

SIMPLY
GLUTEN FREE
magazine



Spring Recipes

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This book is organized into a convenient resource which contains recipes from Simply Gluten Free magazine as well as Carol Kicinski's website.

Recipes and words by Carol Kicinski. Editing and layout by Malory Speir.

www.simplygluten-free.com

Welcome Spring

Spring is the season of new life, beauty, and promises of the future. It's a time to renew your spirit and start fresh as the days become warmer and gardens begin to blossom. From fragrant herbs to refreshing fruits to hearty vegetables, the magic of spring is all around us!

There's no better way to start fresh this season than with some delicious spring-inspired recipes. Complete with bright colors and vibrant flavors, these recipes are just what you need to welcome spring with open arms!

I've included salads - because who doesn't love a crisp salad on a warm afternoon? I've also included main dishes, with recipes for seafood dishes, light pastas and more. And of course, you can't forget dessert. Spring simply screams for light-as-air meringues and fluffy cupcakes - I bring you those and much more!

I hope this spring you'll have time to unwind, relax, and start anew in both your well-being and in your diets.

Enjoy!

xo,



Carol Kicinski
Editor-in-Chief
Simply Gluten Free magazine



Salads

Pistachio Berry Goat Cheese Salad



Ingredients

¼ cup roasted, salted pistachios, chopped
6 ounces goat cheese
½ cup sliced strawberries
1 tablespoon balsamic vinegar
1-2 teaspoons honey
3 tablespoons olive oil
Salt
Pepper
8 ounces pre-washed baby lettuce salad greens or spring mix
1 pint raspberries
1 cup blueberries

Directions

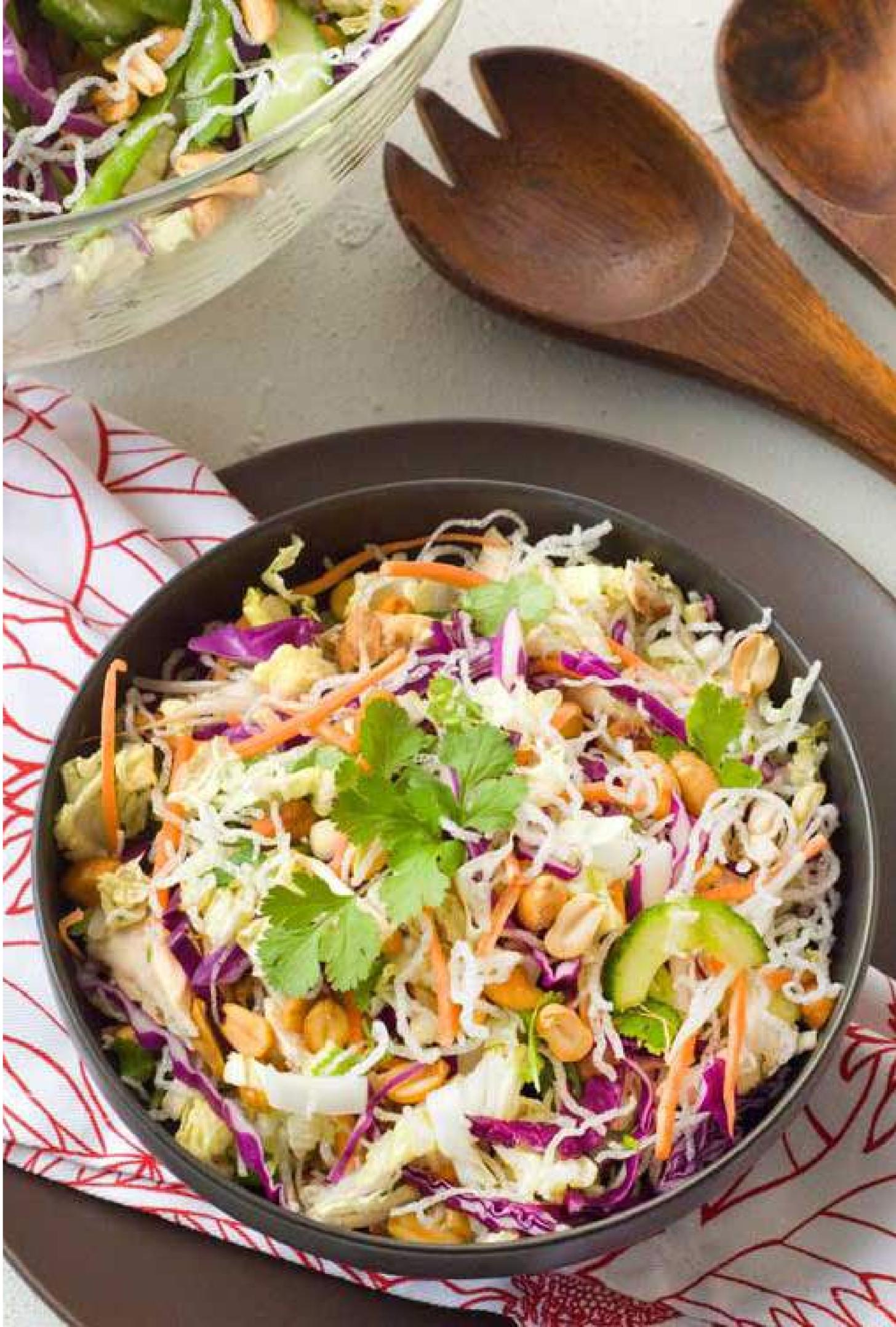
Place the chopped pistachios on a plate. Divide the goat cheese into 16 equal pieces (about 1 teaspoon each) and roll into balls. Roll the cheese balls in the pistachios. Can be made up to 2 days ahead. Cover with plastic wrap and refrigerate.

Put the strawberries in a blender with the vinegar, 1 teaspoon honey, olive oil and a pinch of both salt and pepper. Blend until smooth and creamy. Taste and add more honey, salt and/or pepper if desired. Can be made a day ahead. Store in a small jar or covered container and give a good shake before using.

Put the salad greens in a large mixing bowl and toss with the dressing. Add the raspberries and blueberries and gently toss. Divide the salad among 6 salad plates and top each with 4 pistachio goat cheese balls.

Serves 6





Crunchy Chicken Peanut Salad

Ingredients

1 head Napa cabbage, shredded
1 small head red cabbage, quartered, cored and thinly sliced
4 cups cooked chicken, shredded
2 cups shredded carrots
2 bunches green onions, thinly sliced on the diagonal
1 English (hothouse) cucumber, julienned
4 ounces snow peas, thinly sliced
8 ounces bean sprouts
1 bunch cilantro, chopped
4 ounces mung bean vermicelli noodles
Cooking oil
1½ cups gluten free peanut dressing, such as San-J
2 cups dry roasted, salted peanuts
Kosher or fine sea salt and pepper

Directions

Combine the Napa cabbage, red cabbage, shredded chicken, carrots, green onions, cucumbers, snow peas, bean sprouts and cilantro in a very large mixing bowl.

Using your hands, gently pull the mung bean vermicelli noodles apart into smaller portions. Place some paper towels on 2 dinner plates. In a small skillet add an inch of cooking oil (the smaller the skillet, the less oil you need) and heat the oil until it ripples but does not smoke. Fry one small handful of noodles at a time until they puff up, about 5 seconds, flip over with tongs and fry the other side for a second or two. Remove from oil with tongs, place on the prepared plate and sprinkle with a little salt. Repeat until all the noodles are fried.

Add the dressing to the vegetable/chicken mixture and toss well to coat. Crumble the fried mung bean vermicelli noodles into the salad; add the peanuts, season with about a teaspoon of salt and ½ teaspoon of pepper, toss again and serve.

Serves 6



Asian Cobb Salad

Ingredients

1 cup gluten free sesame salad dressing, such as San-J – use divided
3 tablespoons honey
1 pound boneless skinless chicken breasts (2-4 depending on size)
Kosher or fine sea salt and pepper
1 tablespoon olive or vegetable oil
6 cups shredded Napa cabbage
2 cups shredded romaine lettuce
2 cups shredded carrots
1 red bell pepper, cored, seeded and finely sliced
1 bunch green onions, thinly sliced on the diagonal
1 English (hot house) cucumber, halved lengthwise and thinly sliced
1 teaspoon sesame seeds
Cilantro leaves

Directions

Combine ½ cup of the dressing with the honey and place in a large plastic food storage bag. Add the chicken breasts, toss to coat and marinate in the refrigerator for 30 minutes to 12 hours.

Remove chicken breast from the refrigerator and discard the marinade. Pat the breasts dry with paper towels and season with salt and pepper. Heat a large skillet over medium-high heat and coat the bottom of the pan with the oil. Add the chicken breasts; cook for 2 minutes or until golden browned, flip and cook for another 2 minutes. Cover the pan; lower the heat to medium and cook for another 4 to 8 minutes depending on the thickness of the chicken breasts. Let sit for 5 to 10 minutes then slice thinly.

Combine the Napa cabbage with the romaine and place in a layer on a large platter. Arrange the chicken slices, carrots, red pepper, green onions and cucumbers on top of the cabbage/lettuce mixture in rows. Sprinkle with a little more salt and pepper, the sesame seeds and the remaining dressing. Garnish with cilantro leaves and serve immediately.

Serves 4



Middle Eastern Pasta Salad

Ingredients

1 pound gluten free pasta elbows
¾ cup shelled, roasted, salted pistachios
¼ cup tahini
⅓ cup water
Juice of 1 lemon
1 tablespoon olive oil
2 cloves garlic, minced or grated
Kosher salt
Black pepper
2 cucumbers
½ cup red onion, finely chopped (from ½ a medium onion)
½ cup kalamata olives, pitted and chopped
1 pint grape tomatoes, halved
½ cup mint leaves
8 ounces feta cheese, crumbled – optional, leave out for dairy free or vegan

Directions

Cook the pasta in boiling salted water according to the package directions. Rinse with cold water and drain.

Place the pistachios in a dry skillet and cook over medium-high heat until fragrant, 3- 4 minutes. Let cool and coarsely chop.

Place the tahini, water, lemon juice, olive oil, garlic, ½ teaspoon salt and ¼ teaspoon pepper in a blender and process until smooth.

Peel the cucumber, slice in half lengthwise, scrape out the seeds with a spoon and cut into ¼ inch slices. Place the cucumber slices in a large mixing bowl, add the onion, olives, tomatoes, pasta and dressing. Toss to combine and taste, add more salt and pepper if needed. Add the mint leaves, pistachios and feta and gently toss to combine. Refrigerate until serving.

Serves 10 to 12



Caprese Pasta Salad

Ingredients

1 (16-ounce) package gluten free rice pasta (shells, elbows or spirals)
1½ cups loosely packed fresh basil leaves, use divided
1 clove garlic, minced
Zest and juice of 1 lemon
½ teaspoon kosher or fine sea salt
½ teaspoon freshly ground black pepper
⅓ cup olive oil (maybe a tad more)
1 pint cherry or grape tomatoes, halved
6 ounces bocconcini (small mozzarella balls), quartered

Directions

Cook the pasta in heavily salted water 1 or 2 minutes less than the package instructions until just al dente. Drain well and put the pasta into a large serving bowl.

While the pasta is cooking, combine 1 cup of the basil with the garlic, finely grated lemon zest, lemon juice, salt and pepper in a blender and blend until the basil is finely minced and the mixture is combined. Take the plastic top insert from the top of the blender out and slowly stream in the olive oil with the machine running. You want a thick dressing but not as thick as mayonnaise. If the mixture is too thick, add more olive oil.

Once the pasta is cooked and drained, pour the dressing over the warm pasta. Toss well and let cool.

Roll the remaining basil leaves up like a cigar and cut into thin slices with a sharp knife. When the pasta has cooled, add the basil, tomatoes and bocconcini. Cover and refrigerate for at least half an hour or up to two days. Taste and adjust seasoning with more salt and pepper if needed.

Serves 6 to 8

A decorative label with a scalloped, cloud-like border and a dashed inner line. A large, stylized white flower with multiple layers of petals is positioned at the top left of the label. The text "Main Dishes" is written in a black, elegant cursive font across the center of the label.

Main Dishes

Chicken Piccata

Ingredients

4 boneless, skinless, organic, hormone-free chicken breast halves
1 cup raw almonds (or you can use ground almond meal)
¼ cup grated Parmesan cheese
1 teaspoon kosher or sea salt
½ teaspoon freshly ground black pepper
4 tablespoons olive oil
4 tablespoons unsalted butter, use divided
½ cup dry white wine (or use gluten-free chicken stock – preferably homemade)
3 tablespoons freshly squeezed lemon juice
¼ cup capers in brine, drained
¼ cup fresh parsley, chopped
Additional lemons for garnish and serving

Directions

Lay a piece of plastic wrap on a work surface, place a chicken breast half on top and lay another piece of plastic wrap on top of that. Pound the chicken breast with a rolling pin or bottom of a heavy skillet until it is about ¼ inch thick. Repeat with remaining chicken breasts.

Put almonds in food processor and process in pulses until the almonds turn into a fine meal. Be careful not to turn it into paste. Add the Parmesan cheeses, salt and pepper and pulse a couple more times to mix. If using almond meal, just mix the flour, cheese, salt and pepper together. Spread the mixture on a large plate.

Rinse the pounded chicken breasts in water and shake off the excess. Dredge the chicken in the almond mixture, gently pressing the mixture onto the chicken.

Heat a large skillet over medium high heat. Add the olive oil and 2 tablespoons of butter. Once the oil is hot and the butter melted, place two prepared chicken breasts in the pan – do not over crowd! Cook for 3 to 4 minutes or until they are well browned. Flip and cook for 3 to 4 minutes on the other side. Remove cooked chicken breasts to a serving dish and cover with foil to keep warm. You can also place the plate in a warm oven. Repeat procedure with the remaining chicken breasts.

Add the wine or chicken stock and lemon juice to the pan. Scrape the pan to incorporate all the browned bits of almond. Add the capers and cook until the sauce is reduced by about half. It should be the consistency of light syrup. Stir in the remaining butter until melted.

Pour the sauce over the chicken breasts, top with chopped parsley and serve with lemon slices or wedges.

Serves 1 or 2



Salmon Cakes with Quick Sauces

Ingredients

Salmon Cakes

1 (15-ounce) can salmon, undrained
1 cup panko style gluten free bread crumbs
3 large eggs, lightly beaten
1 cup frozen corn, thawed
1 (2.5-ounce) can sliced black olives
3 scallions (green onions) green and white part, thinly sliced
2 heaping teaspoons Old Bay Seasoning (if you don't have Old Bay Seasoning, then season with salt, pepper, paprika and a few dashes of hot sauce)
3-4 tablespoons cooking oil

Quick Dill Sauce

6 ounces Greek yogurt (full, low or non-fat)
1 tablespoon fresh dill, minced
1 small clove garlic, minced or grated
Juice of ½ lemon
Salt and pepper

Quick Tartar Sauce

1 cup mayonnaise
¼ heaping cup of sweet pickle relish
Juice of 1 lemon
¼ teaspoon salt

Directions

Salmon Cakes

In a large mixing bowl, flake the salmon with a fork. Add the bread crumbs, eggs, corn, olives, green onions and Old Bay seasoning. Mix well and form into eight patties, each about ½ inch thick, compacting firmly.

Heat the oil in a large skillet over medium high heat. Fry the patties in batches (do not over crowd the pan) for 3 to 4 minutes per side or until nicely browned.

Quick Dill Sauce

Combine the first 4 ingredients in a small mixing bowl. Add salt and pepper to taste. Serve immediately or store, covered in the refrigerator until ready to serve.

Quick Tartar Sauce

Combine all ingredients and mix well. Serve immediately or store in refrigerator until ready to serve.

Serves 4 to 6





Tuna Puttanesca with Pasta

Ingredients

1 pound gluten free brown rice spaghetti
Kosher salt
2 tablespoons olive oil
8 garlic cloves, thinly sliced
6 canned anchovies, drained
2 tablespoons capers, drained
½ cup kalamata olives, drained and chopped
2 teaspoons dried oregano
½ - 1 teaspoon crushed red pepper flakes
1 (28-ounce) can low sodium diced tomatoes (undrained)
2 (6-ounce) cans white tuna packed in water, drained
3 cups organic baby arugula
2 tablespoon nutritional yeast (or grated Parmesan cheese)
½ cup fresh basil leaves, roughly chopped

Directions

Bring a large pot of heavily salted water to a boil. Add the spaghetti and cook according to the package directions.

While the spaghetti cooks, make the sauce. Heat a large skillet over medium-high heat. Add the olive oil and garlic, cook for 30 seconds, stirring. Add the anchovies and cook, smashing them with the back of a spoon until dissolved. Add the capers, olives, oregano, red pepper flakes, and tomatoes. Stir to combine. Add the tuna and cook until the liquid has reduced by half, about 10 minutes.

Reserve ½ cup of the starchy pasta water and drain the pasta. Add the pasta to the pan, toss with the sauce until coated. Add the pasta water and cook for another minute. Add the arugula and nutritional yeast and cook for another minute or two or until the arugula is wilted, stir in the basil and serve.

Serves 4 to 6





Nut Free Thai Amazing Chicken

Ingredients

½ cup nut free peanut butter substitute
3 tablespoons gluten free Thai fish sauce
Juice of 1 fresh lime
4 tablespoons honey (or agave nectar)
¼ teaspoon crushed red pepper flakes (more or less depending on how much kick you want)
½ cup water
2 tablespoons olive oil
2 cloves garlic, minced or grated with a microplane grater
1 (1-inch) piece fresh ginger, peeled and finely grated or minced
2 pounds boneless, skinless chicken breasts (3 or 4 half breasts), cut into 1 inch pieces
Kosher or fine sea salt and pepper
8 cups broccoli florets
1 teaspoon sesame seeds, optional garnish

Directions

Combine the peanut butter substitute, fish sauce, lime juice, honey (or agave), red pepper flakes and water in a small saucepan and bring to a boil, stirring until smooth. Remove from the heat and set aside.

Heat the oil in a large skillet with a lid over medium-high heat. Add the garlic and ginger and toss in the oil for about 15 seconds. Add the chicken pieces, salt and pepper, and cook, stirring frequently, until browned on all sides, about 8 minutes. Add the broccoli, stir to coat, cover the pan and reduce the heat to medium. Cook until the broccoli is crisp tender and the chicken is cooked through – about 3 more minutes.

Add about ¼ of the peanut butter substitute sauce to the chicken and broccoli, toss to coat, place in a serving dish and sprinkle with sesame seeds if desired. Serve the rest of the sauce on the side.

Serve with rice or gluten free rice noodles.

Serves 6



Shrimp Mac & Cheese

Ingredients

Gluten free, non-stick cooking spray or butter for preparing the ramekins
Kosher salt
8 ounces gluten free elbow macaroni
2 cups half-and-half
2 small sprigs fresh rosemary
2 small sprigs fresh thyme
2 gloves garlic, minced or grated
4 ounces goat cheese, crumbled
 $\frac{3}{4}$ pound medium shrimp, peeled and deveined
 $\frac{1}{4}$ cup gluten free bread crumbs
 $\frac{1}{4}$ cup grated Parmesan cheese
1 tablespoon unsalted butter, melted

Directions

Preheat oven to 450°F. Spray six 1-cup ramekins with cooking spray or grease with butter. (Alternatively you can use one 6 cup baking dish.)

Bring a large pot of heavily salted water to a boil and cook the elbow macaroni according to the package directions. Drain and rinse with hot water.

Combine the half and half, rosemary, thyme, and garlic in a deep saucepan (larger than you think you will need) and bring to a boil. Continue to boil until the mixture has reduced by half, about 6 minutes. Strain the mixture and return to the pot. With the heat on medium, add the goat cheese to the half and half mixture and cook, stirring, until all the cheese has melted and the mixture is creamy. Add the shrimp and drained pasta, cook for about 1 minute or until the shrimp just begins to turn pink. Divide the mixture among the prepared ramekins.

Combine the bread crumbs, Parmesan cheese, and melted butter and mix well. Sprinkle the mixture on top of the mac and cheese. Bake for 10 minutes or until the bread crumbs are golden brown.

Serves 6



Baked Pesto Penne

Ingredients

1 pound gluten free penne pasta
4 cups fresh basil, packed
⅓ cup pine nuts
4 garlic cloves
1½ cups grated Parmesan cheese
⅓ - ½ cup olive oil
½ cup unsalted butter
½ cup sweet rice flour or all-purpose gluten free flour
4½ cups milk
Kosher or sea salt
Freshly ground black pepper
½ teaspoon freshly grated nutmeg

Directions

Preheat oven to 350°F. Butter a deep dish lasagna pan.

Bring a large pot of salted water to a boil and cook the penne according to the package directions. Reserve about ½ cup of the starchy pasta water and drain the penne.

Put the basil, pine nuts, garlic cloves, ½ cup Parmesan cheese and ⅓ cup of olive oil in a blender or food processor. Process until a smooth paste forms. If needed, add a little more olive oil.

Melt butter in a large skillet over medium heat. Whisk in the flour. Continue to whisk the flour and butter as it cooks for a minute. Add about 1 cup of the milk and whisk well to dissolve any lumps. Add the rest of the milk, 1 teaspoon of salt, ½ teaspoon pepper, and the nutmeg. Bring the mixture to a boil, whisking constantly. Reduce the temperature and simmer the mixture until thick, about 15 minutes. Ladle about ¾ cup of the béchamel into the bottom of the prepared pan. Stir the penne into the rest of the sauce. If the sauce is too thick, stir in some of your reserved pasta water.

Layer half the pasta in the pan, spread half the pesto on top and sprinkle on ½ cup of Parmesan cheese. Repeat one more time. Sprinkle a little bit of salt and pepper on top and bake for 35 to 40 minutes or until the pasta is bubbly and the top is beginning to brown.

Serves 8 to 10



Desserts

Pistachio Cupcakes in a Jar

Ingredients

For the Cupcakes

4 large eggs
¾ cup grapeseed (or other neutral tasting) oil
¾ cup water
1 (3.4-ounce) package instant pistachio pudding
1 (18-ounce) package gluten free white cake mix

For the Frosting

1 cup all vegetable non-hydrogenated shortening
1 teaspoon fresh lemon juice
2 teaspoons pure vanilla extract
4 cups powdered sugar
4-8 tablespoons rice milk

¼ cup shelled, roasted, and salted pistachios – chopped

Directions

Preheat oven to 350°F. Line 18 standard muffin tins with cupcake papers.

In the bowl of an electric mixer combine the eggs, oil and water. Beat on medium speed for 2 minutes. Turn off mixer, add the pistachio pudding mix and beat until combined. Turn the mixer to low and gradually add the cake mix. Beat until just combined. With a rubber spatula, scrape the sides and bottom of the mixing bowl to make sure all the ingredients are uniformly combined. Divide the batter among the prepared muffin tins filling about two thirds full. Bake for 22 to 26 minutes or until the cupcakes spring back when touched lightly and a toothpick inserted in the center comes out clean. Let cool completely. Remove the liners from the cupcakes and slice in half horizontally.

While the cupcakes are baking and cooling, prepare the frosting. Place the shortening, lemon juice, and vanilla in an electric mixer fitted with the whisk attachment. Beat on high speed until very creamy. Turn off the mixer, add the powdered sugar and beat until combined (start with the mixer on low and gradually increase the speed.) With the mixer running add the rice milk, 1 tablespoon at a time until the frosting is creamy and spreadable. Once the desired consistency is achieved, beat on high speed for 1 minute.

For each cupcake in a jar place a cupcake half in the jar (use the bottom halves in the bottom of the jar), pipe on or spoon in some frosting, add another cupcake half, another layer of frosting, one more cupcake half (use a top for the final layer) and one more layer of frosting. Sprinkle the top with some chopped pistachios.

Makes 12 cupcakes in a jar or 18 standard cupcakes



Country Strawberry Shortcakes

Ingredients

6 tablespoons unsalted butter, at room temperature
1¼ cup granulated sugar, use divided
3 large eggs, at room temperature
⅓ cup non-fat Greek yogurt
Zest and juice of 1 lemon
½ teaspoon pure vanilla extract
¼ cup yellow corn meal
½ cup plus 1 tablespoon white rice flour
3 tablespoons potato starch (not potato flour)
1 tablespoon tapioca starch
1 teaspoon xanthan gum
2 tablespoons cornstarch
¼ teaspoon kosher or sea salt
½ teaspoon baking soda
1 pound fresh strawberries, hulled and sliced
1 cup heavy cream

Directions

Preheat oven to 350°F. Spray 8 large (not jumbo) muffin tins with gluten-free non-stick cooking spray.

In the bowl of an electric mixer fitted with a paddle attachment, cream the butter and 1 cup sugar on high speed until light and fluffy, about 3 minutes. Turn the mixer to medium and add the eggs, one at a time, mixing well after each addition. Scrape the sides and bottom of the mixing bowl well. Add the yogurt, lemon zest and vanilla extract and mix well.

In a separate mixing bowl, whisk together the cornmeal, white rice flour, potato and tapioca starches, xanthan gum, cornstarch, salt and baking soda. Turn the mixer on low and gradually add the flour mixture to the butter mixture. Mix until just blended. Scrape the bowl well to finish combining the ingredients and divide the batter evenly between the prepared muffin tins. Bake for 20 minutes or until golden brown, springy to the touch and a toothpick inserted in the center comes out clean. Let cool in the pan for 5 minutes then remove to a wire rack to finish cooling.

While the shortcakes are baking, mix the strawberries, lemon juice and 2 tablespoons of sugar together and let set. Whip the cream with the remaining 2 tablespoons of sugar until soft peaks form. To serve, cut each shortcake in half, spoon a little of the juices that have accumulated in the strawberries onto the bottom half. Top with whipped cream, then strawberries and finally the top of the shortcake.

Serves 8



Upside Down Lemon Meringue Pie

Ingredients

4 egg yolks
1/3 cup cornstarch
1 1/2 cups water
1 1/3 cups sugar
1/4 teaspoon kosher or sea salt
3 tablespoons cold unsalted butter
1/2 cup freshly squeezed lemon juice
1 tablespoon finely grated lemon zest
1 cup heavy cream
1 teaspoon granulated sugar
1 gluten free meringue pie crust
Finely sliced lemon slices – optional garnish

Directions

Put eggs in a medium bowl and whisk well.

In a medium saucepan, whisk to combine the cornstarch, water, 1 1/3 cups sugar and salt. Bring to a boil over medium heat, stirring frequently, and boil for 1 minute. Remove from the heat and add about 1/4 of the hot mixture to the egg yolks. Whisk well. Add the rest of the mixture to the eggs gradually, whisking well. When all the hot mixture is added to the egg yolks, pour the mixture back into the saucepan, turn the heat to low and cook for 1 more minute, stirring constantly. The mixture should be thick. Take mixture off the heat and gently stir in the cold butter, lemon juice and lemon zest.

Put mixture into a bowl and cover with plastic wrap, placing the plastic wrap right on the surface of the lemon mixture. Refrigerate until cold – about 2 hours.

Whip heavy cream with one teaspoon sugar until stiff peaks form, but do not over mix.

Just prior to serving, pour the lemon mixture into the pie crust. Top with whipped cream. Garnish with lemon slices if desired.

Serves 6 to 8



Lemon Blackberry Eton Mess

Ingredients

4 large organic, pastured egg whites
1/8 teaspoon cream of tartar
1/4 teaspoon kosher salt
1 cup sugar
1 teaspoon pure vanilla extract
2 cups heavy cream
2 tablespoons powdered sugar
10 ounces lemon curd
2 pints blackberries (or any berries you like)

Directions

Preheat oven to 350°F. Line two baking sheets with parchment paper or silicon baking mats.

Place the egg whites, cream of tartar, and salt in the bowl of an electric mixer fitted with the whip attachment. Beat on medium speed until the egg whites get foamy. With the mixer running, gradually add half the sugar. Turn the mixer off, add the vanilla, turn the mixer to high speed and beat until the mixture begins to form very soft peaks. Gradually add the remaining sugar. Continue to beat on high speed until the mixture forms glossy, stiff peaks.

Spoon or pipe tablespoonfuls of the mixture onto the prepared baking sheets about 1 inch apart. (The meringues do not need to be pretty as they are going to be crushed up.) Place in the preheated oven, close the oven door, and turn off the heat. Let sit in the oven undisturbed at least 8 hours or overnight. The cookies should be crisp and dry.

Whip the cream with the powdered sugar. Place the lemon curd in a mixing bowl and whisk it to lighten it up. Add 1/4 of the whipped cream to the lemon curd and whisk. Fold in the remaining cream.

Crumble the meringues roughly so that you have some larger pieces for texture plus some finer pieces.

To assemble, start with a layer of the lemon whipped cream, top with some crumbled meringues and then some berries. Repeat the layers.

Can be eaten immediately or chill for a few hours until ready to serve.

Serves 6 to 8



Strawberry Rhubarb Nests

Ingredients

3 large egg whites, at room temperature
Pinch of kosher or fine sea salt
1 cup superfine sugar, divided use
1 cup fresh strawberries, stemmed
1 lemon
2 cups chopped rhubarb (sliced about ¼-inch thick)
¾ cup heavy cream
1 teaspoon pure vanilla extract
1 tablespoon finely chopped pistachios (omit for nut-free)

Directions

Preheat the oven to 250°F. Line a baking sheet with parchment paper.

Combine the egg whites and salt in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until it starts to form peaks. With the mixer running, gradually add ¾ cup of sugar. Continue to beat on high until the egg whites are stiff and glossy, about 3 minutes.

Drop the egg whites into 6 mounds on the prepared baking sheet. With the back of a soup spoon, spread the egg whites into circles and create a well in the center with the edges higher than the centers. Bake the nests for 1 to 1½ hours (depending on humidity) or until the nests are crispy on the outside.

Put the strawberries in a blender. Grate the zest of the lemon into the blender with a hand-held rasp grater (such as a microplane) and squeeze in the juice. Add ¼ cup sugar and blend until smooth. Pour into a saucepan. Add the rhubarb and cook over medium heat for about 5 minutes or until the rhubarb is soft but not mushy. Let cool.

Whip the cream with the vanilla until peaks form. To serve, place a dollop of whipped cream in the center of each nest, top with some strawberry rhubarb mixture, and sprinkle with some chopped pistachios (if using).

Serves 6





Happy Spring!
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