

Wheat free

Wheat Free Home Kitchen

Rice, corn, potatoes, oats, and other practical alternatives



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Buckwheat Mushroom Breakfast Skillet 5

Rice Noodle Chicken Soup 7

Edition, use and support 9

Typeface license 10

Make this kitchen yours

This book builds meals around rice, corn, potatoes, buckwheat, quinoa, millet, legumes, and carefully chosen oat or rice flours. The recipes do not intentionally include wheat, and the sauces specify wheat-free choices, including certified gluten-free tamari where it is used. Those ingredient choices do not make a promise about gluten-free cross-contact or every individual's needs. Wheat-free and gluten-free are different requirements, and product processing, shared equipment, barley, rye, or other ingredients can matter beyond the scope of avoiding wheat itself. Read labels and obtain suitable manufacturer information for your situation. Alternative flours also behave differently from wheat flour: oat batter thickens during a rest, rice flour benefits from a fine grind, and chickpea flour needs complete cooking. You will find practical texture cues beside times so you can judge the food in your own pan. Nuts, dairy, eggs, soy, and fish appear in some dishes and are listed individually. Junction Table by CrownThrive, LLC offers these original recipes as a development edition; they have not been kitchen-tested. Plan the label checks before shopping, and use the recipes as a measured starting point.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Buckwheat Mushroom Breakfast Skillet - AI-generated realistic food artwork, not a photograph or tested result.

Buckwheat Mushroom Breakfast Skillet

4 servings | Prep: 15 minutes | Cook: 30 minutes

Ingredients

- 1 cup buckwheat groats
- 2 cups water
- 2 tablespoons olive oil
- 8 ounces mushrooms, sliced
- 1 small onion, diced
- 2 cups baby spinach
- 4 large eggs
- 3/4 teaspoon kosher salt, divided
- 1/4 teaspoon black pepper
- 2 tablespoons chopped parsley

Method

1. Bring buckwheat, water, and 1/4 teaspoon salt to a boil in a saucepan. Cover and simmer on low 12-15 minutes or follow the package, then rest 5 minutes.
2. Heat oil in a large lidded skillet over medium-high heat. Brown mushrooms 6 minutes, add onion and remaining salt, and cook 5 minutes more. Stir in spinach until wilted.
3. Fold cooked buckwheat and pepper into the skillet. Make four shallow hollows, crack an egg into each, and add 2 tablespoons water around the edge.
4. Cover and cook over low heat 5-8 minutes until egg whites and yolks are set. Scatter parsley over the surface and divide the mixture and eggs among four plates.

Cook's tip

Buckwheat is a seed despite its name.

Substitution

Use cooked quinoa in place of buckwheat, measuring 3 cups cooked; chopped kale can replace spinach if sautéed until tender.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

egg

Rice Noodle Chicken Soup

4 servings | Prep: 15 minutes | Cook: 25 minutes

Ingredients

- 1 pound boneless chicken breast
- 6 cups chicken broth
- 1 tablespoon grated ginger
- 2 garlic cloves, smashed
- 1 carrot, thinly sliced
- 6 ounces rice noodles
- 3 cups sliced bok choy
- 2 tablespoons certified gluten-free tamari
- 1 tablespoon lime juice
- 2 scallions, sliced

Method

1. Put broth, ginger, garlic, carrot, and whole chicken breasts in a pot. Bring to a gentle simmer and cook 15–20 minutes until chicken reaches 165°F at its thickest point.
2. Transfer chicken to a clean board and let rest 5 minutes. Remove garlic from the broth if desired. Add bok choy and simmer 3 minutes until its stems begin to soften.
3. Cook rice noodles separately according to their package, then drain. Slice or shred chicken with clean utensils and return it to the broth with tamari.
4. Divide noodles among bowls and ladle hot chicken broth and vegetables over them. Add lime juice and scallions just before serving so their fresh flavors remain distinct.

Cook's tip

Separate noodle cooking keeps excess starch out of the clear broth.

Substitution

Use firm tofu and vegetable broth instead of chicken and chicken broth; verify wheat-free labels.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

soy

Edition, use and support

One household recipient may keep, download and print this edition for personal household use. You may cook and adapt the recipes. Do not resell, redistribute, upload the book publicly or sublicense its text, layouts or files. Copyright and other rights are not transferred. Online access follows the published refund and dispute policy.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Typeset in DejaVu Serif and DejaVu Sans. Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain. The embedded font software is supplied under the Bitstream Vera font license; see FONT-LICENSE.txt in the download.

Gretna Junction - CrownThrive, LLC - Go Flipbooks publishing lane. Support and corrections: contact@crownthrive.com. <https://gretnajunction.com/support>

<https://gretnajunction.com/support>

Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

Typeface license

DejaVu font software

Copyright: Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain.

Bitstream Vera font license Permission is hereby granted, free of charge, to any person obtaining a copy of the fonts accompanying this license ("Fonts") and associated documentation files (the "Font Software"), to reproduce and distribute the Font Software, including without limitation the rights to use, copy, merge, publish, distribute, and/or sell copies of the Font Software, and to permit persons to whom the Font Software is furnished to do so, subject to the following conditions:

The above copyright and trademark notices and this permission notice shall be included in all copies of one or more of the Font Software typefaces.

The Font Software may be modified, altered, or added to, and in particular the designs of glyphs or characters in the Fonts may be modified and additional glyphs or characters may be added to the Fonts, only if the fonts are renamed to names not containing either the words "Bitstream" or the word "Vera".

This License becomes null and void to the extent applicable to Fonts or Font Software that has been modified and is distributed under the "Bitstream Vera" names.

The Font Software may be sold as part of a larger software package but no copy of one or more of the Font Software typefaces may be sold by itself.

THE FONT SOFTWARE IS PROVIDED "AS IS", WITHOUT WARRANTY OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND NONINFRINGEMENT OF COPYRIGHT, PATENT, TRADEMARK, OR OTHER RIGHT. IN NO EVENT SHALL BITSTREAM OR THE GNOME FOUNDATION BE LIABLE FOR ANY CLAIM, DAMAGES OR OTHER LIABILITY, INCLUDING ANY GENERAL, SPECIAL, INDIRECT, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, WHETHER IN AN ACTION OF CONTRACT, TORT OR OTHERWISE, ARISING FROM, OUT OF THE USE OR INABILITY TO USE THE FONT SOFTWARE OR FROM OTHER DEALINGS IN THE FONT SOFTWARE.

Except as contained in this notice, the names of Gnome, the Gnome Foundation, and Bitstream Inc., shall not be used in advertising or otherwise to promote the sale, use or other dealings in this Font Software without prior written authorization from the Gnome Foundation or Bitstream Inc., respectively. For further information, contact: fonts at gnome dot org.

Build a familiar kitchen around wheat-free choices.

Wheat Free Home Kitchen explores twelve recipes using rice, corn, potatoes, oats, buckwheat, and other practical alternatives. Buckwheat Mushroom Breakfast Skillet puts eggs and vegetables over a cooked grain. Corn Tortilla Bean Bake layers a familiar dinner with wheat-free tortillas and salsa, while Coconut Lime Cod with Rice uses a specifically labeled tamari. The techniques explain composite ingredients, alternative batter texture, and structure from eggs, grains, and potatoes. Wheat-free choices still require individual label and cross-contact checks; the book does not certify a kitchen or ingredient source. Includes two menus and a first-menu shopping list. Original recipe development edition; not kitchen-tested.

- Twelve recipes with wheat-free choices for grains, tortillas, sauces, and alternative flours.
- Saucepan, lidded-skillet, and baking-dish methods with texture and label guidance.
- Two menus, a first-menu shopping list, substitutions, and ingredient-based allergen notes.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Coconut Lime Cod with Rice

AI-generated realistic food artwork