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Vinifera For Life Canada™

4060 Jordan Road
Jordan, ON LOR 1S0
866-788-6147
www.viniferaforlife.com

ApresVin

P.O. Box 2
Prosser, Washington 99350
509-531-1293
www.apresvin.com



Make Your Own Fettucine

Here's how to create two colorful gluten-free pastas.

Pumpkin Pasta

SERVES 6

- ¼ cup modified tapioca starch or tapioca starch/flour
- ⅓ cup potato starch
- ½ cup cornstarch or arrowroot
- ¼ cup sweet rice flour
- 1½ teaspoon xanthan gum
- 1½ teaspoons agar powder or gelatin
- 1 tablespoon uncooked cream of rice or cornmeal
- ½-¾ teaspoon sea salt
- 2 tablespoons extra virgin olive oil
- ½ cup pureed cooked pumpkin or butternut (dripped overnight) or canned pumpkin
- 1-2 tablespoons water, as needed

1. Mix the dry ingredients together.
2. Put the dry ingredients in a large bowl. Make a well and add the pumpkin puree and oil. Using a fork, begin incorporating the dry ingredients into the puree and oil.
3. Gather the dough into a ball and knead for 1 to 2 minutes. Add a little water if the dough is too dry. See below for preparation.

Each serving contains:

176 calories, 5g total fat, 1saturated fat, 0g trans fat, 0mg cholesterol, 33g carbohydrate, 296mg sodium, 1g fiber, 1g protein



Cabernet Pasta

SERVES 6

- ¼ cup modified tapioca starch or tapioca starch/flour
- ⅓ cup potato starch
- ½ cup cornstarch or arrowroot
- ¼ cup sweet rice flour
- 1-2 tablespoons cabernet flour*
- ½ teaspoon salt
- 1½ teaspoons xanthan gum
- 1½ teaspoons agar powder or gelatin
- 2 eggs or ½ cup water
- 2 tablespoons oil

1. Mix the dry ingredients together.
2. In a separate bowl, lightly beat together the eggs and oil.
3. Make a large well in the dry ingredients and pour the egg mixture into the well. Using a fork, begin incorporating the dry ingredients into the eggs and oil.
4. Gather the dough into a ball and knead for 1 to 2 minutes. See below for preparation.

Each serving contains:

195 calories, 6g total fat, 1saturated fat, 0g trans fat, 70mg cholesterol, 31g carbohydrate, 221mg sodium, 2g fiber, 3g protein

***TIP** The more cabernet flour you add, the darker the pasta will be.

The Perfect Pasta

To form pasta strips, cut the dough into 4 or more pieces. Roll each piece out into very thin, rectangular sheets. Do this on a counter (lightly dusted with cornstarch) or roll the dough between two long pieces of plastic (use a heavy-duty zip-lock bag cut in two). Trim the dough into even rectangles. Lightly dust with cornstarch. Roll the rectangle sheet up from the short end of the rectangle. Using a sharp knife, cut the roll into uniform strips in desired width. Unroll each piece and place it on a tray dusted with cornstarch. Continue this process until all the pasta is rolled and cut. Cover the raw pasta and store it in the refrigerator until ready to cook.

To cook pasta, place it in a pot of boiling salted water. Cook until al dente, about 4 minutes, depending on thickness. (The thicker the pasta, the longer it takes to cook.) Keep testing a piece for doneness. When cooked, remove the pasta from the water, rinse under hot water and drain. **LW**