

to soften for several minutes.

Place ground chuck in a large bowl. Add the egg, garlic, parsley, grated cheese, salt, and pepper, and mix with a wooden spoon. Add the moistened grits or cornmeal (or gluten-free breadcrumbs) and mix, first with the spoon, and then with your hands, just until ingredients are combined.

Shape the meat mixture into meatballs, about the size of golf balls.

Brown the meatballs in a skillet in light olive oil or canola oil. Cook in batches, and do not overcrowd the skillet. Add more oil if needed. Remove the meatballs from the skillet and set aside for use in the tomato sauce, or cover and refrigerate or freeze until you are ready to make the tomato sauce.

### Baked Penne with Meat Sauce

- 1 pound gluten-free penne or ziti
- 12-16-ounce ball of low-moisture mozzarella cut into 1/2-inch cubes, or 12-16 ounces shredded mozzarella
- 3/4 cup grated Romano or Parmesan cheese
- meatballs and sausage from the tomato sauce
- 3-4 cups tomato sauce (recipe above)

Preheat oven to 375 degrees.

Remove half of the meatballs and half of the sausage pieces from the tomato sauce. Slice the meatballs and the sausage, and set aside.

Add 1 teaspoon of salt to a large pot of water, and bring to a boil. Add the penne or ziti and cook for about 6 or 7 minutes. The pasta should be harder than al dente because the pasta will continue to cook when baked. Strain the pasta, and return it to the pot.

Add about 2 cups of tomato sauce to the pasta, and mix with a

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wooden spoon until the sauce is evenly distributed. Add the mozzarella cheese and the grated cheese to the pasta, reserving 2 tablespoons of each for topping. Mix with the spoon. Add the slices of meatballs and sausage, reserving 1/3 cup of each for topping. Mix gently with the wooden spoon.

Spoon about 1/2 cup of tomato sauce onto the bottom of a lasagna pan or a 9x13-inch baking dish. Spoon the pasta and meat mixture into the pan or baking dish. Spread the reserved slices of meatballs and sausage over the pasta. Spoon a thin layer of sauce over the top of the pasta and meat toppings. Be sure the sauce reaches the corners. Sprinkle the reserved mozzarella, and then the reserved grated cheese over the sauce. Cover with aluminum foil.

Bake the penne or ziti until the corners bubble, about 30-40 minutes. Remove the foil and bake uncovered for 7-10 minutes.

Remove the baked penne or ziti from the oven, cover with foil, and let it stand for 10 minutes before cutting and serving. Cut into squares (like lasagna) and serve with extra grated cheese and warm tomato sauce on the side, if desired.

Buon appetito!

### Lasagna

1 pound container ricotta cheese

1 egg

1/4 cup chopped fresh parsley

1/2 cup hominy grits or coarse cornmeal (or 1/2 cup  
gluten-free breadcrumbs)

1 1/2 teaspoons salt

1/2 teaspoon fresh ground black pepper

pinch of cinnamon, optional

meatballs and sausage from the tomato sauce

12-16-ounce ball of low-moisture mozzarella cut into

1/2-inch cubes, or 12-16 ounces shredded mozzarella

- 3/4 cup grated Romano or Parmesan cheese
- 1 tablespoon olive oil or canola oil
- 1 1/2 pounds gluten-free lasagna noodles
- 3-4 cups tomato sauce (see pages 104-5 for recipe)

Preheat oven to 375 degrees.

In a large bowl, mix together ricotta cheese, egg, parsley, grits or coarse cornmeal (or gluten-free breadcrumbs), 1/2 teaspoon salt, pepper, and cinnamon (if using). Set aside. If using gluten-free rice crumbs, which are harder than cornmeal, add 1/4 cup of water and allow rice crumbs to soften for several minutes.

Remove half of the meatballs and half of the sausage pieces from the tomato sauce. Slice the meatballs and the sausage, and set aside.

Set aside and reserve (for topping the lasagna) 2 tablespoons of the mozzarella and 2 tablespoons of the grated cheese.

Add 1 teaspoon of salt and 1 tablespoon of olive oil or canola oil (to prevent the noodles from sticking) to a large pot of water, and bring to a boil. Add the lasagna noodles and cook for about 6-7 minutes. The noodles should be harder than al dente because the noodles will continue to cook when baked. Strain the noodles in a colander.

While the pasta is cooking, spoon about 1/2 cup of tomato sauce onto the bottom of a lasagna pan or a 9x13-inch baking dish.

Place a layer of cooked lasagna noodles over the sauce in the lasagna pan or baking dish. Drop spoonfuls of 1/3 of the ricotta mixture on the layer of noodles and spread the mixture. Add 1/3 of the meatballs and sausage over the ricotta. Spread 1/3 of the shredded or cubed mozzarella as the next layer. Next spread on top of the meat and cheese layers about 1/3 cup of the tomato sauce, and sprinkle 1/3 of the grated cheese on the sauce.

Make a second layer of cooked lasagna noodles, and add the ricotta, meatballs and sausage, cheeses, and tomato sauce as above.

meat and cheese

Cover the lasagna with the remaining noodles. Spoon a thin layer of sauce over the top. Be sure the sauce reaches the edges. Cover the lasagna with aluminum foil.

Bake the lasagna for 45 minutes. Remove the foil.

Remove the lasagna from the oven and let it stand for 10 minutes before serving. and serve with a side salad, if desired.

Don't forget

#### Action Check

- Start with a low rate of change
- Never expect there to be a constant rate of change
- Try to find a pattern in the data
- The more data you have, the better the model will be

Repeat the process to make a third layer of lasagna noodles and meat and cheese fillings.

Cover the last layer of fillings with a layer of cooked lasagna noodles. Spoon a thin layer of sauce over the top of the lasagna noodles. Be sure the sauce reaches the corners. Sprinkle the reserved mozzarella and then the reserved grated cheese over the sauce. Cover with aluminum foil.

Bake the lasagna until the corners bubble, about 30–40 minutes. Remove the foil and bake uncovered for 7–10 minutes.

Remove the baked lasagna from the oven, cover with foil, and let it stand for 10 minutes before cutting and serving. Cut into squares and serve with extra grated cheese and warm tomato sauce on the side, if desired.

Buon appetito!

#### Action Checklist

- Start with simple dishes first. You can move on to more elaborate fare after you feel more comfortable in the kitchen.
- Never fear failure! Be patient with yourself and just keep on experimenting with G-free cooking and baking. You will get there.
- Try to find G-free versions of old family favorites. It helps if you serve the food *before* revealing its contents.
- Throwing dinner parties should not be daunting—you have as many entertaining choices as ever, possibly even more!