsalted butter, at room temperature (or dairy-free butter substitute)  
¾ cup sugar  
1 large egg

### *For the Frosting:*

1 cup heavy cream (or dairy-free whipped cream substitute)  
2 teaspoons powdered sugar (omit if using dairy-free whipped cream)  
1 teaspoon pure vanilla extract (omit if using dairy-free whipped cream)  
12 maraschino cherries with stems

## DIRECTIONS

Preheat oven to 350°F. Line a standard muffin pan with paper cupcake liners. In a mixing bowl whisk together the flour, cocoa powder, baking soda, and salt. In another mixing bowl whisk together the buttermilk, cola, grenadine, and vanilla and let sit until the cola stops fizzing.

In an electric mixer, preferably fitted with the paddle attachment, cream the butter and sugar together until light and fluffy, about 3 minutes. Add the egg and beat well. Turn the mixer to low and gradually add half the flour, then the buttermilk mixture, then the remaining flour. Using a rubber spatula, scrape the sides and bottom of the mixing bowl making sure all ingredients are combined. Divide the batter evenly into the prepared muffin tins and bake for 18 to 20 minutes or until a toothpick inserted into the center comes out clean. Let cool in the pan for 5 minutes then remove to a wire cooling rack to finish cooling.

While the cupcakes cool, make the frosting. Whip the cream with the powdered sugar and vanilla until soft peaks form. Pipe the frosting onto the cooled cupcakes and top with a maraschino cherry.

**MAKES 12**





# CARAMEL PECAN BROWNIES

## INGREDIENTS

### *For the Pecan Brownies:*

12 tablespoons unsalted butter, plus more  
for preparing the pan  
1½ cups chopped pecans  
4 ounces unsweetened chocolate, chopped  
4 large eggs, lightly beaten  
1¾ cups coconut palm sugar  
1 tablespoon organic raw blue agave  
2 teaspoons pure vanilla extract  
¾ cup all-purpose gluten-free flour  
¼ cup unsweetened cocoa powder  
1 teaspoon baking powder  
½ teaspoon kosher salt

### *For the Caramel Sauce:*

1½ cups raw blue agave  
¾ cup heavy whipping cream  
¾ teaspoon lemon juice  
½ teaspoon kosher or sea salt (if using table  
salt use ½ the amount)  
6 tablespoons cold unsalted butter

### *For the Chocolate Ganache:*

2 ounces unsweetened chocolate, chopped  
4 tablespoons organic raw blue agave  
2 tablespoons heavy whipping cream

## DIRECTIONS

First make the brownies. Preheat the oven to 350°F. Grease a 9 by 12 inch baking pan with butter, fit a piece of parchment into the pan and butter the parchment paper. Place the pecans on a rimmed baking sheet and toast in the oven for 7 minutes or until warm and fragrant. Let cool.

Place the 12 tablespoons of butter and 4 ounces of chocolate in a microwave-proof large mixing bowl and cook on high power until most of the butter and chocolate is melted, about 2 to 3 minutes. Stir to combine. Add the eggs, coconut palm sugar, and 1 tablespoon agave and mix well. Add the vanilla, flour, cocoa powder, baking powder, and salt and mix well. Stir in 1 cup of the pecans. Pour the batter into the prepared pan and smooth the top with a spatula. Bake for 20 to 22 minutes or until the brownies look set and a toothpick inserted in the center comes out clean except for a few moist crumbs. Do not over bake. Let cool.

While the brownies are baking, make the caramel sauce. Stir together the agave, cream, lemon juice and salt in a large saucepan (much larger than you think you will need – the mixture expands a lot while boiling) and bring to a boil. Let boil vigorously for 7 minutes, stirring occasionally. Take off the heat and whisk in the 6 tablespoons of butter, one tablespoon at a time (whisk each piece of butter into the mixture until fully melted.) Let mixture cool for 30 minutes. It will thicken as it cools. Pour the caramel sauce over the brownies and top with the remaining 1½ cups toasted pecans. Put the brownies into the refrigerator for 30 minutes to let the caramel harden some more.

While the brownies cool in the fridge, make the chocolate ganache. Place the chopped chocolate, agave and cream in a small skillet and melt the chocolate over low heat, stirring. Let cool slightly. Put the chocolate ganache into a small food storage bag and snip off a tiny bit of one corner. Squeeze the ganache through the hole over the brownies in a crisscross pattern. Refrigerate for an hour or up to 24 hours. Cut the brownies into twelve 3-inch squares (or you can cut smaller).

**MAKES 12**



# CHOCOLATE WHISKEY CREAM PIE

## INGREDIENTS

1½ cups gluten-free chocolate cookie crumbs  
6 tablespoons unsalted butter, melted  
2 cups half-and-half  
⅔ cup sour cream  
2 cups bittersweet chocolate chips  
⅓ cup sugar  
¼ cup cornstarch  
½ cup whiskey  
4 large egg yolks  
2½ cups heavy whipping cream  
2 tablespoons powdered sugar  
2 teaspoons pure vanilla extract  
Cocoa powder for dusting

## DIRECTIONS

In a mixing bowl combine the chocolate cookie crumbs with the melted butter and mix well. Press the mixture firmly into a 9-inch pie plate and refrigerate for 30 minutes.

Combine the half-and-half, sour cream, and chocolate in a saucepan and bring to a boil over medium heat, stirring constantly.

In a mixing bowl, whisk together the sugar, cornstarch, whiskey, and egg yolks. Whisk into the chocolate mixture.

Pour the mixture into a clean saucepan and bring to a boil over medium heat, whisking constantly. Continue to cook the mixture until thickened, 1 to 2 minutes. Let cool.

Pour the chocolate mixture into the prepared pie crust and refrigerate at least 3 hours or overnight.

Whip the cream with the powdered sugar and vanilla until soft peaks form. Spread the whipped cream on top of the pie, dust with cocoa powder and serve.

**SERVES 8**





# HAPPY FATHER'S DAY



FROM GLUTEN FREE & MORE