



***CHEF MATT'S
FOOD EMPORIUM
"EVERYDAY
RECIPES"***

2018



***Produced by
CHEF MATT***

HOT CROSS BUNS



INSTRUCTIONS

COVER raisins with boiling water in a small bowl. Let stand until plump, 10 min. Drain well and pat dry with a kitchen towel.

COMBINE 1 cup flour with granulated sugar, yeast, cinnamon, salt, ginger, nutmeg and raisins (and orange zest, if desired) in bowl of a stand mixer fitted with the dough hook. Beat in 1/3 cup warm water, warm milk, butter and egg. Beat in remaining 1 3/4 cups flour on medium until dough is smooth and pulls cleanly away from the bottom and sides of bowl, 5 to 7 min. Transfer to a lightly oiled bowl. Cover loosely with a plastic wrap and let rest until dough is doubled in size, about 1 hour.

LINE a baking sheet with parchment. Transfer dough onto a lightly floured surface. Divide into 12 equal portions. Roll each portion into a smooth ball. Transfer to prepared sheet and arrange balls in 3 rows of 4, so they are just touching. Loosely cover with plastic wrap. Let stand until doubled in size, 1 more hour.

PREHEAT oven to 350F. Stir 1/4 cup flour with 1/4 cup water until smooth. Spoon or pipe a cross over each bun. Bake in center of oven until golden brown, about 25 min.

STIR icing sugar with 2 tbsp water until smooth. Brush evenly over hot buns. Transfer to a rack and let cool completely

INGREDIENTS

1 1/2 cups raisins, (205 g)

2 3/4 cups all-purpose flour, divided (375 g)

1/4 cup granulated sugar, (50 g)

1 tbsp orange zest, (optional)

8 g quick-rise yeast, (2 1/4 tsp)

1 tsp cinnamon, (2 g)

1 tsp salt, (6 g)

1/4 tsp ground ginger

1/4 tsp nutmeg

1/3 cup warm water

1/2 cup warm milk, (125 g)

2 tbsp unsalted butter, melted (30 g)

1 egg, at room temperature (50 g)

CROSSES

1/4 cup all-purpose flour, (35 g)

1/4 cup water, (55 g)

GLAZE

1 cup icing sugar, (120 g)

2 tbsp water

PREP 25 Minutes

TOTAL 2 Hours and 50 Minutes

BAKE 25 Minutes

YIELD 12 Pieces

See other

**CHEF MATT's RECIPES IN
FOUR MINUTES OR LESS**

Videos on YouTube

GLUTEN FREE DATE & WALNUT SNACKING CAKE



INSTRUCTIONS

STIR together sorghum flour, almond flour, potato starch, xanthan gum, baking soda and salt.

STIR together applesauce, maple syrup, water, oil, vinegar, and vanilla in a separate bowl.

POUR wet ingredients over sorghum flour mixture and stir together until a batter is formed.

STIR in the dates and walnuts.

POUR into a greased and parchment-paper-lined 8-inch square baking pan.

BAKE in center of 350 degree F oven for about 30 minutes or until the top of the cake springs back when lightly touched.

COOL in pan on rack.

CUT into 16 squares.

INGREDIENTS

1/2 cup Sorghum Flour

1 cup Almond Flour

1/3 cup Potato Starch

1 tsp xanthan gum

1 tsp baking soda

1/2 tsp salt

1/2 cup plain applesauce

1/2 cup Maple Syrup

1/3 cup water

3 tbsp Coconut or Vegetable oil

1 tsp vinegar

1 tsp vanilla

1/2 cup Dates, pitted and chopped

1/3 cup Walnut Halves, chopped

PREP 15 Minutes

BAKE 30 Minutes

YIELD 16 pieces

See

**CHEF MATT's RECIPES IN
FOUR MINUTES OR LESS**

Video on YouTube

Go to <https://youtu.be/t9jrHLascw>

COTTAGE CHEESE CAKE



INSTRUCTIONS

Add Cottage Cheese and Greek Yogurt to food processor and mix on medium-high for 1 minute.

Add Egg, Splenda, Lemon Pie Filling, Coconut Flour and Lemon extract to the cottage cheese/yogurt mixture and mix for 3 minutes on medium speed.

Prepare a 5 inch spring form pan by coating the base and sides with a vegetable spray or by using vegetable oil of a paper towel to coat.

NOTE: If you want to have a base for this cake see the instructions for the *ALMOND/COCONUT FLOUR BASE*

Add the cheese mixture to the pan and place in preheated 350 degree F. oven and bake for 40 to 50 minutes.

The time will all depend on the consistency of the cooked cheesecake as it reaches the appropriate completed cooking time.

This is checked shaking the pan slightly. If the mixture sloshes around (more noticeable in the center of the cake) then it needs to cook longer.

Start checking this step after 30 minutes of cooking. Then at 35 minutes and 40 minutes etc.....

As it reaches the final cooked time the cake will jiggle slightly (somewhat like a firm Jello) and the sides of the cake will start to pull away from the sides of the pan.

Remove and let cool for about 2 hours.

INGREDIENTS

300 g 2% Cottage Cheese

100 g Greek Yogurt (vanilla)

¾ cup Splenda or Sugar

60 g Lemon Pie Filling
(Sheriff Brand)

¼ cup Coconut Flour

1 egg (Large)

½ tbsp Lemon extract

ALMOND/COCONUT FLOUR BASE

⅔ cup Almond Flour (fine
ground almonds)

⅓ cup Coconut Flour

⅓ cup Splenda or Sugar

5 tbsp Butter, unsalted,
melted

PREP 15 Minutes

BAKE 45 Minutes

YIELD 1 cake

See

**CHEF MATT's RECIPES IN
FOUR MINUTES OR LESS**

Video on YouTube

Go to

<https://youtu.be/i69IpfVsEdA>

ALMOND/COCONUT FLOUR BASE FOR THE COTTAGE CHEESE CAKE



INSTRUCTIONS

Combine the Almond Flour, Coconut Flour and Splenda in a small bowl.

Melt the butter and add to the combined ingredients.

Add to base of the spring form pan.

Note: If you also want to do the sides of the pan, an additional amount of base ingredients may be required.

Place in preheated 350 degree F. oven and bake for 10 minutes.

Remove and let cool for about 10 minutes before adding the cheese mixture.

INGREDIENTS

2/3 cup Almond Flour (fine ground almonds)

1/3 cup Coconut Flour

1/3 cup Splenda or Sugar

5 tbsp Butter, unsalted, melted

PREP 5 Minutes

BAKE 10 Minutes

See

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Video on YouTube

Go to

<https://youtu.be/i69IpfVsEdA>

GLUTEN FREE ORANGE CHOCOLATE CHIP COOKIES



INSTRUCTIONS

Mix Almond, Coconut and Brown Rice Flours in a large mixing bowl.

Add Brown Sugar, Splenda, Baking Powder and combine with the flour mix.

Add the Egg, Vanilla, Orange Extract and Margarine.

Mix all of the ingredients together until a stiff dough forms.

Add the Chocolate Chips into the dough until well incorporated.

Place in refrigerator for 15 minutes.

Form small cookie balls about the size of a golf ball and place on a cookie sheet that is lined with parchment paper.

Note: Because the dough will not fall and spread out when cooking, it is necessary to push the dough ball down in order to flatten them out into the shape of the cookie.

Cook in 350 degree F oven for 10-12 minutes.
Let cool completely.

Note: Recipe may make more or less than 12 cookies depending on how the dough is portioned out.

INGREDIENTS

1/4 cup Almond Flour

1/4 cup Coconut Flour

1/2 cup Brown Rice Flour

1/4 cup Splenda

1/4 cup Brown Sugar

1 tbsp Vanilla

2 tbsp Orange Extract

1 tsp Baking Powder

1 Egg (large)

**1/4 cup Margarine or Butter
(melted)**

**1/4 cup Chocolate Chips (dark
chocolate)**

1 tsp Orange zest (optional)

PREP 25 Minutes

BAKE 12 Minutes

YIELD 12 pieces

See
CHEF MATT's RECIPES IN
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GLUTEN FREE LEMON COOKIES



INSTRUCTIONS

Mix Almond, Coconut and Brown Rice Flours in a large mixing bowl.

Add Brown Sugar, Splenda, Baking Powder and combine with the flour mix.

Add the Egg, Vanilla, Lemon Extract and Margarine.

Mix all of the ingredients together until a stiff dough forms.

Place dough on plastic wrap and form into a long roll.



Put in refrigerator for 15 minutes.

Cut cookie slices from the cooled roll (**about 1/2 inch thick**) and place on a cookie sheet that is lined with parchment paper.

Note: Because the dough will not fall and spread out when cooking, it is necessary to push the dough ball down in order to flatten them out into the shape of the cookie.

Bake in 350 degree F oven for 10-12 minutes.

Cool completely on rack.

Note: Recipe may make more or less than 12 cookies depending on how the dough is portioned out.

INGREDIENTS

1/4 cup Almond Flour

1/4 cup Coconut Flour

1/2 cup Brown Rice Flour

1/4 cup Splenda

1/4 cup Brown Sugar

1 tbsp Vanilla

2 tbsp Lemon Extract

1 tsp Baking Powder

1 Egg (large)

1/4 cup Margarine or Butter (melted)

1 tsp Lemon zest (optional)

PREP 25 Minutes

BAKE 12 Minutes

YIELD 12 pieces

See

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HEARTY CABBAGE AND SAUSAGE SOUP



INSTRUCTIONS

Fry the sausage in a little olive oil until cooked, let cool and cut into 1 inch pieces. Set aside.

Mince the garlic and dice the onion. Add both to a large soup pot along with the olive oil and sauté over medium heat until the onions are soft and transparent.

While the onions and garlic are cooking, peel and slice the carrots, slice the celery, and dice the bell pepper.

Add the carrots, celery, bell pepper, and frozen green beans to the pot, followed by the diced tomatoes (and their juices) and tomato sauce. Stir to combine.

Allow the vegetables in the pot to heat while you chop the cabbage.

Chop the cabbage into one-inch strips or squares, then add them to the pot.

Add the vegetable broth, chopped parsley, paprika, oregano, thyme, and some freshly cracked pepper. Stir to combine.

Add the sausage pieces to the pot and stir.

Place a lid on the pot and bring it up to a boil. Once boiling, turn the heat down to medium-low and allow the pot to simmer until the cabbage is tender (about 20 minutes). Turn off the heat and add salt to taste. Start with about ½ tsp salt and add more as needed. The total amount will vary depending on your tastes and the type of broth used, but the salt is crucial for the vegetable flavors to pop.

Serve with fresh homemade pasta noodles.

INGREDIENTS

1 Tbsp olive oil

4 cloves garlic

1 large onion

½ lb. carrots

½ bunch celery

1 green bell pepper

½ lb. frozen green beans

28oz. can diced tomatoes

8oz. can tomato sauce

½ head green cabbage

6 cups vegetable broth or chicken broth

¼ bunch fresh parsley, chopped

½ Tbsp smoked paprika

1 tsp dried oregano

½ tsp dried thyme

Salt and pepper to taste

1 lb. Italian Sausage

PREP TIME 20 Minutes

COOK TIME 35 minutes

YIELD 16 cups

See

**CHEF MATT's RECIPES IN
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RUB-A-DUB-DUB CHICKEN AND RIB RUB



INSTRUCTIONS

Measure out the Paprika, Brown Sugar, Oregano, Granulated Garlic, Chili Powder, Salt and Celery salt in a bowl.

Mix completely.

Store in small container.

Use as a dry rub for chicken or ribs.

INGREDIENTS

1/4 cup Smoked Paprika

3 Tbsp Brown Sugar

2 Tbsp Oregano

2 Tbsp Granulated Garlic

1 Tbsp Chili Powder

2 tsp Salt

1 tsp Celery salt

PREP *5 Minutes*

YIELD

See

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GLUTEN FREE SANDWICH BREAD



INSTRUCTIONS

Whisk together water and yeast in a small bowl. Allow to stand for five minutes.

In the bowl of a stand mixer, combine millet flour, tapioca starch, granulated sugar, xanthan gum, salt, and baking powder. Whisk to combine. Fit the stand mixer with the flat paddle attachment. Add the yeast mixture, eggs, oil, and vinegar. Mix on medium speed until smooth. Dough will be thin.

Spray an 8-1/2" by 4-1/2" by 2-3/4" loaf pan with nonstick cooking spray. Spread dough evenly into the pan. Spray a piece of plastic wrap with nonstick cooking spray and place plastic wrap loosely on the pan. Allow dough to double in size. This takes about one hour.



When dough has doubled in size, preheat oven to 350°F. Remove plastic wrap from the top of the pan.

Bake until the internal temperature of the bread reaches 210°F, about 45 minutes. (If the crust gets too dark before the internal temperature reaches 210°F, place a piece of foil onto the bread. This prevents the crust from burning.)



Remove bread from the oven and allow to cool for two minutes.



Transfer bread to a wire cooling rack to cool completely.

When cool, slice into pieces with a serrated knife.

Store bread on the counter for up to three days or freeze sliced bread, wrapped in freezer wrap with wax paper between each slice, and placed into a freezer container, for up to six weeks.

INGREDIENTS

3/4 cup warm (about 110° F) water

1 packet (7 grams/ 2 teaspoons) instant/rapid rise yeast

170 grams/ 6 ounces (1 1/2 cups) millet flour

113 grams/ 4 ounces (1 cup) tapioca starch

2 Tbsp granulated sugar

2 tsp xanthan gum

1 tsp table salt

1/2 tsp baking powder

3 large eggs (about 150 grams total, out of shell), whisked

2 Tbsp olive or vegetable oil

1 tsp apple cider vinegar

PREP TIME 90 Minutes

COOK TIME 45 minutes

MAKES one 8 1/2 x 4 1/2-inch loaf

See

CHEF MATT's RECIPES IN FOUR MINUTES OR LESS

Videos on YouTube

GLUTEN FREE PIZZA



INSTRUCTIONS

Whisk together water and yeast in a small bowl. Allow to stand for five minutes.

In the bowl of a stand mixer, combine millet flour, tapioca starch, granulated sugar, xanthan gum, salt, and baking powder. Whisk to combine. Fit the stand mixer with the flat paddle attachment. Add the yeast mixture, eggs, oil, and vinegar. Mix on medium speed until smooth. Dough will be thin. If you want to add any herbs to the dough do it at this stage. Mix well.

Spray a 12" round pizza pan with nonstick cooking spray. Spread dough evenly into the pan. Spray a piece of plastic wrap with nonstick cooking spray and place plastic wrap loosely on the pan. Allow dough to double in size. This takes about one hour.



When dough has doubled in size, preheat oven to 375°F. Remove plastic wrap from the top of the pan.

Bake for 7 to 8 minutes. This is the first cooking of the dough. Remove from oven and add pizza sauce, cheese and any other

topping you desire. Return the prepared pizza into the oven set at 450°F and cook for another 8 minutes or so. The cheese should be melted at this stage. Keep an eye on the pizza in order to avoid it from overcooking.



Remove pizza from the oven and allow to cool for two minutes.

Slice and serve. This will be a deep dish pizza.

For a thinner crust use half of the dough batter and adjust cooking times accordingly. This pizza freezes very well.

INGREDIENTS

3/4 cup warm (about 110° F) water

1 packet (7 grams/ 2 teaspoons) instant/rapid rise yeast

170 grams/ 6 ounces (1 1/2 cups) millet flour

113 grams/ 4 ounces (1 cup) tapioca starch

2 Tbsp granulated sugar

2 tsp xanthan gum

1 tsp table salt

1/2 tsp baking powder

3 large eggs (about 150 grams total, out of shell), whisked

2 Tbsp olive or vegetable oil

1 tsp apple cider vinegar

Pizza toppings, cheese and sauce as per your desire

PREP TIME 80 Minutes

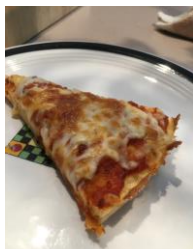
COOK TIME 15 minutes

MAKES one deep dish round 12" pizza or 2 thin crust pizzas

See

CHEF MATT's RECIPES IN FOUR MINUTES OR LESS

Videos on YouTube



CHOCOLATE CHEESECAKE SQUARES (LOW CARB)



INGREDIENTS

**100 grams DARK Chocolate
(85%-90% Cacao)**

100 grams Butter

2 Eggs (Large)

**¼ cup SLENDA or
equivalent sweetener)**

1 tsp Vanilla

¼ cup Coconut Flour

8 ounce Cream Cheese

8" Square Cake Pan (Greased)

INSTRUCTIONS

Heat oven to 350 degrees F.

Add chocolate and butter to a bowl and melt over a water bath. Once melted, remove from bath and let cool.

In a separate bowl, add eggs and beat.

Add Splenda and Vanilla and mix together.

Pour cooled Chocolate mixture into the egg mixture and mix.

Add coconut flour 1 tbsp at a time and incorporate into Chocolate/Egg mixture.

Grease an 8" square cake pan with butter.

Spread dough evenly into the pan. Spray a piece of plastic wrap with nonstick cooking spray and place plastic wrap loosely on the pan. Allow dough to double in size. This takes about one hour.

Bake for 20 minutes.

Once cool cut into 16 evenly sized squares.

PREP TIME 20 Minutes

COOK TIME 20 minutes

MAKES 16 squares

See Other

**CHEF MATT's RECIPES IN
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