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The Recipe Collection

For Gluten-free, Dairy-free, Wheat-free, Fructose-free and Yeast-free
The Food Intolerance Institute of Australia

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LEGEND:

DF: DAIRY-FREE, GF: GLUTEN-FREE, WF: WHEAT-FREE, FF: FRUCTOSE-FREE, YF: YEAST-FREE

BREAD

<i>Buckwheat & Polenta Loaf – DF, GF, WF, FF</i>	
Comments	This amazing loaf is a fabulous golden yellow and the texture reminds you how bread should taste. It keeps for up to 3 days (wrapped in tea towel) and is best sliced thinly, toasted then allowed to cool before eating. Crunchy as!
Ingredients	1 cup buckwheat pancake mix 1 cup polenta or maize meal 2 teaspoons GF baking powder 1 teaspoon salt 1 tablespoon caster (powder) sugar 1/3 cup water 1 cup GF soy milk (no malt, or barley) 2 eggs ¼ cup oil
Method	<p>Take a 20cm/8 inch loaf pan and brush with olive oil. Then line with baking paper and grease this also.</p> <p>Set oven to hot, 220C. Put all dry ingredients in a large bowl and combine thoroughly. Beat egg and add soy milk, water and oil. Then add these to dry ingredients and stir.</p> <p>Pour into loaf pan and bake for 30 minutes at 220C. Turn loaf and bake for a further 12 – 15 minutes. It is done when a skewer comes out clean.</p> <p>Remove from pan immediately and peel off paper lining. Cool on a wire rack in fresh air to develop crust.</p>
Serve	Serve same day or toasted over next couple of days.

<i>Herbed Corn Bread - DF, GF, WF, FF</i>	
Comments	Another non-yeast loaf, this one is great toasted and dunked in soup. The herb baking aroma will intrigue the neighbours.
Ingredients	<p>1 ¼ cups GF SR flour 1 cup polenta or maize meal 2 teaspoons GF baking powder 1 teaspoon salt 1 tablespoon caster (powder) sugar ½ cup water 1 cup GF soy milk (no malt, or barley) 2 eggs ¼ cup oil 3 tablespoons mixed herbs (thyme, marjoram, basil)</p>
Method	<p>Take a 20cm/8 inch loaf pan and brush with olive oil. Then line with baking paper and grease this also.</p> <p>Set oven to hot, 220C. Put all dry ingredients in a large bowl and combine thoroughly. Beat egg and add soy milk, water and oil. Then add these to dry ingredients and stir. Put in the herbs but don't mix too much. Leave trails.</p> <p>Pour into loaf pan and bake for 30 minutes at 220C. Turn loaf and bake for a further 12 – 15 minutes. It is done when a skewer comes out clean.</p> <p>Remove from pan immediately and peel off paper lining. Cool on a wire rack in fresh air to develop crust.</p>
Serve	Serve toasted with soup any time over next 2 days. Keep wrapped in a tea towel.

Soups and starters

<i>Leek & Potato Soup - DF, GF, WF, FF</i>	
Comments	This is simple and provincial Italian style soup. It's quick, delicious and makes the kitchen smell fabulous.
Ingredients	2 leeks 2 onions 2 cloves garlic 1 large potato 2 tablespoon dairy-free margarine 1 litre chicken stock
Method	<p>Slice the leeks, onions, garlic and potato thinly. (Take care not to have long pieces of onion or leek as they are rather difficult to manipulate with a spoon.)</p> <p>Heat margarine in large saucepan and fry the vegetables until soft. Season with salt and cracked black pepper.</p> <p>Add stock and bring to the boil, then turn down the heat and cook gently (open saucepan) for ~30 minutes.</p>
Serve	Serve with GF, WF crackers or bread. Enjoy!

<i>Parsnip Soup - DF, GF, WF</i>	
Comments	Creamy parsnips are the main flavour of this soup, and make it quite a nostalgic experience.
Ingredients	3 large parsnips 1 large onion 1 litre Gluten-free soy milk 100g dairy-free margarine 1 tbsp olive oil 1 tbsp dairy-free margarine 2 tsp ground coriander 2 tsp ground cumin Cracked black pepper
Method	Fry the vegetables in the oil, garlic and margarine over a low heat. Add spices and cook gently for ~5 minutes. Add soy milk and heat to just below boiling point, and simmer for about half an hour. Allow to cool and process through a food processor.
Serve	Reheat, season and serve.

<i>Lamb Shank & Garden Vegetable Soup - DF, GF, WF</i>	
Comments	A very hearty soup: this can be done in a pressure cooker in ~40 minutes. Much more cooking time is needed in a regular saucepan (around three hours). Cooking with pressure is easy, the pots last a lifetime and they are very environmentally friendly. Pressure cooking retains all the nutrients, (otherwise lost through steam) and uses minimal energy once at pressure. Consider investing in a good pressure cooker.
Ingredients	2 lamb shanks (select meaty, lean ones) 4 onions 1 litre chicken stock 3 large carrots 1 medium swede or white turnip 2 stalks celery (include celery leaves) ½ cup red lentils ½ cup fresh peas or ¼ cup of dried peas ½ cup GF pasta Salt & pepper
Method	<p>Cut excess fat off shanks and put them and the stock into a large saucepan (or pressure cooker) and bring to the boil. While this is heating chop all the vegetables into small cubes (to fit on a spoon) and add them. Add all the remaining ingredients and season to taste.</p> <p>Put on the lid and cook:</p> <p>Pressure: Bring to maximum pressure and shift to a cooler hotplate or burner to simmer gently for ~40-50 minutes. After this time run cold water over the sealed cooker to reduce pressure and open carefully. The meat should be falling off the bones. If not bring back to pressure and cook a further 10 minutes.</p> <p>Regular saucepan: Bring to the boil and lower heat to a medium simmer. Cook for a further 2 and ½ to 3 hours or until meat falls off bones.</p>
Serve	Serve with crusty bread as a main course. All the family needs after this a light dessert.

<i>Cinderella's Soup - DF, GF, WF</i>	
Comments	The deep golden colour is the result of frying the vegetables first. Thick and sweet, this variation of Pumpkin Soup is essential family cooking.
Ingredients	<p>2 kg of Kent pumpkin – the dark skinned variety. The pumpkin must be the type that remains firm when cooked. Don't use the Queensland Blue - it is too watery for this recipe.</p> <p>3 large onions 1 large carrot 2 tbsp dairy-free margarine 1 litre chicken stock 140 – 160 ml coconut milk ½ teaspoon curry powder 1 tbsp brown sugar (omit for SF) 200g cooked peeled prawns</p>
Method	<p>Peel and chop the pumpkin into small chunks ~1" cubes or smaller. Fry in half of the margarine with salt and pepper. Chop the carrot and onions and fry them in the rest of the margarine.</p> <p>It's important to let the vegetables develop some colour, a nice dark golden brown, while frying. You will need to fry in batches to get it all done. As you finish one lot, set it aside in a large bowl while the rest cooks.</p> <p>Now vitamise the cooked vegetables. Use a blender or food processor and add a little of the stock to assist mixing. (No need to puree, or press through a sieve.) Make sure all the pieces of onion get processed by scraping the sides.</p> <p>Place all the processed vegetables in a large saucepan and add the rest of the chicken stock, curry powder, coconut milk and brown sugar. Cook on a low heat without boiling.</p>
Serve	Garnish each serve with a peeled prawn and serve with gluten-free, wheat-free crackers or suitable bread. Serves 6.

Main courses

Deb's Frittata DF, GF, WF, FF, YF	
Comments	Easy, home-made and versatile. This frittata is great served warm with vegetables or salad and even doubles as finger food: serve cold and cut into bite-size chunks. For variation add ham, spinach and mushroom.
Ingredients	<p>1 dozen free range eggs 1 large red capsicum (not for Fructose-free) 3 large onions (minimise for fructose-free) 2 cloves garlic Dairy-free margarine like Nuttelex or Soya margarine 1 medium sweet potato (minimise for fructose-free*) *or substitute green veg from allowed list 140 ml coconut milk Freshly ground black pepper and rock salt</p>
Method	<p>Slice capsicum into 6 pieces and take out the pips. Cook under the griller until both sides are soft. Run under cold water and peel off skins. Chop roughly.</p> <p>Fry roughly chopped onions & garlic in the margarine over medium heat until soft, brown and slightly sweet (caramelised). Cut sweet potato into 1 inch cubes and steam until soft.</p> <p>Spray a rectangular glass or ceramic baking dish with oil. Assemble vegetables in baking dish and spread evenly.</p> <p>Beat the eggs and add the seasoning and coconut milk. Make sure any lumps of coconut cream are dissolved. Pour over vegetables.</p> <p>Bake at low heat ~170 degrees for at least 40 -45 minutes or until the centre is set. Allow to cool completely before cutting into regular pieces.</p>
Serve	To serve as main course heat gently (warm only, otherwise it will overcook the egg) and accompany with salad.

Glazed Christmas Ham - DF, GF, WF, FF, YF

Comments



Always very photogenic – people take pictures of ours every year! A little more special than regular Christmas ham . . .

Ingredients

Gluten-free leg ham – the best quality you can afford
 14 cloves
 200 ml pure maple syrup
 3 tablespoons of seeded mustard
 1 tablespoon of cinnamon
 1 can crushed pineapple
 200 g brown sugar

Method

Remove skin from ham. Make 14 crosses or incisions in the fat and insert the cloves at the intersection of each.

In a saucepan mix the maple syrup, mustard, about half of the brown sugar and the whole can of crushed pineapple with its juice.

Bring it to a low boil and simmer gently for ~ 20 minutes to reduce the fluid. After it cools add cinnamon.

Brush the mixture evenly over the ham using a pastry brush. Place in fridge and leave for 12 hours.

When ready to cook the ham – preheat oven to 180° C. Remove the ham from fridge and spread sugar evenly all over. Pat it into the ham gently with your hand. Bake for 1¼ hours.

Serve

Rest ham for 3 hours before serving. It should now slice well. Protect ham from picking fingers!

<i>Piquant Pork Spare Ribs - DF, GF, WF, FF, YF</i>	
Comments	A wonderful slow-cook recipe – put it in the oven and forget about it until it smells fabulous.
Ingredients	<p>10 Pork spare ribs: (2 - 3 per person)</p> <p>½ teaspoon Chinese five spice powder</p> <p>2 tablespoons Gluten-free soy sauce (Tamari)</p> <p>1 tablespoon sesame oil</p> <p>1 tablespoon vinegar</p> <p>1 tablespoon sugar</p> <p>½ teaspoon white pepper</p>
Method	<p>Mix all ingredients except pork ribs in a bowl and stir until sugar dissolves. Arrange pork ribs on a baking dish and spoon mixed ingredients over them. Cover the whole dish with foil.</p> <p>Slow cook for at least four hours in a low oven:</p> <ul style="list-style-type: none"> ➤ 100 degrees Celsius or 210 degrees Fahrenheit <p>For the last hour in the oven - remove the foil.</p>
Serve	Serve with rice (brown rice for Yeast-free diet) and leafy Asian greens like bok choy or Chinese broccoli.

<i>Crunchy Crumbed Chicken Fillets - DF, GF, WF, FF, YF</i>	
Comments	Maize meal or polenta makes a great gluten-free coating for all kinds of grilled or fried meats and fish. Quick and easy.
Ingredients	<p>Chicken fillets, skinless – allow 1 medium or 2-3 small fillets/person</p> <p>Polenta (for fructose-free) . . .or</p> <p>GF crumbs – for other diets</p> <p>Fresh herbs: marjoram, sage & thyme are great with chicken</p> <p>1 egg</p> <p>½ cup soy milk</p> <p>Salt and pepper</p> <p>Dairy-free margarine for frying.</p>
Method	<p>Dry the chicken fillets and chop the herbs. Combine the herbs with the dry polenta or crumb mix.</p> <p>Beat the egg and add soy milk. Season with salt and pepper. Dip chicken fillets in the egg mixture and then into the crumb mix. Fry on a medium heat for ~3 minutes each side for large fillets, less for smaller ones.</p> <p>Keep warm on a tray in the oven until ready to serve.</p>
Serve	Serve with salad or steamed vegetables. Also great from the fridge for packed lunches or snacks on the run.

<i>Deluxe Potato Salad - DF, GF, WF, YF</i>	
Comments	 <p>With a shortage of staples like bread and pasta in special diets often a good potato salad can save the day. Dress it up, with bacon, creamy mayonnaise, hard-boiled egg and fresh herbs.</p>
Ingredients	<p>2 kg Desiree potatoes (pink potatoes) or suitable variety 1 small red onion 4 rashers of bacon 3 free range eggs ½ bunch fresh parsley, chopped 1 tbsp fresh dill chopped 1 ½ cups dairy-free mayonnaise 1 tsp sweet paprika ½ tsp curry powder Juice of ½ lemon</p>
Method	<p>Chop the potatoes (leave the skin on) into cubes that fit on a fork easily. Steam until cooked but not soft ~8 minutes. You may have to do this in batches. Take them off the heat and run under cold water to stop them cooking further. Grill the bacon until crispy and cut into tiny bits. Boil the eggs for ~10 minutes and run them under cold water to help in peeling off the shells.</p> <p>Mash the boiled eggs in a bowl then add bacon, mayonnaise, finely chopped onion, lemon juice, paprika, curry powder and herbs. Combine everything thoroughly.</p> <p>Place the cooked potato into a large serving bowl and pour the dressing over. Most of it should drizzle through, but you can turn it through gently. Don't overdo it. Garnish with further fresh dill and chill until needed.</p>
Serve	Who needs instructions! Yum!

<i>Warm Lentil & Capsicum Salad - DF, GF, WF, YF</i>	
Comments	If you are okay with nightshades – this is a quick solution for an entrée or as an accompaniment for main course. Can also be enjoyed cold.
Ingredients	2 large capsicums (1 red, 1 yellow) 1 onion Virgin olive oil 250g green lentils Lemon juice 1 tsp mustard 4 rashers of streaky bacon (optional)
Method	Remove seeds from capsicum and chop into 1" squares. Fry in 1 tbsp olive oil with finely chopped onion. Cook lentils in a large pot of water for 20 minutes. Drain and combine with onion and capsicum in a large bowl. Grill the bacon until crispy and chop into small pieces. Add to lentil mixture. Season with cracked black pepper and drizzle with a mix of lemon juice, mustard and olive oil.
Serve	Serve immediately and enjoy!

Cakes and muffins

Berry Muffins - DF, GF, WF	
Comments	Appealing to look at these muffins are popular with children and grown-ups. Vary the recipe with blueberries, raspberries or mixed berries.
Ingredients	<p>2 cups self-raising GF flour ½ cup brown rice flour ½ cup caster (powder) sugar ½ cup brown sugar 3 large eggs ¼ cup oil ½ cup GF soy milk 200ml apple juice 2 cups frozen berries</p>
Method	<p>Set out paper muffin cases in a baking tray and spray with oil. Pre-heat oven to 200C.</p> <p>Sift flour into a large bowl, add caster (powder) sugar. Beat the eggs and combine with oil, soy milk and apple juice.</p> <p>Add the frozen blueberries last and stir <i>just enough</i> to spread them around. If you stir too much or use thawed berries they stain the mixture with their dark juice. And whole berries are much more fun to find when you bite!</p> <p>Work quickly (before berries thaw) to fill muffin cases two thirds full. Then bake for ~20 minutes until risen. Rotate them in the oven, reduce the heat to 180C and bake for a further 20 minutes. They are done when a skewer comes out clean, and they get that hardly audible soft crackle. Turn out of pan and cool on a wire rack.</p> <p>Makes ~15 muffins.</p>
Serve	Serve warm on the same day or freeze. To re-heat microwave on High for ~25 seconds.

<i>Pineapple & Ginger Muffins - DF, GF, WF</i>	
Comments	Pineapple and ginger is a uniquely Australian taste – and surprisingly addictive!
Ingredients	<p>½ cup brown rice flour ½ cup soy flour ½ cup potato flour 3 tsp GF baking powder 1 ½ tsp ground ginger 440g can crushed pineapple, drained 2 tbsp golden syrup or treacle ¾ cup soy milk 3 eggs, beaten</p>
Method	<p>Pre-heat oven to 170 degrees Celsius Combine all dry ingredients in a large bowl. In a separate bowl combine remaining ingredients – then add to dry ingredients and mix – only until all wet. Don't over mix. Spoon into well-greased muffin tray. Bake for 45 – 55 minutes or until golden brown. Muffins are cooked when they spring back to a soft touch.</p>
Serve	<p>Serve immediately with margarine or jam for a scrummy morning tea. When completely cool - they can also be individually wrapped and frozen for later use.</p>

<i>Choc-sultana Muffins - DF, GF, WF</i>	
Comments	An easy muffin recipe. Freeze these and take one with you when you go out. By mid-morning it will have thawed. Then enjoy your coffee break like everyone else!
Ingredients	<p>1 ½ cups GF flour (white flour not wholemeal) 2 teaspoons GF baking powder ½ cup sugar 2 tablespoons cocoa ¼ cup sultanas (omit for Fructose-free) 1 egg 2 tablespoons oil 1/3 cup soy milk ½ cup water</p>
Method	<p>Use plenty of spray oil on the muffin pan, then put in paper muffins cases and spray these too. This can be a very sticky mixture and bakes hard onto the tin.</p> <p>Sift flour and combine all the dry ingredients in a large bowl. Beat the egg, add oil, milk and water in a small bowl. Then pour into the dry ingredients and stir.</p> <p>Fills the muffin cases 2/3 and bake at 180C for ~25 minutes. They are done when they spring back to a light touch in the centre.</p> <p>Makes 9 muffins.</p>
Serve	As with all muffins, best eaten on the same day. However these freeze well. To re-heat, slice and toast under griller or microwave on High for 20 seconds.

<i>Spicy Fruit Muffins - DF, GF, WF</i>	
Comments	Using buckwheat pancake mix gives a pleasant quality and texture to these quick and easy muffins. And they fill your kitchen with that spicy baking fragrance.
Ingredients	1 cup buckwheat pancake mix ¼ cup GF self-raising flour 2 teaspoon GF baking powder ½ cup caster (powder) sugar ½ cup chopped apple (or sultanas, pears) 1 teaspoon mixed spice 1 egg 4 tablespoons oil ½ cup soy milk ½ cup water
Method	<p>Grease muffin pan with spray oil then use paper muffin cases and spray these as well. Pre-heat oven to 190C.</p> <p>Combine all dry ingredients in a large bowl. Beat egg and mix with soy milk, water and oil. Fill muffin cases to only 2/3 full then bake for ~25 minutes. They are done when they spring back to a light touch.</p> <p>Makes 9 muffins.</p>
Serve	Eat on the same day or freeze individually. Re-heat by slicing and toasting under the griller or microwave on High for 20 - 25 seconds. A little dairy-free margarine if you like.

Mandarin Cake - DF, GF, WF	
Comments	Rich and moist and visually appealing. This fruit topped cake with stripes of melted chocolate drizzled criss-cross is a hit for entertaining.
Ingredients	<p>3 large mandarins or 5 small ones 4 large eggs ¾ cup caster (powder) sugar 200g almond meal ½ cup gluten-free flour 1 teaspoon GF baking powder Mandarin segments (2 small cans) Coconut cream (140g) Dark chocolate to decorate</p>
Method	<p>Put mandarins in saucepan, cover with water and boil for 1 hour. Take out the pips then puree everything. You will need 1 cup of the puree for the cake batter. Set the rest aside for the topping.</p> <p>Beat the eggs and caster (powder) sugar until thick and fluffy. Add the cup of puree, almond meal, GF flour, coconut cream and baking powder. Stir thoroughly.</p> <p>Pour into a well- greased 22cm spring form baking pan and bake for ~60 minutes at 180C.</p> <p>The cake should rise evenly. It is done when slight crackling can be heard from close up. Allow to cool.</p> <p>Topping: Push the remaining puree through a sieve and discard the fruit in the sieve. Add ½ cup of caster (powder) sugar to the extra smooth puree and simmer in a thick bottomed pot for about an hour. Allow to cool.</p> <p>Open the mandarins drain thoroughly and use paper towel to remove excess moisture. Arrange them on the cooled cake. Pour the cooled puree over.</p> <p>Melt the chocolate over hot water and use a spoon to drizzle a criss-cross pattern over the cake.</p>
Serve	Serve with natural soy yogurt or whipped coconut cream.

<i>Moist Orange & Almond Cake - DF, GF, WF</i>	
Comments	This is a flourless cake, and just as the name says it is moist because of its <i>zing</i> flavour and moist texture.
Ingredients	<p>1 medium orange The zest of an additional orange 3 large eggs 1 cup caster (powder) sugar 300g almond meal ½ teaspoon GF baking powder Natural soy yogurt to serve</p>
Method	<p>Pre-heat oven to 150C. Grease a 20 cm round cake tin and line the base. Boil the orange for 10 minutes, drain and peel and take out pips. Process the fruit in a blender then press it through a sieve. Keep the rich juice and throw the pulp.</p> <p>In a large bowl beat sugar and eggs until thick. Mix in almond meal, baking powder, orange juice and the zest of the other orange. Pour into the tin and bake for 45 minutes, or until the top is spongy and lightly browned.</p> <p>Cool 5 minutes in tin then turn out onto a wire rack.</p>
Serve	Serve warm with a dollop of natural soy yogurt.

Desserts

<h3><i>Nine Secrets to Fabulous Gluten-free Pastry - DF, GF, WF</i></h3>	
Comments	It's not difficult to make Gluten-free pastry that's yummy and good to eat. But most people don't know the Secrets! In fact, once you've mastered the tricks, the family will probably prefer it to regular pastry.
Ingredients & Method	<p>#1 Use a pastry pre-mix The special ingredients in a Gluten-free pre-mix pastry are hard to find and even harder to get in the right proportions. Using a pre-mix like Orgran pizza and pastry mix gives you a great starting advantage.</p> <p>#2 Work with hard shortening Use hard fat like dairy-free margarine and lard. Yes, old fashioned lard gives the best crispy pastry! Good results are gained from using half lard and half margarine. Never use liquid oil. Never melt the fat before adding it.</p> <p>#3 Stay cool Keep the ingredients and mixture cool, especially if working on a hot day. Pastry performs better if cool while being put together. Prepare a jug of water with ice cubes in it for your water requirement. Work with shortening that is straight from the fridge.</p> <p>#4 Rub in the fat Wash your hands and fingernails thoroughly. Rubbing in means getting your hands into the mix and squishing the fat in your fingertips and rubbing it into the flour. Keep going until it looks like big breadcrumbs.</p> <p>#5 Use minimum water Make a well in the centre of the dry ingredients and add the water. Use only as much water as the recipe calls for. Don't be tempted to add a little extra if it looks or feels too dry. Stir with a knife and scrape the sides pushing and working the mixture into a dough. Then use your hands and squish it all together. Form it into a ball and turn onto a floured board.</p> <p>#6 Need to knead Yes! Kneading helps even out the texture and work up the pastry's ability to form a crust. Using the heel of your palm, press down in the centre and outwards then fold over and repeat. Rotate the dough as you work. Knead for ~2 minutes and allow to rest in a warm place for 15 minutes. (This could be an oven that has just been switched off and with the door slightly open). After the resting time, knead pastry again and use immediately.</p> <p># 7 Rolling GF pastry Because Gluten-free pastry is so sticky it's best to roll it between sheets of greaseproof paper OR just cut the amount you'll need for the pie and push it into shape in the tin with your fingers.</p>

	<p>#8 Bake 'blind'</p> <p>Once the pastry is in the pie dish line it with greaseproof paper and pour on some dry lima beans (kept especially for the purpose).</p> <p>For the lid, dust the board and rolling pin with flour and roll it to roughly ¼ " thickness. Cut the shapes you need and put them on greased paper on a baking sheet.</p> <p>Bake in a medium - hot oven ~195°C for about 20-25 minutes or until golden brown.</p>
Serve	<p>#9 Last-minute assembly</p> <p>Assemble pie when you are ready to serve. Use the pie crust warm or cold. Put cooked filling into pie crust and arrange baked pastry lid pieces on top. Serve immediately for crispy, crumbly yummy pie!</p>

<i>Cog Wheel Fruit Pie - DF, GF, WF</i>	
Comments	So named because of how you shape the pie lid to get the best result with GF pastry. It appeals to kids and grown-ups because the crust is tender and crumbly, and an absolute treat for pie-starved gluten-free people. We use apple and nectarines in this recipe but many other fruits are suitable.
Ingredients	<p>1 packet Orgran Pizza and pastry mix 65g lard 65 g dairy-free margarine (eg. Nuttelex) 150ml ice water 3 tablespoons caster (powder) sugar Rice flour or other GF flour for dusting 1 can pie apple 5 small ripe nectarines ½ teaspoon mixed spice ½ cup water 6 cloves Further sugar for sweetening fruit (optional) Crinkle edge scone cutter or cookie cutter Gluten-free soymilk for glazing</p>
Method	<p><i>Make sure you refer to the Nine Secrets of Fabulous GF Pastry for this recipe.</i></p> <p>Pre-heat oven to 195C. Thoroughly grease a 23cm quiche pan (removable base) with margarine. Sift full contents of pastry mix into a bowl. Rub in the lard and margarine and add sugar. Make a well in the centre and add water. Form into dough.</p> <p>Turn it onto a floured board and knead for ~ 1 minute. Leave in a warm place for 15 minutes, knead again and cut in half.</p> <p>Put one half into quiche pan and spread out with the fingers. Cut the other half in two and set one part aside to use another day. Roll the remainder out to about ¼ " thickness. Then with a crinkle edge scone cutter or cookie cutter press out 1 small and 5 large shapes and place on a greased baking sheet. Brush with Gluten-free soy milk.</p> <p>Freeze left over pastry.</p>
Cook	<p>Bake "blind" at 195C for 20-25 minutes or until golden brown. (Refer to Nine Secrets)</p> <p>Put pie apple, sliced nectarines, spices, sugar and water into a saucepan and cook gently for 15 minutes.</p>
Serve	<p>Use the pie crust warm or cold. To serve, put cooked fruit into pie crust and arrange cutout pieces with the small one in the centre and the 5 bigger ones around it, to look like cog wheels.</p> <p>Serve with appropriate topping for your diet: cream, ice cream, GF DF custard, or soy ice cream.</p>

<i>Grandma's Rice Pudding - DF, GF, WF, FF</i>	
Comments	An old favourite, you can make this while the dinner is cooking and introduce your kids to a treat from yesteryear. The flavour is wholesome and nostalgic – a real comfort food. Cooking time ~1 hour.
Ingredients	<p>½ cup white rice 1 litre Gluten-free soy milk 1 tablespoon dairy-free margarine Pinch of salt ¼ cup caster (powder) sugar 1 vanilla bean or 6 drops of vanilla essence ¼ cup currants (omit for fructose-free) ¼ teaspoon mixed spice Pinch ground cloves</p>
Method	<p>Put all the ingredients in a saucepan with a thick base and slowly bring to the boil over a medium - low. Stir to melt the margarine and incorporate into the soy milk mixture.</p> <p>After it boils turn down the heat. Simmer gently without a lid for ~30 minutes and stir occasionally to ensure rice is not sticking to the bottom of pan. As the rice begins to cook the whole thing thickens and begins to give off a wonderful sweet spicy smell. Don't worry about it forming a skin: stir it all in every few minutes and it will mix in eventually.</p> <p>Less heat and more stirring is required after 30 minutes. If you have a heat diffuser for the stove, use it now, or turn the heat very low to avoid burning.</p> <p>When it seems about as thick as runny jam, it's done. It will thicken further upon cooling.</p>
Serve	Serve with a dollop of jam on wintry nights. Storage: keep in the fridge for up to two days.

<i>Petit Chocolat à l'Orange - DF, GF, WF</i>	
Comments	Keep these single serve puddings in the freezer for those times when the rest of the family is having dessert and your Celiac, wheat-allergic or dairy-sensitive person would otherwise miss out. They are such a treat the others will want to trade up!
Ingredients	<p>125g dark dairy-free chocolate 100g dairy-free margarine 100g caster (powder) sugar 100g hazelnut meal Grated zest of one orange 3 large eggs 1 tbsp Cointreau orange liqueur 100 ml orange juice 100g GF self-raising flour Pure icing sugar for dusting Mandarin segments (canned) as garnish</p>
Method	<p>Separate the egg whites from the yolks and set aside. Spray a large muffin pan with oil then use paper muffin cases and spray those as well.</p> <p>Melt the chocolate over hot water and add liqueur. When combined add the margarine and roughly 3/4 of the caster (powder) sugar and remove from the heat. Stir in the hazelnut meal, sifted flour, orange zest, orange juice and lightly beaten egg yolks.</p> <p>Whip the egg whites with the remaining caster (powder) sugar until it forms stiff peaks. Gently fold these into the chocolate mixture. Spoon the mixture into the muffin cases to two thirds full.</p> <p>Bake at low heat ~ 170 degrees for about 20 minutes. Then carefully turn the pan in the oven to ensure they are cooked evenly. Bake for a further 10 minutes. They are baked when they spring back to a gentle touch in the centre.</p> <p>Makes 10 -12 puddings.</p>
Serve	Turn puddings out onto a wire rack to cool. To serve, take off paper cases, dust with icing sugar and garnish with mandarin segments. Or freeze for later use.

Rich Chocolate Dessert Cake - DF, GF, WF**Comments**

Lighter than flourless cakes, the whole family will think this is regular rich chocolate cake. Finished with a dusting of icing sugar and crimson raspberries it looks like a French gateau.

Ingredients

125g dark dairy-free chocolate
 100g dairy-free margarine
 100g caster (powder) sugar
 100g almond meal
 3 large eggs
 1 tablespoon brandy
 1 tablespoon strong black coffee
 100 ml water
 100g GF self-raising flour
 300g raspberries, fresh or frozen
 Pure icing sugar for dusting

Method

Separate the egg whites from the yolks and set aside. Grease and line a quiche pan (removable base) with greaseproof paper. Then grease the paper as well.

Melt the chocolate over hot water and mix in the hot coffee and brandy. When combined add the margarine and roughly 3/4 of the caster (powder) sugar and remove from the heat. Stir in the almond meal, sifted GF flour, water and lightly beaten egg yolks.

Whip the egg whites with the remaining caster (powder) sugar until it forms stiff peaks. Gently fold these into the chocolate mixture. Pour the mixture to two thirds full in the quiche pan. Do not use more mixture than this because it will rise and spill in the oven. (If there is any left over you can make a few individual Rich Chocolate Puddings.)

Bake at low heat ~ 170 degrees for about 20 minutes. Then carefully turn the cake around in the oven to ensure it rises evenly. Bake for a further 20 - 30 minutes. It is baked when it springs back to a gentle touch in the centre.

Serve

Allow to cool in the pan. Turn upside down onto a plate, dust with icing sugar and smother in frozen raspberries 10 minutes before serving.

<i>Kath's Choc-Dipped Shortbreads - DF, GF, WF</i>	
Comments	Great for any time – these keep for two weeks in an airtight container. But they are particularly good for festive occasions like Christmas and Easter – where you can use cookie cutters that make bunnies, Christmas trees, stars, hearts and angels.
Ingredients	375g dairy-free margarine 185g Pure icing sugar ½ teaspoon vanilla essence 2 tablespoons honey 100g white rice flour 400g gluten-free plain flour 250 g dark cooking chocolate (dairy-free, gluten-free)
Method	<p>Cream margarine, icing sugar, vanilla and honey – beat in mixer 10 minutes until smooth.</p> <p>Add rice flour and gluten-free flour a little at a time – with beaters on low speed. Flour a board or bench and take out half of the mixture. Knead gently and push out flat with the heel of the palm until about 1½ cm thick. Do not roll the mixture – that will toughen it.</p> <p>Cut into shapes using a floured knife or floured cookie cutter . . . and place on a cold ungreased baking sheet.</p> <p>Bake at 155 degrees Celsius (310 degrees Fahrenheit) for 45 minutes. Check after 20 minutes and rotate tray. Shortbreads are done when they are golden. Leave on tray until cold.</p> <p>Knead second half of mixture and repeat procedure. Makes 25 – 30 shortbreads.</p>
Decorate	Melt chocolate in a bowl over simmering water. When shortbreads are cold dip one side in chocolate and place choc side up on greaseproof paper to cool.

Gwyneth's Carrot Cake - DF, GF, WF	
Comments	A scrumptious carrot cake with no apologies for being suitable for special diet-friendly!
Ingredients	<p>Cake</p> <p>1 ½ cup Grated Carrots ½ cup Chopped Walnuts 2 Eggs 1 cup Castor Sugar ¾ cup Oil 1 tsp Vanilla 1 cup Gluten-free Plain Flour 1 tsp Bi-Carb Soda 1 tsp Mixed Spice</p> <p>Frosting</p> <p>300g Pure icing sugar (gluten-free) 125g SOY Cream Cheese, cold 70g margarine, room temp</p>
Method	<p>Cake</p> <p>Mix sugar, egg, oil and vanilla. Beat well till smooth. Stir in carrots and walnuts. Add flour, soda and spice. Cook in moderate oven (180) for 50 mins. Cool in tin for 10 mins before turning out.</p> <p>Frosting</p> <p>Beat the icing sugar and margarine together with an electric mixer until well mixed. Add the soy cream cheese in one go and beat until it is completely incorporated. Turn the mixer up to medium high. Continue beating until the frosting is light and fluffy, at least 5 minutes. Do not overbeat, as it can quickly become runny.</p>
Serve	Chill briefly, slice and serve – it needs no accompaniment whatsoever!

Hazelnut Crumble Pie with Forest Berries - DF, GF, WF	
Ingredients	<p>1½ cups of GF plain flour ¼ cup caster (powder) sugar 1 cup freshly toasted hazelnuts 125g DF chilled margarine 2 eggs lightly beaten 1 punnet fresh blueberries 1 punnet fresh raspberries</p>
Method	<p>Preheat oven to 200 degrees Celsius fan-forced (210 degrees conventional oven). Line a baking tray with baking paper.</p> <p>Put toasted hazelnuts and sugar into food processor and work until ground finely. Now slowly add flour while processing – then add the margarine and continue until you have tiny crumbs like breadcrumbs. Add three quarters of the beaten egg and keep processing until it binds.</p> <p>Turn the pastry crumble mixture onto a floured board and knead until smooth. Wrap it up in plastic cling wrap and refrigerate for ~ 20 minutes.</p> <p>Dust your board with flour and roll out pastry to ~ ¼ inch thick – into a round shape about 12 inches in diameter (12 inches) – and set on the baking tray.</p> <p>Add the berries to the centre and leave a border of ~ 7 cm (2½ - 3 inches) of bare pastry. Now fold this pastry edge up and over the berries. Brush the pie crust with the remaining beaten egg.</p> <p>Bake for 20 – 25 minutes until golden brown.</p>
Serve	<p>Allow to cool – then cut into wedges and serve with dairy-free yogurt, or coconut cream.</p>

Dark Chocolate Panforte with Apricots, Cherries, Hazels & Figs - DF, GF



Ever so special at Christmas – with that Italian feel. Keeps for ages in a tin or airtight container. Enjoy!

Ingredients

You will need a small tin 15cm diameter – springform is good – to facilitate removal. *(It's really worthwhile getting one of these because you will make this recipe over and over!)*

40g roasted hazel nuts	½ teaspoon ground ginger
50g roasted almonds	½ teaspoon cinnamon
70g pistachios	½ teaspoon ground fennel
10g powder cocoa	½ teaspoon ground white pepper
55g rice flour	Pure icing sugar for decorating
70g dried soft figs	60g dried apricots
60g dried cherries	60g soft sultanas
80g dark chocolate, broken	160g honey
100g powder sugar	

Method

Preheat oven to 125 degrees Celsius fan-forced (145 degrees conventional oven).

Grease the 15 cm tin, then also line with paper and grease that as well. Use a food processor to chop the almonds and hazels. Sift cocoa and flour together into a bowl. Add spices and dried fruit then mix in chopped nuts, whole pistachios and chocolate pieces until all are well blended.

To stick this mixture together - put the caster (powder) sugar and honey into a saucepan and warm over low heat. Keep stirring until it boils gently for a minute or two.

Now work quickly! Add the sugar/honey mixture to the dry ingredients in the bowl. Stir until combined (it gets VERY sticky as it cools so be prepared for a battle getting it out of the bowl!)

Press the mixture into the lined tin – it should be about 4-5 cm thick. Dust top with pure (GF) icing

When it comes out of the oven it will be soft – but it will become firmer upon cooling.

Serve

Wait until completely cooled before slicing thinly. Serve with good black coffee.