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Gluten-Free Recipe Book

Festive Holiday Recipes from the Massel Kitchen



Deliciously simple gluten-free holiday recipes

With recipes for Thanksgiving,
Hanukkah, Christmas and all of
the heart-warming moments
in-between that bring friends
and family to your table!

Checking all the boxes for health and flavor



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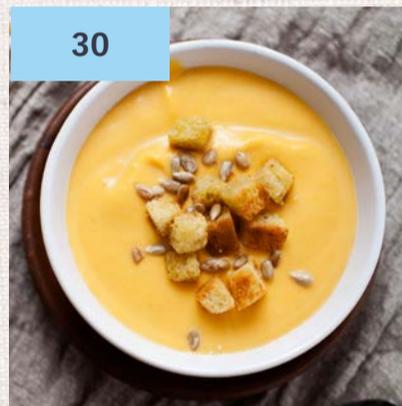
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GLUTEN-FREE HOLIDAY RECIPES FROM THE MASSEL KITCHEN

We love to cook at Massel. The freshest ingredients and a pinch of innovation keep us hungry for more creations, and when we find exciting new dishes for the holiday season, we can't wait to share them just in time for the joyous festivities.

Over the years, we've tried literally hundreds of recipes that feature our bouillon and seasonings. These recipes come from our most passionate customers as well as our own test kitchen - they're all as different and as interesting as the many people who created them! And, while we would love to feature them all, we wanted to distill them down to a list of our 10 favorites. The gluten-free recipes in this first chapter of our new Massel recipe e-book feature surprising and delicious twists to your standard holiday fare that the whole family will love.

We start this chapter with a robust **Cranberry & Macadamia Rice Stuffing** that is gluten-free, meatless and a tart, welcome remix to the standard stuffing recipe. There is a great variety of mouthwatering sides that may wind up being the stars of your meal, from **Mashed Cauliflower** simmered in our Ultracube bouillon, to our **Simplest Pumpkin Soup** that is a go-to comfort food for winter.

We hope you enjoy these seasonal recipes as much as we do!





Cranberry & Macadamia Rice Stuffing

AUTHOR: Massel | SERVES: 8-10 or stuffs a 12-15 lb turkey
Dairy-Free - Gluten-Free - Kosher - Vegan - Vegetarian



A delicious **gluten-free stuffing**. Use it to stuff a turkey or serve it as a **show-stopping side dish**.

Or, simply eat it with a spoon on your own. **We won't tell!**

INGREDIENTS

2 Massel Ultracubes, any flavor

2 cups rice

1/3 cup extra virgin olive oil

1 large onion, chopped

1 1/2 cups celery, chopped

1 garlic clove, chopped

2 cups extra virgin olive oil

1 1/2 teaspoons fresh sage

1 1/2 teaspoons fresh rosemary

1 1/2 teaspoons fresh thyme

1 cup whole macadamia nuts

1 cup dried cranberries







Cranberry & Macadamia **Rice Stuffing**

METHOD

1. Cook the rice with one Massel Ultracube added to the water. You can use any flavor; we think chicken style works well.
 2. Heat oil in sauté pan and add onion, garlic and celery. Cook until translucent.
 3. Add sage, rosemary, thyme and crumble in your second Massel Ultracube. Cook for a few more minutes.
 4. Put rice in large bowl and fold in onion mix. Add macadamia nuts and cranberries.
 5. Stuff into the turkey or cook in oven separately.
 6. Serve warm.
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Garlic Olive Oil Mashed Potatoes

AUTHOR: Tess Masters, The Blender Girl | **SERVES:** 8-10 | Dairy Free - Gluten Free - Kosher
- Low Sugar - Vegan - Vegetarian - Kid Friendly Meals - Salads, Side Dishes & Tasty Grains

Instead of using tons of cream and butter, or even vegan butter spread like Earth Balance (which IS fantastic with potatoes by the way), I prefer using a really good quality cold pressed olive oil, which adds not only a delicious flavor, but also tons of health fats. To this I add a little bit of Massel vegetable broth for extra flavor. Then you can add in any spices, herbs and natural flavorings you fancy!

- Tess Masters, *The Blender Girl*

INGREDIENTS

4 tablespoons broth using Massel Ultracubes OR Concentrated Liquid Stock, vegetable flavor

2 pounds red skinned potatoes, unpeeled and diced

$\frac{3}{4}$ cup cold pressed extra virgin olive oil

6 tablespoons garlic, freshly minced (add more to taste, if desired)

1 bunch fresh chives, finely chopped

2 teaspoons Celtic sea salt or Himalayan salt







Garlic Olive Oil Mashed Potatoes

METHOD

1. Place the chopped potatoes in a large saucepan and boil.
2. Simmer for about 20 minutes until tender.
3. Drain well, and return to the saucepan and stir-fry on a low heat to remove excess water (about 2-3 minutes).
4. When potatoes are dry, gradually add the olive oil, broth, garlic and salt, tasting to make sure you get it juuuuust right for your taste preference. The quantities I listed were perfect for me. But, you might prefer more or less garlic, salt and/or olive oil.
5. As you stir, the potatoes should get rich and creamy. I find I don't even need to use a masher. However, you might prefer to use one, or you could use your stand mixer with the paddle attachment.



Simplest **Pumpkin** **Soup**

AUTHOR: Massel | SERVES: 2 | Gluten-Free - Kosher - Low-Fat - Vegetarian



Soup recipes **don't come simpler than this.**

For a quick, healthy dinner whip up a pot of this **delicious pumpkin soup.** It's full-flavored and perfect to snuggle up with on a cold day!

INGREDIENTS

1 2lb pumpkin

3 cups stock made with ½-pack Massel Concentrated Liquid Stock OR 2 Massel Ultracubes or 2 teaspoons Massel All Purpose Bouillon & Seasoning (chicken or vegetable style)

½ cup milk or soy milk

2 teaspoons parsley, chopped

Freshly ground black pepper (optional)







Simplest **Pumpkin Soup**

METHOD

1. Peel pumpkin and cut into four (4) pieces.
2. Make up your Massel stock using one of the above options.
3. Place the pumpkin in a soup pot and add stock. Bring to boil and simmer for ten minutes, or until the pumpkin is soft.
4. Purée using a blender. Add milk.
5. Decorate with chopped parsley and freshly ground black pepper.

TIP

To make peeling your pumpkin easier, place the pumpkin pieces in the microwave, cut-side up for approximately four minutes, cool, and then peel.



Slow Cooker Turkey Breast

AUTHOR: Massel | SERVES: 4-6 | Dairy-Free - Gluten-Free - Kosher



This **delicious slow cooker turkey breast** will be the star of your holiday meal. **It is easy to make** - even a novice can do it - and the slow cooker makes the meat **succulent and juicy**.

INGREDIENTS

- 1 6-7lb bone-in turkey breast, skin removed
- 2 tablespoons orange juice (can substitute lemon juice or olive oil)
- ½-pack chicken style **Massel Concentrated Liquid Stock** OR
- 2 **Massel Ultracubes** OR
- 2 teaspoons **Massel All Purpose Bouillon & Seasoning (chicken style)**







Slow Cooker **Turkey Breast**

METHOD

1. Mix orange juice and Massel bouillon in a small bowl.
 2. Rub all over turkey breast.
 3. Place turkey in slow cooker. Pour in any leftover orange juice mixture.
 4. Cook on low for 4-5 hours.
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Sausage & Apple Stuffing

AUTHOR: Massel | SERVES: 4-6 | Gluten-Free



This **rustic stuffing** combines sausage and apple with crusty gluten-free bread to make a **comforting side** that pairs perfectly with your Thanksgiving turkey.

Leftovers make the **ultimate turkey sandwich!**

INGREDIENTS

4 tablespoons extra virgin olive oil

1 pound fennel or sage gluten-free sausage (no casing)

1 yellow onion, diced

1 cup celery, diced

1 cup mushrooms (whichever variety you like), sliced

1 apple, diced

5 cups dry gluten-free bread, cubed

¼ cup parsley, chopped

2½ cups Massel Chicken Style stock made with 4 tablespoons Massel Concentrated Liquid Stock OR 1½ Massel Ultracubes OR 1½ teaspoons Massel All Purpose Bouillon & Seasoning

½ cup melted butter







Sausage & Apple Stuffing

METHOD

1. Add the oil to a large skillet over medium heat, crumble sausage into the pan and cook until the fat begins to render and sausage begins to crisp. Add All Purpose Bouillon & Seasoning.
2. Add onion, celery, mushrooms and apple.
3. Cook, stirring occasionally, until sausage is cooked through.
4. Add the cubed bread, parsley, stock and butter. Stir until combined.
5. Spoon mixture into a baking dish and cover with foil.
6. Place in a 350°F/180°C preheated oven for 30 minutes. Uncover and let the top get crispy.

TIP

For a delicious vegan stuffing, double the mushrooms, omit the sausage and substitute vegan butter for regular butter. We also like to add a little chopped fresh sage.



Scalloped Potatoes

AUTHOR: Massel | SERVES: 4 | Gluten-Free - Vegan - Vegetarian

Scalloped potatoes are a **classic festive side dish**, and you can substitute any root vegetable you like: **carrots, parsnips, squash, artichokes and sweet potato** all work well. Cooking times vary depending on the vegetable. These quantities serve four, however it's easy to scale this dish up or down, depending on whether you want a **comforting ramekin** for a solitary supper, or **you're feeding a crowd**.



INGREDIENTS

1 cup water

1 teaspoon Massel Chicken Style Concentrated Liquid Stock OR ½ Massel Ultracube OR 1 teaspoon Massel All Purpose Bouillon & Seasoning

6 large potatoes, thinly sliced

1 onion, thinly sliced

Gluten-free all purpose flour

Vegan butter

1 teaspoon Massel All Purpose Bouillon & Seasoning, vegetable flavor







Scalloped Potatoes

METHOD

1. Butter sides and bottom of a casserole dish. Preheat oven to 400°F/200°C.
2. Layer sliced potatoes in a single layer on the bottom of pan.
3. Layer sliced onions over the potatoes.
4. Sprinkle flour over the layered potato and onion slices.
5. Dot little pats of butter over the dish.
6. Sprinkle with a little All Purpose Bouillon & Seasoning.
7. Repeat layers until pan is full.
8. Make up your stock using hot water and Massel bouillon.
9. Pour the stock over the potatoes until it is even with the top layer.
10. Place dish on a baking sheet in case the broth boils over. Place in oven for about an hour. For smaller dishes, start checking earlier.
11. Pull from oven when it is bubbling in the middle and golden brown on top.
12. Let rest for 10-20 minutes before serving. This dish holds its heat well.



Creamy Sweet Potato Soup

AUTHOR: Massel | SERVES: 4-6 | Dairy-Free - Gluten-Free - Kosher - Vegan - Vegetarian



Coconut milk and Massel bouillon make this hearty soup **delicious and savory**. If you like to **kick up the heat**, top with a few fried jalapeño slices.

INGREDIENTS

2 Massel Ultracubes (chicken or vegetable style)

6 cups sweet potatoes, peeled and diced

1½ cups water

1½ cups coconut milk

2 teaspoons thyme

3 garlic cloves

2-3 tablespoons vegan butter







Creamy **Sweet Potato Soup**

METHOD

1. Add sweet potatoes, water, coconut milk, Massel Ultracubes, thyme and garlic to a stockpot.
 2. Simmer over medium heat until potatoes are cooked through.
 3. Blend soup until smooth.
 4. Add the vegan butter and blend until butter is mixed in.
 5. If you like a thinner soup, add a little water at a time until you get the right consistency.
 6. Adjust seasoning to taste using Massel All Purpose Bouillon & Seasoning.
-



Mashed **Cauliflower**

AUTHOR: Massel | SERVES: 2 | Dairy-Free - Gluten-Free - Kosher - Vegan - Vegetarian



Simmered in Massel bouillon, **cauliflower** has a **whole new wow factor**. This is a healthy option to potatoes or noodles, or simply another **tasty side dish** for your festive feast.

INGREDIENTS

2 cups cauliflower florets
(fresh or frozen)

2½ - 3 cups water

**2 Massel Ultracubes (chicken
or vegetable style)**

1 teaspoon Dijon mustard

1 tablespoon vegan butter or
olive oil (optional)

2 teaspoons fresh dill, finely
chopped

Freshly ground black pepper,
to taste







Mashed **Cauliflower**

METHOD

1. In a saucepan, add cauliflower, water and Massel bouillon. Bring to a boil and simmer until the cauliflower is tender.
 2. Drain cauliflower. Add mustard, butter or olive oil, and dill.
 3. Mash to desired texture. You can mash or whip to smooth.
 4. Add pepper to taste. Serve.
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Brussels **Sprouts** with Lemon and **Herb Breadcrumbs**

AUTHOR: Meg van der Kruik, Beard + Bonnet | **SERVES:** 4-5 | Dairy-Free - Gluten-Free -
Kosher - Vegan - Vegetarian



Not a fan of Brussels sprouts? Think again! These Brussels are roasted until caramelized and tender then topped with **crispy lemon and herb infused breadcrumbs**. They would be a welcome addition at your table any night of the week, but are indulgent enough for your holiday dinner as well.

- Meg van der Kruik, Beard + Bonnet

INGREDIENTS

1½ lbs Brussels sprouts,
trimmed and halved

2 cloves garlic, minced

1½ tablespoons olive oil

**2 tablespoons Massel
All Purpose Bouillon and
Seasoning Granules,
chicken flavor**

**½ tablespoon Massel
Concentrated Liquid Stock,
chicken flavor**

¼ teaspoon freshly cracked
black pepper

1½ tablespoons unsalted butter

¾ cup fresh gluten-free breadcrumbs

1 tablespoon fresh lemon juice

1 tablespoon lemon zest

1 tablespoon fresh thyme leaves,
minced

½ tablespoon fresh rosemary,
minced

¼ cup chopped flat leaf parsley







Brussels Sprouts with Lemon and Herb Breadcrumbs

METHOD

1. Heat the oven to 425°F.
2. In a large mixing bowl, toss the Brussels sprouts with the minced garlic, olive oil, Massel All Purpose Bouillon and Seasoning Granules, Massel Concentrated Liquid Stock and black pepper.
3. Spread evenly on a parchment lined baking sheet and roast, tossing once, until tender, for about 15-20 minutes.
4. While the Brussels sprouts are roasting melt the butter in a large skillet over medium heat. Add the breadcrumbs, lemon juice, zest, thyme and rosemary. Cook, stirring constantly until the breadcrumbs are toasted and crisp, for about 5 minutes.
5. To serve, arrange the roasted Brussels sprouts on a platter or in a serving bowl, top with breadcrumbs and sprinkle with fresh parsley.

Note: Any type of gluten-free bread will work to make the breadcrumbs, but we happen to like gluten-free sourdough the best. To make fresh breadcrumbs, tear 2 to 3 slices of bread into large pieces and place them in the bowl of a food processor fitted with the “S” blade. Pulse until fine.



Creamy Cheesy Potatoes

AUTHOR: Massel | SERVES: 2-4 | Gluten-Free - Kosher - Vegetarian



Making cheesy potatoes is a **delicious way** to use this **Massel creamy cheese sauce**, but it's also good on pasta or vegetables. In fact, **it's good on almost anything**, and it stores well in the fridge!

INGREDIENTS

CREAMY CHEESY POTATOES

Grated potatoes to serve the number of people you are feeding. We generally allow $\frac{1}{3}$ to $\frac{1}{2}$ pound of raw potatoes per person.

CREAMY CHEESE SAUCE

(Makes 2½ Cups)

2 tablespoons butter or vegan butter

2 tablespoons rice flour

1 cup water

1 cup milk or soy milk

½-pack Massel Concentrated Liquid Stock OR 2 Massel Ultracubes OR 2 teaspoons Massel All Purpose Bouillon & Seasoning (vegetable or chicken)

4oz. shredded cheese or a vegan cheese

1 teaspoon grated nutmeg

Freshly ground black pepper, to taste







Creamy Cheesy Potatoes

METHOD

1. Grate potatoes and place in a bowl.
2. Coat the potatoes with Creamy Cheese Sauce until you get the desired creaminess.
3. Pour the sauced potatoes into a greased baking dish.
4. Bake for 35-45 minutes at 350°F/180°C until golden brown on top.

CREAMY CHEESE SAUCE

1. Mix milk, water and Massel bouillon together. If using bouillon cubes or granules, heat, gently stirring, until bouillon cubes are dissolved. Set aside.
2. In a saucepan, melt butter over medium heat until it bubbles; whisk flour into butter and stir while cooking. You will start to detect a popcorn-like smell.
3. Add milk mixture and whisk. As it thickens, add nutmeg and cheese.
4. When cheese is melted, take the sauce off the heat; taste and adjust seasoning.

TIP

You can make this delicious cheese sauce vegan with a few simple substitutions. Vegan substitutions: butter/vegan butter, milk/soy milk, cheese/vegan cheese.





Lemon Asparagus Risotto

AUTHOR: Tess Masters, The Blender Girl | **SERVES:** 4-5 | **Dairy-Free - Gluten-Free - Kosher - Vegan - Vegetarian**



The lemon juice and citrus zest gives this risotto a **light refreshing quality** that is surprisingly delicious, and makes even the most devout cream dreamers forget about their need for anything sharp. The beauty of this recipe is that the lemon juice and zest lifts the **risotto without the need for cheese**.

- Tess Masters, *The Blender Girl*

INGREDIENTS

16 cups Massel Concentrated Liquid Stock, vegetable flavor

6 cups arborio rice (you can also use quinoa or millet)

6 cups fresh asparagus cut into 1 inch pieces

1 ½ cups finely chopped leeks (the white part only)

1 cup vegan Daiya cheese (or another vegan cheese) *optional

½ cup finely chopped green onions

½ cup finely chopped celery (about 4 ribs)

½ cup fresh flat leaf continental parsley chopped finely

½ cup bunch fresh mint chopped finely

5 Tbsp fresh lemon juice

2 Tbsp cold pressed extra virgin olive oil

2 Tbsp finely chopped fresh garlic

1 Tbsp lemon zest or more to taste

1 tsp Celtic sea salt







Lemon Asparagus Risotto

METHOD

1. Place the olive oil, sea salt, garlic, leeks and green onions into a large pot and sauté on a medium/high heat until just translucent. (about 5 minutes)
2. Add in the celery and sauté for another few minutes.
3. Reduce the heat to medium and add in 2 cups of the vegetable broth.
4. Stir in all of the rice and continue to add the remaining broth as needed stirring constantly.
5. After about 20 minutes after the rice has doubled in size, add in the asparagus and stir through.
6. Continue to add vegetable broth as needed until the rice is just cooked through.
7. Stir through the vegan cheese, mint and parsley.
8. Then add in lemon juice and lemon zest to taste.
9. Season and serve with a sprinkling of extra herbs. YUMMO!



Lemon Garlic Green Beans

AUTHOR: Tess Masters, The Blender Girl | **SERVES:** 4-6 | Dairy Free - Gluten Free - Vegan - Vegetarian - Salads, Side Dishes & Tasty Grains

The delicious aroma when you **sauté the garlic, almonds, and lemon juice makes you salivate**, and I have been caught eating the mixture off the wooden spoon before it even reaches the green beans! You really could serve that as a side topping, or stir it through cooked quinoa or millet with some fresh chopped parsley for **a quick, easy grain dish**.

- *Tess Masters, The Blender Girl*

INGREDIENTS

3 quarts broth using Massel Concentrated Liquid Stock, vegetable flavor

30 oz green beans

1 cup raw almonds, sliced or roughly chopped

4 tablespoons fresh garlic, finely chopped

3 tablespoons fresh lemon juice

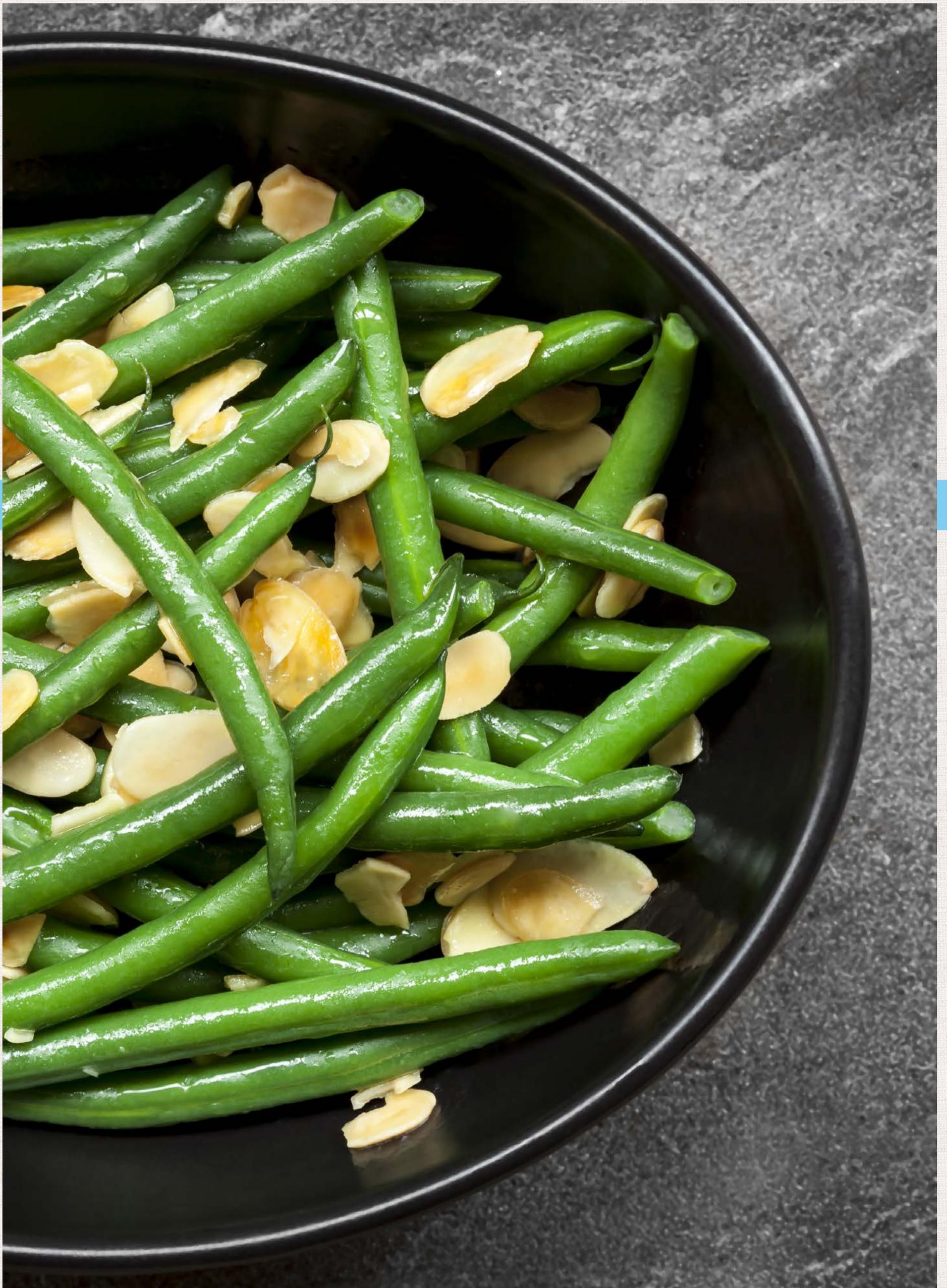
3 tablespoons cold pressed extra virgin olive oil

1 teaspoon Celtic sea salt OR Himalayan salt

1 teaspoon rough lemon zest strips

½ teaspoon finely grated lemon zest







Lemon Garlic **Green Beans**

METHOD

1. Bring the vegetable broth and filtered water to a boil in a large saucepan.
 2. Gently blanch the green beans for about 3 minutes until just al dente. Drain and set aside. Return to the saucepan.
 3. In a wok or large deep frypan, heat the olive oil and garlic on a medium heat for just a couple of minutes.
 4. Add in the almonds and warm slightly. Then, mix in the lemon juice and finely grated lemon zest.
 5. Stir this mixture through the cooked beans, and salt to taste.
 6. Lay beans in a gratin dish to serve. Top with rough lemon zest strips for a lovely garnish.
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Thanks so much for
downloading these recipes.
**Happy holidays,
and happy cooking!**

Checking all the boxes for health and flavor

