



Gluten Free Entrees

In this class, you'll get an up close and intimate look at Danielle's techniques for making her amazing grain free recipes. By the end of it, you'll know how to make a Cauliflower Pizza Crust, a Lamb Gyro Meatball Pasta with Zucchini Noodles, and a dairy-free Chicken Tikka Masala served over Saffron Cauliflower Rice.

Equipment List

Below is our recommended list of equipment for the best possible results:

Meat Lovers Pizza w/ Cauliflower Rice	Greek Gyro Pasta w/ Lamb Meatballs	Chicken Tikka Masala w/ Saffron Rice
Cutting board and knife		
Food processor or cheese grater		Food processor or box grater
Steamer basket and pot		
Parchment paper and sheet pan	Parchment paper and sheet pan	Baking sheet
Pastry brush		
Large sauté pan		Sauté pan
Pizza cutter		
Mixing Bowl	Large bowl	Large bowl
	Silicone spatula	
	Plastic wrap	Plastic wrap
	Spiralizer or Julienne cutter	
		Paper towels
		Dutch oven or stock pot with a lid
		High powered blender for cashew cream
		Wooden spoon

Meat Lovers Pizza with Cauliflower Crust

Equipment	
Cutting board and knife	Food processor or cheese grater
Steamer basket and pot	Parchment paper and sheet pan
Pastry brush	Large sauté pan
Pizza cutter	Mixing bowl

Ingredients & Prep

Pizza:

- ½ head cauliflower, about 2 cups grated
- ½ cup + 2 tbsp freshly grated Parmesan cheese
- 1 garlic clove, crushed
- ¼ tsp sea salt
- ½ tbsp fresh basil, chopped
- 1 egg
- 2 tbsp coconut flour
- 1 tbsp virgin olive oil
- ½ tsp garlic salt

Toppings:

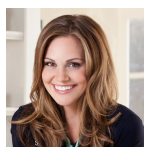
in a large sauté pan:

- ¼ pound chorizo sausage, casing removed
- 2 ounces bacon (nitrate-free), diced
- 2 tbsp crimini mushrooms, chopped
- ¼ cup red bell peppers, thinly sliced
- ¼ cup yellow onions, thinly sliced
- ¼ cup diced tomatoes
- ½ cup marinara sauce
- ½ cup raw cheddar cheese



Step-by-Step

1. Preheat your oven to 450°.
2. Trim the cauliflower and remove the stems. "Rice" the cauliflower by using the grating attachment on a food processor. You can also grate the cauliflower with a cheese grater. Pick out any large fragments that may have slipped through the holes.
3. Place in a steamer placed over an inch or 2 of boiling water, and steam for about 5 minutes, until just tender but not fully cooked. Don't let the cauliflower touch the water, it will absorb too much of the water and make a soggy crust.
4. Combine the cauliflower, cheese, garlic, salt, basil, egg, and coconut flour in a bowl. Mix until combined.
5. Form two 8 inch circles with the dough on a piece of parchment paper. The "dough" will be pretty loose until it is cooked, so use your hands to form it into a circle and lightly press with your palms until it is ½ inch thick. Brush with olive oil and sprinkle with garlic salt.
6. Bake at 450 for 15 minutes, or until slightly browned around the edges.
7. Warm a tablespoon of olive oil over medium-high heat. Sauté the sausage, bacon, mushrooms, peppers, and onions until the meat is cooked through and the vegetables are slightly soft.
8. Let the crust cool slightly, then add the sauce, toppings, and cheese and place under the broiler for 5-6 minutes until the cheese is melted.
9. Cool for 5 minutes before serving.



You can use any toppings you like, but because the crust is pre-baked, you will need to cook the vegetables and meat before baking the entire pizza.

Greek Gyro Pasta with Lamb Meatballs

Equipment	
Large bowl	Silicone spatula
Plastic wrap	Parchment paper
Sheet pan	Spiralizer or Julienne cutter

Ingredients & Prep

Meatballs:

- 1 ½ lbs ground lamb
- 1 or 1 ½ tbsp fresh lemon juice
- 1 or 1 ½ tbsp extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ½ tsp chopped fresh rosemary
- 1 ½ tsp chopped fresh oregano
- 1 ½ tsp sea salt
- ¼ tsp cracked black pepper

Tzatziki Sauce:

- ¾ cup unsweetened coconut milk yogurt
- 1 small cucumber, peeled, seeded, and finely chopped
- 1 tbsp fresh lemon juice
- 1 tsp chopped fresh dill
- 1 tsp chopped fresh mint
- 1 clove garlic, minced
- ½ tsp balsamic vinegar
- ¼ tsp sea salt

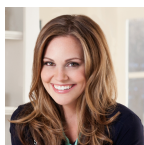
Pasta:

- 4 large zucchini
- 1 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1 ½ tsp chopped fresh oregano
- ¼ tsp sea salt
- 1 cup cherry tomatoes, halved
- ½ red onion thinly sliced



Step-by-Step

1. Place all the meatball ingredients in a bowl and mix well. Marinate in the refrigerator for 30 minutes.
2. Meanwhile, make the sauce. Place all the sauce ingredients in a bowl and whisk to combine. Cover and refrigerate while the meatballs are cooking.
3. Preheat the oven to 375°F.
4. Form the meat into 2-inch balls and place them on a rimmed baking sheet.
5. Bake until no longer pink in the center, 20 to 25 minutes.
6. Meanwhile, make the pasta. Peel the squash, trim the ends, and make the noodles using a spiral slicer or julienne peeler. Place the noodles in a bowl and toss with lemon juice, olive oil, oregano, and salt. Allow the noodles to marinate while the meatballs cook.
7. Remove the meatballs from the oven and let them cool for 5 minutes. Mix the tomatoes and onion into the pasta.
8. Serve the meatballs atop the marinated zucchini pasta with a dollop of tzatziki sauce.



You can puree ½ cup soaked cashews plus ¼ cup almond milk in the blender to substitute for yogurt in the tzatziki sauce.

Chicken Tikka Masala with Saffron Rice

Equipment

Large bowl
Plastic wrap
Paper towels
Baking sheet
Dutch oven or stock pot with lid
Wooden spoon
High powered blender for cashew cream
Food processor or box grater
Large sauté pan



Ingredients & Prep

Basic Ingredients:

- 1 cup unsweetened dairy-free yogurt
- 1 garlic clove, minced
- ½ tbsp grated ginger
- 1 tbsp lemon juice
- 1 tsp coriander
- 1 tsp cumin
- ½ tsp cinnamon
- ¼ tsp ground cardamom
- 1/8 tsp cayenne pepper
- 1/8 tsp ground turmeric
- salt and pepper
- 1 pound skinless, boneless chicken thighs, trimmed of fat

Sauce:

- 1 tbsp virgin olive oil
- ½ yellow onion, chopped
- 1 garlic clove, minced
- 1 tsp minced ginger
- 1 tbsp garam masala
- ¾ tsp chile powder
- ½ tsp paprika
- dash of cayenne pepper
- 1 tsp salt
- 2-½ cups tomato puree (or strained tomatoes)
- 1 tsp honey
- ¾ cup cashew cream (recipe to follow)
- ½ cup almond milk
- 3 tbsp cilantro, chopped

Cauliflower Saffron Rice:

- ½ cauliflower head, about 3 cups of florets
- 1 tbsp coconut oil or ghee
- 6-8 saffron threads
- 2 cardamom pods
- 1 tsp whole cloves
- ½ cinnamon stick
- ½ tsp cumin
- 1 tsp garam masala
- 1 cup frozen peas, thawed
- 1 cup chicken stock
- salt and pepper to taste

Chicken Tikka Masala with Saffron Rice



Preparing the Chicken with Sauce

1. Make the Masala marinade by mixing all the ingredients together in a bowl. Add the chicken to the bowl and stir to coat. Cover with plastic wrap and marinate in the fridge overnight, or up to 48 hours.
2. Remove the chicken from the bowl and, using a paper towel, blot off the remaining marinade. Place chicken on a baking sheet and place under the broiler until just cooked through and showing some brown spots. Depending on the size of the thighs, it should take about 10-12 minutes. Turn once half way through.
3. In a large dutch oven or stock pot, heat the olive oil over medium heat. Cook the onion, garlic and ginger until slightly browned and softened, 5-7 minutes. Add the spices and stir for 1 minute.
4. Add the tomatoes and honey. Season with salt and pepper. Cook over medium-high heat until the sauce is thickened, about 10 minutes. Stir occasionally to keep the sauce from sticking to the bottom of the pan.
5. Remove the chicken from the oven and cut into cubes.
6. Add the almond milk and cashew cream then continue to cook over low heat for about 10 more minutes.
7. Stir in the chicken, season with salt and pepper, then serve over cauliflower rice and garnish with chopped cilantro.

Preparing the Cashew Cream

1. Soak 1 cup of raw cashews in 3 cups boiling water for 30 minutes.
2. Drain the cashews, and discard the soaking water.
3. Place the cashews in a blender with 3/4 cup of fresh water and blend until smooth. It should be a similar thickness of a greek yogurt. If it's too thick, add a little water at a time to get your desired consistency.

Preparing the Rice

1. Run the florets through a food processor and process until finely grated to the size of rice grains or grate them on a cheese grater.
2. Melt the butter or coconut oil in a sauté pan over medium-high heat, then add cauliflower and spices.
3. Sauté over medium heat for 5 minutes. Stir in the peas.
4. Slowly add the chicken stock, stirring in between, until all of the liquid is absorbed and the cauliflower is mostly cooked but with a little crunch left to it.
5. Add salt and pepper to your liking. Remove the cloves, cinnamon stick, and the cardamom pods before serving.

The yogurt in the marinade helps to tenderize the chicken, but is not completely necessary. If you're Paleo and don't want to go through the trouble of making a cashew yogurt or something of the like, then you can use a little baking soda in the marinade to help tenderize the meat. Marinate the chicken with a little olive oil, all of the spices, and 1/4 teaspoon of baking soda. You can also make the cashew cream in advance to save time and store in the refrigerator for up to 4 days.



Danielle Walker's Against All Grain

Danielle Walker is the author and photographer of the New York Times Best Selling cookbook *Against all Grain*. After being diagnosed with an autoimmune disease when she was 22 years old, Danielle realized that she needed to make dietary changes to end her suffering. She removed grains, lactose, and legumes from her diet, and started her blog to help others suffering from similar ailments continue to enjoy food. With her acquired culinary skills, love for food, and an equal love for journalism, she has become a source of hope for others suffering from all types of diseases or allergies.

A self-trained chef, Danielle is the new face of grain-free and gluten-free cooking, tempting foodies of all stripes with her innovative, accessible recipes for delicious, vibrant Paleo food.

Paying homage to the dishes she loved from her pre-Paleo life, she has ingeniously recreated all of her favorites without grains, gluten or dairy.

Omitting grains, gluten, dairy, and refined sugar doesn't correlate with omitting taste in these recipes. Danielle's recipes are sure to leave you feeling satisfied and exhilarated, rather than deprived.

