



Burtons Grill & Bar Gluten-Free Recipes

National Celiac Association and Harvard Medical School Celiac Research Program Cooking Demo

GF Pumpkin Bread Pudding

Ingredients

2 Quarts GF Bread (Medium Diced, 1" x 1")
2 cups heavy cream
4 large eggs
1 ¼ cup + 2 Tbsp sugar
½ cup pumpkin puree
¼ cup dried cranberries
¾ tsp vanilla extract
1/2 tsp ground cinnamon
1/4 tsp ground ginger

Baking Dish 8x8 square

Procedures

1. Place all ingredients EXCEPT cranberries and bread in a large stainless-steel bowl and whisk until completely combined.
2. Add your diced GF bread and let sit for at least 2 hours, mixing every 30 minutes. You want the bread to absorb 90% of the liquid if not all.
3. Preheat your oven to 300 degrees. If you have a convection use high fan.
4. Spray your baking dish with pan spray.
5. Right before turning the soaked bread into the pan, toss with ¼ cup of cranberries. Once completed turn the soaked bread pudding into your prepared baking dish.
6. Using the remaining ¼ cup dried cranberries, speckle them over the top for added color.
7. Cook at 300 degrees for 30 minutes. The cooking time depends on the oven, and if you have convection or not. You are looking for a jello jiggle consistency when pulling from the oven.
8. Let sit until cool and set for a couple hours.

Note: You can prepare this the day before, let it soak overnight and cook it in the morning.

If needed you can reheat it in the microwave or oven. If reheating in the oven, I would cover with aluminum foil for the first 20 minutes and remove after to crisp up the top.

Serve with ice cream, whipped cream or caramel sauce.



GF Croutons

Ingredients

- 7 cups GF Bread,
- 3 oz Olive Oil
- 1 Tbsp Crouton Seasoning, shaker
- ¼ tsp Basil
- ½ tsp Oregano
- ½ tsp Thyme Leaves

Method of Preparation

1. Cut bread into 1/2" strips, then hand tear into ½" pieces.
2. Place bread in metal bowl and toss with oil for even distribution over all pieces.
4. Shake bowl while shaking on seasoning. This process allows all pieces to be coated with seasoning.
5. Spread evenly on baking tray and bake in 350° oven for 5 minutes, shake and bake 3-5 additional minutes; total 8-10 minutes or until golden brown.
6. Remove from oven; allow to cool.
7. Once completely cooled, store in airtight container.

Note: Leftover croutons can be processed into breadcrumbs and stored in your freezer.

Crouton Seasoning

Ingredients

- 1/2 cup Kosher Salt
- ¼ cup Black Pepper
- ¼ cup Granulated Onion
- ¼ cup Granulated Garlic
- 2 tsp Cayenne pepper

1. Mix all ingredients together with a wire whisk and store in an airtight container.

GF Velouté/ Gravy

Velouté is one of the Mother Sauces in Cooking. You can use this recipe as a base for a variety of soups and sauces by changing out the chicken stock to clam juice, fish stock, beef stock or vegetable stock.



Yields roughly 2 quarts

Ingredients

¾ cup or 12 Tbsp Butter, Salted
¾ cup or 12 Tbsp GF Flour, All purpose
8 cups GF Chicken or Turkey Stock/ Broth
Salt & White Pepper to Taste

Method of Preparation

1. Heat heavy bottom sauce pot over medium high heat.
2. Add butter and melt but do not brown. Once melted add flour and whisk to incorporate into the butter to create a roux.
3. You want to work the whisk in the edges and make sure there is no flour not mixed in. Cook the roux for 4-5 minutes whisking every 30 seconds. This process is cooking off the flour flavor and deepening the flavor of the roux.
4. While constantly whisking, slowly add your broth, continuously whisking and taking steps in adding the stock until the sauce is forming and is a smooth texture. If you add the broth too fast, it will create roux balls because it can't take all the broth at once.
5. Once all the broth is added you can bring to a boil and turn off. Adjust the thickness of your soup or gravy by adding more or less stock.
6. Season your soup to taste with salt and white pepper. You can also add fresh thyme and sage stems to the broth to infuse flavor in. If you want a deeper colored gravy you can add Gravy Master or Kitchen Bouquet- Both are gluten free.

GF Breadcrumbs

Old or Stale bread- Accumulate ends and leftover GF bread and store in your freezer

If your bread is not stale you can leave it out for a couple days or you can dry it out in your oven at 300 °. I would check them in 5-minute intervals, turning over any large pieces for even cooking.

Process your bread in a food processor until it is in small pieces or your desired size.

3 cups processed GF breadcrumbs
1 Tbsp Olive Oil
½ tsp Oregano, Dried
½ tsp Basil, Dried

Method of Preparation

1. Preheat convection oven to 300° and standard oven to 325°



2. Toss breadcrumbs with olive oil. (I use gloves or a rubber spatula to ensure the oil is dispersed evenly)
3. Season with dried herbs if desired. You can omit the herbs if you want plain breadcrumbs.
4. Place evenly on a baking tray and place in the oven for 5-minutes. Shake the pan and return for an additional 5-minutes.
5. Breadcrumbs should be golden brown in color.
6. Remove from oven and cool. Once cooled store in an airtight container and store in your freezer until needed.

Crab Stuffed Mushrooms

Yields 28-30 stuffed mushrooms

5 Tbsp Mayonnaise

1 Tbsp Lemon Juice

½ tsp Black Pepper

1 tsp Kosher Salt

½ tsp Old Bay Seasoning

1 lb Crab Meat, super or lump crab

6 Tbsp GF Breadcrumbs

30 Mushroom Caps- Medium Sized, stems removed

¼ cup Shredded Cheese: Grana, Parmesan, Manchego

¼ cup white wine

Method Of Preparation

1. Mix the first 5 ingredients together in a bowl then add in the crab meat. Delicately mix the crab with the seasoned mayo so the large pieces do not break up.
2. Fold in the GF breadcrumbs.
3. Using a tablespoon stuff each of the mushroom caps with 1 Tbsp Crab Stuffing and place on a baking tray
4. When ready to bake, preheat oven to 450°
5. Top crab stuffed mushrooms with the shredded cheese and pour the wine on the sheet tray, not over the mushrooms
6. Place in the oven and cook for 6-8 minutes- this will depend if you have a convection oven or not.
7. Remove from the oven and transfer to a serving tray. If you choose you can garnish with chives or parsley