



Burtons Grill & Bar Gluten-Free Recipes

National Celiac Association and Harvard Celiac Research Program Beginnings and Endings: Gluten-Free Holiday Appetizers and Desserts

GF Butternut Squash Soup

Ingredients

5 lbs diced squash, 1"x1" dice
2 Tbsp olive oil
1/2 tsp kosher salt
1/4 tsp black pepper
2 oz butter, salted
1/4 cup shallots, minced
2 Tbsp brown sugar, packed firm
1/4 tsp kosher salt
2.5 quarts vegetable stock (labeled gluten-free)
1 cup heavy cream

Dairy-free substitution

Replace heavy cream with whole-fat unsweetened coconut milk.

Or

Replace heavy cream with equal parts silken tofu and coconut cream.

Method of Preparation

1. Toss diced squash with olive oil and salt and pepper. Place in a 350 ° oven for 20 minutes.
2. Heat butter in saucepot over medium heat and allow the butter to melt.
3. Sweat shallots until translucent for 2-4 minutes.
4. Add roasted squash and sauté for 5 minutes.
5. Add vegetable stock, brown sugar and salt and continue to cook until squash breaks down and is like a puree, approximately 10 minutes.
6. Add cream and bring to a boil. Once soup is at a boil, shut off the flame.
7. Use the stick mixer to blender into a smooth consistency.
8. Once soup is done, serve or if not serving immediately, cool in ice bath until below 41 ° mixing frequently to cool faster.
9. When soup reaches 41 ° you can safely store in the refrigerator.
10. Serve the soup with a dollop of rum buttercream and chives.



GF Rum Buttercream

Ingredients

- 1 cup heavy cream
- 1 Tbsp Bacardi Black Rum

Dairy-free substitution

Replace heavy cream with whole-fat unsweetened coconut milk.

Method of Preparation

1. Place ingredients in 5 qt mixer with whisk attachment.
2. Whisk cream just until it forms butter, about 10 minutes.
3. Store in a shallow plastic third pan.
4. Cover, label and date. Refrigerate.



Smoked Trout Dip

Ingredients

1 lb smoked trout, Ducktrap; divided
½ cup cream cheese, softened
1/3 cup sour cream
2 Tbsp lemon juice
2 Tbsp dijon mustard
½ tsp black pepper
1 Tbsp green Tabasco
¼ cup scallions, bias cut 1/8"
2 Tbsp italian parsley, medium chopped
fresh cracked pepper, garnish

Dairy-free substitutions

Replace cream cheese with nut-based cream cheese or lactose-free cream cheese.
Replace sour cream with coconut milk or lactose-free sour cream.

Method of Preparation

1. Remove the trout from the packaging and then remove the skin. Carefully remove the pin bones by cutting down the area where the bones are found. I break the meat apart and pull the bones out with gloved hands so I can save as much trout as needed. Others cut out the bones and discard the trout.
2. Split the trout in half. Take one half and break the fillets into 1" x 2" pieces and place in a food processor. Dice the remaining trout into ¼" by ¼" pieces and place in a stainless-steel bowl.
3. Add the remaining ingredients, except the scallions, parsley and fresh cracked pepper, to the food processor with the broken trout. Turn on the processor and mix until smooth, occasionally scraping down the sides.
4. Once the mixture is smooth and well incorporated, turn it out into the bowl with the diced trout. Add the scallions and parsley and fold ingredients together.
5. Serve with fresh cracked black pepper and GF crackers.



GF Crackers

Ingredients

2 cups GF all-purpose flour (Chef Herrera used Bob's Red Mill GF All-Purpose Baking Flour)
2 tsp kosher salt
2 tsp sugar
2 tsp baking powder (labeled gluten-free)
4 Tbsp unsalted butter, cold and diced into small pieces
12-14 Tbsp cold water

olive oil

everything bagel seasoning

Dairy-Free substitution

Replace butter with your choice of dairy-free alternative.

Method of Preparation

1. Preheat convection oven to 350 °.
2. Whisk flour, salt, sugar and baking powder together.
3. Cut the cold butter into the dry mixture. Using your fingers, work the butter into the dry mixture until it resembles coarse corn meal.
4. Add water and lightly knead dough together to form a ball.
5. Cover with plastic and let rest for 15 minutes.
6. Lightly flour a clean work surface and turn out your dough. Using your hands, flatten the dough out.
7. Sprinkle the dough with the everything seasoning. You will work this into the dough when rolling
8. Gently roll the dough with a rolling pin, working it to a ¼" thickness all around.
9. Cut the dough into strips and then cut the opposite way into crackers. Using a dough cutter or chef knife, gently lift the crackers off the worktable to a sheet tray lined with parchment paper.
10. Lightly brush the crackers with olive oil and add any additional everything seasoning you want.
11. Place in oven for 15 minute or until golden brown.
12. Cool crackers then store in airtight container.



Antipasti Platter

This is a great before for any party. The host can make a beautiful centerpiece that their guests will enjoy while chatting and enjoying a glass of wine or cocktail. When considering an antipasti platter you want to work within these parameters:

1. Choose two or three varieties of gluten-free thinly sliced meats. I like to have some contrasting flavors, so I go with a spicy sopressata, prosciutto and hard salami. You can also mix in mortadella, pepperoni or speck.
2. Choose two to three cheeses, keeping in mind a mix of soft, hard, salty and stinky. I tend to stay away from a blue cheese on an antipasti board as it is hard to pair with all ingredients and wine. I like to choose a soft spreadable cheese such as a triple crema or boursin, a sliced cheese like a tarentaise, cheddar or Havarti and then finish it with a hard cheese like a parm Reggiano or aged manchego. You want to choose cheeses that will complement each other and the other ingredients on the board.
3. Have some garnishes that accent the salami and cheeses such as honey, figs or sweet spreads.
4. Add some color to the platter with olives, pickled vegetables, semi dried tomatoes, artichokes, nuts, grapes, apples or pears.
5. Have some GF crostini or crackers so people can build their own flavors by mixing and matching.
6. Creatively display your options on a nice serving platter or wooden tray.
7. Enjoy!



Butterscotch Pudding

Ingredients

- 1 qt milk, whole
- 2.25 oz (w) cornstarch
- 13 oz (w) sugar, dark brown
- 4 eggs
- 1 tsp salt, kosher
- 2 cups cream, heavy
- 4 oz butter, unsalted; softened
- 1/4 cup Scotch

Dairy-free substitutions

- Replace milk with coconut milk or unsweetened almond milk.
- Replace cream with whole fat unsweetened coconut milk or coconut cream.
- Replace butter with your choice of dairy-free alternative.

Method of Preparation

1. In 5 qt heavy saucepan, heat 3 cups milk and cream until there is a film, 120 °
2. In stainless bowl, mix 1 cup milk and cornstarch.
3. Whisk eggs, sugar, and salt to milk and cornstarch mixture.
4. Whisk in half of warmed cream to eggs and brown sugar mix to temper the eggs.
5. Transfer mix into saucepan with remaining cream and return to medium heat, whisk continuously until pudding forms and starts to bubble gently, about 25-30 minutes. Do not rush this step.
6. Remove from heat and whisk in butter and scotch.
7. Pour into shallow pan and place plastic wrap directly on pudding so no film happens during cooling. Label, date and place in refrigerator until below 41 °.
8. Serve with GF cookies. You can make a trifle with crumbled cookies and whipped cream or with cookies on the side for dipping.



GF Cookies

Ingredients

- 2 1/2 cups GF flour (Chef Herrera used Bob's Red Mill GF 1 to 1 Baking Flour)
- 2 eggs
- 3/4 cup sugar, granulated
- 3/4 cup brown sugar, packed
- 1 tsp baking soda
- 8 oz butter, salted; softened
- 12 oz (w) chocolate chips (labeled gluten-free)
- 1 tsp vanilla extract

Dairy-free substitution

Replace butter with dairy-free alternative.

Method Of Preparation

1. Preheat oven to 350 °.
2. In a mixer with a paddle attachment, cream both sugars and butter together. While that is creaming, mix flour and baking soda together.
3. Stir in the eggs and vanilla extract. Mix well to incorporate all the ingredients.
4. Add in the flour mixture a little at a time. Once incorporated, mix in the chocolate chips.
5. Place 1.5 oz (w) balls on a parchment lined sheet tray and bake in the oven for 10 minutes.



GF Whoopie Pies

Ingredients

- 1 cup GF flour (Chef Herrera used Bob's Red Mill GF 1 to 1 Baking Flour)
- 1 cup sugar
- 6 Tbsp cocoa powder
- 1/2 tsp baking powder (labeled gluten-free)
- 1/2 tsp baking soda
- 1/2 tsp kosher salt
- 1/2 cup buttermilk
- 1/2 cups vegetable oil
- 1 egg
- 1/2 tsp vanilla extract
- 1 ½ tsp white vinegar
- 1/2 cup brewed coffee or instant

Dairy-free substitution

Stir ½ Tbsp of vinegar or lemon juice into ½ cup of unsweetened coconut milk and allow to sit for 4-10 minutes. Use this in place of buttermilk.

Method of Preparation

1. Preheat oven to 350 °.
2. Combine all dry ingredients in a mixing bowl and whisk until incorporated.
3. Combine all wet ingredients in a stainless-steel bowl. Whisk by hand for 30 seconds until all ingredients are incorporated.
4. Slowly add the wet ingredients until fully incorporated and the batter is smooth, approximately 2-3 minutes.
6. Place 2 Tbsp of batter in the whoopie pie silicone mold.
7. Bake in 350 ° oven for 5-8 minutes.
8. Once out of the oven let cool for 5 minutes, and then turn them out onto a cooling rack lined with parchment. Be careful, these are very delicate.
9. Repeat steps 6-8 until batter is used up.
10. Once the pie shells are cooled, flip them over so the top is face down. Top half the pie shells with 2 Tbsp of whoopie pie filling, then top with remaining pie shells to form the whoopie pie.
11. Store in an airtight container until served.
12. You can dust the tops with powdered sugar or leave as is.



Whoopie Pie Filling

Ingredients

- 1 1/2 cups fluff topping
- 1 cups powdered sugar, sifted
- 2 oz softened butter
- 1 tsp pumpkin pie spice or 1 Tbsp raspberry jam

Dairy-free substitution

Replace butter with dairy-free alternative of your choice or Crisco.

Method of Preparation

1. In a separate bowl sift the powder sugar.
2. In the large mixer combine the fluff, pumpkin pie spice or raspberry jam, and butter.
3. Whip on speed 2 for 15 seconds.
4. Add the powdered sugar and scrape down the sides of the bowl.
5. Whip on speed 2 for 10 seconds.
6. Scrape down the sides.
7. Whip on speed 3 for 10 seconds.
8. Scrape and transfer to a container to fill whoopie pie.
9. Can be saved for the next time to fill whoopie pie, just pull out ahead of time to soften.