

# the gluten free that everyone loves!

Recipes created without distinction.



the best  
for your  
guests



A close-up portrait of Petra Antolini, a woman with dark hair pulled back, wearing a white chef's coat. She is covering her face with both hands, with only her eyes visible. She has several tattoos on her hands and wrists, including a heart on her left wrist, an arrow on her right index finger, and a musical note on her right ring finger. She is wearing a large, ornate ring on her right ring finger. The background is dark and out of focus, showing some foliage.

**Petra**  
**Antolini.**

## **pizzaiola, chef, and consultant** **specialized in gluten free.**

"I grew up in the mountains with my gran and she taught me how to cook, and how to make bread and fresh pasta for the whole family. I think I made my first pizza when I was 10. After school and my earliest work experience in professional kitchens, I fell in love with baking, which is where I started my research, studying and developing my very own personal catering philosophy: serving absolute happiness to guests through my cooking. It is no coincidence that my restaurant is called Settimo Cielo [Seventh Heaven]."

"The approach to gluten free dates back to an emotionally important episode that took place in my venue. I remember the disappointment on a little coeliac guest's face when I told him that I couldn't satisfy his request. I promised that I would do better and this commitment is now something that I am passionate about."

Petra Antolini is a successful restaurateur in Verona, a true, volcanic and enthusiastic professional. After catering school, she worked in restaurants, gaining a variety of experiences as an employee before opening her own restaurant in Valpolicella in 2010

Her approach to food is passionate and enthusiastic, leading her to explore new horizons, like gluten-free cooking, of which she has become a renowned expert. In her workshop, which is fitted out for "gluten free", she experiments with sweet and savoury baked goods every day, with the aim of satisfying coeliac clients as well as the gluten sensitive.


Knowledge and experience see her working between her restaurant and as a consultant in the gluten-free food sector at national level.



## This recipe book uses **Food Service Mix**

The multi-purpose gluten-free mix  
you can't afford not to have in a  
professional kitchen.



10 units / Ct  1000 g  12 months

For more information, nutritional  
values, and product info sheet



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# savoury recipes.

Creativity gives us  
new forms of goodness.  
All gluten free.





# Crespelle with Verona red radicchio and pumpkin

1h

Preparation Time

...

Difficulty Medium

20'

Cooking Time Oven

170°

Cooking Temperature Oven

## Ingredients

### For 40 crespelle

**1 kg** Food Service Mix  
**15** medium size eggs at room temperature  
**1500 g** full milk  
**30 g** fine salt  
**150 g** butter

### For the filling

**500 g** fresh radicchio  
**200 g** pumpkin (peeled and de-seeded)  
**30 g** gluten-free amaretti cookies

### For the bechamel sauce

**50 g** butter  
**50 g** Food Service Mix  
**1 L** milk  
nutmeg (optional)  
salt and pepper

## Method

With the whisk attachment in the planetary mixer, mix together the eggs and milk.

Pour in the butter, melted previously in a bain marie, and the salt. Add the Food Service Mix a little at a time to avoid the formation of lumps.

When the mix is smooth, cover and leave it to stand in the refrigerator for 1 hour.

Grease a non-stick pan with butter and leave it to heat. With the help of a small ladle, distribute the mix over the pan.

Cook the crespelle for about 1 minute per side and then place on a plate for filling.

## Filling

In a non-stick pan, sautee the radicchio with a little oil and a pinch of salt.

Cut the pumpkin brunoise style and gently cook it with some vegetable stock for a few minutes in a non-stick pan.

Place the radicchio and pumpkin in the centre of the crespelle and close them in quarters.

Place the crespelle in a non-stick pan, cover with a little bechamel and cook in the oven for 20 minutes at 170 degrees.

Serve the crespelle with a sprinkling of amaretti cookies.

**Chef's tip:** for a better gratinated finish, do not cover the crespelle while baking.

See storage tips on page 28



# Tortelli with Monte Veronese cheese and fresh bramble sauce

## Ingredients

For 10 people

### Recipe WITH EGGS

1 kg Food Service Mix  
10 medium eggs  
100 g EVO oil  
10g salt

### Recipe WITHOUT EGGS

1 kg Food Service Mix  
480 g awater  
140 g oil  
12 g guar  
10g salt

### For the filling

150 g Monte Veronese cheese (fresh)  
150 g Monte Veronese cheese (mature)  
100 g mountain butter  
100 g fresh ricotta cheese  
100 g blackberries

2h

Preparation  
Time

●●●

Difficulty  
Medium

6'

Cooking  
Time



## Method

**Egg pasta:** in a planetary mixer with dough hook attachment, pour in the Food Service Mix and all the ingredients for the dough.

**Pasta without egg:** in a planetary mixer with dough hook attachment, pour in the Food Service Mix and, a little at a time, add the liquid, keeping a quarter of it to one side.

Add the salt and then the remaining liquid.

Form a ball and leave to rest, wrapped in film, for 24 hours in the refrigerator.

Roll out the pasta into a thin sheet.

### Preparation

To fill the pasta, make a fondue with the two cheeses and the ricotta, leave 10 g salt to cool and place the sauce in a piping bag.

Place the now thick fondue mix on the pasta sheet and create tortelli with the mould.

Cook in salted water for 6 minutes, drain and toss with melted mountain butter.

Blend the blackberries to create the sauce for plating up. If required pass the sauce through a sieve. Serve the tortelli on the cream

**Chef's tip:** when rolling out the pasta dough with a rolling pin, it is possible to roll out the pasta after just 2 hours. If using a pasta machine, leave the pasta dough to rest for 24 hours.

See storage tips on page 28





# Fried Pizza

1h

Preparation  
Time



Difficulty  
Medium

5'

Cooking  
Time

180°

Cooking  
Temperature

## Ingredients

**For 7 portions**  
**6 segments each**  
**1 kg** Food Service Mix  
**750 g** water  
**23 g** salt  
**35 g** EVO oil  
**2 g** fresh brewer's yeast  
peanut oil for frying  
rice flour

## Method

In a planetary mixer with dough hook, add all the Food Service Mix and air it.

Melt the yeast in water at room temperature and pour in the half dose.

Add the salt, the remaining water and lastly, the EVO oil.

Mix everything together into a smooth, even dough.

Dust the work surface with rice flour and place the dough on top.

Form a ball, with wet hands, and leave to rest for half an hour.

Divide the dough into 250 g balls and leave to prove at a controlled temperature (4 degrees) for 24 hours.

### For frying

Roll out the proved ball until it has a diameter of 15 cm, and cut it into 6 parts.

Fry for 5 minutes in peanut oil at 180 degrees, turning each piece several times, until they are golden brown.

Drain them on kitchen paper and garnish as required.

**Chef's tip:** the amount of yeast, in the recipe, is correct for a proving time of 24 hours. To prove the dough for less time, add more brewer's yeast, up to 20 g per kilo.

See storage tips on page 28



# Filled Pac-Man Rolls

## Ingredients

### For 60 rolls

- 1 kg Food Service Mix
- 800 g water (room temperature)
- 20 g yeast
- 30 g EVO oil
- 23 g salt
- 20 g cuttlefish ink
- 50 g tomato concentrate
- 100 g sesame seeds
- 100 g cracked corn



Preparation  
Time



Difficulty  
Medium



Cooking  
Time Oven



Cooking  
Temperature Oven

## Method

In a planetary mixer with dough hook, pour in all the Food Service Mix, add the water with dissolved yeast, a little at a time, keeping 50 g to one side.

Use a spatula if the dough becomes stuck to the sides of the bowl.

Add the salt to the dough, together with the 50 g water kept to one side.

Add the oil last. The dough should be smooth.

Dust a steel work surface and place the dough on it.

Form a ball and leave it to stand, covered with a cloth for half an hour.

Split the dough into 4 parts and return the first quarter to the mix, adding the tomato concentrate.

Proceed with the second quarter of dough, putting it back in the mixer with the cuttlefish ink.

Form 30 g rolls out of all of the dough, cover half of the plain doughs with sesame seeds, and the remainder with the cracked corn.

Leave to prove on a sheet covered with baking parchment, until they have doubled in size.

Bake at 180 degrees for 10 minutes.

Remove from the oven and leave to cool on a wire rack.

Cut the panini open by three quarters and fill as required.

**Chef's tips:** in the oven, the use of steam is recommended for the first 5 minutes before raising the temperature to 180 degrees.

See storage tips on page 28







# Tagliatelle with Black Angus beef sauce

3h

Preparation Time

●●●

Difficulty Medium

5'

Cooking Time for the pasta



## Ingredients

For 10 portions

### Recipe WITH EGG

1 kg Food Service Mix  
10 medium eggs  
100 g EVO oil  
10 g salt

### Recipe WITHOUT EGG

1 kg Food Service Mix  
480 g water  
140 g oil  
12 g guar  
10 g salt

### For the meat sauce

1 small onion  
½ stick celery  
1 small carrot  
2 glasses red wine  
500 g Black Angus rib  
400 g approx. tomato passata  
2 tablespoons tomato concentrate  
EVO oil  
1 knob butter  
coarse salt and pepper

## Method

**Pasta with egg:** in a planetary mixer with dough hook, add the Food Service Mix and all the ingredients for the dough.

**Pasta without egg:** in a planetary mixer with dough hook, add the Food Service Mix and the liquid, a little at a time, keeping a quarter to one side. Add the salt and then the remaining liquid.

### Meat sauce preparation

Finely chop the celery, carrot and onion with a knife. Heat the oil and butter in a saucepan with heavy base, then add the celery, carrot and onion and fry gently over a low heat. Add the Black Angus rib and brown over a high flame.

Deglaze with the red wine and leave to evaporate.

Season with salt and pepper.

Add the tomato passata and concentrate, mixing with a spoon. Bring to the boil and loosely covered with a lid, cook over a very low heat for at least 2 hours. At the end of the cooking time, shred the Black Angus rib in its sauce.

**Chef's tip:** Reduce the meat sauce to 4 degrees if you need to keep it in the fridge (for a maximum of 3 days), otherwise, proceed with the negative blast chilling.

# sweet recipes.

Gluten-free sweet treats  
have no limits and everyone  
loves them.





# Sbrisolona

1h

Preparation  
Time



Difficulty  
Medium

40'

Cooking  
Time

170°

Cooking  
Temperature

## Ingredients

### Amount for two 20 cm cake tins

200 g Food Service Mix

200 g corn flour

200 g almond flour

200 g soft butter

200 g sugar

2 medium eggs

60 g almonds

2 g salt

10 g raising agent for cakes

## Method

Add the flour to a bowl and mix, add the sugar, create a well and in the centre, add the raising agent, eggs, and sugar, and mix together, then add the sale and begin to mix.

Move your hands in a cross motion to add a little flour to the centre at a time; add the chopped almonds and keep mixing until the dough is like breadcrumbs.

Grease the cake tins with a spray.

Sprinkle the crumble into the cake tins.

Bake at 170 degrees for 40 minutes; remove from the oven and leave to cool.

Serve with white grappa or a glass of raisin wine or a Recioto della Valpolicella.

**Chef's tip:** in place of almonds, you can try other alternatives, such as walnuts, hazel nuts or pistachios.

See storage tips on page 28



# Artisanal Jam Tart

## Ingredients

### For one 20 cm baking tin

250 g Food Service Mix

100 g butter

1 medium egg

3 g salt

1 sachet raising agent for cakes

### For the jam

500 g berries

200 g sugar

20 g lemon



1h

Preparation  
Time



Difficulty  
Medium

20'

Cooking  
Time

180°

Cooking  
Temperature

## Method

### Preparing the pastry base

Mix the butter and sugar together in a planetary mixer.

Add the Food Service Mix, egg and salt. Mix together and form a ball.

Wrap the ball in kitchen film and leave in the fridge for 30 minutes.

Roll out the pastry in the cake tin and prick it with holes, using a fork.

### Making the jam

Cover the berries with the sugar and lemon juice, and leave to marinate in the fridge for a whole day.

Place in a saucepan and cook over a low flame, stirring constantly until it reaches 100 degrees. Leave to cool for about an hour.

Pour the jam into the centre of the pastry base and spread it out using the back of a spoon.

Use the remaining pastry to make strips, and position them on the tart.

Cook at 180 degrees for 20 minutes.

**Chef's tip:** shortcrust pastry once removed from the fridge needs to be kneaded by hand before rolling out.

See storage tips on page 28





# Pan di Spagna Sponge Block



Preparation  
Time



Difficulty  
Medium



Cooking  
Time



Cooking  
Temperature

## Ingredients

### For a 24 cm baking tin

**200 g** Food Service Mix  
**9** medium eggs  
**270 g** sugar  
**1** sachet vanilla

### For the creme patisserie

**1/2 L** milk  
**4** egg yolks  
**85 g** granulated sugar  
**10 g** corn starch  
**10 g** rice starch  
**500 g** fresh cream  
**1** vanilla pod  
Rind of an untreated lemon  
**10 g** sheet gelatine

### For the decoration

pistachio cream  
pistachio sprinkles

## Method

### For the base

Mix the eggs and butter together for 20 minutes using a planetary mixer with whisk attachment. Add the sieved Food Service Mix.

Place the mix in the baking tin and bake in the oven at 180 degrees for 20-25 minutes.

### For the creme patisserie

Pour the milk into a saucepan, add the lemon rind and leave to heat on a low flame. In the meantime, separate the 4 eggs and add the yolks to another larger pan, with 80 g sugar and the Food Service Mix. Using a whisk, mix all the ingredients together until you have a smooth mix with no lumps.

When the milk is boiling, take the pan off the heat, remove the lemon rind and pour it into the pan with the mix prepared previously, continuing to stir.

Return the pan to the heat and still mixing, bring it to the boil until the cream is thick. Leave to cool completely. Add the fresh cream, whipped in the stand mixer with whisk attachment into a bowl and fold in the crème patisserie, stirring from top to bottom.

Create the dessert by layering the sponge and cream. Serve with pistachio cream and garnish with pistachio sprinkles.

**Chef's tip:** mix in the whipped fresh cream once the creme patisserie has cooled; this way the cream will have the ideal consistency to fill the Sponge block.

See storage tips on page 28



# Cream Puffs



Preparation  
Time



Difficulty  
Medium



Cooking  
Time



Cooking  
Temperature

## Ingredients

- 80 g Food Service Mix
- 190 g water
- 50 g butter
- 40 g potato starch
- 3 medium eggs
- 5 g salt
- 10 g sugar



## Method

### Choux pastry

Pour the water, salt and sugar into a pan with a thick base. Bring to the boil and add the butter in pieces, leaving it to melt.

Remove the pan from the heat and add the Food Service Mix and potato starch together.

Mix immediately using a silicone spoon until the mix thickens around it.

Return the pan to the heat, beating the mix until a ball of dough forms on the bottom of the pan and there is no more white patina. Leave to cool.

Place the ball of dough in the mixer with a hook attachment. Add the eggs, one at a time, mixing thoroughly.

Insert the mix into a piping bag with a wide nozzle. Cover a baking tray with parchment.

Pipe small profiteroles, about 4 cm in diameter.

Bake at 200 degrees for 20- 25 minutes.

Switch off the oven and leave the profiteroles inside for another 10 minutes, with the oven door semi-open so that they don't deflate.

Fill to taste.

**Chef's tip:** profiteroles must be crisp and not rubbery. Leave the mix to cool thoroughly before adding the egg, to avoid them cooking. Allow the liquids to absorb slowly so that the cream can become thick and velvety. Use the piping bag to create small dollops that will double in size during cooking.

See storage tips on page 28



# storage tip for:

## Crespelle

Store in the refrigerator for two days inside a container, and reheat in the microwave oven as required. Store single portions in the freezer for no longer than one month.

## Tortelli

Store the tortelli in a closed container at a temperature of 4 degrees, for no more than 4 days. Store single portions in the freezer for no longer than one month.

## Fried pizza

To keep the sections crisp, if not used immediately, heat in the oven at 90-100 degrees.

## Pac-Man rolls

Use on the same day or freeze for a maximum of 20 days.

## Sbrisolona

The dough can be frozen for a maximum of 1 month. Keep the sbrisolona in a container for no more than 1 week at controlled temperature, or in a vacuum pack for 1 month.

## Tart

The tart can be stored for about 2 weeks under a glass bell jar at room temperature. Alternatively, it can be stored in the freezer for approximately 2 months.

## Pan di Spagna sponge block

The sponge will stay soft for about 2 days. Once cool, it can be stored by wrapping it in film and keeping it at room temperature. Alternatively, it can be frozen, still covered with film, for a month at most.

## Profiteroles

Raw choux pastry must be used straight away; it cannot be prepared in advance. Cooked profiteroles can be stored for about 1 week, inside a tin, better if it has air holes. Alternatively, it is possible to freeze them for approximately one month.



# Dr. Schär for a better quality of life

Dr. Schär's story began in South Tyrol in 1922, with a vision to improve the lives of those with specific dietary needs. Closeness to the consumer has always been the cornerstone of the company's business ethos, and in 2009 it added the **Schär Foodservice** division, which is dedicated to professional catering.

Now a **European leader** in the gluten-free foods sector, the business is present in over sixty countries all over the world. Dr. Schär works in the restaurant and catering industry with **specific products and solutions** that, thanks to the company's extensive research, stand out for their excellent taste and quality.

Dr. Schär's expertise and values - **responsibility, progress, and proximity** - are the recipe of the company's success: creating gluten-free food with joie de vivre.

# gluten-free: a growing market

**One percent of the population in Italy suffers from Coeliac diseases, and diagnoses are increasing every year.** There are also other disorders – such as non-coeliac gluten intolerance and wheat allergies – which need a gluten-free diet.

Therefore, it is essential for the hotel, restaurant, and catering industry to be able to offer a variety of safe gluten-free options to their market.

**People affected by Coeliac disease** have an auto-immune reaction to gluten with symptoms ranging from slight to acute, such as diarrhoea, vomiting, flatulence, and/or general illness.

In **people with non-coeliac gluten sensitivity**, reactions include stomach pain, drowsiness, headaches, and skin irritations.

**People with wheat allergies**, can suffer from an immune system reaction that is usually sudden and sometimes serious.







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