

# A Love Story

For this couple, gluten-free means fresh, seasonal produce and powerhouse whole grains.

**W**HEN SHAUNA JAMES AHERN WAS DIAGNOSED WITH CELIAC DISEASE, she feared that she'd never be able to eat in a restaurant again. Funny thing, then, that she fell in love with a chef. Working at Seattle bistro at the time, Daniel Ahern won her heart with a to-go box filled with white beans

braised in olive oil, and from then on the two were a pair. Now husband and wife, Shauna and Daniel are co-authors of *Gluten-Free Girl and the Chef: A Love Story with 100 Tempting Recipes*.

Shauna doesn't see her life as one filled with restrictions. In fact, celiac disease has encouraged her to seek fresh, seasonal produce and eat powerhouse whole grains like quinoa. For Daniel, falling in love meant embracing new ingredients, like millet. "Most people think of it as birdseed . . . but it actually soaks up flavors very well," he says.

"At one point, I lived within a few blocks of where Danny worked at Gramercy Tavern (a restaurant in New York City). We'd probably passed each other on the street without even knowing it," Shauna says. It looks like fate had a plan in mind for these two after all. ♪

Story by Jennifer Perillo, a food writer in Brooklyn, N.Y. Recipes adapted from *Gluten-Free Girl and the Chef: A Love Story with 100 Tempting Recipes* by Shauna James Ahern and Daniel Ahern (Wiley 2010).



Shauna James Ahern has taught chef and husband Daniel Ahern a thing or two in the kitchen.

Lara Ferroni

**Gluten** is a protein found in all forms of wheat. As a result, most breads and baked products contain gluten, making it a challenge to avoid. Fortunately, there are many flours that are gluten-free, and with the right combination, you can eat well. Most gluten-free flours can be found in the supermarket. Bob's Red Mill ([bobsredmill.com](http://bobsredmill.com)) is also a good source. For a glossary of gluten-free flours, go to [relishmag.com/glutenfree](http://relishmag.com/glutenfree).

## Crusty Bread that Even Those Who Eat Gluten Might Like

As there's no gluten to develop, kneading isn't necessary for this bread. It has air pockets, a crisp crust and an earthy, warm taste. We loved it.

- 1 ¼ cups (8 ounces) potato starch
- 1 ¼ cups (3.5 ounces) almond flour
- ⅔ cup (3 ounces) oat flour
- ½ cup (3 ounces) millet flour
- 1 tablespoon active dry yeast
- 2 teaspoons xanthan gum
- 1 ½ teaspoons coarse salt
- 1 ½ cups warm water (about 110F)
- 2 eggs
- 2 tablespoons canola oil
- 1 tablespoon honey
- 1 tablespoon canola oil for oiling bowl

1. Place potato starch, almond flour, oat flour and millet flour in the bowl of a stand mixer. Mix on low speed about 30 seconds to blend well. Add yeast, xanthan gum and salt. Stir to combine.
2. Pour warm water, eggs, canola oil and honey into dry ingredients. Mix on medium speed until dough has come together. It will be soft.
3. Place dough in a large oiled bowl. Cover with a clean cloth; let dough rise until doubled in size, about 2 hours.
4. At the end of rising, preheat oven to 425F. Cut dough into halves and form 2 small boules (*rustic ovals*). Make 3 (¼-inch deep) cuts with a serrated knife on top of each boule.
5. Place boules on a pizza stone or baking sheet on the bottom rack of oven. Bake 30 minutes, until bread is browned and sounds hollow when tapped on the bottom. Cool 30 minutes before slicing. Makes 2 small loaves (8 servings each).

Per serving: 150 calories, 3g fat, 25mg chol., 2g prot., 27g carbs., 1g fiber, 190mg sodium.

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Give this bread a try even if you're not a gluten-sensitive. We loved it.