



Gluten-free cooking: what do you do with the classics?

The classics are super-tasty, but often not so good for those who need to eat gluten free. In making hot dishes are mainly the small things that can make sure that the dish just is or is not gluten free. Especially when there are sauces to be necessary. We started with endive rolls in the oven with cheese sauce, stew and vol-au-vent with balls.

Chicory rolls in the oven with cheese sauce, delicious! It is especially the sauce that makes people with gluten intolerance can never choose this dish at restaurant. Yet the bechamel sauce is very easy to make gluten free. You've got yourself gluten free flour is needed, such as corn starch corn flour is available gluten and everywhere.



By VTM Cooking can be found different versions of the recipe, I chose this recipe Sophie Dumont. What do you need according to the classic recipe? 8 stumps chicory, pepper, salt, nutmeg, 1 knob of butter, 8 slices of ham; For the puree: 800 g potatoes, salt, pepper, nutmeg, 150 g sour cream. These ingredients should you so just take over from the original recipe. Only for the bechamel sauce differs somewhat from: 50 g butter, 50 g of corn flour (instead of the flower), 500 ml of milk, 500 g of ground Emmentaler, salt, pepper, nutmeg. Do to some reason two separate sauces: one is and one is not gluten, be careful with contamination. Do not stir with the spoon of the non-gluten free sauce in the pot of the gluten-free sauce. For people who are sensitive to gluten, this is enough to get sick. Though it seems

to me a little crazy to make two sauces, to me - although I must admit that I have never tasted sauce with gluten - taste the difference is not enough to do much extra work.

The preparation thus remains the same as in this recipe Sofie with only one adjustment: Make the sauce. We start with the roux. Weighing 50 grams cornstarch off. Melt 50g butter. Add in one go to the cornstarch. Stir until dry to the 'cookie smell.

Our second recipe is Hutsepot. Here there are only two things we should consider in order to make the full recipe gluten: the sausage and mustard that you serve it. Regarding the sausage is only one good solution: ask. Clean, non-prepared meats are not a problem, but sausage is excluded from this category. So just ask your butcher to whether it was prepared gluten. What concerns the mustard it's already read packaging to make sure that there is no gluten in it.

Finally may vol-au-vent with meatballs and fries not on the list are missing. The ingredients for the mushrooms and broth remain the same as in this recipe. The fries we do with 800 grams of flour potatoes, but we re-establish a clean frying oil. For the cookies we use two gluten-free pastry sheets, but the egg yolk and the splash of milk we maintain. The meatballs are made with 250 grams of chopped mixed, which we again ask the butcher in question whether it was prepared gluten.

We choose four tablespoons gluten-free breadcrumbs. I use this Shar, available in almost all organic food stores. For the sauce we finally replace the 80g flour again by 80 g cornstarch. The other ingredients we need not change. If you take into account the above adjustments, can the ordinary recipe Sofie Dumont just going to follow.

Find more @ [JollyGoods.co](https://www.jollygoods.co)