

THE 21ST

THERE'S A WORLD OF HEALTHY INGREDIENTS YOU'VE PROBABLY NEVER TRIED, EVEN IF YOU'RE AN ADVENTUROUS COOK. IT'S TIME TO EXPLORE SOMETHING NEW.

CENTURY

THAT'S WHY *F&W* COLLECTED SHOPPING LISTS FROM THREE BRILLIANT INNOVATORS: A MEAT-CENTRIC CHEF, A VEGAN EXPERT AND A BAKING GENIUS.

HEALTHY

WE ALSO GOT THEIR MOST DELICIOUS RECIPES, FROM BRAISED WILD-BOAR SHANKS TO FLUFFY PANCAKES WITH FLAXSEED. PHOTOGRAPHS BY CON POULOS

PANTRY



Pantry chef Elisabeth Prueitt makes a gluten-free version of Rice Krispie treats (recipe, p. 108).

GRAINS

ELISABETH PRUEITT

At Tartine and Bar Tartine in San Francisco, pastry chef Elisabeth Prueitt is known for classic French desserts made with white flour. But, she says, "I got turned on to using healthier alternatives at home when I found out that I was gluten-intolerant."

COVER RECIPE

Flax-Coconut Pancakes

TOTAL: 30 MIN • MAKES ABOUT TWELVE 4-INCH PANCAKES

Elisabeth Prueitt always mixes ground flax into her pancake batter. "I've never felt great about the low nutritional value of pancakes—it's like eating cake for breakfast—but the flax adds fiber, omega-3s and minerals," she says.

- 1/3 cup brown rice flour (see Note)
- 1/3 cup white rice flour (see Note)
- 1/4 cup sugar
- 3 tablespoons potato starch (see Note)
- 3 tablespoons tapioca starch (see Note)
- 3 tablespoons coconut flour (see Note)
- 2 tablespoons flaxseed meal
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 1 1/4 cups milk, at room temperature
- 1/4 cup coconut oil, melted, plus more for the griddle

Fresh fruit and maple syrup, for serving

1. In a large bowl, whisk the brown and white rice flours with the sugar, potato starch, tapioca starch, coconut flour, flaxseed meal, baking powder and salt. In another bowl, whisk the eggs and milk with the 1/4 cup of coconut oil; whisk into the dry ingredients just until the batter is moistened. Add a tablespoon of milk if the batter is very thick.

2. Preheat a griddle and brush lightly with coconut oil. For each pancake, scoop 3 tablespoons of the batter onto the griddle, allowing it to spread on its own. Cook over moderate heat until bubbles appear on the surface, about 3 minutes. Flip and cook the pancakes until they have risen and are golden brown on the second side, about 2 minutes longer. Transfer the pancakes to plates and serve with fruit and maple syrup.

NOTE For gluten-free bakers, a combination of brown rice flour, white rice flour, potato starch and tapioca starch makes an excellent substitution for all-purpose flour. These ingredients are available at specialty and natural food markets and from kingarthurfLOUR.com. Coconut flour is also a healthy, gluten-free alternative to wheat and other grain flours. It is very high in fiber and a good source of protein. It's available at bobsredmill.com.

Peanut Butter Rice Krispie Treats

☑ PAGE 103

**ACTIVE: 15 MIN; TOTAL: 1 HR 30 MIN
MAKES 24 SQUARES**

Rice Krispies Gluten Free cereal, made with brown rice instead of white, is the secret to Prueitt's crisp and chewy sweets.

- 3 tablespoons coconut oil, plus more for greasing
- One 10-ounce bag marshmallows
- 3/4 cup creamy peanut butter
- 7 ounces Rice Krispies Gluten Free with Brown Rice (6 cups)

Lightly grease a 9-by-13-inch baking pan with coconut oil. In a large pot, melt the 3 tablespoons of coconut oil. Add the marshmallows and cook thoroughly over low heat, stirring constantly, until they are melted, about 5 minutes. Add the creamy peanut butter and stir until incorporated. Remove the pot from the heat and immediately add the Rice Krispies. Using a wooden spoon or firm spatula, stir to coat them completely. Scrape the mixture into the prepared baking pan and, using a sheet of wax paper, press evenly on the mixture to compact it. Let the Rice Krispie treats cool completely, then cut them into squares and serve.

MAKE AHEAD The treats can be wrapped in plastic and kept at room temperature for up to 2 days.

Elisabeth Prueitt's Pantry

FLAXSEED MEAL

"There's hardly anything that I can't figure out how to get flaxseeds into. I mix the nutty-tasting meal into pancakes, waffles, quick breads and even smoothies. You can buy it preground, or you can finely crush the seeds in a coffee or spice grinder. It's a good source of fiber and omega-3s."

QUICK-COOKING OATS & OAT FLOUR

"I use quick-cooking oats or oat flour (ground whole oats) in almost everything I bake. It's a really easy way to bump up the texture and health benefits without sacrificing flavor or lightness. I add quick-cooking oats to chocolate chip cookies, and I replace up to half the regular flour in brownies with oat flour. I like quick oats, since they don't need to cook as long as regular rolled oats."

WHITE WHOLE-WHEAT FLOUR

"This whole-grain flour is produced from a white variety of wheat. It's different from whole wheat flour—it is made from a different type of grain than the kind typically used for bread. Compared to other whole-grain flours, it is quite soft. It works well combined with all-purpose flour."

RICE KRISPIES GLUTEN FREE

"It's made with whole-grain brown rice but no barley malt, which is the source of gluten in regular Rice Krispies. I make Rice Krispie treats with coconut oil, which I've discovered goes with everything."

Gluten-free coconut pancakes get a healthy boost from flaxseed meal.

