



Gluten-Free Products



TONE'S®/DURKEE®/SPICE ISLANDS® PRODUCTS

| | | | |
|-------------------------|---|---------------------------|--------------------------------|
| All Liquid Extracts | Citrus Grill | Lemon Pie Filling | Pumpkin Pie Spice |
| All Liquid Flavorings | Cloves | Lime Pepper | Roasted Garlic |
| All Food Coloring | Coriander | Mace | Rosemary |
| All Grinder Blends | Crazy Dave's – All Varieties | Marjoram | Rosemary Garlic |
| Allspice | Cream of Tartar | Meat Tenderizer | Saffron |
| Alum | Crystalized Ginger | Mint Leaves | Sage |
| Anise Seed | Cumin | Mr. Pepper | Salt Free Garden Seasoning |
| Apple Pie Spice | Curry Powder | MSG | Salt Free Lemon Pepper |
| Arrowroot | Dill Seed/Weed | Mustard | Salt Free Original All-Purpose |
| Baking Powder | Famous Sauce | Nutmeg | Salt Free Vegetable |
| Basil | Fennel | Old Hickory Smoked Salt | Sea Salt |
| Bay Leaves | Fines Herbs | Onion, Minced | Sesame Seed |
| Beau Monde | 5-Spice | Onion Powder | Seasoned Pepper |
| Cajun | Garlic, Minced | Onion Salt | Six Pepper Blend |
| Caraway Seed | Garlic Pepper | Orange Peel | Smoked Paprika |
| Cardamom | Garlic Powder | Oregano | Smokey Mesquite |
| Celery Flakes | Garlic Salt | Paprika | Southwest Chipotle |
| Celery Seed | Ginger | Parsley | Spaghetti/Pasta Seasoning |
| Chicken & Rib Rub | Herbes de Provence | Pepper, Black/White – All | Steak Seasoning – All |
| Chicken Seasoning | Hickory Smoke Salt | Pepper, Cayenne | Summer Savory |
| Chicken Stock Base | Italian Seasoning | Pepper, Green Bell | Tarragon |
| Chili Powder | Italian Spaghetti/Spicy Pasta Seasoning | Pepper, Red Crushed | Thyme |
| Chives | Jamaican Jerk Seasoning | Pickling Spice | Turmeric |
| Cilantro | Lemon Peel | Pizza Seasoning | Vanilla Bean |
| Cinnamon | Lemon Pepper | Poppy Seed | |
| Cinnamon Maple Sprinkle | | Poultry Seasoning | |

WEBER® PRODUCTS

All BBQ Sauces

Most Weber Seasonings are gluten-free, however, those containing gluten indicate "contains wheat" on the label (rye and barley are not used in these).

OTHER ACH FOOD COMPANIES, INC. GLUTEN-FREE PRODUCTS

| | | | |
|--|---|--|---|
| Spice Islands® Grilling Gourmet & World Flavors All Varieties | Old Tyme® Table Syrup All Varieties | Mazola® Oils and Sprays All Varieties | Fleischmann's® Yeast All Varieties |
| Karo® Syrups All Varieties | BeeHive® Golden Corn Syrup All Varieties | Argo® Corn Starch | Henri's® Salad Dressings All Varieties |
| Golden Griddle® Pancake Syrup All Varieties | Crown® Golden Corn Syrup All Varieties | Argo® Baking Powder | Patak's® Indian Foods All Varieties <i>except</i> Lentil Curry with Rice |
| | Lily White® Corn Syrup All Varieties | Kingsford's® Corn Starch | |
| | | Benson's® Corn Starch | |
| | | Challenge® Canada Corn Starch | |

For additional information on gluten-free eating visit:

www.mayoclinic.com/health/gluten-free-diet/my01140 and www.celiac.org

Corn Crepes with Taco Filling

PREP 10 min. | COOK 15 min.



Makes 6 Servings

CORN CREPES

$\frac{2}{3}$ cup **Argo**[®] Corn Starch
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon salt
2 tablespoons butter OR margarine, melted
2 tablespoons cornmeal
2 eggs

SUGGESTED FILLINGS

| | |
|--------------------|------------------|
| Prepared taco meat | Chopped tomatoes |
| Diced green onions | Shredded lettuce |
| Shredded cheese | Diced olives |
| Salsa | Sour cream |

MIX corn starch, milk and salt in a large bowl with a wire whisk. Combine butter, cornmeal and eggs in a separate bowl; beat until well mixed. Stir into milk mixture.

HEAT a greased nonstick skillet over medium heat. Pour in about $\frac{1}{4}$ cup batter, tilt skillet to spread. Flip when edges of crepe begin to curl, about 30 to 60 seconds. Cook an additional 10 to 15 seconds or until edges begin to curl. Keep warm until ready to serve.

FILL each crepe with taco meat and desired fillings.

No Bake Peanut Butter Drop Cookies

PREP 20 min. | COOK 5 min.



Makes 5 Dozen Cookies

6 cups crispy corn cereal squares (such as Corn Chex)
1 cup **Karo**[®] Light Corn Syrup
1 cup sugar
 $1\frac{1}{4}$ cups creamy peanut butter
 $\frac{2}{3}$ cup milk chocolate chips

POUR cereal into a large bowl; set aside.

STIR corn syrup and sugar in a large saucepan over medium-high heat until sugar dissolves and mixture boils. Remove from heat; stir in peanut butter until creamy. Add chocolate chips. Stir lightly until chips begin to melt and mixture is swirled.

POUR peanut butter mixture over cereal, stirring until well coated.

DROP by heaping tablespoons onto waxed paper.

COOL completely. Store in an airtight container.

Chocolate Mousse Cake

PREP 15 min. | BAKE 40 to 45 min.



Makes 8 to 10 Servings

1 package (12 ounces) semisweet chocolate pieces
 $\frac{1}{2}$ cup butter OR margarine
6 eggs, separated
 $\frac{1}{3}$ cup sugar
2 tablespoons **Argo**[®] Corn Starch
2 tablespoons powdered sugar

PREHEAT oven to 300°F. Spray a 9-inch spring form pan with cooking spray; dust lightly with additional corn starch.

COMBINE chocolate and butter in small saucepan. Cook over low heat, stirring frequently, just until chocolate melts. Pour into large bowl; cool to room temperature.

BEAT egg whites until foamy in a medium bowl with mixer at high speed. Gradually add sugar, beating until soft peaks form. Add egg yolks to chocolate mixture; stir until blended. Stir in corn starch.

FOLD egg whites into chocolate mixture until thoroughly blended. Pour into prepared pan.

BAKE 40 to 45 minutes or until set. Run a knife around the edge immediately after removing from oven.

COOL on wire rack. Remove side of pan. Sprinkle with powdered sugar.

Gluten-Free Waffles

PREP 10 min. | COOK 3 min.



Makes 4 Waffles

$1\frac{1}{2}$ cups **Argo**[®] Corn Starch
2 tablespoons sugar
1 tablespoon **Argo**[®] Baking Powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon xanthan gum
2 eggs
 $\frac{1}{3}$ cup butter OR margarine, melted
 $\frac{3}{4}$ cup buttermilk
 $\frac{1}{2}$ teaspoon **Spice Islands**[®] Pure Vanilla Extract

STIR all ingredients together and let sit for 2 minutes.

PLACE $\frac{1}{2}$ cup batter in a preheated waffle iron and bake to desired level of browning, about 2 to 3 minutes.

SERVE hot OR cool and freeze in resealable plastic bags for toasting later.

For **Lemon-Blueberry Waffles**, stir in 1 teaspoon freshly grated lemon peel plus 1 cup fresh blueberries to basic recipe.

For **Pumpkin Pie Waffles**, stir in $\frac{1}{4}$ cup canned pumpkin plus $\frac{1}{2}$ teaspoon **Spice Islands**[®] Pumpkin Pie Spice to basic recipe.

For **Banana Flavored Waffles**, stir in $\frac{1}{4}$ cup mashed banana to basic recipe.

For **Cornmeal Waffles**, omit vanilla extract and stir in: 3 tablespoons cornmeal plus 2 teaspoons **Spice Islands**[®] Paprika.

QUESTIONS? Call 1-800-247-5251

Or visit: www.becomeabetterbaker.com | www.karosyrup.com | www.argostarch.com | www.breadworld.com