



“I started cooking and baking many years ago and I share with my family a passion for food. For us, many of our most important moments happen at the family dinner table. I hope that this book brings you to the family table, sharing recipes that everyone loves to eat. My advice to you, whether you’re cooking for yourself or for family and friends, is to cook happy!”



and baking. Now she teaches culinary classes in culinary schools about how to cook and baking in the gluten-free way.

Chef Mazor shares with her audience gluten-free recipes for everyday cooking in a monthly health magazine and works as a culinary consultant for numerous companies as well. Chef Mazor’s “mom” point of view on the culinary world impacts her recipes. In her books she tries to use the most nutritional flours. Because of her background, readers will be able to find in her new cookbook, *gluten-free cooking for healthy living*, guidelines on how to make their own gluten-free flour mixes, Chef’s personal favorites mixes for pizza crusts, cakes, and cookies, and all-purpose flour mixes that will help to reduce costs and be independent in the kitchen.

## Gluten-Free Recipes with Chef Einat Mazor

**B**orn near the Mediterranean, where seasonal fresh fish, fruits, and vegetables flourish, Chef Einat Mazor forged a strong connection to food and cooking at an early age. This passion shaped her life and career. When Chef Mazor discovered that Edan, her daughter had Celiac, it was an adjustment for the whole family but it also empowered them. Thus, changes in the kitchen evolved into a business. Mazor is a certified chef from the Natural Gourmet Institute in New York. Until 2009 she catered beautiful events in New York and New Jersey; offering an organic allergy free baked goods and desserts to clients with special dietary needs. Since then, she wrote three cookbooks about gluten-free cooking

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## BANANA BREAD

Makes 1 5 x 9-inch loaf

- $\frac{1}{3}$  cup brown rice flour
- 1 cup rice flour
- $\frac{2}{3}$  cup tapioca flour
- $\frac{1}{4}$  cup potato starch
- 1 teaspoon guar gum
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{3}{4}$  cup sugar
- 6 tablespoons milk
- 1 egg
- 4 tablespoons unsalted butter, room temperature
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon salt
- 2 very ripe bananas, mashed
- $\frac{1}{2}$  cup chopped semi-sweet gluten-free chocolate

**1.** Preheat the oven to 350°F and spray a 9 x 5-inch loaf pan with cooking spray.

**2.** In the bowl of an electric mixer fitted with the paddle attachment, sift together the flours, potato starch, guar gum, baking powder, baking soda and sugar.

**3.** In a second bowl, mix together the milk, egg, butter and cinnamon. Stir the egg mixture into the flour mixture and mix on a medium speed for about 3 minutes, until combined. Fold in the salt, bananas and chocolate.

**4.** Spoon the dough into the loaf pan and bake for about 1 hour, until golden brown. Transfer to a wire rack and cool before serving.

**5.** Banana Bread may be refrigerated for up to 3 days in an airtight container.

## MARINARA PIZZA

Makes one 10-inch pizza

### Crust

- $\frac{1}{2}$  cup tapioca flour
- 1 cup rice flour
- 1 teaspoon xanthan gum
- 2 teaspoons light brown sugar
- $1\frac{1}{2}$  teaspoons dry yeast
- 1 teaspoon extra virgin olive oil

- $\frac{3}{4}$  cup warm water
- $\frac{1}{4}$  cup potato starch, optional
- $\frac{1}{2}$  teaspoon salt

### Sauce

- 1  $14\frac{1}{2}$ -ounce can whole, peeled organic tomatoes
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 tablespoon light brown sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 5 ounces (about  $1\frac{1}{2}$  cups) grated or sliced mozzarella cheese
- Fresh basil leaves, for garnish

**1.** Prepare the crust: In the bowl of an electric mixer, combine the flours, xanthan gum, sugar, yeast, oil and water. Mix on low speed for 4 minutes, until easy to handle. If dough is still sticky, add up to  $\frac{1}{4}$  cup potato starch to make it easier to handle. Add the salt.

**2.** Cover the dough with plastic wrap and let it rise in a warm place for 1 hour.

**3.** Prepare the sauce: In the meantime, combine the tomatoes, garlic, onion, sugar, salt and pepper in a large pot. Bring the mixture to a boil over medium-high heat, then reduce the heat and simmer for 15 minutes. Remove from the heat and set aside to cool, then transfer to a blender and blend until smooth. In the meantime, preheat the oven to 420°F and oil a baking sheet or pizza stone.

**4.** Turn out the dough on a gluten-free floured surface.

**5.** Spread the dough onto the baking sheet and bake for 8 minutes. Remove the crust from the oven, top with the sauce and cheese, and bake for another 5 minutes, until the cheese is melted and the crust is golden brown. Top with basil leaves and serve.



## ULTIMATE DOUGHNUTS

Makes 30 Doughnuts

### Doughnuts

- 2 cups milk
- 1 teaspoon apple cider vinegar
- 2 eggs
- 1 cup sugar
- 2 tablespoons melted unsalted butter
- 3 cups Gluten-Free Cake & Cookies Mix or store-bought gluten-free, all-purpose flour
- ½ cup brown rice flour
- 1 cup potato starch
- 1 teaspoon guar gum or xanthan gum
- 1 teaspoon nutmeg
- ½ teaspoon cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- Confectioners' sugar, for dusting

### Cinnamon Sugar Topping

- 2 tablespoons melted unsalted butter
- 2 tablespoons sugar
- 1 tablespoon cinnamon

### Chocolate Glaze

- ¼ cup gluten-free chocolate chips
- 1 tablespoon unsalted butter, room temperature
- 1 teaspoon water, optional
- Rainbow sprinkles, optional

1. Prepare the doughnuts: Preheat the oven to 375°F and spray 2 doughnut pans with cooking spray.
2. In a large mixing bowl, combine the milk, vinegar, eggs, sugar and butter. In a separate bowl, sift together the flour mix, flour, potato starch, guar gum, nutmeg, cinnamon, baking powder, baking soda and salt.
3. Working in batches, add the flour mixture to the milk mixture, mixing just until incorporated. Let the batter rest for about 15 minutes and then transfer to a pastry bag and pipe onto the doughnut pans. Bake for 8 to 10 minutes, until golden. Transfer to a wire rack to cool completely. Top the doughnuts you'll be serving immediately as instructed below. Wrap the rest in aluminum foil and then plastic wrap, or in an airtight container, and freeze for up to 2 weeks.
4. Top the doughnuts with a dusting of confectioners' sugar, or use one of the following toppings.
5. For the Cinnamon Sugar Topping, combine the butter, sugar and cinnamon in a small bowl and dip in the doughnuts. For the Chocolate Glaze, place the chocolate chips and butter in a bowl and set over simmering water until melted. Mix until smooth and add the water if the glaze is too thick. Pour the glaze into a shallow bowl and dip in the doughnut tops. Sprinkle with rainbow sprinkles and serve.