

Holiday Stuffing Recipe



INGREDIENTS

5-6 cups white, gluten-free bread (about 2 loaves),
cut in one-inch cubes, toasted and cooled
2 tbsp olive oil
3 cups celery, chopped
2 shallots, minced
1 large or 2 medium yellow onions, chopped
1 tbsp fresh thyme, minced
1 tbsp fresh sage, minced
1-2 tsp fresh rosemary, minced

1-1½ cups gluten-free chicken broth
½ cup white wine
1 egg yolk
1 tsp salt
½ tsp pepper

Optional – Bits of cooked sausage (make sure it is gluten-free) or bacon, diced chestnuts, pecans, apples, cranberries, currants or raisins

PREPARATION

1. Sauté shallots, onion and celery in olive oil on medium-low heat until translucent.
2. Stir in the rosemary, sage and thyme and cook another one or two minutes until the aroma of the herbs fills the air. Add wine and continue cooking over medium heat until liquid is reduced by half. Remove from heat and allow to cool.
3. Bring chicken stock to boil on high heat.
Note: If cooking stuffing inside turkey, add just one cup of chicken broth.
4. Place the egg yolk in a large bowl and carefully spoon two or three ounces of chicken stock into the egg yolk, slowly, while whisking the mixture.
5. Add remainder of chicken stock to the egg mixture. Make sure to blend a small amount of stock into the egg mix first to prevent scrambled eggs.
6. Add the cooled celery, onion and herbs mixture into the stock and egg mixture. Toss the bread cubes into this mixture and coat thoroughly. Add the salt and pepper and mix.

7. Place the stuffing mixture into a greased casserole dish and cook in 400°F oven for 40-50 minutes, covering as needed with aluminum foil, until done.



The stuffing is done when you can insert a toothpick into it and the toothpick comes out clean. Make sure you bake stuffing until the toothpick comes out clean.

Serves about 6-8 people. Scale recipe according to amount of stuffing required.

* Recipe from Celiac.com and reviewed by a celiac disease expert.

