



THE WARM KITCHEN: Gluten Free Recipes Anyone Can Make and Everyone Will Love

By Amy Fothergill
September/2013
Softcover/\$26.95

FOR MEDIA INQUIRIES AND TO REQUEST A MEDIA COPY, CONTACT:

Trina Kaye – The Trina Kaye Organization
310-915-0970 / TrinaKaye@tkopr.com

“The Warm Kitchen is not just a cookbook—it is so much more. It is also an easy-to-use reference guide and how-to manual that is terrific for gluten-free newbies as well as those of us who are farther along in our gluten-free journey and know the ropes.”

*Jeanne Sauvage, Author of **Gluten-Free Baking for the Holidays: 60 Recipes for Traditional Festive Treats**
Art of Gluten-Free Baking blog*

New Cookbook Makes Eating Gluten-Free Easy and Delicious

The Warm Kitchen: Gluten Free Recipes Anyone Can Make and Everyone Will Love by Amy Fothergill, The Family Chef

More and more people are choosing to live a gluten free lifestyle, many by necessity. But eating gluten-free does not have to mean eating taste-free. A new cookbook is out just in time for the holidays filled with gluten-free recipes anyone can make and everyone will love. Amy Fothergill, author of The Family Chef blog, has written **The Warm Kitchen**, a comprehensive cookbook filled with cooking techniques, tips, step-by-step instructions, family friendly dishes, and beautiful full color photos. There is also a chapter on how to stock a gluten-free pantry.

Within the pages of her book, Amy demystifies gluten-free cooking, breaking down the assumption that cooking without gluten is challenging or unappetizing. From breakfast to dessert-- with soups, salads, main and side dishes, and breads in between—over 150 recipes in **The Warm Kitchen** feature real ingredients and easy-to-follow instructions that yield delicious results. With the use of Amy’s single, easy-to-mix, gluten-free flour blend, home cooks can create favorite dishes such as: **bagels, crust-less quiche, fresh breads, chicken pot pie, zucchini pancakes, pizza, doughnuts, cupcakes, chocolate whoopee pies, shortbread, chocolate chip cookies, carrot cake**, and more.

Amy understands cooking for multiple food allergies and includes excellent substitutions for dairy, eggs, and sugar. Her number one goal is that home cooks are as successful as she has been with creating dishes for any occasion any day of the week. She says “when you open up **The Warm Kitchen**, I want you to feel like you have come in to my kitchen; the warmth comes from both the oven as well as my heart.”

If living gluten-free makes you feel like you are missing out on some of your favorite foods, then welcome to **The Warm Kitchen**, the must-have cookbook this fall.

About the Author



Amy Fothergill has over 25 years of cooking experience. She trained at Cornell University's School of Hotel Administration and has worked in restaurants, catering, and healthcare foodservice. She never thought her culinary skills would be necessary to manage both her family and her own special dietary needs but has found her training and experience has come in handy. As a mother of two, she has adapted her skills to create dishes that will make the whole family happy. As the Family Chef, Amy shares her secrets about how to juggle cooking with any busy lifestyle on her

popular blog, thefamilychef.blogspot.com. Currently, she teaches cooking classes, provides both home and business consultations, and performs cooking demos. She writes a gluten-free column for the Examiner.com, and articles for local newspapers and other newsletters. She lives in the San Francisco Bay Area with her husband and children.

Mac and Cheese

Serves 3-4

Making macaroni and cheese from scratch is not hard. Sometimes I make the cheese sauce in the microwave in a 2-cup glass measuring cup. Make it once or twice, and you'll quickly get the hang of it.

1 & ½ - 2 cups gluten-free pasta (shells or elbows)
1 cup milk or half and half

SLURRY:

Mix ¼ cup cornstarch with ¼ cup cold water
Sprinkle of nutmeg
½ teaspoon sea or kosher salt
Few grinds of black pepper or a sprinkle of white pepper
Sprinkle of dry mustard and garlic powder
¾ cup of shredded cheese*



* I use a combination of sharp cheddar, Parmesan and a shredded Italian blend that you might use for pizza. Using a sharp cheese is important for flavor.

1. Bring a medium pot of water to a boil.
2. While you are waiting for the water to come to a boil, make the sauce. Add the milk to a small sauce pan over medium heat. Heat until it is hot but not boiling. It is ready when there are little bubbles on the edges of the pot, also known as scalding.
3. When milk is hot, add cornstarch slurry and whisk. Add nutmeg, salt, pepper, mustard, and garlic. Continue to cook until slightly thickened, about 3-5 minutes. You might need to raise the temperature slightly.
4. When the water comes to a boil, add pasta and stir.
5. Once the milk sauce has thickened slightly, turn off heat. Add cheeses and stir. Let the cheese melt for a few minutes and then stir. Set aside.
6. Once pasta is done, drain it and add back to pan. Add cheese sauce and stir to combine. Serve immediately.

Shortbread

Makes about 24-30 cookies

You will be amazed at how much these taste like regular shortbread. The key is to not overwork the dough. We made these in a cooking class and the xanthan gum was omitted. Yes, the cookies fell apart but were still delicious! I'm sure this would be a good base for a tart but try it first. Make a cuppa tea and enjoy (no, not a typo; an English term).

2 cups Amy's Gluten-Free Flour Blend (recipe below)
½ cup white rice flour plus extra for rolling
1 teaspoon xanthan gum
½ teaspoon kosher salt
1 cup unsalted butter, softened, or vegetable shortening
½ cup white sugar
1 teaspoon vanilla extract



1. Preheat the oven to 325°F. Prepare 2 baking sheets with parchment paper or silicone baking mats.
2. In a bowl, mix the flours, xanthan gum, and salt together with a whisk. Set aside.
3. In a stand up mixer or with beaters, beat the softened butter and sugar until it just comes together, being careful not to overmix. Add vanilla and mix briefly.
4. Add the flour and mix until it is combined well. It might look crumbly at first, but keep mixing and it will come together.
5. Place dough on the counter. Use some white rice flour to keep from sticking. Roll into a log. Using a knife or pastry cutter, cut circles approximately 1/2" thick. You may need to pat them to make them more round. Place on baking sheets.
6. Bake for 12-14 minutes, rotating pans once. Cookies should be just golden on the edges.
7. Remove from oven and let rest for 3-5 minutes. Carefully remove from baking sheets, using a spatula, and place on a rack to cool. They can crumble easily but are so good!

VARIATION: LEMON SHORTBREAD

Add 2 tablespoons of lemon zest to the dough in step 4.

Amy's Gluten-Free Flour Blend

This is the flour blend that will hopefully change your life. It's easy to mix, versatile, and can be a substitute for flour in almost any recipe.

MIX TOGETHER AND KEEP IN AN AIR TIGHT CONTAINER:

- 3 cups brown rice flour
- 1 cup tapioca flour or starch
- 1 cup potato starch (not flour)
- 1 cup millet flour

Note: If you can't find or don't want to use millet flour, substitute with an equal amount of white rice or brown rice flour.

Recipes from The Warm Kitchen
By Amy Fothergill, www.TheWarmKitchen.com
September 2013

TO REQUEST A REVIEW COPY AND TO SCHEDULE AN INTERVIEW, CONTACT:
Trina Kaye – The Trina Kaye Organization
310-915-0970 / TrinaKaye@tkopr.com