

Shay Ryan's



TOP 10 RECIPES
GLUTEN FREE
& more



From childhood, food defined much of my identity. At 8 years old, I baked and sold cookies to earn money for a trip to Disney. By age 10, I was the main cook in our house, by choice! It was fun for me, a way to connect with people and show them love. The positive feedback gave me confidence.

As a teen, cooking shows on PBS became my classroom (The Food Network wasn't a thing yet).

I saved money to try restaurants that were out of my family's budget. I wanted to experience every type of food I could get my hands on. I never thought to leave an ingredient out of a dish. To me, dietary trends weren't worth the sacrifice, and special ordering in restaurants felt rude and inconsiderate. Then in 2012, I was diagnosed with celiac disease.

But who was I without gluten? I had lost my ability to cook with confidence, but my desire to make delicious food got me back in the kitchen.

I started to research, cook, and bake. I quickly learned that no two gluten-free flours are alike, that over-baking gluten-free cookies can make them taste like chemicals (true story), and xanthan gum is our friend. I began to understand nutrition and the science of cooking and baking in a new way. Over time, I gained confidence from the successes, and the failures became fewer and farther in between. Celiac disease has given me a new sense of purpose through my passion for food. I embrace the challenge of crafting delicious meals, regardless of dietary restrictions. Now as I special order in restaurants, I can appreciate the irony of life's unexpected twists.

- Shay Ryan



Baked Latkes

Ingredients

- 1 large egg
- 2 tablespoons olive oil
- 1 (20-ounce) bag of Simply Potatoes brand shredded hash browns
- ½ cup sweet onion, finely chopped
- 2 tablespoons Cup 4 Cup gluten-free flour (blue bag)
- 2 teaspoons Italian seasoning
- 1 ½ teaspoons fine sea salt
- 1 teaspoon garlic powder
- ¼ teaspoon freshly ground pepper

Directions

- If baking, preheat the oven to 425°F and line a baking sheet with parchment paper.
- In a large mixing bowl, beat the egg and oil with a fork.
- Add in the remaining ingredients and stir well until all of the ingredients are evenly distributed.
- Using a tablespoon, scoop packed mounds of the latke mixture onto the baking sheet about an inch apart. Flatten the mounds to roughly form 3-inch round latkes. Try to keep the mixture packed together so that the latkes don't fall apart.
- Bake for 25-30 minutes, flipping them once about half way through. This recipe for latkes can be pan fried in oil, if preferred.
- Serve with sour cream (dairy-free if needed), apple sauce and/or dare I say ketchup? (Definitely not a traditional condiment!)



Spiced Apple Doughnuts

Ingredients

- 2 cups Cup 4 Cup brand gluten-free flour, plus more for rolling (blue bag)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 1 stick lightly salted butter, softened
- ½ cup granulated sugar
- 2 large eggs
- ½ cup whole milk
- 1 cup Honeycrisp apple, cored and diced to ¼-inch pieces
- 4 cups canola oil for frying

For the Spiced Glaze:

- 2 cups powdered sugar
- ¼ cup apple juice, milk, or water
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cardamom

Directions

- In a small bowl, combine the flour, baking soda, baking powder, cinnamon, nutmeg, cardamom, and ginger. Set aside.
- Cream the softened butter with sugar in a large bowl using a hand mixer. Slowly add the eggs and milk until combined well. Stir in the diced apples using a spatula.
- Gradually add the flour mixture until fully combined using the spatula. The mixture may be sticky. If it doesn't hold the shape of a ball, add a tablespoon of flour at a time until it does.
- Dust flour onto a clean surface and form the dough into a ball. Generously dust flour on all sides of the dough to prevent sticking, then flatten the dough to about ½-inch with a rolling pin. Use a doughnut cutter to cut out the doughnuts.
- Transfer the cut doughnuts to a parchment-lined sheet pan for easy transport to the fryer later. Collect the scraps, rolling and cutting them again until all dough is used. Any small scraps can be turned into doughnut holes.
- Heat at least 2 inches of oil in a heavy-bottomed pot or deep fryer to 380°F. A candy thermometer helps monitor the temperature and adjust accordingly. Using a slotted spoon, carefully transfer up to 4 doughnuts at a time (depending on the size of your pot) into the hot oil.
- Don't crowd the pan and watch the temperature. The oil will cool quickly once you add the doughnuts. Ideally, keep the oil between 365-385°F.
- Allow the doughnuts to fry for 2 minutes on each side. Use a long-handled spoon and carefully flip the doughnuts to maintain even browning. Total frying time is 4 minutes.
- Remove from the hot oil and rest on a wire rack to allow the oil to drain. Continue working in batches until all doughnuts are fried. Once the doughnuts are cool enough to touch, drizzle with the spiced glaze. Decorate if you'd like with sprinkles or diced fresh apple. Let them rest for about 10 minutes for the glaze to set before digging in.

Spiced Glaze:

- Combine the powdered sugar and dry spices in a wide bowl. Add the apple juice, a little at a time, working out the lumps with a spoon until you achieve your preferred consistency.



Crispy Baked Buffalo Wings

Ingredients

- 2 tablespoons cornstarch
- 1 teaspoon garlic powder
- 1 teaspoon baking powder
- Fine sea salt
- Freshly ground pepper, to taste
- 3-4 pounds of chicken wings and drumsticks
- Blue Cheese Dressing, for serving
- 4 large celery sticks, trimmed and cut in half, for serving

For the Easy Buffalo Sauce:

- 6 tablespoons lightly salted butter
- 3 tablespoons hot sauce, add more to increase the heat (like Frank's)
- 1 tablespoon brown sugar
- ½ teaspoon garlic powder

Directions

- Preheat the oven to 450°F. Line a rimmed baking sheet with aluminum foil and fit it with a baking rack. Grease the rack to prevent the chicken from sticking to it.
- In a large bowl, mix the cornstarch, garlic powder, baking powder, salt, and pepper. Add the chicken to the bowl and toss to coat the chicken evenly.
- Shake off any excess of the cornstarch mixture and place the chicken pieces on the greased baking rack leaving space between each piece.
- Bake for 30 minutes, flip, and continue to bake for approximately 15-20 minutes more or until they are cooked through. The baking time will vary based on the size of your wings, so adjust the time accordingly or check for an internal temp of 165°F.
- Once you remove the wings from the oven, place them in a serving dish and coat them with the Easy Buffalo Sauce (instructions below). Serve with blue cheese dressing and celery sticks.

Easy Buffalo Sauce:

- Combine all ingredients in a microwaveable bowl. Heat for 1-2 minutes, until butter melts and sugar begins to dissolve. Remove from the microwave and stir to combine well until the sugar is completely dissolved.

Serves 4-8



Apple Streusel Pancakes

Ingredients

- 1 ½ cups Bob's Red Mill 1-to-1 Gluten-Free Baking Flour (light blue bag)
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon fine sea salt
- ½ teaspoon ground cinnamon
- 1 ½ cups full-fat or low-fat buttermilk
- 2 large eggs
- 6 tablespoons butter, melted
- ½ cup apple, cored and diced to ¼-inch pieces

For the Streusel:

- ¾ cup gluten-free quick cooking oats
- 3 tablespoons light brown sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons butter, melted

Toppings:

- ½ cup powdered sugar
- 2 teaspoons milk or water
- 1 apple, cored and diced to ¼-inch pieces

Directions

- In a small bowl, combine the gluten-free flour, granulated sugar, baking powder, baking soda, fine sea salt, and ground cinnamon.
- In a medium mixing bowl, whisk the buttermilk and large eggs together. Then whisk in the flour mixture until well combined.
- Whisk in the melted butter, and finally, fold in the diced apple. Set the batter aside to rest while you make the Streusel.
- To make the Streusel, combine the gluten-free quick cooking oats, light brown sugar and ground cinnamon together in a small bowl. Drizzle in the melted butter and stir until it is combined well.
- Heat a griddle or non-stick frying pan to a medium-high heat. Grease the pan if needed, then pour the batter onto the hot surface in 4-6-inch circles.
- Sprinkle 1 tablespoon of Streusel on the top of each pancake while the batter is wet.
- Allow the bottom of the pancake to brown and flip to brown the other side. The Streusel will caramelize and become crispy when cooked. Continue until all of the batter is used.
- You can keep the pancakes warm on a baking tray in a 200°F oven until you are ready to serve.
- For the toppings, combine the powdered sugar with milk or water in a small cup or bowl and stir until an icing develops and no lumps remain.
- To serve, top the pancakes with diced apple, remaining Streusel, and drizzle with icing.

Makes 10-12



Southwest Shashuka

Ingredients

- 2 tablespoons olive oil
- 1 small sweet onion, finely diced
- 1 medium yellow bell pepper, finely diced
- 1 large poblano pepper, finely diced
- Salt and pepper
- 3 large cloves fresh garlic, finely chopped
- 2 pounds vine ripe tomatoes, quartered or diced
- 1 - 2 chipotles in adobo, minced
- 8 large eggs
- 3-ounces cotija cheese, crumbled
- handful of fresh cilantro, chopped
- Gluten-free bread or pita, for serving

Directions

- Heat a large frying pan or cast iron skillet over medium-high heat. Add olive oil, swirl to coat the pan. Add the onion, bell and poblano and peppers, and season with salt and pepper. Cook, stirring occasionally, until soft and the onions are almost translucent, about 5 minutes.
- Add garlic and cook, stirring, until fragrant, about 1 minute.
- Add the tomatoes and chipotle peppers, stirring to combine the ingredients well. Reduce the heat to medium, cover, and let simmer. Stir and mash the tomatoes as they break down. This should take about 5-10 minutes.
- Taste and season the sauce with salt and pepper, if needed.
- Turn the heat to medium-low, then carefully crack the eggs onto the top of the tomato sauce. Cover and let the eggs cook to your preferred doneness.
- Top with crumbled cotija cheese, chopped fresh cilantro, and serve with warm crusty gluten-free bread.

Serves 4-8



Perfect Brownies

Ingredients

- 4 eggs
- 1 cup granulated sugar
- 1 cup light brown sugar
- 1 cup lightly salted butter, melted and cooled
- 1 tablespoon pure vanilla extract
- 1 cup cocoa powder
- ½ cup Bob's Red Mill 1-to-1 Gluten-Free Baking Flour (light blue bag)
- ½ teaspoon fine sea salt
- 1 ½ cups semi sweet chocolate chips

Directions

- Preheat the oven to 300°F. Grease and line an 8x8-inch or 9x9-inch baking pan with parchment paper for easy release.
- In a mixing bowl, beat the eggs with a hand mixer until light and frothy. Add the sugars and mix until combined very well and pale in color.
- Gradually add the butter and vanilla, while mixing until fully combined. Add the cocoa powder, flour, and salt, combine using the hand mixer, scraping the sides as needed.
- Stir in the chocolate chips by hand with a spatula.
- Pour the batter into the prepared pan and bake for 70-75 minutes or until set in the center. Remove from the oven and let cool for at least 30 minutes before cutting and serving.

Serves 8



Cajun Cod Tacos with Peach Salsa

Ingredients

- ¼ cup corn flour (not cornmeal)
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper
- ½ teaspoon dried chipotle pepper
- 4 cod filets, cut into 1-inch slices
- ¼ cup mayonnaise

For the Peach Salsa:

- 2 peaches, ripe and ready to eat, diced small
- ¼ cup fresh cilantro, finely chopped
- ¼ cup red onion, finely chopped
- 1 tablespoon jalapeno, finely diced
- 1 tablespoon lime juice, freshly squeezed

For Serving:

- 12 gluten-free corn tortillas
- 1 avocado, sliced (optional)
- 1 lime, sliced (optional)
- 2 cups cooked white rice

Directions

- Preheat the oven to 400°F. Line a baking sheet with foil and grease well with cooking spray, butter or olive oil.
- Combine the corn flour and dry spices for the cod in a small bowl. Stir to evenly distribute the seasonings.
- Working on a large plate or rimmed sheet pan, coat the pieces of fish on all sides with mayonnaise. A pastry brush or clean hands will work well. Sprinkle the seasoning mixture on top of the mayo-coated fish, turning each piece to coat at least the top and bottom.
- Transfer the seasoned fish onto the prepared baking sheet. Bake for approximately 8 minutes until opaque and flakes easily with a fork. Total time will depend on the thickness of the fish. Remove and serve right away.
- To make the peach salsa, combine all ingredients in a small bowl and stir gently to combine well. Serve right away or store covered in the fridge for 2-3 hours.
- Wrap the stack of corn tortillas in a damp paper towel. Microwave until warmed through, about 30-60 seconds, depending on the microwave. Keep them wrapped in the damp paper towel until ready to assemble the tacos. This will make the tortillas pliable and keep them from breaking.
- Assemble the tacos by layering the warm tortillas with the Cajun Cod and Peach Salsa. Add a slice of avocado (highly recommended) and squeeze of lime if you'd like. Serve with a side of rice.

Serves 4



Broiled Salmon with Charoset Chutney

Ingredients

- 4 salmon filets
- 2 teaspoons olive oil
- Salt and pepper
- 1 lemon, sliced for serving
- Parsley, for garnish

For the Charoset Chutney:

- 1 apple, seeded and diced (Envy, Honeycrisp, Gala)
- ¼ cup red onion, finely chopped
- ¼ cup raisins
- ¼ cup chopped pecans or walnuts
- ¼ cup concord grape juice
- 1 clove garlic, finely minced
- 1 tablespoon fresh lemon juice
- 1 tablespoon sugar
- ½ teaspoon cinnamon
- Pinch of salt

Directions

- Move the oven rack to the highest level possible. Ideally, about 4-inches from the upper heating element. Preheat the oven to high broil for 5-10 minutes for it to thoroughly heat up the oven.
- Place all of the charoset chutney ingredients in a saucepan over medium heat. Stir from time to time to prevent sticking. After 5-10 minutes when the apples have softened and most, if not all, of the liquid evaporates, turn off the heat and it is ready to serve.
- While the charoset chutney is cooking, work on the salmon.
- Place the salmon filet flat on a parchment lined baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Place in the oven on the top rack. Broil for 4-6 minutes. It is done when it is firm and flaky and there isn't any pink in the middle. A very large and thick filet may take up to 8 minutes, where a very thin filet could only take 4 minutes.
- Plate the salmon, top with a large spoonful or two of the charoset chutney and garnish with sliced lemon and parsley.

Serves 4



Garden Fresh Quinoa

Ingredients

- 1 ½ cups dry quinoa
- 2 bell peppers, seeded and diced (any color you like)
- 1 English Cucumber, seeded and diced
- ½ cup purple onion, finely chopped
- Salt and pepper, to taste
- 1 handful fresh Dill and/or flat leaf parsley or a combination of them

For the Dressing:

- 1 cup good olive oil
- ½ cup lemon juice
- 2 tablespoon dijon mustard
- 4 cloves of garlic
- 2 teaspoon kosher salt (less if using fine salt)
- 1 teaspoon sugar
- ¼ teaspoon freshly ground pepper

Directions

- Cook quinoa with water as directed on packaging. Transfer to a large mixing bowl, cover and let chill in the fridge.
- Place all dressing ingredients in a blender or smoothie maker and blend until smooth. Set aside.
- Add the diced veggies and chopped herbs to the cooked and chilled quinoa. Pour the prepared dressing on top and stir with a large spoon to combine. Taste and season with additional salt and pepper, if needed. Serve right away or store covered in the fridge. It will be just as good hours later or the next day.

Serves 8



Greek Spinach Kugel

Ingredients

For the Filling:

- 20-ounces frozen chopped spinach, thawed and squeezed to drain liquid
- 1 cup full fat ricotta cheese
- ¼ cup milk, cream or half and half
- ½ cup fresh flat leaf parsley roughly chopped
- 1 ½ teaspoon dried oregano
- 1 ½ teaspoon garlic powder
- 8-ounces Greek feta cheese, crumbled
- Salt and pepper
- 2 full sheets of gluten-free matzo crackers (I use Yehuda brand)

For the White Sauce:

- ¼ cup butter
- 2 large cloves garlic, finely chopped
- 2 tablespoon arrowroot powder
- 2 cups half & half or heavy cream
- 2 cups freshly grated Parmigiano Reggiano
- Pinch of nutmeg
- Salt and pepper

For the Topping:

- 1 cup freshly grated Parmigiano Reggiano
- 4-ounces Greek feta cheese, crumbled

Directions

- Preheat the oven to 350°F. Grease a 9x9-inch baking dish.
- In a large bowl, combine spinach, ricotta, milk, parsley, oregano, garlic powder, and crumbled feta. Taste and season with salt and pepper. If it seems very dry, add a tablespoon or two of additional milk. Set aside.
- In a medium sized, heavy bottomed saucepan, melt butter and garlic over medium heat. Once garlic is softened slightly (but not browned at all), sprinkle with arrowroot powder and stir to combine. Add half and half or heavy cream and stir to eliminate lumps. Allow it to thicken, then turn off the heat and add cheese, nutmeg, salt and pepper. Stir well to combine.
- Gather all of your remaining ingredients, spinach filling, white sauce and greased baking dish. Begin to layer ingredients starting with ½ of the white sauce, then 1 full sheet of matzo, ½ of the spinach, another sheet of matzo, the remaining white sauce, the remaining spinach filling, then sprinkle with the remaining 4 ounces of crumbled feta and 1 cup of shredded Parmigiano Reggiano.
- Bake for 30-35 minutes, until lightly browned and heated through. Let cool for 5-10 minutes before cutting and serving.

Serves 8-10