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# SOUTHERN COOKING: GLUTEN-FREE

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## SOUTHERN BISCUITS (GLUTEN-FREE)

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### INGREDIENTS

2 cups gluten-free flour mix\*  
1/3 cup + 1 tablespoon butter  
2 ½ teaspoons gluten-free baking powder  
1 teaspoon Ener-G egg replacer  
If using unsalted butter - 1 teaspoon salt

### Directions:

Blend all ingredients with pastry cutter until butter is well distributed and in tiny pieces. Then add:  
¾ cup milk (Goat milk, rice milk works too)

### DIRECTIONS

Stir really well until dough forms a ball. Let sit for a few minutes. Drop by spoonfuls or roll out and cut with a biscuit cutter. Bake at 400F for about 10 minutes.

\*My gluten free flour mix is 2 cups brown rice flour, 2/3 cup potato starch flour, 1/3 cup tapioca flour and 2 ½ teaspoons xanthan gum. Sift at least 3 times. I usually make 3-4 batches of this at once and keep it on hand so I can just measure out the flour I need.

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## TASTY COLLARD GREENS

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### INGREDIENTS

1/4 cup olive oil  
2 tablespoons minced garlic  
5 cups chicken stock  
1 smoked turkey drumstick  
5 bunches collard greens - rinsed,  
trimmed and chopped  
salt and black pepper to taste  
1 tablespoon crushed red pepper flakes (optional)

### DIRECTIONS

Heat olive oil in a large pot over medium heat. Add garlic, and gently sauté until light brown. Pour in the chicken stock, and add the turkey leg. Cover the pot, and simmer for 30 minutes.

Add the collard greens to the cooking pot, and turn the heat up to medium-high. Let the greens cook down for about 45 minutes, stirring occasionally.

Reduce heat to medium, and season with salt and pepper to taste. Continue to cook until the greens are tender and dark green, 45 to 60 minutes. Drain greens, reserving liquid. Mix in red pepper flakes if desired. Use liquid to reheat leftovers.

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## WALDORF SALAD

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### INGREDIENTS

1/2 cup chopped, slightly toasted walnuts  
1/2 cup celery, thinly sliced  
1/2 cup red seedless grapes, sliced (or a 1/4 cup of raisins)  
1 sweet apple, cored and chopped  
3 Tbsp mayonnaise  
1 Tbsp fresh lemon juice  
Salt  
Pepper  
Lettuce

### DIRECTIONS

In a medium sized bowl, whisk together the mayonnaise (or yogurt) and the lemon juice. Add 1/2 teaspoon of salt, 1/4 teaspoon of fresh ground pepper. Mix in the apple, celery, grapes, and walnuts. Serve on a bed of fresh lettuce.

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## SOUTHERN MASHED POTATOES

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### INGREDIENTS

8 -10 potatoes  
Salt  
1/2-1 cup Miracle Whip  
1/2 cup butter or 1/2 cup margarine  
1/4 cup milk

### DIRECTIONS

Peel and chop potatoes.

Boil in 4 quarts of water in till soft (about 15 minutes).

Drain and put in large mixer on low.

Add Miracle Whip, margarine, and milk.

Mix until smooth.

## CAJUN BAKED CATFISH

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### INGREDIENTS:

2 tablespoons canola oil  
2 teaspoons garlic salt  
2 teaspoons dried thyme  
2 teaspoons paprika  
1/2 teaspoon cayenne pepper  
1/2 teaspoon hot pepper sauce  
1/4 teaspoon pepper  
4 (8 ounce) fillets catfish

### DIRECTIONS

In a small bowl, combine the first seven ingredients; brush over both sides of fish.

Place fish in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Bake at 450 degrees F for 10-13 minutes or until fish flakes easily with a fork.