

Welcome to Chef Oonagh's 5 course Master Class

I hope you enjoy it, I've tried to give you as much advice as in one of my live classes.

Yes, there is butter, cream, chocolate in these recipes. They are indulgence recipes, not for everyday.

Cannoli Dip

For any in home cooking class/dinner party, girl (couples) night, I like to have a 'nibble' dish as people arrive to stave off guests hunger pangs. For any party, New Year, BBQ's, Friday night football, Super Bowl.

I saw Erin Fehlau, one of the news anchors on NH's ABC WMUR TV make this over Christmas with her kids. It reminded me that years ago I had been given a handwritten recipe of how to make cannoli shells and the filling. In wheat flour days in my classes, we would bake strips of puff pastry (regular frozen pack of 2 sheets of wheat puff pastry) with sliced almonds on top, cool and then fill them with the cannoli filling, dust with powdered sugar and call them cannoli napoleons. Very popular, easy and expensive looking. In fact at one party a student went to, guests refused to eat them as they thought they were shop bought until Diane said she had made them.

This is the recipe I was given. It's very similar to Erin's and others but this has orange zest and orange liqueur or rum added. Totally vanished at after Christmas party and everyone requested the recipe.

1 lb **whole milk** Ricotta cheese – drained if very wet (Put ricotta cheese in fine sieve, appropriate size plate on top, weigh down with 2lb can of tomatoes, refrigerate and leave to drain into a bowl. You'll be surprised at how much liquid drains off). I use Galbani, I can't get almost any liquid to drain off. But mix is still quite runny with any ricotta. Still disappears.

½ lb room temperature cream cheese or even mascarpone for richer flavor

2 tablespoons rum or orange liqueur or orange juice concentrate thawed for non alcohol version.

1+1/2 – 1+ 2/3 c powdered sugar – start with less sugar and you can always add more.

2 teaspoons gf vanilla extract

grated zest of one orange

½ c Nestle mini semi sweet chocolate morsels – I think you seem to get more chocolate in your mouth with mini chips.

½ c toasted chopped almonds or chopped pistachios (remember many cannolis are dipped in chocolate on ends and then in chopped pistachios).

1. Mix ricotta cheese and cream cheese with electric mixer until very smooth. Then add liqueur, sugar, vanilla, orange, beat and preferably refrigerate for several hours to allow flavors to mix and mellow. After refrigeration, adjust amount of sugar, Grand Marnier etc to personal taste. I prefer to make in advance and refrigerate and only add chocolate chips and nuts just before serving so they stay crunchy.
2. Serve with Blue Diamond honey and cinnamon nut thins, or any gf versions of waffle cones, sugar ice cream cones, vanilla wafers, cannoli chips, pizzelles, shortbread cookies. Use as a dip for a fruit tray. Spoon into mini chocolate shells, use as a filling for crêpes, freeze and serve as an ice cream or as ice cream sandwiches between chocolate chip cookies or shortbreads, use to fill a cake, as a dip with fresh strawberries and other fruit.
3. You can put ricotta cheese in food processor to make it very smooth, but also thinner.
4. If too thin, sprinkle a tablespoon of instant vanilla jello pudding on top to help thicken. Sprinkled with more mini chocolate morsels and homemade candied orange peel.

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PLEASE NOTE THAT SUBSTITUTIONS AND DIFFERENT METHODS WILL AFFECT FINAL TASTE

I filled two layers of my almond cake with cannoli filling (not all of it) and topped with chocolate ganache.

Chef Oonagh tip:

reminder for gluten free safety -only serve with gluten free cookies etc, you can't put out wheat cookies with separate bowls of dip and hope people pay attention.

Note: Grand Marnier is more expensive as it has higher alcohol content. You can buy roughly 1/4 c/4 tablespoon miniatures at liquor store. I tend to use Gran Gala which is far cheaper for cooking/baking and enjoy sipping Grand Marnier.

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Strawberry Vinaigrette with Strawberry and Feta Cheese salad

I've tried some strawberry vinaigrette recipes with sour cream and yogurt and didn't like them. So I went back to my old faithful of a maple herb vinaigrette. Use honey if you don't have maple syrup. Strawberry jam sweetens and helps intensify the strawberry flavor. You **MUST** use sweet ripe strawberries or you're wasting your time and money. It's not sticky sweet. A girlfriend that doesn't like sweet loved it. My husband thinks a salad isn't complete without feta cheese and cashews.

<https://youtu.be/7k5ln59jNcQ>

Filmed and edited by us at home. Aired on NH's ABC WMUR TV on 3 June 2020.

Makes about 1 cup of vinaigrette

1 tbsp fresh lemon juice, or white wine vinegar or apple cider vinegar. Please make sure vinegars say made from wine or grapes, apples or cider.
1 tsp gf honey mustard or regular Dijon
salt and pepper to taste
1 tbsp strawberry jam – I've used Bonne Maman or Trappist jams
1 tbsp maple syrup or honey or 2 tbsp jam.
1 tbsp chopped parsley
green of the stalk of one green onion – none of the white end.
4 med to large ripe strawberries, washed, hulled and quartered
1/4 c light tasting oil. Extra virgin olive oil overpowers the flavor. I tend to use 3 tbsp avocado oil and 1 tbsp evo. I never use canola oil.

Put everything in a 2 cup jug and blend it with an immersion blender, or a liquidizer. If you don't have either, mash the strawberries really well with the rest of the ingredients. Cover and leave for at least an hour for the flavors to meld. Taste then and adjust salt, sugar, vinegar to your taste. But remember a dressing tasted on its own on a spoon or fork tastes very different from a dressing on a salad with other fruit, veg and cheese. So stir dressing and dip a lettuce leaf in to taste after dressing's sat for a while.

I like fresh crisp lettuce, some more sliced strawberries, chopped celery or Gala apple for crunch, and feta cheese. I've tried it with Brie but it didn't taste right. Add cooked chicken, shrimp, tuna for more protein. Spinach leaves. Try making it with fresh raspberries, peaches, mango and appropriate jam.

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SHRIMP AND CRAB BISQUE About 6 Dinner Party portions - i.e. about 6 cups

This is a wonderfully simple soup to make and a favorite with my clients and students. For the holidays, bridal showers, baby shower, feast of seven fishes, parties etc. Too many Bisques require one to cook the crab or lobster, crush the shell, and continue cooking for several hours, grind in food processor and then sieve resulting mess. Yes, it can taste wonderful but you can also understand why restaurants charge the prices they do for a bisque. If you can get fresh or frozen crab do so. Don't use imitation crab, only one brand that's not available everywhere is gf and I think is mushy if heated. You could also substitute frozen lobster. Substitute ½ - 1 cup of Chardonnay for the stock. Make fish stock if you want from fish bones, heads, skins. Don't chop raw vegetables in food processor as they will be chopped too small for the immersion blender to purée them. And of course the cream is the finale. That's why so many restaurant dishes taste better than at home, since at home we aren't quite as lavish in the use of butter and cream as restaurants but that's the major difference in many dishes. Use **unsweetened Asian** coconut milk (Chaokoh -Market Basket carries this brand or Chaokoh and Arroy-D at Lanna Asian Market by NCC, 101A) instead of cream if you are lactose intolerant. The dish will not be as rich, but still very good. This is easily made a day in advance, and can easily be multiplied up for a large party.

Chef Oonagh tip: Please, please, please, buy shrimp and canned crab that you know taste good. For this class, I had bought an expensive can of snow crab, it was mushy and tasted of cardboard in soup. I normally buy Costco's cooked shrimp -2lb bag.

½ stick (2oz, 56g, 1/4c) butter or olive oil, but butter is richer flavored
1 medium onion, peeled and roughly chopped
2 large carrots, peeled and roughly chopped
2 ribs or stalks of celery, washed, quartered length-wise and cut into 1/2 " pieces. Outside celery stalks tend to be tougher and stringier than inside stalks and don't puree as smooth.
2 cloves garlic, peeled and crushed
3 c (24 fl oz, 720 ml) water
1 x 8oz (240 ml) can Hunts no salt tomato sauce – should be gf
1 teaspoon (5ml) gf chicken stock concentrate – I use Orrington's labeled gf, about \$4 in Market Basket.
1 tablespoon (15 ml) gf tomato ketchup – I use Heinz
coffee filter filled with ½ teaspoon dry thyme, 1 bay leaf, some fresh parsley stalks and tied shut – I use the x4 small coffee filters or herb/tea infuser, in soups, casseroles. Herb mix is known as 'bouquet garni'.
freshly ground pepper
1 cup (240ml) heavy cream, light cream or Asian style coconut milk - I use Chaokoh or Arroy-D coconut cream.
grated rind/zest of ¼ lemon
2 tbsp (30ml) sherry – I used to buy Taylor's Golden Sherry but recently had to buy Savory & James Amontillado Sherry, \$9.99 for 750 ml at NH State Liquor store.
1/3 lb (140g) cooked shrimp, remove shells. I used 100-150 size cooked salad shrimp-so count about 50 shrimp and remove tails. They should have the rest of the shells removed. If you can get raw, shelled shrimp or tiny cooked shrimp do so. Small whole shrimp will visually look better. Raw shrimp will give more flavor to the soup but you will probably have to buy them with shells still on. I also buy 10oz ring (only about 4-5 oz without cocktail sauce and tails) of cooked shrimp with cocktail sauce since the shrimp tend to be vacuum packed and don't develop freezer burn)

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2 x 6 oz (2 x 170g) cans of decent crab not the cheapest, **well drained**, or 6-8 oz fresh or frozen crab, thawed. Normally I use 2 x 6 oz Chicken of the Sea. Costco's 1 lb can of Phillip's crab, refrigerated, is wonderful but expensive, about \$22/lb but is the best buy if you are making large quantity of this soup for parties.

dash of fresh grated nutmeg

dash of cayenne pepper if you like a bite to your soup.

Fresh, chopped parsley to garnish.

1 tbsp (15 ml) gf cornstarch mixed with 2 tbsp (30ml) cold water - optional

You can of course add more shrimp and crab.

1. Melt butter in a 3 quart (3 ltr) non stick pan. Add onions, garlic, carrot and celery and cook, covered over a low heat, for about 10 minutes until softening. This is known as sweating the vegetables and allows more flavor to develop rather than just cooking them immediately in stock.
2. Add the water, tomato sauce, stock concentrate, tomato ketchup, coffee filter of herbs and freshly ground pepper. Bring to a boil, turn down to a simmer, and cook covered for about 20-30 minutes or until vegetables are very tender. Mix won't purée smooth enough if veg is still hard. If your pan lid doesn't fit well, put aluminum foil around lid to make tighter fit or too much liquid will evaporate.
3. Remove herb packet and then use an immersion blender and purée the vegetable and stock mix directly in the pan.
4. Add the lemon rind, nutmeg, cayenne if desired, cream and cornstarch mix.
5. Add sherry and bring back to just under a boil, simmer for 2 minutes. Taste and adjust seasoning. Add thawed, rinsed and dried shrimp, drained crab and simmer for 1 minute. Raw shrimp needs gentle cooking for several minutes, until shrimp has clearly changed to a pinkish color. Some shrimp are pinker than others.
6. Turn off heat, add parsley and let sit for a few minutes. You don't want to boil any soup with a milk mix added as it can break up. Too much heat will also toughen the shrimp and also will prevent you appreciating the flavor of the soup.

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Chicken (or pork, duck, salmon fillet) with pear bourbon sauce

4 boneless, skinless chicken breast halves

salt and pepper to taste

1 tbsp butter

1 tbsp oil

1 medium onion, peeled and finely chopped

2 cloves of garlic, peeled and finely crushed

2 large firm pears, peeled and cut into ½ inch dice

6 tbsp Bourbon, in wheat flour days I used Jack Daniels, for gluten free I use 'smoky quartz' by Portsmouth based distillery, gluten free corn based bourbon

4 tbsp light brown sugar

zest of 1/2 lemon

4 tsp fresh lemon juice

4 tbsp dried cherries – original recipe used dried cranberries.

4 tbsp coarsely chopped, roasted nuts. Original recipe used pistachios, I use cashews, hazelnuts or almonds. But they must be roasted. You can roast/toast nuts if not already roasted in same 350 oven as cake for 10 minutes.

1-2 tbsp butter to finish.

1. Put plastic wrap on chopping board, put trimmed chicken 'pretty' side down on top of plastic wrap and cover with more plastic wrap. Pound chicken to even thickness with flat side of mallet. This tenderizes chicken, makes it thinner so it cooks quicker and is moister. If you try pounding on your chopping board, bits of chicken stick to chopping board like fish scales, even after you put chopping board in dishwasher.
2. Put onion and garlic in microwave safe bowl with butter and cook covered for several minutes until onion is very soft, tender and sweetens. It's easier to cook onion this way so it doesn't brown and burn in pan.
3. Heat oil in 10 inch skillet, put chicken breasts in pretty side down, cook over medium heat for 3-4 minutes until you can see edge of chicken is white.
4. Flip the chicken breast and add onion mix, pears, bourbon, sugar, lemon zest, lemon juice, cherries. Stir, cover pan and leave to gently cook for about 4 minutes or until chicken is cooked. Add a little bit of stock if liquid evaporates too quickly.
5. Stir in butter and nuts.
6. Serve chicken with sauce. If you make mashed potatoes, use a large cookie scoop to put dome of mashed potato on plate, make a hollow in top of potato and spoon some sauce on top of hollow. Serve with small yukon gold or small red potatoes with butter and chives. Asparagus, carrots, green beans, broccoli – whatever you fancy and looks good in the market.

Chef Oonagh tip – pears ripen from inside out, so by the time they feel soft on outside, they are mushy and horrible inside. I use canned pears to make an upside down pear gingerbread so tried them here. They were far too soft.

I tried with crisp Gala apple, skin left on, that was good. Ripe nectarine sliced, add at end so doesn't go too soft.

Orange zest and orange liqueur instead of lemon and bourbon.

I found there is more flavor from the bourbon when you add it as part of sauce, rather than flameing it.

Chef Oonagh's Master Almond Cake

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This is a variation of my English Bakewell Tart with shortbread pastry crust, raspberry preserves layer, almond cake and sliced almonds. One of my son's most favorite desserts so the first one I made completely gluten free. If you can only eat other nuts, then weigh (roughly eyeball from packet) nut you can eat, add sugar and process together in food processor until nuts are very finely ground. Sugar helps stop nuts turning into a paste.

This is what I make for those times we're asked to bring something to a meeting. I've made it on NH's ABC WMUR Cooks Corner, mailed it to our son. I get into trouble with friends at conferences if I don't bring it with me. Including flying from Boston to Atlanta to speak at a GIG conference. I was on a four page cover wrap for Blue Diamond Almonds for National Food and Wine magazine.

Web link includes time lapse
<https://tinyurl.com/y9uc23oj>

makes 1 x 8x8 or 1 x8" cake pan. About 1 " deep.
naturally gluten free, easily dairy free, paleo, can be made egg free.

2+1/2 times recipe can be baked in 15x10 lined jelly roll pan.

Cut into wedges and serve with raspberry sauce.

Cook in 8x8 pan and cut into tiny squares for a buffet table.

Cook in 8x8 and cut into large squares and then cut large squares into 4 triangles or 2 larger triangles.

Divide mixture between 2 holes of Wilton Giant Whoopie pie pan or 2 x 8 inch cake pans to make thin layer cake.

Divide mixture in 12 holes of Wilton mini whoopie pie pan, watch for temperature as dark lined pan browns rapidly underneath. Use as base for individual Baked Alaska, different strawberry shortcake, ice cream sandwiches.

Top with chocolate ganache, raspberry, mango couli, fresh berries.

Spread cooled cooked cake with Nutella and top with more almonds, make a chocolate ganache with either equal quantities of heavy cream and semi sweet chocolate or with Sodelicious vanilla or hazelnut creamer mixed with gf, cf chocolate. Serve in puddle of raspberry sauce or with a mix of fresh berries slightly sweetened, add some Amaretto.

Whip 1 cup cream until nearly stiff, whip in 1/2 c Nutella and chill to stiffen. Use as filling or topping.

If you don't use almond extract, you really do need to add the zest of 1-2 lemons or 1-2 oranges if you eat the cake plain. You can also add 1-2 tbsp poppy seeds and make a melted lemon juice/sugar glaze to drizzle on top of baked cake.

Almond Cake

naturally gluten free, easily dairy free, paleo. All the buzz words but still delicious.

no xanthan gum needed

1/2 stick (2oz) very soft butter – Previously, I had only used Earth Balance as a butter substitute. Now I use very soft or melted coconut oil for a far nicer taste than Earth Balance.

1/2 c (4 oz) ordinary sugar

2 large eggs.

Pinch of salt

1+1/4 cup (4 oz, 115g) of almond meal/flour slightly rounded

1/2 tsp gf baking powder – I use Rumfords, labeled gluten free, non GMO and aluminum free.

2 tsp gf almond extract- I use Penzey's that they say is gluten free. Optional but adds to flavor.

Topping: powdered sugar, 1/4 - 1/2 c sliced almonds

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1. Preheat oven to 350°F/ 170°C.
2. Place all ingredients in 4 c (1 ltr) mixing bowl and beat until well blended and fluffy- 2 minutes. Mix will go lighter in color as you beat it.
3. Spread mix in greased and gf floured (or wheat flour of course if you are a wheat eater) 8x8, or one 8" cake pan. Sprinkle with sliced almonds.
4. Bake in 350* oven for about 25-30 minutes until well risen, golden brown and set but still soft in the middle. The texture should be similar to rolls of almond paste when cut, but cooked throughout.
5. Remove from oven, serve warm or cold, sprinkled with powdered sugar.

Regular chocolate ganache with liqueur added.

1 c (8 oz, 240 ml) heavy or whipping cream

1 c (6oz, 168g) Nestle Tollhouse semi sweet chocolate chips -labeled gf.

Optional: 2-4 tbsp (30-60ml) liqueur. Depending on alcohol content of chosen liqueur, this can taste quite strong.

Heat 1 cup of whipping or heavy cream to nearly boiling in 4 c microwave safe jug – I use Pyrex, add chocolate chips and stir. Let stand for a few minutes, then stir and microwave more if necessary until a totally smooth sauce is formed (looks like thick chocolate syrup). You can also use an immersion blender to make the sauce totally smooth. With change of recipe for Tollhouse, it is more difficult to get chips to go smooth by stirring.

Add alcohol and refrigerate for several hours until stiffer than set jello pudding.

I like to lightly whisk half of chilled ganache and gently persuade over top of cake and it will start drizzling down the sides. Then whisk remaining ganache until stiff and pipe on top of cake. Ganache is very soft if served immediately, piped chocolate will set up stiffer with refrigeration.

Finish with toasted almonds , strawberries, raspberries, chocolate shards or just chocolate ganache Or put hard chocolate into hand held cheese grater and grate fine curls where you want.

Chocolate Curls/Shards/Shavings

1. Melt ½ c (3 oz, 80 g) semi sweet chocolate chips in microwave. You can also use milk chocolate. Melt some white chocolate to drizzle on top of either milk or semi sweet chocolate for a fancier shard.
2. Tear off a piece of parchment (NOT wax paper) about 8 inches wide and the 12 inches long from box and fold in half then unfold so you know where center is.
3. Spread chocolate in a strip from center across 3 inches and 12 inches, reasonably thin.
4. Fold over clean half of parchment paper and smooth down to make chocolate fairly even and get rid of air bubbles.
5. Roll up sandwich of paper and chocolate like a jelly roll/Swiss roll to about 1 inch thick.
6. Leave in fridge for about 2 hours until hard.
7. When you are ready to decorate cake, remove from fridge. Slowly unroll the roll and carefully peel back one half of paper.
8. Use a thin bladed spatula or knife to lift off shards and place on top of cake etc. Try not to touch chocolate with your fingers or fingerprint will dull the chocolate. Plus warmth of hand will start chocolate melting. Chocolate will soften rapidly in hot room and be impossible to lift from paper.
9. Pile where you like, as high as you like. Shards will be different widths and lengths.

Chef Oonagh's tips:Note that different brands of almond flour or almond meal will often give a different weight to volume measure. For best results weigh.

Blue Diamond Ultra Fine Blanched Almond Flour and Natural Almond Flour (almond meal) 4 oz equals 1+1/4 cups.

AKA ground almonds in Europe.

Trader Joe's almond meal (freckly looking due to almonds ground with skin on) for only \$4.99/lb and almond flour both now labeled gluten free. Bob's Red Mill or King Arthur (\$10-12 /lb).

July 2020, Costco own brand of gluten free almond flour was \$11.99 for 3 lbs.

Raspberry Sauce – makes about 2 cups (16 fl oz, 500 ml)

1 x 12 oz (375g) bag of frozen raspberries

½ c (4 oz 125 g) ordinary sugar

1/2 c (120 ml, 4 fl oz) water

½ c (120 ml, 4 fl oz) Seedless raspberry jam or jelly for extra oomph of flavor

Raspberry liqueur, Amaretto, brandy, rum for Adults.

1. Melt sugar and water together, add raspberries, and simmer for just a few minutes. Stir in raspberry jam until it melts. Depending on ripeness of raspberries and your personal taste you might want to add more sugar.

I like to buy baskets of fresh raspberries in season and freeze them. Somehow they don't break up nearly as much as bought frozen raspberries when they are simmered in sugar and water.

Save the sauce for pancakes, french toast, waffles, sweet bread pudding, it freezes well.

You can sieve the sauce and make it a 'couli', so there are no seeds.

Egg Free. I have made this egg free using the **equivalent of 2 large eggs** - the standard of 2 tbsp flaxseed meal or chia seeds mixed with 6 tbsp warm water. Let sit for 5-10 minutes until gel like substance is formed. It does make a wetter/moister cake consistency. But people who need to be egg free for health reasons are very happy. The other egg substitute I have used is Annalise Roberts - 1+1/2 tablespoons water, 1+1/2 tablespoons oil (I use avocado oil not canola or soy) and 1+1/2 teaspoons baking powder **to replace one egg and in addition** to whatever baking powder is in the recipe. It does taste more like a shortbread, but my cousin who my husband calls 'everything free' (poor lass) is happy.

I use this recipe as base to make a crystallized ginger and orange cake, Black Forest cherry, a coffee and walnut, pecan chocolate ring, Bakewell tart, almond and soft toffee, white chocolate raspberry.

Be Kind to others, Be Kind to yourself, we are all in this together and will get through it. Stay Safe.

Obviously talks and appearances are currently canceled, but you can connect with me on FB at Gluten Free Cooking with Oonagh with FREE RECIPES. I've just filmed recipes at home for NH's ABC WMUR's Cooks Corner and they are being aired. All summer time recipes, quick and easy – strawberry vinaigrette with salad, fresh strawberries, feta cheese, maple herb vinaigrette on salad, fresh mayo, chicken waldorf salad, cold corn bisque, Boston cream pie and more. I am also being included in nationwide library data base of on line presenters.

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You can also find me, Chef Oonagh Williams, at Gluten Free Cooking with Oonagh on web with FREE RECIPES or LinkedIn. I have a culinary arts degree, trained in London and Switzerland, celiac disease and other food allergies. But as I repeat all the time on WMUR's Cook's Corner, most real food is naturally gluten free and free of many other allergens, until manufacturers 'mess' around with it and only baking really needs changing. Real food is now being called clean eating. What your grandmother would recognize, not full of chemicals and other junk that our bodies don't want and don't need.

For new recipes and lots of advice, my Delicious Gluten Free ebook only \$20 available to download at www.glutenfreecookingwithoonagh.com, tips, recipes ranging from Grandma's comfort soup to dinner party fare, full color photos, follow link for list of contents and thumbnail photos of full size photos in ebook.

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