

Gluten-Free Holiday How-Tos with **Bloggers Extraordinaire**

Featuring:

Amy Green, M.Ed. of Simply Sugar & Gluten-Free

Silvana Nardone of Easy Eats and Silvana's Kitchen



Important Reminders!

① A **recording of each webinar** will be posted along with the **webinar slides** within **72 hours** after the live Webinar ends. To download recorded webinars and slides, visit the Archived Webinars page: <u>CeliacCentral.org/webinars/archive/</u>

Continuing Education Credit:

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 Attendees must complete the program evaluation/follow-up survey in order to access this certificate. Program participants will receive a link to complete the program evaluation/follow-up survey 24 hours after the close of the webinar through an email from GoToWebinar.
- Please note that RDs and DTRs are not permitted to claim credits by viewing archived webinars. Only those who register and attend live webinars will receive the opportunity to obtain continuing education credits.





Watch & Win!

- Five lucky webinar participants will each win a FREE mixed case of new *Crunchmaster Cinnamon & Sugar Grammy Crisps* and *Cheddar Cheezy Crisps*. Each mixed case includes 12 boxes, with six of each flavor
- These new products are perfect for kids!









Welcome!



Amy Green, M.Ed.:

- Author of Simply Sugar & Gluten-Free: 180 Easy & Delicious Recipes You Can Make in 20 Minutes or Less
- Publisher of Simply Sugar & Gluten-Free
- Most recently launched, with collaborator Jen Cafferty, Nourished, the first gluten-free and allergen-friendly food blogger conference
- Teaches local sugar-free, gluten-free cooking classes



Silvana Nardone:

- Editor-in-chief of Easy Eats, the all-digital, gluten-free magazine
- Author of Cooking for Isaiah: Gluten-Free & Dairy-Free Recipes for Easy, Delicious Meals
- Publisher of Silvana's Kitchen
- Previous owner of a Brooklyn-based bakery, Fanciulla Specialty Foods
- Founding editor-in-chief of Every Day with Rachael Ray





On Tonight's Plate

Aim: To satisfy the holiday dining needs of both the gluten-free novice and veteran Our timeline:

- Taking The Fear Out of Gluten-Free at the Holiday Dinner Table with Amy Green, M.Ed.
- Cooking for Flavor and Performance: Upgrading Your Gluten-Free Holiday Menu with Silvana Nardone
- Time for questions!





Taking the Fear Out of Gluten-Free at the Holiday Dinner Table with Amy Green, M.Ed.





Objectives

- 1 Identify importance of human connection in the holiday gluten-free preparation and cooking processes
- ② Discuss the benefits of using whole foods in holiday gluten-free recipes
- 3 Share some relevant recipes





We Value Human Connection

- What happens when we can't share in the meal?
 - On the "outside"
 - Uncomfortable
- Why are some still hesitant to include gluten-free on their menu?







Where does the hesitancy come from?

- Families are attached to tradition
- Will the "different" food be enjoyed?
- Myth: If one gluten-free food is bad, all gluten-free food must be bad





Solutions

- **1** Contribute!
- 2 Use whole foods-based menu items:
 - Gradually move away from packaged foods
 - "Reverse engineer" family favorites
 - Substitute whole grain gluten-free flours











Solutions

If you aren't traveling:

- Offer to bring what you can only eat if it's gluten-free, i.e. stuffing or dessert
- Serve new gluten-free crackers or bread with appetizers

4 For the travelers:

- Ship ingredients
- Ask for help!
- Cook alongside family to show them the ropes

5 Test new recipes ahead of time:

- A must for pies and breads
- Will relieve anxiety!
- Won't feel obligated to point out that it's gluten-free







My Whole Foods-Based Thanksgiving Meal























Images courtesy of Simply Sugar & Gluten-Free and Silvana's Kitchen

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My Whole Foods-Based Thanksgiving Meal

Visit: http://simplysugarandglutenfree.com/

- Roasted turkey
- Ham glazed with orange and coconut palm sugar
- Mac & Cheese with gluten-free pasta
- Cornbread dressing with gluten-free cornbread
- Mashed potatoes and gravy, thickened with cornstarch or sweet rice flour
- Homemade or store-bought gluten-free rolls
- Cranberry clementine sauce
- Salad
- Vegetable, such as asparagus or Brussels sprouts
- Dessert, one nut-based and one traditional gluten-free piece crust
- Homemade ice cream





Savvy Gluten-Free Substitutes

Instead of...

- Cornbread stuffing
- Pie Crust
- Rolls

Try...

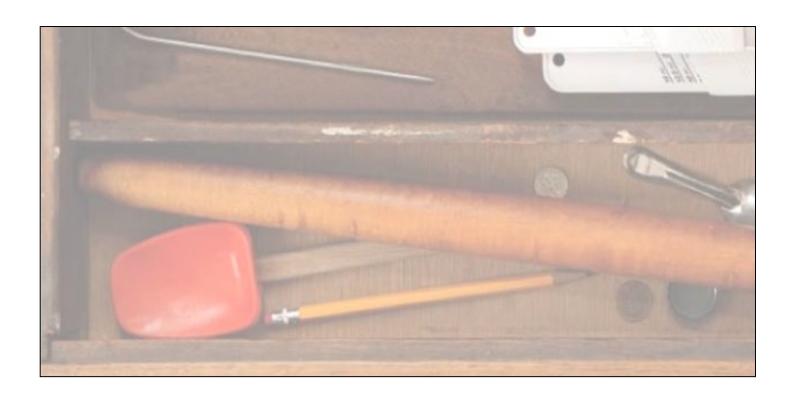
- Wild Rice Stuffing
- Press crust made from pecans or walnuts, dates and coconut oil or butter
- Rolls made from a bread recipe baked in a muffin tin
 - Not a baker? Store bought are OK too!





Cooking for Flavor and Performance: Upgrading Your Gluten-Free Holiday Menu

with Silvana Nardone







Objectives

- 1 Explain the value of cooking for both flavor and performance
- 2 Arm listeners with quality gluten-free ingredients for your pantry this winter
- 3 Share some relevant recipes





Why cook for flavor?

- Your **food memories** are *not* a thing of the past.
- Eating is emotional. What do you want to get out of a recipe: Sustenance? Recreate a previous experience? Pleasure?
- Set your gluten-free baking bar high and **challenge yourself**, even after failure.
- Take a leap of faith. Just when you think you'll never eat something ever again, think again, then make it happen.
- Surprise yourself!
- Exceed other's expectations.
- Make yourself—and your family—happy!



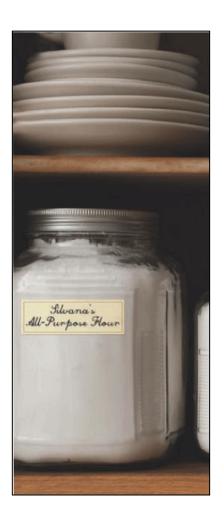






Silvana's Top 6 Gluten-Free Holiday Pantry Items

- 1 Flour replacement: Silvana's Gluten-Free All-Purpose Flour Blend (or your favorite homemade or store-bought blend)
- **Liquid for browning:** Dairy-free store-bought or homemade almond milk or rice milk
- 3 Fat for texture and browning: Dairy-free unflavored coconut oil, non-hydrogenated all-vegetable shortening, buttery sticks or whipped buttery spread
- 4 Naturally gluten-free flour replacements: Blanched almonds and hazelnuts, cornmeal, cocoa powder
- 5 Recipe thickener: Gluten-free brown rice cereal
- 6 Just because: Dairy-free chocolate chips







Gluten-Free Cooking Tips

You can make anything gluten-free and dairy-free, and it's going to look and taste like the original—or better!

- Gain kitchen confidence through constant practice and meditation over the process and outcome
- Get to know your ingredients and like any other relationship, spend time and get to know them
- Pick the right ingredients for the job, then let them do all the work
- Use as little gluten-free flour in a recipe as possible
- If you replace ingredients, there will obviously be a noticeable difference, especially in baked goods





Recipe Redux

Old School Italian Jam-Filled Hazelnut Cookies

• http://www.silvanaskitchen.com/gluten-free-old-school-italian-jam-filled-hazelnut-cookies/







Recipe Redux

Pine Nut Cookies

• http://www.silvanaskitchen.com/home-for-the-holidays-gluten-free-cookies/







More Info from Silvana

- For delicious gluten-free recipes, visit the Easy Eats Recipe Vault
 - http://www.easyeats.com/vault
- For more of my favorite pantry items, visit the new Gluten-Free 101 section on my blog, Silvana's Kitchen
 - http://www.silvanaskitchen.com/gluten-free-101/





As we finish...

Questions from the audience?









For information, FREE coupons & recipes, visit:

http://www.crunchmaster.com
http://www.facebook.com/crunchmaster







- 7 Casein Free Varieties
- **Y** 100% Whole Grain
- Oven Baked/Low Fat
- Low Sugar
- All Natural
- Crispy, Crunchy Texture













MULTI-GRAIN



Gluten-Free Holiday How-Tos

www.CeliacCentral.org/holiday

- Tip of the Day
- Holiday Recipe Contest
 - •Grand prize: A year's supply of Crunchmaster crackers!
- Holiday e-Cookbook
- Gift Guide
- Additional links and resources





Save The Dates!

CeliacCentral.org/Webinars

- Topic: "Eating for Two: How-To Tips on Managing Celiac Disease and Diabetes"
- Date: Wednesday, November 14, 2012
- Time: 2 p.m. Eastern/11 a.m. Pacific
- **Speaker:** Laurie A. Higgins, MS, RD, LDN, CDE, Coordinator of Pediatric Nutrition Education & Research, Pediatrics, Adolescent and Young Adult Section, Joslin Clinic
- Topic: "You Ask, We Answer: 60 Minutes with Top Celiac Disease Researchers"
- Date: Wednesday, December 19, 2012
- Time: 12 p.m. Eastern/ 9 a.m. Pacific
- **Speakers:** Daniel A. Leffler, MD, MS; Director of Clinical Research, The Celiac Center at BIDMC, Director of Quality Assurance, Division of Gastroenterology, Beth Israel Deaconess Medical Center and Joseph A. Murray, MD; Consultant, Division of Gastroenterology & Hepatology, Professor of Medicine, Mayo Clinic College of Medicine
- **Important!** To submit a question for the expert panelists, email kvoorhees@celiaccentral.org by Friday, November 16. Please note that this opportunity is intended for general questions about research and developments in the field of gluten-related disorders. Personal or inappropriate questions will not be included in the question pool.
- Topic: "It's Not Just Food Anymore: An Update on Gluten-Free Alcoholic Beverage Labeling"
- Date: Tuesday, January 22, 2013
- Time: 8:30 p.m. Eastern/5 p.m. Pacific
- **Speaker:** Tricia Thompson, MS, RD; The Gluten-Free Dietitian, Nutrition Consultant Celiac Disease, Founder Gluten Free Watchdog, LLC





#GivingTuesday and More

- #GivingTuesday
 - Nationwide campaign on November 27!
- Vote for NFCA! <u>www.gfreek.com/Cast_Your_Vote.html</u>
 - Best Non-Profit Organization
 - Best Website
 - Best Event (Appetite for Awareness)
- More Crunchmaster recipes on CeliacCentral.org
 - Recipe of the Week –November 12, 2012, Cinnamon Pistachio Apple Crisp
 - Recipe November 11, 2011, Cranberry Brie with Crunchmaster Coating





Thank you! Questions? Comments? Feedback?

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Tonight's Speakers:

Amy Green:

- amy@ssandgf.com
- simplysugarandglutenfree.com
- balancedplatter.com

Silvana Nardone:

- Editorial Inquiries: <u>silvana@easyeats.com</u>
- Gluten-free baking and cooking questions: silvana@silvanaskitchen.com
- Newly designed <u>silvanaskitchen.com</u>
- Coming next week: The Easy Eats Special Holiday Issue (easyeats.com)



