

Four Winning Recipes to Make with Gluten-Free Bread Mix

It is once again time for Pamela's annual recipe contest ... but wait! Who were the winners for last year? Somehow overlooked but certainly not forgotten, last years winners produced some outstanding recipes, all of which are gluten-free and use Pamela's popular Gluten-free Bread Mix, and several of which just happen to be dairy-free too (GFCF)! If you are anxious for this year's contest, making old family favorites gluten-free with any one of Pamela's products, then head to the entry form for more information ... but, not before you take a peak at these 2008 winning gluten-free / dairy-free recipes for Tamale-Style Stuffed Bread, Mini Corn Dogs, Steamed Pork Dumplings, and my favorite, Pretzel Twists ...

Tamale-Style Stuffed Bread (Grand Prize Winner)

- 1 cup Pamela's Gluten-free Bread Mix
- 1 cup masa harina for tamales (naturally gluten-free corn flour)
- 1 teaspoon baking powder
- 1/2 cup lard or vegetable shortening
- 1-1/2 cups cooked shredded chicken
- 1 can black beans, drained and rinsed
- 2 cans red enchilada sauce
- 1 can low-sodium Chicken Broth
- 2, 4oz cans diced Green Chiles
- Salt & Pepper to taste

Yield: 1 loaf, serves 4-6

Preheat oven to 375°.

In a bowl, combine the flours. Mix chicken with 3/4 of one can of enchilada sauce. With a mixer beat together the lard and baking powder on medium speed, about 1 minute. Slowly add the combined flours as you continue beating. Gradually add 1/3 to 1/2 cup of room temperature broth until the dough becomes like a soft cake-like batter. Salt & pepper to taste.

Line a 9-inch loaf pan with parchment paper, with plenty of overlap and extended edges. Remove paper and flatten on work surface. Spread dough in a 9-inch x 15-inch rectangle about 1/2-inch thick. Spread a layer of chicken on the dough, followed by the black beans and green chilies. Pour on remaining enchilada sauce.

Roll up the dough jelly-roll fashion and lower gently, using the parchment paper, into the loaf pan. Trim and fold over the paper, then cover the loaf pan with foil and bake for 1 to 1-1/2 hours.

When done, the loaf should feel firm in the center when pressed. If soft, return to oven for a few minutes longer. Let rest 10-15 minutes while you heat the remaining can of enchilada sauce. When done, turn loaf out onto a serving platter and gently remove the parchment paper. Slice into 1-inch thick rounds and pour a little sauce over them.

Chef's Notes: The second time I made this dish I used a French bread pan, that has a curved bottom, instead of the loaf pan, and the shape was more like a giant tamale! The corn crust is so good you won't believe you made it. It was a little easier rolling it up and putting it into a round pan.

For ease of rolling, I also used less sauce in the roll, and served more at table to compensate.

Use plenty of parchment paper and the pan hardly gets messy, and it works just as well as corn husks. Remember, you can use any filling; I used my leftover turkey from Thanksgiving and it was a hit with the family. I have some Chile Colorado in my freezer that is just begging to be made into one of these crowd pleasing wonders.

Pretzel Twists (Runner-Up)

- 2-1/4 cups warm water
- 2 TBSP brown sugar
- 1 bag Pamela's Gluten-free Bread Mix including yeast packet
- 2 TBSP olive oil
- 1 tsp baking soda

NOTE: These can be made to be sweet or savory, you'll need to choose your option to decide your ingredients.

Option 1 - Savory:

- olive oil spray
- kosher salt to taste

Option 2 - Sweet:

- 1/4 [dairy-free] margarine, melted
 - 1/4 cup granulated sugar
 - 2 tsp powdered cinnamon
- Whisk together 1-1/4 cups warm water, brown sugar, and yeast in a small bowl. Allow to sit for a few minutes until bubbles begin to show yeast activity. Pour Pamela's Gluten-Free Bread Mix into a large bowl. Stir in remaining ingredients and the yeast mixture until completely combined. Cover with a damp towel and allow to rise for one hour.

Line two cookie sheets with parchment paper. Divide dough into twelve pieces. With wet hands, roll each piece into a "snake" between six and eight inches in length. Lay the snake onto the parchment paper, then gently flatten the dough with wet fingers until about half previous height. Pick up one end of the snake, so that half of its length is lifted from the cookie tray. Twist the dough 360° and gently lay the end down again. Pick up the other end of the dough and give it a full twist in the same direction. Smooth any rough spots with wet fingers. Repeat with each section of dough, so that both cookie trays have six pretzel twists on them. Cover both trays with plastic wrap, and allow the dough to rest for another 30 minutes.

Preheat oven to 450°. Mix remaining cup of warm water and baking soda. Using a pastry brush, gently paint the twists with the baking soda mixture.

Bake twists for 8 to 10 minutes until golden brown.

Savory: For a quick, classic pretzel taste, spray twists with olive oil and sprinkle with kosher salt to taste.

Sweet: For a sweeter option, use a pastry brush to spread melted margarine on twists and the sprinkle with a mixture of sugar and cinnamon.

Chef's Notes: My favorite, of all the varieties we tried, is the Lemon Thyme, with Rosemary as a strong second. I just threw in a tablespoon of fresh herbs at the very end of the mixing and proceeded as directed. Try your favorite fresh herbs, finely chopped, and you will be delighted with a great textured, low fat snack. For a really nice golden color, don't forget the water and baking soda wash. For a smooth texture, try a egg yolk and milk [alternative] (or water) wash.

Mini Corn Dogs (Honorable Mention)

- 1 pack uncured, nitrate gluten-free 100% beef hot dogs
- 2 cups Pamela's Gluten-free Bread Mix (without yeast packet)
- 1 cup yellow cornmeal
- 1 teaspoon sea salt
- 2 eggs slightly beaten
- 2 cups warm water

Yield: 8

In a 12-inch skillet heat approximately 2-inches of oil to 375°.

Slice hot dogs into quarters and set aside.

Mix dry ingredients together.

Lightly whisk eggs and water. Add wet ingredients to dry ingredients, whisking until smooth. Heavily coat sliced hot dogs in batter in place in hot oil for about 4 minutes until dark golden brown. Drain hot dogs on cooling rack and serve.

Chef's Notes: I used a smaller and deeper heavy pan and worked two skewers at a time. (I used a baby fryer- great!). I tried different sized pieces which all worked. The most important thing was to use a heavy duty skewer that would hold up to the heat of deep frying.

For a county fair type corn dog, make the recipe which is pretty thick and scoop the dog through the batter and smooth over the surface to coat.

For the ultimate corn dog, use a portion of the batter which has been thinned with water and pour a smooth coat over the first coat.

Use the best hotdogs you can find and you won't be able to resist.

Steamed Pork Dumplings (Honorable Mention)

- 1 bag Pamela's Gluten-free Bread Mix including yeast packet
- 1/4 cup oil
- 1-1/4 cups warm water
- 1 pound ground pork
- 1 TBSP corn starch
- 2 TBSP soy sauce [use wheat-free tamari to keep it gluten-free]
- 6 green onions, chopped
- 1 to 2 teaspoons red pepper flakes (to taste)

Yield: 24 dumplings

Combine Pamela's Gluten-Free Bread Mix, yeast packet, oil and water (reserve a couple of tablespoons of mix for dusting dough later). Mix well to form dough. Let rise 60 minutes. On plastic wrap sprinkle reserved mix and roll out dough to 1/4-inch thick. Cut dough into 4-inch x 4-inch squares. Mix pork with corn starch, soy sauce, green onions and red pepper. Place 1 to 2 tablespoons in the center of each square and fold dough over the top of the meat mixture. Place into lightly oiled steamer and steam 20 minutes. Cook in batches until all dumplings are ready to serve. Serve with soy sauce or your favorite dipping sauce. Chef's Notes: I used wax paper instead of plastic wrap and I used quite a lot of the Pamela's Gluten-Free Bread Mix for rolling out the wrappers (an extra bag of Pamela's Gluten-Free Bread Mix for dusting and rolling dough is handy to have on hand, or look for the new 4LB bag of Pamela's Gluten-Free Bread Mix). Have fun with different sizes and shapes. Try circles for a pot sticker effect, and even a wavy biscuit cutter for the traditional open top Chinese pork dumpling. When I steamed the dumplings in a traditional Chinese steamer over a wok, I kept a tea pot of water steaming to replenish the steam in the wok as it dissipated. For a real wallop try adding garlic and/or ginger to the filling.