

# WELCOME TO WOODLOCH'S COOKING DEMONSTRATION

## Gluten-Free Blueberry Cobbler

### *Filling:*

- 2 cups fresh or frozen blueberries
- 1/4 c. granulated cane sugar
- 1/2 tsp. salt
- 1 tbsp. cinnamon, optional

### *Topping:*

- 1 c. gluten-free AP flour
- 1 c. granulated cane sugar
- 1 egg
- 1/4 c melted butter

### *Directions:*

1. Preheat oven to 350°.
2. Arrange cleaned and prepared blueberries into an 8x8 baking dish or 9-inch pie plate. Sprinkle with sugar (and cinnamon, if using). Stir together until mixed in the dish. Feel free to use more blueberries and use a 9x13 dish instead if you prefer a higher fruit to topping ratio.
3. Combine the 3 topping ingredients (not the butter) in a bowl and stir with a fork until it forms a crumbly mixture. Sprinkle on top of the fruit and drizzle melted butter over top of the cobbler before baking.
4. 4. Bake for 30-45 minutes, depending on the size of the pan. The fruit should be bubbly and the topping browning slightly. If you have a convection setting, use that the last 10 minutes of the bake for a crisper topping.



**NO "PRESSURE"**  
**GLUTEN-FREE RECIPES**

## Instant Pot Chicken Noodle Soup

### *Ingredients:*

- 1 tbsp. olive oil
- 1 med. onion, chopped
- 4 med. carrots, peeled & cut into 1/4in. pieces
- 4 ribs celery, chopped
- 3 cloves garlic, minced
- 1 tsp. dried oregano
- Chopped fresh parsley
- 1/2 tsp. dried thyme
- 1 bay leaf
- 3/4 tsp. salt
- 1/4 tsp. black pepper
- 4 c. low sodium chicken broth
- 4 c. water
- 1 lb. boneless, skinless chicken
- 6 oz. egg noodles

### *Directions:*

1. Press the sauté button on the Instant Pot and add the olive oil to the pot. Once the pot is hot, add the onion, carrots, and celery and cook, stirring occasionally, until veggies start to soften, about 3 minutes. Stir in the garlic.
2. Press “Cancel” to turn off the Instant Pot.
3. Add the dried oregano, thyme, bay leaf, salt, pepper, broth, and water to the pot. Stir. Nestle the chicken into the broth.
4. Close the Instant Pot lid and turn the valve to the sealing position. Pressure cook on high pressure for 7 minutes. The Instant Pot will take about 20 minutes to reach pressure and then the cook time will begin counting down.
5. When the cook time ends, allow the Instant Pot to naturally release for 10 minutes. Then, carefully release the remaining pressure by turning the steam release valve to the venting position using the handle of a long spoon.
6. When the pin drops down, open the Instant Pot lid. Remove the bay leaf and discard. Remove the chicken to a clean plate, bowl, or cutting board. Let the chicken rest for a few minutes and then shred the chicken.
7. Press “Cancel” to turn off the warm setting and then press “Sauté”. Add the noodles to the pot and let them simmer for about 5 minutes, until just tender. Turn the Instant Pot off.
8. Stir the shredded chicken back in to the soup. Taste soup and season with additional salt and pepper as needed. Serve soup with fresh parsley if desired.

## Instant Pot Gluten-Free Meatballs and Spaghetti

### *Meatball Ingredients:*

- 1 lb 90% lean ground beef
- 1/4 c. coarsely ground gluten free breadcrumbs
- 1/2 c. shaved Parmigiano-Reggiano cheese
- 1 tbsp. dried basil
- 1 tbsp. dried oregano
- 1 tbsp. dried minced onion
- 1 1/2 tsp. garlic powder
- 1/2 tsp. kosher salt
- 1 egg

### *Sauce and Pasta Ingredients:*

- 5 c. canned tomato puree
- 1/2 tsp. kosher salt
- 1 tbsp. dried basil
- 1 tbsp. dried oregano
- 1 tbsp. dried minced onion
- 1 1/2 teaspoons garlic powder
- 10 ounces dried gluten free spaghetti
- 1 tbsp. EVOO
- 2 c. lukewarm water

### *Directions:*

1. In a large bowl, place the ground beef and break it up lightly with your hands. Place the bread crumbs, cheese, basil, oregano, onion, garlic powder, and salt on top, and mix gently with a spoon until just combined. Add the beaten egg and mix again, gently, until everything is just moistened by the egg. Divide the meatball mixture into 12 equal pieces and roll each lightly into a ball, taking care not to pack the meat tightly. Set the shaped meatballs aside briefly.
2. In the Instant Pot liner, place the tomato puree, salt, basil, oregano, onion, and garlic powder, and whisk to combine well. Divide the dried spaghetti into 4 roughly equal portions. Break the first portion in half and scatter the spaghetti pieces evenly across the top of the sauce in the line. Repeat with the second portion, but scatter it the opposite way on top of the first layer (perpendicular to the first portion). Repeat with the remaining two portions, breaking each in half and alternating directions. Drizzle the olive oil on top of the spaghetti, and mix very gently with a spoon, keeping most of the spaghetti pieces on top of the sauce. Place the shaped meatballs on top of the pasta in a single layer and pour the water on top.
3. Secure the lid of the Instant Pot until it clicks. Set the vent to sealing. Plug in the pot if it isn't already plugged in. Press the “Manual” button, ensure the pot is set to “High” (rather than “Low”), set the timer using the “+” or “-” buttons to 6 minutes. In a moment, the pot will read “ON”. The 6 minutes will begin to count down once the pot has reached full pressure.
4. As soon as the 6-minute manual cooking cycle is over, press the manual button to turn the heat off. Then, using a cloth to avoid burning your hands, release the pressure manually by turning the vent from sealing to vent. Once all the pressure has released, the pressure “button” on the top of the lid will fall and become recessed into the lid. Open the pot and, using a large serving spoon, gently stir the cooked meatballs and spaghetti from the bottom of the pot to the top. Remove the spoon and place the lid of the pot loosely back on top. Allow the dish to rest for a few minutes before serving hot, sprinkling with extra cheese and fresh herbs, if desired.