

# **GLUTEN FREE BOW CHICKA CHOW CHOW CHOWDER**

## **GLUTEN FREE Corn Bread Recipe**

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## **BOW CHICKA CHOW CHOW CHOWDER (Gluten Free)**

### **Ingredients**

- 1/4 cup unsalted butter (or Oil)
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1 teaspoon dried thyme
- 1/4 cup Almond flour
- 3 cups chicken broth
- 2 cups milk, or more, as needed — Oat Milk
- 2 russet potatoes, peeled and cubed
- 2 cups diced cooked chicken breast
- 1 1/2 cups shredded cheddar cheese — Violife Cheddar Cheese
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

### **Directions:**

- Melt butter in a large stockpot or Dutch oven over medium heat. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.
- Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken broth and milk, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes.
- Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes. Stir in chicken and cheese, a handful at a time, until smooth, about 1-2 minutes; season with salt and pepper, to taste. If the chowder is too thick, add more milk as needed until desired consistency is reached.
- Serve immediately, garnished with parsley, if desired.

## **Corn Bread Recipe (Gluten Free)**

- 1 cup Almond Flour
- 1 cup corn meal
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1/2 pound (2 sticks) unsalted butter, at room temperature
- 3/4 cup coconut sugar
- 4 eggs
- 1 1/2 canned cream-style corn
- 1/2 canned crushed pineapple
- 1 cup shredded cheddar cheese — Violife Cheddar Cheese

### **Directions:**

- Preheat oven to 325
- Butter and flour a 9-inch square glass cake pan.
- In a medium bowl, whisk together the flour, corn meal, baking powder, and salt, and set aside.
- In a mixer, cream the butter and sugar. While the mixer is running, add the eggs one at a time, beating well after each addition. Add the corn, pineapple, and cheese, and mix to blend. On a low speed, add the dry ingredients and mix until blended well.
- Pour the batter into the prepared pan and bake until a tester stuck in the center comes out clean, about one hour to an hour and fifteen minutes. Do not undercook the cornbread. It should be golden brown on top when done.

Enjoy!!