

Recipes and GF food ideas from Gluten Free Stevens Point April 2023

## PORK RIND CRUST PIZZA

A favorite recipe from Martin

### PRE-PREP:

1. Line a 16" pizza pan with parchment paper or two 8" pans.
2. Prepare all your favorite toppings.
3. Preheat oven at 425\* F.

### INGREDIENTS FOR CRUST

- \*One cup of ground pork rinds ( Place enough pork rinds [about 5 oz] into a sealable plastic bag and crush them well with a rolling pin)
- \* One 8-oz. Package of softened cream cheese
- \* 4-Large eggs
- \* Six oz. ( $\frac{3}{4}$  Cup) shredded mozzarella cheese
- \*  $\frac{1}{4}$  Cup shredded parmesan cheese
- \* Italian seasoning to your taste
- \* Garlic Powder to your taste

### INSTRUCTIONS:

1. In a medium size bowl, mix really well all the above Ingredients, making sure there remains no evidence of cream cheese lumps. Batter will look quite soft.
2. Spread the dough evenly and thin all the way to the edges. Should be no thicker than a  $\frac{1}{4}$  of an inch.
3. Bake dough for 20 minutes or until nice and brown.
4. Remove and let cool for ten minutes.
5. Now brush on Pizza sauce. (Don't get too heavy on the sauce.) and add your favorite toppings
6. Bake again for 10-12 minutes. Then ENJOY!

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Wendy shares her favorite way to eat.

Wendy Special at Chef Chu's. A person can alter it if they want. It is generous/good....Asian vegetables/white rice.

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February 3, 2021

From Mary Louise

Soup recipe:

In large pot put in vegetables to cook for soup:

one large potato, cut into hunks

one large onion sliced

several carrots, sliced thin

3/4 cup of sliced celery

May add as many different vegetables as you want or desire such as spinach, broccoli, perhaps turnips but turnips and root vegetables are strong and not needed.

three cloves of garlic sliced thin and mashed with one tsp salt

add quart of Swansons chicken broth or stock

1/2 tsp pepper, tsp dried oregano, tsp of dried basil, bay leaf if you have one

(optional) a small bit of sage, rosemary, thyme is nice

Cook all the above on medium heat till it boils, then turn down to a simmer

When the vegetables are soft add one can of beans, pinto, black, or white or red, drained and rinsed.

When beans are warmed, put this whole pan of soup in a blender. When I put it in the blender It may be too thick so I will add milk (almond) or water or more broth if I have some, and don't forget your herbs/spices. I still prefer: oregano, basil, thyme sage and rosemary. Makes a HUGE difference in the taste. Blend till well mixed.

I at this time pour the blended soup into a large casserole dish for serving

Cheese sprinkled on top of soup once it's in the bowl is very good. Any kind of cheese will do.

Enjoy!

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Below are a number of recipes, I, Elaine, use often and adapt to be Gluten zero, heart healthy, and often low oxalate. Perhaps they may be helpful to you.

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### GF Beef Stroganoff

Ingredients:

Ground Beef or beef strips or beef stew meat

Organic butter like Organic Valley Unsalted butter (available at the Free Market in Appleton and can be ordered by the cass for a discount by the Free Market)

Sliced mushrooms from Aldi

Onion, cut up or minced

A tiny bit of ketchup (Primal Kitchen Ketchup Organic Unsweetened )(available at the Free Market in Appleton) or (homemade ketchup up made with a little tomatoe paste from Aldi, a little vinegar, a little honey, bay leaf or see second Gaps book named on resource page of [glutenfreestevenspont.weebly.com](http://glutenfreestevenspont.weebly.com), p. 172) or see below.

Books By Dr. Natasha Campbell-McBride MD

(See [gaps.me](http://gaps.me))

Put Your Heart in Your Mouth

Gut and Psychology Syndrome

Gut and Physiology Syndrome

Filtered water

1 garlic clove

About 1/4 t. per serving salt

A few tablespoons of Kalona Super Natural Organic Sour Cream (available at the Free Market in Appleton)

Spaghetti squash or zucchini cut with a device that makes noodles. (Organic zucchini is available at Aldi, I grow zucchini in my garden and will put up in the freezer for the winter)

Directions:

Brown meat in butter in skillet. Add mushrooms and onion. Add just a bit of filtered water that will turn into a broth. Add catsup, garlic and salt. Simmer. Turn off fire and add sour cream.

Put squash noodles in baking dish with additional butter and top with stroganoff. I bake at 300 degrees for 35 minutes

My husband and I require GF food, but each of us have food beyond gluten that we don't tolerate. The recipe above works for my husband. I leave out a few things for mine. For mine I leave out the catsup and the sour cream as I do not tolerate tomatoes or cow dairy. Sometimes I will add other things to mine. I might add more broth to mine, possibly an egg that cooks during the baking, and often a vegetable like fresh Kale, putting in the raw Kale just before it goes into the oven. Yummy!

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Skillet Breakfast

Adapted to be low oxalate

In an iron skillet I cook until well done ground pork from the People's Meat market in a bit of organic butter and then turn off the heat.

(I make my own breakfast sausage so it is GF as different brands of seasoning contain gluten.)

I then add a tiny bit of the following seasonings, tyme, sage, corinder, and marjoram into the skillet after the ground pork is cooked and heat is turned off.

(I grow them in my herb bed and in my garden and dehydrate them in my Nesco GardenMaster dehydrator from Fleet Farm. I use Penzyeys Spices in Appleton if I need to buy any spices and for bay leaf.)

For low oxalate I add Pumpkin instead of sweet Potatoe, which is not allowed on Gaps as it is a starch). My compost pile the last 3 years grew over 25 large pumpkins from the Lord, not from my planting them. I put them in my freezer for the year's use and gave pumpkins to my neighbors. It was a blessing from the Lord when I changed to eating many low oxalate foods.

I add onion from my garden from onion sets, onions stored throughout the year in my basement.  
I add mushrooms from Aldi  
I add fresh organic Kale from Aldi or my garden

My husband will add cheddar cheese to his skillet. I add goat chesse from Caprene Supreme, listed on resource page of [glutenfreestevenspoint.weebly.com](http://glutenfreestevenspoint.weebly.com)

The skillet is topped with 1 or 2 healthy eggs. When possible I buy them from the People's Meat Market that are raised by them.

Put in the oven at 300 degrees until the egg is to your liking, perhaps about 24 minutes.

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### Easy Pressure Cooked Meals

I buy ground beef and ground lamb from the People's Meat Market

I cut the meat into patties, 1 pattie per serving. I keep patties in freezer with parchment paper btween, making it easy to pry apart how much is needed for a meal for 2.

I use a regular Presto Pressure Cooker.

I brown the meat, add 2 cups filtered water for the size of my pressure cooker.

May add a peppercorn or 2 to the water. (Available at Penzeys in Appleton)

Ground beef takes 10 minutes to cook at pressure. Ground lamb I cook at pressure for 25 minutes. It takes about 7 minutes to cool down by itself and is what I do. After cool down I open the pressure cooker and add the vegetables, such as carrots, lima beans, green beans, cauliflower, peas. (Many from my garden that I freeze or use fresh from the garden). Bring again to pressure and cook for 2 minutes and then turn off and cool down taking again about 7 minutes for the cool down naturally.

On my Frigidaire stove burner I use 5 or 6 to bring up the pressure to make the rocker rock and when it is rocking I bring it down to 2 and then begin the timing of the cooking under pressure. To cool down, I just turn off the burner.

Following the Gaps books, I will drink the liquid in a tea cup along with the meal. Others may choose not to do that, but I then enjoy the vitamins and nutrients in the broth.

I at times will add a salad to the meal for fresh enzymes.

Often a little homemade saurkraut is served from a jar that is put on the table, as a great probiotic.

At the end of the meal, I may have a couple tablespoons of homemade goat yogurt in my tea cup.

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I do liver from the People's Meat Market the same way in the pressure cooker with browning, adding 2 cups of water, bringing up the pressure, and cook the liver at pressure for 10 minutes, Turn off the heat, and cool down for 7 minutes, open the pressure cooker when cooled down and add a few onion slices in the hot broth and then serve. With liver I may serve with a salad and fix a vegetable such as broccoli and zucchini in a bit of water in another pan with a little butter or bake in the oven with a tiny bit of water and a little organic butter while the liver is cooking in the pressure cooker.

For the pressure cooked meals, sea salt is added by the individual at the table in moderation. (I use Real Salt brand that I get from the Free Market in Appleton.)

These pressure cooker meals are easy, simple, and fast, so very helpful for a healthy gluten free no fuss meals.

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## GF Pot Pie

### Ingredients:

Cauliflower

A very little bit of Cheddar cheese

Organic butter like Organic Valley Unsalted butter (available at the Free Market in Appleton, can order by the case from the Free Market for discount)

1/4 t. Salt per serving (I use Real Salt brand that I get from the Free Market in Appleton, can order by the case from the Free Market for a discount)

Carrots and Broccoli or peas

Mushrooms

Cooked Chicken thigh meat or Cooked Turkey meat or ground beef or beef stew meat

Filtered water

A few tablespoons of Kalona Super Natural Organic Sour Cream (available at the Free Market in Appleton)

A peppercorn (optional, can get at Penzey's in Appleton)

### Directions:

Cook cauliflower until soft. Can add a peppercorn to the filtered water in the cooking liquid. (I pressure cook for 2 minutes at pressure, using 2 cups of water in the pressure cooker.

Put the cauliflower in a bowl and add a little butter and a little cheese and a little of the cooking water. Mash the cauliflower mixture. Add half the salt.

Put meat in skillet and cook through with a little butter. Add mushrooms and simmer. Add a little water to the meat from the water in which the cauliflower was cooked. Add the carrots and broccoli or peas and simmer to soften a little bit. Add the salt. Turn off the heat. Add the Sour cream and stir.

Put the meat combination in a baking dish. Add the cauliflower mixture on top and bake at 300 degrees for about 35 minutes.

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Pizza with Crust using fermented almond meal

(We make this GF pizza recipe for my husband. I do not tolerate tomatoes or cow cheese or pizza spices, so often I will have bone broth soup when he has pizza, as bone broth soup is wonderful for me and a favorite for me, but is not his favorite, pizza is a favorite for him.)

Almond meal is high in oxalates, so I have reduced the amount of almond meal and also ferment it first. Some may want to consider ways to make pizza crust without any almond meal to avoid oxalates. Tomatoe also is high in oxalates. - things to consider. The gaps third book indicates many people do not have problems with oxalates, but some do and find it helpful to eat mostly meat and avoid many plant sources. I enjoy the enzymes I get from raw plant sources. And yet avoid the plant sources that I do not tolerate.

Crust:

Ingredients:

1/4 t. Salt (I use Real Salt brand that I get from the Free Market in Appleton)

1/4 cup fermented almond meal, drained

1 egg

1/4 cup parmesan cheese

3/4 cup mozerella cheese

(Adapted from the third Gap's book to my liking and to make more low oxalate by reducing the almond meal.)

Directions:

Mix ingredients well.

Spread on parchment paper on baking sheet. (I use a Pampered Chef board)

Bake in oven for 20 min. At 340 degrees. Then turn down heat to 300 degrees and bake for 15 or 20 minutes or less until toothpick comes out dry when inserted in crust.

Pizza sauce:

Ingredients

Small can of tomatoe Paste from Aldi with a little water

A little garlic powder  
1/2 T Dried oregano  
1/2 T Basil  
A little honey  
1/4 t. Salt or less (I use Real Salt brand that I get from the Free Market in Appleton)

#### Homemade Italian Sausage:

1 lb. Ground pork or 1/2 lb. Ground Pork and 1/2 lb. Ground beef (I buy from the People's Meat Market listed on the Resource page of [glutenfreestevenspoint.weebly.com](http://glutenfreestevenspoint.weebly.com))  
I mix in the following spices and ingredients, sometimes using less than noted below:  
1 medium onion cut up  
1 1/2 t. Salt  
1 clove garlic, cut up or garlic powder that I make dehydrating first and then putting in blender, chop to make a powder  
1 bayleaf, crumbled, perhaps a blender chop might make it finer  
1/2 t. Fennel seed or less or more to your liking and / or tolerating  
1/4 t. Paprika  
1/8 t. Thyme  
1/8 t. Cayenne pepper

Can mix together with raw meat or mix together while cooking meat. I then store in freezer in containers with the amount wanted per pizza with a bit of parchment paper between amounts per pizza. The parchment paper between the layers allows me to pry out just what I need from the frozen and put the rest back in the freezer. I may have a number of small containers of Italian Sausage each with 1, 2, or 3 pizza amounts. If the meat is frozen uncooked, I will cook the individual pizza amount in a skillet or pan while making the crust. If the meat is cooked and then frozen, I will just thaw the meat in the refrigerator ahead of time.

Some of my spices come from Penzey's in Appleton. I grow my own garlic, and thyme. I use Real Salt brand that I get from the Free Market in Appleton.

#### Toppings:

Pizza sauce  
Homemade Italian sausage  
Sliced onion  
Sliced mushrooms  
Sliced red pepper (I grow in the garden and put up in the freezer for winter use.)

Directions for fermenting Almond meal is from the third Gaps book, p. 272-273 and in other places in that book. A future email will explain how I ferment the almond meal. The books are available at the public library through inter-librarian loan.

Books By Dr. Natasha Campbell-McBride MD  
(See [gaps.me](http://gaps.me))

Put Your Heart in Your Mouth  
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