

THE INTOLERANT
GOURMET: GLORIOUS
FOOD WITHOUT
GLUTEN & LACTOSE
BARBARA KAFKA



300 Recipes for Every Day and Every Need

**THE INTOLERANT GOURMET:
GLORIOUS FOOD WITHOUT GLUTEN &
LACTOSE**

BY BARBARA KAFKA



ALSO BY BARBARA KAFKA

Vegetable Love
Soup: A Way of Life
Roasting: A Simple Art
Party Food
The Opinionated Palate
Microwave Gourmet Healthstyle Cookbook
Microwave Gourmet
Food for Friends
American Food and California Wine

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To all those who have helped me over the years, particularly Chris Styler and the late Kathi Long. And, with love, to those I acknowledge on [page 233](#).

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BEFORE WE BEGIN

I and many others are Intolerant Gourmets, lovers of good food who are celiac, unable to digest gluten (wheat, oats, and barley), which is to be gluten intolerant. I also, like many, cannot tolerate the lactose of milk in any form. These are both genetic autoimmune diseases that are not always active in the person who has them. They are often activated—particularly in infants and small children—by eating the taboo foods. However, it has been discovered in recent years that the genes that cause these intolerances can be activated for no known reason, even quite late in life.

Many of us are intolerant of bad food, ersatz food, and poor cooking. Despite my problems and my character, I have found that I can cook excellent food and, on my way to this happy present, I have learned a great deal about the art, theory, and practice of using unfamiliar ingredients and making things that are delicious.

In childhood, I was conspicuous, being an outsider at birthday parties, unable to eat ice cream and cupcakes due to the inevitable gluten and lactose. I had these troubles, which my children later inherited. The symptoms of these intolerances seemed to go away as I got older—except for an unpleasant tendency to foul the air with gas.

Perhaps my passion for food was brought on by my early deprivation; but my literary ambitions and delight in making good things to please people grew into a way of life and finally a career. Cooking for one is not my pleasure—I don't normally cook for myself—but I adore making food for friends and gradually became a food writer and at one point even had a flourishing business as a consultant to restaurants, food stores, and food manufacturers. I wrote many books. Some of them were great, thick tomes. I wrote for magazines, newspapers, and almost everyone who asked. I spouted words on radio and television. It was hard work, but fun.

Then, as I got older, the old symptoms returned and I had to change what I cooked and avoid writing about many dishes, as I couldn't taste all things and I will not give a recipe for anything I cannot stand behind. I thought that I had reached an age at which to stop writing. However, good friends convinced me that what I was learning should be made into yet one more book, that it was a gift worth giving. Besides, I missed the act of writing and having contact with readers, cooks, and eaters. I didn't miss cooking and eating because they were constants in my life.

Writing this book is not just about me. For some reason that no one seems to understand, the number of the gluten intolerant has increased ten times in recent years. It has always been true that 60 percent of the population cannot fully digest dairy (lactose). Although they are unrelated genetically, lactose intolerance and gluten intolerance often occur in the same person. These intolerances are not allergies, but genetic disorders that make life difficult and unpleasant. They can vary in evidencing their presence or intensity over time; but they do not disappear. I must limit what I make and eat. No one for whom I cook seems to complain and I hope that by sharing what I do, I can make some lives a great deal more pleasant without a great deal of work.

NOT A PLAGUE: A BLESSING

Those of us who are Intolerant Gourmets—either of gluten, lactose, or both—tend to think that we have a disease and perhaps even a curse. In truth, while it is a disease and difficult to live with, it may be a blessing in disguise. Certainly it has been shown that simple, rapidly digested carbohydrates, of which wheat flour is one, disrupt the normal digestion in ways other than the evident. Their rapid absorption into the system does funny things to insulin production and can lead the way to diabetes as well as other unpleasant things. All nutrition is more complicated than this; but it may give some comfort.

SENSATIONS PLUS TASTES

Food is not just about flavor. It is also about sensation. I think that the lavish usual usage of butter and cream provides silkiness while carrying flavors. Butter and cream are hard to replace; but as I have tested recipes and written this book, I am constantly endeavoring to find equivalent replacements for the pleasure. The natural gelatin from good stock or added commercial gelatin, egg yolks, coconut milk, and various oils from olive to toasted sesame all help in part. I have also found that certain nuts and legumes puréed help as well. I hope that soon the craving for lactose will leave you and the desire for silky sensation will be satisfied.

ALMOST EVERYTHING YOU WANT TO EAT

This is a book that will satisfy your need for mashed potatoes and other buttery dishes and pastas—but not with substitutes and eccentricities. It is meant to serve as an all-purpose cookbook for us intolerants and our intolerant friends and family. In many cases this has meant rethinking or reformulating classic recipes without the use of flour or butter as a thickener, or the use of butter as a base for cooking and cream to round out a sauce. There are, of course, really new recipes; I can never resist the lure of the kitchen.

I hope that I have written a book that will make it possible for all of us to enjoy these foods without recourse to ersatz ingredients or expensive bought items often using a wide range of chemicals.

One of the few things that I serve that I don't make is pasta. There are companies that seem to have conquered the art of making pasta without using wheat flour. I have found only one brand of gluten-free bread that has been reasonable; the rest have invariably proved disappointing, and even the good one is best when toasted, since it's fragile.

SANDWICH GOOD-BYE

I think the hardest thing about going on a gluten-free diet was being deprived of sandwiches. I've never been much of a breakfast eater so it was only rarely that I coveted someone's crisp toast slathered in butter (whoops, lactose). What I missed

most were very American things: a street-cart frankfurter, a tuna sandwich on toast with mayo, lettuce, and tomato, or a BLT—let alone a pastrami on rye. I mourned my favorite, the fully summer-ripe tomato, dripping into the kitchen-sink sandwich with mayo out of a jar on commercial, squooshy white bread.

I still haven't recovered. Yes, I've tried the valiant attempts at gluten-free bread—imagine my dismay when one of my favorite restaurants in Venice offered me gluten-free bread and after eating it (actually gorging on it), I became ill. A little reflection and a little research detected the ample presence of butter and milk. I have even come up with my own gluten-free white bread (delicious but too fragile for sandwiches, it makes great toast—see [page 17](#)); but this hasn't been the comfort that many of the gluten-free commercial pastas have. I did discover that I could make a reasonable imitation of a sandwich using corn tortillas heated up for about thirty seconds in the microwave.

A compensation has been the exciting discovery of grains that were unfamiliar to me although ancient in history. I have fallen in love with prerinsed quinoa, teff, and millet.

Additionally, I have turned to many Asian recipes since these cuisines generally do not use dairy products or wheat. I have made no attempt to pretend to be an Asian cook; instead, I have used these genres and their ingredients as inspirations.

I was never a pastry chef or a passionate baker; but restaurants and many friends crave these things. Hence I created a large group of recipes for sweet desserts. While I must admit that I get cranky in restaurants where servers apprised of my restrictions smilingly offer me a lovely sorbet, for this book I developed a group of sorbets that even please me, as well as special gluten- and lactose-free sweets.

The Intolerant Gourmet follows the usual order of cookbooks, except for the closing section that is all about the starches (flours, grains, pulses, beans, and seeds), as these are the most problematical (oil for butter is a cinch). That section has no recipes but contains all of the basic preparations. The recipes turn up in their normal place in the book.

One more note and confession: another book I've written, *Roasting: A Simple Art*, is ideal for people with my kind of restrictions. I cannot simply repeat large sections of that book; but I can recommend it. In this book, there are new recipes for roasting, not new techniques, but new foods that have never contained the taboo foods.

New or old I hope that readers will tolerate me and enjoy the food. They don't have to be Intolerant Gourmets to do so. This is food to be shared by all.

THE INTOLERANT GOURMET PANTRY

This is a list of some items that may not be on your shelves, but that I find make gluten- and dairy-free cooking and eating easier. There are obviously no wheat or wheat flour, oatmeal, and barley in the book and certainly no milk foods (lactose).

I assume that most of us have salt and pepper and other common seasonings and ingredients. Here I list only those items that may be new to the cook. It used to be hard to find many of them and it often meant a trip to a specialty shop. Many can be found in ordinary markets or online.

GRAINS: Amaranth, buckwheat, chestnut flour, corn (flour, masa harina, meal, polenta, starch, popcorn), garbanzo flour, potato starch, quinoa, rice bran, rice flour, tapioca flour, and teff (seeds and flour). See the entries in *Stiff Upper Lip: The Starches* (page 210) for more information.

PASTA, NOODLES, ETC.: Gluten-free pasta, rice (paper, wrapper, noodles, sticks), and mung bean noodles/threads. Gluten-free pasta can be bought and is satisfactory (see the chart on page 39). Rice and mung bean products are excellent gluten-free substitutes.

OILS, VINEGARS, AND CONDIMENTS: Harissa (a Moroccan spicy seasoning paste), rice vinegar (a mild vinegar less dominant than others), safflower oil (neutral in flavor and can be heated to very high heat), toasted sesame oil (chestnut brown in color, it has a warm, delicious flavor; it should not be confused with golden-colored plain sesame oil and it should not be overheated), sherry vinegar (brown in color, somewhat unusual and rich in flavor), and gluten-free soy sauce.

COCONUT MILK: While coconut milk has a flavor of its own, it can be substituted for regular milk in many recipes with appropriate seasonings. Take care; there are thick coconut milks. I use the ordinary kind, buying it in cans.

SEASONINGS: Anchovies (whole packed in oil and anchovy paste), black mustard seeds, caraway seeds, capers (packed in salt), chocolate (dark—no milk chocolate), espresso powder, fermented black beans (available at Asian grocery stores, these have a salty deep taste), dried mushrooms (shiitake; porcini, which give depth of flavor to ordinary mushrooms), ras el hanout (a spicy Arabic seasoning powder), sardines (whole packed in oil), star anise (an Asian spice with a faint licorice taste), and sumac (used in the Middle East, deep dark purple sumac grows on bushes).

Keep in mind that the more usual seasonings, seeds, and herbs (fresh and dried) can vary in flavor, often according to their place of origin. For instance, Syrian oregano is more pungent than Italian—or, for that matter, than what I grow myself. Spices also diminish in intensity with time.

READING LABELS

One of the most annoying things about being a gluten- and lactose-free cook is the need to read the tiny-type lists of ingredients. (It helps to bring reading glasses to the market.) Gluten and lactose can hide in the lists under semivisible names. Watch out for wheat starch, whey, and various other particles of wheat, oats, barley, and milk

products including butter, sour cream, and cheese. Often packaged foods will contain taboo foods if not evidently. When in doubt, avoid them.

NO-NO AND TABOO

Wheat is still the chief culprit, but it is wise to know when reading labels or menus that it goes disguised by *many* names. I started a list because I was confused by a mention of corn gluten. Among the “hidden” names of wheat are bulgur or burghul, triticale (triticale is actually a mix with rye, as is mir), spelt (dinkle), and farro. More wheats: durum (Emmer), einkorn, farina (as in cereal), fu, kamut, matzo, milo, semolina, and Graham flour, as well as the self-evident wheat berry, wheat germ, wheat gluten, wheat nut, and wheat starch. Finally, there’s seitan, which is often used in vegetarian dishes.

In addition, barley, rye, and oats should all be avoided.

Those wanting to know more about gluten intolerance can go to the website of the Celiac Sprue Association, www.csaceliacs.org/gluten_grains.php.

HOW WE DO IT

Like most crafts and arts do, cooking has a specialized language. The words in cooking are often derived from the French; some, like *purée* or *sauté*, more obviously than others. Many are not. They can be thought of as a shorthand describing a variety of techniques. This avoids repeating longer instructions. While this book cannot list all of them, I thought it might be helpful to give a selection of those terms that I use frequently.

DREDGING

To dredge something means to coat it evenly. It is usually followed by the word “in” and then some sort of dry ingredient, such as teff flour, cornstarch, or rice flour. Other times some sort of liquid used as a coating—egg yolks, egg wash, etc.—will be added to the process before the dry ingredients are put on.

Dredging is useful for two important reasons. First, it forms a protective coating that seals in moisture. Second, that coating browns well to form a golden crust when exposed to hot fat.

Items can be dredged in dry ingredients and then cooked in hot oil or can be dredged in a multistep process beginning and ending with dry ingredients with a dredging in liquid in between. The added liquid step creates a thicker, more insulating protective coating.

BOILING

Some of the most comforting meals for cold, bleak midwinter days are boiled treats—traditional one-pot meals with broth, meats, vegetables, and herbs. Unfortunately for time-pressed cooks, the recipes are throwbacks to the days when time was not in such short supply and the cost of ingredients was more of a concern.

But who has the luxury of time today? The only solution is to reformulate dishes like shabu-shabu—a fonduelike beef and vegetable dish from Japan by way of New England whose onomatopoeic name suggests the sound the meat makes as it goes into the broth—so that they can be completed more quickly. This requires some cleverly thought out shortcuts, some relatively expensive foods, and maybe even some tight-lipped secrecy around the stove. One does not have to admit to using prepared ingredients like canned stock.

Once the accelerating, expediting, and recipe rejiggering have been done, feasts such as Chinese Chicken in the Pot ([page 88](#)), Luxury Boiled Beef ([page 105](#)), and Apple-Cider-Rich Boiled Tongue Dinner ([page 139](#)) can be ready in about an hour. The best way to serve them is in big, old-fashioned rimmed soup dishes, accompanied by knives, forks, and large soup spoons. If the dishes are unavailable, serve the solids on dinner plates and give each person a bowl of soup on the side. In that case, the noodles or rice should go into the bowl.

A few terms:

Rolling boil: large bubbles form and continue to rise.

Medium boil: smaller bubbles form continuously.

Low boil: only occasional bubbles form.

Simmer: bubbles are mainly around the edge of the pot.

GRILLING AND BROILING

The main distinction between these two ways of cooking seems to be the outdoor macho associated with grilling. I would even argue that it was James Beard with his writing on grilling that made it all right for men to cook as a nonprofessional activity.

That was then. Today, many men cook to entertain or for pleasure.

There are, of course, other significant differences between the two modes. When grilling, the heat comes from beneath, and when broiling it usually comes from above. Always place the wire rack closest to the heat source. For oven broiling, place the rack on the top level of the oven. For grilling, place the rack low and close to the heat.

Come the warm days of summer, eating and entertaining outdoors is not only a possibility, but a pleasure. It may also be a necessity if your house is, like mine, at times swarmed by people who have come to swim or chat or stay.

Of course, these meals can be eaten indoors if the weather is too hot or buggy. In any case, such meals tend to be less formal than winter meals. People may even wander around with a glass in their hands.

Grilling is a good option, and I give several possibilities in my book *Party Food* in which I envisage eaters having their grilled food on grilled bread, or it can be roasted as in *Roasting: A Simple Art*.

It is hard to give precise instructions for grilling. The most important variable is the fire. Start it a good hour before it will be needed; alternatively, leave enough time so that the coals are white hot before you start cooking. How to heat the grill is also important to how food will taste. Mesquite, oak, charcoal, etc., add more tasty flavors to food than conventional gas.

Meat for grilling and broiling should be relatively tender, vegetables cut into broad strips, fruit left whole unless very large. Nothing should be too thick. Remember, the high heat will cook things quickly. All things to be cooked like this need a thin slick of oil all over them unless there is a marinade. Turn food fairly often and check for doneness.

Special tools are useful: tongs, sleeved pot holders, sturdy spatulas, and, for grilling, long-handled forks. Don't forget the grill brush to clean the grill off thoroughly for next time. While I have heard it said that leftover bits of food "add flavor," I think it's just an excuse not to clean.

TOLERANT ROASTING

I believe roasting is one of the best techniques for savory food without gluten or lactose. I've written a whole book on roasting, *Roasting: A Simple Art*, and I don't propose to rewrite it in this book, although I will give a few new recipes using my

basic high-heat method. Open the window, turn on the exhaust, keep the oven clean, and if need be, remove the batteries from the smoke detectors. Put them back after eating. Except for the starches (but yes for potatoes), almost all of the normal foods in the meal or the kitchen can be roasted, from vegetables through fish, poultry, meat, and fruits.

Roasted food has a rich flavor, and in the case of meats the internal fats obviate the need for adding more.

DEGLAZING

Today, “no fat” is the name of the game. I must say that I am sometimes tempted to leave a little fat in the sauce for added unctuousness. To remove the fat before deglazing, transfer the main ingredients to a platter, tilt the roasting pan so that all the liquid collects in one corner, and pour off or spoon out excess fat. To deglaze, put the roasting pan, fresh from the oven (main ingredients transferred to a platter), on top of the stove. Add water, wine, or stock and boil while scraping the bottom vigorously with a wooden spoon. If not using a nonstick pan and the residue is particularly stubborn, use a metal spatula for scraping. Boil until the liquid is reduced by half.

Deglazing makes the base of a gravy. It also cleans the pan. Pour the gravy into a sauceboat or bowl or pour it over the cooked food.

THICKENING

Many sauces and stews need to be thickened toward the end of cooking. The most commonly used thickener—flour cooked in butter—is clearly no good for us. However, there are many alternatives. Some of the hot liquid can be stirred into lightly beaten egg yolks before being cooked in the dish. Dishes can also be thickened with puréed starches such as chickpeas.

A slurry is perhaps the best thickener for Intolerants. Arrowroot or cornstarch is mixed with a little cold water, and then with some of the hot liquid that is being thickened. It is then poured into the liquid needing thickening and then cooked—usually briefly.

BREAKFAST

I have never been a big breakfast eater. Most people seem to relish opening the day with something good, which is a problem for the gluten and lactose challenged since practically all typical breakfast foods contain gluten or lactose. Though there are now gluten-free cereals, they are less appealing when deprived of milk. While the following recipes will not assuage all breakfast longings, they should help. The recipe I developed for waffles is a triumph and a treat for both Intolerant Gourmets and their gluten- and dairy-loving friends. The meager selection of breads contains no odd chemicals and tastes good. Most of them should be toasted to be at their best. There is even a very good hot cereal.

Eggs, bacon, and ham as well as smoked fish are always a pleasure. Be careful of sausages. Many of them include some form of wheat as a filler. Fruits and juices are no problem. However, I have had to do some playing with hot chocolate to make it okay.

WAFFLES



Waffles served with Raspberry Sauce ([see recipe](#)).

These are so good that my husband ate the entire batch covered in maple syrup while I was out of the kitchen fixing my computer.

They are light and elegant and could equally well serve as a dessert if topped with Raspberry Sauce ([page 199](#)) or Chocolate Sauce ([page 199](#)). If your friends love these, make double or triple the dry ingredients and store until you're ready to make a batch.

It is true that the variety of flours may be new; but today most of them are available at markets, and in health-food stores or on the web.

¼ cup tapioca flour

½ cup garbanzo bean (chickpea) flour

½ cup potato starch

¾ cup white rice flour
1 tablespoon baking powder
1 teaspoon kosher salt
2 cups coconut milk
2 eggs
½ cup plus 1 tablespoon safflower oil

Turn a waffle iron to high.

Mix the dry ingredients in a medium bowl. In another bowl, whisk the coconut milk, eggs, and ¾ cup of the oil together. Then whisk the wet ingredients into the flour mixture until well combined.

Evenly brush both the top and bottom of the hot waffle iron with 1 to 2 teaspoons of the remaining oil. Pour ½ cup batter for each waffle (the iron we used makes two waffles at a time; if yours is much smaller, use ⅓ cup batter) and close the waffle iron. Cook for 5 to 6 minutes, or until the waffles are crisp and golden brown (the waffles are crisper when less oil is used to grease the waffle iron).

MAKES EIGHT 5-×-6-INCH WAFFLES

QUINOA HOT CEREAL

Breakfast can be a bit difficult for Intolerant Gourmets, but once again quinoa comes to the rescue. This is as good as any hot cereal on the market and is loaded with calcium to boot.

½ cup quinoa

2 tablespoons maple syrup

¼ teaspoon freshly grated nutmeg, plus some to sprinkle on top (optional)

Bring 2 cups water to a boil over high heat, pour in the quinoa, and then return to a boil. Cover and reduce the heat to a simmer. Cook for 45 minutes. Add the maple syrup and nutmeg and serve.

MAKES 2 CUPS

WHITE BREAD

This recipe would not be possible without the late Bette Hagman and her book *The Gluten-Free Gourmet Bakes Bread*. She was innovative and to be respected. I made a few changes to avoid artificial ingredients, but the credit is hers.

The bread also makes great toast.

French Meadow Bakery makes a similar good loaf, available online and in specialty stores.

- ½ cup tapioca flour**
- ¾ cup garbanzo bean (chickpea) flour**
- 1 cup potato starch**
- 1¼ cups white rice flour**
- 2½ teaspoons dry yeast**
- 2 tablespoons sugar**
- 1 tablespoon ground flax seeds**
- 1½ teaspoons kosher salt**
- 3 eggs**
- ¼ cup plus 1½ teaspoons safflower oil**
- 1½ cups warm water, or more if needed**

Mix the dry ingredients in a large bowl until well combined. In another bowl, stir the eggs, ¼ cup of the oil, and the water together. Pour the wet ingredients into the dry ingredients and mix well by hand. The dough should look like cake batter; if it does not, add more warm water a tablespoon at a time until it does. Move the bowl to a warm place and let it sit for 1 hour.

With the rack in the middle of the oven, turn the heat to 400°F. Grease a 7½-×-3½-×-3-inch metal loaf pan with the remaining safflower oil. Pour the batter into the greased pan and bake for 50 to 55 minutes, covering the top of the bread lightly with aluminum foil after the first 10 minutes. Turn the loaf out onto a wire rack by carefully running a knife along the edges of the pan and inverting. Allow to cool before slicing.

MAKES 1 LOAF WITH SIXTEEN ½-INCH-THICK SLICES

AREPAS

Arepas are the pita breads of Colombia, Venezuela, and other parts of South America. They are made from corn and puff up nicely. They can be eaten as a bread or split open like a pita, stuffed, and rebaked. They are simple and a pleasure. They do not turn dark or form a crisp crust.

There are special pans for making them as well as mixes that can be found online. Do not substitute another from of masa (see headnote, [page 18](#)).

2 cups masa harina

1½ teaspoons kosher salt

2 cups warm water

Combine the ingredients in a medium bowl. Knead well until the mixture is uniform and easy to handle; there will no longer be any dry spots nor will it be sticky. Cover with plastic wrap and set aside for 30 minutes.

Place a large nonstick sauté pan (about 12 inches across) over medium heat.

Measure out the dough into ¾-cup balls and form into discs 3½ inches wide and ⅜ inch thick. Reduce the heat to low, place four discs in the pan, and cook for 15 to 20 minutes. Turn the discs over and cook another 15 to 20 minutes, until they are dry to the touch on both sides. Transfer to a platter to dry out completely for 45 minutes. Repeat for another batch. Enjoy immediately or keep in a tightly sealed plastic bag at room temperature for 4 to 5 days.

MAKES 8 AREPAS

NOTE

To Freeze Arepas

Separate the arepas with parchment or wax paper and store in a tightly sealed freezer bag for up to several weeks. Defrost each in a microwave oven for 1 minute.