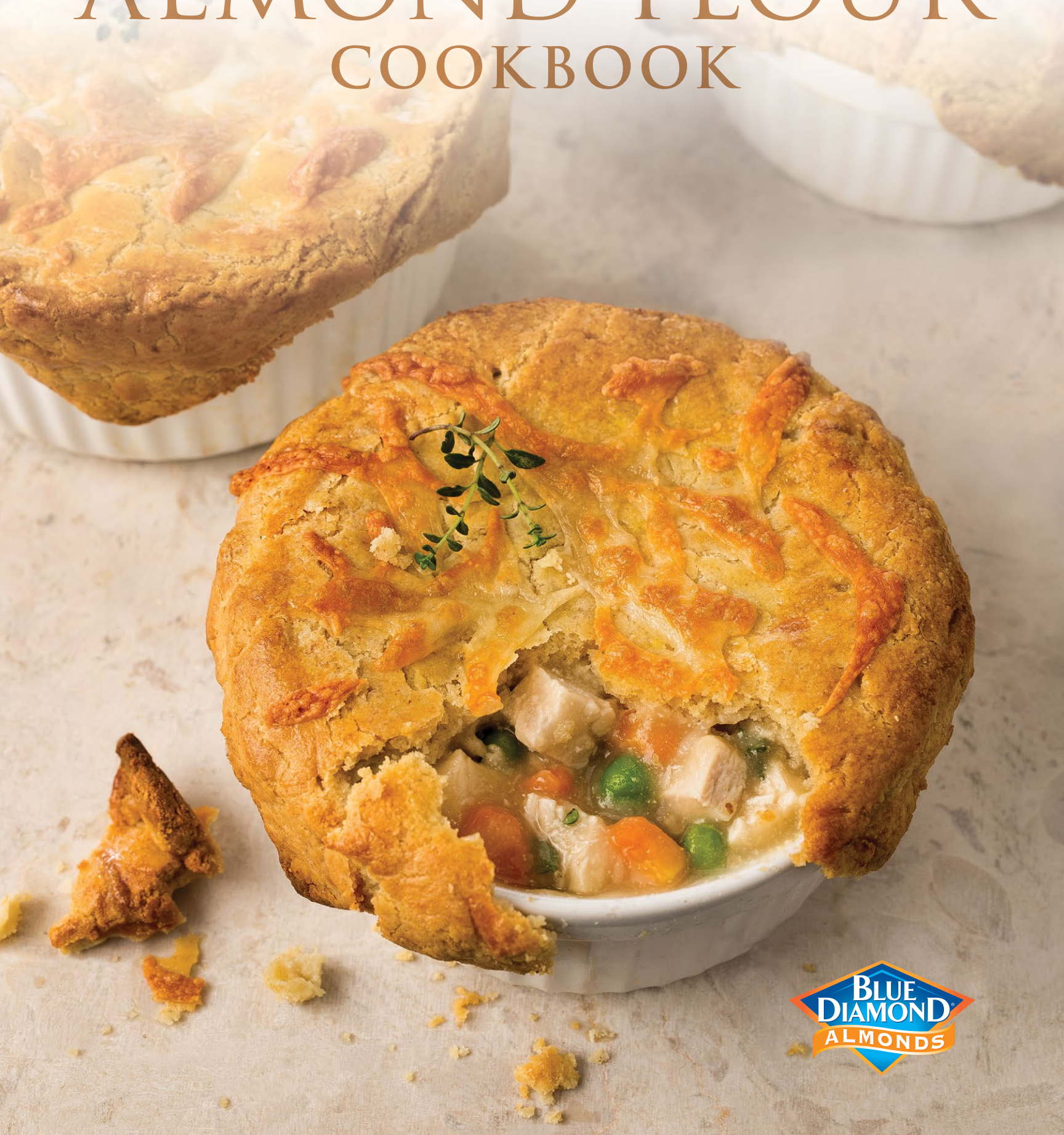


BLUE DIAMOND ALMONDS

ALMOND FLOUR COOKBOOK





As the leading almond experts, Blue Diamond is always looking for new, innovative ways to bring the benefits of almonds to the world. For over 100 years, we have partnered with companies across the globe to enhance their products with the goodness of almonds. The world of possibilities is now broader with Blue Diamond Almond Flour.

This cookbook highlights the versatility and ease of incorporating almond flour into a diverse range of recipes. From savory Chicken Marsala, to soft and delicious Carrot Cake Cookies, almond flour brings some of our favorite recipes to life with a buttery taste and smooth texture. Even better, almond flour adds nutrition to every dish—it is packed with protein, fiber, healthy fats and antioxidants.

We have shared these recipes with those who know almonds the best: our own Blue Diamond employees. Even those most familiar with the many applications of almonds were astounded by the possibilities that almond flour brings to the world of cooking and baking. Additionally, some of our almond growers and celebrated chefs from the food industry offer their own favorite almond flour recipes. We would like to share these possibilities with almond lovers, bakers, chefs and those who just enjoy creating good food.





California almond growers produce over 80 percent of the world's almonds, and Blue Diamond Almonds is the state's only almond cooperative representing more than 3,000 California almond growers. From the orchard to your table, Blue Diamond is involved in every aspect of almond processing, ensuring the quality of the almond products and ingredients you need to make the recipes you love.

As the first choice for almonds used for snacking or as ingredients among world food industry leaders and home cooks alike, we are proud to be a part of the healthy crunch of your go-to snack bar or breakfast cereal, the moist deliciousness of your favorite cake, or the nutritious goodness of your antioxidant-packed salad. And as new generations of chefs continue to discover the benefits of an

age-old ingredient, we look forward to being there, supplying the best that our California growers have to offer to keep traditions alive and find new ways of bringing the satisfying texture and flavor of almonds to the world.

This book presents some of our favorite almond flour recipes created by our Blue Diamond team and gathered from today's culinary talents, local bakers and our own growers. Several of the recipes are very versatile and appropriate for multiple meals or occasions. New dimensions can be added to many of the recipes in this book with the addition of whole, sliced or diced almonds. With these simple ingredients, we trust you to uncover the endless possibilities.



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BAKING & COOKING WITH ALMOND FLOUR

Almond flour has a rich and buttery taste that is slightly sweet. It has a smooth texture, unlike many gluten-free flours that tend to be gritty and rough. Because of its taste and texture, it is an optimum flour substitute and works in both sweet and savory dishes.

Our almond flour is the finest granulation available on the market today. It has a light, powder-like consistency that is ideal for the most delicate pastries.

Blue Diamond Almond Flour is also an excellent replacement for breadcrumbs, adding flavor and nutrition to any dish without becoming greasy or soggy. Examples of breading applications that are found in this book are Buttermilk Oven-Fried Chicken, Almond Eggplant Parmesan and Italian Meatballs.

BLANCHED VS. NATURAL ALMOND FLOUR

Blanched almond flour is made by grinding almonds from which the skins have been removed. Natural almond flour is made from almonds that still have their skins intact.

The optimal use of blanched or natural almond flour is based on aesthetic preference. Blanched almond flour, with its off-white color, gives foods a similar appearance to traditional flour. It bakes and fries to a beautiful golden color. Natural almond flour gives foods a more rustic, artisanal appearance. Though there will be a difference in appearance with the use of blanched vs. natural almond flour, the taste and texture will generally be similar.



TIPS & TRICKS

- Scoop and level when measuring almond flour. Unlike traditional flour, which should be spooned lightly into the measuring cup, scoop your measuring cup directly into the almond flour then level-off. Don't pack down, but use a heavier hand than you're used to.
- Without the gluten as a binder, almond flour batters and doughs need a bit of firming-up. Egg whites are a great binder that don't change the flavor. You can use whole eggs but the yolks add an eggy flavor that isn't always desirable.
- For extra-light texture, separate the egg yolks and whites. Beat the egg whites with some of the sugar called for in the recipe to form a meringue. This will give you a sturdy mixture to lightly fold into your recipe.
- For very light-textured baked goods such as cupcakes and coffee cakes, adding 2 tablespoons of a gluten-free flour blend per cup of almond flour will give you the best texture.
- Since almond flour is gluten-free, there's no need to worry about over mixing your batters, which makes traditional quick breads tough in texture.
- Almond flour may cook faster; tent with foil to prevent food from browning too quickly.
- After baking, let food stand for 30 minutes. The center may not seem "set" but will firm up as it cools. Baked goods made with almond flour are very moist in the center. Freezing and thawing the baked goods can help improve this texture.
- Unlike traditional baked goods, those made with almond flour have more moisture. Do not store in airtight containers. Instead, store on a tray very lightly covered, or in a container with a loose-fitting lid. Sealing the container will make the food too moist and soft over time.
- The extra moisture has a beneficial effect, as well. Traditional baked goods become dry and can seem stale in a day or two. Those prepared with almond flour stay moist for days!

SUBSTITUTING ALMOND FLOUR

Though baking with almond flour is easy, substituting traditional flour with almond flour cannot be done cup for cup. Every recipe will be different. The best way to start is by adding the same amount of almond flour called for in your recipe, then slowly add more—enough to make a stiffer batter. Batters and doughs should be on the thick side for the best baking results. Because almond flour does not absorb liquid the same as traditional flour, more will be required to thicken a recipe. Another way to thicken doughs and batters is to add a few tablespoons of traditional flour (in this cookbook we use a gluten-free flour blend) or starch.

Fats and oils should be reduced by approximately 25 percent when baking with almond flour as the flour itself has a higher fat content compared to traditional flour. Sugar may also be reduced by about 25 percent in baked goods because almonds have a sweet flavor of their own. Finally, cook times may need to be increased by approximately 5 minutes because of the extra moisture present in almond flour.

RECOMMENDED GLUTEN-FREE FLOUR BLEND

MAKES ABOUT 7 CUPS

- 2 cups brown rice flour
- 2 cups white rice flour
- 2 cups tapioca flour
- 1 cup corn starch
- ¼ tablespoon xanthan gum

1. Sift all ingredients together thoroughly.
2. Store in an air-tight container. Refrigerate up to three months or freeze up to six months.
3. Bring flour to room temperature before use.

BREAKFAST



BAKED APPLE DONUTS p.18



ALMOND STREUSEL COFFEE CAKE p.17



BANANA NUT PANCAKES p.15



GLUTEN-FREE CINNAMON ROLLS

PREP TIME: 45 MINUTES • COOK TIME: 25 MINUTES

MAKES 8 ROLLS

Dough:

¼ cup warm water
1 tablespoon sugar
1 packet active dry yeast

1 cup Blue Diamond Almond Flour
¾ cups gluten-free flour blend (page 7)

2 eggs
6 tablespoons butter, melted
¾ cup milk
½ cup sugar
1 teaspoon vanilla

Filling:

¼ cup butter
⅓ cup almond butter
¼ cup granulated sugar
½ cup brown sugar
2 tablespoons cinnamon powder

Frosting:

½ cup butter, softened
½ cup powdered sugar
¼ cup cream cheese
1 teaspoon vanilla
Pinch of salt
1 tablespoon Blue Diamond Almond Breeze Vanilla almond milk

Preheat oven to 350°F.

1. Place water in microwave and heat to 110°F. Combine with 1 tablespoon of sugar and yeast and set aside to proof for about 5 to 10 minutes. Mixture will bubble and start to foam.
2. In a food processor, combine dry ingredients and pulse for 30 seconds until well blended.
3. Once yeast is proofed, add in eggs, butter, milk, sugar and vanilla. Mix briefly and slowly add flour mixture one cup at a time. Turn mixer up to medium-high and beat for 2 minutes. The dough will become less sticky as it is mixed.
4. Cover a large cutting board or baking sheet with plastic wrap and dust with gluten-free flour blend. Make sure to tuck ends of plastic wrap under the edges of the board. Place dough on plastic wrap, dust with more gluten-free flour blend and cover again with plastic wrap. Roll out dough into a large rectangle and gently peel off top layer of plastic wrap.
5. In a bowl, combine butter and almond butter. Microwave for about 30 seconds, until melted together. Spread mixture on top of dough. Evenly sprinkle the granulated sugar, brown sugar and cinnamon on top of butter mixture. To roll the dough, start with the smaller side and gently tuck and roll your dough; untuck one end of the plastic wrap and pull in the direction you are rolling your dough to assist in keeping the roll tight.
6. Using a serrated knife, cut roll into eight even slices.
7. Place rolls cut side down on a buttered pie plate or cast iron skillet. Cover and let sit for 15 minutes.
8. Bake 25 minutes until golden brown.
9. While rolls are baking, place frosting ingredients in a mixing bowl and beat on high until smooth for about 3 minutes.
10. Drizzle rolls with frosting as soon as they come out of the oven and serve warm.



BACON & CHEDDAR BISCUITS

PREP TIME: 15 MINUTES • COOK TIME: 15 MINUTES

MAKES 10 BISCUITS

- 3 cups Blue Diamond Almond Flour
- 2½ teaspoons baking powder
- ½ teaspoon cream of tartar
- 1 teaspoon salt
- 1 teaspoon garlic powder

- 6 tablespoons cold butter, cubed
- 2 egg whites
- 1 cup coarsely shredded sharp cheddar cheese
- 3 tablespoons cooked crumbled bacon or real bacon bits

Preheat oven to 425°F.

1. Line a baking sheet with parchment paper.
2. Stir together dry ingredients in a large bowl.
3. Cut in butter with a pastry blender or fork until it's the size of peas. Stir in egg whites, then stir in cheddar and bacon.
4. Pat ¾-inch thick on a cutting board sprinkled with almond flour. Cut with a 2½-inch cookie cutter and place on a prepared baking sheet.
5. Bake for 15 minutes or until golden brown on top. Let cool.

PUMPKIN STREUSEL MUFFINS

PREP TIME: 15 MINUTES • COOK TIME: 25 MINUTES

MAKES 12 MUFFINS

- ⅔ cup canned pumpkin
- ¼ cup Blue Diamond Almond Breeze almond milk
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1 egg + 2 egg whites

- 2¼ cups Blue Diamond Almond Flour
- 2 tablespoons ground flax seed
- 2 tablespoons gluten-free flour blend (page 7)
- ½ cup sugar
- 2 teaspoons baking powder
- 2 teaspoons pumpkin pie spice
- ¼ teaspoon salt

Streusel:

- 3 tablespoons Blue Diamond Almond Flour
- 3 tablespoons packed brown sugar
- 3 tablespoons old fashioned oats
- 2 tablespoons butter, softened
- ½ teaspoon pumpkin pie spice

Preheat oven to 375°F.

1. Line 12 muffin cups with paper liners or lightly butter.
2. Beat together pumpkin, almond milk, oil, vanilla extract and eggs in a medium bowl.
3. Stir in remaining muffin ingredients and mix well. Spoon into prepared muffin cups.
4. Stir together all streusel ingredients with a fork in a small bowl and sprinkle over muffins.
5. Bake for 25 minutes or until a toothpick inserted into the center comes out clean. Let cool completely.

IRISH POTATO CHEESE WAFFLES

PREP TIME: 15 MINUTES • COOK TIME: ABOUT 5 MINUTES



MAKES 6 SERVINGS

- 2 eggs + 2 egg whites, beaten
- ⅓ cup Blue Diamond Almond Flour
- ⅓ cup Blue Diamond Almond Breeze almond milk
- 2 tablespoons butter, melted
- ¾ teaspoon garlic salt
- ½ teaspoon baking powder
- ¼ teaspoon baking soda

- 2 cups frozen hash brown potatoes, thawed
- 1 cup grated Kerrygold Dubliner or Blarney Castle cheese
- 3 tablespoons finely chopped ham or crumbled bacon
- Nonstick cooking spray

1. Stir together eggs, almond flour, almond milk, butter, garlic salt, baking powder and baking soda in a large bowl.
2. Stir in potatoes, cheese and ham or bacon and let stand for 5 minutes.
3. Spoon into the center of a pre-heated waffle iron coated with cooking spray and cook for 5 minutes or until waffles are golden brown, coating waffle iron with cooking spray for each batch.
4. Serve immediately with your favorite topping—butter, syrup, sour cream or fried egg.

BANANA NUT PANCAKES

PREP TIME: 10 MINUTES • COOK TIME: ABOUT 6 MINUTES

MAKES 6 SERVINGS

- 2½ cups Blue Diamond Almond Flour
- ⅓ cup Blue Diamond Almond Breeze almond milk
- ¼ cup honey
- 2 tablespoons melted butter + additional for coating skillet
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 2 eggs + 2 egg whites
- 1 medium very ripe banana, peeled

- ½ cup Blue Diamond Honey Roasted Almonds, chopped

1. Blend all ingredients except Blue Diamond Honey Roasted Almonds in a blender for 1 minute. Stir in chopped almonds.
2. Heat a large skillet or griddle over medium-low heat.
3. Brush with a little melted butter and pour batter into skillet, using about ¼ cup for each pancake. Cover and cook for 3 minutes.
4. Turn carefully and reduce heat to low. Cook for 1 to 2 minutes more.

Keep heat fairly low as almond flour tends to burn at a lower temperature.



SWEET POTATO PANCAKES

PREP TIME: 15 MINUTES • COOK TIME: 5 MINUTES

MAKES 4 SMALL PANCAKES

- 1 sweet potato

- Nonstick cooking spray

- ⅓ cup Blue Diamond Almond Flour
- 2 large eggs
- ½ teaspoon baking powder
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 2 tablespoons maple syrup

1. Cook the sweet potato: first peel the skin and then prick with a fork all over. Cut the sweet potato into quarters and place in a microwave-safe dish. Cover and cook in the microwave for about 10 minutes until soft.
2. Allow the sweet potato to cool slightly, then mash with a potato masher until smooth. Measure out ½ cup sweet potato and reserve any remaining for another purpose.
3. Preheat a skillet or pan on the stovetop on medium-high heat. Coat with nonstick cooking spray.
4. Combine ½ cup mashed sweet potato and all other ingredients in a large mixing bowl or food processor until blended well.
5. Use a ¼ measuring cup to portion batter onto skillet. Use the back of a spoon to shape. Watch for bubbles on the pancake's surface before flipping. Flip and cook for another 2 minutes.
6. Serve immediately with your favorite toppings, such as sliced almonds.



ALMOND STREUSEL COFFEE CAKE

PREP TIME: 15 MINUTES • COOK TIME: 40 MINUTES

MAKES 12 SERVINGS

¼ cup butter, softened
⅔ cup sugar

2 eggs + 3 egg whites
1 teaspoon vanilla extract
1 teaspoon almond extract
⅓ cup sour cream

2 cups Blue Diamond Almond Flour
¼ cup gluten-free flour blend (page 7)
2 teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt

Almond Oat Streusel:

½ cup brown sugar
½ cup old fashioned oats
¼ cup Blue Diamond Almond Flour
¼ cup butter, softened
1 teaspoon cinnamon
½ cup sliced almonds

Preheat oven to 350°F.

1. Butter a 9-inch square baking pan.
2. Beat sugar and butter in a large bowl until fluffy.
3. Add eggs and extracts and beat until well mixed. Stir in sour cream.
4. Stir in almond flour, gluten-free flour blend, baking powder, baking soda and salt.
5. Stir together all streusel ingredients in a medium bowl.
6. Spread half the coffee cake batter evenly onto the bottom of prepared pan. Sprinkle with half the streusel. Repeat layers.
7. Bake for 40 minutes or until a toothpick inserted into the center comes out clean, tenting with foil if surface browns too quickly. Let cool completely then cut into squares.

APPLE ALMOND GRANOLA

PREP TIME: 15 MINUTES • COOK TIME: 20 MINUTES

MAKES 4 SERVINGS

¼ cup brown sugar
¼ cup thawed apple juice concentrate
¼ cup honey
2 tablespoons butter
1 teaspoon cinnamon

½ cup Blue Diamond Almond Flour
2 cups old fashioned oats
½ cup slivered almonds
½ cup unsweetened large flake coconut

Preheat oven to 325°F.

1. Line a baking sheet with parchment paper.
2. Cook brown sugar, juice concentrate, honey, butter and cinnamon in a large saucepan over medium-high heat for 3 minutes, stirring occasionally.
3. Remove from heat and stir in almond flour, then stir in remaining ingredients.
4. Transfer to baking sheet and press into a solid ¾-inch thick layer.
5. Bake for 20 minutes or until lightly browned, stirring lightly once halfway through cooking.
6. Remove from oven and stir lightly to form clusters. Let cool completely.



BAKED APPLE DONUTS

PREP TIME: 20 MINUTES • COOK TIME: 15 MINUTES



MAKES 6 DONUTS

Donuts:

- 1 cup apple sauce
- 1/3 cup butter
- 1 egg white
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 tablespoon vanilla
- 1/4 teaspoon salt

- 1 1/2 cup Blue Diamond Almond Flour
- 1/2 cup gluten-free flour blend (page 7)

- 1 teaspoon baking soda

Caramel Glaze:

- 1/4 cup almond butter
- 1/4 cup honey
- 1 teaspoon vanilla
- 1/8 cup butter

Preheat oven to 350°F.

1. Place apple sauce, butter, egg white, sugar, cinnamon, vanilla and salt into a mixer and blend until well combined.
2. Mix together almond flour and gluten-free flour blend. Slowly add to wet ingredients inside of the mixer. Mix for 2 minutes.
3. Turn off mixer and hand mix in baking soda.
4. Butter donut pans and fill to rim with batter. Bake for 15 minutes.
5. Allow to fully cool before dipping into caramel sauce.
6. In a microwave-safe bowl wider than the width of the donuts, add all ingredients for caramel glaze. Microwave for 2 minutes, stopping and stirring every 30 seconds until smooth.
7. Dip donuts into caramel and top with favorite toppings.

BLUEBERRY LEMON MUFFINS

PREP TIME: 15 MINUTES • COOK TIME: 18–20 MINUTES

MAKES 10 MUFFINS

- 1/2 cup sugar
- 1/4 cup Blue Diamond Almond Breeze almond milk
- 1/4 cup canola oil
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract
- 1 teaspoon finely grated lemon zest
- 1 egg + 2 egg whites

- 2 cups Blue Diamond Almond Flour
- 2 tablespoons gluten-free flour blend (page 7)
- 2 teaspoons baking powder
- 1/4 teaspoon salt

- 3/4 cup fresh or 1/2 cup frozen, thawed blueberries*

- 1/4 cup Blue Diamond Sliced Natural Almonds (optional)

Preheat oven to 400°F.

1. Line ten muffin cups with paper liners or lightly butter.
2. Whisk together sugar, almond milk, oil, vanilla and lemon extracts, lemon zest, eggs and egg whites in a large bowl.
3. Add almond flour, gluten-free flour blend, baking powder and salt, then lightly fold in blueberries. Spoon into prepared cups and sprinkle with Blue Diamond Sliced Natural Almonds.
4. Bake for 18 to 20 minutes or until a toothpick inserted into the center comes out clean.

**If using frozen blueberries, make sure to thaw and drain well to remove all excess moisture.*



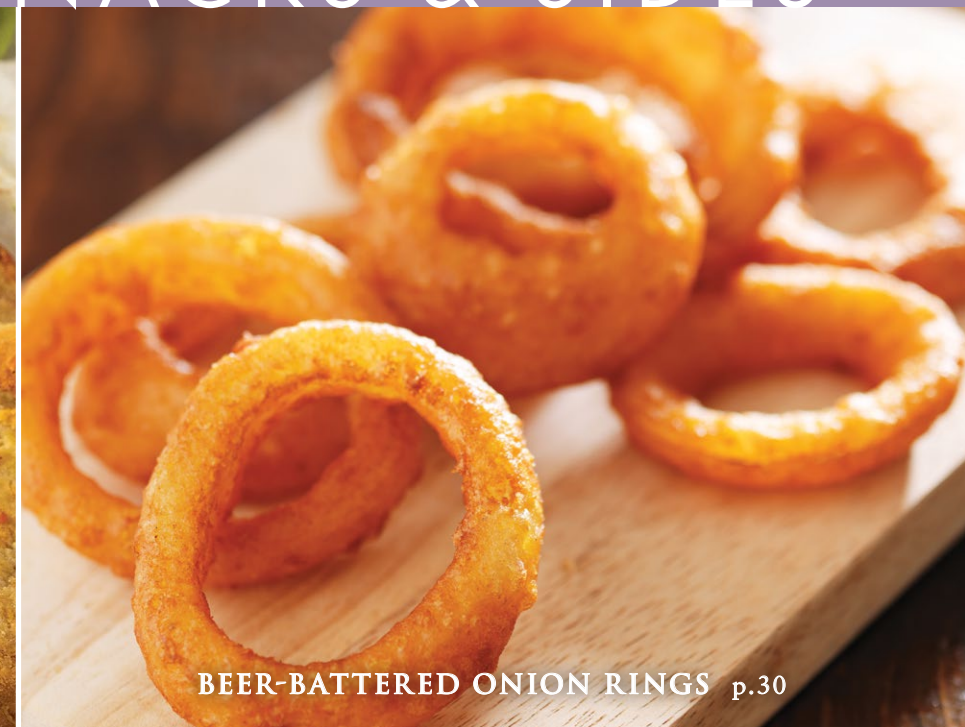
SNACKS & SIDES



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CARAMELIZED ONION GALETTE p.23



BEER-BATTERED ONION RINGS p.30



CARAMELIZED ONION GALETTE

PREP TIME: 45 MINUTES • COOK TIME: 35 MINUTES

MAKES 1 GALETTE

Caramelized Onions:

2 tablespoons butter
2 onions, halved and sliced thin
1 tablespoon sugar

1 teaspoon salt
½ teaspoon black pepper

Crust:

2½ cups Blue Diamond Almond Flour, extra for dusting
1 egg + 1 egg white
½ teaspoon mustard powder
1 teaspoon salt
½ teaspoon rosemary
½ teaspoon black pepper
½ cup Parmesan cheese
2 tablespoons olive oil

Toppings:

3 tablespoons goat cheese
5 slices prosciutto
Fresh rosemary

Preheat oven to 350°F.

1. Melt butter in a frying pan over medium-low heat until bubbling. Add onions and sugar.
2. Let onions cook for about 45 minutes, stirring sporadically until they are brown and caramelized.
3. Season onions with salt and pepper. Set aside.
4. While onions are cooking, mix all crust ingredients together in a large mixing bowl until a dough forms. Shape crust into a dough ball.
5. Dust parchment paper with almond flour and place dough ball in center. Cover dough ball with more flour and another sheet of parchment.
6. Using a rolling pin, roll dough into a disk about ⅛-inch thin and roughly 10 inches in diameter. Peel off top piece of parchment.
7. Spread onions on top of crust, leaving about a 1½-inch border. Gently fold the crust over the onions, pleating it on top of itself.
8. Bake for 35 minutes, until crust is golden. Top with goat cheese, prosciutto and fresh rosemary.

ALMOND CHEESE CRACKERS

PREP TIME: 20 MINUTES • CHILL TIME: 2+ HOURS • COOK TIME: 10–12 MINUTES



MAKES ABOUT 80 CRACKERS

- 4 ounces sharp cheddar cheese, cubed
- 4 ounces smoked Gouda cheese, cubed
- 2½ cups Blue Diamond Almond Flour
- ¼ cup butter, cubed
- 2 teaspoons spicy brown mustard
- 1 teaspoon regular or coarse grind pepper
- 1 teaspoon smoked sea salt

Preheat oven to 350°F.

1. Place all ingredients in a food processor and process until mixture starts to hold together.
2. Remove from processor and gather into a ball; knead a few times to form a soft dough. Divide into two pieces and shape each into a log about 2-inches in diameter. Wrap tightly and refrigerate for at least 2 hours or until firm.
3. Line two large baking sheets with parchment paper.
4. Slice dough as thinly as possible and place on prepared baking sheets.
5. Bake for 10 to 12 minutes or until lightly browned.

If crackers are prepared ahead and have softened, bake at 350°F for about 3 minutes or until crisped.

GARLIC PARMESAN CRACKERS

PREP TIME: 15 MINUTES • COOK TIME: 20 MINUTES

MAKES ABOUT 40 CRACKERS

- 2 cups Blue Diamond Almond Flour
- 2 eggs
- 2 tablespoons olive oil
- ½ cup grated Parmesan cheese
- 2 tablespoons garlic powder
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 tablespoons Italian seasoning
- 1 tablespoon chopped rosemary

Preheat oven to 350°F.

1. In a large bowl, mix all ingredients until thoroughly combined.
2. Place dough on a sheet of parchment paper and cover with plastic wrap. Roll out dough into a rectangular sheet about ⅛-inch thick. Pull off plastic and transfer parchment onto a baking sheet.
3. Cut dough into 2-inch squares and bake for 20 minutes or until lightly golden. Let cool completely and gently separate crackers.

ALMOND CHICKPEA HUMMUS

PREP TIME: 15 MINUTES

MAKES APPROXIMATELY 1 CUP

- 4 cloves garlic
- ¼ cup fresh cilantro
- 1 can chickpeas, reserve liquid
- 1 tablespoon cumin
- ½ cup Blue Diamond Almond Flour
- Juice of 1 lemon

- ¼ cup liquid from chickpea can
- 2–4 tablespoons olive oil

Salt and pepper to taste

1. Put garlic, cilantro, chickpeas, spices, almond flour and lemon juice into a food processor. Pulse until items are coarsely ground.
2. Turn processor setting on high and slowly pour in chickpea liquid and olive oil until mixture has a smooth and creamy texture.
3. Add salt and pepper to taste. Serve with vegetables, crackers or pita.



PESTO VEGETABLE CALZONE

PREP TIME: 30 MINUTES • COOK TIME: 20 MINUTES

MAKES 2 CALZONE

Dough:

¼ cup warm water
1 tablespoon sugar
1 packet active dry yeast

1 cup Blue Diamond Almond Flour
¾ cups gluten-free flour blend (page 7)

2 eggs
2 tablespoons melted butter
4 tablespoons olive oil
2 tablespoons grated Parmesan cheese
1 teaspoon Italian seasoning

Rice flour for dusting

Filling:

¼ cup almond basil pesto
(see Almond Pesto Farfalle recipe, page 42)
½ cup ricotta cheese
1 cup grated mozzarella cheese
Sliced red onion
Sliced yellow/red peppers
Sliced cremini mushrooms
Spinach
Diced tomato

Grated Parmesan or mozzarella to sprinkle on crust

Preheat oven to 425°F.

1. Place water in microwave and heat until it is about 110°F. Combine with tablespoon of sugar and yeast and set aside to proof for about 5 to 10 minutes. Mixture will bubble and start to foam.
2. In a food processor, combine dry ingredients and pulse for 30 seconds until well blended.
3. Once yeast is proofed, add in eggs, butter, olive oil, Parmesan cheese and seasoning. Mix briefly and slowly add flour mixture one cup at a time. Turn mixer up to medium-high and beat for 2 minutes. The dough will become less sticky as it is mixed. Divide dough ball into two equal-sized balls.
4. Cover surface with a piece of parchment and dust with rice flour. Place one dough ball on parchment, dust with flour and cover with a second piece of parchment.
5. Using a rolling pin, roll out dough into a large circle about ¼-inch thick. Remove top layer of parchment. Repeat for second ball of dough.
6. Spread pesto on one half of each of the dough rounds, leaving a 1-inch border. Cover with cheeses and top with desired vegetables.
7. Using the parchment to assist, raise empty side of dough and gently fold over side with toppings. Roll and pinch edges of dough together so that both edges are merged.
8. Sprinkle Parmesan or mozzarella cheese on top. Cut two slits on top of calzone to vent.
9. Bake for 20 minutes, until crust is golden and firm. Cheese may begin to bubble through top.

FEATURED RECIPE BY EXECUTIVE CHEF DANIEL CAPRA, PAULA LEDUC FINE CATERING



EXECUTIVE CHEF DANIEL CAPRA
PAULA LEDUC FINE CATERING
PAULALEDUC.COM

When California hosts want to pull out all the stops, they call on San Francisco-based Paula LeDuc Fine Catering. Since 1980, this company has been providing over-the-top cuisine for events from small private gatherings to Hollywood galas.

Daniel Capra has served as Executive Chef for Paula LeDuc for the past twelve years, overseeing the creation of unforgettable meals that are in themselves a unique experience.

Chef Capra was first introduced to the benefits of almond flour years ago while working at a restaurant in New Orleans. He continues to innovate with almond flour today when creating fish, poultry and the occasional lamb dish.

At each event, the catering company must be prepared for every dietary request. Gluten-free is the most requested alternative. “I love to fry and sauté with almond flour,” Chef Capra says. “Blue Diamond Almond Flour is flavorful, versatile and provides a great texture and color. Vegetables are especially delicious with this almond flour tempura, dusted with coffee, sugar, cinnamon and salt.”

TEMPURA SQUASH

PREP TIME: 40 MINUTES • COOK TIME: 45 MINUTES

MAKES 5 SERVINGS

3 pounds butternut squash
3 pounds delicata squash

6 cups tempura batter
Rice bran oil for frying

¼ cup coffee seasoning
1 bunch parsley

1 bunch opal basil (or Genovese, Thai or whatever
basil you like)
½ cup Blue Diamond Almonds, chopped

Tempura Batter (makes 6 cups)

1¼ cups rice flour
1¼ cups Blue Diamond Almond Flour
5 teaspoons baking soda
2 cups cornstarch

1 cup canola oil
2 egg yolks
2 cups water

Coffee Seasoning (makes 1 cup)

¼ cup brown sugar
½ cup dark roast coffee, coarse ground
2 tablespoons kosher salt
1 tablespoon freshly ground black pepper
2 teaspoons cinnamon

FOR TEMPURA BATTER:

1. Mix dry ingredients together.
2. Mix wet ingredients together.
3. Combine dry and wet mixtures.

FOR COFFEE SEASONING:

1. Mix dry ingredients together.

TO PREPARE THE DISH:

1. Peel the butternut and cut into ½-inch slices (circles, half-moons or even cookie cutter shapes).
2. You don't need to peel the delicata squash but you do need to cut it. Same instructions as the butternut, minus the peeling.
3. Dip squashes in the batter and carefully dip into pot of 360°F oil. Rice bran oil is preferred.
4. Once golden brown, carefully remove and place on a plate of paper towels and sprinkle with coffee seasoning.
5. Dip parsley into the batter and fry as well.
6. Assemble fried squash, fried parsley and picked basil leaves on a shallow bowl or platter.
7. Sprinkle once more with the seasoning and chopped Blue Diamond Almonds.



BEER-BATTERED ONION RINGS

PREP TIME: 15 MINUTES • COOK TIME: 20 MINUTES

MAKES ABOUT 25 RINGS

- 2 large Vidalia onions
- ½ cup cornstarch
- 1 cup Blue Diamond Almond Flour
- ½ cup gluten-free flour blend (page 7)
- 1 cup beer
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ⅔ cup beer
- 4 egg whites
- ¼ teaspoon onion powder

Vegetable oil for frying

1. Peel and slice onions to ½-inch rings and separate. Dredge onion rings in cornstarch.
2. Place remaining ingredients except oil into a blender and blend until smooth.
3. Place oil into a heavy-bottomed pan, about 2-inches deep. Heat to 350°F.
4. Dip individual onion rings into batter with a fork and carefully place into hot oil. Fry for about 1 minute until golden, then flip. Fry for an additional minute. Fry onions in batches.
5. Remove from oil and let drain on paper towels before serving.

ITALIAN MEATBALLS

PREP TIME: 30 MINUTES • COOK TIME: 45 MINUTES

MAKES ABOUT 24 MEATBALLS

- ½ onion
- ¼ cup fresh basil, packed
- ¼ cup fresh parsley, packed
- 6 cloves garlic
- 2 pounds ground beef
- ½ cup grated Parmesan cheese
- 1 egg
- 1 cup Blue Diamond Almond Flour
- 2 tablespoons garlic powder
- ½ tablespoon red pepper flakes
- Salt and pepper to taste

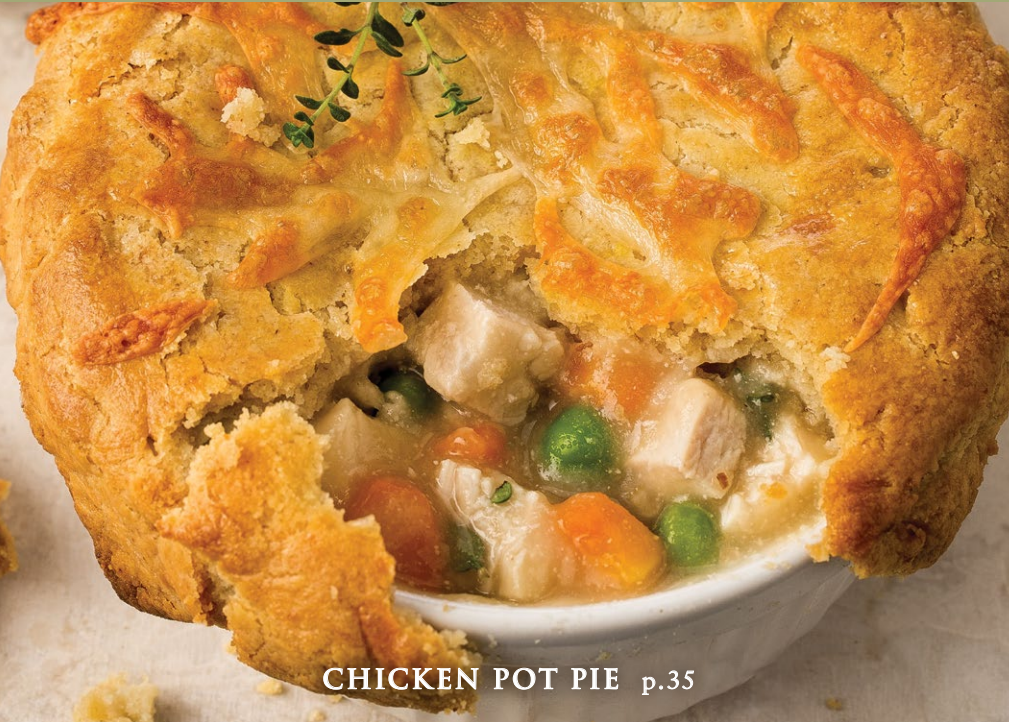
Marinara sauce

Preheat oven to 350°F.

1. In a food processor, puree onion, basil, parsley and garlic.
2. In a large bowl, hand mix ground beef, cheese, onion and herb puree, egg, almond flour and spices. Roll mixture into 1½-inch balls and place on a baking sheet with sides.
3. Bake for 30 minutes or until the center of the meatballs are slightly pink.
4. Place meatballs in a baking dish and cover with marinara sauce. Cover dish with foil. Bake for an additional 15 minutes.



ENTREES & MEALS



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ALMOND PESTO FARFALLE p.42



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CHICKEN POT PIE

PREP TIME: 35 MINUTES • COOK TIME: ABOUT 30 MINUTES

MAKES 4 SERVINGS

Crust:

- 2½ cups Blue Diamond Almond Flour
- ½ cup oat flour
- ½ teaspoon salt
- 1 tablespoon garlic powder
- ½ cup sharp white cheddar cheese, grated
- ½ cup butter, cold
- 1 egg

Filling:

- 1 large potato, chopped
- 2 cups chicken stock
- ½ tablespoon olive oil
- ¼ cup sharp white cheddar cheese, grated

- 1 cup chopped onion (about ½ large onion)
- 1 cup chopped carrots (about 3 large carrots)
- 1 cup frozen peas
- Salt and pepper to taste
- 2 precooked chicken breasts, chopped (rotisserie chickens work great!)
- 1 teaspoon fresh thyme

- Flour for dusting

Preheat oven to 400°F.

1. Prepare an 8-by-8-inch casserole dish by lightly coating with butter.*
2. In a large bowl, combine flours, salt, garlic powder and cheese. Grate the cold butter into the mixture and mash with a pie cutter or fork so that butter is integrated fully and broken down into pea-sized pieces. Add whole egg and mix thoroughly, working with hands. Divide dough into two flat discs and wrap with plastic wrap. Chill while preparing filling, at least 10 minutes.
3. Combine chopped potatoes and 1½ cup of chicken stock in a microwave-safe container. Season with salt and pepper. Microwave until potatoes are soft, about 5 minutes. When potatoes are ready, transfer potatoes and stock into a blender and add cheese. Blend until smooth.
4. Heat up olive oil in a large skillet at medium heat and sauté onion, carrots and peas until onions are translucent, about 5 minutes. Season with salt and pepper. Add chopped chicken and thyme and cook for another 3 minutes. Stir in remaining chicken stock.
5. Once vegetables are tender and chicken is warm, turn off heat and blend in potato mixture.
6. Cover a surface with parchment paper and dust with flour. Place dough on surface and flatten with hands. Dust the top of the dough with flour and cover with parchment. Using a rolling pin, roll out dough to desired size. Remove top parchment piece and flip dough onto baking dish lifting from underneath the bottom layer of parchment. Gently press into pan.
7. Add filling to pie and repeat method for top layer of crust. Pinch edges of crust and slit the top to release steam.
8. Bake for 30 minutes, until crust is golden.

**Individual-serve ramekins can also be used.*

FEATURED RECIPES BY CHEF BARBARA BELTAIRE

If you live in or have traveled to the San Diego area, you've probably heard about Barbarella, the lively Italian bistro in nearby La Jolla. With the motto "the restaurant that loves you," it's made a name for itself as a popular gathering place for locals and visitors alike. As a founding partner of a well-known Italian specialty restaurant chain, Chef Barbara Beltaire knows what it takes to make a restaurant successful. One



CHEF BARBARA BELTAIRE
BARBARELLARESTAURANT.COM

important element is the Mediterranean-inspired, locally-sourced menu which reflects her knack for creative combinations of ingredients.

Having recently discovered Blue Diamond's new almond flour, she's developing a new culinary repertoire to take advantage of its unique flavor and capabilities. "Customers are looking for healthier, fresher foods, and almond flour is a key ingredient in developing palate-pleasing recipes," she says.

We hope you enjoy her Baked Pasta with Toasted Almond Crust as a side dish to her Almond-Crusted Chicken Paillard.



BAKED PASTA WITH TOASTED ALMOND CRUST

PREP TIME: 20 MINUTES • COOK TIME: 30 MINUTES

MAKES 4 SERVINGS

1 cup gluten-free or regular pasta

1 cup pancetta, chopped

1 leek, julienne and chopped

1 tablespoon butter

¼ cup white wine

1 cup cream

3 tablespoons Parmesan cheese, finely grated

1 tablespoon Gorgonzola cheese

Topping:

¼ cup Blue Diamond Almond Flour

2 tablespoons Parmesan cheese, grated

⅛ cup Blue Diamond Almonds, chopped

10 chives, finely chopped for garnish

Preheat oven to 350°F.

1. Cook pasta as directed on package; gluten-free pasta can take longer.
2. Stir fry pancetta over medium heat until crispy. Set aside.
3. In a large sauce pan, sauté leeks in butter until lightly golden. Deglaze the leeks with the white wine.
4. Add the cream and simmer over low heat until volume is reduced by 50 percent. Stir in Parmesan (3 tablespoons) and Gorgonzola cheeses until melted.
5. Add the cooked pasta and toss to coat. Stir in pancetta pieces.
6. Top with almond flour, Parmesan and chopped Blue Diamond Almonds.
7. Place in oven until topping is golden brown, about 10 minutes.
8. Garnish with chopped chives.

ALMOND-CRUSTED CHICKEN PAILLARD

PREP TIME: 20 MINUTES • COOK TIME: 10-12 MINUTES

MAKES 6 SERVINGS

6 4-ounce chicken breasts, pounded thin

3 eggs, beaten

¼ cups Blue Diamond Almond Flour

1 cup gluten-free panko bread crumbs

1 teaspoon fresh basil, finely chopped

½ teaspoon fresh parsley, finely chopped

½ teaspoon fresh oregano, finely chopped

½ cup grated Parmigiano-Reggiano

2 tablespoons extra-virgin olive oil

Arugula for garnish

Heirloom baby tomatoes for garnish

Pinch of salt and pepper

Preheat oven to 350°F.

1. Place ¼ cup of almond flour into small bowl.
2. Place eggs in small bowl.
3. Mix the rest of the flour, panko, herbs and grated cheese into small bowl.
4. Take chicken and dredge into flour, then egg, then into flour panko mix. Repeat process for other three pieces.
5. Coat a nonstick baking sheet with extra-virgin olive oil.
6. Place chicken breasts in pan, making sure they do not overlap.
7. Place in oven for 7 to 10 minutes, depending on oven strength. Turn pieces and cook for an additional 2 minutes or until crust is golden.
8. Garnish with arugula and tomatoes. Salt and pepper to taste.

FEATURED RECIPE BY CHEF SCOTT WARNER



CHEF SCOTT WARNER
KOKKARI.COM

For Chef Scott Warner, great food begins with family and a sense of community around the table. He learned to love cooking and baking pastries from his mother, who had taken classes in Paris and entertained on a grand scale. His culinary career has included stints at San Francisco's Ligurian-style Rose Pistola, where he won the James Beard Award for Best New Restaurant. From there he took his knives and skills to Napa Valley's popular Bistro Don Giovanni, where he headed the kitchen for 12 years.

Today Chef Warner serves as Executive Chef of San Francisco's Kokkari Estiatorio and Evvia Estiatorio in Palo Alto, California, two restaurants that bring the warmth and charm of Greece to the Bay Area.

"A table filled with family and friends and simple, robust flavors from naturally sourced ingredients—these are the hallmarks of a great meal," states Chef Warner. And, like many Mediterranean dishes, many of his recipes call for almonds and almond flour. He shares his Almond Flour Noodles with us here.

ALMOND FLOUR NOODLES

PREP TIME: 45 MINUTES • CHILL TIME: 1+ HOURS • COOK TIME: 10 MINUTES

MAKES 6 SERVINGS

Noodles:

2 cups Blue Diamond Almond Flour
1½ cups semolina flour
1½ cups all-purpose flour
1 teaspoon salt

5 eggs
½ cup milk

1+ cup semolina flour for coating noodles

1. In a mixing bowl, sift together the almond flour, semolina flour, all-purpose flour and salt. Either using a mixer with a dough hook or incorporating by hand, stir in the eggs and the milk and mix to make a firm, smooth dough. Cover and let rest for 1 hour.
2. With a pasta machine or by hand, roll out the dough into thin sheets, lightly coating with semolina flour as needed to prevent sticking. Cut the noodles into desired shape.
3. Lightly coat the noodles with a little semolina and scatter on a sheet pan to dry. A small fan on the noodles will speed the drying time.

To Serve:

4 large handfuls of the dried noodles

1 cup grated Pecorino cheese
1 cup grated Parmesan cheese
½ cup finely-chopped mint

3 tablespoons butter, or more if desired

1. Bring a large pot of salted water to boil. Add the noodles and cook for about 8 minutes, just past al dente. Drain the noodles.
2. Sprinkle the serving platter with a few spoonfuls of the cheeses and some mint. Spread a layer of noodles on top and sprinkle more cheese and mint. Continue making layers in this way, ending with a layer of cheese and mint.
3. Heat the butter in a pan until it begins to brown, then drizzle spoonfuls of it over the noodles. Serve immediately.



SWEET POTATO GNOCCHI IN BROWN SAGE SAUCE

PREP TIME: 45 MINUTES • COOK TIME: 35 MINUTES

MAKES 4 SERVINGS

Pasta:

1 medium sweet potato, cooked through and peeled
1 tablespoon brown sugar
1 teaspoon salt
½ teaspoon pumpkin pie spice

1 cup Blue Diamond Almond Flour
¾ cup gluten-free flour blend (page 7)
Flour for sprinkling

Sauce:

½ cup butter

6 tablespoons fresh sage, chopped
3 cloves garlic, chopped
Salt and pepper

1 tablespoon olive oil
¼ cup grated Parmesan cheese for topping
Sage for garnish

Preheat oven to 300°F.

1. Place cooled, peeled sweet potatoes in mixer and mix at medium speed until mashed. Add in brown sugar, salt and pumpkin pie spice and mix for 30 seconds.
2. In a food processor, mix almond flour, gluten-free flour blend. Pulse for 30 seconds until flours are well combined.
3. While mixer is set on low speed, slowly add flour until a soft dough forms.
4. Remove dough ball from mixer and place on a well-floured surface.
5. Divide dough ball into six equal parts and roll each into a long rope between your palms and a floured work surface. Sprinkle with flour as necessary if dough is sticky.
6. Cut each rope into 1-inch pieces and roll with a fork to create grooves. Transfer to a parchment-lined baking sheet.
7. Bring a large pot of water to boil and season with salt. Boil gnocchi in batches for about 6 minutes, or until the dumplings float. Using a slotted spoon, remove gnocchi from water and let cool on a clean baking sheet. Repeat until all gnocchi are cooked.
8. Place butter in an oven-safe skillet and place in oven. Remove when butter is melted and solids have browned, about 7 minutes, occasionally swirling. Remove from oven and place on stovetop over medium-low heat.
9. Add chopped sage and garlic and season with salt and pepper. Cook until garlic is golden. Add gnocchi and sauté until gnocchi has a light brown crust, about 6 minutes.
10. Divide gnocchi into serving bowls. Drizzle with olive oil, sprinkle with Parmesan and garnish with sage.



ALMOND PESTO FARFALLE

PREP TIME: 15 MINUTES • COOK TIME: 12 MINUTES



MAKES 6 SERVINGS

4 cloves garlic
2 cups fresh basil
1 cup fresh spinach
1 teaspoon salt + dash for pasta water
1 teaspoon pepper
½ cup extra virgin olive oil
¼ cup grated Parmesan cheese
½ cup Blue Diamond Almond Flour

1 pound farfalle pasta

Parmesan cheese for topping

1. Place garlic in food processor and process for 10 seconds or until garlic is chopped into small pieces.
2. Place basil, spinach, salt and pepper in processor and turn processor on. With processor running, pour olive oil into machine through feed tube and keep processing until leaves are pureed. Add the Parmesan and almond flour and puree for 30 seconds. Add more salt or pepper to taste.
3. Fill a pot with water and add a dash of salt. Add pasta to boiling water and cook until al dente.
4. Drain water, setting a cup of pasta water aside.
5. Toss pasta with pesto, adding pasta water to smooth the consistency.
6. Top with Parmesan cheese and serve.

BUTTERMILK OVEN-FRIED CHICKEN

PREP TIME: 30 MINUTES • BRINE TIME: 1-2 DAYS • COOK TIME: 35-40 MINUTES

MAKES 4 SERVINGS

Buttermilk Brined Chicken:

2 cups buttermilk
2 teaspoons salt
1 teaspoon coarse grind pepper
1 teaspoon dried thyme
4 cloves garlic, minced
1 whole cut up frying chicken

Almond Coating:

2 cups Blue Diamond Almond Flour
1 teaspoon dried thyme
1 teaspoon coarse grind pepper
½ teaspoon salt

2 eggs

Olive oil cooking spray

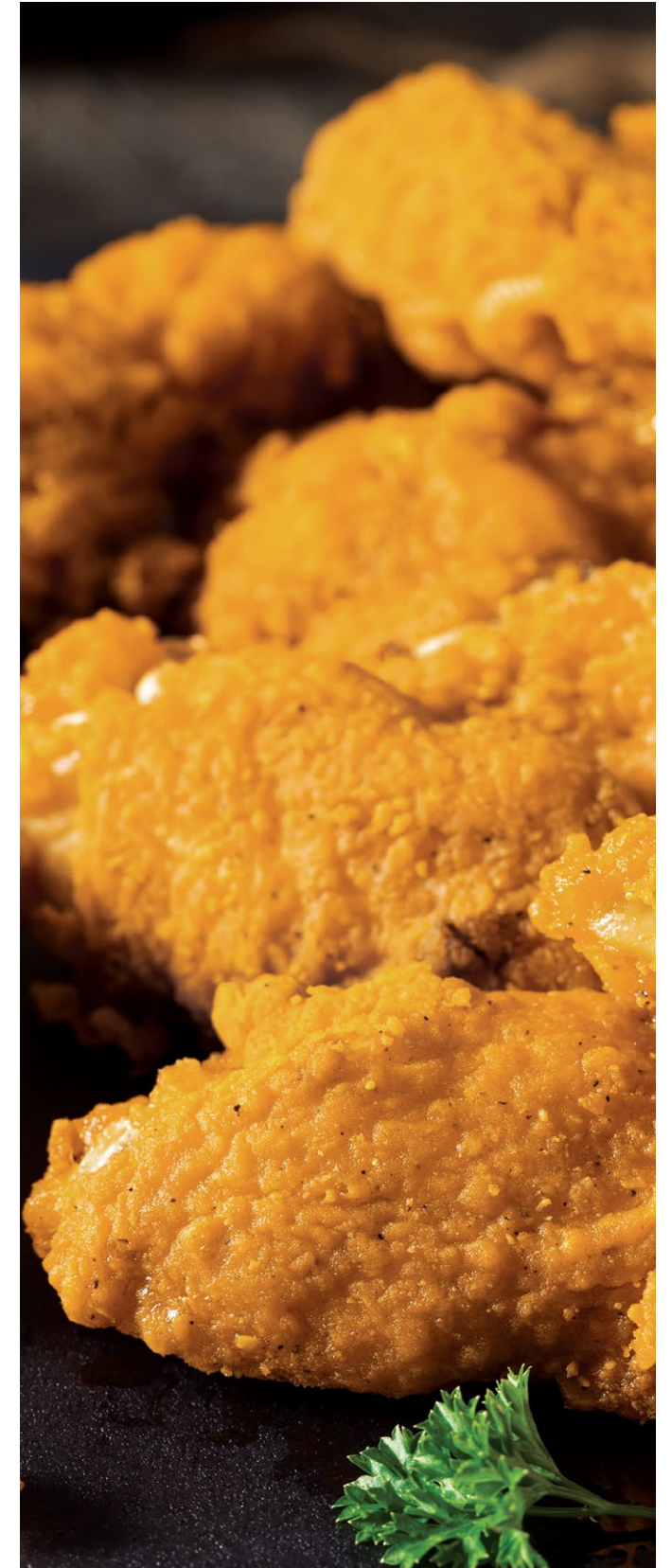
FOR THE BUTTERMILK BRINED CHICKEN:

1. Place all Buttermilk Brined Chicken ingredients in a large resealable bag. Seal well and set in a large bowl. Cover and refrigerate for 1 to 2 days.

TO PREPARE THE DISH:

Preheat oven to 400°F.

1. Line a baking sheet with foil.
2. Remove chicken from brine and shake off excess.
3. Stir together almond flour, thyme, pepper and salt in a shallow dish.
4. Beat eggs in a separate shallow dish. Dip chicken in eggs, then roll in flour mixture.
5. Coat chicken liberally with cooking spray and bake for 35 to 40 minutes or until chicken reaches 165°F on a meat thermometer, coating with cooking spray twice more during cooking.





CRISPY ITALIAN CHICKEN BREASTS WITH MARSALA SAUCE

PREP TIME: 20 MINUTES • COOK TIME: ABOUT 10 MINUTES

MAKES 4 SERVINGS

1 pound boneless, skinless chicken breasts

1 cup Blue Diamond Almond Flour, divided

½ cup regular or gluten-free panko bread crumbs

⅓ cup grated Parmesan cheese

2 teaspoons Italian seasoning

1 teaspoon garlic salt

2 eggs, beaten

Vegetable oil for frying

Marsala Sauce:

¼ cup butter

1 cup sliced mushrooms (optional)

½ cup Blue Diamond Almond Flour

1½ cups chicken stock or reduced-sodium broth

½ cup marsala wine

1 teaspoon Italian seasoning

½ teaspoon garlic salt

1. Fillet each chicken breast into 2-inch pieces. Place in a large plastic bag and pound with a meat mallet until ½-inch thick.
2. Place ⅓ cup almond flour in a shallow dish.
3. Mix remaining almond flour, bread crumbs, cheese, herbs and garlic salt in another shallow dish.
4. Beat eggs in a third shallow dish.
5. Dip chicken into flour, then eggs, then seasoned flour mixture, pressing to coat chicken well. Let stand for 10 minutes.
6. To prepare sauce, melt butter in a small saucepan and brown mushrooms.
7. Add almond flour and cook for 1 minute.
8. Slowly whisk in stock, marsala, herbs and garlic salt and bring to a boil. Reduce heat slightly and cook for about 10 minutes to thicken, stirring frequently; keep warm.
9. Heat ½-inch vegetable oil in a large skillet.
10. Cook chicken for about 2 minutes on each side or until golden brown and cooked through.
11. Serve immediately with sauce.

ALMOND EGGPLANT PARMESAN

PREP TIME: 20 MINUTES • COOK TIME: 25 MINUTES

MAKES ABOUT 20 PIECES

- 2 eggplants
- 3 eggs
- Salt and pepper to taste
- 2 cups Blue Diamond Almond Flour
- 1 cup grated Parmesan cheese
- 2 tablespoons garlic powder
- 1 tablespoon red pepper flakes
- 1 tablespoon Italian seasoning

Olive oil for frying
Marinara sauce

12 slices provolone cheese

Preheat oven to 350°F.

1. Cut eggplants into ¼-inch disks and set aside.
2. In a bowl, crack eggs, add a pinch of salt and pepper and whisk until smooth.
3. In a separate dish, mix almond flour, Parmesan cheese, spices, salt and pepper. Include more/less of seasonings to taste.
4. Heat a skillet with 2 tablespoons of olive oil to medium heat. Dip eggplant disk in egg and coat in almond flour coating. Pan fry in olive oil until each side is golden brown, about 3 minutes per side.
5. Spoon marinara sauce into a 9-by-13-inch baking dish. As eggplant finishes frying, place in baking dish. Cover eggplant with sauce and top with provolone cheese. Layer until pan is full, finishing with a layer of cheese.
6. Bake for 10 to 15 minutes. Remove from oven and top with Parmesan cheese.

For individual portions, layer fried eggplant discs with sauce and cheese on a single dish.

BEER-BATTERED FISH

PREP TIME: 15 MINUTES • COOK TIME: ABOUT 4 MINUTES

MAKES 6 SERVINGS

- 1½ pounds cod or tilapia fillets
- 2 + ⅓ cups Blue Diamond Almond Flour, divided
- 2 tablespoons cornstarch
- 1 teaspoon baking powder
- 1 teaspoon salt
- ⅔ cup beer (pale ale is best)
- 2 tablespoons malt vinegar
- 4 egg whites

Vegetable oil for frying

Freshly ground pepper to taste
Malt vinegar or lemon wedges

1. Cut fish into 3-inch strips and pat dry between paper towels. Dredge well in ⅓ cup almond flour.
2. Blend 2 cups almond flour, cornstarch, baking soda, salt, beer, vinegar, egg whites and pepper in a blender until smooth.
3. Heat at least two inches of vegetable oil in a large pot over medium-high heat.
4. Dip fish into batter with a fork making sure to coat completely. Carefully drop into hot oil, cooking only a few pieces at a time. Cook for about 2 minutes on each side or until golden brown.
5. Drain on paper towels and serve immediately with additional malt vinegar or lemon wedges.

Recipe tip: Without the gluten, the almond flour batter wants to “float” off the fish while cooking. Egg whites bind the mixture as well as give the coating a light texture.



DESSERTS



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LEMON CRÈME PIE p.68



ALMOND THUMBPRINT COOKIES p.56

FEATURED RECIPES BY CHEF WILLIAM WERNER



CHEF WILLIAM WERNER, CHEF/PARTNER
CRAFTSMAN AND WOLVES
CRAFTSMAN-WOLVES.COM

Chef William Werner, chef/partner of San Francisco's groundbreaking patisserie and cafe, Craftsman and Wolves, partners classical French technique with forward-thinking creativity. He loves the way almond flour allows him to innovate new recipes and trends.

His signature items include his Cocoa-Carrot Muffin with Cocoa Crumble, a Caramel Almond Tart and Lavender Shortbread, the recipes for which he shares here.



CARAMEL ALMOND TART

PREP TIME: 45 MINUTES • CHILL TIME: 2 HOURS • COOK TIME: 18 MINUTES AND 10 MINUTES

MAKES 2 TARTS

Tart Dough:

¾ cup butter, room temperature
½ vanilla bean
¼ teaspoon salt
½ cup + 5 tablespoons powdered sugar
⅓ cup + 1 tablespoon Blue Diamond Almond Flour
½ cup all-purpose flour

1 egg, room temperature

1½ cups + 1½ tablespoons bread flour

Almond Caramel:

1⅓ cups Blue Diamond Almonds

¼ cup water
1½ tablespoons glucose
¾ cup sugar

⅓ cup cream
1 tablespoon honey

1 pinch sea salt

1. Scrape the seeds out of the vanilla bean.
 2. Place the butter, vanilla seeds, salt, sugar, almond flour and all-purpose flour in a mixing bowl. Using the paddle attachment, mix until all ingredients are just incorporated.
 3. Slowly add egg.
 4. Once smooth, add bread flour until just mixed, being careful to not over mix the dough.
 5. Chill for 2 hours.
- Preheat oven to 335°F.*
6. Roll to ⅛-inch thick. Using a 5-inch round cutter, mold into tart shell.
 7. Bake for 18 minutes or until golden brown.

Reduce oven heat to 315°F.

1. Toast Blue Diamond Almonds in oven until golden brown, about 8 to 10 minutes.
2. In the following order add water, glucose and sugar in a sauce pot.
3. Let it come to a boil over medium-heat to 329°F to become caramel.
4. While sugar mixture is cooking, warm the cream and honey until the honey is dissolved and cream is hot to the touch.
5. When caramel comes to temperature, deglaze with hot cream and honey mixture.
6. Stir to make sure all caramel is fully melted and all cream is incorporated.
7. Add toasted almonds and salt to the caramel mixture.
8. Pour mixture into pre-baked tart shell and let cool for 6 hours before cutting and serving.
9. Lightly sprinkle the sea salt on top of the tart once the almond caramel has set.

LAVENDER SHORTBREAD WITH FRUITS, FLOWERS, ALMONDS & HERBS

PREP TIME: 1 HOUR • CHILL TIME: 12 HOURS AND 2+ HOURS • COOK TIME: 12–14 MINUTES

MAKES 20 COOKIES

Glaze:

- 3 large egg whites
- 4 cups powdered sugar
- ½ teaspoon cream of tartar

Shortbread:

- ⅓ cup rice flour
- ½ cup Blue Diamond Almond Flour
- 2 cups all-purpose flour, plus more
- 1¼ teaspoons kosher salt
- ¾ cup granulated sugar
- 1 cup + 6 tablespoons unsalted butter, cut into small cubes, room temperature
- 1 teaspoon coarsely ground dried lavender

Decoration:

Freeze-dried or dried fruits, edible flowers, fresh or dried herbs and Blue Diamond Sliced Natural Almonds

Special Equipment:

- One 3⅞-inch diameter fluted cutter
- One 1¼-inch diameter fluted cutter



1. For the glaze, use a spoon or rubber spatula to stir the egg whites, powdered sugar and cream of tartar in a bowl until it forms a thick paste. Make sure there are no dry spots. Glaze should sit at least 12 hours in order to fully hydrate.*
2. Whisk together rice flour, almond flour, all-purpose flour and salt in a medium-sized bowl.
3. Using an electric mixer on medium-high, beat sugar, butter and lavender in a bowl until very pale and fluffy, about 5 minutes.
4. Mix in dry ingredients on low until everything is fully incorporated. Wrap dough in plastic wrap and let chill for 2 hours and up to 2 days.

Preheat oven to 350°F.

5. Roll out dough between two sheets of lightly floured parchment to ⅛-inch thick. Using the larger cutter, cut out 20 rounds, retooling scraps. Using the small cutter, punch out the centers.
6. Bake on parchment lined baking sheets until edges are golden brown, but rest of cookie is pale, for 12 to 14 minutes. Let cool on a wire rack.
7. For decorating the cookies, dip the tops of cookies into glaze and remove excess. Transfer to wire rack and decorate.

Cookies can last up to 1 week at room temperature.

*The glaze can be made up to 1 week in advance and refrigerated, but must be brought back to room temperature before glazing.

COCOA-CARROT MUFFIN WITH COCOA CRUMBLE

PREP TIME: 45 MINUTES • CHILL TIME: 15 MINUTES • COOK TIME: 15 MINUTES AND 35 MINUTES

MAKES 12 MUFFINS

Crumble:

- 1 cup + 2 tablespoons all-purpose flour
- ½ cup sugar
- ¾ cup Blue Diamond Almond Flour
- ¼ cup unsweetened cocoa powder
- ¼ teaspoon salt

- 1 stick unsalted butter, softened

Cake:

- 3 cups all-purpose flour
- ¼ cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¾ teaspoon cinnamon

- 2 cups sugar
- 3 large eggs
- 1½ cups canola oil
- ⅓ cup crème fraîche or sour cream
- 1 tablespoon finely grated ginger
- ½ vanilla bean, seeds scraped

- 2 cups shredded carrots



Preheat oven to 350°F.

1. Line a baking sheet with parchment paper.
2. In the bowl of a standing electric mixer fitted with a paddle, combine the flour, sugar, almond flour, cocoa powder and salt.
3. Add the butter and beat at medium-low speed until the mixture comes together like a dough. Wipe out mixing bowl.
4. Press the mixture into ½-inch clumps and refrigerate until firm, about 10 to 15 minutes. Spread the clumps on the baking sheet and bake for 15 minutes. Let cool.
5. Prepare a muffin pan by buttering and flouring each cavity or line with paper baking cups.
6. In a medium bowl, whisk flour, cocoa powder, baking powder, baking soda, salt and cinnamon.
7. In the mixer bowl, combine sugar, eggs, oil, crème fraîche, ginger and vanilla seeds, then beat on medium speed until homogenous.
8. Gradually add in the dry ingredients on low speed, scraping down the side of the bowl. Add in carrots.
9. Fill each cavity about three-fourths of the way up and add the crumble on top.
10. Bake for about 35 minutes, or until a toothpick is inserted in the center and comes out clean.

FEATURED RECIPES BY
CHEF WILLIAM WERNER

FEATURED RECIPE BY CHEF MICHAEL GASSEN



CHEF MICHAEL GASSEN
NOE VALLEY BAKERY
NOEVALLEYBAKERY.COM

Think of your favorite local bakery and you're probably envisioning a place exactly like San Francisco's Noe Valley Bakery, with a second shop in San Francisco's West Portal district. For owner/baker Michael Gassen, who founded the shop in 1995 with his wife, Mary, that's exactly as it should be.

The bakery creates a full range of baked goods—from breakfast pastries to rich desserts—and Chef Gassen prefers to use ingredients that are all natural and locally sourced.

Since the day he opened, Chef Gassen has been utilizing Blue Diamond almonds in various forms. Sliced, slivered or whole, they go into batters and are used as garnishes. He loves to grind slivered almonds into a meal for such items as his Ligurian-style Baci di Dama cookies. With the introduction of Blue Diamond's almond flours, he says, he'll be able to skip this step. "Using almond flour is a much more French approach," he explains. "It creates a denser texture and more moisture in the dough. But it also adds a lightness, because of the fats, that provides a nice lift in the finished product."

BACI DI DAMA COOKIES

PREP TIME: 20 MINUTES • COOK TIME: 16–18 MINUTES

MAKES 24 SMALL SANDWICH COOKIES

Cookies:

4¾ cups Blue Diamond Almond Flour

¾ cups all-purpose flour

¼ teaspoon salt (any salt other than refined table salt, such as kosher or sea salt)

2¼ cups unsalted butter, room temperature

1½ cups granulated sugar

3 large eggs

Zest of 1 small orange

¼ teaspoon pure almond extract

1½ teaspoons pure vanilla extract

2 tablespoons dark rum

Almond Gianduja:

1 cup creamy almond butter

1⅓ cups good quality semisweet chocolate

Preheat oven to 350°F.

1. Line two or three cookie or baking sheets with parchment.
2. In a medium bowl, stir the almond flour, all-purpose flour and salt together and set aside.
3. With an electric mixer on medium speed, beat the butter and sugar until light and fluffy. Scrape down the sides of the bowl.
4. Add the eggs one at a time and with a spoon or spatula stir to combine. Add the orange zest, almond extract, vanilla extract and rum and stir until combined.
5. Add the dry ingredients and stir until well combined, scraping down the sides of the bowl.
6. Place ½-inch cookie dough balls two inches apart on the parchment-lined baking sheets. If you have one, you can also use a cookie scoop to form the cookies and drop them out onto the sheet pans. Alternatively, pipe the batter using a pastry bag and a large, plain tip.
7. Bake the cookies for 16 to 18 minutes or until light golden brown. So that the cookies bake evenly, you may need to rotate the pans in the oven or switch racks halfway through. Let the cookies cool completely before removing them from the pans.
8. When completely cooled, divide the cookies into two portions. Pipe or spread almond gianduja onto one cookie and make little sandwiches. Store cookies in an airtight container.
9. Melt the chocolate in a double boiler. When completely melted, remove from heat and stir in the almond butter in small amounts until thoroughly combined.
10. Leave the almond gianduja in the bowl or spread it onto wax paper to cool and solidify. If it becomes too firm to spread, simply warm it up a little over double boiler or in a warm place in your kitchen.



CREAM-FILLED CUPCAKES

PREP TIME: 20 MINUTES • COOK TIME: 20 MINUTES

MAKES 10 CUPCAKES

½ cup sugar, divided
¼ cup butter, melted
2 eggs + 4 egg whites, divided
1 cup Blue Diamond Almond Breeze almond milk
1 teaspoon vanilla extract

3 cups Blue Diamond Almond Flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt

Cream Filling:

3 cups powdered sugar
¼ cup unsweetened cocoa powder
⅓ cup butter
3 tablespoons cream
1 teaspoon vanilla extract

Preheat oven to 400°F.

1. Line ten muffin cups with paper liners or lightly butter.
2. Beat together 6 tablespoons sugar, butter, egg yolks, almond milk and vanilla in a medium bowl.
3. Stir in almond flour, baking powder, baking soda and salt.
4. Beat egg whites with remaining 2 tablespoons sugar until stiff peaks form and lightly fold into batter.
5. Spoon into prepared cupcake tins and bake for 20 minutes or until a toothpick inserted into the center comes out clean. Let cool completely. Using a melon baller, scoop the center out of each cupcake.
6. Beat all filling ingredients in a medium bowl with an electric mixer until light and fluffy. Spoon into a large resealable bag and snip ½-inch off the corner. Pipe filling into the center of each cupcake.

ALMOND THUMBPRINT COOKIES

PREP TIME: 20 MINUTES • COOK TIME: 15 MINUTES

MAKES 24 COOKIES

½ cup sugar
¼ cup butter, softened
½ teaspoon cinnamon
2 egg whites

2½ cups Blue Diamond Almond Flour
1 cup Blue Diamond Honey Roasted Almonds,
finely chopped

¼ cup berry, peach or apricot jam or preserves

Preheat oven to 350°F.

1. Line two baking sheets with parchment paper.
2. In a large bowl, stir together sugar, butter, cinnamon and egg whites until creamy.
3. Stir in almond flour.
4. Roll into 1-inch balls then roll each in chopped Blue Diamond Honey Roasted Almonds.
5. Place on baking sheets and make an indentation in the center of each with your thumb.
6. Spoon about ½ teaspoon jam into the center of each.
7. Bake for 15 minutes. Let cool completely.





RASPBERRY LINZER TORTE BARS

PREP TIME: 20 MINUTES • COOK TIME: 40 MINUTES

MAKES 16 BARS

- 1½ cups Blue Diamond Almond Flour
- 1 cup gluten-free flour blend (page 7)
- 1 cup powdered sugar
- 2 teaspoons cinnamon
- ½ cup softened butter

8 ounces raspberry (or any flavor) preserves

Preheat oven to 350°F.

1. Butter the sides and bottom of a 9-by-9-inch pan.
2. In a bowl, hand mix almond flour, gluten-free flour blend, powdered sugar, cinnamon and butter until it makes a lumpy dough.
3. Set aside 1 cup of dough for top of torte.
4. Press the remaining dough into the bottom of the pan to make a ¼-inch crust. Bake for 20 minutes.
5. Spread preserves over the bottom crust. Sprinkle clumps of remaining dough over the layer of preserves and gently press. Bake torte for 20 minutes.
6. Pull out of oven and allow to cool completely. Cut into bars and serve.

ALMOND SHORTBREAD

PREP TIME: 10 MINUTES • COOK TIME: 25 MINUTES

MAKES 25 COOKIES

- 2¾ cups Blue Diamond Almond Flour
- ½ cup powdered sugar
- ½ cup butter, softened
- 1 teaspoon vanilla extract

Preheat oven to 325°F.

1. Lightly butter a 9-inch baking dish.
2. Stir together all ingredients in a medium bowl and press evenly in prepared pan.
3. Bake for 25 minutes. Let cool completely before cutting into squares.

Variation: To make lemon shortbread, use lemon extract in place of vanilla and stir in the finely grated zest of 1 lemon.

GLUTEN-FREE PEAR, BERRY & ALMOND TARTE

PREP TIME: 25–30 MINUTES • CHILL TIME: 40–60 MINUTES • COOK TIME: 40 MINUTES

MAKES 8 SERVINGS

Crust:

- ¾ cup Blue Diamond Almond Flour
- ¾ cup gluten-free flour blend (page 7)
- ¼ cup granulated sugar
- ½ teaspoon salt
- ½ teaspoon baking powder

- Zest of one lemon
- 8 tablespoons butter, chilled and cubed

- 1 egg, slightly beaten
- ½ teaspoon vanilla extract

Tart Filling:

- ½ cup sugar
- 8 tablespoons butter, room temperature

- 2 eggs
- 1 teaspoon almond extract
- Pinch of salt

- 1¼ cups Blue Diamond Almond Flour
- 2 tablespoons rice flour

- 2 ripe pears
- ½ cup huckleberries or raspberries
- 3 tablespoons granulated sugar for sprinkling

- Powdered sugar for dusting

FOR THE CRUST:

1. Place the dry ingredients in a food processor and pulse until well combined.
2. Add chilled lemon zest and butter and pulse to a sandy texture.
3. Combine egg and vanilla. Add to dry ingredients in food processor while pulsing until just combined and dough has formed.
4. Place dough in refrigerator to chill for 40 to 60 minutes.
5. Roll out dough to 12-inch round and transfer to tart shell/pan.

FOR THE TART FILLING:

Preheat oven to 375°F.

1. Beat sugar and butter until smooth in a stand mixer.
2. Add eggs, almond extract and salt and continue to beat to a consistently creamy texture.
3. Add almond flour and rice flour and mix just until incorporated.
4. Peel pears, cut in half, remove core and cut each half into four wedges.
5. Spread the filling on the tart crust.
6. Arrange pears in batter in a single layer and place berries in between pear slices.
7. Sprinkle granulated sugar on top of tart and bake until slightly puffed and golden, approximately 45 minutes.
8. Remove from tart pan when cooled and dust with powdered sugar.

Serve with vanilla ice cream or whipped cream.



FEATURED RECIPE BY
CHEF SCOTT WARNER

FEATURED RECIPE BY BLUE DIAMOND ALMOND GROWER, KATHEE BURGI SMITH



KATHEE BURGI SMITH
BLUE DIAMOND ALMOND GROWER

Kathee Burgi Smith manages a 40-acre almond orchard on the west side of Modesto, just a few miles from where she grew up. Third generation farmers, Kathee and her sister, Karen Burgi Grass, inherited the land from their grandmother, who grew almonds and walnuts.

Kathee's family enjoys all forms of almonds—from almond butter to Almond Breeze to whole-flavored Blue Diamond snacking almonds. She is particularly fond of Blue Diamond Almond Flour and shares her recipe for easy, flavorful crepes. She notes “Crepes can be used as a main dish, a dessert or a snack and can be filled with just about anything found in your fridge or pantry. They are so quick and easy to make.”



GLUTEN-FREE ALMOND FLOUR CREPES

PREP TIME: 30 MINUTES

MAKES 6–8 CREPES

- 5 eggs
- ½ cup Blue Diamond Almond Flour
- 2 teaspoons honey (or other sweetener of choice)
- 1 teaspoon vanilla extract
- Pinch of salt
- Olive or coconut oil for pan

1. In a medium-sized bowl, break the eggs and whisk them until they are well-mixed. Add the flour, honey, vanilla and salt and combine well. You are finished stirring when there are no lumps in the batter; it should have a similar consistency to a heavy cream.
2. Heat your pan hot enough that water will sizzle and dance if you flick a few drops on it. If you have a cast iron pan, definitely use it; if not, any flat-bottom pan will do. Brush your oil onto the pan.
3. Pour about ¼ to ½ cup of batter onto the pan and tilt and swirl it until it cannot get any wider. Try to swirl it evenly so that it is nicely round, but don't worry about it too much.
4. Flip the crepe when the top is shiny and the edges are quite dull—this should only take about one minute, so don't walk away!
5. Cook the other side for about one more minute.
6. Serve your crepes with toppings of your choice, folding them in half or in quarters.

These crepes are delicious and can be filled with just about anything. Sweet or savory—get creative!



FEATURED RECIPES BY PASTRY CHEF MARILYNE MITANI, PAULA LeDUC FINE CATERING



PASTRY CHEF MARILYNE MITANI
PAULA LeDUC FINE CATERING
PAULALEDUC.COM

Marilyne Mitani remembers learning about almond flour in culinary school where it is often used in classical European recipes. Now as Pastry Chef at Paula LeDuc Fine Catering, she works with almond flour to develop new recipes. “I might use the natural form that includes the natural skin for more rustic items, like a free-form galette dough,” she says. “Or I’ll use Blue Diamond Extra Fine Blanched Almond Flour in a tarte or pâte sucrée. It’s so fine we don’t even have to sift it.”

Chef Mitani prefers almond flour in all its forms for its tender crumb, as well as the way it gives a smooth sheen on the surface of macarons. “We use almond flour in about 90 percent of our muffins, quick breads, and coffee cakes.”

ALMOND LEMON OLIVE OIL CAKE WITH CRANBERRIES

PREP TIME: 20 MINUTES • COOK TIME: 30 MINUTES

MAKES ONE 9-BY-13-INCH RECTANGLE
OR 10-INCH ROUND

1¾ cups all-purpose flour
½ cup Blue Diamond Almond Flour
1½ teaspoons baking powder

1 cup granulated sugar
Zest of 2 lemons, very finely chopped
4 large eggs, at room temperature

1 tablespoon lemon juice
7 tablespoons unsalted butter, melted and still warm
⅔ cup mild extra-virgin olive oil
1 cup dried cranberries which have been rehydrated
in hot water

Preheat oven to 375°F.

1. Line a 9-by-13-inch rectangle (or a 10-inch diameter round) cake pan with parchment paper.
2. Sift the all-purpose flour and baking powder together. Combine the almond flour with the all-purpose mix. Set aside.
3. Place the sugar and chopped zest in the bowl of a mixer and rub the ingredients together between your fingers until sugar is moist and very aromatic. Using the whisk attachment, add the eggs and beat on medium-high until the mixture is pale and thick, about 3 minutes.
4. Add the flour mixture and mix on low speed just until incorporated. Next, add the lemon juice and warm melted butter. Slowly add the olive oil, blending in on medium speed. Lastly, fold in the drained rehydrated dried cranberries.
5. Pour the batter into the prepared pan.
6. Bake until top is lightly golden and toothpick comes out clean.
7. Let cool 15 minutes, then invert onto a cooling rack.



ALMOND PARIS-BREST WITH MOCHA FILLING & BERRIES

PREP TIME: 45 MINUTES • CHILL TIME: 4 HOURS • COOK TIME: 40 MINUTES

MAKES ONE 9-INCH RING

Mocha Cream Filling:

Pastry

½ cup high quality bittersweet chocolate 70% cacao

¼ cup granulated sugar

2¾ tablespoons high quality cocoa powder

¼ teaspoon kosher salt

2 tablespoons cornstarch

¼ cup milk

¾ cup heavy whipping cream

¾ cup milk

1 tablespoon granulated sugar

1 tablespoon instant espresso

½ teaspoon vanilla extract

Whipped Cream

2 cups heavy whipping cream

Almond Pâte à Choux Ring:

1 cup water

1 stick (½ cup) unsalted butter cut into pieces

Pinch of sugar

1½ teaspoons kosher salt

1¼ cups all-purpose flour

5 large eggs

½ cup Blue Diamond Almond Flour

¾ cup Blue Diamond Natural Sliced Almonds

Optional seasonal berries

Powdered sugar, as needed

FOR MOCHA CREAM FILLING:

Pastry

1. Put the chocolate in a large bowl and set side.
2. Sift the first amount of sugar, cocoa powder, cornstarch and salt together.
3. Whisk the first quantity of milk into the sifted ingredients to make a paste. Set aside. Heat the remaining ingredients in a saucepan to simmer.
4. Whisk in the cocoa paste and cook while constantly whisking at a simmer for 2 minutes.
5. Strain the cooked mixture on top of the chocolate that you have set aside in a bowl and stir until smooth and totally incorporated.
6. Cover directly with plastic wrap to prevent a skin. Refrigerate at least 4 hours or overnight.

Whipped Cream

1. Once pudding is complete and cooled, whip 2 cups heavy whipping cream to stiff peaks. Do not over whip.
2. Fold the 2 cups of whipped cream into the cold pudding to complete the mocha filling which can immediately be piped into your prepared pâte à choux ring.

FOR ALMOND PÂTE À CHOUX RING:

Preheat oven to 400°F.

1. Trace a 9-inch circle onto a sheet of parchment. Flip the parchment over, then place it on a baking sheet.
2. In a medium saucepan, combine water, butter, sugar and salt. Bring to a boil. Remove the pan from the stove and using a wooden spoon quickly stir in the all-purpose flour until combined. Return the pan to medium heat and vigorously cook the dough until it pulls away from the sides of the pan and a film forms on the bottom of the pan, about 3 minutes.
3. Transfer the dough into an electric mixer bowl fitted with the paddle. Paddle on low speed to cool dough for 2 minutes. Add eggs one at a time, stirring vigorously after each addition and making sure each egg is entirely incorporated before adding the next egg. Dough should look glossy.

4. Remove the bowl from the mixer and fold in the almond flour until evenly incorporated.
5. Immediately transfer the dough to a piping bag fitted with a half inch round tip. Glue down the corners of the parchment with a bit of the dough. Pipe twelve 2-inch round mounds of dough using the traced outline as a guide. Sprinkle the top of the wreath with Blue Diamond Sliced Natural Almonds.
6. Bake until the pastry starts to puff, about 8 minutes, then reduce temperature to 350°F and bake until the pastry is fully puffed and golden brown, about 30 minutes.
7. Remove the wreath and pierce the sides about 8 times with the tip of a paring knife, allowing steam to escape.
8. Transfer wreath to a cooling rack and allow to cool completely.
9. Separate the top and bottom halves of the puffs with a serrated knife. If puffs are not totally hollow, remove some of the excess filaments.
10. Place mocha cream into a pastry bag fitted with a ½-inch star tip and fill the bottom side of the wreath. Optional: at this point you may add your favorite berries. Reposition top pieces of pastry wreath over filling. Dust with powdered sugar.



FEATURED RECIPE BY
PASTRY CHEF
MARILYNE MITANI

LEMON CRÈME PIE

PREP TIME: 30 MINUTES • COOK TIME: 30 MINUTES



MAKES ABOUT 8 SLICES

Crust:

- 1½ cups Blue Diamond Almond Flour
- ¼ cup softened butter
- 2 tablespoons honey
- Dash of sea salt
- 3 tablespoons gluten-free flour blend (page 7)
- 1 egg

Lemon Crème Filling:

- 1 can sweetened condensed milk
- ½ cup freshly squeezed lemon juice
- 1 tablespoon lemon zest
- 3 egg yolks

Whipped Cream Topping:

- 2 cups heavy whipping cream
- 1 teaspoon vanilla
- ⅓ cup powdered sugar
- 1 teaspoon cornstarch

Preheat oven to 350°F.

1. Blend all ingredients for crust together into dough. Lightly butter a pie dish. Roll dough into a thin circle and transfer to dish. Bake for 15 minutes.
2. While crust is baking, blend all ingredients for lemon filling together until smooth. Pour into baked pie crust. Bake for 30 minutes or until filling is firm.
3. Cover with foil once crust is browned. Pull out and allow pie to cool completely.
4. Right before serving, whip heavy cream, vanilla, sugar and cornstarch together with a mixer until stiff peaks form. Spoon whipped topping on top of cooled pie.
5. Garnish with a lemon slice or lemon zest.

HAPPY JOY COOKIES

PREP TIME: 20 MINUTES • COOK TIME: 12 MINUTES

MAKES 24 COOKIES

- 1½ cups Blue Diamond Almond Flour
- 2½ tablespoons coconut flour
- 1 teaspoon baking soda
- Pinch of sea salt
- ¼ cup softened butter
- ¼ cup brown sugar
- 1 egg
- ½ tablespoon vanilla
- ¼ cup Blue Diamond Sliced Natural Almonds
- ½ cup semisweet chocolate chips
- ½ cup sweetened coconut flakes

Preheat oven to 350°F.

1. Line two baking sheets with parchment paper.
2. In a large bowl, combine almond flour, coconut flour, baking soda and sea salt.
3. In a separate bowl, beat together butter, brown sugar, egg and vanilla.
4. Slowly stir in dry ingredient mix until evenly blended through.
5. Once dough forms, fold in Blue Diamond Sliced Natural Almonds, chocolate chips and coconut flakes.
6. Roll into 1-inch balls and place on parchment lined baking sheet. Lightly press down balls into a disc shape. Bake for 12 minutes.





CARROT CAKE COOKIES WITH CREAM CHEESE FILLING

PREP TIME: 25 MINUTES • COOK TIME: 12 MINUTES

MAKES 24 SMALL SANDWICH COOKIES

½ cup butter, softened
⅓ cup packed brown sugar
⅓ cup sugar
1 egg + 1 egg white
½ teaspoon pineapple extract (optional)

2 cups Blue Diamond Almond Flour
½ cup rolled oats
1 teaspoon baking soda
½ teaspoon salt
¼ teaspoon ground nutmeg
1½ cups coarsely shredded carrots

Cream Cheese Filling:

2 cups powdered sugar
1 teaspoon vanilla extract
4 ounces ⅓ less fat cream cheese, softened
¼ cup butter, softened

Preheat oven to 375°F.

1. Line two baking sheets with parchment paper.
2. Beat together butter, sugars, eggs and extract until creamy.
3. Stir in almond flour, oats, baking soda, salt and nutmeg until well mixed, then stir in carrots.
4. Drop teaspoons of dough two inches apart on prepared baking sheets.
5. Bake for 12 minutes or until lightly browned. Let cool completely.
6. Beat all filling ingredients together in a large bowl until light and fluffy. Spread equal amounts of filling over half the cookies; top with remaining cookies.
7. Cover and refrigerate until ready to serve.

These cookies are very delicate. Keep refrigerated to keep them firm.

ITALIAN ALMOND & CHOCOLATE TORTE

PREP TIME: 20 MINUTES • COOK TIME: 45 MINUTES

MAKES 8 SERVINGS

6 egg whites
Pinch of salt
1¼ cups sugar

Butter and flour for preparing pans

6 egg yolks
Zest of ½ orange
1 teaspoon vanilla extract
¼ teaspoon almond extract
2¾ cups Blue Diamond Almond Flour

⅓ cup Blue Diamond Sliced Natural Almonds

Chocolate Filling:

½ pound chocolate
½ cup whipping cream
2 tablespoons sugar

Powdered sugar for dusting

Preheat oven to 350°F.

1. Beat egg whites until foamy. Add pinch of salt. Increase speed of mixer and beat until soft peaks form. Add sugar, 1 tablespoon at a time, to make meringue.
2. Line bottom of two 8-inch springform pans. Butter and dust with flour.
3. Mix egg yolks, zest, extracts and almond flour to form paste. Thin with ⅓ cup of meringue, then gently fold in the rest of the meringue.
4. Divide into both pans and garnish one pan with Blue Diamond Sliced Natural Almonds. Bake for 45 minutes until toothpick comes out clean. Let cool completely and remove from pans.
5. Place chocolate filling ingredients in double boiler over hot water until melted. Cool in mixer bowl, then whip until smooth.
6. Spread mixture on the cake layer without the almond garnish. Place other layer on top with almonds exposed and dust with powdered sugar.

DOUBLE CHOCOLATE ALMOND BROWNIES

PREP TIME: 15 MINUTES • COOK TIME: 30–35 MINUTES



MAKES 12 BROWNIES

- ½ cup butter
- 4 ounces semisweet chocolate

- ¼ cup packed brown sugar
- ¼ cup sugar
- 1½ teaspoons vanilla extract

- 2 eggs
- 1½ cups Blue Diamond Almond Flour
- ⅔ cup white chocolate chips

- ½ cup Blue Diamond Sliced Natural Almonds

Preheat oven to 350°F.

1. Lightly butter an 8-inch baking pan.
2. Melt butter and chocolate in a medium saucepan over very low heat.
3. Stir in sugars and vanilla; set aside to cool.
4. Add eggs and beat well to incorporate. Stir in almond flour until no lumps remain, then stir in chocolate chips.
5. Spread evenly in prepared pan and sprinkle with Blue Diamond Sliced Natural Almonds. Bake for 30 to 35 minutes or until a toothpick inserted into the center comes out clean.
6. Let cool completely before cutting into squares.

CHOCOLATE CHIP COOKIES

PREP TIME: 20 MINUTES • COOK TIME: 12–15 MINUTES

MAKES 30 COOKIES

- ½ cup butter, softened
- ¼ cup packed brown sugar
- ¼ cup sugar
- 1 teaspoon vanilla extract
- 1 egg + 1 egg white

- 2½ cups Blue Diamond Almond Flour
- ½ teaspoon baking soda
- ¼ teaspoon salt

- 1 cup chocolate chips or pieces

Preheat oven to 350°F.

1. Line two baking sheets with parchment paper.
2. Beat together butter, sugars and vanilla extract in a large bowl, then beat in eggs.
3. Stir in almond flour, baking soda and salt. Mix well.
4. Stir in chocolate chips.
5. Drop tablespoons of dough two inches apart onto baking sheets. Bake for 12 to 15 minutes or until lightly browned on top and firm to the touch.



ALMOND MACARONS

PREP TIME: 45 MINUTES • COOK TIME: 18–20 MINUTES



MAKES 24 COOKIES

1½ cups Blue Diamond Almond Flour
1½ cups powdered sugar

3 large egg whites, brought to room temperature
2 tablespoons granulated sugar
½ teaspoon cream of tartar

Vanilla Buttercream Filling:

4 tablespoons unsalted butter at room temperature
1 cup powdered sugar
1 teaspoon vanilla extract
¼ teaspoon salt

Preheat oven to 300°F.

1. Line two baking sheets with parchment paper.
2. Combine almond flour and powdered sugar in a food processor and process until very fine, about 40 seconds. Sift into a bowl to remove any large clumps.
3. In a stand mixer, whip eggs on medium-high speed until soft peaks form. Add granulated sugar and cream of tartar while machine is running. Continue to whip until stiff and glossy peaks form.
4. Using a rubber spatula, gently fold in almond flour mix one third at a time. Do not over mix. Transfer mixture into a large piping bag.
5. Pipe 1-inch circles onto the parchment paper, leaving two inches of space in between. Tap trays against the countertop to release extra air from cookies. Let sit for 30 minutes, until they form a dry skin.
6. Bake 18 to 20 minutes, turning pans halfway through baking. Keep a close eye, as they will brown quickly.
7. Let cookies cool completely before removing from pans.
8. For filling, beat butter with salt until fluffy, about 2 minutes. Slowly add powdered sugar and vanilla and beat until light and smooth, about 3 to 4 minutes. Transfer to piping bag and pipe between two cookies.

GLUTEN-FREE CHOCOLATE ALMOND CAKE

PREP TIME: 30 MINUTES • COOK TIME: 55 MINUTES

MAKES 12 SERVINGS

12 ounces high quality bittersweet chocolate
1 stick unsalted butter
2 teaspoons vanilla extract

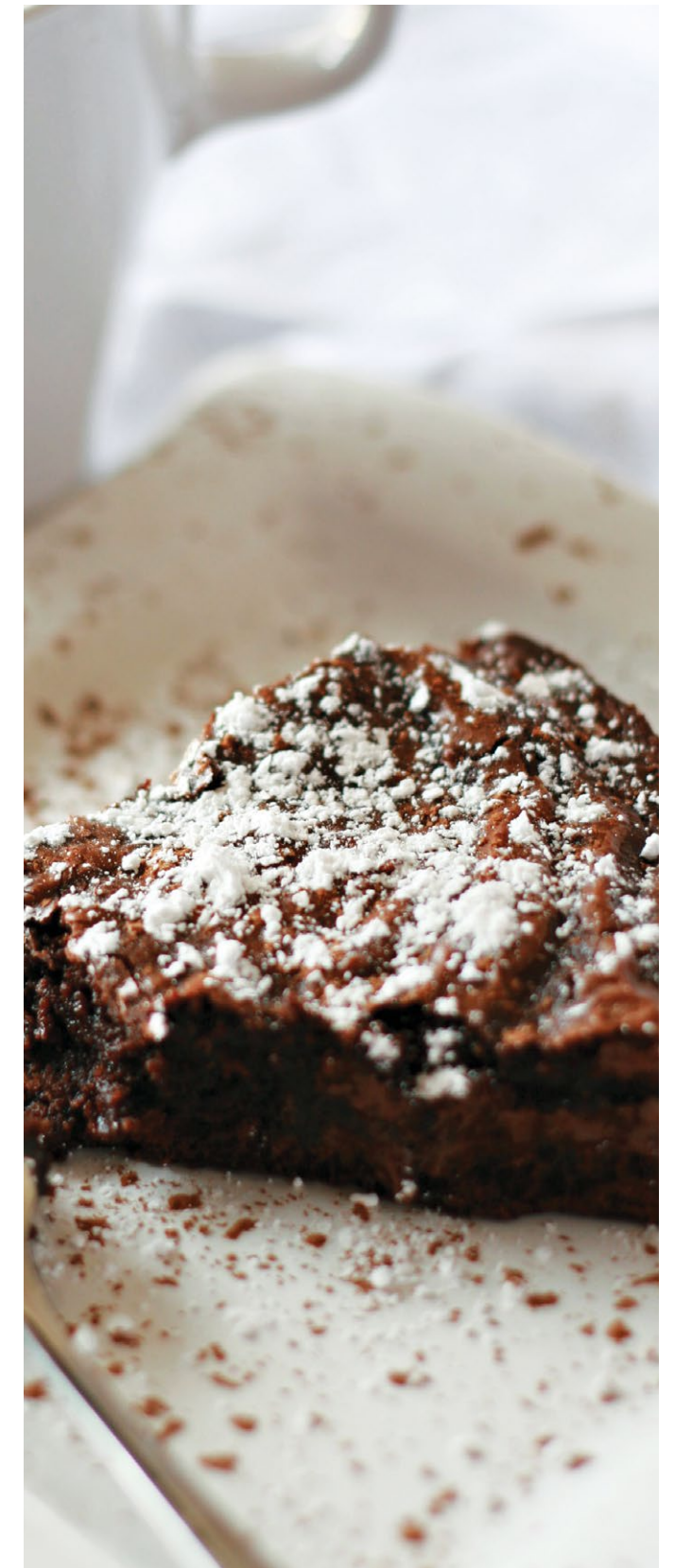
6 large eggs, separated
1 + ¼ cup sugar, divided

1½ cups Blue Diamond Almond Flour

Powdered sugar for sprinkling

Preheat oven to 325°F.

1. Butter a 9-inch springform pan and line the bottom with parchment paper.
2. Melt the chocolate and butter together in the microwave. Mix in vanilla and set aside.
3. Beat the egg yolks with an electric mixer until light yellow, approximately 5 minutes. Gradually beat in 1 cup of the sugar, a little at a time.
4. Combine chocolate and egg yolk mixtures, stirring well to mix. Add almond flour and stir to incorporate.
5. In a clean bowl, beat the egg whites with the remaining ¼ cup sugar until firm peaks form. Fold the egg whites into chocolate mixture in two additions.
6. Pour the batter into the prepared springform pan and smooth the top. Bake for 55 minutes or until a wooden skewer inserted in the center comes out clean.
7. Let cool in the pan on a wire rack for 15 minutes before removing the sides of the springform pan, then cool completely.
8. When the cake has cooled, remove parchment. Sift powdered sugar over the crackly top just before serving.



FEATURED RECIPES BY BETSY OPYT BETSY'S BEST GOURMET NUT & SEED BUTTERS



BETSY OPYT
PRESIDENT & CEO, BETSY'S BEST NUT BUTTERS
BETSYSBEST.COM

Betsy Opyt, RD, LD/N, CDE and President and CEO of Betsy's Best Gourmet Nut and Seed Butters, created her sophisticated yet fun line of gourmet butters with the belief that natural foods should be delicious and enjoyable for everyone.

As a registered dietitian and 2015 Florida Young Mother of the Year, Betsy uses only the highest quality ingredients in the foods she prepares for her family and in the recipes she creates for her company. Betsy's Best Gourmet Almond Butter uses Blue Diamond Almond Butter as a tasty and nutritious base. Just as Betsy claims, Blue Diamond Almond Butter is "simply the BEST." She shares with us two of her favorite recipes that combine her award-winning, superfood-charged butter with the simple goodness of Blue Diamond Almond Flour.

ALMOND CHOCOLATE BISCOTTI

PREP TIME: 30 MINUTES • COOK TIME: 40 MINUTES

MAKES 6–10 COOKIES

- ½ cup Blue Diamond Almond Flour
- 1 cup arrowroot
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- ½ teaspoon guar gum
- ½ cup brown sugar
- ¼ cup cocoa powder
- ¼ cup coconut oil
- 2 eggs
- ¼ cup Betsy's Best Gourmet Almond Butter
- 2 tablespoons honey
- ½ cup finely shredded, unsweetened coconut
- ½ cup dark chocolate chips

Preheat oven to 350°F.

1. Combine all dry ingredients and set aside.
2. In a separate bowl combine all wet ingredients. Add the wet ingredients to the dry ingredients and stir to combine.
3. Place parchment paper on cookie sheet and form a loaf with the mixture.
4. Bake for 20 to 25 minutes.
5. Remove and allow to cool. Slice into biscotti-sized slices and place each slice face up on the parchment paper. Return to oven for another 15 minutes or until crispy. Remove and allow to cool. Place in an airtight container for up to 1 week.

ALMOND PUMPKIN BLONDIES

PREP TIME: 25 MINUTES • COOK TIME: 30 MINUTES

MAKES 9 SERVINGS

- 1 cup Blue Diamond Almond Flour
- ¾ cup sugar
- ¾ teaspoon baking soda
- ½ teaspoon sea salt
- 3 eggs
- ½ cup Betsy's Best Gourmet Almond Butter
- ¼ cup coconut oil
- 1 teaspoon vanilla

Frosting:

- 3 tablespoons pumpkin puree
- ½ teaspoon vanilla
- 3 cup powdered sugar
- ¼ cup coconut oil
- Cinnamon for garnish

Preheat oven to 350°F.

1. In a large bowl combine almond flour, sugar, baking soda and sea salt until blended.
2. Add eggs, Betsy's Best almond butter, coconut oil and vanilla. Beat until evenly mixed. Pour into a lightly buttered 8-by-8-inch pan and bake for 25 to 30 minutes.
3. Mix together frosting ingredients. Spread on cooled blondies and serve.



ALMOND FLOUR CAKE

PREP TIME: 20 MINUTES • COOK TIME: 30–35 MINUTES



MAKES ONE 9-INCH CAKE OR 12 CUPCAKES

- Butter or coconut oil to prepare pan
- ½ cup + 2 tablespoons sugar, divided
- 4 large eggs, separated
- 1 teaspoon vanilla extract
- ¼ cups Blue Diamond Almond Flour
- 1 tablespoon coconut flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- Powdered sugar for sprinkling
- Blue Diamond Blanched Sliced Almonds for topping

Preheat oven to 350°F.

1. Prepare an 9-inch round pan with butter (dairy-free if desired) or coconut oil. Sprinkle 2 tablespoons of the sugar into the bottom of the pan.
2. In a large mixing bowl, beat together the egg yolks, ¼ cup of the sugar and the vanilla until smooth.
3. Using an electric mixer or stand mixer, whip the egg whites until they form soft peaks. Slowly beat in the remaining ¼ cup sugar. Set aside.
4. Whisk together the dry ingredients—flours, baking powder and salt—and add to the egg yolks. Stir together to form a thick dough.
5. Fold in the egg whites, ½ cup at a time, incorporating them fully between each addition. The final addition should result in a smooth, fluffy batter.
6. Pour the cake batter into the prepared pan. Bake the cake on the center rack for 30 to 35 minutes, until it is golden brown and a toothpick inserted into the center comes out clean.
7. Remove the cake from the oven and allow it to cool in the pan for 5 minutes. Run a knife around the edge of the pan to loosen the sides, then turn the cake out onto a serving plate.
8. Dust with powdered sugar and top with Blue Diamond Blanched Sliced Almonds.

ALMOND CUSTARD TARTS

PREP TIME: 25 MINUTES • COOK TIME: 30 MINUTES

MAKES 12 CUSTARD TARTS

- Crust:**
 - 3 cups Blue Diamond Almond Flour
 - 2 eggs
 - 2 tablespoons softened butter
 - 3 tablespoons honey
- Filling:**
 - 1 can sweetened condensed milk
 - ½ cup Blue Diamond Almond Breeze almond milk
 - ½ teaspoon almond extract
 - ½ teaspoon vanilla
 - 3 egg yolks
 - 2 tablespoons Blue Diamond Almond Flour

- Topping:**
 - 1 cup heavy whipping cream
 - ½ teaspoon vanilla
 - 2 tablespoons powdered sugar
 - ½ teaspoon cornstarch

- Blue Diamond Sliced Natural Almonds
- Sliced strawberries

Preheat oven to 350°F.

1. Blend all ingredients for crust together into a dough.
2. Line muffin tin with muffin cups. Gently press dough into the bottom and sides of muffin tins. Bake for 10 minutes.
3. While cups are baking, blend all ingredients for custard filling together until smooth.
4. Spoon mixture into crust cups until almost full. Bake for 20 minutes. Pull out and allow to cool completely.
5. Custard tarts may be refrigerated until served. Right before serving, whip heavy cream, vanilla, sugar and cornstarch together with a mixer until stiff peaks form. Spoon whipped topping on top of cooled custard tarts.
6. Garnish with Blue Diamond Sliced Natural Almonds and sliced strawberries.





ACKNOWLEDGEMENTS

Bringing Blue Diamond Almond Flour from concept to reality has required the teamwork and dedication of many Blue Diamond employees and partners. Much gratitude goes out to all who have been involved in developing our almond flour products and putting together this cookbook.

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THE FOLLOWING RECIPE IS COURTESY OF THE ALMOND BOARD OF CALIFORNIA:

Sweet Potato Pancakes



Please visit recipes.bdingredients.com
for more application and recipe concepts.



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