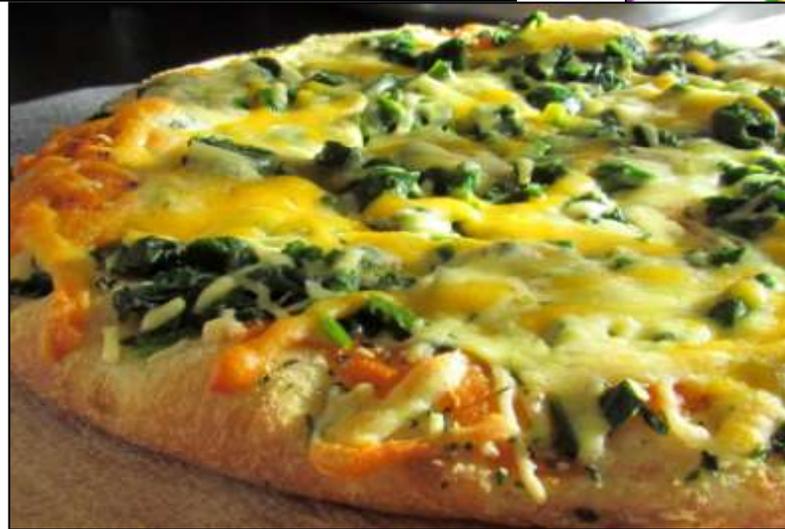


Global Fusion Americana

E-Series ---

10 Gluten-Free Extras

Going gluten-free doesn't mean you have to miss out on delicious baked treats. Far from it.



By Keith Thomas Murphy

AKA: Chef Murph

Now everyday food you cook or bake you don't have to give up taste.
Cook on, Show some love, Create
Chef Murph

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BIO

I was born, not hatched in Camden, New Jersey on 1 May 1963. I grew up in a 1 square mile town in Southern New Jersey. At five years old by parents divorced. My mother quickly remarried to an abusive man and we spent time in and out of shelters and friends' homes. One of the close family friends convinced my parents to send me to a rural boarding school. At that school, in addition to attending classes we worked the farm that was on the grounds. Due to financial problems, my father had to take me out of boarding school, and I lived with him and his girlfriend. I became extremely rebellious and had many difficulties in High School, I left school early and obtained a GED in order to join the military. While in the military, I spent a considerable amount of time living in Germany, Central America, Middle East and Korea, amazing experiences for a suburban boy. It also introduced me to a variety of cultures and foods. I returned to the United States where after a variety of new adventures I am currently enjoying the challenges of being a husband and father of two, while driving across the United States. I believe that each experience has given me something to learn and helped me move to the next experience.

**Philosophy**

We are all human, made up of red blood, eyes, ears etc. I believe the right food helps us think, learn and become strong. Food brings people and cultures to the table, humans can become friends and show love through preparation of food. Cooking and food helps people to realize they have a lot in common. Leadership in the kitchen observed by promoting trans-cultural meals, leads to actions meaning more than words. Violence can be and is curbed with understanding of others perspectives, all cooking involves the same basic ingredients. To coexist is not good enough, we need to build respect through relationships. Good food makes for better decisions. People Feed People



I have a diverse background. I am graduate of Escoffier International Culinary Academy in Hoffman Estates, Chicago IL, specializing in: Culinary, Pastry, World Spices and Salts, with diplomas in Gourmet Cooking, Herbology, and Restaurant Management through Penn Foster/CIA. I has completed certificate programs in Child Nutrition from Stanford University, Blue Chef Sustainability Certification from Blue Ocean Institute/Collaborating Chefs, Stoney Creek Long Island, Nordic Diet from University of Copenhagen, and Food Chemistry/Food for Thought from McGill University, Montreal Canada. Completed diploma programs in aquaponics and commercial farming including: RAS Engineering, from Cornell University, Aquaponics Short Course from University of the Virgin Islands, Aquaculture 101 from University of Hawaii and Aquaponics Farming with Tilapia, from Morningstar Fisherman. I is also a certified Wine Sommelier from Mediterranean Wine School, Malta EU. He has completed the New Jersey Food Safety Managers Certifications, Certificates in Global Supply Chain Intro, Design and Management from Tribhuvan University, Kathmandu, Nepal India In addition I have a BS in Business Management from Thomas A Edison State College, Trenton, NJ, AA General from University of Maryland, Heidelberg Germany and a graduate of the Federal Law Enforcement Academy, Glenco GA.

I am American Trucker one of a few American Long haul truckers with over 20+ years driving including 3.2 million miles covering over 49 states 3 Providences of Canada, Europe and Asia. I has also served in the United States Army with a rank of E-6, Infantry: Special ops, light, air assault, airborne and nuclear PRP Program. In addition, I served 3 years as a federal law enforcement officer serving on the Terrorist Task, and Organized Crime Task Force and 3 years in the banking industry working as solicitor to becoming a bank licensee. Currently, I is on a quest for knowledge about anything pertaining to nutrition, health and food production to help his fellow man in need. I is attending studying Supply Chain Logistics at MIT. I is also writing a series of cookbooks about American Cuisine and what makes us great, the melting pot of food and culture.

"Our lives are about relationships and we learn from our experiences be them positive or negative,"



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Food Safety

Temp You're Food!!!

USDA Recommended Safe Minimum Internal Temperatures					
					
Beef, Veal, Lamb Steaks & Roasts	Fish	Pork	Beef, Veal, Lamb Ground	Egg Dishes	Turkey, Chicken & Duck Whole, Pieces & Ground
145 °F	145 °F	160 °F	160 °F	160 °F	165 °F

Ground Meat and Meat Mixtures

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

Mechanically Tenderized Meat	155°F
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Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Chicken and Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	165°F
Duck and Goose	165°F
Stuffing (cooked alone or in bird)	165°F

Fresh Pork

Roasts	160°F
Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs and Egg Dishes

Eggs	Cooked until yolk and white are firm
Egg dishes	160°F

Leftovers and Casseroles	165°F
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Here is a collection of 10 of the best gluten-free baking recipes. From bread and pizza dough to muffins and cookies, we've got you covered.

Gluten-Free Banana Bread

Every gluten free kitchen needs a good go to banana bread recipe. This is the one. Not only is it gluten free, but it's also vegan. The taste is delicious.

For variations add chopped nuts, raisins, or other dried fruit in place of the chopped dates.

This one is very loosely adapted from a basic banana bread recipe.



Ingredients:

- 1 & 1/2 Cups Gluten Free Self-Rising Flour Mix
- 1/4 Cup Chopped Dates
- 1/2 Cup Coconut Sugar
- 1 Teaspoon Gluten Free Vanilla Flavoring
- 1 Egg or Flax Egg*
- 1/3 Cup Melted Coconut Oil
- 3 Very Ripe Bananas, Peeled & Mashed

Instructions:

Mix all wet ingredients together. Mix all dry ingredients together with the chopped dates. Combine until all dry ingredients are wet and pour into a greased bread pan. Bake in a preheated 350 degree Fahrenheit oven for about 50 minutes until knife inserted in the middle comes out clean. Immediately dump bread out of pan so that it won't stick onto a wire rack for cooling.

*Flax Egg – Mix together 1 Tablespoon ground flax seed with 3 Tablespoons of water, let sit for about five minutes before using.

Gluten-Free Banana Maple Pecan Muffins

Serves 9

Adapted from: <http://www.theroastedroot.net/gluten-free-banana-walnut-muffins/>

Nothing is better than a warm muffin out of the oven for breakfast. You might think it's harder when you're eating gluten free, but you would be wrong. These taste delicious, and are kind of like eating a banana pancake without a fork.



Ingredients:

- 3 Ripe Bananas
- 2 Eggs
- 1/4 Cup Canola Oil
- 2 Tablespoons Maple Syrup
- 2 Teaspoons Baking Powder
- 1 and 1/3 Cups Brown Rice Flour
- 2 Teaspoons Ground Cinnamon
- 1/4 Teaspoon Salt
- 3/4 Cup Pecans, Chopped, Plus 9 whole Pecans

Instructions:

Place all wet ingredients into a bowl, mix until combined. Place all dry ingredients into a bowl mix until combined. Pour the dry ingredients into the wet ingredients. Stir just until combined, avoid over mixing. Line a 9 hole muffin tin with muffin liners, divide the batter evenly. Place one whole pecan on the top of each muffin. Place pan in a 350 degree Fahrenheit oven for 30 minutes or until a toothpick inserted in a center muffin comes out clean.

Gluten-Free Birthday Cake

Serves 12 to 24

Adapted from: <http://www.yammiesglutenfreedom.com/2014/03/the-best-gluten-free-white-cake-ever.html>

When making cake, like with most baked goods, the trick is getting the ratios right and not over blending. If the ratios are wrong, and you blend too much or not enough, the texture will be all wrong. With cake the ratios are in weight, so if you're not using a scale when you cook try to find out what the ingredients weigh to ensure the right amounts are added.

The scale for cake goes like this:

- * Sugar = or > Flour
- * Eggs = or > Fat
- * Liquid = or > Sugar
- * Eggs & Liquid = Sugar

Leavening agents should be about 1 Teaspoon Baking Powder per 1 Cup Flour. You can also use Baking soda at 1/4 Teaspoon per cup of Flour. Plus don't forget the salt. 1/2 Teaspoon is enough for an entire 13 x 9 inch cake. You can use this same ratio when you make your own gluten free flour mixes or buy a prepared mix.



Everyone has a birthday every year and it really isn't fun to do without a delicious birthday cake on your birthday. But many gluten free people do it all the time, or they take the risk and eat the regular cake and end up sick by the end of the day on their birthday. Thankfully, today, with all the gluten free flour substitutes available you no longer have to suffer.

Ingredients:

1/4 Cup Viva Labs Organic Coconut Flour
2 & 3/4 Cups Bob's Red Mill Gluten-Free All-Purpose Flour
1 & 2/3 Cups Wholesome Sweeteners Organic Coconut Sugar
1 Tablespoon Rumford Baking Powder, Gluten Free, Aluminum Free
1/2 Teaspoon Salt
3/4 Cup Butter Flavored Shortening
1/2 Cup Melted Coconut Oil
8 Egg Whites
1 & 1/4 Cups Unsweetened Almond Milk
2 Teaspoons Gluten Free Vanilla

Instructions:

Preheat oven to 350 degrees Fahrenheit. Using some gluten free shortening and gluten free flour, prepare a 9 x 13 inch pan. Cream the shortening, and sugar together, until smooth. In a separate dish mix all the dry ingredients together. Incorporate the dry with the creamed shortening and sugar. Then add one egg white into mixture at a time, mixing thoroughly between each one. Add the milk and vanilla and beat for another two minutes.

Cook in the 9 x 13 pan until baked through until a tooth pick inserted in the center comes out clean. About 30 to 40 minutes. Allow to cool before frosting. This cake will take any frosting well. Try to keep it light and airy.



Gluten-Free Chocolate Chip Cookies

Nothing is better than a perfect chocolate chip cookie. A perfect chocolate chip cookie is slightly crispy on the outside, chewy and chocolaty on the inside, the perfect combination in every single bite.

This cookie is no exception. It's been adapted from the recipe here: but made slightly ever healthier with egg substitute and more flavorful with almond flour. The butter flavor shortening actually works better than the butter as it's more stable in baking.

This is adapted from Bob's Red Mill.

Ingredients:

- 1 1/2 Cups Bob's Red Mill Gluten Free All Purpose Baking Flour
- 1 Cup Almond Flour
- 1 Teaspoon Gluten Free Baking Powder
- 1 Teaspoon Gluten Free Baking Soda
- 1/4 Teaspoon Xanthan Gum
- 3/4 Cup Butter Flavored Shortening
- 3/4 Cup Brown Sugar, packed
- 1/2 Cup Egg Substitute
- 2 Teaspoons Gluten Free Vanilla
- 2 Cups Gluten Free Semi-Sweet Chocolate Chips



Instructions:

Mix wet ingredients in one bowl until creamy. Mix dry ingredients, including chips in another bowl. Combine the two and stir until all dry ingredients are wet. Drop by rounded tablespoons full onto ungreased cookie sheet. Bake in a preheated 375 degree Fahrenheit oven for 9 to 12 minutes. Remove to cool on a wire rack. Enjoy with a large glass of unsweetened almond milk for the perfect after school snack.

Gluten-Free Pizza Dough

Serves 8

One thing people miss when eating gluten free is pizza. But, with all the gluten free flour mixes available today, there is no real reason to do without.

Try this, and get creative to make your own. A pizza crust has a 5 to 3 flour to liquid ratio. If you keep that the same you'll turn out great dough regardless of the type of flour you choose.

Ingredients:

- 1 1/2 Cups Gluten Free All Purpose Flour
- 1 Tablespoon Sugar
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Salt
- 1 Teaspoon Xanthan Gum
- 1 Packet Dry Yeast
- 1 Cup Warm Water
- 2 Tablespoons Olive Oil



Instructions:

Using a stand mixer with a dough hook, mix all the dry ingredients together until fully blended. In a separate bowl add the oil, warm water, sugar, and yeast, allow to bubble a bit. Pour the wet mixture into the dry mixture and beat with the dough hook. Beat until all the way mixed, and then cover the bowl with saran wrap for 30 minutes.

Spread dough with greased hands on prepared pizza pan. Let sit for 15 minutes and then bake at 475 for 8 to 10 minutes. Top with whatever ingredients you want, then bake again until bubbly another 8 to 10 minutes.

Adapted from: <http://www.bobsredmill.com/recipes.php?recipe=1466>

Gluten-Free Yeast Bread

Serves 12

Adapted from: <http://www.fearlessbread.com/Recipes/Gluten-Free-Yeast/>

Ingredients:

2 Cups [Pamela's Artisan Flour Blend](#)
1/2 Cup Egg Substitute
3 Tablespoons Corn Oil
1 1/2 Teaspoons Ground Chia Seeds
1/2 Teaspoon Salt
2 Tablespoons Sugar
1 Packet Active Dry Yeast
3/4 Cup Unsweetened Almond Milk,
warmed



Instructions:

Preheat oven to 375 degrees Fahrenheit. Prepare a large loaf pan by greasing it with cooking spray or rubbing with oil and a paper towel.

Mix all dry ingredients in one bowl. Using a mixer with a dough hook, first mix egg substitute and oil in a bowl, slowly add dry ingredients while the mixer is on adding the warm almond milk last. Beat another two minutes with dough hooks, stopping and scraping bowl if needed.

Using a spatula, scrape and pour dough out of bowl into a medium loaf pan. Cover with greased saran wrap and let rise in warm area of your kitchen for about 30 to 40 minutes until dough has risen about 1/2 inch over the top of the loaf pan.

Bake for about 25 to 35 minutes. If bread starts to brown too much, cover with foil to continue baking. Let cool for about 10 minutes in pan, then loosen with a knife and dump out onto a wire cooling rack. Delicious served warm with jam.

Gluten-Free Zucchini Bars

Need a good way to get your greens in? Zucchini bars to the rescue. These are so tasty that you won't miss the flour or notice the greens. Make a really delicious and healthy dessert bar.

Ingredients:

- 1/2 Cup Almond Butter
- 1/4 Cup Solid Coconut Oil
- 1 Cup Zucchini, Shredded
- 1 Egg or Flax Egg*
- 1/4 Cup Maple Syrup
- 1 Teaspoon Gluten Free Vanilla
- 1/2 Cup Almond Flour
- 3/4 Teaspoons Baking Soda
- 2 Teaspoons Cinnamon
- 1/2 Teaspoon Nutmeg
- 1/4 Teaspoon Salt
- 1/4 Cup Chocolate Chips



Instructions:

Mix wet ingredients together in one bowl. Mix dry ingredients excluding chocolate chips. Combine the two until well blended. Fold in the chocolate chips. Spread in an 8x8 pan sprayed with cooking spray then bake in a 350 degree oven for 30 to 40 minutes checking at 30 minutes to see if knife comes out clean.

*Flax Egg – 1 Tablespoon ground flax seed mixed with 3 Tablespoons of water.

Substitute different types of ingredients for the chocolate chips such as gluten free butterscotch chips, or cranberries, raisins, or nuts.

Morning Delight Apple Muffins

Serves 9 to 12

Adapted from: <http://allrecipes.com/recipe/apple-muffins-2/>

Eating these apple muffins solve all of your problems in one swoop. Delicious, healthy, and filling, these muffins have less oil than normal due to the addition of apple sauce and are also free of dairy.

Ingredients:

- 2 Cups Grandpa's Kitchen Gluten Free Flour Blend
- 1/2 Cup Sugar
- 1/4 Teaspoon Salt
- 1 Teaspoon Ground Cinnamon
- 1 Cup Apple Sauce
- 1/4 Cup Vegetable Oil
- 1 Teaspoon Vanilla
- 1 Egg
- 1 Cup Apples, peeled, cored, diced small



Instructions:

Mix wet ingredients in one bowl. Mix dry ingredients in another bowl. Pour dry ingredients into wet ingredients stirring until fully combined. Do not over mix. Line a 12 muffin tin with liners; fill each 3/4 full with batter. Bake in a 350 Degree Fahrenheit oven for 12 to 15 minutes or until golden brown.

Want to make these without egg? It's easy. Just mix 1 Tablespoon of ground flax with 3 Tablespoons of water until combined well to replace one egg.

Plain White Gluten-Free Bread

Serves 12

Adapted from: <http://www.elanaspantry.com/simple-bread>

Every kitchen needs a regular and easy to make white bread recipe. This gluten free version of white bread is simple to make and equally great to use for French toast or Tuna Melts. This instant bread is simple to make and uses easy to find ingredients.

Ingredients:

2 Cups Almond Flour
1/2 Cup Artisan Flour Blend
1/2 Teaspoon Salt
1/2 Teaspoon Baking Soda
3 Eggs, Lightly Beaten
1 Tablespoon Honey
1/2 Teaspoon Apple Cider Vinegar



Instructions:

Preheat oven to 300 degrees Fahrenheit.

Combine all wet ingredients in one bowl. Combine all dry ingredients in another bowl. Add dry ingredients to the wet bowl and mix just until dry ingredients are all wet. Spread gently into a very well-greased medium sized loaf pan.

This bread bakes slowly and on a low temperature to prevent over browning. Check with a knife after 45 minutes to see if knife inserted in center comes out clean. If it doesn't, cook for up to an additional 10 minutes. Cool in pan for 15 minutes on rack, and then loosen with a knife to dump out onto serving platter.

Sinfully Delicious Gluten-Free Brownies

Adapted from: <http://glutenfreegoddess.blogspot.com/2006/01/dark-chocolate-brownies.html>

One of the hardest desserts to make, even when using glutinous flour, is brownies. They need to be a certain density, with just the right crispy top and chewy center to qualify as a brownie. Thankfully by using a combination of flours you can get the right bite for your brownie.



Ingredients:

- 1/2 Cup Almond Flour
- 1/4 Cup Sweet Sorghum Flour
- 1/2 Teaspoon Himalayan Fine Sea Salt
- 1/4 Teaspoon Gluten Free Baking Soda
- 1/2 Cup Egg Substitute
- 1 Teaspoon Gluten Free Vanilla
- 1/2 Cup Coconut Oil
- 1 Cup Brown Sugar, packed
- 1/2 Cup Gluten Free Chocolate Chunks
- 1/2 Cup Pecans, chopped
- 1/4 Cup Gluten Free Mini Dark Chocolate Chunks

Instructions:

Mix all dry ingredients into a bowl. Melt 1/2 cup dark chocolate chunks together, and then mix with all wet ingredients into a bowl, add all dry ingredients. Combine the two just until dry ingredients are wet. Pour into a prepared 8x8 pan. Bake for 30 to 35 minutes until top cracks. Remove from oven and let cool for five minutes. Cover top of brownies with 1/4 cup mini dark chocolate chips, let sit for a couple of minutes then spread with knife. Let cool another 5 to 10 minutes before serving.