



Catch Chef Nachum in action this month at her upcoming demos on Nov. 7 & Nov. 14 at The Fresh Market in Coral Springs from 1 to 4 p.m.

CHEF SHELLEY NACHUM, PERSONAL CHEF SPECIALIZING IN GLUTEN-FREE DISHES

What recent recipe creation are you most proud of?

Lately, I've been buying these crunchy little Indian-seasoned lentil salad toppings to munch on as a snack. About a week ago, I concocted the idea of making a crust out of it to put on a piece of salmon. I finished it off with a mango-curry sauce. Not rocket science, but it was delicious.

What are you looking forward to most this Thanksgiving?

I especially love fall because of the abundance of seasonal ingredients such as cranberries, chestnuts, pumpkin and so forth. I enjoy making traditional Thanksgiving recipes but also trying new ones. The amount of gluten-free recipes out there is astounding, so incorporating seasonal ingredients with gluten-free ingredients such as almond flour, nut butters and coconut oil is exciting. I like to try and tweak dishes before I make them for clients.

Do you prefer being a personal chef rather than working in a restaurant?

While I'm sure many chefs thrive on restaurant life, I've always been an entrepreneur and enjoy the autonomy and benefits that go with that. I love planning the customized menus and going to market. I also like to help people, so for me personally, it's more about educating people on eating healthy and selecting nutritious dishes that will accomplish this, rather than the actual cooking itself.

You have only a few ingredients left in your kitchen... What's your go-to five-ingredient meal at home?

When I am in a hurry or don't have much food in my house, I usually throw together some staples of rotisserie chicken, gluten-free pasta, homemade pesto, olives and sun-dried tomatoes with a salad.

Don't Miss This Dish:

I came upon this gluten-free green bean casserole last year and loved it. It is a little different from traditional green bean casserole, it has "cleaner" ingredients and taste; I love the texture of the crunchy almonds rather than fried onions, which are typically used. ●

Gluten-Free Green Bean Casserole

(Paleo-friendly)

Servings: 6-8

INGREDIENTS

FOR THE CASSEROLE:

- 3 tablespoons butter
- ¾ pound button mushrooms, chopped
- 1 teaspoon salt, divided
- 1 cup gluten-free chicken, turkey or vegetable broth
- ½ cup whole milk (or 2 percent)
- 2 tablespoons arrowroot starch
- 2 cloves garlic, minced
- ¼ teaspoon pepper (fresh ground)
- 4 cups defrosted frozen green beans (two 10-ounce packages, patted dry if wet)

FOR THE TOPPING:

- ½ cup sliced almonds
- ½ teaspoon paprika
- 1 teaspoon olive oil
- Pinch of salt

DIRECTIONS

- Preheat oven to 350 F. Grease an 11-by-7-inch baking dish.
- Melt butter in a large skillet over medium-high heat. Add mushrooms and ½ teaspoon of salt.
- Cook, stirring occasionally until mushrooms are golden brown, about 7-10 minutes. (The mushrooms will release a lot of liquid before reabsorbing it and browning; be patient.)
- While mushrooms are cooking, stir together broth, milk and arrowroot starch until no lumps remain. Once the mushrooms are golden, reduce heat to medium and stir in garlic.
- Whisk in broth mixture, ½ teaspoon salt and pepper. Simmer until sauce thickens, about 2 minutes.
- Add green beans to the sauce and stir to coat. Transfer beans to prepared baking dish. Bake casserole, uncovered, for 15 minutes.
- Meanwhile, stir together almonds, paprika, olive oil and a pinch of salt.
- After casserole has baked 15 minutes, remove from oven and scatter almonds over top. Return to oven and bake until sauce is bubbling and nuts are lightly browned, about 5-10 more minutes.

