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COOKING WITH KIDS



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GlutenfreedaTM
Online Cooking Magazine

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FOODS



TIPS FOR COOKING WITH AND FOR KIDS

- Make it fun (have them cook with you)
- Consider lunch box trading – a gluten-free kid wants to be like everyone else.
- Expose them to a variety of foods
 - Develop their palate
- Snacks – don't forget the basics. All natural snacks on hand will lead to healthy eating habits and again doesn't set your kids apart from other kids.





GLUTEN-FREE CORNDOGS

Great Tasting Corndogs your kids will love to make and eat!





THINGS YOU WILL NEED

- Round craft sticks about 4 inches long
- Mixing bowls
- Baking dish
- Deep Fat Fryer or a deep large skillet
- Thermometer





CORNDOG INGREDIENTS

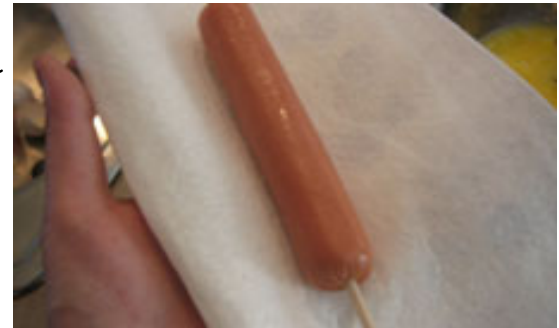
- 8 hot dogs (we use Ball Park Franks — yes, they are gluten-free)
- 1 cup gf flour
- 2/3 cup cornmeal
- 1 teaspoon baking powder
- 3 Tablespoons sugar
- 1/2 teaspoon salt
- 2 eggs, lightly beaten
- 2/3 + 1/4 cup milk
- 1 Tablespoon canola oil or vegetable oil
- 1/4 cup cornstarch
- Peanut oil for frying





STEP 1 – THE “DOG”

- Insert sticks into 1 end of each hot dog. Hold the dog firmly to make sure that the stick goes into the center of the dog.
- Dry the hot dogs thoroughly with a paper towel. This step is very important! The hot dogs must be dry in order for the batter to stick.





STEP 2 – THE BATTER

- In a small bowl mix together the gf flour, cornmeal, baking powder, sugar and salt.
- In a separate bowl, whisk together the egg, milk and canola oil.
- Add the wet ingredients to the dry ingredients. Transfer batter to a baking dish.





STEP 3: PREPARE THE FRYER

- Heat peanut oil in a deep fat fryer or if you don't have one, heat about 1 inch of peanut oil in a large deep skillet. When oil is hot 375°F reduce the heat to maintain a temperature of about 350°F.





STEP 4: THE DOG MEETS THE BATTER

- Place the cornstarch on a plate and roll the hot dogs in the cornstarch. Dust of excess cornstarch.
- Roll the hot dogs in the batter. This part is a little tricky...you may need to use a spoon or knife to smooth the batter on and even it out over the hot dog.





STEP 5: FRY THE DOG (CORNDOG, THAT IS)

- Carefully place the battered hot dog into the hot oil. I have found I like to put the batter on and then immediately place into the oil instead of battering them all first...this way the batter stays nice and uniform.
- Fry the corn dogs in the hot oil until lightly browned on all sides, about 3-4 minutes total. Remove the corn dogs from the oil and drain on paper towels.





EAT NOW OR LATER

- If you are lucky to have any leftovers, these freeze great!! Place the fried corn dogs in a zip lock bag (try to remove as much air as possible to prevent freezer burn). To reheat, place in an oven at 350° for 15-20 minutes or until hot.





MAKE YOUR DOG HEALTHIER

- Ways to make a healthier corndog
 - Put a teaspoon of flax meal in batter
 - Use hot dogs that are all natural, no hormones, no nitrates added.
 - Use veggie dogs or turkey dogs
 - Use agave nectar for sweetener in batter





OTHER FOOD SUGGESTIONS FOR KIDS

- Hundreds of kid-friendly recipes available on-line (Glutenfreeda.com)
- Lots of new products coming out on the market that are gluten-free, kid-friendly, easy to prepare.





IN SUMMARY

- Keep in mind...kid's don't want to feel different when it comes to food
- Explore new foods with your kids, particularly at dinner time
- Stock healthy, naturally gluten-free and/or authentic tasting snacks

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F O O D S

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