



THE ALLERGY-FREE COOK

Makes Pies and Desserts

GLUTEN-FREE, DAIRY-FREE, EGG-FREE, SOY-FREE

Laurie Sadowski

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Preface



Gluten sensitivity. Celiac disease. Food allergies. Chances are, if you've picked up this book, you or someone you know is far too familiar with these issues. The good news is that access to allergen-free, gluten-free foods is much greater than it was even just ten years ago. And I'm here to show you how to turn safe, healthful ingredients into perfect pies and decadent desserts.

I want everyone to be able to enjoy nutritious and delicious baked goods and sweet treats. When I first set out to write a book on allergen-free, gluten-free, and vegan baking, my intention was to provide people with foods they missed the most. My message remains the same today: you *can* enjoy the goodies you once loved, while accommodating restricted diets and not skimping on flavor, texture, or enjoyment.

This book is the third installment in *The Allergy-Free Cook* series. *The Allergy-Free Cook Bakes Bread* provides recipes for soft breads, gooey cinnamon buns, and crusty sandwich rolls. *The Allergy-Free Cook Bakes Cakes and Cookies* delivers cakes of all kinds, fudgy brownies and bars, and cookies galore. This volume rounds out the dessert spectrum with pies, cobblers, ice cream, trifles, and just about everything in between.

Like the others in the series, this book meets the needs of those who consume a gluten-free diet. The recipes are also vegan and suitable for people who do not eat dairy products or eggs. In addition, none of the recipes call for nightshades or soy, which can trigger food allergies or sensitivities. And finally, any recipes that contain legumes, nuts, peanuts, seeds, and yeast are clearly marked so you can modify those recipes if you need to.

Health and nutrition are priorities for me, but let's be honest—so is dessert. If you feel the same, you've found the best of both worlds in this book. And in me, you've found a kindred spirit.

So . . . when can I come over for dessert?

Laurie Sadowski

PART II

Gluten-Free Ingredients and Tips for Success

The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude.

JULIA CHILD

Dessert lovers. You know who you are. No matter how delicious the meal, you've reserved loosening your belt buckle for the pie, cheesecake, tart, cobbler, pudding, or ice cream to come. As far as you're concerned, having this sweet treat at the end of the meal is, in fact, saving the best for last. Of course, to make desserts that are worth looking forward to, you must start with the best ingredients. Whether you're letting your creative juices flow, experimenting with new flavors to make your taste buds sing, or replicating a classic just like Grandma used to make, pick your ingredients carefully. For me, that means turning to my gluten-free faves.

PACK YOUR PANTRY: GLUTEN-FREE FLOURS AND STARCHES

To mimic the results of using wheat flour, I combine different gluten free flours and add xanthan gum or guar gum (see page 10) to provide structure. Many gluten-free flours are available, and I have ex-



perimented with them to accommodate my own tastes and needs. In the process, I've happily discovered that gluten-free baking can trump wheat-based baking not only in taste but also in nutrition!

It's best to create a flour combination for each recipe. I avoid using all-purpose gluten-free mixes from the store because these may include refined ingredients, dry milk, and gelatin—and none of these correspond with my lifestyle or dietary restrictions. In addition, I offer no “master flour mix” that can be plugged into each recipe. While some people might prefer this one-size-fits-all approach, my passion for recipe development is fueled by the unique taste and texture of gluten-free flours. I recommend a variety of combinations because I know some flours perform certain tasks better than others. The key here is discovering the properties and flavor of each flour. That's why this section goes into detail about key ingredients.

I encourage you to follow my recipes as written, but if you *must* change an ingredient, you can use table 2, page 11, to substitute your own gluten-free flour combinations. And remember, the key to kitchen success is starting with high-quality ingredients and experimenting.

Essential Flours and Starches

Let's start with the list of gluten-free flours I use in this book:

Sorghum flour. Sorghum flour has a neutral flavor, a great texture, and an admirable nutritional profile. In addition, its low cost makes it an affordable choice. I tend to use it for at least half the total amount of flour in my flour combinations.

Quinoa flour. Rich in fiber, iron, and protein, quinoa flour adds structure to gluten-free recipes. Because of its strong flavor, I recommend using quinoa flour for no more than one-quarter of the total amount of flour in any flour combination.

Teff flour. High in protein, slightly sweet, and somewhat nutty, teff flour has similar nutritional properties to quinoa flour. It's also a pleasant complement to cocoa or molasses.

Millet flour. Rich in B vitamins, millet flour is somewhat sweet and adds a moist, tender crumb to baked goods. This makes it an especially good flour to use when baking cakes, such as the pudding cakes and trifles in this book.

Cornmeal. Cornmeal is available in white, yellow, and blue. A key ingredient in cornbread and polenta, it provides a dense, crumbly texture.

SEVEN TIPS FOR SUCCESS

I'm sure by now you're raring to go and have bookmarked a few recipes (or more than a few!) that are calling your name. For the best results, take a look through these tips before getting started.

1. Read the recipe. Sounds obvious, right? But it's important to read the recipe several times before starting so you have an idea of the steps involved. Plus, you can have all the equipment and ingredients ready to go, so you'll be less likely to forget something.

2. Glance through the chapter opening. At the beginning of each chapter, there are specific tips for creating the perfect pies, cobblers, ice creams, and other desserts. So after you pick your recipe—a pie, for example—revisit the special instructions and tips at the beginning of the pie chapter.

3. Spoon and level. Use the spoon-and-level method for measuring flours. Stir the flour just before using to aerate it in its container. Then spoon the flour into the measuring cup and level it off with the smooth edge of a table knife.

4. Measure carefully. Accuracy is critical to success in baking, so take your time when measuring each ingredient.

5. Combine dry ingredients thoroughly. Always use a dry whisk to combine dry ingredients, such as flours, leaveners, starches, and spices, before mixing them with wet ingredients. This will ensure that the dry mixture is aerated and the ingredients are evenly distributed.

6. Preheat the oven even longer than you need to. Preheat the oven for at least 15 minutes to be sure the temperature is accurate. Although most ovens will signal that they are ready earlier, don't believe them.

7. Store it right. If you have leftovers, be sure to check the beginning of each chapter for how to store all your delicious desserts for next-day noshing!



PART IV

The Recipes

Pies & Cheesecakes

All you need is love. But a little chocolate now and then doesn't hurt.

CHARLES M. SCHULZ, AMERICAN CARTOONIST AND CREATOR OF PEANUTS

See Chocolate Mousse and Brownie Pie, page 50.

This creamy pie reminds me of the cheesecakes from my childhood—not like the dense New York-style cheesecakes, but lighter and silkier, like ones hailing from Philadelphia. **Wild blueberries** add the best flavor, but regular blueberries will work too.

Blueberries AND CREAM PIE

FREE OF: CORN, GRAINS, LEGUMES, PEANUTS, SEEDS, YEAST

YIELD: 8 SLICES

PECAN CRUST (*can be prepared up to 1 day in advance*)

2 cups pecans (see tips)

½ cup pitted soft honey dates (see page 14)

CREAMY BLUEBERRY FILLING

1 cup frozen wild blueberries, thawed but not drained

1 ripe avocado, flesh mashed

¾ cup creamy raw cashew butter (see tips)

3 tablespoons agave nectar, plus more as needed

2 tablespoons freshly squeezed lemon juice

1 teaspoon vanilla extract

⅛ teaspoon fine sea salt

2 tablespoons coconut oil, melted

BLUEBERRY TOPPING

1 cup frozen wild blueberries

2 tablespoons agave nectar

To make the crust, lightly oil a 9-inch glass pie plate. Put the pecans and dates in a food processor. Pulse until the ingredients begin to stick together. To test, squeeze a small amount of the mixture in your hand. If it doesn't stick together, pulse the mixture a few more times, being careful not to overprocess it.

Scrape the mixture into the prepared pie plate using a rubber spatula. Press the mixture evenly into the bottom and up the sides of the pie plate to form a crust. Put the crust in the freezer.

To make the filling, put the blueberries, avocado flesh, cashew butter, agave nectar, lemon juice, vanilla extract, and salt in the food processor. Process until smooth, stopping occasionally to scrape down the work bowl if necessary. Taste for sweetness—you may want to add 1 to 2 additional tablespoons of agave nectar if the blueberries aren't very ripe. The heat from the motor should slightly warm the mixture, which is good; otherwise, when you add the coconut oil, it will harden. With the food processor running, add the coconut oil in a thin stream and process until well combined.

To fill the pie, remove the crust from the freezer. Scrape the filling evenly into the crust using a rubber spatula, smoothing the top.

To make the topping, put the blueberries and agave nectar in the food processor and process until smooth. Spread the topping evenly over the filling using a rubber spatula, smoothing the top.

Put the pie back in the freezer if you're serving it within the hour, or put it in the refrigerator if you're serving it later in the day. Serve cold.

Per slice: 469 calories, 7 g protein, 36 g fat (7 g sat), 34 g carbohydrates, 1 mg sodium, 48 mg calcium, 6 g fiber



TIPS

- Toast the pecans (see page 16) if desired for a richer flavor, or leave them raw for a more subtle flavor.
- Either raw or roasted cashew butter works well in this recipe; the raw variety gives a more neutral flavor, while the roasted version adds depth and richness. To learn how to make homemade nut butter, see page 16.



The combination of **chocolate** and **raspberry** is guaranteed to make you swoon. Fruity, chocolaty, and decadent, this cobbler is **best served warm** and topped with a scoop of Very Vanilla Ice Cream (page 122).

DOUBLE CHOCOLATE-RASPBERRY Cobbler

FREE OF: LEGUMES, NUTS, PEANUTS, SEEDS, YEAST

YIELD: 9 SERVINGS

CHOCOLATE-RASPBERRY FILLING

- 6 cups fresh or frozen raspberries**
- ¼ cup tapioca flour**
- 2 tablespoons agave nectar**
- ½ cup nondairy semisweet chocolate chips**

CHOCOLATE BISCUIT TOPPING

- ¾ cup sorghum flour**
- ½ cup teff flour**
- ¼ cup tapioca flour or arrowroot starch**
- ¼ cup natural unsweetened cocoa powder, sifted**
- 4 tablespoons unrefined cane sugar**
- 2 teaspoons baking powder**
- 1 teaspoon xanthan gum**
- 3 tablespoons coconut oil, softened**
- 2 tablespoons unsweetened applesauce**
- ½ cup unsweetened nondairy milk, plus more if needed**
- 3 tablespoons nondairy semisweet chocolate chips**

To make the filling, put the raspberries, tapioca flour, and agave nectar in a 9-inch square glass baking dish. Stir until the raspberries are coated with the tapioca flour and agave nectar. Sprinkle with the chocolate chips.

To make the topping, put the sorghum flour, teff flour, tapioca flour, cocoa powder, 3 tablespoons of the sugar, and the baking powder and xanthan gum in a large bowl and stir with a dry whisk to combine. Add the coconut oil and applesauce. Use a pastry blender or two knives to cut the mixture until it resembles moist, coarse crumbs. Gradually stir the nondairy milk into the flour mixture, using just enough to form a smooth but not sticky dough. If the dough is too dry, sprinkle it with additional nondairy milk, a little at a time, and work it in.

To assemble, scoop out about 2 tablespoons of dough at a time and drop it onto the filling until the dough is completely used up and the filling is evenly but not fully covered. Sprinkle with the remaining tablespoon of sugar and the 3 tablespoons of chocolate chips.

To bake and serve, position an oven rack in the middle of the oven. Preheat the oven to 350 degrees F. Bake on the middle rack for 30 to 35 minutes, until the topping is firm and the filling is bubbling. Let stand for 15 minutes before serving. Serve warm directly from the dish.

Per serving: 301 calories, 5 g protein, 12 g fat (8 g sat), 48 g carbohydrates, 65 mg sodium, 70 mg calcium, 9 g fiber

About the Author

Laurie Sadowski's love of food began with her first bite of rice Pablum. At a young age, she was introduced to fruit trees and vegetable gardens, and she later became a food writer and restaurant reviewer. Her creativity in the kitchen began when she was diagnosed with celiac disease. Soon after, she self-published a gluten-free, casein-free cookbook, *Mission in the Kitchen*.

The adoption of a vegan diet further fueled Laurie's foodie fire. After winning the vegetarian category in a national recipe competition and cook-off, she became a vegan food columnist for her local newspaper. Her love of food and health, combined with a passion for helping others, drove her to write a series of gluten-free cookbooks that also addressed other common food allergies. *The Allergy-Free Cook Bakes Bread* was first, and *The Allergy-Free Cook Bakes Cakes and Cookies* soon followed. *The Allergy-Free Cook Bakes Pies and Desserts* is the third installment.

Laurie lives in the Niagara region of Ontario, Canada, where she promotes healthful living, cooks and bakes, and continues her studies in music and art. And, you know, constantly dreams about food.

Have your pie . . . and eat it, too!

PIES • CHEESECAKES • TARTS • COBLERS & CRISPS • PUDDINGS • ICE CREAMS

Dig your fork into a little slice of heaven! Laurie Sadowski cuts no corners with her impressive assortment of gluten-free goodies. Regardless of your dietary restrictions, you can now savor flaky tarts on a par with the finest bakeshop, along with gooey pudding cakes, luscious layered desserts, fruity cobblers and crisps, rich cheesecakes, and spectacular frozen delights. With Laurie guiding you in the kitchen, you'll no longer be saying "Sorry, I can't," and instead be shouting "Oh, yes I can!"

Here is just some of the insider knowledge you'll be privy to so you can shift your dessert-making know-how into overdrive:

- stocking your pantry with allergen-free essentials
- interpreting food labels to spot hidden allergens
- making smart ingredient substitutions
- learning the experts' top secrets to making successful desserts free of dairy, gluten, and other food allergens

The Allergy-Free Cook Makes Pies and Desserts will have you instantly whipping up and dishing out unbelievably fabulous gluten-free, allergen-free, vegan confections guaranteed to knock the socks off any dessert-loving connoisseur.



*Shortbread Lemon
Tarts with White
Chocolate Drizzle*



*Cherry Pie
with Cacao Nib
Pastry Crust*

Laurie Sadowski is a certified personal trainer and nutrition and wellness specialist, and has been diagnosed with celiac disease. Laurie is also the author of *The Allergy-Free Cook Bakes Bread* and *The Allergy-Free Cook Bakes Cakes and Cookies*, and blogs about vegan and gluten-free cooking and baking at lauriesadowski.wordpress.com. Keep abreast of all her activities at lauriesadowski.com.

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