



PEA SNAPS... Pregnancy a trigger for Celiac Disease and gf Choux or Puff Pastry

February 23, 2011

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After giving birth to Eva, my hair dresser Jen began to experience digestive upsets. Her family doctor helpfully suggested that she be tested for Celiac disease. Her test was positive.

Jen later found out that the Celiac disease was also familial, that her Grandma Corinne was also Celiac. Corrine had never really understood about the diagnoses and had continued to struggle with symptoms.

Upon hearing Jen's news, Gwen (grandma of Eva, daughter to Corrine, and mother and business partner of Jen at [First Impressions Hair and Skin](#)) began to create tasty and healthy gluten-free food for the whole family. Gwen has generously shared her recipe for gluten-free Choux Pastry with [Pea Snaps](#).

Shelley Case in [The Gluten-free Diet: A Comprehensive Resource Guide](#) explains that 'The development of celiac disease involves a combination of genetic, environmental and immunological factors. Celiac disease can occur at any age, including the elderly, and may be triggered by a gastrointestinal or viral infection, severe stress, surgery or pregnancy.'

Gwen's Gluten Free Choux or Puff Pastry

- 1 cup water
- 1/3 cup butter
- 3/4 cup gluten free flour blend (see below)
- 1/4 cup BEST Chickpea Flour
- 4 eggs

Preheat oven 400degrees F. Combine and bring to boil the water and butter. Add the flour and BEST Chickpea Flour. Remove from heat. Beat with wooden spoon until well mixed. Beat in one egg at a time and continue until you have a smooth mixture. Spoon teaspoon size balls onto baking sheet. Bake 15 to 17 minutes until golden and puffy.



When cool you can add what you like to the inside. Cut the tops open and fill with savory or sweet mixtures. Whipped cream or pudding, topped with melted chocolate makes a lovely treat. The pastry may be frozen - not filled. Reheat at 350degrees F for 5 to 10 minutes.

For **Jalapeno Puffs**, add these things to your basic pastry

- ½ cup of sharp cheddar cheese grated
- 1 cup of chopped ham or crisp bacon
- ½ tsp dry mustard
- 4 oz chopped jalapeno

Drop teaspoon size balls on a baking sheet. Bake at 400 for 15 to 17 minutes. The pastry can be frozen unfilled and reheated at 350degrees F for 5 to 10 minutes.

Brown rice flour blend (from the Pulse Canada booklet [Pulses and the Gluten-Free Diet Cooking with Beans, Peas, Lentils and Chickpeas](#), pg 21)

- 1 1/2 cups brown rice flour
- 1 1/2 cups potato starch
- 1 cup tapioca flour (also called tapioca starch)

Blend thoroughly. Store, tightly closed, in dark, dry place.

Thank you to Tony for recommending BEST Whole Yellow Pea Flour as a thickener for stew. It works a treat - and why

not dumplings?

Please keep sending in the recipes and suggestions - questions are always appreciated!

Happy baking,
Margaret



BEST Whole Yellow Pea Flour, BEST Green Split Pea Flour, BEST Chickpea Flour and BEST Pea Fiber are certified-organic, gluten-free, and made from North American pulses. Available on line at [Amazon.com](https://www.amazon.com) in the US, and [well.ca](https://www.well.ca) (with free shipping) in Canada.

Please let me know of your favourite store where BEST Pulse Flours and Pea Fiber are carried!

BCP PORTAGE: 124 – 10th St NE, Portage la Prairie
Manitoba, Canada R1N 1B5

TEL (204) 857-4451 **FAX** (204) 239-6885

BCP ROWATT: RR#3, Site 10, Module 3, Compartment 13
Rowatt, Saskatchewan, Canada S4P 2Z3

TEL (306) 586-7111 **FAX** (306) 586-4848

www.bestcookingpulses.com