



A LIFE WELL FED

Recipes to Remember

Confessions from a Pantry

Volume 3: June 14, 2024

WE ARE GIVING AWAY SMITHEY IRONWARE



Summer is just around the corner and the kitchen is heating up. It's time to have a little fun!

Our friends at **Smithey Ironware** have generously donated some of their best-selling products to raise awareness and support our fight to end Alzheimer's. If you're not familiar with them, you **MUST** check them out as they produce some of the highest quality cast iron, made right here in the United States.

Starting today, and over the next several months, we'll be giving away lots of goodies from Smithey. It's just one way to say "thank you", for your support in helping us reach our goals here at A Life Well Fed.

There are **THREE WAYS** to win!

Subscribe to Confessions from a Pantry

The good news is, you're already a subscriber and are automatically entered into the drawing to

win one of two (2), Smithey #6 Cast Iron Skillets. In addition to your subscriber entry, there are two more ways to enter and improve your chances.

Guess What's In My Kitchen?

In the photo below is a pitcher containing a creamy yellow "something". Can you guess what that "something" is? Take your best guess and send me an email: Kathy@ALifeWellFed.com

If you're correct, you'll be entered into the drawing for one of the skillets. To make things more fun, below are four hints:

- Five ingredients were used in this recipe; pictured are 2 of the ingredients; lemons and a vanilla bean.
- The lemon rinds, along with one of the five ingredients are cooking via the sous vide method for about 2 hours.
- Once cooled, the rinds are strained and then mixed with the other two ingredients to make this a tasty treat that will keep in your freezer for up to a year...if it lasts that long.
- It originated in Europe's "Boot" Country.

Visit www.ALifeWellFed.org and make a donation of any amount; \$5, \$10, \$25...every little bit helps. You'll be automatically entered into the drawing. Every dollar raised will be used to offset the cost of publishing the cookbook.

Entries must be received by 11:59 P.M. on June 30, 2024. [Contest Rules](#).



Recipe of the Week



As we head into the weekend, I wanted to share a very special dessert, influenced by my visit to Chef Darin's Kitchen Table, in Savannah, GA. I confess... I'm not much of a cake fan, but this is one cake I simply cannot resist. Your guests will adore this sweet treat. But don't tell anyone...there's no flour, it's gluten-free, and the secret ingredient...is chickpeas.

Gluten-Free Decadent Chocolate Cake

1 15-oz. can chickpeas (garbanzo beans)
4 eggs, room temperature
1 t. vanilla
1 1/2 c. sugar
1/2 c. cocoa powder (unsweetened)
2 T. cornstarch
3/4 t. baking powder
1/4 t. baking soda
1/2 t. kosher salt
Powder sugar for dusting (optional)

Preheat oven to 350°. Cut a circle out of parchment paper using your 9" cake pan as the guideline. Make sure it's large enough to cover the bottom of the pan. Spray the pan with a baking spray. (Note: If you don't have any spray, you can also dab a little bit of canola, avocado, or vegetable oil on a paper towel and wipe the bottom of the pan. Place the parchment paper in the pan and do the same thing; spray or wipe the parchment paper with oil.

Combine chickpeas, eggs, and vanilla in a food processor using the steel chopping blade. Continue processing until the mixture is pureed and there are no lumps. In a separate bowl, combine the dry ingredients and mix thoroughly until the cocoa and sugar are thoroughly mixed. Add the dry ingredients to the chickpea mixture and process until completely mixed.

Pour the cake batter into the prepared pan. Bake until the center comes out clean, approximately 25-35 minutes, depending on how hot your oven runs. Check the cake at 25 minutes by inserting a toothpick until it comes out clean with only one or two crumbs. Cool the cake on a rack for about

10 minutes. Place a serving plate on top of the cake and turn it upside down, inverting onto the plate. Cool completely.

This is a decadent cake that is delicious on its own. However, raspberries, strawberries, and cherries are always a hit with chocolate. You can also use your favorite berry sauce such as Williams Sonoma Raspberry Sauce. And of course, old-fashioned vanilla ice cream is always a big hit.

Something to Remember

One of my favorite toppings is flavored whipped cream; Combine 2 c. fresh whipping cream, 3 T. granulated sugar, 1 t. vanilla, and 2 T. Grand Marnier or Framboise. Chill the bowl and the beaters in the freezer for 15 minutes. Combine all ingredients in chilled bowl and beat on high until you have a luscious, whipped topping.

A final thought, instead of using a 9" round pan, you can use six (6) 3 or 4 inch individual cake pans. It makes for a fun presentation when entertaining. Just be sure to prepare the pans with parchment paper, same as the 9" pan.

That's it for now. Stay tuned for my next *Confession from a Pantry* coming out later this month. And if you know anyone who has been impacted by Alzheimer's or other dementia, I hope you'll invite them to join us. And speaking of joining, thank you for joining me on this journey. So far... it's been quite a ride. I can't wait to see what's around the corner.

On behalf of my entire family, I wish you good health, happiness, and a life well fed.



Katlynn Gross

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