

Camp Combe Cooking 2019
Week 3: Gluten Free
Cauliflower Garlic Bread and Chicken Tenders
Monday Recipe

Cauliflower Garlic Bread

Prep Time: 20 minutes | Cook Time: 30 minutes | Total Time: 50 minutes
Serving: 4

Ingredients -Bread

3 cups finely chopped cauliflower florets
2 eggs
½ cup parmesan cheese
½ teaspoon garlic powder
4 tablespoons all purpose gluten free flour
½ teaspoon baking powder

Ingredients -Garlic Spread

4 garlic cloves, minced
2 tablespoons butter
2 tablespoons olive oil
2 teaspoons chopped parsley
3 tablespoons of grated parmesan cheese

Instructions

1. Preheat oven to 400. Line a baking sheet with parchment paper
2. In a large bowl, combine cauliflower, eggs, cheese, garlic powder, all purpose gluten free flour, baking powder. Mix with a large spoon until everything is thoroughly combined
3. Pour contents of the cauliflower bread batter onto a baking sheet lined with parchment paper. Using a spatula, spread and smooth out until you have an oval or rectangle

that is ½ inch thick. The width and length is up to you. I did an oval shape that measured 11 inches for the large diameter and 7 ½ inches for the small diameter.

4. Place cauliflower bread in oven and cook for about 25 minutes or until edges turn brown and top is golden.

When

the bread is done, it should also easily come off the parchment paper.

5. Add butter, oil, and garlic to a small saucepan and heat on the stove just until the butter is melted. Brush garlic butter mixture onto bread, making sure to get all the minced garlic evenly spread over surface of the bread. Sprinkle 1 teaspoon parsley evenly over bread. Sprinkle parmesan cheese evenly over bread.
6. Place an oven-safe cooling rack on top of your baking sheet and carefully place cauliflower bread on top of the cooling rack. Place bread into oven and set your oven to low broil. Cook about 5 minutes or until the cheese is melted and begins to brown and edges of the cauliflower bread crisp up.
7. Remove bread from the oven. Sprinkle with remaining parsley.
8. Slice and Serve.

Camp Combe Cooking 2019
Week 3: Gluten Free
Gluten Free Chicken Tenders
Monday Recipe

Gluten Free Chicken Tenders

Prep Time: 5 minutes | Cook Time: 15 minutes

Total Time: 20 minutes

Serving: 7 tenders

Ingredients

1½ pounds of chicken breast

⅓ cup coconut flour

1 cup gluten free flour

2 large eggs

1 tablespoon milk

½ teaspoon salt

¼ teaspoon ground pepper

½ teaspoon garlic powder

½ teaspoon onion powder

Instructions

1. Preheat oven to 425° and line a sheet tray with parchment paper. Set aside.
2. Get out 2 shallow, flat-bottomed dishes. This will be your breading station.
3. Put the coconut flour in the first bowl
4. Crack the eggs in the second bowl and add the cashew milk. Whisk until combined.
5. Place the gluten free flour, salt, pepper, garlic, and onion in
The third bowl. Mix until all the seasonings are well incorporated.
6. Taking one strip at a time, dip it in the coconut flour and make sure it is fully coated. Then dip it in the coconut flour
and make sure it is fully coated. Then dip it in the egg mixture and let any extra drip off. Then dip it in the almond flour mixture and make sure it's fully coated

with no wet spots showing.

7. Place it onto the sheet tray and repeat with remaining tenders.
8. Spray with pure olive or coconut oil if you have it. This will help them brown.
9. Bake for 10 minutes and flip them over and bake for 5 more minutes.

Camp Combe Cooking 2019

Week 3: Gluten Free

Monster Cookie Bars and Chocolate Banana Bread

Tuesday Recipe

Monster Cookie Bars

Ingredients

- 1 cup packed brown sugar
- 1 cup granulated sugar
- ½ cup (1 stick) salted butter, softened
- 1 ½ cups sunflower butter
- 3 large eggs
- 1 tablespoon vanilla extract
- 1 ½ cups quick oats
- 3 cups old -fashioned oats
- 1 teaspoon baking soda
- 2 cups of mini m&ms
- 1 cup of mini chocolate chips

Instructions

1. Heat oven to 350°. Prepare a cookie sheet by lining it with parchment paper, silpat liner, or spray with cooking spray.
2. In a large bowl, or bowl of a stand mixer, combine brown sugar, granulated sugar, peanut butter, and butter. Beat until pale in color and fluffy.
3. Add the eggs and vanilla extract. Blend together
4. Add in the oats and baking soda. With a rubber spatula or wooden spoon mix by hand until combined.
5. Add in the m&ms and chocolate chips (reserve some for tops of bar if wanted). Stir together well until combined
6. Dump onto your parchment paper lined cookie sheet and spread out. This will take several minutes, but it can be done. Sprinkle the reserved m&m's and chocolate chips on top (if wanted). Press down slightly into dough

7. Bake for 17-20 minutes. The edges will be lightly browned and the middle will still look pale and underdone, but it will finish baking as it cools. Let cool for at least an hour so the bars can firm up and come together. You do not want to over-bake these!

Camp Combe Cooking 2019
Week 3: Gluten Free
Gluten Free Chocolate Banana Bread
Tuesday Recipe

Gluten Free Chocolate Banana Bread

Prep Time: 10 minutes | Cook Time: 55 minutes

Total Time: 1 hour 5 minutes | Yield: 1 loaf

Ingredients

3 ounces unsweetened chocolate, chopped

5 tablespoons unsalted butter, chopped

2 ripe bananas, mashed very well

$\frac{3}{4}$ cup granulated sugar

$\frac{1}{3}$ cup sour cream, at room temperature

1 teaspoon pure vanilla extract

1 egg, at room temperature

$\frac{1}{4}$ cup + 2 tablespoons unsweetened natural cocoa powder

$1\frac{3}{4}$ cups all purpose gluten free baking flour

$\frac{3}{4}$ teaspoons xanthan gum

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

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

$\frac{1}{2}$ teaspoon kosher salt

4 ounces semi-sweet chocolate chips, tossed with $\frac{1}{2}$ teaspoon cornstarch

$\frac{1}{4}$ cup chopped banana

Instructions

1. Preheat oven to 350°F.
2. Grease or line a standard 9 inch x 5 inch loaf pan and set it aside
3. In a medium size, heat-safe bowl, place the chopped chocolate and butter. In the microwave in 30 second bursts, or over a simmering pot of hot water, melt until smooth. Set aside to cool briefly.
4. In a large bowl, place the mashed bananas, granulated sugar, sour cream, vanilla, and egg, and beat to combine well.

5. Add the melted chocolate and butter mixture, and beat again until well combined.
6. Add the cocoa powder, flour, xanthan gum, baking powder, baking soda, and salt, beating to combine well.
7. The batter will be very thick.
8. Add the chocolate chips tossed with cornstarch, and the chopped banana, and mix until they're evenly distributed throughout the batter.
9. Transfer the batter to the prepared baking pan and press into an even layer in the pan.
10. Again, the batter will be very thick. Smooth the top with a wet silicone spatula or wet hands.
11. Place the loaf pan in the center of the preheated oven and
bake for 30 minutes. Rotate 180° and continue to bake
until
the loaf is firm to the touch on top and toothpick inserted in the center comes out clean, about another 30 minutes.
12. Remove from the oven and allow to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.
13. Slice and serve.

Camp Combe Cooking 2019

Week 3: Gluten Free

Gluten Free Lasagna

Wednesday Recipe

Prep Time: 40 minutes | Cook Time: 45 minutes

Total Time: 1 hour 25 minutes | Serving: 8-10

Ingredients -Sauce

1 tablespoon olive oil

1 ½ cups diced onion

1 ½ tablespoons minced garlic

⅛ teaspoon red pepper flakes

128 ounce can diced tomatoes, undrained

114.5 ounce can diced tomatoes, undrained

16 ounces can tomato paste

1 ½ teaspoons dried parsley

2 tablespoons chopped fresh basil

1 ¼ teaspoons salt

Ingredients -Meat

1 ½ pounds ground beef

¼ teaspoon salt

¼ teaspoon pepper

1 ½ teaspoons dried italian seasoning

Ingredients -Ricotta

2 3 lb containers ricotta cheese

2 1lb container ricotta cheese

4 cups shredded mozzarella, divided

1 ¼ cups grated parmesan cheese, divided

1 egg

¼ teaspoon salt

12-16 gluten-free lasagna sheets

Instructions -Prepare the Sauce

1. In a large pot over medium heat, cook the onion in the olive oil until the onion is softened, about 6 -9 minutes.
2. Add the garlic and red pepper flakes and cook for another minute.
3. Add the remaining sauce ingredients and simmer over low heat for about 15 -20 minutes.

Instructions -Prepare the Meat

1. In a large skillet over medium heat, add the ground beef and sprinkle the salt, pepper, and Italian seasoning over the top.
2. Break up the meat, stir, and cook until browned, stirring occasionally.
3. Drain the fat, and set the meat aside

Instructions -Prepare the Cheese Mixture

1. In a medium mixing bowl, mix together the ricotta, 3 cups shredded mozzarella, 1 cup parmesan cheese, egg, salt, and pepper until thoroughly combined. Set aside.
2. Mix together the remaining 1 cup mozzarella and ¼ cup parmesan cheese in a small bowl. Set aside for the topping of the lasagna.
3. Preheat the oven to 350°F

Instructions -Assemble and Bake the Lasagna

1. Boil the Lasagna Noodles as instructed on the boxed directions
2. In a 9" x 13" x 3" baking dish, spread slightly more than 1 cup of tomato sauce over the bottom of the pan.
3. Cover with a layer of lasagna noodles, overlapping just by a little bit.

4. Add another 1 cup of sauce, then $\frac{1}{3}$ of the meat, followed by $\frac{1}{3}$ of the cheese mixture.
5. Add another layer of lasagna noodles and gently press down to compact the first layer.
6. Repeat two more layers, gently pressing down each layer.
7. Once completed, spread the remaining sauce and remaining cheese along the top of the lasagna
8. Bake for 30-40 minutes or until the edges are bubbling and the cheese has browned.
9. Let the lasagna sit for 10-15 minutes before serving.

Camp Combe Cooking 2019

Week 3: Gluten Free

Gluten Free Mac and Cheese and Rich Fudgy Flourless Brownies

Thursday Recipe

Gluten Free Mac and Cheese

Prep Time: 20 minutes | Cook Time: 20 minutes | Total Time: 50 minutes

Serving: 6

Ingredients

1 box gluten free elbow macaroni

2 tablespoons coconut oil

2 cups milk

3 tablespoons butter

2 tablespoons white rice flour

1½ cup cheddar cheese

½ cup parmesan cheese

½ tablespoon of sea salt

2 tablespoon rosemary

Instructions

1. Cook macaroni according to box directions and add coconut oil to the water
2. While the pasta is cooking, melt the butter in the skillet over medium low heat. Once it's melted, sprinkle the rice flour on top of the butter and whisk vigorously to combine. Cook for 1 minute while whisking.
3. Add the milk to the butter mixture and whisk well to Combine. Continue whisking as it cooks and thickens, about 8 minutes.
4. Add the salt and rosemary to the sauce and stir well to combine.
5. Drain the pasta and add it to a large mixing bowl. Pour the sauce over the pasta and add the cheddar cheese. Gently

- stir everything to combine.
6. Pour the mac and cheese into a well greased 9" x 13" baking dish. Sprinkle the parmesan cheese on top of the macaroni and bake at 375 for 20 minutes, or until the cheese is melted and bubbly.

Camp Combe Cooking 2019
Week 3: Gluten Free
Rich Fudgy Flourless Brownies
Thursday Recipe

Rich Fudgy Flourless Brownies

Prep Time: 15 minutes | Cook Time: 20 minutes

Total Time: 35 minutes

Serving: 1 brownie square

Ingredients

12 tablespoons unsalted butter

1 ½ cups granulated sugar

2 cups milk chocolate chips

4 eggs, room temperature

2 teaspoons of vanilla extract

2 tablespoons unsweetened cocoa powder

6 tablespoons of cornstarch

½ teaspoon salt

Instructions

1. Preheat oven to 350°
2. Line a 9 x 9 inch or 9 x 13 square pan with foil, then lightly spray with a non-stick spray and set aside.
3. Over low heat or use of the microwave, melt the butter, then
add the sugar. Once the sugar has been blended in, add the milk chocolate chips, stirring until melted and smooth.
4. Remove from oven/stove and let cool down a few minutes before adding the eggs, one at a time, mixing them in, then add in the vanilla extract.
5. Using a sifter or sieve, sift the cocoa powder and cornstarch into a saucepan, then add the salt. Using a mixer or whisk the batter vigorously until it looks shiny and smooth.
6. Pour the batter into the prepared baking pan and bake for 22-28 minutes for a 9 x 13 pan or 32-38 minutes for a 9 x 9 pan until the brownies are set. You can jiggle the brownies to check for doneness for the top of the brownies. Do not over-bake or the brownies will become crumbly and dry.

7. Remove from oven and let cool in the pan for 45 minutes before removing and slicing. It's important to do this so they set up
8. Store in a sealed baggie or container or can be refrigerated sealed.

Camp Combe Cooking 2019
Week 3: Gluten Free
Gluten Free Pizza and Keto Garlic Knots
Friday Recipe

Gluten Free Pizza

Prep Time: 30 minutes | Cook Time: 35 minutes
Total Time: 1 hour 5 minutes | Serving: 2 12 inch Pizzas

Ingredients -Pizza Crust

1 cup warm water about 110°F
1 tablespoon sugar or honey
1½ teaspoons instant yeast
1¼ cups Gluten-Free 1:1 Baking Flour
¼ cup coconut Flour
1 teaspoon baking powder
¾ teaspoon salt
1 tablespoon Psyllium Husk Powder
2 tablespoons olive oil

Ingredients -Pizza Sauce

1 24 oz can crushed tomatoes
3 garlic cloves
¾ teaspoons Italian Seasoning
¼ teaspoon ground black pepper
¼ teaspoon salt

Ingredients -Pizza Toppings

Shredded mozzarella
Pepperoni

Instructions -Pizza Crust

1. Preheat the oven to 425°F

2. Combine the warm water, sugar, and yeast in a glass measuring cup. Whisk to combine.
3. While the yeast is proofing for 3-4 minutes, combined the flours, baking powder, salt, and psyllium husk powder in the bowl of a stand mixer.
4. With the mixer running on low, slowly add the yeast mixture and oil. Increase the speed to medium-high and beat for 3-4 minutes.
5. Using an oiled spatula, press the dough off the sides into a ball. Cover and let rise for 30 minutes.
5. Oil a 12-inch round pizza pan. Using oiled or wet hands, press the dough into the pan. The dough will shrink slightly as it bakes, so press the dough as thin as you can to cover the pan. Let rise for another 10 minutes.
6. Bake for 15-20 minutes. Remove from the oven and add your desired toppings. Let cool for a few minutes before slicing.

Instructions -Pizza Sauce

1. Place all ingredients in a blender
2. Blend until smooth
3. Store in a jar with lid in the fridge for up to 7 days

Camp Combe Cooking 2019
Week 3: Gluten Free
Keto Garlic Knots
Friday Recipe

Keto Garlic Knots

Prep Time: 20 minutes | Cook Time: 20 minutes

Total Time: 40 minutes | Serving: 8 Garlic Knots

Ingredients -Garlic Knot

6 ounces of shredded mozzarella cheese

3 ounces of gluten free flour

2 ounces cream cheese

1 large egg

2 teaspoon dried oregano

1 teaspoon garlic powder

1 teaspoon baking powder

½ teaspoon salt

Vegetable oil spray

Ingredients -Toppings

3 cloves garlic, minced

1 tablespoon butter

1 tablespoon finely grated parmesan cheese

Instructions

1. Preheat the oven to 375°. Prepare a baking sheet lined with parchment paper or a silicone baking mat.
2. In a large heat proof bowl, combine all dry ingredients (almond flour, garlic, oregano, baking powder, salt) until well-mixed.
3. Add mozzarella cheese and cream cheese to the same bowl. Microwave for 45 seconds, stir and microwave for another 45 seconds or until cheese is melted. Stir until the mixture forms a smooth dough.
4. Add the egg, stirring it in until absorbed and well-mixed. If easier, use your hands to knead once the dough is cool enough to handle.
5. Cut the dough into 8 equal pieces. Roll each piece into a

log about 9 inches long, and form into a knot-like shape. Place the knot at least 1 inch apart on the prepared lined baking sheet. Spray the tops with vegetable oil.

6. Bake at 375° until lightly golden on top, about 15 minutes. Remove the garlic knots from the oven. Set the broiler on high.
7. In a small bowl, add butter and minced garlic. Microwave until melted. Brush the garlic butter over the tops of the garlic knots. Sprinkle parmesan cheese on top.
8. Return the garlic knots to the oven and broil until golden brown on top, about a minute. Serve while hot.