

Gluten-Free Cooking for Two: 125 Favorites

Table of Contents and Overview

Cooking with full-size recipes for just the two of you means lots of boring leftovers, which can lead to wasted food. I know all about this. Awhile back, I realized I was cooking way too much food for my empty-nester household. My husband hates leftovers (Meatloaf! Again?) and I hate throwing away food, so I overhauled my family's gluten-free recipes to serve just two people. The result is this book.

Everyone knows how to grill two steaks, bake two potatoes, or fry two eggs. Instead, this book offers 125 recipes for more complex dishes that involve "kitchen math" to downsize, including new and classic entrees, hearty breads, breakfast, sides, comforting soups & stews, and luscious desserts. The many ingredients in these recipes have to be downsized proportionally to each other, yet some ingredients like eggs make it hard.

How do you measure $\frac{1}{4}$ of a whole egg? You don't; you adjust all the other ingredients instead. And, it isn't always as simple as halving a 4-serving recipe either. Choosing correct pan sizes, adjusting baking temperatures, and learning how to measure in extra-small amounts (e.g., dashes, pinches, and smidgeons) are important for success and I spell it all out for you.

*"Carol has done it again...dishing up another winning gluten-free cookbook filled with delicious recipes that are sure to be a hit with young and old." —Shelley Case, RD, author of **Gluten-Free: The Definitive Resource Guide***

INTRODUCTION

I had to adopt a different approach in the kitchen to cook small. Here you'll learn what I had to learn: the basics of stocking, shopping for, and cooking in a smaller-household kitchen. Whether determining the difference between a tad or a smidgen and where to buy appropriate measuring spoons, what type of pan (a loaf pan!) to use for Lasagna for two, or clever tips for shopping to minimize kitchen waste, all the information is here to make your small-batch cooking a success. And each recipe includes nutrition information and is dairy-free as well. If you prepare gluten-free meals for a small household, **Gluten-Free Cooking for Two** will be your go-to guide for every meal.

RECIPES

Chapter One: Breakfast & Brunch

Breakfast is my favorite meal of the day. In fact, I often plan tomorrow morning's breakfast as I drift off to sleep. Food obsessed? Perhaps, but eating a good breakfast gets my day off to a good, healthy start. So it was important to share my small-scale breakfast options with you.

You can enjoy delicious breakfasts including **Waffles, Pancakes, Crepes, Coffeecake, Breakfast Casseroles, Quiche**, and so on. Or, look in the Breads chapter to find small-batch **Muffins** and an individual **Oatmeal-Raisin Muffin in a Mug** that microwaves in 60 seconds. You won't have leftover **Pancake** or **Waffle** batter or have to eat leftover **Quiche** for a week because my recipes make two perfect portions. The baked items use my easy-to-assemble, inexpensive flour blend made from brown rice flour, potato starch, and tapioca flour—ingredients found in every gluten-free kitchen.

Additional Recipes to Enjoy in This Chapter:

French Toast
Kitchen-Sink Hash
Sausage and Egg Strata
Egg Frittata
Baked Eggs in Ham Baskets
Chilaquiles
Chia Breakfast Pudding
Hearty Basic Granola
Overnight Muesli
Strawberry-Green Smoothie

Chapter Two: Soups, Stews & Sandwiches

We eat lots of soup at our house, especially during the winter when a steaming bowl of hot soup just seems right. Most soup or stew recipes make big batches, but I downsized my family favorites to serve two people. Try my **Hearty Beef Stew**, **New England Clam Chowder**, **Chicken Soup & Dumplings**, or **Chili**— plus many more. And, you will learn how to thicken soups to a creamy lusciousness without wheat-laden thickeners.

I also included a few sandwiches that involve multiple ingredients, such as **Chicken Salad Wraps**, **Sloppy Joes**, and **Tacos** so you know exactly how much of each ingredient to use.

Additional Recipes to Enjoy in This Chapter:

Asparagus Soup
Cream of Broccoli Soup
Cream of Cauliflower Soup
Creamy Tomato Soup
Gazpacho
Potato Leek Soup
Minestrone
Split Pea Soup with Bacon
Potato Leek Soup
Beef “Barley” Soup
Hungarian Beef Goulash
Green Chile Pork Stew

Chapter Three: Main Dishes

When people think of meals for two, their first thoughts naturally turn to the main dishes or entrees. So, this chapter offers a diverse set of meals that include beef, pork, ham, chicken, fish and shellfish prepared in a wide variety of methods (slow-cookers, oven, grill, cooktop) with a wide range of ethnic and American flavors.

You can choose from **Meat Loaf**, **Beef Stroganoff**, **Sweet-and-Sour Pork**, and **Pizza**. Or, **Chicken Pot Pie**, **Coq au Vin**, or **Paella**. Perhaps **Crab Cakes**, **Tuna Noodle Casserole**, **Shrimp Creole**, or **Coconut-Curry Salmon**. There are also a wide variety of pasta dishes including **Lasagna** and **Macaroni & Cheese**. One of my “go-to” suppers is **Polenta Lasagna with Sausage**. It is simply store-bought tube polenta layered with marinara sauce, sausage, and cheese. Delicious!

One of my favorite styles of cooking for two is “sheet-pan” suppers where everything (fish, starch, vegetable) cooks on a single 9x13-inch sheet pan—making clean-up extra simple. It’s called **Sheet-Pan Supper of Salmon & Roasted Vegetables**.

Additional Recipes to Enjoy in This Chapter:

Marinated Flank Steak
Sausage, Bell Peppers, and Mushrooms on Pasta
Beef Burgundy
Beef Stroganoff
Stuffed Bell Peppers
Orange Beef Stir-Fry
Slow-Cooker Southwestern Pork Tenderloin
Smothered Pork Chops
Scalloped Potatoes and Ham
Spaghetti and Meatballs
Spaghetti Pie
Easy Weeknight Pasta
Pasta Primavera Salad
Layered Bean Tortilla
Chiles Relleno Casserole
Oven-Fried Chicken
Middle Eastern Turkey Meatballs in Tomato Sauce
Chicken Tikka Masala
Chicken Cacciatore
Arroz Con Pollo
Paella
Shrimp and Grits with Sausage
Peanut Sesame Noodles with Shrimp
Baked Fish in Parchment
Coconut-Curry Salmon with Edamame
Mediterranean Tuna with Chickpeas

Chapter Four: Sides: Grains, Beans, Legumes, & Potatoes

Dishes in these categories may not come to mind when planning two-person meals, but they play a critical role in complementing main dishes and they involve multiple ingredients—always a challenge when downsizing a recipe to make sure these ingredients are in the right proportions to each other.

You can enjoy **Risotto**, **Hash Brown Casserole**, **Scalloped Potatoes**, and **Potato Salad** without making enough to feed a football team. Lentils and grain dishes are also offered, but you will love my **Easy Microwave Polenta**. Instead of standing over a cooktop stirring the polenta forever, you simply cook it in the microwave oven in two 3-second increments and it’s ready with little effort on your part. It will be one of your “go-to” recipes, as it is in my kitchen. It is a great alternative to potatoes, rice, or pasta to accompany the main dish.

Additional Recipes to Enjoy in This Chapter:

Tabbouleh
Wild Rice Salad
Corn Pudding (Spoon Bread)

√Warm Lentil Salad
Potato Pancakes
Potato Pancakes (Latkes)
Roasted Potato Wedges
Fried Mashed Potato Patties
Citrusy Brussels Sprouts with Pancetta

Chapter Five: Breads

Bread is so important when you are gluten-free. There was a time when we couldn't buy any gluten-free bread and so we had to bake bread at home. Now, you can buy delicious gluten-free sandwich breads in stores, so instead this chapter focuses on the breads you can't buy or have to buy in large sizes such as **Banana Bread, Pumpkin Bread, Cornbread, Cheddar Cheese Quick Bread, Biscuits, Scones**, and several flavors of **Muffins**—including an individual **Oatmeal-Raisin Muffin in a Mug** that you cook for 60 seconds in a microwave oven. You will love the small **French Baguettes** (instead of the full-size loaves) and you can enjoy **Focaccia** without having unwanted leftovers.

Additional Recipes to Enjoy in This Chapter:

Zucchini Bread
Herbed Flatbread with Dipping Oil

Chapter Six: Desserts

The recipes in this chapter were both the most rewarding and most frustrating to downsize. In baking, simply dividing a 4-serving recipe in half doesn't always work. In fact, I made my **Mom's Chocolate Cake** without failure for decades. Yet, it took a dozen tries to successfully downsize it to fit in a 5-inch cake pan. In addition to chocolate cake, you can enjoy luscious **Carrot Cake Cupcakes, Red Velvet Cupcakes**, or **Vanilla Sour Cream Bundt Cake**. You can enjoy bars and cookies such as **Brownies, Lemon Bars, Chocolate Chip, Oatmeal-Raisin, Peanut Butter**, or **Coconut Macaroons**.

You won't have to make a full-size pie and then feel compelled to eat the whole thing, (even though you want to). I've downsized pie crust recipes for mini-**Cherry, Blueberry, or Peach Pie**. You can also enjoy **Apple Crisp, Cherry Cobbler, Crepes, Cheesecake**, and **Pudding** in perfectly-proportioned servings that are just right for two people. There is even a **Tiramisu** recipe, one of my all-time favorites.

Additional Recipes to Enjoy in This Chapter:

Chocolate Peanut Butter Cookies
Spice Cookies
Sugar (Cut-Out) Cookies
Flourless Chocolate Cake
Cake in a Cup
Gingerbread
Bing Cherry Clafouti
Chocolate-Cherry Clafouti
Pie Crust for Cherry Pie, Blueberry Pie, and Rustic Peach Pie
Raspberry Tart
Chocolate Pudding Cake (Mississippi Mud)
Lemon Pudding Cake
Chocolate Mousse
Cinnamon Raisin Bread Pudding
Pavlova

