



# Gluten Free Mama News

May News 2008

[www.glutenfreemama.com](http://www.glutenfreemama.com)

*Welcome to Spring/Summer!*

## Inside this issue...

- ALMOND SESAME FRIED CHICKEN** 1
- LEMON CAKE** 2
- NEW STORES** 2

We had a late start on spring in Montana. Two weeks ago we had snow. However this weekend we are expecting 80 degree weather. Only in Montana can the weather change so dramatically. So now I, the Gluten Free Mama, find myself in a quandary. Do I go to my kitchen and cook and create new recipes or do I go out in my garden and enjoy my flowers and the sunshine? I feel so torn between the two worlds. Nevertheless, I will not complain about a little sunshine.

I just returned from the Celiac Disease Foundation Conference/Food Fair. I brought my kids and family with me and then we went to Disneyland. My daughter Lexie was in heaven at the conference, because for the first time ever she could eat nearly everything they were sampling. We left the conference and didn't need to feed her dinner! I have tons of reviews on new products that I will be featuring on my blog at [glutenfreemamafriends.blogspot.com](http://glutenfreemamafriends.blogspot.com). If you are not a member yet, just log on and sign up. Whenever there is a new blog it will come straight to your email.

My email is inundated with requests for recipe requests and how to requests. The three top complaints people have after going gluten free is giving up pizza, bread and fried chicken.

I get at least 2-3 requests for fried chicken each week. I have tried a few different ways, but have felt that they weren't worthy to share with you as they were delicate and fell apart, or lacked significant flavor.

This weekend a recipe popped in my head and I thought I'd give it a try. I made it twice and had several people try it to see if it was just me or if people really did like it. It is a WINNER! My kids even liked it and requested two nights in a row.

We served it with salad and veggies. I think it would also be great for a picnic or potluck, or try it with an Asian orange sauce over a bowl of rice!

Enjoy!

## Almond Sesame Fried Chicken

### Ingredients:

- 4 chicken breasts or 8 tenders, thawed
- 2 eggs
- 1 cup Mama's Almond Blend Flour
- 1/2 cup whole almonds, chopped coarsely
- 1/2 tsp. ginger
- 1/2 tsp. mustard
- 1/2 tsp. salt
- 3/4 tsp. garlic powder
- dash of pepper
- 2 Tbsp. toasted sesame seeds

1. Crack eggs and mix with a fork.
2. Use a food processor to coarsely chop almonds. (not super fine)
3. Mix together flour, almonds, spice and sesame seeds.
4. Cut chicken into strips, rinse.
5. Lightly roll chicken in flour mixture, then dip in egg, then generously roll in flour mixture again.
6. Fry in deep fat fryer for 5-7 minutes or until completely cooked through.

**For Baking:** Coat 8 x 11 pan with 1/2 inch oil. Bake at 375 for 30 minutes. Gently turn chicken after 15 minutes, being careful not to remove coating.

This chicken is great served with Vivi's Classic Carnival Mustard. See review on the next page.

© Gluten Free Mama Kitchen, LLC May 2008





### VIVI'S CLASSIC CARNIVAL MUSTARD



[www.vivisoriginalsauce.com](http://www.vivisoriginalsauce.com)

We tried these sauces at the CDF food fair and let me tell you they are amazing. My husband begged me to buy some, so we came home with one of each flavor. We had to fight over if he got to take him to his shop or we got to keep them at home. The solution, order more for home and work!

These sauces are a little spicy and tangy and add zip to any recipe from meatballs, sandwiches and from chicken to hamburgers. Vivi has several recipe ideas on her website as well.

We used the Original Carnival Mustard with the Almond Sesame Fried Chicken and it was a hit, even with my older girls. If you like a little spice and zip these sauces are a must have in your kitchen.

### NEW STORES

**Yoke's Natural Market Place**  
(Argonne) Spokane, Washington  
**Huckleberries**, Spokane Washington  
**Michlitch Company (Spokane Spice)**  
Spokane, Washington

## Enjoy eating gluten free!

If you would like to stop receiving GFM Newsletters please email [rachel@glutenfreemama.com](mailto:rachel@glutenfreemama.com) and request to be removed.

## Lemon Cake (Dairy Version)

### Ingredients:

2 cups Mama's Almond or Coconut Blend Flour  
1 1/4 tsp. xanthan gum  
1/2 tsp. salt  
2 tsp. baking powder  
  
1/2 cup butter  
1 1/2 cups sugar  
2 tsp. lemon zest  
1/4 cup lemon juice  
1 tsp. vanilla  
2 eggs  
  
1 1/4 cup buttermilk

### Lemon Glaze

2 cups powdered sugar  
Zest of one lemon  
2 Tbsp. lemon juice  
2 Tbsp. very hot water

Mix together until smooth and spread over the top of each layer. (not sides)

**Directions:** Preheat oven to 350°. Lightly grease and flour 2 8 inch cake pans or one 8 x 11 cake pan.

Mix together flour, xanthan gum, salt and baking powder. Set aside.

Using a mixer, cream butter and sugar. Add lemon zest, lemon juice, vanilla and eggs. Mix well.

Pour half of flour mixture and half of buttermilk. Mix on low until combined. Repeat with remaining flour and buttermilk.

Spread evenly into pans. Bake for 40 minutes or until toothpick inserted comes out clean and top bounce back when touched. Allow to cool and then frost with lemon glaze.

## Lemon Cake (Dairy Free Version)

### Ingredients:

2 cups Mama's Almond or Coconut Blend Flour  
1 1/4 tsp. xanthan gum  
1/2 tsp. salt  
2 tsp. baking powder  
  
1/2 cup vegetable oil  
1 tsp. vanilla  
2 tsp. lemon zest  
1/4 cup lemon juice  
1 1/2 cups sugar  
2 eggs  
1 cup milk (dairy, soy, rice, nut)  
2 tsp. vinegar

**Directions:** Preheat oven to 350°. Lightly grease and flour 2 8 inch cake pans or one 8 x 11 cake pan.

Mix together flour, xanthan gum, salt and baking powder. Set aside.

In a mixer mix together oil, vanilla, zest, lemon juice and sugar. Add eggs and mix well. Measure our milk and add vinegar.

Pour in half of flour mixture and half of milk mixture. Mix until combined. Repeat with remaining flour and milk.

Spread evenly into pans. Bake for 40 minutes or until toothpick inserted comes out clean and top bounce back when touched. Allow to cool and then frost with lemon glaze.

© Gluten Free Mama Kitchen, LLC May 2008