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If you live in Arizona, you're pretty lucky. Home to two incredible bakers, the local gluten-free community is always chowing down on delectable homemade treats like donuts, pies, bagels, rolls, cakes and more! This winter, we caught up with Julie Moreno of Jewel's Café & Bakery and Orly Gottesman of "Orly the Baker" to find out the secrets to their great gluten-free success.

### *Jewel's Café and Bakery*

**Julie Moreno's** passion for gluten-free goodies began when her young daughter was diagnosed with celiac disease. She was just a kid and Julie wanted to make sure she still had everything her little heart could desire. She tried baking with gluten-free blends that were available, but neither her nor her daughters were

# ARIZONA *Sweets* TWO GLUTEN-FREE FAVORITES THAT CAN'T BE BEAT

pleased with the results. She decided to get personal and create a gluten-free cup-for-cup blend that would give her better results. And there her secret blend was born.

Fast-forward to where Julie is now and you can easily see that her dream was also

the dream of the community. People flock to Jewel's for her famous pecan bars and crispy chicken and waffles as well as her delicate crepes and homemade Monte cristo. In fact, most of her guests do not eat gluten-free but they can't resist her culinary masterpieces and keep returning to see what else she will create.

Every morning you will find warm donuts in flavors like peanut butter and jelly, classic sprinkle, chocolate chip and my

personal favorite — maple bacon. One bite of these and you will be addicted. You will also find a full menu of gluten-free breakfast and lunch items that will make you want to shout with joy.

Jewel's Café and Bakery is a cozy space



that provides the much-needed relief from fears of traditional dining out with celiac disease and her menu is just exquisite. Her S'mores pie with graham cracker crumbs, marshmallow fluff and milk chocolate are enough to make anyone exclaim, "Is this really gluten-free?!" Locals are also raving about her flaky buttermilk biscuits and gravy saying they are rich, filling and full of flavor.

### *Orly the Baker*

When it comes to gluten-free baking, **Orly Gottesman** has a passion that is driven by love. Her husband Josh was diagnosed with celiac disease in 2007 and immediately missed his favorite baked goods. We all know that the way to a man's heart is through his stomach, so Orly began her culinary journey to provide her husband with delicious food to eat.

Soon after Orly and Josh were married they made a quick and exciting decision





Orly's gluten-free line!  
ORLYTHEBAKER.COM

to move to Paris for an opportunity in her husband's career. Since Orly couldn't work while there, she decided to mimic the great Julia Child and jump head first into the community by taking cooking classes. She quickly fell in love with the art of baking and cooking. Orly began an apprenticeship with a local baker and began to learn all she could in the short time she would be there. She would go home and try to recreate the delicious goodies she would make in the bakery, but do it gluten-free so her sweetheart could enjoy them. They were turning out ok, but not great.

About this time they decided to make a quick move to Sydney, Australia. Again, she wanted to immerse herself and learn to cook like a local so she enrolled in Le Cordon Blue in Sydney. Her professor at Le Cordon Blue worked with her to create a gluten-free internship. They worked diligently to master each different kind pastry and bread. At the end of the year, they were so impressed with her work that they decided to publish it in the superior level of teaching.

Armed with a solid education in culinary arts, Orly and her husband made their way back to Arizona. Orly quickly began developing gluten-free products and started selling them in her husband's family-owned restaurant Chompies. Her in-laws were not thrilled with the idea at first, but after showing them how needed the products were for the community, they were greatly impressed. Orly's fans couldn't get enough of her traditional Jewish delicacies including gluten-free chocolate babka, rugelach, chocolate pecan chunk cookies, butter cookies and almond horns.

In addition to the mouthwatering gluten-free baked goods, Orly also developed a line of five different gluten-free bak-



A GF SUB FROM JEWEL'S

ing flours. Each is named after a place she has lived. The Manhattan blend is great for bagels, pastries, brioche and rye bread. The Sydney blend is fantastic for brownies, muffins, pies, quick breads and quiches. Her Tuscany blend is great for making white rolls, pizza and flatbread. The Paris blend works best for making cakes and cupcakes and the London blend is what she recommends for making cookies and scones.



GF DONUTS FROM JEWEL'S

In the future, Orly would like to do some retail bagels and rolls. Being a proud Jewish woman, she wants to bring more tradi-

tional Jewish products like Challah to the gluten-free community. Currently residing in Arizona, Sydney and New Jersey, Orly is loving her journey and can't wait to see what new adventures present themselves to her. ■