

GLUTEN-FREE SHABBOS with Elaine Bodenheimer

Mrs. Katz's Oat Rolls

1 pkg. Oat Roll Mix	4 eggs-placed into a bowl with warm water
1 tsp. sugar	$\frac{1}{2}$ cup oil
1 tsp. apple cider vinegar	1 heaping tsp. yeast
2 Tbl. Honey	2 tsp. granulated garlic (opt.)
2 cups warm water	2 tsp. rosemary (opt.)

Remove racks from oven and set oven to "warm" setting.

Spray 24 muffin cups with oil and set aside.

Mix yeast with $\frac{1}{2}$ cup warm water.

Add 1 tsp. sugar and set aside.

In large mixing bowl, beat oil, eggs, honey, vinegar, spices (optional), and 1 cup water

Add in yeast mixture and slowly add in dry mix. Mix for 2 minutes. Slowly add in last cup of water.

Once mixture is doughy, mix for 10 more minutes on medium-fast speed.

Turn off oven. Replace oven racks.

With $\frac{1}{4}$ cup measuring cup, scoop mixture into prepared cupcake tins. Place pans in warm oven and let rise for one hour.

Turn oven to 400° and bake rolls for about 30 minutes until done. Cool. Enjoy.

PLEASE NOTE:

1. **This recipe cannot be used for Pesach - Oat flour is chometz**
2. The oat roll recipe is correct, but in the video, I neglected to add the 2 cups of water necessary to make the dough softer. Then the batter can be scooped into the cupcake tin.

Chicken and Mushroom Crepes

6 eggs

$\frac{1}{2}$ tsp. salt

4 Tbsp. potato starch

$\frac{1}{2}$ cup water

Beat all ingredients together in food processor. Pour into large cup and wait until bubbles subside. Heat non-stick frying pan and spray with cooking spray. Pour batter into pan and cook until crepe leaf is set. Turn leaf over and cook other side for about 10 seconds. Spray pan between making each crepe. Keep mixing batter in the cup so the potato starch does not remain on bottom of cup. Finish frying all the leaves. Makes about 12 leaves.

Fill with favorite filling, such as chicken and mushrooms.

Filling:

1 cup cooked chicken

1 egg white for sealing crepes

1 medium onion - diced

1 cup canned mushrooms, drained

1 Tbsp. Sweet and sour duck sauce

2 Tbsp oil plus 2 more Tbsp of oil for frying finished crepes

In frying pan, sauté onion until soft. Add cooked chicken, mushrooms, and duck sauce. Cool.

PLEASE NOTE:

Spray the pan before frying each crepe leaf.

Knaidlach

2 eggs
3 Tbsp oil
1/3 tsp. salt
 $\frac{3}{4}$ cup plus 1 Tbsp instant potato flakes

Beat eggs slightly with fork. Add oil, salt, and potato flakes. If mixture is too loose, add more potato flakes. Refrigerate for one hour or more. Form about 6 one-inch knaidlach and drop into boiling salted water. Cook, covered, for 30 minutes.

Apple Kugel

4 Granny Smith or similar apples, 2 sliced and 2 shredded
1/3 cup sugar
6 eggs
 $\frac{1}{2}$ cup oil
 $\frac{1}{2}$ cup potato starch
1 tsp. salt
1 tsp. lemon juice
 $\frac{1}{4}$ cup raisins (opt.)

Pre-heat oven to 350°.

In a bowl, combine all the ingredients.

Pour into a greased 9-inch round pan.

Sprinkle with cinnamon and sugar. Bake 50 minutes or until golden.

Enjoy!

Chocolate Chip Peanut Butter Cookies

1 cup smooth or crunchy peanut butter

$\frac{3}{4}$ cup sugar

1 egg

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup chocolate chips

$\frac{1}{2}$ cup roasted salted peanuts

With a wooden spoon, mix together the peanut butter, sugar, and egg. Add baking soda and salt. Then add chocolate chips and peanuts. Wet hands. Roll into 1-inch balls. Place cookies onto cookie sheet lined with parchment paper. Bake at 350° until golden - about 25 minutes. Rotate half-way through baking. Makes about 30 cookies.

PLEASE NOTE: Chocolate Chip Peanut Butter Cookies cannot be made for Pesach

GLUTEN-FREE CHOLENT: For Shabbos lunch, if you like to make cholent, please substitute rice or quinoa for barley. Also, make sure that any sauce that is added as a sweetener is strictly gluten-free.

**Gluten-Free Shabbos is a program
of the Orthodox Union's SPIRIT Initiative**

