



LIVING AND LOVIN HERBS PODCAST

Brenda's Gluten Free Dairy Free Herb Stuffing

1 tablespoon nondairy butter spread. (I use Earthbalance)
½ teaspoon salt
2 medium onions chopped
2 - 3 celery stalk
1 - 2 carrot chopped
3 garlic cloves
2 - 3 Granny Smith Apples (or local tart apples) diced

1 lb of fresh chopped mushrooms (shiitake, oyster, chanterelle all work) if using dried mushrooms reconstitute in a half cup of hot water and dash (or more) of Sherry).

A good size bunch of fresh sage – chopped – if using dried sage – use 2 tablespoons

A good size bunch of thyme – stemmed – if using dried thyme – use 2 tablespoons.

2 loaves of sliced Gluten Free Bread – (I try and buy them from a local Gluten Free bakery. If they're out of stock, I use Udis Gluten Free Millet-Chia bread – cut into cubes and toast in a low heated oven (approx. 250 degrees).)

8 oz of stock – can be Turkey stock from simmering the giblets, or vegetable stock. Don't forget to use the mushroom / Sherry broth if reconstituted dried mushrooms.

¼ cup Sherry

½ teaspoon salt and pepper

Directions:

Melt nondairy butter in a large skillet. Add onions, celery, carrot and garlic and sauté until vegetables are just about soft but not quite.

Stir in apples and cook for approx. 2 minutes. Don't over cook them.

Add the mushrooms – if fresh, cook until they are giving off liquid. If using reconstituted dried mushrooms cook until warmed.



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Add Sherry, sage, thyme, salt and pepper and cook until liquid is almost evaporated. Then remove from heat.

Combine vegetable mixture with toasted bread cubes into large bowl. Add enough broth to moisten bread. If there isn't enough add additional sherry. But don't soak the bread cubes.

Stuff turkey with the stuffing and roast as directed.

If not stuffing a turkey: Transfer stuffing to a well greased baking dish. Cover with foil. Bake at 350 degrees for 15 minutes. Take off foil and bake for another 15 - 20 minutes or until stuffing is lightly crisp on top.