

Cherry Pineapple Biscuits To Cheer Up Your Meals

(NAPSA)—Whether at picnics, barbecues, brunches, special occasions or no occasion at all, family and friends will flip for these Pineapple Upside Down Biscuits. What may make them even more popular is that they're gluten-free, something many people appreciate for their health and comfort. The recipe comes from Carol Kicinski, a professional recipe developer, editor in chief of Simply Gluten Free Magazine and a TV chef.

Please note that while this recipe has been especially devised with people looking for gluten-free foods in mind, it can also be made with all-purpose flour instead of the rice flour and starch for everyone else.

Gluten-Free Pineapple Upside Down Biscuits

- 6 tablespoons melted butter, divided use**
- 12 maraschino cherries, stems removed, patted dry**
- 1 (20-ounce) can crushed pineapple**
- ¼ cup brown sugar**
- *¾ cup white rice flour**
- *½ cup tapioca starch**
- *¼ cup sweet rice flour plus more for kneading the biscuits**
- ¼ cup powdered milk**
- 1 teaspoon sugar**
- ¾ teaspoon kosher salt**
- 2½ teaspoons baking powder**
- ¾ teaspoon baking soda**
- ¼ cup (½ stick) cold unsalted butter, cut into pieces**
- ¼ cup vegetable shortening**
- 1 large egg**
- ½ cup buttermilk**
- * in place of rice flour and starch, you can use 1½ cups all-purpose gluten-free flour blend or all-purpose flour plus extra for kneading the biscuits.**

Preheat oven to 450°. Brush standard muffin pan with 1



Gluten-Free or Not—Pineapple Upside Down Biscuits are pretty enough for parties and easy enough to be an everyday snack.

tablespoon melted butter. Place a maraschino in the bottom of each muffin tin. Drain pineapple, reserving juice. Combine pineapple, 4 tablespoons melted butter and brown sugar. Spoon mixture evenly into muffin tins. Place white rice flour, tapioca starch, sweet rice flour, powdered milk, sugar, salt, baking powder and baking soda into food processor. Pulse to combine. Add the cold butter and shortening and pulse the mixture several times until it resembles coarse crumbs. Add egg and buttermilk. Pulse to combine. Flour a work surface with rice flour, dump biscuit batter onto it and knead until dough is no longer sticky. Divide dough into 12 equal-sized balls and flatten them so they fit the muffin tins. Place biscuits on top of pineapple mixture. Mix 2 tablespoons of reserved pineapple juice with remaining tablespoon melted butter and brush on biscuits. Bake 12 to 15 minutes or until golden brown, cool in pan for 2 minutes, then flip onto a plate.

Learn More

For other delicious recipes from the National Cherry Growers and Industries Foundation, visit www.nationalcherries.com. Or go to www.simplygluten-free.com for more gluten-free advice and recipes.