



Fall Flavors

Cooking & Entertaining Guide From NFCA and Thai Kitchen

FALL VEGGIES

Cauliflower, Squash,
Sweet Potatoes,
Parsnip, Cabbage, and
of course...PUMPKIN.

FALL FRUITS

Apples, Bananas,
Dates, Pears,
Cranberries



IN THE KITCHEN

Savor the Flavor.

Incorporate seasonal ingredients, so many of which are NATURALLY gluten-free!

Spice Things Up.

Spices play a large part in creating the classic seasonal aromas and flavors we've come to love. Try adding a pinch of cinnamon, nutmeg, cloves, rosemary or turmeric to your next meal.

Get Cozy.

As the weather cools down, the kitchen heats up! Embrace the season with dishes like: soups, casseroles, roasted vegetables, pies and bread pudding - don't forget mulled cider and hot toddies, too! Thai Kitchen Dipping & All-Purpose Sauces are a quick and easy way to infuse your dishes with Thai flavor.

Make Fall Cooking Fun.

Make your food fall-themed. Leaf or pumpkin shaped cookie cutters make everything from cookies and pancakes to roasted potatoes more fun! Thai Kitchen also has some tips for creating fun and festive shapes with food.



AROUND THE TABLE

Make a Stylish Centerpiece.

Natural elements like pinecones, leaves, acorns, seasonal fruits and vegetables can be used to make a fantastic seasonal wreath or centerpiece. Best of all, you can make it yourself with items found in your own backyard!

Bake It or Fake It.

Nothing says “fall” like the aromas of cinnamon, apple and pumpkin. To set the mood, toss a batch of gluten-free Coconut Pumpkin Bread Pudding in the oven just before company arrives. For an easy fix, pour apple cider into a crockpot, add 2 cinnamon sticks, and set on low. And of course, there are always scented candles!

Servingware with a Spin.

Make your bowls and vases out of colorful pumpkins and gourds – It’s a fun and easy way to liven up any table!

Add a Fall Theme to Your Party.

There are plenty of classics to incorporate into your dinner party or gathering. **Ideas: Oktoberfest, Fall Harvest, Football/Tailgate, and Halloween!**

Make it a Family Affair

- Invite the kids to help you in the kitchen. It’s a great time to talk about ingredients, show them how to read labels, and work on math skills.
- If your kids are more adventurous, send them on a scavenger hunt to find items you can decorate with. (See “Make a Stylish Centerpiece” for ideas on what to gather.)
- For crafty kids, help them paint wooden napkin rings in seasonal colors, or create Origami Tulips using red, orange and yellow paper.

Coconut Pumpkin Bread Pudding

Prep Time: 15 minutes

Cook Time: 40 minutes

2 cans (13.66 ounces each) **Thai Kitchen® Coconut Milk**

4 eggs, lightly beaten

1 cup sugar

1 cup canned pumpkin

1 tablespoon pumpkin pie spice

1 tablespoon vanilla extract

8 cups gluten-free cinnamon raisin bread, cubed

1 cup flaked coconut

1 cup chopped pecans

Spiced Maple Syrup (recipe follows)

1. Pour coconut milk into large bowl. Stir with whisk until smooth. Add eggs, sugar, pumpkin, pumpkin pie spice and vanilla; mix until well blended. Add bread cubes; toss to coat well.
2. Pour into greased 13x9-inch baking dish. Let stand 10 minutes. Sprinkle evenly with coconut and pecans.
3. Bake in preheated 350°F oven 35 to 40 minutes or until knife inserted in center comes out clean. Cool slightly on wire rack. Serve bread pudding with Spiced Maple Syrup.

Makes 16 servings.

Spiced Maple Syrup: Mix 1 cup maple syrup, 1 teaspoon vanilla extract and 1/4 teaspoon pumpkin pie spice in microwavable bowl or measuring cup. Microwave on HIGH 1 minute or until warm, stirring once.

For more recipes, visit www.CeliacCentral.org/thaikitchenrecipes.