



# THE GLUTEN-FREE COOKBOOK

**Enjoy the foods you love**

Over **200 delicious recipes** plus step-by-step techniques

HEATHER WHINNEY • JANE LAWRIE & FIONA HUNTER



# THE GLUTEN-FREE COOKBOOK





THE  
**GLUTEN-FREE  
COOKBOOK**

ENJOY THE FOODS YOU LOVE





LONDON, NEW YORK, MUNICH, MELBOURNE, DELHI

Senior editor Alastair Laing  
Project art editor Katherine Raj  
Managing editor Dawn Henderson  
Managing art editor Christine Keilty  
Art director Peter Luff  
Senior jacket creative Nicola Powling  
Production editor Raymond Williams  
Production controller Claire Pearson  
Creative technical support Sonia Charbonnier

#### DK INDIA

Senior editor Chitra Subramanyam  
Editors Divya Chandhok, Ligi John  
Assistant editor Tina Jindal  
Art editors Prashant Kumar, Anamica Roy  
Managing editor Glenda Fernandes  
Managing art editor Navidita Thapa  
DTP/CTS manager Sunil Sharma  
DTP designer Anurag Trivedi

#### COBALT ID

Editors Marek Walisiewicz, Sarah Tomley  
Art editors Paul Reid, Darren Bland, Rebecca Johns

Recipe photography William Shaw

**Important** Every effort has been made to ensure that the information contained in this book is complete and accurate. However, neither the publisher nor the authors are engaged in rendering professional advice or services to the individual reader. Professional medical advice should be obtained on personal health matters. Neither the publisher nor the authors accept any legal responsibility for any personal injury or other damage or loss arising from the use or misuse of the information and advice in this book.

First published in Great Britain in 2012  
by Dorling Kindersley Limited  
80 Strand, London WC2R 0RL  
Penguin Group (UK)

This paperback edition published in 2015

Copyright © 2012, 2015 Dorling Kindersley Ltd

2 4 6 8 10 9 7 5 3 1  
001 - 279209 - January/2015

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without the prior written permission of the copyright owner.

A CIP catalogue record for this book is available  
from the British Library

ISBN 978-0-2411-8567-4

Colour reproduction by Media Development & Printing Ltd  
Printed and bound by C&C, China

Discover more at [www.dk.com](http://www.dk.com)



# CONTENTS

## INTRODUCTION

EATING WELL ON A GLUTEN-FREE DIET
FOUR STEPS TO GLUTEN FREE
WHY GO GLUTEN FREE?
ELIMINATING GLUTEN
A BALANCED GLUTEN-FREE DIET
GLUTEN FREE ON THE GO
SETTING UP A GLUTEN-FREE KITCHEN
GLUTEN-FREE GRAINS
GLUTEN-FREE FLOURS
BAKING BREAD
BAKING CAKES
MAKING PASTA
MAKING PASTRY

## 6

8
10
12
16
22
28
30
32
34
38
40
42
44

## RECIPES

BREAKFAST AND SNACKS
STARTERS, PARTY FOOD, AND DIPS
SOUPS AND SALADS
PASTA, NOODLES, AND RICE
MEAT AND FISH
VEGETABLE MAINS
BREAD AND PIZZA
SAVOURY TARTS AND PIES
SWEET TARTS AND PIES
DESSERTS, CAKES, AND OTHER SWEET TREATS
INDEX
ACKNOWLEDGEMENTS

## 48

50
78
104
134
164
200
214
242
268
284
340
352







# INTRODUCTION

Changing to a gluten-free diet is a great opportunity to eat well and take control of your health.

This introduction will explain why going gluten free may be the right choice for you, and will guide you through all the stages required to eliminate gluten from your food and plan healthy, balanced gluten-free meals: at home, on the go, and dining out.

You will also find all the information you need to start cooking with gluten-free ingredients. A gallery of gluten-free grains and flours explains each one's particular qualities and how best to use them in dishes, while recipes with step-by-step photographs demonstrate how to bake delicious bread and cakes, and make perfect pastry and pasta using gluten-free flour.

# EATING WELL ON A GLUTEN-FREE DIET

Finding out you have a gluten intolerance can prompt mixed feelings. Relief that finally you're taking control of your health, but probably also concern that adopting a gluten-free diet might mean cutting out many of your favourite foods and accepting a less enjoyable, less flavourful diet. Yet nothing can be further from the truth and this book is here to prove you can eat fantastically well on a gluten-free diet.

## DISCOVERING NEW FLAVOURS

Far from being a life sentence of disappointing food, cutting out gluten is a wonderful opportunity to explore new dishes made with grains and flours you may never have heard of before. Going gluten free is also the perfect excuse to release the home baker in you. A new generation of pre-blended flours, combined with the magic of xanthan gum, has transformed gluten-free baking, so that with our step-by-step instruction and specially created recipes you will still be able to enjoy all your favourite bakes.




## EATING FOR HEALTH

Going gluten free is also about recovery. When first diagnosed, you are likely to be suffering the effects of poor nutrient absorption, which could include fatigue, joint pains, and various conditions related to vitamin and mineral deficiencies.

By simply cutting out gluten your body will begin to recover, but it is also crucial to assess your diet to ensure it is properly balanced and that you're getting enough of the full range of nutrients. In the following pages, we outline the principles of a healthy, balanced diet and identify nutrients you should be eating more of. In the recipes, we have employed a nutrient boost icon to highlight particular health benefits, and each recipe features calorie and nutrient analysis so that you can plan a balanced, calorie-controlled diet.

We have selected a broad range of recipes to provide all the meal inspirations for healthy eating, but it should be emphasized that this is not a "diet" book of calorie-restricted recipes. Pies, cakes, pastries, and desserts are the dishes that people who give up gluten can miss the most, yet they tend to be high in calories. In creating gluten-free versions we have been guided by taste, not calorie counts, but just because they're gluten free doesn't mean you should be eating pies and cakes all the time! You'll find plenty of healthy recipes to choose for every day, and the guidelines will show you which dishes to enjoy as a rare treat.

### GUIDELINES PER SERVING

-  Calories
-  Saturated fat
-  Salt



Spiced lamb and hummus wraps (page 188)



Ricotta and squash ravioli with sage butter (page 138)



Red velvet cupcakes (page 314)



Chocolate cheesecake (page 296)

# FOUR STEPS TO GLUTEN FREE



## GET AN APPOINTMENT



If you suspect you may have a problem with gluten but have not yet been diagnosed, read pages 12–15 to learn more about symptoms and conditions, and make an appointment to see your doctor to discuss your concerns. Meanwhile, you must keep eating gluten foods for the medical examination to be effective. If you are diagnosed, ask your doctor to make an appointment for you to see a registered dietitian, who will give you detailed advice about changing to a gluten-free diet and how to ensure it is healthy and balanced. They can also tell you about any vitamin and mineral supplements you might need to take, and will provide you with a list of gluten-free products available on prescription.



## GET ORGANIZED



Once diagnosed, it's a good idea to join an organization for people with coeliac disease and other gluten issues. They will be able to provide you with up-to-the-minute medical advice, contacts to local support groups, a list of products containing gluten, and details of restaurants that offer gluten-free meals. Next, spend some time examining what you normally eat, identifying where gluten needs to be cut out, and making a menu plan for the week ahead (see page 24). When you're tired at the end of a busy day you are much more likely to make mistakes with your diet. Planning in advance gives you time to think about what you are going to eat and check that everything is gluten free.

If you think you may benefit from cutting gluten out of your diet, these four steps and the pages that follow will take you from initial diagnosis to your first gluten-free meal.



3

### GET SHOPPING SAVVY



Contact the supermarket you regularly shop at and ask for a list of gluten-free products, or look online. Some supermarkets even offer a guided tour around the store with a dietitian. If there is a particular product you'd like to see stocked, don't be embarrassed to ask the manager: "free from" is an increasingly lucrative market and it makes business sense for supermarkets to build up their range. You should also get to know your local health-food shops and the specialist websites which sell some of the more difficult-to-find gluten-free flours, grains, and other products. International food shops, particularly south and east Asian and Mexican, will also sell a whole host of gluten-free foods.

4

### GET IN THE KITCHEN



You've planned what you're going to eat and sourced all the ingredients, but before you start cooking you need to turn your kitchen into a gluten-free zone, or at least an environment where the risk of gluten contamination is minimized (see pages 30–31). With the kitchen properly organized, you are ready to cook and will find that the recipes in this book, as well as being utterly delicious, have been designed to be easy to follow. Extra help can be found on pages 38–47 where step-by-step recipes demonstrate how to make gluten-free bread, cakes, pasta, and pastry. If you're new to cooking, though, you may find it useful to enrol in cookery classes: look out for gluten-free courses.

# WHY GO GLUTEN FREE?

## COELIAC DISEASE

The most common reason to follow a gluten-free diet is in order to treat coeliac disease (CD). Often referred to as an allergy or intolerance, coeliac disease is, in fact, an auto-immune disease that occurs when the body's immune system reacts abnormally to gluten and produces antibodies that attack its own tissues. CD affects 1 in 100 adults in the UK, and recent research shows a fourfold increase in the number of people diagnosed over the past two decades – a rise that can be partly explained by greater awareness and better diagnostic techniques. However, the support group Coeliac UK believe that the number of people diagnosed with CD is only the tip of a very large iceberg and that three-quarters of people with the condition remain undiagnosed. This means that around 500,000 people in the UK may have the disease without knowing it.

## DIAGNOSIS AND TREATMENT

Coeliac disease can occur at any age: symptoms may first appear when a baby is weaned onto wheat-containing cereals (see page 25), but they can also occur later in life. The disease runs in families and studies show that if a family member has the condition, there is a 1 in 10 chance that a close relative will develop the disease. There is no cure or medication for CD and the only treatment is a strict gluten-free diet. Even a tiny amount of gluten, from particles of flour contaminating a work surface for instance, is enough to cause problems.

## SYMPTOMS OF COELIAC DISEASE

The symptoms of coeliac disease can vary from one person to another and can range from mild to severe. Symptoms include:

- diarrhoea**
- excessive wind and/or constipation**
- nausea**
- vomiting**
- stomach pain**
- cramping**
- bloating**
- tiredness**
- headache**
- mouth ulcers**
- alopecia (hair loss)**
- skin rash**
- unexplained weight loss**

Left untreated, coeliac disease can increase the risk of other conditions, including infertility, repeated miscarriage, osteoporosis, and depression. Although weight loss is a common symptom of coeliac disease, it is not always the case and many people are of normal weight or even overweight when they are diagnosed.



## DON'T STOP EATING GLUTEN... YET!

If you suspect you or a family member may have coeliac disease do not immediately start cutting gluten from your diet. It is essential to keep eating foods that contain gluten for 6 weeks before being tested for coeliac disease, otherwise you could get a false negative result.

## COELIAC DISEASE EXPLAINED

The wall of the small intestine is lined with fleshy projections called “villi”, responsible for absorbing nutrients into the body from food. Coeliac disease leads to a blunting of the villi that seriously diminishes their ability to absorb nutrients.

### DAMAGE TO SMALL INTESTINE

#### Healthy gut



Nutrients passing through the gut are absorbed through the villi walls into blood vessels

Tongue-like shape of the villi maximizes surface area for absorption

#### Gut showing coeliac damage



Inflammation causes blunted villi that are unable to absorb nutrients so effectively

The first thing your doctor will want to do is take a simple blood test to check for antibodies to gluten. Next step is a referral to a hospital to see a gastroenterologist who will perform a procedure called a biopsy, which allows the doctor to take a small sample from your gut lining for detailed examination. If you are diagnosed with coeliac disease your consultant should then refer you to a registered dietitian who will be able to advise you on a gluten-free diet. Some people start to feel better soon after they start on a gluten-free diet, for others it can take several months: everyone is different.

## NON-COELIAC GLUTEN SENSITIVITY

While the best-known reaction to gluten is coeliac disease, recent research has identified a new, less severe, condition called non-coeliac gluten sensitivity. This produces symptoms similar to coeliac disease – especially non-intestinal ones such as joint pain and headaches – usually hours after eating gluten-containing foods. Non-coeliac gluten sensitivity does not seem to involve the immune system or cause damage to the lining of the gut. If you think you may be affected, do not immediately stop eating gluten (see left): first consult your doctor to rule out coeliac disease, then seek advice on a suitable gluten-free diet. Research suggests that there may be six times as many people suffering from non-coeliac gluten sensitivity than with coeliac disease – and the majority are unaware of the problem.

## DERMATITIS HERPETIFORMIS

Dermatitis herpetiformis (DH) is a skin condition characterized by intensely itchy blisters on the buttocks, back of the neck, scalp, elbows, knees, and back. It affects about 1 in 10,000 people in the UK, is more common in men than women, and typically appears between the ages of 15 and 40 years. Like coeliac disease it is caused by gluten and treated with a strict gluten-free diet.

## OTHER MEDICAL CONDITIONS THAT MAY BENEFIT FROM A GLUTEN-FREE DIET

The use of gluten-free diets for other conditions remains controversial, but many people with conditions listed here feel that experimenting with a gluten-free diet for a trial period may be worth trying. However, no one should embark on a gluten-free diet without first consulting a doctor.

### OTHER CONDITIONS WITH A POSSIBLE LINK TO GLUTEN

#### AUTISM

Although scientific evidence is limited, some children with autistic spectrum disorder (ASD) may benefit from a gluten- and casein-free diet. Much more research is, however, required.

#### MULTIPLE SCLEROSIS (MS)

Multiple sclerosis is an auto-immune disease and people with MS have a greater risk of suffering from coeliac disease, although the use of a gluten-free diet for people with MS remains controversial.

#### LUPUS

Lupus is another auto-immune disease where the body's immune system becomes hyperactive and attacks healthy tissue. As coeliac disease is also auto-immune, lupus sufferers may be at greater risk of developing it.

#### IRRITABLE BOWEL SYNDROME (IBS)

The symptoms of coeliac disease and irritable bowel syndrome are very similar, and a recent survey carried out by Coeliac UK revealed that nearly 60% of people with coeliac disease had previously been wrongly diagnosed with IBS.

#### ME/CHRONIC FATIGUE SYNDROME

There is anecdotal evidence that some people with ME or chronic fatigue syndrome find their symptoms improve by adopting a gluten-free diet. It certainly doesn't work for everyone but may be worth a try.

#### MISCARRIAGE AND INFERTILITY

Evidence suggests undiagnosed coeliac disease could be one cause of infertility and repeated miscarriage. The proportion of women attending fertility clinics found to have undiagnosed CD is greater than in the general population.



## STILL UNSURE? A QUICK Q&A

There are a lot of uncertainties and myths about choosing a gluten-free diet, especially if you feel it's unlikely you are a coeliac sufferer or have no symptoms. This Q&A aims to answer some of the most common questions.



### DON'T D-I-Y DIAGNOSE

Home testing kits and allergy tests available in some health-food stores or by mail order are not reliable ways to diagnose coeliac disease. If you suspect you have the condition, the first thing you should do is make an appointment with your doctor.

**I often feel tired and bloated after eating: will I benefit from a gluten-free diet?**

Bloating and lethargy are common symptoms associated with coeliac disease, but they are also symptoms of other medical conditions and can be caused by lifestyle factors, such as eating too fast. A gluten-free diet is not necessarily the answer. Keeping a food diary may help you to identify other factors. If symptoms persist, discuss with your doctor.

**Should I change to a gluten-free diet to lose weight?**

Some weight-loss diets advocate avoiding carbohydrates, but there is no scientific evidence to suggest that cutting out gluten helps people lose weight. Weight loss is a common symptom of coeliac disease (CD), and when people who have lost weight as a result of undiagnosed CD switch to a gluten-free diet, they often regain the weight they lost.

**Is it beneficial to reduce wheat in my diet even if I have no related medical condition?**

Many people eat wheat at breakfast in the form of cereal, again at lunch as a sandwich, and yet again in the evening, for instance as pasta. Some alternative practitioners believe this over-reliance on a single food is a bad idea and can lead to an intolerance or allergy to that food. For this reason it might be a good idea not to rely too heavily on wheat.

**Is it possible to be suffering from Coeliac Disease yet not be aware of having any symptoms?**

Although uncommon, it is possible. Some experts now talk about a "coeliac spectrum": at one end of the spectrum are people who have all the classic symptoms of the condition, while at the other end people may not be aware of any physical symptoms but may still have damage to the lining of the small intestine. The best advice is to consult a doctor.

# ELIMINATING GLUTEN

## WHAT IS GLUTEN?

Gluten is a protein found in wheat, rye, and barley and in foods made from these grains, such as cakes, pastry, bread, and pasta. Gluten has qualities useful for cooking and baking, including elasticity, an ability to hold water, and a tendency to hold shape and harden in high heat.

## WHAT DOES GLUTEN DO?

It is the gluten in flour that gives bread and baked goods, such as cakes and muffins, their characteristic texture and structure. When flour is mixed with water the gluten becomes elastic, turning the mixture into a soft, stretchy dough that can be kneaded and shaped. Carbon dioxide produced by yeast or baking powder is trapped within the dough and held there by the gluten, enabling breads and cakes to rise and giving them their “airy” texture. Thanks to a miraculous little ingredient called xanthan gum, however, it’s possible to mimic the action of gluten in doughs made with gluten-free flours. And by carefully mixing the different gluten-free flours available, and adding additional flavours and glazes, it is possible to recreate the taste, texture, and appearance of all your favourite bakes in gluten-free form. See pages 38–47 for flour blends and illustrated techniques.

# GLUTEN-CONTAINING GRAINS

Cultivated grains containing gluten are limited to wheat, spelt (an ancient form of wheat), barley, and rye. Triticale, a hybrid of wheat and rye, also contains gluten and can be found in some health-food shops, but is mainly used as an animal feed.

Can I eat oats on a gluten-free diet?

Oats contain a protein similar to gluten but it doesn't seem to cause the same adverse reaction. Coeliacs wishing to introduce oats into their diet should start by adding small amounts, but children and severe sufferers should consult their dietitian first. Oats are often contaminated with gluten during processing, so buy gluten-free brands.

## MAIN GLUTEN-CONTAINING PRODUCTS

All biscuits, breads, cakes, chapattis, crackers, muffins, pastries, pizza bases, rolls, and scones made from wheat, rye, or barley flour

Wheat noodles and pasta

Wheat-based breakfast cereals

Meat and poultry cooked in batter or breadcrumbs, e.g. breaded ham, faggots, haggis, rissoles, Scotch eggs

Fish or shellfish coated in batter or breadcrumbs, e.g. fish cakes, fish fingers

Fromage frais and yogurt containing muesli or cereals

Vegetables and fruit in batter, breadcrumbs, or dusted with flour

Potatoes in batter, breadcrumbs, or dusted with flour, e.g. potato croquettes

Soy sauce

Ice cream cones and wafers, puddings made using semolina or wheat flour

Stuffing made from breadcrumbs



**WHEAT** *Triticum spp.*  
Wheat varieties often have different names: Emmer, Kamut, Einkorn, Faro, Farrina, and Dinkel are all types of wheat. Bulgur wheat (pictured), couscous, and semolina are also made from wheat.



**BARLEY** *Hordeum vulgare*  
Pearl barley can be added to stews and barley flakes are sometimes added to muesli. Beer, barley waters or squash, and malted milk drinks all contain barley.



**RYE** *Secale cereale*  
Rye bread and pumpernickel are popular in Germany and eastern Europe. Rye is also used to make crispbreads and crackers.



**SPELT** *Triticum spelta*  
An ancient form of wheat that has seen a resurgence in popularity in recent years as a health food. Used in baked goods and beer.

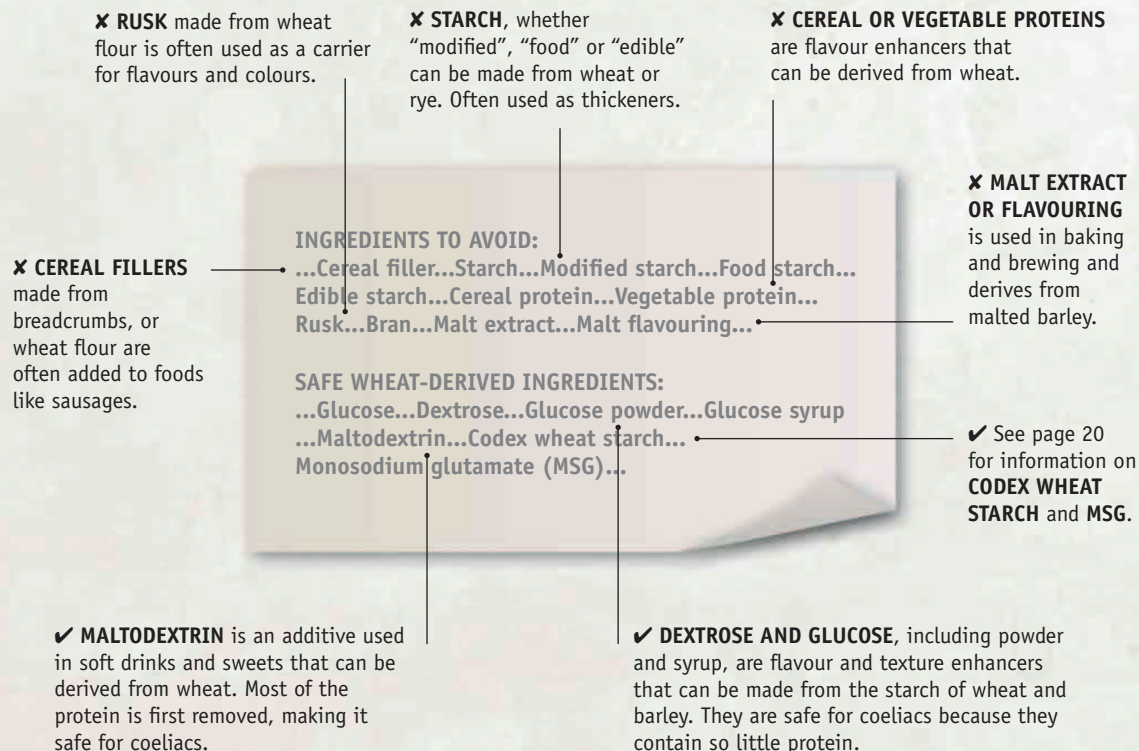
# FINDING HIDDEN GLUTEN

Eliminating gluten from your diet is not as simple as cutting out obvious sources of gluten, such as bread and pasta. Wheat and other gluten-containing grains are often used as ingredients in other foods, and in some cases foods that are naturally gluten free can become contaminated with gluten during processing or storage. For this reason it's important to check the label on certain

products and choose brands certified gluten free where contamination is a risk, such as with oats and polenta. Mobile technology can help too – for example, Coeliac UK have an app called "Gluten-free on the Move", for iOS and Android devices. Downloading this to your smartphone lets you scan items when you are shopping to check if ingredients are gluten free.

## CHECKING THE LABEL

The names of some additives used by the food industry can hide the fact they are derived from gluten grains and may not be safe. Look out for the following:

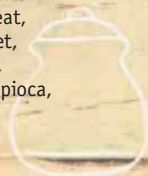


## PRODUCTS THAT MAY CONTAIN HIDDEN GLUTEN

Check closely the packaging of food products listed here for the presence of hidden gluten.

### ✓ GRAINS AND FLOURS

Sometimes naturally gluten-free grains are milled with wheat, barley, or rye and are thereby contaminated with gluten. These include: buckwheat, chestnut, chickpea, gram, millet, mustard, oats, polenta, potato, quinoa, rice, sorghum, soya, tapioca, teff, and urad

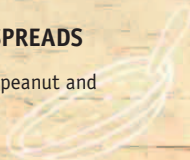


### ✓ BREAKFAST CEREALS

Buckwheat, corn, millet, and rice-based breakfast cereals and those that contain barley malt extract or oats

### ✓ PRESERVES AND SPREADS

Lemon curd, mincemeat, peanut and other nut butters

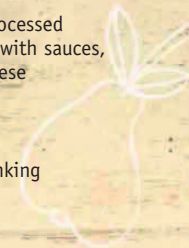


### ✓ FRUITS AND VEGETABLES

Fruit pie fillings and processed vegetable dishes made with sauces, such as cauliflower cheese

### ✓ DRINKS

Cloudy fizzy drinks, drinking chocolate, malted milk



### ✓ SOUPS AND SAUCES

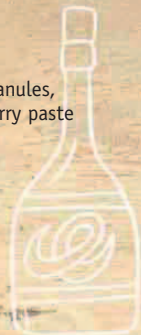
Canned or packet soups, sauces in jars and packets

Blended seasonings, gravy granules, stock cubes, curry powder, curry paste

Mustard products such as English mustard

Chutneys and pickles

Dressings, salad cream, and mayonnaise



### ✓ DAIRY AND FATS

Coffee and tea whiteners

Fruit and flavoured yogurts or fromage frais desserts

Soya desserts, rice milk, soya milk

Some soft, spreadable cheeses



### ✓ BAKING INGREDIENTS

Cake decorations, marzipan, ready-to-use icing

Baking powder, bicarbonate of soda

Suet, vegetarian suet



### ✓ NUTS AND SAVOURY SNACKS

Dry roasted nuts, popcorn (not home-made), potato and vegetable crisps, pretzels

Baked beans and other beans in sauce

### ✓ POTATO PRODUCTS

Frozen chips and potato wedges, instant mash, potato waffles, ready-to-roast potatoes



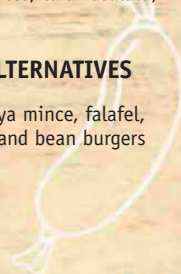
### ✓ MEAT AND FISH

Any meat or poultry marinated or in a sauce, burgers, meat pastes, pâtés, sausages

Fish pastes, fish pâtés, taramasalata, and fish in sauce

### ✓ MEATLESS ALTERNATIVES

Marinated tofu, soya mince, falafel, vegetable burgers and bean burgers

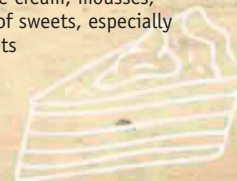


### ✓ CAKES AND BISCUITS

Shop-bought meringues, macarons, and flapjacks may have come into contact with (and been contaminated by) gluten-containing cakes

### ✓ CONFECTIONERY AND DESSERTS

Chocolates, ice cream, mousses, and all kinds of sweets, especially liquorice sweets



## TO EAT OR NOT TO EAT? – A QUICK Q&A

You should now have a good sense of which foods to avoid completely and which to check first, but there will inevitably be many more questions as you examine your diet. Here we try to answer the most common ones. For a comprehensive list of safe products it is a good idea to buy Coeliac UK's annual *Food and Drink Directory*.

Is it safe to eat foods cooked in the same oil used to fry foods coated in gluten batters or crumb coatings?

No. The oil can be contaminated with gluten from batter used to coat fish and other foods. Look out for gluten-free evenings, however, which are becoming popular with local fast food outlets, when they use gluten-free batter and clean oil to prevent cross contamination.

Are products labelled as wheat-free suitable for someone on a gluten-free diet?

Not necessarily. Wheat is not the only gluten-containing grain and the product may still have rye- or barley-based ingredients, or oats contaminated with gluten.

What is codex wheat starch?

Codex wheat starch is added to processed foods to improve their taste and texture. Though made from wheat, it has been processed to contain less than 20 parts per million (ppm) of gluten. Research shows this tiny amount of gluten is not toxic to coeliacs.

Is monosodium glutamate (MSG) gluten free?

MSG is a flavour enhancer used in many ready meals, stock cubes, and savoury snacks and can be made from wheat. However, during processing the gluten protein is completely broken down, so MSG is safe for people with coeliac disease.

Can I use malt vinegar?

Although malt vinegar is made from barley, the end product only contains a trace amount of gluten, well below the level that is safe for most people with coeliac disease, and is fine to use. Balsamic, cider, sherry, white wine, and red wine vinegars are all safe.

Do some medicines and supplements contain gluten?

Most medicines and drugs prescribed in the UK are gluten free. Although they can sometimes contain wheat starch as a filler, it is highly processed and safe for anyone on a gluten-free diet. If you are buying non-prescription medicines and supplements, however, you should check with a pharmacist.

# NATURALLY GLUTEN-FREE FOODS

The idea of cutting gluten out of your diet can seem slightly daunting, but all the foods listed here are naturally gluten-free and can still be enjoyed.

## MEAT, POULTRY, AND FISH

All fresh meats and poultry ● Cured pure meats, plain cooked meats, smoked meats ● All fresh, dried, kippered, and smoked fish, fish canned in brine, oil or water, and shellfish



## FRUIT, VEGETABLES, NUTS, AND SEEDS

All fresh, frozen, canned, dried, and juiced pure fruits and vegetables ● Vegetables pickled in vinegar ● All plain potatoes, baked, steamed, boiled, or mashed ● Plain nuts and seeds, all pulses (peas, beans, lentils)



## DAIRY, EGGS, AND FATS

All milk (liquid and dried), all cream (single, double, whipping, clotted, soured, and crème fraîche), buttermilk, plain fromage frais, plain yogurt ● Butter, cooking oils, ghee, lard, margarine, reduced and low-fat spreads ● Cheese, eggs



## RICE, QUINOA, & OTHER GLUTEN-FREE GRAINS AND FLOURS

All grains, flours, and flour mixes labelled “gluten-free”, including: amaranth, buckwheat, cassava, chestnut flour, chickpea flour, corn (maize), corn starch, gram flour, millet, mustard flour, polenta (cornmeal), potato flour, potato starch, oats (see page 17), quinoa, rice, rice bran, rice flour, sago, sorghum, soya flour, tapioca, tapioca starch, teff, and urad flour (see pages 32–7 for more information)



## GOODBYE TO PASTA, BREAD, CAKES, PASTRY, AND BISCUITS?

As more people follow a gluten-free diet, the food industry has responded to their needs by developing an expanding range of gluten-free products, including cakes, biscuits, pasta, ready-made pastry, and bread. Of course, there's no need to rely on ready-made products: you can use commercial gluten-free flour blends – or blend your own (see page 38) – to bake at home, adapt favourite recipes, and try new ones. Some shop-bought bakes are better than others, but none can match the taste of home-made.

# A BALANCED GLUTEN-FREE DIET

Choosing a balanced diet is important for everyone and a gluten-free diet can be very healthy due to the emphasis placed on fresh and unprocessed foods. A balanced gluten-free diet should include plenty of fruit and vegetables, moderate amounts of lean protein, healthy unsaturated fats, wholegrain and unrefined gluten-free carbohydrates, and minimal amounts of saturated fats, salt, and sugar.

## TACKLING NUTRIENT DEFICIENCY

Untreated coeliac disease can lead to nutritional deficiency in iron, calcium, magnesium, and zinc. When you start on a gluten-free diet make sure it contains foods rich in these nutrients. Standard breakfast cereals and bread are often fortified with these nutrients, as well as B-group vitamins and fibre, but gluten-free versions are rarely fortified and alternative sources should be sought.

### IRON

Needed for the manufacture of red blood cells.

**Good GF sources** of iron include lean red meat, eggs, quinoa, dried fruit, lentils and chickpeas, baked beans, dark green leafy vegetables.

### CALCIUM

Needed for strong bones, especially important for children, teenagers, and young adults.

**Good GF sources** include yogurt, milk, cheese, canned fish eaten with their bones (e.g. sardines), almonds, sesame seeds, tofu.

### MAGNESIUM

Helps maintain muscle and nerve function, a healthy immune system, and strong bones.

**Good GF sources** include nuts and seeds, beans and pulses, brown rice, dark green leafy vegetables.

### ZINC

Essential for growth and development, a healthy immune system, and wound healing.

**Good GF sources** include lean red meat, poultry, eggs, shellfish, beans, and nuts, especially Brazil nuts.

### FOLATE

Involved in the production of red blood cells. Found in oranges, green vegetables, chickpeas, pulses.





### IRON

Found in red meat, beans, and pulses.  
The body can more easily absorb iron from non-meat sources if eaten in conjunction with foods rich in vitamin C.

### DIETARY FIBRE

Helps to keep the intestine healthy and prevent constipation. Sources include lentils, beans, pulses, quinoa, buckwheat, brown rice, fruit, and veg.



### B VITAMINS

Have many vital functions.  
Sources include potatoes, broccoli, and bananas.

### VITAMIN B12

B12 is important for a healthy nervous system and is found in fish, lean red meat, and eggs.

### CALCIUM

Found in milk, yogurt, cheese, canned sardines. Choose low- and reduced-fat dairy products when possible.

# PLANNING YOUR DIET



Planning a menu for the week ahead enables you to check that everything is gluten free. Aim to eat a wide variety of foods to supply all your nutritional needs, opt for healthy dishes with the occasional treat, and try to prepare fresh meals if possible. Here's a sample 7-day menu plan for guidance and inspiration.

	BREAKFAST	LUNCH	EVENING MEAL
DAY 1	<ul style="list-style-type: none"> <li>✓ Glass of fruit juice</li> <li>✓ Gluten-free porridge with fresh or dried fruit and nuts (page 53)</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Masala dosa and a green salad (page 234)</li> <li>✓ Fruit yogurt</li> </ul>	<ul style="list-style-type: none"> <li>✓ Lemon and asparagus pasta (page 136)</li> <li>✓ Lemon sorbet and fresh berries</li> </ul>
DAY 2	<ul style="list-style-type: none"> <li>✓ Glass of fruit juice</li> <li>✓ Breakfast blueberry muffins (page 74)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Gluten-free toast with hummus</li> <li>✓ Fresh fruit salad</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Creamy chicken crumble (page 180)</li> <li>✓ Rice pudding</li> </ul>
DAY 3	 <ul style="list-style-type: none"> <li>✓ Glass of fruit juice</li> <li>✓ Granola with apple crisps (page 54)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Quinoa, broad bean, and dill salad (page 124)</li> <li>✓ Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>✓ Haddock and turmeric rice (page 161)</li> <li>✓ Gluten-free fruit crumble (page 291)</li> </ul>
DAY 4	<ul style="list-style-type: none"> <li>✓ Glass of fruit juice</li> <li>✓ Gluten-free bread with jam or honey (pages 38 and 216)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Gluten-free minestrone soup with a gluten-free roll (pages 107 and 218–19)</li> <li>✓ Fruit yogurt</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Chicken and parsley pot pies (page 260)</li> <li>✓ Fresh fruit salad</li> </ul>
DAY 5	<ul style="list-style-type: none"> <li>✓ Glass of fruit juice</li> <li>✓ Gluten-free muesli with fresh fruit (page 52)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Beetroot and ginger soup (page 110)</li> <li>✓ Caraway seed bread spread with low-fat soft cheese (page 228)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Sweet and sour chicken with green beans (page 177)</li> <li>✓ Gluten-free ice cream with fresh fruit (page 299)</li> </ul>
DAY 6	 <ul style="list-style-type: none"> <li>✓ Glass of fruit juice</li> <li>✓ Breakfast berry bars (page 76)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Gluten-free baked beans (page 70) on gluten-free toast</li> <li>✓ Yogurt with fruit</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mee goreng (page 150)</li> <li>✓ Banana and gluten-free custard (page 286)</li> </ul>
DAY 7	<ul style="list-style-type: none"> <li>✓ Glass of fruit juice</li> <li>✓ Scrambled eggs on gluten-free toast</li> </ul>	<ul style="list-style-type: none"> <li>✓ Soba noodle and prawn salad (page 128)</li> <li>✓ Fresh fruit</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Salmon en croute (page 166)</li> <li>✓ Gluten-free apple and blackberry pie (page 280)</li> </ul>

## GLUTEN-FREE DIETS FOR CHILDREN

Cooking for children on a gluten-free diet requires special planning to ensure they get all the nutrients they require, and you will need to meet with carers or school staff to ensure children stay gluten free while away from home. When your child is diagnosed, try to explain the condition in terms they understand and involve them in planning their new diet. Encouraging your child to help with the preparation of meals is another good way for them to learn about and enjoy eating gluten free. Children can get upset if they are singled out as being different and it is important to keep their diet as “normal” as possible, while still excluding gluten. A coeliac child doesn't have to miss out on all the fun: you will find plenty of recipes in this book that are perfect for parties, whether you are hosting or sending your child along with their own gluten-free treats to share. And we have highlighted easily adaptable, child-friendly recipes for every day, which all the family can enjoy. As soon as they are old enough, it's important to give children the independence to manage their own diet.

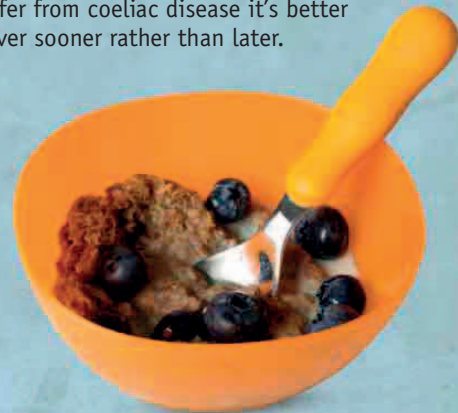


Do I need to take vitamin supplements?

The intestinal damage caused by untreated coeliac disease frequently leads to nutritional deficiencies. When you are first diagnosed, your dietitian will probably recommend taking a vitamin and mineral supplement. In serious cases it may even be necessary to have vitamins injected. Check with your dietitian before taking supplements and ensure the supplements are gluten free.

### INTRODUCING GLUTEN INTO A BABY'S DIET

Cereals containing gluten should not be introduced into a baby's diet before they are 6 months old, but there is no reason to delay the introduction any later than 6 months. Once a baby is weaned onto solids, gluten should be included regularly, since coeliac disease can only be diagnosed once gluten is established in the diet, and if your child does suffer from coeliac disease it's better to discover sooner rather than later.



# GLUTEN-FREE DIET AND LACTOSE INTOLERANCE

Lactose intolerance is a common consequence of untreated coeliac disease (CD) because the enzyme lactase, which is needed for the digestion of lactose (a sugar found in milk), is made in the area of the intestine that is damaged by gluten. Without lactase, lactose passes unchanged into the large intestine where the bacteria that naturally live there metabolize it, and in the process produce large amounts of gas. Symptoms of lactose intolerance include bloating, stomach cramps, diarrhoea, and flatulence and usually occur 30 minutes to 2 hours after eating or drinking milk products. Lactose intolerance associated with CD is usually temporary because, once established on a gluten-free diet, the gut starts to heal. However, it can take up to 2 years for lactase production to return to normal. Lactose intolerance is treated by avoiding or restricting lactose in the diet. Lactose can occur in unexpected sources, such as crisps, biscuits, and some medicines, which you wouldn't think contained milk, so always check labels carefully. Dairy products provide a lot of calcium in the diet and you will need to replace them with plenty of non-lactose sources. You should also discuss the need for supplements with your doctor.

## NON-LACTOSE SOURCES OF CALCIUM

### NUTS AND SEEDS ▶

Almonds, hazelnuts, Brazil nuts, and walnuts are all particularly high in calcium, as are sunflower seeds and sesame seeds.

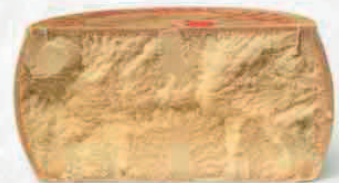


### ◀ DRIED FRUITS

Dried fruits tend to contain more calcium than most fresh fruit. Figs are a particularly rich source, but apricots, dates, and prunes also provide good amounts.

### HARD CHEESE ▶

Traditionally made, aged hard cheeses, such as Parmesan, contain only small amounts of lactose and may be more easily tolerated.



### DARK GREEN LEAFY VEG ▲

Leafy greens such as broccoli, cabbage, kale, and chard are calcium-rich, but avoid spinach, which contains a chemical that interferes with the absorption of calcium.

# GLUTEN-FREE DIET AND DIABETES

Coeliac disease and dermatitis herpetiformis are both more common in people with type 1 diabetes. This is probably due to a shared genetic risk for both conditions. Coeliac disease associated with diabetes is often the latent type that exhibits no symptoms and is often only discovered during screening. Unexplained hypoglycaemia (low blood sugar) and poor blood sugar control, particularly in young children, can be a symptom of undiagnosed coeliac disease. If you have both type 1 diabetes and coeliac disease, it is even more important that you see a registered dietitian regularly, and one who specializes in both conditions, as each requires ongoing review and management. When first diagnosed with coeliac disease, a person with diabetes will need to monitor their blood sugar levels more closely, as once the intestine starts to heal it will begin to absorb more carbohydrate, and insulin levels often need to be adjusted to reflect this. The principles of a healthy diabetic diet are the same for people who also have a gluten intolerance, the only difference being that unrefined carbohydrates must obviously be non-gluten (see opposite).

Diabetes UK ([diabetes.org.uk](http://diabetes.org.uk)) and Diabetes Australia ([www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)) have a range of useful literature designed for people with both diabetes and coeliac disease.

## PRINCIPLES OF A HEALTHY DIABETIC DIET



### ◀ GET YOUR 5-A-DAY

Aim to eat a minimum of 5 portions of fruit and vegetables each day.

### EAT MORE HEALTHY FATS ▶

Replace saturated with unsaturated fats, found in foods including nuts, seeds, avocados, and olive oil.



### REDUCE SALT INTAKE ▶

Use strongly flavoured ingredients such as chillies to replace salt in cooking.



### ◀ REDUCE SUGAR INTAKE

Wean yourself off sugar or replace it with lower-GI alternatives such as fructose.

### EAT MORE UNREFINED CARBS ▶

Choose low-GI gluten-free carbs like brown rice.



# GLUTEN FREE ON THE GO

## EATING AT A RESTAURANT

Eating out may seem a little daunting when you first start on a gluten-free diet. Follow a few simple ground rules, however, and there is absolutely no reason why you can't enjoy dining out at restaurants just as much as before.

### 6 TIPS FOR DINING OUT

1

**ASK AROUND** If you have joined a coeliac group, ask local members if they can recommend restaurants in your area that cater for gluten-free diets.

2

**LOOK ONLINE** Many online review sites now list gluten-free restaurants. You will also often find menus published online to check ahead.

3

**GET IN TOUCH** Contact the restaurant at least 24 hours before you intend to visit, to check whether they are properly set up for gluten-free cooking.

4

**DON'T BE SHY** Emphasize to the restaurant just how important it is for you to remain gluten free. Try to talk to the chef to confirm what's in each dish.

5

**CHECK THEIR SET-UP** Explain that even a tiny amount of gluten flour is harmful and ask if they have kitchen systems to guard against cross-contamination.

6

**BYO** If you want to bring your own gluten-free bread to eat at the start of the meal, do ask ahead and confirm again with the waiter when you arrive.

What about takeaways?

At chip shops and burger outlets you need to be certain everything you ask for is cooked in fresh oil. Prepared meats are usually not suitable and if they use frozen chips these are often coated in flour. Many dishes from Indian takeaways will be fine to eat, provided they use fresh ingredients and whole spices. Watch out for soy sauce in Chinese takeaways.

How do I stay gluten free travelling abroad?

If you have joined a coeliac organization, it should be able to provide you with country-specific leaflets about gluten-free eating abroad, including language translations with useful phrases to help when you are dining out. It's always worth packing emergency gluten-free snacks, however, and items such as pasta, bread, and toaster bags in your suitcase.

## GLUTEN-FREE PACKED LUNCH

A growing number of cafés are beginning to offer gluten-free choices, but they are few and far between and you may pay extra for the privilege. Packing your own lunch and snacks is often the best option, and providing your child with a packed lunch will help reassure you that they are eating well and staying gluten free away from home.

### NUTS

A handful of nuts provides healthy fats and protein. Avoid buying roasted nuts, which can contain flour.

### DRIED FRUIT

Ready-to-eat dried fruit, such as apricots, are a good source of dietary fibre, but do contain concentrated sugars, so go easy.

### FRESH FRUIT

An apple or other piece of fresh fruit is the perfect gluten-free and healthy choice for snacking.



### BREAKFAST BARS

Granola-type bars made with oats and crispy rice are great for breakfast on the go or a mid-morning snack (see pages 75–6).

### SANDWICH

Baking your own bread for sandwiches will make eating them a treat, not a chore. Bake a few loaves at a time and freeze them for several weeks' supply (see pages 38–9 and 216–19).

### HOME-MADE SWEET TREATS

Treat yourself to a home-made biscuit or slice of cake a couple of times a week: teabreads are a healthier, low-fat option (see pages 328–9 and 332–9).

## 6 SNACKING TIPS FOR KIDS

1

**SEND THEM PREPARED** Make sure you always send your kids off with plenty of gluten-free snacks in case there is nothing else suitable to eat.

2

**OFFER VARIETY** Children can quickly get bored of eating the same snacks, so try to provide them with a changing menu across the week.

3

**GO NATURAL** If your child is concerned about feeling different, include naturally gluten-free snacks like cheese portions, sesame bars, popcorn, and smoothies.

4

**MAKE AT HOME** Cakes and biscuits are easy and fun for children to bake at home, and they will be excited to eat a snack they've made themselves.

5

**DON'T SPOIL THE PARTY** Secretly bring some gluten-free snacks and treats when you drop off your child at a party, so they don't miss out on a party bag.

6

**TEACH INDEPENDENCE** Make sure older children know what to look for on the ingredients list, so they can choose suitable snacks for themselves.

# SETTING UP A GLUTEN-FREE KITCHEN

One of the most important things you learn when you are first diagnosed with coeliac disease is that even tiny traces of gluten can be enough to cause problems. This means that if you are preparing both gluten-free and ordinary meals, you will need to set up a “dual use” kitchen and adopt some simple cleaning and food preparation habits to prevent food becoming contaminated with gluten.

## DEEP CLEAN



When first going gluten free, empty out all cupboards and clear surfaces, then give the kitchen a thorough scrub from top to bottom, to get rid of any gluten flours and crumbs that might be lurking in unseen places. Repeat the process regularly throughout the year.

## KEEP IT SEPARATE



Use a separate board for cutting gluten-free bread and other bakes. Plastic boards are easier to clean than wooden ones, which have tiny pores where crumbs will remain.

## PACK IT AWAY



Store both gluten and gluten-free dry goods, like flour and pasta, in separate airtight containers and, if possible, keep in separate cupboards. Make sure everything is clearly labelled as gluten free or not, and if you need to retain cooking instructions you can tape the relevant part of the label to the container. Always keep a store of extra plastic containers for fresh items like biscuits, cakes, and leftovers. Chilled and frozen items with a contamination risk should also be placed in separate containers or labelled plastic bags.



## KITCHEN TIPS

- ✓ If you share a kitchen with non-coeliacs, make sure everyone understands the rules.
- ✓ If you're preparing two meals, prepare the gluten-free version first to avoid any possibility of cross-contamination.
- ✓ Gluten is invisible to the naked eye, so always wipe down surfaces before you start cooking.
- ✓ For the same reason, it's advisable to wash pans and other equipment with detergent and hot water before using, or keep separate sets.
- ✓ Gluten remains in oil after frying, so always fry gluten-free first or, better still, use fresh oil.
- ✓ To avoid contamination from oven racks, baking sheets, and grill pans, cover first with a fresh piece of aluminium foil.

## BREAD MAKERS

If you intend to make your own gluten-free bread, a bread maker can be a convenient way of ensuring a steady supply. Look for models with a special setting for gluten-free breads and cakes. You will need to keep the machine exclusively for gluten-free baking.

### COLOUR CODE



It can be difficult to wash away all traces of gluten from equipment like colanders, serving tongs, and serving spoons, and you may find it helpful to keep a set exclusively for gluten-free cooking. Buy colour-coded sets so it is absolutely clear which ones are gluten free.

### BAG YOUR TOAST



Ideally, you should keep separate toasters for gluten-free and ordinary bread, but if space is an issue you can use toaster bags to prevent cross-contamination.

### DON'T DOUBLE DIP!



Always use separate, clean knives and spoons when, for example, spreading butter and jam onto toast. Don't return the same cutlery to the jar or spread or you will contaminate it with gluten-containing crumbs.

# GLUTEN-FREE GRAINS

A trip to a good health-food shop or a large, well-stocked supermarket will reveal a huge range of gluten-free grains that are nutritious, tasty, and extremely versatile. Exploring the many non-gluten grains can transform going gluten free into an opportunity to discover a new world of tastes and textures.



## **BUCKWHEAT** *Fagopyrum esculentum*

Despite the name, buckwheat is not related to wheat and does not contain gluten: it is a seed from a plant that is a relative of rhubarb. Buckwheat groats are buckwheat kernels stripped of their inedible outer coating and then crushed into smaller pieces. Unprocessed groats are slightly bitter, so before you cook them it's a good idea to toast them in oil for a few minutes; this removes the bitterness and brings out a pleasant, nutty flavour. Buckwheat groats can be used as an alternative to couscous.



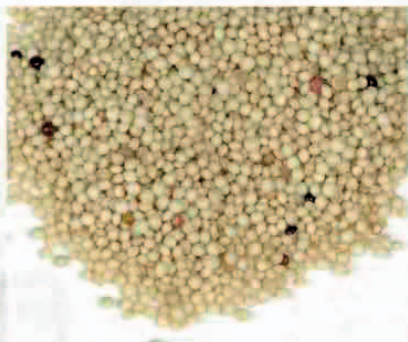
## **RICE** *Oryza sativa*

There are many different varieties of rice including basmati, sticky, red, brown, and risotto, all of which are gluten free. As well as served plain as an accompaniment, rice can be used to make sweet and savoury dishes such as pilaf, risotto, and rice pudding. It can also be made into rice flour, noodles, pancakes, spring roll wrappers, and rice cakes. Brown rice is a wholegrain cereal and contains more vitamins, minerals, and fibre than refined white rice, from which the germ and bran are removed.



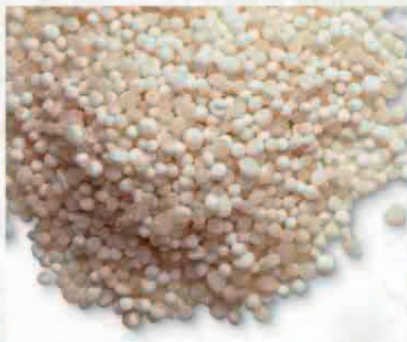
## **OATS** *Avena sativa*

Compared to other cereals, oats contain higher levels of both protein and fat. They also provide useful amounts of B vitamins and the minerals calcium, magnesium, iron, and zinc. Oats are rich in beta glucan, a type of soluble fibre that can help to reduce high blood cholesterol levels. Whole oats or oat groats take 1½ hours to cook, retaining their shape but turning creamy. They make a delicious addition to meat or vegetable stews, and precooked oats can be baked into coarse-grain bread doughs.



**AMARANTH** *Amaranthus spp.*

A seed rather than true grain, amaranth is rich in protein and provides useful amounts of calcium, iron, and magnesium, with more fibre than other gluten-free grains. Amaranth has a slightly peppery, nutty flavour and sticky texture. It can be cooked as a cereal, ground into flour, popped like popcorn, sprouted, or toasted. The seeds can be added to stir-fries, soups, and stews as a thickening agent.



**SAGO** *Metroxylon sago*

Extracted from the spongy centre of tropical palm stems grown in Papua New Guinea and Southeast Asia, sago is virtually pure carbohydrate and offers very little protein, vitamins, minerals, or fibre. Sago pearls are small grains similar to tapioca and can be used to make desserts. Sago can also be ground into flour, which can be used to make pancakes, baked goods, noodles, or for thickening stews or gravies.



**QUINOA** *Chenopodium quinoa*

Sacred to the Incas, quinoa (pronounced "keen-wah") has been cultivated in South America since 3,000 BCE. It is extremely high in protein and provides useful amounts of phosphorus, calcium, iron, vitamin E, and B vitamins, as well as fibre. With a delicious nutty flavour and pleasant texture, quinoa can be boiled and used instead of rice for salads or pilafs, as an accompaniment to stews, to make stuffing, or added to breakfast cereals. It is also available as flour.



**MILLET** *Pennisetum glaucum*

Millet is a small, round, yellow grain containing useful amounts of protein, vitamins, minerals, and fibre. A staple food in many parts of Africa and Asia, where it is eaten as a porridge or used to make bread, it has a rather mild flavour and can be used in breakfast cereals or for dishes such as pilaf. It can be ground and made into flour for Indian-style breads like rotis.



**WILD RICE** *Zizania spp.*

Wild rice is not actually rice but the seeds of freshwater grass. It contains twice as much protein as rice, and higher levels of B vitamins, zinc, iron, and fibre. The long, thin black seeds have a distinctive nutty, slightly woody flavour, and a chewy texture. It can be cooked and served in the same way as ordinary rice, although it takes about 10 minutes longer to cook. Try mixing half and half with basmati rice.

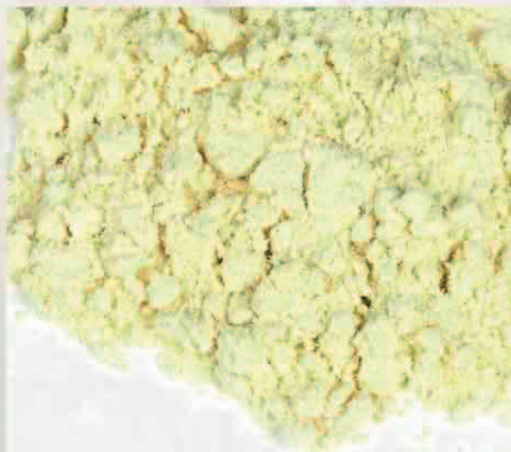


**KASHA** *Fagopyrum esculentum*

Kasha, not to be confused with kamut, a variety of wheat, is the Russian name for a wholegrain cereal made from roasted whole buckwheat groats. Toasting the groats helps to remove buckwheat's natural bitterness and to bring out a sweeter, nuttier flavour. They come whole or crushed into a coarse, medium, or fine grain.

# GLUTEN-FREE FLOURS

Wheat is not the only flour. Around the world, and often for thousands of years, people have been producing and using flours from an array of non-wheat grains, seeds, nuts, beans, and vegetables. Learn how to cook with them, get to know their distinctive qualities, and create your favourite blends for baking.



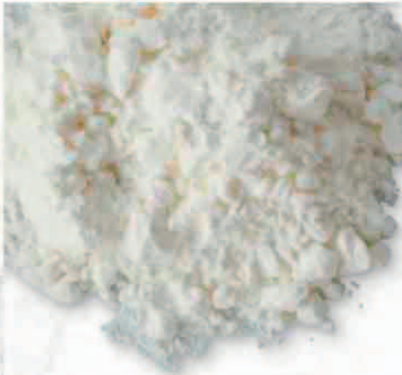
## CORNMEAL FLOUR

Cornmeal flour is made from sweetcorn kernels that have been dried, soaked in lime water, washed, and ground into a coarse flour. Stoneground cornmeal retains some of the bran and germ of the dried kernels that standard milling removes, and thus tends to have a better flavour and nutrient value. Cornmeal flour is a good ingredient to use as a crumb coating for fried foods and in addition can be used to make corn tortillas (try to source the authentic Mexican variety masa harina), pancakes, muffins, and corn bread. Popcorn is made from a special hard variety of corn kernel and is a good gluten-free snack.



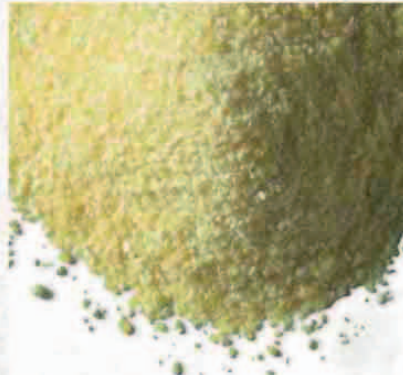
## OATMEAL

Oatmeal is produced by milling the hulled whole oats. The grains are milled to different levels of fineness: coarse oatmeal can be used for stuffings, thickening soups and stews, and sprinkling in place of breadcrumbs over dishes to be gratinéed; medium oatmeal is the most versatile for baking and gives an even coating to fried fish; fine oatmeal can be worked to a smooth texture suitable for pancakes, pastry, and gravies. Always choose oatmeals marked gluten-free as they can be contaminated in the milling process.



### CORNFLOUR

Not to be confused with cornmeal, cornflour is the pure starch extracted from corn kernels. Almost tasteless and easily blended with liquids without the need for additional fat, the fine white powder is commonly used as a thickener for sauces but can be mixed with other flours for baking.



### CORNMEAL (COARSE)

Coarsely ground cornmeal, also known as polenta, can be cooked as a savoury accompaniment, either boiled to give a "porridge" (wet polenta) or left to set then cut into slabs and fried or grilled. Coarse cornmeal can also be used in conjunction with other flours in baked goods, but instant or quick-cook varieties have a grittier, crunchy texture that is less appealing in cakes.



### BUCKWHEAT FLOUR

Buckwheat is higher in protein than other gluten-free flours and has a strong, slightly sweet taste and speckled appearance. Japanese soba noodles are traditionally made with buckwheat flour and it is also good for making pancakes, blinis, and pasta.



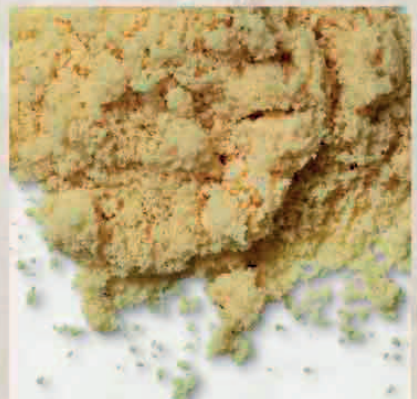
### TAPIOCA FLOUR

Low in protein and other nutrients, tapioca flour is almost pure starch and largely flavourless. It can be used by itself to make puddings and to thicken soups or sauces, or blended with other gluten-free flours for baking. Tapioca also makes a crisp, golden crust when used as a batter or "bread" coating for fried food.



### CHESTNUT FLOUR

Made from the ground whole nuts, chestnut flour is high in fibre, healthy fats, and protein, and contributes additional texture, moisture, and a slightly sweet flavour to cakes and biscuits. Chestnut flour is also good for making pancakes.



### ALMOND FLOUR

Made by grinding blanched almonds, almond flour is high in fibre, healthy fats, and protein, and provides good amounts of calcium. Use it in gluten-free baking to add extra flavour, moisture, and texture, and for improving nutritional value.



### SOY FLOUR

Soy flour is made from ground soybeans and comes in defatted, low fat, and full-fat varieties. An excellent source of protein and B vitamins, it has a strong “beany” flavour and is best used in combination with other flours.



### BROWN RICE FLOUR

Brown rice flour can be used in the same way as white rice flour but it has a more grainy texture and stronger, nutty flavour that helps to provide a “wholemeal” taste and texture when used in flour blends for baking.



### POTATO FLOUR

Also called potato starch or farina, potato flour helps retain moisture and gives a fine, light texture to baked goods. It also makes an excellent thickening agent. Like cornflour and tapioca, potato flour is high in refined carbohydrates and low in fibre and nutrients.



### WHITE RICE FLOUR

White rice flour has a mild flavour and can be used as a sauce thickener in the same way as cornflour: simply mix first with cold water before adding to the sauce and cooking until thickened. It is also used, particularly in Asian cooking, to make dumplings, pancakes, cakes, and sweets. “Ground rice” is also made from white rice and has a slightly grittier texture that helps give a crispy finish to pastries and biscuits.



### URAD DAL FLOUR

Milled from urad beans, urad dal flour is a protein-rich staple of South Indian cooking where it is used to make dosas, uttapams, idli, and papadums. The flour can also be used in conjunction with other flours in flatbreads, as a thickener, and added to soups and purées for additional protein.



### CHICKPEA FLOUR

Also known as gram or besan flour, chickpea flour is high in protein and fibre, and has a distinctive “beany” flavour. It is widely used in Indian cuisine to make the batter for bhajis and pakoras, and in papadums and breads. Chickpea flour is also useful for thickening soups and sauces, but should be mixed with other flours for general baking.



### SORGHUM FLOUR

Milled from grains of sorghum, a cereal crop, sorghum flour is a high-protein flour with a smooth texture and bland taste. It is best mixed in small proportions with other gluten-free flours to provide extra protein.



### TEFF FLOUR

High in protein and fibre, and with a slightly sweet, nutty flavour, teff flour is made from the seeds of a grass native to Ethiopia. The flour can be used in combination with other gluten-free flours in baking. The whole seeds can be used to make porridge, added to soups or stews, or served as an accompaniment instead of rice, millet, or bulgur wheat. Teff also provides useful amounts of iron, calcium, magnesium, and zinc.

## OTHER USEFUL INGREDIENTS

Going gluten free is a great opportunity for many people to bake at home for the first time. As well as raising agents common to all baking, a gluten-free baker needs extra ingredients to help replace the elastic quality of gluten-containing flours.

### GLUTEN-FREE BAKING POWDER

Used in cake baking, once activated by the liquid in a cake mix, baking powder undergoes a chemical reaction that produces carbon dioxide gas to help the cake rise.



### GLUTEN-FREE BICARBONATE OF SODA

Bicarbonate of soda is similar to baking powder but requires the addition of the natural acid in ingredients such as buttermilk or yogurt to produce the same chemical reaction.



### YEAST

Yeast is a living micro-organism, which, when added to dough, creates the carbon dioxide that causes bread to rise. Available fresh or dried, fast-action dried yeast is probably the most useful for novice bakers.



### XANTHAN GUM

Xanthan gum helps gluten-free doughs to bind together and adds some elasticity, making bread less crumbly and pastry easier to roll and handle. Buy it online, in health-food shops, or large supermarkets. Guar gum has similar properties but can be more difficult to source.

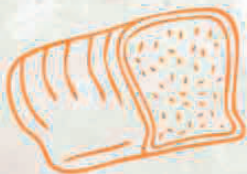


### ARROWROOT

A white starch made from the root of a tropical herb, arrowroot helps to bind ingredients together, adding body and texture to baked goods. It is also useful as a clear thickener for soups and sauces.



# BAKING BREAD



Home-made gluten-free bread is far superior to shop-bought. The right blend of flours is key, as is the inclusion of xanthan gum, which enables the dough to rise. Suggested flour blends for white and brown bread are included below, but you can experiment with your own mix, or buy pre-blended. If blending your own, scale up as required and store in an airtight container; keep only until the earliest use-by date of the flours.

**MAKES** 1 loaf  
**PREP** 20 mins  
PLUS RISING  
**COOK** 45 mins  
**FREEZE** 3 months

oil for greasing  
450g (1lb) gluten-free  
white bread flour  
blend (see below), plus  
extra for dusting  
2 tsp fast-action  
dried yeast  
1 tsp salt  
1 tbsp caster sugar  
1 egg  
2 tbsp vegetable oil  
1 tsp vinegar  
1 egg, beaten, for brushing

**SPECIAL EQUIPMENT**  
450g (1lb) loaf tin

## BREAD FLOUR BLENDS

**Makes** 700g (1lb 8½oz)

### White bread flour

450g (1lb) white  
rice flour  
115g (4oz) potato flour  
60g (2oz) tapioca flour  
60g (2oz) cornflour  
4 tsp xanthan gum

### Brown bread flour

450g (1lb) brown  
rice flour  
115g (4oz) potato flour  
60g (2oz) tapioca flour  
60g (2oz) cornflour  
4 tsp xanthan gum

## CLASSIC WHITE LOAF

This moist, springy loaf slices brilliantly for sandwiches and makes great toast too. The bread will keep for 2–3 days wrapped in a plastic bag. Turn any leftovers into breadcrumbs and store in the freezer to use in stuffings, coatings for fried food, and so on. If you like, double the quantities and bake two loaves at the same time, then freeze one.



**1** Lightly oil the tin. Sift together the flour, yeast, and salt into a large bowl, then stir in the sugar. Measure 300ml (10fl oz) lukewarm water into a jug, add the egg, oil, and vinegar and lightly whisk together with a fork.



**2** Make a well in the centre of the dry ingredients and add the wet ingredients. Draw the flour into the liquid with a wooden spoon, mix well, and then bring together with your hands to form a dough.





**3** Turn the dough out onto a lightly floured surface and knead for about 5 minutes, or until smooth. To knead, hold the dough with one hand and stretch it with the palm of the other hand, then bring it back together, turn, and repeat.



**4** Shape the dough into a rectangle roughly the size and shape of the tin and place it in the tin. Make 3 or 4 slashes on the top with a sharp knife. Cover loosely with oiled cling film and leave in a warm place to rise for 1 hour or until doubled.



**5** Preheat the oven to 220°C (425°F/Gas 7). Brush the top of the loaf with egg – this will help to colour it as gluten-free bread tends to bake to a paler colour than standard bread – then sprinkle with a little flour.



**6** Bake for 35 minutes or until the loaf is risen and golden brown on top. Remove from the tin, transfer to a baking tray, and bake for a further 10 minutes to crisp the crust. Remove from the oven and leave to cool on a wire rack.

# BAKING CAKES



Excellent new commercial blends of gluten-free self-raising flour have made baking gluten-free cakes far easier, helping to provide good lift and a light texture. As with traditional baking, however, it is crucial to whisk thoroughly to incorporate air into the mix. To blend your own self-raising flour, add 3–4 teaspoons xanthan gum and 11 teaspoons baking powder for every 700g (1lb 8½oz) total weight of flour.

**SERVES** 8  
**PREP** 15 mins  
**COOK** 25–30 mins  
**FREEZE** 3 months  
SPONGES ONLY

175g (6oz) unsalted butter, softened, plus extra for greasing  
175g (6oz) caster sugar  
3 eggs  
175g (6oz) gluten-free self-raising flour  
3 tbsp milk  
1 tsp vanilla extract  
5 tbsp strawberry jam  
icing sugar, for dusting

**SPECIAL EQUIPMENT**  
2 x 20cm (8in) round cake tins

## VARIATIONS

### Orange

Omit the vanilla extract and milk, and instead add the finely grated zest and juice of 1 orange at the same time as the flour. Sandwich together with quality marmalade.

### Chocolate

Replace 60g (2oz) of the flour with cocoa powder and bake and cool as described. Sandwich together with gluten-free chocolate spread or fresh whipped cream.

## VICTORIA SPONGE

This buttery, vanilla-scented sponge has a light, fluffy texture and (if it's not eaten in a single session!) can be stored in an airtight container for 3–4 days. Strawberry jam is a classic filling, but you can use whatever jam you have in the cupboard. You could also fill with whipped cream and fresh fruit, but eat this version on the same day.



**1** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease the tins and line the bases with baking parchment. Cream together the butter and sugar with an electric whisk until the mixture is pale, light, and fluffy.



**2** Add the eggs one at a time, beating well between additions, until the mixture is well combined and fluffy. If required, add 1–2 tablespoons flour with the last egg to stop the mixture from curdling.



**3** Add the remaining flour, milk, and vanilla extract to the bowl. Mix in with an electric whisk for 1 minute until thoroughly incorporated and no trace of flour remains.



**4** Take the prepared tins and divide the mixture equally between them. Spread the mixture out to the edges of the tins and use the spoon or a spatula to even the tops.



**5** Bake in the preheated oven for 25–30 minutes. When ready, the sponges should look golden and spring back when lightly touched in the centre; alternatively, a metal skewer inserted into the centre of the cake should come out clean. Leave to cool in the tins for 5 minutes.



**6** Carefully remove the sponges from the tins, peel away the lining paper, and cool completely on a wire rack. To finish, transfer one of the sponges to a serving plate, spread the jam over the top, and sandwich with the second sponge. Dust with icing sugar to serve.

# MAKING PASTA



Making your own pasta is time-consuming but hugely rewarding, and the results are a world apart from the dried gluten-free pasta available to buy. If pasta is your passion, it is well worth investing in a pasta machine (or dusting off the one you've never used!). Set aside time to make a large batch and freeze in individual portions; fresh pasta freezes well and can be cooked straight from frozen.

**MAKES** 350g (12oz)  
**PREP** 40 mins  
**COOK** 3–4 mins

85g (3oz) tapioca flour  
85g (3oz) cornflour  
3 tbsp potato flour  
3 tsp xanthan gum  
½ tsp salt  
3 eggs  
2 tbsp olive oil  
gluten-free plain flour,  
for dusting

**SPECIAL EQUIPMENT**  
pasta machine with  
tagliatelle attachment

## FRESH EGG PASTA

Here the pasta dough is formed into tagliatelle. Other standard cutter attachments include spaghetti and fettuccine, but the rolled pasta can be formed into any shape or left flat for lasagne sheets and ravioli. If not using immediately, place the pasta on trays dusted with cornmeal, cover with cling film or a tea towel, and leave for up to 4 hours.



**1** Sift the flours, xanthan, and salt into a large bowl. In another bowl, beat together the eggs and oil. Make a well in the centre of the flours, then pour in the egg and oil mix.



**2** Use a palette knife or round-bladed table knife to draw the flour into the liquid. Mix until it starts to bind, then finally bring it together with your hands to form a dough.



**3** Transfer the dough to a lightly floured surface and knead gently until it becomes smooth. Wrap tightly in cling film and leave to rest for 10 minutes. Unwrap the dough and divide it into 4 equal pieces.



**4** Take one of the pieces of dough and, using a rolling pin, roll it out to a long strip, about 12cm (5in) wide and 5mm ( $\frac{1}{4}$ in) thick. Set aside and cover with a damp, clean tea towel, as you repeat the process with the remaining dough.

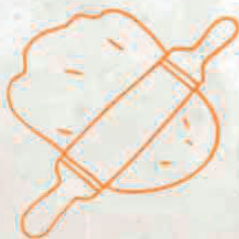


**5** Dusting well with more flour, pass each strip of dough through a pasta machine 4 times. Adjust the dial by a stop each time until the pasta is really thin; don't worry if a few holes appear. Dust and set aside each sheet.



**6** Attach the cutter and pass the flour-dusted strips through the machine to form the tagliatelle. To cook, bring a large pan of water to a rolling boil, add the pasta, and cook for 3–4 minutes; the pasta should still have some “bite”.

# MAKING PASTRY



Though a little more delicate to handle than traditional pastry, with practice you will soon master the art of gluten-free pastry and the results are well worth the effort. The addition of egg and xanthan gum helps the dough to bind, making it easier to roll out and giving the cooked pastry a crisp, flaky consistency that is almost indistinguishable from pastry made with wheat flour.

**MAKES** 400g (14oz)  
ENOUGH FOR A  
MEDIUM TART CASE

**PREP** 20 mins

**COOK** 20 mins  
PLUS CHILLING

225g (8oz) gluten-free plain flour, plus extra for dusting  
1 tsp xanthan gum  
pinch of salt  
100g (3½oz) cold butter, cubed  
1 egg, beaten

## SPECIAL EQUIPMENT

23cm (9in) round tart tin,  
ceramic baking beans  
(optional, see step 5)

## VARIATION

### Sweet shortcrust pastry

Add 2 tbsp icing sugar with the flour before blending into crumbs. After blind baking, brush the pastry case with eggwash from 1 egg, beaten, and bake for a further 5 minutes to crisp up.

## SHORTCRUST PASTRY

The pastry dough is here used to “blind” bake a case for tarts and quiches, but it is also perfect for making single and double crust pies and tartes Tatin. If you get a few cracks and holes as you lift the pastry and line the tin, simply patch them up with excess pastry and “glue” together with a little water to seal.



**1** Preheat the oven to 200°C (400°F/Gas 6). Sift the flour, xanthan, and salt into a bowl and mix. Add the butter and rub it in with your fingertips until the mixture forms crumbs. Alternatively, you can do this by pulsing the mixture in a food processor.



**2** Add the egg and mix it in with a palette knife or round-bladed table knife. Gradually add 1–2 tablespoons cold water, a few drops at a time, mixing after each addition. Keep adding water and mixing until it just comes together to form a dough.



**3** Transfer the dough to a floured surface and briefly and lightly knead until smooth. Wrap in cling film and chill in the fridge for 10 minutes. Roll out the pastry on a lightly floured surface until it is about 5mm ( $\frac{1}{4}$ in) thick and large enough to fill the tin.



**4** Carefully wrap the pastry around the rolling pin, lift over the tin, and unroll the pastry. To line the tin, gently press the pastry into the base and sides, pressing it into the flutes if you are using a fluted tin. Trim the edges, repair any holes, and prick the base with a fork.



**5** Line the pastry with baking parchment and weigh down the parchment with ceramic baking beans (or you can use ordinary dried beans, such as haricots). Place on a baking sheet and bake in the preheated oven for 15 minutes.



**6** Remove the tart from the oven and carefully lift out the parchment and beans. Return to the oven for another 5 minutes to crisp up, then add the filling of your choice and bake as per recipe instructions.

## ROUGH PUFF PASTRY

**MAKES** 400g (14oz)  
**PREP** 30 mins  
PLUS CHILLING

115g (4oz) butter, wrapped in foil and frozen for 1 hour until hard  
175g (6oz) gluten-free plain flour, plus extra for dusting  
large pinch of salt  
1 tsp xanthan gum



**1** Sift the flour, xanthan, and salt into a large bowl. Unwrap the butter and, still holding it in the foil (this stops the heat of your hand melting it), coarsely grate it into the flour.



**2** Stir the butter and flour until well mixed. Gradually add 120ml (4fl oz) ice-cold water, stirring with a palette knife or round-bladed table knife until it forms a dough.



**3** On a lightly floured surface, briefly knead the dough into a ball, then wrap in cling film and chill in the fridge for 10 minutes. Roll out the pastry to a rectangle 20 x 35cm (8 x 14in).



**4** Mentally divide the pastry into thirds, or you could lightly score it with the back of a knife. Fold the bottom third of the pastry up over the middle third.





**5** Now take the top third of the pastry and fold it down over the bottom third. Lightly press together the edges to seal the “parcel”.



**6** Give the dough a quarter turn. Roll out again and fold as before, wrap in cling film, and chill in the fridge for at least 20 minutes.

## HOT WATER CRUST

**MAKES** 500g (1lb 2oz)

**PREP** 20 mins

350g (12oz) gluten-free plain flour, plus extra for dusting  
2 tsp xanthan gum  
1 tsp salt  
3 tbsp milk  
100g (3½oz) lard or white vegetable fat  
1 egg



**1** Sift the flour, xanthan, and salt into a large bowl. Gently heat 250ml (8fl oz) water with the milk and lard until just boiling. Pour the hot liquid into the flour and quickly beat with a wooden spoon until it forms a dough.



**2** Turn the dough out onto a lightly floured surface and knead gently until smooth. This pastry can be sticky and difficult to handle, and when rolling out you may find it easier to roll between sheets of baking parchment.



# RECIPES

The recipes in this book have been selected, devised, and tested to provide delicious gluten-free replacements to many favourite dishes normally made with gluten-containing grains, or where the shop-bought variety often includes added gluten. We have also sought to offer a wide range of options for dishes that use ingredients from non-gluten grains, and some gluten-free versions of takeaway favourites.

A “Guidelines per serving” chart is provided for each recipe, weighted according to the type of meal and the proportion of daily intake you should be getting from that meal. This tells you at a glance whether the recipe is high (3 dots), medium (2 dots), or low (1 dot) in calories, saturated fat, and salt – three key areas to watch for a healthy diet. If you choose a recipe that is high in any of these areas, aim to choose dishes that are medium or low in those areas for the rest of the day. Each recipe also has a “Statistics per serving” breakdown of the number of calories and amount of protein, fat, carbohydrate, sugar, fibre, and salt in the dish. So if you really need to crunch the numbers, you can ensure you’re getting the exact balance.

Flours and other ingredients made from non-gluten grains, such as rice noodles and cornmeal, are assumed to be gluten free in the ingredients lists, but always check the label as there can be a risk of contamination with gluten grains at the milling stage.



**BREAKFAST  
AND  
SNACKS**

# MUESLI WITH TOASTED COCONUT

**SERVES** 6  
**PREP** 15 mins  
**COOK** 5 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 557kcal/2322kJ  
Protein 12g  
Fat 34g  
Saturated fat 14g  
Carbohydrate 49g  
Sugar 29g  
Fibre 10g  
Salt trace

*The sticky dates add a toffee-flavoured sweetness to this super-healthy mix of flakes, seeds, fruits, and nuts.*

75g (2½oz) rice flakes  
75g (2½oz) buckwheat flakes  
75g (2½oz) milled linseed  
175g (6oz) soft pitted dates, chopped  
75g (2½oz) dried sour cherries  
125g (4½oz) Brazil nuts, roughly chopped

50g (1¾oz) sunflower seeds  
100g (3½oz) desiccated coconut  
milk, Greek yogurt, and fresh seasonal fruit of your choice, to serve

- 1 Place the flakes, linseed, dates, cherries, Brazil nuts, and sunflower seeds in a large bowl and mix.
- 2 Place the desiccated coconut in a frying pan and dry fry gently for a few minutes until golden, stirring it around the pan so it doesn't burn.
- 3 Divide the muesli between 6 individual serving bowls, then sprinkle with the coconut. Pour over enough milk for serving and top with Greek yogurt and fresh fruit, if desired.



### Cook's Tip

The quantities can easily be scaled up and the muesli stored in an airtight container for up to 3 weeks. If storing, allow the coconut to cool before stirring it into the mix.



### DRIED SOUR CHERRIES

These have a marvellously tart, yet fruity flavour. As well as in muesli, try them on their own as a snack or use in baking. Store in an airtight container for up to 6 months.

# PORRIDGE WITH FRUIT COMPOTE

*Classic porridge, served with aniseed-infused fruits, is a real treat for breakfast. For a less indulgent porridge, replace the cream with more milk.*

200g (7oz) rolled oats  
750ml (1¼ pints) milk, plus extra  
if needed  
250ml (9fl oz) single cream

## FOR THE COMPOTE

200g (7oz) soft pitted prunes  
75g (2½oz) sour cherries  
300ml (10fl oz) fresh orange juice  
1 star anise

- 1** First prepare the compote. Place the prunes and cherries in a pan and pour over the orange juice, add the star anise, bring to the boil, then reduce the heat and simmer gently for 15 minutes. Set aside to steep.
- 2** Meanwhile, place the oats in a pan. Add two-thirds of the milk and stir well so it is all incorporated. Bring slowly to the boil, stirring continuously, until the milk has been absorbed by the oats. Gradually stir in the remaining milk and the cream, bring back to the boil, and simmer gently, stirring, for 10–15 minutes or until thick and creamy. Add more milk, if needed.
- 3** Drain the dried fruit, reserving the liquid, and remove the star anise. Ladle the porridge into deep bowls and top with the drained fruit and a little of the reserved juice.



## Variations

Try flavouring the porridge with some warming cinnamon spice: add 1 cinnamon stick and 2 teaspoons ground cinnamon to the oats along with the milk. When it's ready, remove the stick and serve with a sprinkle of cinnamon and a swirl of cream. The spice gives the porridge a sweet flavour, so there is no need to add sugar. You can also swap the fruits with dried apricots and sultanas, or figs and cranberries.



## Cook's Tip

You can store the fruit compote in an airtight container in the fridge for up to 1 week.

**SERVES** 6  
**PREP** 10 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 403kcal/1692kJ  
Protein 11g  
Fat 16g  
Saturated fat 8g  
Carbohydrate 54g  
Sugar 31g  
Fibre 7g  
Salt 0.3g

GREAT  
FOR KIDS

## NUTRIENT BOOST

Prunes are rich in fibre,  
good for digestion and  
controlling blood  
cholesterol.

# GRANOLA WITH APPLE CRISPS

**SERVES** 8  
**PREP** 20 mins  
**COOK** 1½–2 hours

*This granola is on the right side of sweetness and will give you bags of energy at the start of the day.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 446kcal/1868kJ  
Protein 8.5g  
Fat 12.4g  
Saturated fat 1.1g  
Carbohydrate 64.2g  
Sugar 27g  
Fibre 7.4g  
Salt trace

4–6 dessert apples, cored  
and very thinly sliced into rings  
juice of 1 lemon  
1 tsp demerara sugar  
3 tsp ground cinnamon  
200g (7oz) buckwheat flakes  
200g (7oz) rice flakes

drizzle of clear honey or maple syrup  
3 tbsp sunflower oil  
200g (7oz) blanched almonds  
300g (10oz) dried apricots,  
roughly chopped  
100g (3½oz) dried cranberries  
milk and natural yogurt, to serve

**1** For the apple crisps, preheat the oven to 150°C (300°F/Gas 2). Toss the apples in lemon juice and arrange them in a single layer on baking sheets lined with baking parchment. Sprinkle with the sugar and 1 teaspoon of the cinnamon and put in the oven. Leave for about 1–1½ hours, keeping an eye on them and turning them halfway through. Turn the oven down to 140°C (275°F/Gas 1) if they begin to colour too much. Remove and spread on clean parchment to dry out. If you have time, leave them in the oven overnight, after switching off the heat, to crisp up some more.

**2** Set the oven temperature to 180°C (350°F/Gas 4). Place the buckwheat flakes, rice flakes, and the remaining cinnamon in a large bowl (you can substitute other gluten-free grains, such as quinoa flakes or puffs, millet flakes, or soya flakes). Mix the honey or maple syrup with the oil, pour it over the grain mixture, and toss until all the flakes are well coated. Tip out onto a baking tray and bake for 10 minutes or until golden. Stir well, add the almonds, and cook for a further 20 minutes or until the nuts are lightly toasted. Remove from the oven, stir in the dried fruit, and leave to cool. Serve with the apple crisps, milk, and a dollop of natural yogurt.



### Cook's Tip

You can also double up the quantities for the granola and apple crisps and store them in separate airtight containers for up to 3 weeks.





# AUTUMN FRUIT COMPOTE

**SERVES** 4  
**PREP** 10 mins  
PLUS SOAKING  
**COOK** 15 mins

*When the temperature is cooler, try this seasonal fruit salad for breakfast or dessert, served hot or cold.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

100g (3½oz) dried apples  
100g (3½oz) dried figs  
100g (3½oz) dried prunes  
1 cinnamon stick  
½ vanilla pod, halved lengthways

finely grated zest and juice of  
1 orange  
1 tbsp demerara sugar  
Greek-style yogurt or porridge,  
to serve

## STATISTICS PER SERVING

Energy 165kcal/703kJ  
Protein 2.6g  
Fat trace  
Saturated fat trace  
Carbohydrate 38g  
Sugar 38g  
Fibre 8g  
Salt trace

- 1** Place all the dried fruits in a mixing bowl. Add the cinnamon, vanilla pod, and orange zest and juice. Pour in 200ml (7fl oz) of boiling water. Cover the bowl and set aside overnight.
- 2** In the morning, transfer the contents of the bowl to a saucepan. Add the sugar and 150ml (5fl oz) of cold water and bring to the boil.
- 3** Reduce the heat and simmer very gently, uncovered, for 15 minutes. Remove the vanilla pod and cinnamon stick. Serve with a dollop of Greek-style yogurt, or with porridge.



## Variation

Any combination of dried fruits works well – try using apricots, peaches, or dates, or a mixture of dried berries. For a warming winter compote, add 2 finely chopped balls of stem ginger in syrup, plus 2 tbsp of the syrup.



# CRUMPETS

**SERVES** 4  
**PREP** 15 mins  
PLUS RISING  
**COOK** 20–25 mins  
**FREEZE** 6 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 300kcal/1264kJ  
Protein 8g  
Fat 8g  
Saturated fat 2g  
Carbohydrate 48g  
Sugar 8g  
Fibre 2g  
Salt 0.6g

*Warm, toasted crumpets spread with butter and honey or jam make a quintessentially British breakfast treat.*

225g (8oz) gluten-free white bread flour  
mix (see page 38)  
1 tsp xanthan gum  
1 tbsp caster sugar  
1 tsp fast-action dried yeast  
½ tsp salt

250ml (9fl oz) milk  
vegetable oil, for greasing and frying

## SPECIAL EQUIPMENT

4 x 8cm (3¼in) metal crumpet rings

- 1** Sift together the flour, xanthan, sugar, yeast, and salt. In a pan, heat the milk with 250ml (9fl oz) water until lukewarm and stir into the flour. Beat well with a balloon whisk, then cover with lightly oiled cling film and leave to rise for 1 hour.
- 2** Heat a heavy frying pan and add a little oil. Lightly oil the crumpet rings and place them in the pan to heat up. Gently stir the batter and ladle enough into each ring to fill halfway. Cook over a low heat for 15–20 minutes; holes will appear on the surface and the batter will dry out.
- 3** Carefully remove the rings and turn the crumpets over to cook for a further 5–10 minutes on the other side. Transfer to a wire rack to cool and repeat until the batter is used up. Serve lightly toasted.

GREAT  
FOR KIDS

# CORNMEAL DROP SCONES

*Cornmeal gives these drop scones a savoury, nutty flavour and texture. Let the batter sit for 30 minutes or overnight so that the flour can fully absorb the liquid.*

250g (9oz) fine cornmeal or polenta  
250g (9oz) gluten-free plain flour  
2 tbsp sugar  
pinch of salt  
2 tsp gluten-free baking powder

½ tsp gluten-free bicarbonate of soda  
500ml (16fl oz) buttermilk  
1 egg  
50g (1¾oz) butter, melted  
sunflower oil, for frying

**1** Place the cornmeal, flour, sugar, salt, baking powder, and soda into a bowl and mix. Make a well in the centre. Mix the buttermilk, egg, and melted butter in a jug until well combined. Gradually pour this into the flour mixture and stir, spooning a little flour from the edge of the bowl as you go. Add and stir until incorporated, but don't overwork the batter or you will end up with dense pancakes. Leave to rest for a minimum of 30 minutes.

**2** Heat a little oil in a large, non-stick frying pan over a high heat until hot, swirl it around the pan to coat, then tip out any excess into a jug (to reuse). Reduce the heat to low-medium and add 3–4 separate ladlefuls of batter to the pan to form individual drop scones. Cook for 2 minutes until the edges start to cook and the underside turns golden, then flip using a spatula and cook the other side. Repeat until the batter is used up. Serve with a sweet or savoury accompaniment (see below).



## Choose Your Accompaniment

**SWEET** Try one or more of the following: orange juice, sugar, sliced banana, honey, yogurt, or blueberries.

**SAVOURY** Best with crispy bacon and scrambled eggs.



## Cook's Tip

To freeze, layer the cooled drop scones between greaseproof paper and seal in a freezer bag. To reheat, defrost and heat through in a frying pan or microwave.

**SERVES** 4  
**PREP** 10 mins  
PLUS RESTING  
**COOK** 20 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 686kcal/2865kJ  
Protein 15g  
Fat 21g  
Saturated fat 8g  
Carbohydrate 104g  
Sugar 14g  
Fibre 2g  
Salt 2g

# BUTTERMILK PANCAKES

**SERVES** 4  
**PREP** 5 mins  
**COOK** 10 mins  
**FREEZE** 6 months

*A stack of pancakes served with maple syrup and fresh fruit is hard to beat for a special family breakfast. Heat the pancakes slowly so that they cook in the middle.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

85g (3oz) rice flour  
1 tsp xanthan gum  
1 tbsp caster sugar  
1½ tsp gluten-free baking powder  
pinch of salt  
150ml (5fl oz) buttermilk

4 tbsp milk  
2 large eggs, separated  
a few drops of vanilla extract  
vegetable oil, for frying  
maple syrup and fresh berries,  
to serve

## STATISTICS PER SERVING

Energy 218kcal/912kJ

Protein 8g

Fat 10g

Saturated fat 2g

Carbohydrate 22g

Sugar 6g

Fibre 0.6g

Salt 1g

- 1 Sift the flour, xanthan, sugar, baking powder, and salt together into a bowl. Add the buttermilk, milk, egg yolks, and vanilla, and beat well.
- 2 In a clean bowl, whisk the egg whites with an electric whisk until they are stiff. Stir a good spoonful of egg white into the batter mix to loosen it, then gently fold in the remainder.
- 3 Heat a large, heavy frying pan over a medium-high heat, add a few drops of oil, and wipe it around the pan with a piece of kitchen paper. Drop 4 separate heaped dessertspoons of batter into the hot pan to make 4 pancakes, leaving plenty of space between them; they should spread to be about 8cm (3¼in) wide. Cook them over a low heat for about 2–3 minutes until the base is golden, then flip them over and cook for a further 2 minutes.
- 4 Once cooked, wrap the pancakes in a clean tea towel to keep them warm. Repeat to make 8 pancakes in total. Serve warm, drizzled with maple syrup and with a handful of fresh berries scattered on top.





# CHESTNUT PANCAKES WITH CHOCOLATE AND PRUNES

**SERVES** 4  
**PREP** 20 mins  
PLUS RESTING  
**COOK** 20 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 422kcal/1766kJ  
Protein 9g  
Fat 18g  
Saturated fat 7.2g  
Carbohydrate 68g  
Sugar 44g  
Fibre 8g  
Salt 1.4g

*Chestnut flour is available from Italian delis or online and is well worth seeking out to make these rich, nutty pancakes.*

75g (2½oz) chestnut flour  
75g (2½oz) gluten-free plain flour  
pinch of salt  
1 tsp sugar  
1 tsp gluten-free bicarbonate of soda  
300ml (10fl oz) milk, plus extra  
if needed

1 egg  
sunflower oil, for frying

## FOR THE FILLING

250g (9oz) soft pitted prunes  
100g (3½oz) chocolate (70% cocoa solids), broken into even-sized pieces

- 1** For the batter, place the flours in a large bowl with the salt, sugar, and soda and mix. In a jug, gently whisk together the milk and egg, then slowly pour into the flour, whisking continuously until well incorporated. If the batter is too thick, add a little more milk. For best results, allow the batter to sit for 30 minutes or overnight in the fridge.
- 2** For the filling, place the prunes in a small pan and just cover with water. Simmer gently for about 10 minutes to soften the prunes, then remove with a slotted spoon and chop each prune in half. Set aside.
- 3** Place the chocolate in a heatproof bowl over a pan of barely simmering water, stir occasionally until it melts, remove the bowl, and set aside.
- 4** Heat a non-stick frying pan or crêpe pan over a high heat until hot. Add a drizzle of oil, swirl it around the pan, and tip out into a jug (to reuse). Reduce the heat to low-medium, add a ladleful of batter, and tip the pan so it spreads. Cook for 2 minutes until it starts to come away from the sides. Flip over with a spatula and cook the other side until it begins to crisp. Turn out on to a plate; top with a few prunes and a drizzle of melted chocolate, then fold or roll. Drizzle with more chocolate and serve. Repeat using up all the batter and filling.



# BUCKWHEAT PANCAKES WITH ORANGE

*The slightly nutty flavour of buckwheat flour combines well with oranges. The secret is to treat the batter gently.*

100g (3½oz) buckwheat flour  
25g (scant 1oz) rice flour  
salt

1 tsp sugar

1 egg, beaten

200ml (7fl oz) milk

3 oranges, peeled and thinly sliced, any  
juice reserved

1½ tbsp maple syrup, plus extra  
sunflower oil, for frying

## SPECIAL EQUIPMENT

griddle pan

**1** To make the batter, place the flours in a bowl along with a pinch of salt and the sugar and mix. Make a well in the middle and add the egg. Stir well. Mix the milk and 150ml (5fl oz) water in a jug and gradually pour it into the flour, whisking with a balloon whisk until the batter is smooth and no longer lumpy. Set aside for 30 minutes to rest or overnight in the fridge.

**2** For the oranges, heat a griddle pan over a high heat until hot. Mix any reserved orange juice with the maple syrup and brush over the orange slices to coat both sides. Place a few slices at a time on the griddle pan and cook each side for 2 minutes until they take on a little colour. Set aside.

**3** Stir the batter. Heat 1 tablespoon oil in a non-stick frying pan or a crêpe pan over a high heat until hot. Swirl it around the pan so it just coats, and tip most of it out into a jug (to reuse). Reduce the heat to low-medium and add a ladleful of batter. Tilt the pan so it spreads; the mixture will be thick so it won't cover the pan completely. Cook for 2 minutes or until the underside is pale golden, then flip it and cook for 2 more minutes. To serve, top with orange slices and a drizzle of maple syrup. Repeat to use up all the batter.



## Cook's Tip

If freezing, layer the pancakes between greaseproof paper and seal in a freezer bag. To serve, defrost overnight and reheat in a frying pan or microwave.

**SERVES** 4  
**PREP** 15 mins  
PLUS RESTING  
**COOK** 30 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SERVING

Energy 258kcal/1078kJ  
Protein 6g  
Fat 8g  
Saturated fat 2g  
Carbohydrate 40g  
Sugar 16g  
Fibre 3.4g  
Salt trace



# BRITISH BREAKFAST FRITTATA

**SERVES** 4  
**PREP** 20 mins  
**COOK** 30–35 mins  
PLUS RESTING

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 299kcal/1234kJ  
Protein 15.5g  
Fat 23g  
Saturated fat 8g  
Carbohydrate 7g  
Sugar 1g  
Fibre 1.2g  
Salt 1.5g

*An all-in-one breakfast treat, which is easier to make and serve than cooking a fry-up for all the family.*

1 tbsp olive oil  
150g (5½oz) smoked streaky bacon rashers, chopped  
75g (2½oz) button mushrooms, quartered  
150g (5½oz) cooked, cold potatoes, cut into 1cm (½in) cubes  
4 eggs  
1 tbsp double cream

salt and freshly ground black pepper  
75g (2½oz) cherry tomatoes, halved  
butter, for greasing  
30g (1oz) grated cheese, such as Cheddar

## SPECIAL EQUIPMENT

20cm (8in) non-stick cake tin

- 1** Preheat the oven to 190°C (375°F/Gas 5). Heat the oil in a heavy-based frying pan and fry the bacon gently for 3 minutes until it starts to brown. Add the mushrooms and cook over a high heat for a further 5 minutes until browned all over. Add the potatoes and cook for a final 2 minutes.
- 2** Whisk together the eggs and cream in a large bowl and season well. Add the cooked mushroom mixture and the cherry tomatoes, and mix well.
- 3** Grease a 20cm (8in) non-stick cake tin with the butter and pour in the egg mixture. Make sure all the bits are distributed evenly and the egg just covers the filling. Sprinkle with the cheese and bake for 20–25 minutes, until just set, golden brown on top, and puffed up at the sides.
- 4** Remove from the oven and rest for at least 5 minutes. Cut into wedges and serve warm or at room temperature.



## Variation

Use slices of cooked sausage instead of bacon. Cook them in the same way so they crisp up a little.



# SWEET POTATO CAKES WITH ONION SEEDS

**SERVES** 6  
**PREP** 30 mins  
**COOK** 20–30 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 210kcal/880kJ  
Protein 6g  
Fat 5g  
Saturated fat 1.6g  
Carbohydrate 36g  
Sugar 4g  
Fibre 2g  
Salt 0.8g

*Onion seeds add a subtle spice to the mixture and cut through the richness of sweet potato. These make a lower-carb option to regular potato pancakes.*

2 medium sweet potatoes, skin on  
2 eggs, lightly beaten  
175g (6oz) rice flour  
3 tsp gluten-free baking powder  
½ tsp freshly grated nutmeg

1 tbsp black onion (nigella) seeds  
salt and freshly ground black pepper  
knob of butter, for frying  
bacon and fried tomatoes, to serve

- 1** Cook the whole potatoes in a pan of salted water for about 15–20 minutes or until soft, then drain. When cool enough to handle, peel and mash until smooth. Add the eggs and mix until well incorporated. Set aside.
- 2** Sift the flour and baking powder into a bowl, add the nutmeg, and mix. Add to the sweet potato and stir gently to mix well. Don't overwork the mixture or it will become sloppy. Stir in the onion seeds and season.
- 3** In a non-stick frying pan, heat a little butter over a medium heat until it is foaming, then add 1 heaped tablespoon of the potato mixture and flatten slightly with a palette knife. Cook for 4–5 minutes until the underside becomes golden, then flip, and cook the other side for the same time or until browned. Repeat to use up the batter. Serve with bacon and fried tomatoes.



### Variation

Add 1 finely chopped green chilli or, for a sweeter version, omit the onion seeds and seasoning, add 1 teaspoon ground cinnamon, and serve with maple syrup.



### Cook's Tip

To reheat from frozen, defrost in the fridge overnight and reheat in a non-stick frying pan or microwave on a medium heat for 2 minutes, or in the oven at 180°C (350°F/Gas 4) for 10–15 minutes.

# POTATO FARLS

*These Irish potato cakes can be fried or griddled – they are wonderfully creamy on the inside and crisp on the outside.*

675g (1½lb) floury potatoes, such as Maris Piper or Estima, skin on  
salt and freshly ground black pepper  
50g (1¾oz) butter  
150g (5½oz) gluten-free plain flour, plus extra for dusting

3 tbsp olive oil or a knob of butter, for cooking  
crispy bacon and eggs, to serve

**SPECIAL EQUIPMENT**  
griddle pan (optional)

- 1 Cook the potatoes in a large pan of boiling salted water for 20–25 minutes or until tender when poked with a sharp knife. Drain and, when cool enough to handle, peel and mash. Add the butter and mash until smooth.
- 2 Sift the flour into the mash, season well, and mix with a spoon. With your hands, bring the dough together. Turn it out onto a lightly floured surface and either roll or use the back of your hand to flatten it, so it is about 5mm (¼in) thick. Cut the dough out to make 4 x 6cm (1½ x 2½in) rectangles, then slice these into triangles.
- 3 To fry, heat a large, non-stick frying pan over a medium heat with half the oil or half the butter. Add half the potato cakes and fry for 2 minutes on each side until golden. Sit them on kitchen paper to drain. Repeat for the remaining farls and drain. To griddle, brush the griddle pan with a little oil, heat it to hot, add the farls a few at a time, and griddle for 2–3 minutes. Turn and cook the other side. Sit them on kitchen paper to drain. Repeat to cook the remaining farls. Serve for breakfast with crispy bacon and eggs.



## Cook's Tip

Cooking the potatoes with their skin on helps keep them dry. You can also use leftover mashed potato, but warm it slightly first. To reheat the farls from frozen, defrost overnight and reheat in a frying pan or microwave on a medium heat for 2 minutes, or in the oven at 180°C (350°F/Gas 4) for 10–15 minutes.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 40 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 422kcal/1765kJ  
Protein 7g  
Fat 19g  
Saturated fat 8g  
Carbohydrate 55g  
Sugar 1.5g  
Fibre 4.5g  
Salt 0.2g



# EGGS BENEDICT

**SERVES** 4  
**PREP** 20 mins  
PLUS RISING  
**COOK** 35 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 753kcal/3167kJ  
Protein 28g  
Fat 38g  
Saturated fat 19g  
Carbohydrate 75g  
Sugar 11g  
Fibre 13.5g  
Salt 0.8g

*If you prefer white muffins, use the gluten-free white bread flour blend on page 38 and add two tablespoons caster sugar.*

450g (1lb) gluten-free brown bread flour blend (see page 38), plus extra for dusting  
2 tsp fast-action dried yeast  
1 tsp xanthan gum  
salt and freshly ground black pepper  
300ml (10fl oz) milk  
90g (3oz) unsalted butter, plus extra

2 tbsp black treacle  
5 eggs, plus 2 egg yolks  
3 tbsp white wine vinegar

## SPECIAL EQUIPMENT

7.5cm (3in) round metal cutter,  
griddle pan

- 1** Sift the flour, yeast, xanthan, and a pinch of salt into a large bowl and stir to combine. Warm the milk to lukewarm, add 15g ( $\frac{1}{2}$ oz) butter, the treacle, and 1 egg, and whisk with a fork. Make a well in the centre of the dry ingredients, add the wet ingredients, and mix. Turn onto a lightly floured surface and knead for 5 minutes until smooth. Roll out the dough 2cm ( $\frac{3}{4}$ in) thick and cut out 8 rounds. Transfer to a floured baking sheet, cover with oiled cling film, and leave somewhere warm for 1 hour until doubled.
- 2** Heat a large, heavy frying pan or flat griddle. Add the muffins, making sure they don't touch each other, and cook over a medium heat for 6–7 minutes or until the bases are golden. Turn over, place a baking sheet on top of the pan to intensify the heat, and cook for 7–8 minutes until golden.
- 3** To poach the eggs, place a frying pan over a low heat and add boiling water to a depth of 2.5cm (1in). Carefully break 4 eggs, one at a time, into the water and let them barely simmer, for 1 minute. Remove the pan from the heat and set aside for 10 minutes to finish poaching.
- 4** For the hollandaise sauce, simmer the vinegar in a small pan until reduced by half. Pour into a heatproof bowl with the egg yolks and place over a pan of gently simmering water. Melt 75g ( $2\frac{1}{2}$ oz) butter, gradually add it to the bowl, and whisk continuously with a balloon whisk until a smooth, thick sauce forms. Remove from the heat and season. Split and butter the muffins, top each half with an egg, and pour over the sauce.



# BAKED BEANS

**SERVES** 4  
**PREP** 10 mins  
**COOK** 40 mins  
**FREEZE** 3 months

*Commercial baked beans often contain gluten, but making your own is surprisingly easy.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 210kcal/889kJ  
Protein 10.5g  
Fat 4g  
Saturated fat 0.7g  
Carbohydrate 34g  
Sugar 5.3g  
Fibre 12g  
Salt 0.2g

1 tbsp olive oil  
1 onion, finely chopped  
salt and freshly ground black pepper  
2 garlic cloves, finely chopped  
1 tsp ground allspice  
1 tsp paprika  
1 tbsp tomato purée  
1 tsp Dijon mustard

1 tbsp black treacle  
600ml (1 pint) passata  
2 x 400g cans haricot beans,  
drained and rinsed  
gluten-free toast (see pages 38  
or 216) or grilled streaky bacon,  
to serve

- 1 Heat the oil in a large pan, add the onion, season with salt and pepper, and cook gently for about 2–3 minutes until translucent; do not allow to brown. Stir through the garlic, allspice, paprika, tomato purée, and mustard and cook for a few seconds.
- 2 Now add the treacle and 2 tablespoons passata, stir well, cook for a few minutes, then add the remaining passata and bring to the boil. Reduce to a low heat and simmer for about 20–30 minutes.
- 3 Tip in the beans, stir, and cook for a further 15 minutes or until thickened. Taste and season some more if required. Serve with gluten-free toast or grilled streaky bacon.



### Cook's Tip

You can also use cannellini beans or butter beans as an alternative.





# HASH BROWNS




*These crispy, golden shredded potato cakes certainly shouldn't be reserved just for breakfast.*

**SERVES** 4  
**PREP** 20 mins  
**COOK** 45 mins  
**FREEZE** 3 months

900g (2lb) waxy potatoes,  
such as Maris Peer or Charlotte  
1 egg, lightly beaten  
salt and freshly ground black pepper

1–2 tbsp rice flour  
vegetable oil, for frying  
eggs, bacon, and baked beans  
(see opposite), to serve

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 303kcal/1270kJ  
Protein 7g  
Fat 13g  
Saturated fat 1.7g  
Carbohydrate 39g  
Sugar 1.3g  
Fibre 4g  
Salt trace

- 1** Peel the potatoes, pat them dry, and coarsely grate into a large bowl. Transfer to a clean tea towel and squeeze to remove as much moisture as possible. Dry the bowl and return the grated potato to it.
- 2** Trickle in the egg, just enough to bind the mixture; you may not need it all. Stir well and season with salt and pepper. Sprinkle over the rice flour and turn with a spoon so it coats the potato.
- 3** Take a scoop of the mixture, form it into a ball, then flatten into a patty. Make 2–3 patties at a time; you should get about 12 in total. Heat 1 tablespoon oil in a large non-stick frying pan over a medium heat until hot and add 2–3 patties at a time, giving them plenty of room. Cook for 4–5 minutes, undisturbed, so the underside gets really crispy and golden. Turn with a spatula and cook the other side for the same amount of time or until golden and cooked right through. Remove, drain on kitchen paper, and cover with foil to keep warm. Cook the remaining patties a few at a time. Serve as part of a breakfast with eggs, bacon, and some home-made baked beans.



### Cook's Tip

The potatoes must be as dry as possible before adding the egg, for the hash browns to properly crisp up. To reheat the hash browns from frozen, defrost in the fridge overnight, then reheat in a frying pan, or in the microwave on a medium heat for 2 minutes, or in the oven at 180°C (350°F/Gas 4) for 10–15 minutes.



# TURKISH EGGS

**SERVES** 4  
**PREP** 15 mins  
**COOK** 40–45 mins

*This dish, known as “menemen” in Turkey, is spicy and utterly moreish. Add more chilli if you like it hot.*

## GUIDELINES PER SERVING



1 tbsp olive oil	2 garlic cloves, crushed
1 onion, sliced	1 red chilli, deseeded and finely chopped
1 green pepper, sliced	400g can of chopped tomatoes
1 red pepper, sliced	pinch of caster sugar
1 orange pepper, sliced	salt and freshly ground black pepper
150g (5½oz) Greek yogurt	4 eggs
3 tbsp chopped mint leaves	3 tbsp roughly chopped coriander leaves

## STATISTICS PER SERVING

Energy 208kcal/871kJ  
Protein 12g  
Fat 12g  
Saturated fat 4g  
Carbohydrate 13g  
Sugar 13g  
Fibre 4g  
Salt 0.5g

- 1 Heat the oil in a large, non-stick frying pan over a medium heat and cook the onion for 5 minutes. Add the peppers to the pan and cook for 20 minutes, stirring occasionally.
- 2 Meanwhile, place the yogurt, mint, and garlic in a small serving bowl and stir together. Cover and set aside.
- 3 Add the chilli, tomatoes, and sugar to the frying pan, season well, and cook for 10 minutes.
- 4 Make 4 hollows in the tomato mixture and crack an egg into each. Cover the pan and cook for 5–10 minutes, or until the eggs are cooked to your liking.
- 5 Sprinkle the dish with the coriander and serve with the herb and garlic yogurt.



# BLUEBERRY BREAKFAST MUFFINS

**SERVES** 6  
**PREP** 10 mins  
**COOK** 25–30 mins  
**FREEZE** 6 months

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 390kcal/1640kJ  
Protein 8g  
Fat 17g  
Saturated fat 3g  
Carbohydrate 48g  
Sugar 22g  
Fibre 2g  
Salt 0.6g

*Start the day with a boost of fresh blueberries packed into muffins. Serve with a glass of milk, American style!*

175g (6oz) gluten-free plain flour  
60g (2oz) polenta or fine cornmeal  
115g (4oz) caster sugar  
1 tsp xanthan gum  
1½ tsp gluten-free baking powder  
½ tsp gluten-free bicarbonate of soda  
pinch of salt  
140g (5oz) blueberries

zest of 1 lemon  
100ml (3½fl oz) vegetable oil  
100ml (3½fl oz) milk  
3 eggs

## SPECIAL EQUIPMENT

deep 12-hole muffin tray lined with paper cases

- 1 Preheat the oven to 180°C (350°F/Gas 4). Mix together the flour, polenta, sugar, xanthan, baking powder, soda, and salt in a large bowl.
- 2 Stir in the blueberries and lemon zest. Mix together the oil, milk, and eggs, add to the dry ingredients, and mix briefly.
- 3 Spoon the mixture into the paper cases. Bake for 25–30 minutes or until risen and golden brown on top. Cool in the tin for 5 minutes before transferring to a wire rack. Best served slightly warm.

## NUTRIENT BOOST

Blueberries are rich in antioxidants, linked to heart health and fighting cancer.

GREAT FOR KIDS



## BLUEBERRIES

Blueberries have a mild flavour that is markedly enhanced by cooking, one reason why they are such a popular fruit for baking. Raspberries or chopped strawberries would also work in this recipe.

# FRUIT AND NUT BREAKFAST BARS

*These energy-packed oat bars are perfect for breakfast on the go and equally good as a mid-morning snack.*

vegetable oil, for greasing  
115g (4oz) ready-to-eat dried apricots  
85g (3oz) blanched hazelnuts  
85g (3oz) unskinned almonds  
85g (3oz) raisins or sultanas  
85g (3oz) dried cranberries  
397g can sweetened condensed milk

200g (7oz) rolled oats  
85g (3oz) crispy rice  
or puffed rice

## SPECIAL EQUIPMENT

23 x 33cm (9 x 13in) baking tray

**SERVES** 8  
**PREP** 15 mins  
**COOK** 30–35 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 534kcal/2244kJ  
Protein 12g  
Fat 20g  
Saturated fat 4g  
Carbohydrate 66g  
Sugar 40g  
Fibre 6g  
Salt 0.4g

- 1 Preheat the oven to 160°C (325°F/Gas 3). Lightly oil the tray and line with baking parchment.
- 2 Use scissors to snip the apricots into small pieces and place in a bowl. Roughly chop the hazelnuts and almonds, keeping them fairly chunky. Add the nuts to the bowl with the raisins or sultanas and cranberries.
- 3 Pour the condensed milk into a large, heavy pan and slowly bring to the boil over a low heat. Stir constantly as it can catch at the bottom and burn. Remove once it is boiling, add the fruit, nuts, oats, and rice, and mix well with a wooden spoon. Tip into the prepared tray and level the surface with the back of a wetted spoon. Bake for 30–35 minutes or until pale golden.
- 4 Remove from the oven, cool in the tray for 5 minutes, then tip out onto a chopping board. Cut into 16 bars and leave to cool completely. They will store in an airtight container for up to 1 week.



## Variation

**CHOCOLATE FRUIT AND NUT BARS** Stir 2 tablespoons cocoa powder into the condensed milk before mixing in the remaining ingredients and add 60g (2oz) roughly chopped dark chocolate (70% cocoa solids).

## NUTRIENT BOOST

Almonds are a source of calcium, also rich in vitamin E and heart-friendly fats.

**GREAT  
FOR KIDS**

# BREAKFAST BERRY BARS

**SERVES** 8  
**PREP** 10 mins  
**COOK** 30–35 mins

*So easy to make, these fruit-packed bars are ready to grab for a breakfast on the go!*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 476kcal/2000kJ  
Protein 11g  
Fat 12g  
Saturated fat 4g  
Carbohydrate 80g  
Sugar 44g  
Fibre 7g  
Salt 0.3g

oil, for greasing  
397g can sweetened condensed milk  
300g (10oz) mixed dried berries,  
such as cranberries, blueberries,  
and sour cherries  
250g (9oz) rolled oats  
50g (1<sup>3</sup>/<sub>4</sub>oz) crispy rice

30g (1oz) sunflower seeds  
30g (1oz) pumpkin seeds

## SPECIAL EQUIPMENT

23 x 33cm (9 x 13in) rectangular  
baking tin

- 1 Preheat the oven to 160°C (325°F/Gas 3). Lightly oil the baking tray.
- 2 Gently heat the condensed milk in a large, heavy pan and slowly bring to the boil. Remove it from the heat, then tip in the fruit, oats, crispy rice, and seeds. Mix well with a wooden spoon.
- 3 Tip into the prepared tin, then level the surface with the back of a wetted spoon. Bake for 30–35 minutes or until pale golden.
- 4 Remove from the oven, cool in the tin for 5 minutes, and cut into 16 bars. Transfer the bars to a wire rack to cool completely. Store in an airtight container for up to 1 week.

**GREAT  
FOR KIDS**

**NUTRIENT  
BOOST**  
Oats provide  
low-GI carbohydrate  
energy.



## Cook's Tip

Tailor these to suit your personal taste: chopped dried apricots, sultanas, or raisins can be used instead of the berries, just keep the quantity the same; and try using the same quantity of chopped hazelnuts in place of the seeds.







**STARTERS,  
PARTY FOOD,  
AND DIPS**

# BREADSTICKS WITH PEPPER DIP

**MAKES** 18  
**PREP** 15 mins  
PLUS RISING  
**COOK** 40–45 mins

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SERVING

Energy 158kcal/662kJ  
Protein 6g  
Fat 9.5g  
Saturated fat 2.5g  
Carbohydrate 16g  
Sugar 2.5g  
Fibre 1.5g  
Salt 0.4g

*These party nibbles come in three different flavours, but if preferred, simply dust with polenta.*

350g (12oz) gluten-free white bread flour blend (see page 38), plus extra for dusting  
2 tsp fast-action dried yeast  
2 tsp xanthan gum  
2 tsp caster sugar  
1 tsp salt  
2 eggs  
2 tbsp olive oil  
vegetable oil, for brushing  
4 tbsp poppy seeds  
4 tbsp sesame seeds  
6 tbsp finely grated Parmesan cheese

## FOR THE ROASTED PEPPER DIP

2 large red peppers  
4 garlic cloves, unpeeled  
3 tbsp olive oil  
1 tsp smoked paprika  
½ tsp caster sugar  
½ tsp ground cumin  
½ tsp salt  
dash of Tabasco sauce

- 1** Preheat the oven to 220°C (425°F/Gas 7). Sift the flour, yeast, xanthan, sugar, and salt into a large bowl. Lightly beat 1 egg with the olive oil and 250ml (9fl oz) lukewarm water, add to the dry ingredients, and mix to form a dough. Transfer to a lightly floured surface and knead for 5 minutes. Return to the bowl, cover with oiled cling film, and leave to rise in a warm place for about 1 hour until doubled in size.
- 2** Meanwhile, roast the peppers on a baking tray for 15–20 minutes until lightly charred. Add the garlic and cook for a further 10 minutes. Transfer the peppers and garlic to a plastic bag and leave to cool. Core and deseed the peppers and peel off the skin. Pop the garlic from their skins. Combine with the remaining ingredients in a food processor and blitz to a coarse dip.
- 3** Lightly oil 2 baking sheets. Roll out the dough to a fat sausage and cut into 18 equal-sized pieces. Roll each piece into a stick 12cm (5in) long. Scatter the seeds and Parmesan onto 3 separate plates. Beat the remaining egg. Brush the sticks with the beaten egg and roll a third of the sticks in each flavour. Place them a little apart on the baking sheets and bake for 15–20 minutes or until crisp and golden. Allow to cool.

# CHEESE STRAWS WITH TOMATO AND BASIL DIP

*Shape the cheese straw trimmings into little biscuits – they still taste great, whatever the shape.*

225g (8oz) gluten-free plain flour,  
plus extra for dusting  
100g (3½oz) butter, cubed  
2 tsp mustard powder  
1 tsp xanthan gum  
½ tsp salt  
85g (3oz) mature Cheddar cheese, grated,  
or blue cheese, crumbled  
1 egg, beaten  
milk for brushing

3 tbsp finely grated Parmesan cheese  
paprika, for sprinkling



## FOR THE DIP

4 medium tomatoes  
2 tbsp finely chopped basil  
1 tbsp olive oil  
1 tbsp tomato purée  
½ tsp caster sugar  
salt and freshly ground black pepper

- 1 Place the flour, butter, mustard, xanthan, and salt in a food processor and pulse until the mixture looks like crumbs. Transfer to a bowl. Stir through the Cheddar or blue cheese, then add the egg along with 4 tablespoons cold water. Using a round-bladed knife, mix to form a ball of dough. Lightly knead on a floured surface, wrap in cling film, and chill for 30 minutes.
- 2 Preheat the oven to 200°C (400°F/Gas 6). Roll out the dough on a lightly floured surface to a rectangle measuring 23 x 36cm (9 x 14½in), and trim the edges. Brush with milk, then sprinkle over the Parmesan and paprika. Cut 2cm (¾in) wide strips from the dough and place them on baking trays. Bake for 15–20 minutes or until the strips are golden and puffy. Leave to cool.
- 3 For the dip, score the tomatoes and soak in boiling water for 30 seconds. Peel and discard the skin, then roughly chop the tomatoes on a board to make a pulp. Tip the flesh and all the juices into a small bowl. Add the remaining ingredients, stir well, and season to taste. Serve at room temperature with the cheese straws.

**MAKES** 18  
**PREP** 15 mins  
PLUS CHILLING  
**COOK** 15–20 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 133kcal/554kJ  
Protein 4g  
Fat 8.5g  
Saturated fat 5g  
Carbohydrate 10g  
Sugar 1g  
Fibre 0.8g  
Salt 0.4g

# LAVOSH WITH AUBERGINE DIP

**SERVES** 8  
**PREP** 20 mins  
**COOK** 1 hour 10 mins

*Iranian-style seeded crisp breads served with a sesame-scented aubergine dip make a great snack or appetiser.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 226kcal/994kJ  
Protein 5.5g  
Fat 17g  
Saturated fat 3.5g  
Carbohydrate 15.5g  
Sugar 1.5g  
Fibre 3g  
Salt 0.6g

150g (5½oz) gluten-free plain flour, plus extra for dusting  
2 tsp xanthan gum  
½ tsp salt  
2 egg whites  
15g (½oz) butter, melted  
2 tbsp sesame seeds  
1 tbsp poppy seeds

## FOR THE DIP

2 medium aubergines  
2 garlic cloves, crushed  
zest and juice of 1 lemon  
3 tbsp tahini paste  
½ tsp salt  
90ml (3fl oz) olive oil  
3 tbsp finely chopped fresh coriander  
4 tbsp Greek yogurt  
freshly ground black pepper

- 1** Preheat the oven to 200°C (400°F/Gas 6). For the dip, bake the aubergines on a baking tray for 30–40 minutes or until soft and lightly charred. Cool.
- 2** Meanwhile, make the lavosh. Sift the flour, xanthan, and salt into a large bowl. Beat 1 egg white with 90ml (3fl oz) water, stir into the flour with the melted butter, and mix well to form a dough. Lightly knead the dough on a floured surface, divide into 6 balls, and roll out each ball until paper thin, then place on baking sheets. Repeat with all the dough.
- 3** Brush the remaining egg white over the lavosh, sprinkle the seeds, and bake in 2 batches for 10–15 minutes or until crisp and golden.
- 4** Halve the aubergines and scoop the flesh into a food processor. Add the rest of the ingredients and blend to a chunky spread. Check the seasoning, spoon into a bowl, and serve with the crisp breads.



## Cook's Tip

You can also store the lavosh, after it has cooled, in an airtight container for 2–3 days. Re-crisp in a warm oven. The dip can be stored for 2–3 days in an airtight container in the fridge.



# SESAME RICE CRACKERS

**SERVES** 6  
**PREP** 20 mins  
PLUS DRYING  
**COOK** 20 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 363kcal/1514kJ  
Protein 7g  
Fat 7g  
Saturated fat 1g  
Carbohydrate 62g  
Sugar 1g  
Fibre 0.5g  
Salt 0.6g

*These fiery hot crackers are perfect for serving with dips or spicy relishes and pickles.*

500g (1lb 2oz) sticky rice (sushi rice), washed in cold running water, until the water runs clear  
salt  
2 tbsps sesame seeds

1 tsp wasabi paste  
2 tsp tamari (gluten-free soy sauce)  
sunflower oil, for frying  
hot carrot and onion seed pickle or spicy cauliflower pickle, to serve

- 1** Tip the washed rice into a large pan, add 660ml (1 pint) cold water, cover with a lid, bring to the boil, and simmer for 10 minutes or until all the water has been absorbed; make sure it doesn't dry out or the rice will burn. Remove from the heat, but do not remove the lid. Leave covered for 15 minutes.
- 2** Season the cooked rice with salt, stir in the sesame seeds, wasabi, and tamari, and mix well until it is all combined.
- 3** Spread the mixture out onto a baking tray lined with baking parchment. Squash the rice a little and top with another sheet of baking parchment. Use a rolling pin to roll over the paper and flatten the rice so it is about 5mm ( $\frac{1}{4}$ in) thick. Remove the baking parchment and place in the fridge to dry overnight.
- 4** Remove the rice from the fridge 20 minutes before you are ready to cook. Pour the oil to a depth of 5cm (2in) in a deep frying pan. Slice the rice into square shapes, breaking pieces off (it will be irregular), and add to the hot oil a couple at a time. Continue frying until they are all cooked. Drain on kitchen paper and serve with a hot carrot and onion seed or spicy cauliflower pickle.

# VEGETABLE CRISPS

*Deliciously sweet and healthier than regular crisps, these make an ideal snack for children; omit the salt if you prefer.*

2 parsnips  
1 sweet potato  
2 beetroots

sunflower oil, for deep-frying,  
enough to fill half the pan  
sea salt (optional)

- 1 Peel and trim the vegetables, then cut them into wafer-thin slices using a vegetable peeler or a mandolin, if you have one.
- 2 Heat the oil in a heavy, deep-sided pan over a high heat until really hot. Don't leave the pan unattended, take off the heat when not using, and keep a fire blanket nearby in case of fire. Add the vegetable slices a few at a time. Fry each batch for 2–3 minutes or until crisp and golden, then remove with a slotted spoon and spread out over kitchen paper on a baking sheet. Repeat until all are cooked.
- 3 Sprinkle with sea salt (if using) and then sit them piled high in bowls to serve with drinks, or serve alongside meat such as game.



## Variations

Sprinkle with either paprika, black pepper, or dried chilli flakes for extra flavour.

## YELLOW BEETROOT

If you are wary of the staining juices from red beetroot, look out for Burpee's Golden, a bright yellow beet that does not bleed when cut.



**SERVES** 4  
**PREP** 20 mins  
**COOK** 30 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 258kcal/1076kJ  
Protein 3g  
Fat 17.5g  
Saturated fat 2g  
Carbohydrate 22g  
Sugar 10g  
Fibre 7.5g  
Salt 0.15g

## NUTRIENT BOOST

Beetroots produce nitric oxide gas in the blood, which lowers blood pressure.

GREAT FOR KIDS

# TZATZIKI

**SERVES** 4  
**PREP** 10 mins

*Traditionally served in Greece as a starter with a pile of pitta bread, this dip can also be served with lamb dishes.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

10cm (4in) piece of cucumber, quartered lengthways and deseeded  
200g (7oz) Greek yogurt or thick plain yogurt  
1 tbsp finely chopped dill  
1 small garlic clove, crushed  
1 tbsp lemon juice  
salt and freshly ground black pepper  
1 tbsp finely chopped mint leaves

## STATISTICS PER SERVING

Energy 49kcal/203kJ  
Protein 2.5g  
Fat 3g  
Saturated fat 2g  
Carbohydrate 3g  
Sugar 3g  
Fibre 0.2g  
Salt 0.2g

- 1 Grate the lengths of cucumber into a sieve, pressing them down to remove most of the excess water.
- 2 Put the grated cucumber in a clean tea towel and squeeze it well to remove the last of the water. Place the squeezed ball of cucumber on a chopping board and chop it up to make it even finer.
- 3 Mix it together with the remaining ingredients and season to taste. Cover and chill until needed.



### Cook's Tip

Serve this delicious dip with a big pile of crudité's including carrots, cucumber, and celery, to encourage children who are fussy eaters to eat more vegetables.





# COURGETTE AND CHILLI FRITTERS

**SERVES** 4  
**PREP** 25 mins  
PLUS RESTING  
**COOK** 10 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 370kcal/1574kJ  
Protein 11g  
Fat 20g  
Saturated fat 4g  
Carbohydrate 33g  
Sugar 5.5g  
Fibre 4g  
Salt 0.2g

*Perfect for a light supper, these fritters shouldn't be at all oily: use minimal oil and drain well.*

900g (2lb) courgettes, topped and tailed  
salt and freshly ground black pepper  
150g (5½oz) rice flour  
1 tbsp olive oil  
2 eggs, separated

150ml (5fl oz) milk  
1 tsp dried chilli flakes  
sunflower oil, for frying  
fresh tomato salsa or home-made mayonnaise, to serve

- 1 Finely grate the courgettes into a colander, sprinkle over a little salt, and leave for 30 minutes. Tip them into a tea towel and squeeze out the excess water (see Cook's Tip).
- 2 For the batter, place the flour in a bowl, season, and add the olive oil, egg yolks, and milk. Mix well to combine. Leave to rest for 30 minutes, if time permits.
- 3 Meanwhile, whisk the egg whites until fairly stiff, then fold them into the batter mixture. Add the grated courgettes to the batter mixture along with the chilli flakes and fold them in gently.
- 4 Heat a little sunflower oil in a non-stick frying pan and add dollops of the batter; they will spread so add only about 3 at a time. Cook for 1–2 minutes or until they begin to turn golden, then flip and cook the other side. Drain on kitchen paper and continue until all the batter is used up. Serve with fresh tomato salsa or some home-made mayonnaise.



### Cook's Tip

It's essential that the courgettes are drained of all the excess water, so squeeze and pat them dry really well.

# CORN AND FETA FRITTERS

*A very easy, light supper dish that uses only a few ingredients from the fridge and storecupboard.*

125g (4½oz) gluten-free plain flour  
2 tsp gluten-free baking powder  
1 egg  
100ml (3½fl oz) milk  
195g can sweetcorn, drained, or the kernels from 2 fresh cobs (see below)

freshly ground black pepper  
75g (2½oz) feta cheese, crumbled  
2–3 tbsps sunflower oil, for frying  
fried or grilled bacon, to serve (optional)

- 1 Sift the flour and baking powder into a bowl and make a well. Add the egg and milk, and start to incorporate the flour, whisking until smooth. Add the sweetcorn, some pepper, and mix. Rest in the fridge for 15 minutes.
- 2 When ready to cook, stir in the feta, then heat a little oil in a non-stick frying pan over a medium heat. Spoon in 2 tablespoons of the mixture and flatten together to form each fritter, leaving plenty of space between them; you will have to cook them in batches.
- 3 Fry for 1–2 minutes or until the underside is pale golden, then turn and cook the other side for a further 1–2 minutes. Remove and drain on kitchen paper. Serve alone or with bacon, as a main meal or breakfast.



## Variations

Once you've mastered the batter mix, try varying it with grated Cheddar cheese and spring onion, peas and chopped mint, or blue cheese and chopped red onion.

## CORN ON THE COB

To prepare fresh sweetcorn, pull off the husk and silk, hold upright, and slice straight down the sides to cut off the kernels. Steam or boil for 2–3 minutes.



**SERVES** 4  
**PREP** 15 mins  
PLUS RESTING  
**COOK** 15 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 294kcal/1230kJ  
Protein 8g  
Fat 13g  
Saturated fat 4.5g  
Carbohydrate 36g  
Sugar 5.5g  
Fibre 0.8g  
Salt 1.9g

GREAT  
FOR KIDS

## NUTRIENT BOOST

The phytochemicals in canned sweetcorn are more easily absorbed than in fresh.

# BLINIS WITH SMOKED TROUT AND HOT AND SOUR CUCUMBER

**SERVES** 10  
**PREP** 15 mins  
PLUS MARINATING  
**COOK** 10–15 mins  
**FREEZE** 6 months  
BLINIS ONLY

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 171kcal/714kJ  
Protein 6.5g  
Fat 8.5g  
Saturated fat 4g  
Carbohydrate 16g  
Sugar 3.5g  
Fibre 0.6g  
Salt 0.9g

*Serve these little pancakes as smart canapés daintily topped with the cucumber, trout, and soured cream.*

85g (3oz) buckwheat flour	½ tsp white mustard seeds
85g (3oz) gluten-free plain flour	½ tsp Sichuan peppercorns
½ tsp gluten-free baking powder	3 tbsp cider vinegar
1 tsp fast-action dried yeast	1 tbsp finely chopped dill
salt	1 tbsp caster sugar
200ml (7fl oz) milk	½ tsp dried chilli flakes
1 egg, separated	140g (5oz) smoked trout, finely chopped
15g (½oz) butter, melted	150ml (5fl oz) soured cream
250g (9oz) cucumber, peeled, halved, deseeded, and thinly sliced	vegetable oil, for frying

- 1** Sift the flours, baking powder, yeast, and ½ teaspoon salt into a large bowl. Heat the milk until lukewarm, and pour into the flour with the egg yolk and melted butter. Mix well and cover. Leave to stand for 30 minutes.
- 2** Place the cucumber in a bowl. Lightly crush the mustard seeds and peppercorns with a mortar and pestle. Add to the cucumber with the vinegar, dill, sugar, ½ teaspoon salt, and chilli flakes, and mix. Cover and marinate for 20 minutes.
- 3** Stir the batter. Whisk the egg white in a clean bowl until it forms stiff peaks, then fold it into the batter. Heat a heavy non-stick frying pan, add a few drops of oil, and wipe it around the pan with kitchen paper. Drop dessertspoonfuls of the batter into the hot pan; they should be 5cm (2in) wide. Cook over a medium heat for 1–2 minutes until bubbles form and the base is golden. Flip and cook for 1 minute. Repeat to make 35–40 blinis. Serve warm with the cucumber, smoked trout, and soured cream.



# SAUSAGE ROLLS

**SERVES** 6  
**PREP** 20 mins  
**COOK** 30 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 428kcal/1786kJ  
Protein 14g  
Fat 30g  
Saturated fat 12g  
Carbohydrate 26g  
Sugar 2g  
Fibre 0.6g  
Salt 1.8g

*A real favourite with everyone – perfect for parties, snacks, or picnics.*

400g (14oz) gluten-free sausages, removed from their skins  
½ medium onion, very finely chopped  
handful of flat-leaf parsley, finely chopped  
salt and freshly ground black pepper

400g (14oz) gluten-free rough puff pastry (see pages 46–7)  
1 egg, lightly beaten, or more if needed  
vegetable oil, for greasing

- 1 Preheat the oven to 200°C (400°F/Gas 6). Add the sausagemeat to a bowl and chop using a fork, stir in the onion and parsley, and season if required (the sausages may be salty enough already).
- 2 On a lightly floured surface, roll out the pastry to a large rectangle about 24 x 30cm (9½ x 12in) and 4mm (¼in) thick, then cut it lengthways so you have 2 rectangles. Halve the sausage mixture, roll each half into a long sausage shape, and place down the middle of each piece of pastry.
- 3 Brush the edges of the pastry with the beaten egg and then fold the pastry over, so it wraps the sausagemeat with the seam underneath. Press the edges together to seal. Repeat with the other rectangle of pastry. Now slice each roll into 6 pieces. Slash the tops so that steam escapes as they cook, then brush them with the remaining beaten egg. Sit them on a lightly oiled baking sheet and cook in the oven for 25–30 minutes until evenly golden and the sausagemeat is cooked through. Remove and serve hot or cold.

GREAT  
FOR KIDS



## Variation

**CHEESE ROLLS** Follow the same recipe for a non-meat version, but replace the sausagemeat with 200g (7oz) mature Cheddar cheese, grated, and 200g (7oz) gluten-free breadcrumbs, mixed with the onion and parsley. Use your hands to squeeze the mixture together into a sausage shape, fill the pastry rectangles, and seal. Brush with beaten egg and bake for 20–25 minutes or until golden.

# FISH FINGERS

*So much better than ready-made ones, and you have complete control over what goes into them and coats them.*

400g (14oz) white fish fillets or loin, such as haddock, skin and pinbones removed

150g (5½oz) polenta or fine cornmeal, plus extra if needed

50g (1¾oz) fresh Parmesan cheese, grated

5 tbsp gluten-free plain flour or gram flour, plus extra if needed

salt and freshly ground black pepper

1 egg, lightly beaten

2–3 tbsp sunflower oil

lemon wedges and gluten-free tartare sauce, to serve

- 1** Cut the fish into 12–16 lengths to form fingers and then trim to neaten. The number will depend on the size and shape of the fish.
- 2** Mix the polenta with the Parmesan, then season the plain or gram flour with salt and pepper. Tip the flour out onto a plate, the beaten egg onto another plate, and the polenta mix onto a third.
- 3** Dip each fish finger into the flour and turn to cover so the egg will stick, then dip into the egg to coat, and roll in the polenta until completely covered. Sit the fingers on a baking tray and put in the fridge to firm up for 20 minutes. When ready to cook, heat a little oil in a non-stick frying pan and add a few at a time, frying on a medium-high heat for 5–6 minutes on each side or until golden. Repeat with all fingers, topping up the pan with more oil as needed. Serve with lemon wedges and gluten-free tartare sauce.



## Cook's Tip

You could oven-bake these if you prefer: sit them on a lightly oiled baking sheet and cook in the oven at 200°C (400°F/Gas 6) for 20 minutes, turning them halfway through. Excellent for children: serve sandwiched between slices of gluten-free bread for the perfect fish-finger sandwich.

**SERVES** 4  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 20 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 406kcal/1700kJ

Protein 30g

Fat 13g

Saturated fat 4g

Carbohydrate 40g

Sugar 0.2g

Fibre 0.8g

Salt 0.6g



# CHICKEN NUGGETS

**SERVES** 4  
**PREP** 20 mins  
**COOK** 20–30 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 424kcal/1785kJ

Protein 60g

Fat 5.5g

Saturated fat 1g

Carbohydrate 31g

Sugar 0.5g

Fibre 1g

Salt 0.5g

*Processed nuggets are justly criticised for the poor quality of their meat; with these home-made versions you know exactly what has gone into them.*

900g (2lb) chicken breast, skinless, cut into cubes or bite-sized pieces

2–3 tbsps gluten-free plain flour, rice flour, or cornflour, plus extra if needed

salt and freshly ground black pepper

1 egg, lightly beaten, or more if needed

150–200g (5½–7oz) polenta or fine cornmeal

2 tsp paprika  
oil, for greasing

green salad and fresh tomato relish, to serve

- 1** Preheat the oven to 200°C (400°F/Gas 6). Toss the chicken pieces in the flour until they are evenly coated, then season well with salt and pepper. Tip the beaten egg out onto a plate. Mix the polenta with the paprika and tip this out onto a separate plate.
- 2** Dip the chicken pieces into the beaten egg, transfer them to the polenta, and toss to coat.
- 3** Sit all the coated pieces on a lightly oiled baking sheet and bake in the oven for 20–30 minutes until golden, turning them halfway through cooking so they colour evenly. Remove and serve with a lightly dressed green salad and a fresh tomato relish.



### Cook's Tip

Prepare these ahead and freeze uncooked on a baking sheet, transfer to a plastic bag, and seal. To eat, defrost overnight in the fridge and cook as per recipe.



# CHICKEN SATAY KEBABS

*The spicy cubes of chicken in these kebabs are charred on the outside but remain juicy and tender on the inside.*

3 chicken breasts, skinless, cut into bite-sized cubes  
1 tbsp sunflower oil  
3 tbsp tamari (gluten-free soy sauce)  
1 red chilli, deseeded and finely chopped  
juice of ½ lemon  
2 tsp palm or demerara sugar  
salt and freshly ground black pepper

## FOR THE SATAY SAUCE

400ml can coconut milk  
1–2 tbsp gluten-free red curry paste  
300ml (10fl oz) hot gluten-free vegetable stock

1 tbsp tamari (gluten-free soy sauce)  
1–2 tbsp palm or demerara sugar  
200g (7oz) ground freshly shelled peanuts, or 5 tbsp gluten-free peanut butter  
salt  
2 tsp tamarind paste or juice of 1 lemon or 1 lime

## SPECIAL EQUIPMENT

8 wooden skewers, soaked in cold water for 30 minutes; griddle pan

- 1 Put the chicken pieces in a bowl, add the oil, tamari, chilli, lemon juice, and sugar, and season. Stir to combine and leave to marinate for 30 minutes.
- 2 For the sauce, place the coconut milk in a medium pan and bring to the boil. Reduce the heat, stir in the curry paste, stock, tamari, and sugar, and cook gently for 10 minutes, stirring occasionally. Add the peanuts, stir until they melt into the sauce, bring to the boil, and simmer for 10–15 minutes or until thickened. Season with salt and add the tamarind paste or lemon or lime juice to taste. Set aside to cool and for all the flavours to mingle. The sauce can be prepared ahead and kept in the fridge for up to 3 days.
- 3 Meanwhile, mix the marinade around a little, then thread the chicken pieces onto the skewers, so they sit tightly. Heat the griddle pan to hot. Cook 4 at a time for about 4–6 minutes until golden, then turn and cook the other side for about the same time or until the chicken begins to char at the edges. Repeat to cook the remaining kebabs and serve with the satay sauce.

**SERVES** 4  
**PREP** 15 mins  
PLUS MARINATING  
**COOK** 35–50 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 647kcal/2703kJ  
Protein 44g  
Fat 45g  
Saturated fat 20g  
Carbohydrate 17g  
Sugar 10g  
Fibre 3g  
Salt 3g

# VEGETABLE SPRING ROLLS

**MAKES** 10  
**PREP** 30 mins  
**COOK** 15–20 mins

*You can fry these ahead and crisp them up in a hot oven just before serving. Look for rice pancakes in Asian stores.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER ROLL

Energy 105kcal/440kJ  
Protein 1.1g  
Fat 6g  
Saturated fat 0.7g  
Carbohydrate 12g  
Sugar 8g  
Fibre 1g  
Salt 0.7g

15g (½oz) dried shiitake mushrooms, soaked in boiling water for 20 mins  
1 small carrot, cut into matchsticks  
3 spring onions, cut into matchsticks  
85g (3oz) white cabbage, shredded  
2 garlic cloves, crushed  
2cm (¾in) piece of fresh root ginger, peeled and grated  
2 tbsp tamari (gluten-free soy sauce)  
1 tbsp Chinese cooking wine  
½ tsp Chinese five-spice powder  
1 tbsp vegetable oil  
60g (2oz) beansprouts

20 rice pancakes  
vegetable oil, for deep-frying

## FOR THE CHILLI DIPPING SAUCE

60g (2oz) caster sugar  
90ml (3fl oz) rice wine vinegar  
2 garlic cloves, chopped  
2 red chillies, finely chopped

## SPECIAL EQUIPMENT

deep-fat fryer, or large pan plus cooking thermometer

- 1** Drain and finely chop the mushrooms and mix together with the next 5 ingredients. In a small jug, mix the tamari, wine, and five-spice powder. Heat the oil in a frying pan or wok, add the vegetable mix, mushrooms, and beansprouts, and stir-fry for 1 minute. Add the tamari mix and simmer for 30 seconds. Remove from the heat and leave to cool.
- 2** For the sauce, place the ingredients in a medium pan with 4 tablespoons water, boil, then simmer for 5 minutes or until slightly thickened. Cool.
- 3** Dip a pancake in a bowl of warm water for 10–15 seconds or until soft. Lay it on a damp tea towel and blot until slightly sticky. Place a heaped dessertspoonful of filling in the centre. Fold the bottom of the pancake up over the filling, fold in the sides, rolling up the pancake tightly. Soak a second pancake, wrap it around the first layer, and set aside. Repeat until the filling is used up. Heat the oil in a deep-fat fryer or large pan until it reaches 180°C (350°F). Do not leave the fryer or pan unattended, switch off when not using, and keep a fire blanket nearby in case of fire. Cook the spring rolls in the hot oil, 2 at a time, for 3–4 minutes or until golden. Remove with a slotted spoon and drain on kitchen paper. Keep warm while you fry the remainder. Serve the rolls hot with the chilli dipping sauce.



# VEGETABLE TEMPURA

**SERVES** 6  
**PREP** 25 mins  
**COOK** 10 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 221kcal/918kJ  
Protein 3g  
Fat 13g  
Saturated fat 2g  
Carbohydrate 22g  
Sugar 0.5g  
Fibre 3g  
Salt 0.3g

*Don't let the batter for these Japanese snacks sit: it needs to be used immediately, so prepare the vegetables ahead.*

1 red pepper, deseeded and cut into strips  
1 small head of broccoli, broken into florets  
1 medium onion, cut into eighths  
2 carrots, cut into batons  
1 tbsp cornflour  
sunflower oil, for frying

1–2 tsp sugar, or to taste  
1 tbsp lime juice

## FOR THE BATTER

1 egg yolk  
120ml (4fl oz) sparkling mineral water, ice cold  
100g (3½oz) rice flour, sieved  
salt and freshly ground black pepper

## FOR THE DIPPING SAUCE

2 tbsp gluten-free mirin  
3 tbsp tamari (gluten-free soy sauce)

## SPECIAL EQUIPMENT

wok or large, deep, non-stick frying pan

**1** To make the sauce, place the mirin, tamari, and sugar in a bowl and mix. Then add the lime juice and 3 tablespoons water to dilute it. Mix again, taste, and add more water if needed. Set aside. For the batter, place the egg yolk in a bowl and mix with a fork. Pour in the mineral water and mix. Add the rice flour and seasoning and mix lightly.

**2** Toss the prepared vegetables in the cornflour. Pour the oil into a wok, to a depth of 7.5cm (3in). Heat on high until hot. Don't leave the wok or pan unattended, take off the heat when not using, and keep a fire blanket nearby in case of fire. Dip the vegetables, one by one, into the batter until just coated, then place them in the oil. Don't overcrowd the pan. Remove with a slotted spoon as soon as the batter is crispy and golden, about 2–3 minutes, and drain on kitchen paper. Continue with the rest of the vegetables and batter. Serve hot with the dipping sauce.



## TAMARI

Most soy sauce is made by fermenting soya beans with roasted wheat. Tamari, however, is made only with beans and is naturally gluten-free.

# SESAME PRAWN TOASTS

*Ready in minutes and great to serve as a canapé with drinks. If you omit the chilli from the prawn mixture, they make a delicious home-from-school snack for children.*

250g (9oz) ready-cooked prawns  
1 red chilli, deseeded and finely chopped  
handful of fresh coriander leaves, finely chopped  
salt and freshly ground black pepper  
8 slices of gluten-free white bread (see page 38), lightly toasted

4 tbsp sesame seeds, or more if needed  
4–5 tbsp sunflower oil, or more if needed

## SPECIAL EQUIPMENT

food processor

- 1 Place the prawns in a food processor along with the chilli, coriander, salt, and pepper and whizz until really well minced. Slice the crusts off the bread and reserve (see Cook's Tip).
- 2 Spread the minced prawn mixture over the toast slices and press down well to make sure it sticks. Cut the toasts into quarters and then triangles. Tip the sesame seeds out onto a plate and dip each toast, prawn-side down, into them to cover.
- 3 Heat 1 tablespoon oil in a frying pan over a medium heat. Add a few toasts at a time, plain-side down, and cook for 1–2 minutes, then turn and cook the topped side for 1–2 minutes or until golden. Remove and place on kitchen paper. Remove excess sesame seeds from the pan and continue until all the toasts are done, topping up with the remaining oil as needed.



## Cook's Tip

Use the bread crusts to make breadcrumbs: whizz in a food processor and keep sealed in the fridge for a few days or in the freezer for up to 3 months.

**MAKES** 32  
**PREP** 15 mins  
**COOK** 15–20 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER TOAST

Energy 43kcal/182kJ  
Protein 2g  
Fat 3g  
Saturated fat 0.5g  
Carbohydrate 3g  
Sugar 0.2g  
Fibre 0.3g  
Salt 0.2g



# LEMONGRASS-MARINATED PRAWN SKEWERS

**SERVES** 4  
**PREP** 15 mins  
PLUS MARINATING  
**COOK** 10 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 128kcal/541kJ  
Protein 17g  
Fat 1g  
Saturated fat 0.1g  
Carbohydrate 3g  
Sugar 3g  
Fibre 0g  
Salt 2g

*Serve these alongside Chicken satay kebabs (see page 95) for an Eastern-inspired family feast.*

2 garlic cloves, roughly chopped  
½ red chilli, deseeded and roughly chopped  
2 lemongrass stalks, bottom (thickest) one-third only, peeled of hard layers, and roughly chopped  
3cm (1in) fresh root ginger, finely chopped  
1 tbsp chopped coriander roots or stalks  
2 tbsp gluten-free nam pla (fish sauce)  
2 tsp soft light brown sugar  
1 tbsp lime juice, plus lime wedges, to serve  
40 raw, shelled, and deveined king prawns

**SPECIAL EQUIPMENT**  
blender or food processor  
8 bamboo skewers

- 1** Prepare a barbecue for cooking. To make the marinade, simply put all the ingredients, except the prawns, in a blender or food processor and blitz to a fine paste.
- 2** Toss the king prawns in the marinade, cover, and leave in the fridge to marinate for 1 hour. Meanwhile, soak 8 bamboo skewers in water, as this will help to stop them burning on the barbecue.
- 3** Thread 5 prawns onto each skewer, threading through the top and bottom of the prawn to make a curved “C”-shape. Grill the prawns on the barbecue for 2–3 minutes on each side, until pink and charred in places. Serve with a squeeze of lime.



### Cook in the Oven

Preheat the grill on its highest setting and line the grill pan with foil. Lay the prawn skewers on the grill pan and cook for 2–3 minutes on each side.



### How to Freeze

Wrap well and freeze the marinated, uncooked prawns. Defrost thoroughly, covered, in the fridge before use.



# MINI FISHCAKES WITH CORIANDER MAYONNAISE

**SERVES** 4  
**PREP** 30 mins  
PLUS CHILLING  
**COOK** 30 mins  
**FREEZE** 3 months  
FISHCAKES ONLY

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 766kcal/2534kJ  
Protein 32g  
Fat 37g  
Saturated fat 7.5g  
Carbohydrate 37g  
Sugar 7g  
Fibre 2.5g  
Salt 1g



*Omit the mayonnaise if you are in a vulnerable group as it contains raw eggs, which have a risk of salmonella.*

2 egg yolks  
1 tsp Dijon mustard  
salt and freshly ground black pepper  
300ml (10fl oz) sunflower oil,  
plus extra for frying  
1 tbsp white wine vinegar  
handful of fresh coriander,  
leaves only, finely chopped  
450g (1lb) salmon fillet, skinned  
300ml (10fl oz) milk  
200g (7oz) mashed potato  
small handful of dill, finely chopped

zest and juice of  $\frac{1}{2}$  lemon  
 $\frac{1}{4}$ – $\frac{1}{2}$  tsp cayenne pepper  
 $\frac{1}{2}$  green pepper, finely chopped  
2–3 tbsp rice flour  
1 egg, lightly beaten  
100g (3 $\frac{1}{2}$ oz) gluten-free white bread  
(see page 38), whizzed into  
fine breadcrumbs

## SPECIAL EQUIPMENT

food processor

- 1 For the mayonnaise, place the egg yolks, mustard, some seasoning, and the vinegar in the bowl of a food processor. With the motor running, add the oil in a thin, steady stream until the mixture emulsifies and thickens. Taste and add more seasoning or vinegar, if required. Transfer to a serving bowl, stir in the coriander, cover, and set aside.
- 2 For the fishcakes, add the salmon to a deep-sided frying pan and pour over the milk, season, bring to the boil, and simmer gently for 4–6 minutes until the fish starts to turn opaque. Transfer the salmon with a slotted spoon to a bowl. Flake the fish, add the mashed potato, dill, lemon zest and juice, cayenne, and green pepper, and season. Stir, then scoop out  $\frac{1}{2}$  tablespoon of mixture and flatten into a mini cake. Repeat to make about 20 cakes. Place on a baking sheet lined with baking parchment.
- 3 Dredge the fishcakes in flour, dip in egg, and coat with breadcrumbs. Chill for 30 minutes. Heat 1 tablespoon oil in a non-stick frying pan and cook a few cakes at a time, 3–4 minutes each side, until golden. Serve with the coriander mayonnaise.







**SOUPS  
AND  
SALADS**

# FRENCH ONION SOUP

**SERVES** 6  
**PREP** 25 mins  
**COOK** 1 hour 25 mins–  
1 hour 40 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 298kcal/1249kJ  
Protein 13g  
Fat 13g  
Saturated fat 6g  
Carbohydrate 28g  
Sugar 9g  
Fibre 3g  
Salt 0.9g

*An extremely satisfying soup and filling enough for a main meal with delicious cheese toasties on top.*

2 tbsp olive oil  
6 medium onions, peeled, halved,  
and thinly sliced  
salt and freshly ground black pepper  
1 bay leaf  
1 tbsp demerara sugar  
120ml (4fl oz) dry white wine  
1.2 litres (2 pints) hot gluten-free beef  
or vegetable stock (see page 115)

## FOR THE TOASTIES

4–6 slices of gluten-free white bread  
(see page 38), crusts removed and  
lightly toasted  
150g (5½oz) Gruyère cheese, grated

- 1** Heat the oil in a large flameproof casserole or ovenproof pot, add the onions, and stir well. Season and add the bay leaf. Cook on a low heat for about 15 minutes until they begin to soften. Raise the heat a little, sprinkle in the sugar, and stir. Cook for a further 35 minutes until the onions are golden and caramelized. Stir them occasionally, watching that they don't burn; turn the heat down, if required.
- 2** Over a medium-high heat, add the wine, and stir to get all the sticky bits of onion up from the bottom of the casserole. Cook for 1–2 minutes, then pour in the stock. Bring to the boil, then reduce to a simmer and cook uncovered for 20–30 minutes. Remove the bay leaf and season to taste.
- 3** Preheat the oven to 180°C (350°F/Gas 4). Sprinkle a handful of cheese into the soup and stir well. Pop the slices of toast on the top of the soup and divide the remaining cheese over the toast. Cook in the oven, uncovered, until the cheese begins to bubble and turns golden. Divide between bowls, topped with a cheese toastie.



## Cook's Tip

The trick for rich-tasting French onion soup is to let the onions caramelize. Use a wide, heavy flameproof casserole – cast iron is ideal – so there is little chance of burning. This is a perfect recipe for using up any leftover bread.

# MINISTRONE SOUP

*This soup can use up a glut of seasonal vegetables, simply change them depending on the time of the year.*

**SERVES** 8  
**PREP** 40 mins  
**COOK** 1¾–2¼ hours  
**FREEZE** 3 months

1 ham knuckle or "hock", or 1 pack of bacon, roughly chopped  
1 tbsp olive oil  
1 medium onion, finely chopped  
2 bay leaves  
3 large carrots, diced  
1 fennel bulb, finely chopped  
2 garlic cloves, finely chopped  
freshly ground black pepper  
4 large ripe tomatoes, chopped  
leaves from a few thyme sprigs  
pinch of freshly grated nutmeg  
400g can chickpeas, drained and rinsed

400g can cannellini or butter beans, drained and rinsed  
100g (3½oz) broad beans, fresh or defrosted, shelled weight  
100g (3½oz) peas, fresh or defrosted, shelled weight  
200g (7oz) small gluten-free pasta shapes (shop-bought or see pages 42–3)  
100g (3½oz) spinach  
grated Parmesan or Pecorino cheese

**1** Put the ham pieces in a large pan and add enough cold water to nearly fill the pan. Bring to the boil, reduce to a medium-low heat, partially cover the pan with a lid, and cook for 1–1½ hours or until the ham begins to soften. Strain the stock, reserving the bones and meat. Strain the stock again, through a fine sieve, into a measuring jug; you will need 1.2 litres (2 pints), adding water if needed. Set aside. Strip the meat from the bones, discard the bones, and set the meat aside.

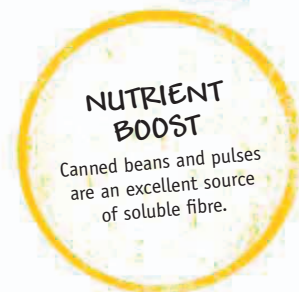
**2** Heat the oil in a large, heavy pan. Add the onion and bay leaves, and cook over a medium-low heat for 5–7 minutes until soft. Add the carrots and fennel and cook for 8 more minutes until soft. Stir in the garlic and season with pepper, add the tomatoes, and cook on a low heat for 10 minutes. Ladle in a little stock if it starts to get dry. Add the thyme leaves, nutmeg, chickpeas, beans, and peas, and stir. Add enough stock to cover and simmer gently for 10 minutes. Add the pasta shapes, the reserved meat, and remaining stock. Bring to the boil, then simmer until the pasta is cooked. Add the spinach and stir. Taste and season again, if needed. Serve with the grated cheese.

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 215kcal/910kJ  
Protein 11g  
Fat 4g  
Saturated fat 0.5g  
Carbohydrate 34g  
Sugar 7g  
Fibre 9.5g  
Salt 0.8g



# HARVEST VEGETABLE SOUP

**SERVES** 4–6  
**PREP** 10 mins  
**COOK** 30 mins

*Also known as “bottom-of-the-fridge soup”, this is a great way to use up odds and ends of vegetables.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 124–186kcal/519–778kJ

Protein 1–1.5g

Fat 6–9g

Saturated fat 0.8–1g

Carbohydrate 10–14g

Sugar 4.5–7g

Fibre 3–4.5g

Salt 0.4–0.6g

3 tbsp olive oil  
1 onion, chopped  
1 leek, white part only, chopped  
1 celery stick, chopped  
500g (1lb 2oz) mixed root vegetables, prepared weight, such as carrots, potatoes, parsnips, and turnips, cut into even-sized cubes  
salt and freshly ground black pepper

## FOR THE STOCK

1 onion  
2 cloves  
1 carrot, cut into 4 pieces  
1 celery stick, cut into 4 pieces  
2 bay leaves  
2 leeks, trimmed and roughly chopped  
pinch of salt  
1 tsp black peppercorns

- 1** For the stock, stud the onion with the cloves and place in a large pan with the carrot, celery, bay leaves, leeks, salt, and peppercorns. Add 1.4 litres (2½ pints) water and bring to the boil. Reduce to a simmer; partially cover with a lid, and cook for 1 hour on a low heat. Turn off the heat, cover, and leave for the flavours to infuse.
- 2** Heat the oil in a large, heavy-based saucepan with a lid. Add the onion, leek, and celery and cook for 5 minutes until they soften, but do not brown.
- 3** Add the mixed root vegetables and 750ml (1¼ pints) of the stock, and season well.
- 4** Bring to the boil, then reduce the heat to a gentle simmer. Cover and cook for 20 minutes, until all the vegetables are soft.
- 5** Blend the soup, either in a blender or using a hand-held blender, until it is completely smooth. Add more stock if you want a thinner soup. Check the seasoning and add a swirl of cream to serve.



# BEETROOT AND GINGER SOUP

**SERVES** 4  
**PREP** 10 mins  
**COOK** 55 mins

*Earthy beetroot always makes a colourful soup. Here, ginger adds a pleasant zing and the wasabi cream, swirled in at the last minute, gives a fiery kick.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 113kcal/475kJ  
Protein 4g  
Fat 5.5g  
Saturated fat 2g  
Carbohydrate 12g  
Sugar 12g  
Fibre 4g  
Salt 0.7g

## NUTRIENT BOOST

Beetroot is rich in antioxidants and folate.

500g (1lb 2oz) raw beetroot, stalks removed  
salt  
pinch of sugar  
1 tbsp olive oil  
bunch of spring onions, trimmed and finely chopped  
5cm (2in) piece of fresh root ginger, peeled and grated

salt and freshly ground black pepper  
750ml (1¼ pints) hot gluten-free vegetable stock (see page 121)  
3 tbsp soured cream  
¼ tsp wasabi paste, or more if you like it hot

## SPECIAL EQUIPMENT

food processor or stick blender

- 1** To cook the beetroots, place them in a pan of salted water, add the sugar, and bring to the boil. Cook on a low-medium heat with the lid ajar for 40 minutes or until the beetroots are tender when poked with a sharp knife. Drain and, when cool enough to handle, peel and roughly chop the beetroots.
- 2** In a clean pan, heat the oil and add the spring onions. Cook for 2–3 minutes on a medium heat, just enough for them to soften, then add the ginger and cook for a further minute. Add the chopped beetroot and stir well to coat with the oil. Season, pour in the stock, and bring to the boil.
- 3** Reduce to a simmer and cook gently for about 10 minutes, then ladle into a food processor and blend until smooth, or use a stick blender. Taste and season some more, if needed. Mix the soured cream with the wasabi. Ladle the soup into bowls with a swirl of the wasabi cream.



## Cook's Tip

If you don't have wasabi paste, use gluten-free hot horseradish sauce instead.





# EGYPTIAN LENTIL SOUP

**SERVES** 6  
**PREP** 15 mins  
**COOK** 30 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 245kcal/1028kJ  
Protein 7g  
Fat 9g  
Saturated fat 5g  
Carbohydrate 25g  
Sugar 4g  
Fibre 4g  
Salt 0.6g

*The gentle spice flavours of this hearty vegetarian soup are greatly enhanced by a squeeze of lemon before serving.*

1 tbsp olive oil  
50g (1<sup>3</sup>/<sub>4</sub>oz) butter  
1 onion, finely chopped  
salt and freshly ground black pepper  
1 tsp cumin seeds  
1 tsp turmeric  
1 tsp paprika  
2 garlic cloves, finely chopped  
2 carrots, diced  
2 potatoes, diced

125g (4<sup>1</sup>/<sub>2</sub>oz) red lentils  
900ml (1<sup>1</sup>/<sub>2</sub> pints) hot gluten-free vegetable stock (see page 121)  
lemon wedges and 2 warmed gluten-free pitta breads (see page 232), to serve

## SPECIAL EQUIPMENT

food processor or stick blender

- 1 Heat the oil and butter in a large pan, add the onion, and cook on a low heat for 2–3 minutes until soft. Season and stir in the cumin seeds, turmeric, and paprika. Add the garlic, carrots, and potatoes and cook, stirring occasionally, for 5 minutes.
- 2 Stir in the lentils, making sure they get coated with any buttery juices. Ladle in a little stock, bring to the boil, stir, and then add the rest of the stock. Boil again, reduce to a simmer, and cook gently for 15–20 minutes or until the soup thickens and the potatoes are cooked. Top up with hot water, if required.
- 3 Season to taste. Transfer to a food processor and blend until smooth, in batches if necessary, or use a stick blender. Pour the soup into a clean pan and top up with hot water if required. Heat through until piping hot and serve in shallow bowls with lemon wedges and warmed gluten-free pitta breads.



## Cook's Tip

You could top the soup with a sprinkling of dukkah, an Egyptian spice blend made with toasted nuts and herbs. For a sweeter version that will appeal to kids, add a 400g can of chopped tomatoes with the stock.

# INDIAN SPLIT PEA SOUP WITH PANEER CROUTONS

*This rich, creamy soup is topped with spicy croutons made from Indian paneer. The ghee gives it an authentic touch.*

1 tbsp ghee or 1 tbsp sunflower oil  
1 onion, finely chopped  
1 tsp turmeric  
seeds of 4 cardamom pods, crushed  
2 garlic cloves, finely chopped  
1–2 green chillies, deseeded and finely chopped  
salt and freshly ground black pepper  
150g (5½oz) yellow split peas, rinsed and drained  
400g can coconut milk  
900ml (1½ pints) hot gluten-free vegetable stock (see page 121)

## FOR THE CROUTONS

1 tbsp ghee or 1 tbsp sunflower oil  
1–2 pinches of dried chilli flakes  
½ tsp ground cumin  
½ tsp ground cinnamon  
100g (3½oz) paneer, cut into small cubes  
fresh coriander leaves, to garnish  
2 warmed gluten-free pitta breads (see page 232), to serve

## SPECIAL EQUIPMENT

food processor or stick blender

- 1 Heat the ghee or oil in a large pan. Add the onion, turmeric, and crushed cardamom seeds. Cook on a low heat for 2–3 minutes until the onion softens. Stir in the garlic, chilli, and seasoning and cook for a further 1–2 minutes.
- 2 Stir in the split peas and turn, so they soak up any liquid and get coated with spices. Pour in a little coconut milk, raise the heat, and stir. Pour in the remaining coconut milk with half the stock and bring to the boil. Reduce to a simmer and cook uncovered for 30–35 minutes until the peas are soft, topping up with the stock if required. Season to taste and blend in a food processor until smooth, or use a stick blender.
- 3 For the croutons, place the ghee or oil in a small frying pan along with the spices, season, and heat gently over a low heat. Add the paneer, turn the heat up a little, and fry for 10 minutes until golden on all sides.
- 4 Heat the soup through until piping hot and top with the paneer croutons and coriander leaves. Serve with warmed gluten-free pitta breads.

**SERVES** 4  
**PREP** 25 mins  
**COOK** 50 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

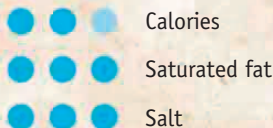
Energy 397kcal/1666kJ  
Protein 16g  
Fat 25g  
Saturated fat 16g  
Carbohydrate 27g  
Sugar 3g  
Fibre 4g  
Salt 0.23g

# SMOKED OYSTER SOUP

**SERVES** 4  
**PREP** 10 mins  
**COOK** 30 mins

*This sophisticated soup is a perfect dinner-party starter. No one will realize it's actually quite simple to make.*

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 209kcal/869kJ  
Protein 4g  
Fat 13g  
Saturated fat 5g  
Carbohydrate 17g  
Sugar 2g  
Fibre 2g  
Salt 2.5g

2 tbsp olive oil  
1 onion, finely chopped  
2 large white potatoes, approx.  
350g (12oz) in total, peeled and roughly chopped  
85g can of smoked oysters in sunflower oil, drained and rinsed  
1 litre (1¾ pints) gluten-free fish stock

4 tbsp whipping cream, plus extra to serve  
salt and freshly ground black pepper  
1 tbsp dry sherry (optional)

## SPECIAL EQUIPMENT

blender

- 1 Heat the olive oil in a large, heavy-based saucepan. Fry the onion over a low heat, covered, for 5–7 minutes until it softens, but is not brown.
- 2 Add the potatoes, smoked oysters, fish stock, and cream, and season with a little salt and pepper. Bring the soup to the boil, then reduce to a simmer, partially cover, and cook for 20–25 minutes, until the potatoes are soft.
- 3 Purée the soup until smooth (if you are using a blender, you may have to do this in batches; it is important not to fill the blender more than one-third full with hot liquid). Now pass it through a sieve so that it is completely smooth.
- 4 Return the soup to the pan and heat it gently. Add the sherry (if using) and serve with a swirl of cream in the centre of the bowls and a sprinkling of pepper.



# SMOKED HADDOCK CHOWDER

**SERVES** 4  
**PREP** 20 mins  
**COOK** 30 mins

*This hearty, creamy soup with delicate white fish and meaty prawns is a meal in itself.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 693kcal/2908kJ

Protein 44g

Fat 33.5g

Saturated fat 17g

Carbohydrate 43g

Sugar 10g

Fibre 3.5g

Salt 3g

25g (scant 1oz) butter  
1 onion, finely chopped  
salt and freshly ground black pepper  
200g (7oz) smoked pancetta, chopped, or  
smoked bacon bits  
1 bay leaf  
3 medium waxy potatoes, such as  
Charlotte or Maris Peer, peeled and cut  
into bite-sized pieces  
2 tbsp rice flour  
1 large glass of dry white wine  
300ml (10fl oz) single cream  
600ml (1 pint) hot gluten-free fish  
or vegetable stock (see page 121)  
400g can sweetcorn, drained  
and rinsed  
350g (12oz) smoked, undyed haddock,  
skinned and roughly chopped  
250g (9oz) raw, shelled prawns

- 1** Heat the butter in a large pan, add the onion, and season. Cook on a low heat for 2–3 minutes until softened, then increase the heat a little, add the pancetta and bay leaf, and cook for 4–5 minutes.
- 2** Turn the heat down, add the potatoes, and stir well to coat with the juices. Tip in the flour and mix thoroughly. Add the wine, increase the heat, and let the wine bubble for 1–2 minutes, stirring occasionally. Stir in the cream and stock, and bring to the boil.
- 3** Reduce the heat, add the sweetcorn, and simmer gently for about 15 minutes or until the potatoes are cooked. Add the haddock and prawns, cover with a lid, and cook for 4–6 minutes until the fish is just turning opaque and the prawns are pink. Taste and season if necessary.



### Cook's Tip

The secret to a good chowder lies in not overcooking the fish. It will be ready in minutes and will continue cooking in the hot stock once taken off the hob.



# ASIAN CRAB AND NOODLE SOUP

**SERVES** 4  
**PREP** 15 mins  
PLUS CHILLING  
**COOK** 30 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 369kcal/1550kJ  
Protein 24g  
Fat 9.5g  
Saturated fat 1g  
Carbohydrate 44g  
Sugar 13g  
Fibre 4g  
Salt 3g

*Prepare this soup a day in advance to allow the flavours to develop, then add the noodles and crab before serving.*

1 tbsp sunflower oil  
1 bunch of spring onions,  
sliced at an angle  
1–2 red chillies, deseeded and  
finely chopped  
1–2 garlic cloves, finely chopped  
3 carrots, sliced at an angle  
326g can sweetcorn, drained  
salt and freshly ground black pepper

2 tbsp tamari (gluten-free soy sauce)  
750ml (1¼ pints) hot gluten-free  
vegetable stock (see page 121)  
100g (3½oz) dried fine rice noodles  
400g (14oz) white crab meat  
small bunch of chives, finely chopped  
small bunch of fresh coriander, roughly  
chopped (see Cook's Tip)

- 1** Heat the oil in a large pan and swirl it around. Add the spring onions and cook over a medium heat for 1 minute until softened. Add the chilli, garlic, carrots, and sweetcorn. Stir and season with salt and pepper.
- 2** Add the tamari and stir it around so everything gets coated, then add a little of the stock and bring to the boil. Add the rest of the stock, bring to the boil again, partially cover with a lid, reduce to a simmer, and gently cook over a low heat for 15–20 minutes or until the carrots are soft. Set aside to cool, then chill overnight in the fridge to allow the flavours to develop.
- 3** Place the noodles in a large bowl and pour over enough boiling water to cover. Leave to soak according to pack instructions, then drain.
- 4** Gently warm the soup, add the noodles, and stir through the crab meat and half the herbs until piping hot. Ladle the soup into bowls and sprinkle with the remaining herbs to serve.



### Cook's Tip

As well as the leaves, use the coriander stalks, which are full of flavour and give a much more distinctive taste than the leaves alone.



# CHINESE CHICKEN SOUP WITH PRAWN DUMPLINGS

*If you don't have time to make dumplings, simply chop the prawns and stir them straight into the soup.*

2 large chicken breasts, skinless  
salt and freshly ground black pepper  
5 spring onions, sliced at an angle  
5cm (2in) piece of fresh root ginger,  
peeled and sliced into matchsticks  
1–2 tbsps tamari (gluten-free soy sauce)  
½–1 red chilli, thinly sliced at an angle  
150g (5½oz) shiitake mushrooms, sliced  
125g (4½oz) cooked rice

## FOR THE DUMPLINGS

350g (12oz) prawns, cooked and peeled  
5cm (2in) piece of fresh root ginger,  
peeled and roughly chopped  
1 red chilli, deseeded, finely chopped  
small handful of coriander leaves,  
plus extra to garnish  
2 tsp gluten-free nam pla (fish sauce)  
2 tbsps cornflour, plus extra for rolling

- 1** For the stock, pour 1.5 litres (2¾ pints) water into a large pan and add the chicken breasts and seasoning. Bring to a steady simmer and cook on a low-medium heat, partially covered, for 15–20 minutes until the chicken is cooked. Remove with a slotted spoon and set aside to cool. Strain the stock into a clean pan; you will need about 1.2 litres (2 pints). Shred the chicken and set aside.
- 2** For the dumplings, place all the ingredients in a food processor, season, and pulse until minced. Scoop up small handfuls and roll into balls; you may need more cornflour. Place the dumplings on a plate and chill in the fridge.
- 3** Heat the stock over a low-medium heat, add the spring onions, ginger, tamari, chilli, and the mushrooms, and cook for about 20 minutes. Taste and adjust the seasoning as needed.
- 4** Stir in the rice and shredded chicken and simmer gently for 2 minutes. Add the dumplings, cover, and cook for about 5–8 minutes. Ladle into bowls and top with coriander leaves to serve.

**SERVES** 4  
**PREP** 20 mins  
**COOK** 50 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 250kcal/1047kJ  
Protein 36g  
Fat 2g  
Saturated fat 0.5g  
Carbohydrate 19g  
Sugar 1g  
Fibre 0.9g  
Salt 2.5g

# MEXICAN SWEETCORN SOUP WITH TORTILLA CRISPS

**SERVES** 6  
**PREP** 15 mins  
**COOK** 25 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 330kcal/1384kJ  
Protein 4g  
Fat 11g  
Saturated fat 5g  
Carbohydrate 32g  
Sugar 12g  
Fibre 2.5g  
Salt 1.4g

### NUTRIENT BOOST

Sweetcorn provides a useful amount of fibre, vitamin B6, and magnesium.

GREAT FOR KIDS

*Make this easy-to-prepare soup as hot and spicy as you like, and use gluten-free crisps as an alternative topping.*

2 x 326g cans sweetcorn, drained  
1 tbsp olive oil  
50g (1¾oz) butter  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
½ tsp cumin seeds  
3–4 red or green jalapeños in brine, drained and finely chopped  
salt and freshly ground black pepper  
pinch of cayenne pepper (optional)  
leaves from a few sprigs of thyme  
1 tbsp gluten-free plain flour  
1 litre (1¾ pints) hot gluten-free vegetable stock (see page 121)  
2 corn tortillas (see page 233)  
handful of fresh coriander leaves, roughly chopped  
lime wedges, to serve

- 1** Pulse half the sweetcorn in a food processor until smooth. Heat the oil and butter in a large, heavy pan, add the onion, and cook over a low heat for 2–3 minutes until beginning to soften. Stir in the garlic, cumin, and jalapeños, cook for 1 minute, and season.
- 2** Add the cayenne and thyme and cook gently for 1 minute. Then remove from the heat, stir in the flour, and tip in the pulsed and whole sweetcorn. Pour in a little stock and return the pan to the heat. Bubble and stir, then add the remaining stock and bring to the boil. Reduce to a simmer and cook gently for about 15 minutes or until the soup begins to thicken.
- 3** Preheat the grill to medium and lightly grill the tortillas for about 1 minute on each side or until they start to crisp and bubble. Cut the tortillas into small triangles. Taste the soup and season again if necessary. Divide between bowls, top with the tortilla triangles and coriander, and serve with lime wedges.



### Cook's Tip

If you don't have a food processor, substitute a can of creamed sweetcorn instead of pulsing.

# TOMATO PANZANELLA SOUP

*This rustic soup is a great way to use up leftover bread. Make it in summer when tomatoes are flavoursome.*

2 tbsp olive oil  
1 onion, finely chopped  
salt and freshly ground black pepper  
2 garlic cloves, finely chopped  
900g (2lb) tomatoes, skinned and roughly chopped  
4 chunky slices of stale gluten-free bread (see page 38), roughly torn  
handful of basil leaves  
extra virgin olive oil, for drizzling

## FOR THE VEGETABLE STOCK

4 carrots, roughly chopped  
4 onions, roughly chopped  
4 celery stalks, roughly chopped  
2 bay leaves  
large handful of peppercorns  
salt

- 1 For the vegetable stock, place all the ingredients in a large stock pan and pour in 2 litres (3½ pints) water. Season with salt and bring to the boil, then reduce to a simmer and cook gently for 1 hour with the lid ajar. Drain into a large jug; you should have about 1.2 litres (2 pints). If making ahead, keep the stock in the fridge and use within 3 days.
- 2 Heat the olive oil in a large pan, add the onion, and cook over a low heat for 5–6 minutes until soft. Season with salt and pepper, stir in the garlic, and cook for a further minute. Add the tomatoes with any juices to the pan, and cook on a low heat for 5 minutes. Pour in 750ml (1¼ pints) of the stock (see Cook's Tip) and add the bread, pushing it down with a spoon to immerse.
- 3 Partially cover the pan with a lid and cook gently for about 15 minutes. The soup should be fairly dense, so you could almost eat it with a fork, but top up with hot water if required. Season to taste. Stir through the basil, ladle into bowls, and drizzle with the olive oil to serve.



## Cook's Tip

Freeze the leftover stock by first boiling rapidly for about 10 minutes to intensify the flavour. Leave to cool then transfer to a freezer bag and seal or freeze in ice cube trays. Use within 1 month.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 25–30 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 225kcal/947kJ  
Protein 6.5g  
Fat 10g  
Saturated fat 1.5g  
Carbohydrate 27g  
Sugar 9g  
Fibre 4g  
Salt 0.6g

**GREAT  
FOR KIDS**

## NUTRIENT BOOST

Tomatoes are rich in lycopene, believed to protect against some cancers.

# QUINOA SALAD WITH MANGO, LIME, AND TOASTED COCONUT

**SERVES** 4  
**PREP** 15 mins  
**COOK** 10 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 460kcal/1935kJ  
Protein 15g  
Fat 20g  
Saturated fat 8g  
Carbohydrate 54g  
Sugar 12.5g  
Fibre 7.5g  
Salt 0.8g

### NUTRIENT BOOST

Mango is an excellent source of betacarotene.

*A healthy salad full of big, tropical flavours and bright colours. Try to get Alphonso mangoes, if possible, which are famed for their sweetness.*

50g (1¾oz) desiccated or flaked coconut

300g (10oz) quinoa

400g can butter beans, drained and rinsed

½ red onion, finely chopped

1 large mango, peeled, stoned, and cut into bite-sized pieces

1 lime, peeled, segmented, and segments halved

handful of mint, finely chopped  
handful of flat-leaf parsley, finely chopped

## FOR THE DRESSING

3 tbsp olive oil

1 tbsp white wine vinegar

pinch of sugar

salt and freshly ground black pepper

- 1** Toast the coconut by dry frying it in a pan over a medium heat for 2–3 minutes until golden, stirring so that it doesn't burn. Remove from the heat and allow to cool.
- 2** To make the dressing, place all the ingredients in a small bowl or jug and whisk. Taste and adjust the seasoning as needed.
- 3** Cook the quinoa according to pack instructions. Drain well and tip into a large serving bowl. While the quinoa is still warm, stir through the butter beans, onion, mango, lime, mint, and parsley, and season.
- 4** Pour over the dressing and stir well. Sprinkle the toasted coconut on top and serve immediately.



# QUINOA, BROAD BEAN, AND DILL SALAD

**SERVES** 4  
**PREP** 15 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 290kcal/1215kJ

Protein 12g

Fat 9g

Saturated fat 1g

Carbohydrate 40g

Sugar 13g

Fibre 6g

Salt trace

*If possible, prepare this salad at least an hour in advance so that the flavours have time to develop.*

200g (7oz) quinoa  
250g (9oz) broad beans, fresh  
or frozen, shelled weight  
salt and freshly ground black pepper  
1 tbsp olive oil  
3 small courgettes, trimmed, halved  
lengthways, and chopped

2 garlic cloves, finely chopped  
pinch of dried chilli flakes  
zest and juice of 1 lemon  
handful of sultanas (optional)  
bunch of dill, finely chopped  
1 tbsp fruity extra virgin olive oil  
gluten-free bread, to serve

- 1** Put the quinoa in a pan, cover with water, bring to the boil, and cook according to pack instructions. Drain well, rinse under cold running water, and transfer to a large serving dish.
- 2** Cook the broad beans in a pan of boiling salted water for 2 minutes, until tender. Drain and rinse under cold water. If using fresh beans, peel the outer skin of any beans larger than your thumbnail. Add to the quinoa in the serving dish.
- 3** Heat the olive oil in a large frying pan, add the courgettes, and season well. Stir in the garlic, chilli flakes, and lemon zest, and cook on a medium heat for 5–6 minutes until golden. Stir the courgettes into the quinoa and beans. Add the sultanas (if using) and dill, and mix well. Add the lemon juice and extra virgin olive oil. Taste and season, if necessary. Serve with some gluten-free bread.

# PANZANELLA

*This classic Italian salad combines torn bread tossed with fresh tomatoes and basil.*

8 slices of gluten-free white bread, preferably home-made (see page 38), crusts removed  
handful of basil leaves, torn  
extra virgin olive oil, for drizzling  
1–2 tbsp balsamic vinegar

sea salt and freshly ground black pepper  
5 tomatoes, skinned and roughly chopped (see Cook's Tip)  
handful of pitted black olives

- 1** Tear the bread into chunky pieces and sit them in a bowl. Cover with a little cold water and leave to soak for 2 minutes. Remove and squeeze away any excess water, then place in a serving bowl.
- 2** Add the basil leaves and a drizzle of olive oil. Sprinkle balsamic vinegar to taste, and season well.
- 3** When ready to serve, add the tomatoes and olives, and toss together well. Season to taste and drizzle over more oil if required.



## Cook's Tip

Use firm tomatoes for this salad. It's best made in the summer when full-flavoured tomatoes are plentiful.

## GOLDEN QUEEN TOMATOES

To add extra visual appeal, look out for colourful varieties of tomatoes, such as Golden Queen. Yellow tomatoes tend to have a milder flavour, however, so mix with the stronger-tasting red varieties.



**SERVES** 4  
**PREP** 10 mins

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SERVING

Energy 225kcal/953kJ  
Protein 7g  
Fat 6g  
Saturated fat 1g  
Carbohydrate 37g  
Sugar 6g  
Fibre 3.5g  
Salt 1g



# CANNELLINI BEAN, TUNA, AND RED ONION SALAD

**SERVES** 4  
**PREP** 10 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 231kcal/965kJ

Protein 18g

Fat 13g

Saturated fat 2g

Carbohydrate 13g

Sugar 3.5g

Fibre 6g

Salt 1.5g

*This classic Italian salad is a great dish to take on a picnic because it is quite robust and easy to transport.*

3 tbsp olive oil  
1 tbsp red wine vinegar  
salt and freshly ground black pepper  
200g can of tuna in olive oil, drained  
1 red onion, quartered and very finely sliced

2 tbsp capers, drained or rinsed, and roughly chopped  
410g can of cannellini beans, drained and rinsed  
handful of flat-leaf parsley leaves, finely chopped

**1** In a bowl, whisk together the olive oil and vinegar, and season well. Tip the tuna into the bowl and mash it gently with a fork to break it up a little, leaving some chunks.

**2** Add the remaining ingredients and toss the salad well until everything has a good coating of dressing. Serve, or pack into a container for transportation.



### Variation

If serving at home, simply add a bag of salad leaves and some halved cherry tomatoes to make a complete meal.



### Cook's Tip

This salad is also great served with leftover cold mackerel instead of tuna, or with any canned beans instead of the cannellini used here.

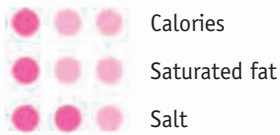




# SOBA NOODLE AND PRAWN SALAD

**SERVES** 4  
**PREP** 15 mins  
**COOK** 25 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 396kcal/1670kJ  
Protein 27g  
Fat 12g  
Saturated fat 1.5g  
Carbohydrate 45g  
Sugar 2g  
Fibre 4g  
Salt 1.2g

*Nutty-flavoured soba noodles are here teamed with Tiger prawns and drizzled with an orange and ginger dressing.*

200g (7oz) soba noodles  
(see Cook's Tip)  
salt and freshly ground black pepper  
1 tbsp sunflower oil  
250g (9oz) raw Tiger prawns, shelled and tails removed  
300g (10oz) frozen soya beans  
4 spring onions, finely chopped  
1 red chilli, deseeded and finely sliced  
handful of fresh coriander leaves, roughly chopped

handful of mint leaves,  
roughly chopped

## FOR THE DRESSING

juice of 1 orange  
5cm (2in) piece fresh root ginger, peeled and grated  
1 tbsp tamari (gluten-free soy sauce)  
2 garlic cloves, grated  
pinch of sugar

- 1 Place the noodles in a large pan of boiling salted water and cook according to pack instructions. Drain well and transfer to a serving dish. In a bowl, whisk all the dressing ingredients together. Season, taste, and adjust as needed. Set aside.
- 2 Heat the oil in a frying pan, add the prawns, and season. Cook on a fairly high heat for 3–4 minutes or until the prawns are pink. Remove with a slotted spoon and leave to cool slightly. Slice them in half lengthways and add to the noodles.
- 3 Place the soya beans in a medium pan of boiling salted water and cook for 3–5 minutes until tender. Drain and refresh in cold water. Add the beans, spring onions, and chilli to the serving bowl along with half the herbs. Drizzle over the dressing and toss, so everything gets coated. Sprinkle over the remaining herbs and serve.

**GREAT FOR KIDS**

**NUTRIENT BOOST**

Soya beans provide fibre, protein, and useful amounts of iron and folate.



## Cook's Tip

Soba noodles are a naturally gluten-free Japanese noodle made from buckwheat.

# SPINACH AND PINE NUT SALAD

*Crispy breadcrumbs and toasted nuts top this leafy salad. Good on its own or as a side dish to accompany grilled lamb cutlets.*

250g (9oz) baby spinach leaves  
handful of juicy raisins (optional)  
100g (3½oz) SunBlush tomatoes,  
roughly chopped  
50g (1¾oz) pine nuts, toasted

## FOR THE DRESSING

3 tbsp extra virgin olive oil

1 tbsp orange juice  
pinch of sugar  
salt and freshly ground black pepper

## FOR THE BREADCRUMB TOPPING

2–3 slices of gluten-free bread  
(see page 38), torn  
pinch of dried chilli flakes

- 1 For the dressing, mix the ingredients together in a bowl, taste, and adjust the seasoning as needed. Set aside. Preheat the oven to 200°C (400°F/Gas 6).
- 2 For the breadcrumb topping, put the bread in a food processor and whizz to form crumbs. Tip the crumbs into a roasting tin and bake for 5–10 minutes or until golden. Don't let them brown. Stir the chilli flakes and salt and pepper into the crumbs. Set aside.
- 3 To assemble the salad, pour the dressing into a large salad bowl and swirl it around. Add the spinach leaves and shake so they get coated. Add the raisins (if using) and SunBlush tomatoes and toss gently. Top with the pine nuts, sprinkle over the breadcrumbs, and serve.



## Cook's Tip

For a more substantial salad, add some cheese: Parmesan shavings, crumbled feta, or torn buffalo mozzarella all work well.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 10 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 270kcal/1124kJ  
Protein 6g  
Fat 19g  
Saturated fat 2g  
Carbohydrate 17.5g  
Sugar 9.5g  
Fibre 4g  
Salt 0.8g

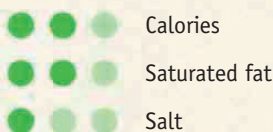
## NUTRIENT BOOST

Spinach is rich in betacarotene, which the body converts into vitamin A.

# CHICKPEA, RED RICE, AND ARTICHOKE SALAD

**SERVES** 4  
**PREP** 10 mins  
**COOK** 35 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 710kcal/2958kJ  
Protein 17g  
Fat 28g  
Saturated fat 5.5g  
Carbohydrate 90g  
Sugar 7g  
Fibre 5g  
Salt 1.3g

*A substantial main meal salad, it's also good as a side dish to accompany grilled or barbecued salmon or chicken.*

400g (14oz) Camargue red rice  
400g can chickpeas, drained  
and rinsed  
280g jar roasted artichokes, drained  
1 red chilli, deseeded and  
finely chopped  
handful of fresh coriander,  
finely chopped  
handful of flat-leaf parsley,  
finely chopped  
2 tbsp pine nuts, toasted  
75g (2½oz) feta cheese, crumbled

## FOR THE CORIANDER AND ORANGE DRESSING

6 tbsp extra virgin olive oil  
2 tbsp white wine vinegar  
juice of 1 large orange  
1½ tsp coriander seeds,  
lightly crushed  
1 tsp Dijon mustard  
pinch of sugar  
salt and freshly ground black pepper

- 1 For the dressing, place all the ingredients in a small bowl or jug and mix well. Taste and adjust the seasoning as required.
- 2 Place the rice in a large pan of salted water and cook according to pack instructions until tender. Drain well and transfer to a serving bowl.
- 3 While the rice is still warm, stir through the chickpeas, artichokes, chilli, and herbs, and mix well. Pour the dressing over the rice mixture and toss together. Taste and adjust the seasoning. Top with the pine nuts and feta cheese and serve.

## NUTRIENT BOOST

Soluble fibre in chickpeas helps balance blood sugar and reduce cholesterol.



## Cook's Tip

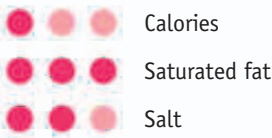
Camargue red rice has a slightly nutty taste. You can also use half Camargue rice and half basmati rice.



# BEETROOT AND HAZELNUT SALAD WITH BLUE CHEESE

**SERVES** 4  
**PREP** 15 mins  
**COOK** 1 hour

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 370kcal/1525kJ  
Protein 10g  
Fat 30g  
Saturated fat 8g  
Carbohydrate 14g  
Sugar 12g  
Fibre 6g  
Salt 1.2g



*A mix of earthy flavours and a classic combination of blue cheese and nuts makes this a substantial salad.*

500g (1lb 2oz) beetroots, trimmed  
few sprigs of thyme  
2 tbsp olive oil

2 red onions, thickly sliced into rings  
150g (5½oz) salad leaves, such as lamb's lettuce, watercress, or rocket  
sea salt and freshly ground black pepper

50g (1¾oz) hazelnuts, toasted and roughly chopped

100g (3½oz) Gorgonzola cheese, crumbled  
gluten-free bread, to serve

## FOR THE DRESSING

3 tbsp extra virgin olive oil  
1 tbsp white wine vinegar

- 1 Preheat the oven to 200°C (400°F/Gas 6). Line a roasting tin with foil, then add the beetroots, thyme, and half the oil. Mix with your hands, so that the beetroots are coated. Bring the ends of the foil together to form a sealed packet, and roast for 40 minutes until the beetroots are tender when pierced with a knife. Unwrap the beetroots, add the onions and the remaining oil, seal the foil again, and cook for another 20 minutes. Remove, leave to cool, then peel away the skin from the beetroots and slice into quarters.
- 2 For the dressing, whisk together the oil and vinegar, and season.
- 3 Place the salad leaves on a serving plate or large shallow bowl and top with the beetroot and onion mix. Sprinkle with salt and pepper, then scatter over the hazelnuts and cheese. Spoon over a little dressing, leaving some on the side for people to help themselves, and serve with gluten-free bread.



## Cook's Tip

Try swapping the Gorgonzola for a mild Stilton or some slightly warmed slices of goat's cheese.

# CHORIZO AND WATERCRESS SALAD

*This warm salad makes a light main meal or hearty lunch, with lots of gutsy flavours on a bed of fresh leaves.*

400g (14oz) baby new potatoes  
250g (9oz) gluten-free cooking chorizo sausages, roughly chopped  
leaves from a few sprigs of thyme  
175g (6oz) watercress, thick stalks removed  
½ red onion, finely diced

## FOR THE DRESSING

3 tbsp olive oil  
1 tbsp white wine vinegar  
juice of 1 orange  
leaves from a few sprigs of thyme  
pinch of sugar  
salt and freshly ground black pepper

- 1 Place all the dressing ingredients in a jug, whisk well to combine, and set aside.
- 2 Cook the baby potatoes in a pan of boiling salted water for about 15–20 minutes until tender when pierced with a knife. Drain well, and halve any large ones. Set aside.
- 3 Meanwhile, place the chorizo in a large frying pan and cook over a medium heat for 5–6 minutes or until just turning golden brown on both sides. Sprinkle over the thyme leaves and fry for 1 minute. Remove with a slotted spoon and drain on kitchen paper.
- 4 Tip the watercress into a large shallow bowl, add the potatoes and chorizo, toss them together, sprinkle over the onion, and spoon over a little of the dressing, leaving some on the side for people to help themselves.

## CHORIZO SAUSAGE

This Spanish delicacy is usually made with pork and always generously seasoned with paprika. Look for the uncured cooking chorizo, or chorizo fresco, for this recipe.



**SERVES** 4  
**PREP** 20 mins  
**COOK** 15–20 mins

## GUIDELINES PER SERVING

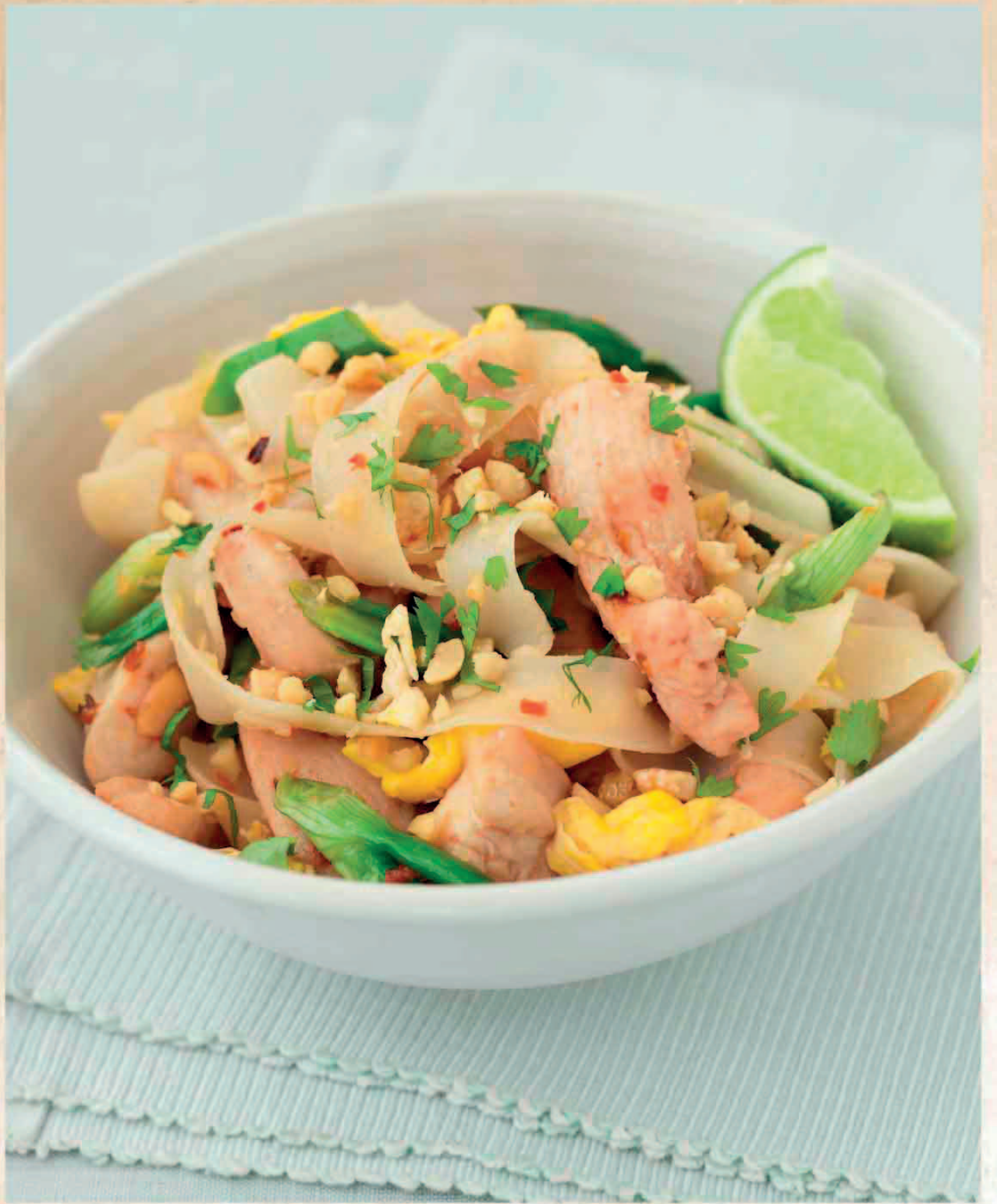
● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 352kcal/1468kJ  
Protein 14.5g  
Fat 23g  
Saturated fat 7.5g  
Carbohydrate 20.5g  
Sugar 6.5g  
Fibre 2.5g  
Salt 0.9g

## NUTRIENT BOOST

“Superfood” watercress is full of vitamins B and C, iron, and phytochemicals.





**PASTA,  
NOODLES,  
AND RICE**

# LEMON AND ASPARAGUS PASTA

**SERVES** 4  
**PREP** 5 mins  
**COOK** 10–12 mins

*Try to get the freshest new season asparagus for this simple supper dish.*

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 420kcal/1770kJ  
Protein 12g  
Fat 13g  
Saturated fat 2g  
Carbohydrate 63g  
Sugar 3g  
Fibre 5g  
Salt trace

250g (9oz) asparagus, trimmed and halved  
90ml (3fl oz) olive oil  
salt and freshly ground black pepper  
350g (12oz) gluten-free tagliatelle (shop-bought or see pages 42–3)  
2 garlic cloves, crushed  
zest and juice of 1 large lemon  
1 red chilli, deseeded and finely chopped

½ tsp freshly grated nutmeg  
3 tbsp finely chopped flat-leaf parsley  
freshly grated Parmesan cheese, to serve

## SPECIAL EQUIPMENT

griddle pan

- 1** Bring a small pan of salted water to the boil. Blanch the asparagus in the boiling water for 2 minutes. Drain and refresh in cold water.
- 2** Place a griddle pan on the hob to heat up. Drizzle the blanched asparagus with a little of the olive oil and season well with salt and pepper. Cook the asparagus on the hot griddle for 5–6 minutes, turning it occasionally until chargrilled. Set aside.
- 3** Bring a large pan of salted water to the boil. Add the pasta to the pan and cook according to instructions, giving it a stir at the beginning to prevent it from sticking together.
- 4** Heat the remaining olive oil in a large frying pan and add the garlic, lemon zest, and chilli. Sauté for 30 seconds, then add the lemon juice, plenty of black pepper, and the nutmeg. Remove from the heat.
- 5** Drain the pasta and add it to the frying pan along with the asparagus and parsley. Toss well to mix. Divide between plates and serve sprinkled with Parmesan cheese.

# PASTA GENOVESE

*A quick home-made pesto is tossed with linguine for this timeless classic from the Italian city of Genoa.*

**SERVES** 4  
**PREP** 10 mins  
**COOK** up to 12 mins

2 garlic cloves, roughly chopped  
large handful of basil leaves  
100g (3½oz) Parmesan cheese,  
finely grated  
100g (3½oz) Pecorino cheese,  
finely grated  
85g (3oz) pine nuts, toasted  
salt and freshly ground black pepper

about 200ml (7fl oz) extra virgin  
olive oil  
350g (12oz) gluten-free linguine  
(shop-bought or see pages 42–3)  
tomato salad, to serve

**SPECIAL EQUIPMENT**  
food processor

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 658kcal/2766kJ  
Protein 32g  
Fat 31g  
Saturated fat 11g  
Carbohydrate 63g  
Sugar 3g  
Fibre 4g  
Salt 1g

- 1** To prepare the pesto, place the garlic in a food processor and whizz until minced. Then add the basil leaves, Parmesan, Pecorino, pine nuts, and seasoning, and pulse a few times until it reaches your preferred texture.
- 2** Slowly trickle in the olive oil, pressing the pulse button as you go, adding as much or little to get the correct consistency – avoid a sloppy pesto. Taste and season if required. Set aside. Alternatively, make the pesto in a pestle and mortar for a coarser texture.
- 3** Put the pasta in a large pan of boiling salted water and cook according to instructions, giving it a stir at the beginning to prevent it from sticking together. Drain well and return to the pan with a little of the cooking water. Add enough pesto to just coat and toss well. Serve with a fresh tomato salad.



### Cook's Tip

For a more substantial supper, add some cooked, chopped green beans and cooked, diced potatoes.

# RICOTTA AND SQUASH RAVIOLI

**SERVES** 4  
**PREP** 30 mins  
PLUS CHILLING  
**COOK** 50–55 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 640kcal/2670kJ  
Protein 16g  
Fat 40g  
Saturated fat 15g  
Carbohydrate 53g  
Sugar 3g  
Fibre 3g  
Salt 1.2g

*Make the ravioli a day in advance. Dust them with polenta, place them on a tray covered with cling film, and chill.*

175g (6oz) butternut squash,  
peeled, deseeded, and cut into  
5cm (2in) cubes  
1 tbsp olive oil  
salt and freshly ground black pepper  
85g (3oz) ricotta cheese  
30g (1oz) Parmesan cheese,  
finely grated  
1 garlic clove, crushed  
½ tsp freshly grated nutmeg  
350g (12oz) gluten-free pasta dough (see  
pages 42–3)  
gluten-free plain flour, for dusting  
polenta or fine cornmeal, for dusting

## FOR THE SAGE BUTTER

3 tbsp olive oil  
60g (2oz) butter  
zest of ½ lemon  
2 tsp roughly chopped sage leaves  
finely grated Parmesan cheese,  
to serve

## SPECIAL EQUIPMENT

6cm (2½in) round metal cutter

- 1** For the filling, preheat the oven to 200°C (400°F/Gas 6). Place the butternut cubes in a roasting tin and drizzle over the oil, 3 tablespoons water, and seasoning. Cover with foil and roast for 30–35 minutes or until tender. Transfer to a food processor and blitz until smooth. Spread in the roasting tin and leave until cold. Place the ricotta, Parmesan cheese, garlic, and nutmeg in a bowl. Stir in the butternut squash and season to taste. Chill.
- 2** Roll out the pasta dough onto a lightly floured surface to 3mm (⅛in) thick. Cut out 64 rounds using a cutter. Top half of the the rounds with ½ teaspoon filling. Brush a little water around the filling and place a plain pasta round on top. Pinch the edges to seal. This will make 32 ravioli. Dust with polenta to prevent them from sticking together. Cover and chill until required.
- 3** Bring a large pan of salted water to the boil. Add the pasta and cook for 4–5 minutes or until al dente. For the sage butter, heat a large frying pan, add the olive oil, butter, lemon zest, and sage, and sauté for 30 seconds. Remove and add plenty of pepper. Drain the pasta in a colander, add to the frying pan, and toss well to mix. Serve sprinkled with Parmesan.



# PASTA PRIMAVERA

**SERVES** 4  
**PREP** 15 mins  
**COOK** 30 mins

*Serve this light and fresh vegetarian dish in spring, when young, tender vegetables are easily available.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 384kcal/1629kJ  
Protein 15g  
Fat 5g  
Saturated fat 1g  
Carbohydrate 68g  
Sugar 6g  
Fibre 8g  
Salt 0.1g

200g (7oz) green beans, trimmed  
1 bunch of fine asparagus, trimmed  
350g (12oz) gluten-free linguine  
or other pasta shapes (shop-bought  
or see pages 42–3)  
1 tbsp olive oil  
3 courgettes, halved lengthways  
and chopped

salt and freshly ground black pepper  
pinch of saffron threads (optional)  
4 tomatoes, roughly chopped  
grated Parmesan or Pecorino cheese,  
to serve

- 1** Place the beans in a pan of boiling salted water and cook for 4–5 minutes until tender but still with some bite. Remove with a slotted spoon (reserve the water in the pan), refresh in cold water, and roughly chop. Add the asparagus to the reserved boiling water and cook for 6–8 minutes until almost tender. Drain, refresh, and roughly chop.
- 2** Put the pasta in a large pan of boiling salted water and cook according to instructions. Give it a stir at the beginning of cooking to prevent it from sticking together. Drain well, return to the pan with a little of the cooking water, and toss together to combine.
- 3** Meanwhile, heat the oil in a large frying pan, add the courgettes, and season. Add the saffron threads (if using) and cook on a low-medium heat for about 10 minutes until the courgettes turn golden.
- 4** Add the beans, asparagus, and tomatoes to the frying pan. Stir and cook over a low heat for 5 minutes. Tip the vegetables into the pasta and toss to combine. Serve with the Parmesan or Pecorino and more freshly ground black pepper, if you wish.



### Cook's Tip

Swap the asparagus for frozen peas, if asparagus is not in season.

# CRAB AND TOMATO PASTA

*Pasta absorbs wonderfully the sweet flavour of crab.  
This is an easy dish for last-minute entertaining.*

1 tbsp olive oil  
1 onion, very finely chopped  
1 celery stick, very finely chopped  
1 bay leaf  
salt and freshly ground black pepper  
2 garlic cloves, finely chopped  
1 red chilli, deseeded and  
finely chopped

100ml (3½fl oz) dry white wine  
150ml (5fl oz) passata  
350g (12oz) gluten-free linguine  
or other pasta shapes (shop-bought or  
see pages 42–3)  
250g (9oz) fresh white crab meat  
handful of flat-leaf parsley,  
finely chopped

- 1 Heat the oil in a large pan, add the onion, and cook over a low heat for 5–6 minutes until soft. Add the celery, bay leaf, and salt and pepper, and cook gently on a low heat, stirring, for about 10 minutes, making sure the vegetables don't brown. Stir in the garlic and chilli, and cook for another minute.
- 2 Raise the heat, add the wine, and let it bubble for 1 minute. Add the passata and let this bubble for 2–3 minutes. Reduce to a low heat and simmer gently for about 15 minutes.
- 3 Put the pasta in a large pan of boiling salted water and cook according to instructions. Give it a stir at the beginning of cooking to prevent it from sticking together. Drain and return to the pan with a little of the cooking water. Stir the crab meat into the tomato sauce and warm through. Pour the sauce over the linguine and toss to combine. Sprinkle over the parsley and serve straight away.



## FRESH CRAB

If buying whole crab or cooking your own crab, the white meat can be found in the central body, legs, and claws. Use a lobster or nut-cracker to break the shell and extract the flesh with a lobster pick or skewer.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 30 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 446kcal/1888kJ  
Protein 23g  
Fat 8g  
Saturated fat 1g  
Carbohydrate 66g  
Sugar 3.5g  
Fibre 4.5g  
Salt 0.7g

# SMOKED SALMON PASTA

**SERVES** 4  
**PREP** 10 mins  
**COOK** 15 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 636kcal/2669kJ  
Protein 26g  
Fat 31g  
Saturated fat 16g  
Carbohydrate 62g  
Sugar 2g  
Fibre 3.5g  
Salt 2.5g

*Cream cheese makes an instant and cheap pasta sauce for this easy mid-week supper dish.*

350g (12oz) gluten-free linguine or other pasta shapes (shop-bought or see pages 42–3)

200g (7oz) cream cheese

250g (9oz) smoked salmon trimmings, chopped

2–3 sprigs of dill, finely chopped salt and freshly ground black pepper  
wild rocket leaves dressed with olive oil and lemon juice, to serve

- 1** Put the pasta in a large pan of boiling salted water and cook according to instructions. Give it a stir at the beginning of cooking to prevent it from sticking together. Drain and return to the pan with a little of the cooking water.
- 2** Stir the cream cheese through the pasta, so it melts to form a sauce. Add the salmon and stir again.
- 3** Sprinkle over the dill and season. Serve with a lightly dressed, lemony wild rocket salad.



### Cook's Tip

For a more sophisticated version, swap the cream cheese for fresh ricotta.



# MUSHROOM AND HAM PASTA

*This is flavour-packed comfort food at its best, perfect for the whole family.*

**SERVES** 4  
**PREP** 15 mins  
**COOK** 40 mins

300g (10oz) chestnut mushrooms  
2 tbs olive oil  
1 onion, finely chopped  
salt and freshly ground black pepper  
2 garlic cloves, grated  
3 sage leaves, finely chopped  
100ml (3½fl oz) dry white wine  
150ml (5fl oz) double cream

handful of finely grated Parmesan cheese,  
plus extra to serve  
200g (7oz) good-quality, gluten-free ham,  
cut into bite-sized chunks  
350g (12oz) gluten-free linguine or other  
pasta shapes (shop-bought  
or see pages 42–3)

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 681kcal/2855kJ  
Protein 26g  
Fat 33g  
Saturated fat 17g  
Carbohydrate 65g  
Sugar 4.5g  
Fibre 5g  
Salt 1.8g

- 1 Chop 200g (7oz) of the mushrooms into quarters and grate the remainder (see Cook's Tip). Heat half the oil in a large frying pan, add the onion, and cook on a low heat for 5–6 minutes until soft. Season with salt and pepper, stir through the garlic and chopped sage, and cook for 1 more minute.
- 2 Add the quartered and grated mushrooms and the remaining oil, and cook over a low-medium heat, stirring occasionally. Let the mushrooms warm gently for about 10 minutes until they begin to release their juices.
- 3 Raise the heat, add the wine, and bubble for 2–3 minutes. Reduce the heat a little and stir through the cream. Cook for 1–2 minutes, add the Parmesan, and stir. Season to taste again if necessary. Stir in the ham and heat gently.
- 4 Put the pasta in a large pan of boiling salted water and cook according to instructions. Give it a stir at the beginning of cooking to prevent it from sticking together. Drain well and return to the pan with a little of the cooking water. Add the sauce to the pasta and toss gently to coat. Serve with grated Parmesan cheese.



### Cook's Tip

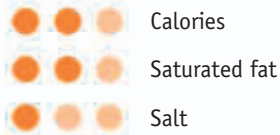
Grating the mushrooms really enriches the sauce – you could also add some soaked dried porcini to add further depth and richness.



# PASTA AND MEATBALLS

**SERVES** 4  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 40 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 601kcal/2521kJ  
Protein 28g  
Fat 24g  
Saturated fat 7.5g  
Carbohydrate 61g  
Sugar 8g  
Fibre 5g  
Salt 0.7g

*Anchovies add richness to the meatballs without giving them a “fishy” flavour. Replace the red wine with 150ml (5fl oz) gluten-free beef stock for a child-friendly version.*

1 red onion, finely chopped  
300g (10oz) minced beef  
pinch of dried chilli flakes  
handful of flat-leaf parsley,  
finely chopped  
3 anchovy fillets, chopped (optional)  
rice flour, for dusting  
2–3 tbsp olive oil  
300g (10oz) gluten-free spaghetti  
or tagliatelle (see pages 42–3)

## FOR THE SAUCE

1 tbsp olive oil  
1 onion, finely chopped  
salt and freshly ground black pepper  
1 small glass red wine  
400g can chopped tomatoes  
pinch of dried oregano  
freshly grated Parmesan cheese,  
to serve

- 1** Place the onion, beef, chilli flakes, parsley, and anchovies (if using) in a large bowl, and mix well with your hands, so that the mixture is tightly packed. With floured hands, scoop out golf-ball sized portions and roll until neat. It should make about 12. Sit them on a baking sheet lined with parchment paper and chill in the fridge to firm up.
- 2** Heat a little oil in a large non-stick frying pan with a lid and add the meatballs a few at a time. Cook on a medium-high heat until browned on all sides, about 6–8 minutes. Repeat with all the meatballs, adding more oil as needed. Transfer to a plate lined with kitchen paper to drain.
- 3** For the sauce, use the same frying pan to heat the oil, add the onion, season, and cook over a low heat for 3–4 minutes until soft. Tip in the wine, raise the heat, and let it bubble for 2–3 minutes. Reduce to a simmer. Add the tomatoes and oregano and cook gently for 5 minutes. Add the meatballs to the sauce and cook on a low heat with the lid ajar for 20 minutes, turning occasionally and topping up with hot water, if it appears to be drying out. Cook the pasta according to instructions. Season the sauce as needed. Serve with the pasta, topped with grated Parmesan cheese.

### NUTRIENT BOOST

Lean red meat is an excellent source of iron.

GREAT FOR KIDS



# MACARONI CHEESE

**SERVES** 4  
**PREP** 15 mins  
**COOK** 50 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 631kcal/2651kJ  
Protein 23g  
Fat 28g  
Saturated fat 17g  
Carbohydrate 70g  
Sugar 8g  
Fibre 4g  
Salt 1.3g

*A cheese sauce made with gluten-free flour bubbles away with pasta until golden. Raw onion is added to the mix to cut through the richness of the sauce.*

350g (12oz) gluten-free macaroni  
or penne pasta  
½ red onion, very finely chopped

450ml (15fl oz) milk  
salt and freshly ground black pepper  
1 tsp English mustard (optional)  
125g (4½oz) mature Cheddar cheese,  
grated, plus an extra handful to top

## FOR THE CHEESE SAUCE

50g (1¾oz) butter  
1 tbsp gluten-free plain flour  
or rice flour

- 1** Preheat the oven to 190°C (375°F/Gas 5). For the cheese sauce, melt the butter in a medium pan, remove it from the heat, and stir in the flour. When combined, add a splash of the milk and stir, then put the pan back on the heat and add more milk, a little at a time. Cook on a low heat, stirring constantly with a wooden spoon. When it starts to thicken slightly, switch to a balloon whisk and stir until smooth and lump-free; the sauce will not thicken as much as with regular flour. Season well, then stir in the mustard (if using) and the cheese until it melts. Remove from the heat and set aside.
- 2** Add the macaroni or penne to a large pan of boiling salted water, stir, and cook for 12 minutes or as per pack instructions. Drain and return to the pan with a little of the cooking water.
- 3** Transfer the macaroni to a baking dish, add the onion, mix, and season to taste with pepper. Pour over the cheese sauce and turn to coat, then sprinkle more cheese over the top. Bake for 25–30 minutes until golden and bubbling.

GREAT  
FOR KIDS



## Cook's Tip

To freeze, cook as per recipe and cool completely. To reheat, defrost overnight in the fridge, then reheat as portions in the microwave on high for 3 minutes, or return to room temperature, cover with foil, and bake at 180°C (350°F/Gas 4) until piping hot.

# PUMPKIN, SPINACH, AND GORGONZOLA LASAGNE

*This vegetarian lasagne is rich and satisfying, with fresh sage and nutmeg bringing the flavours alive.*

about 800g (1¾lb) small pumpkin or butternut squash, peeled, deseeded, and chopped into bite-sized pieces  
1 tbsp olive oil  
salt and freshly ground black pepper  
8 sage leaves, roughly chopped  
pinch of freshly grated nutmeg  
pinch of dried chilli flakes (optional)  
pinch of allspice  
200g (7oz) spinach  
10 gluten-free pre-cooked lasagne sheets (shop-bought or see pages 42–3)

125g (4½oz) Gorgonzola cheese, chopped  
lightly dressed green salad, to serve

## FOR THE SAUCE

100g (3½oz) butter  
2 tbsp gluten-free plain flour or rice flour  
900ml (1½ pints) milk

## SPECIAL EQUIPMENT

20 x 30cm (8 x 12in) ovenproof dish

**1** Preheat the oven to 200°C (400°F/Gas 6). Place the pumpkin in a large roasting tin, add the oil and plenty of seasoning, and stir to coat; the tin must be large or the pumpkin will steam rather than roast. Sprinkle over the sage, nutmeg, chilli (if using), and allspice and stir. Roast for 20–30 minutes, stirring halfway, until golden, then remove. Stir in the spinach, which will wilt in a few minutes. Set aside. Reduce the oven temperature to 190°C (375°F/Gas 5).

**2** For the sauce, melt the butter in a medium pan. Remove, add the flour, and stir. Add a little milk, stir, and return to the heat. Cook over a low heat, adding the milk and stirring with a wooden spoon. As it thickens, switch to a balloon whisk and stir to remove any lumps. Season well and set aside.

**3** For the lasagne, spoon half the pumpkin mixture into the ovenproof dish. Seasoning well between each layer, add half the lasagne sheets, half the sauce, and half the Gorgonzola. Repeat to use up all the ingredients. Place on a baking tray and bake for 30–40 minutes until golden and bubbling. Serve with a lightly dressed green salad.

**SERVES** 4  
**PREP** 25–30 mins  
**COOK** 1–1¼ hours  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 531kcal/2221kJ  
Protein 19g  
Fat 30g  
Saturated fat 16g  
Carbohydrate 47g  
Sugar 10g  
Fibre 6g  
Salt 1.8g

## NUTRIENT BOOST

Spinach is a good source of vitamin K, which is important for healthy bones.

# PAD THAI

**SERVES** 8  
**PREP** 15 mins  
**COOK** 15 mins

*Home-made versions of your favourite dishes mean that you can be sure of eating a gluten-free version.*

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 681kcal/2847kJ  
Protein 40g  
Fat 26g  
Saturated fat 5g  
Carbohydrate 51g  
Sugar 7g  
Fibre 0.5g  
Salt 0.6g

550g (1¼lb) medium or thick dried rice noodles  
3 tbsp sunflower oil  
4 eggs, lightly beaten  
1 tsp shrimp paste (optional)  
4 hot red chillies, deseeded and finely chopped  
6 skinless boneless chicken breasts, cut into 5mm (¼in) slices  
2 bunches of spring onions, finely chopped  
splash of gluten-free nam pla (fish sauce)  
juice of 2 limes  
2 tbsp demerara sugar  
salt and freshly ground black pepper  
300g (10oz) unsalted peanuts  
handful of coriander leaves, finely chopped  
lime wedges, to serve

- 1** Put the noodles in a large bowl, cover with boiling water, and leave for 8 minutes or until soft. Drain and set aside. Meanwhile, put 1 tbsp of the oil in a large wok over a high heat and swirl around the pan. Add the beaten egg and swirl it around the wok for about a minute, or until it begins to set – don't let it set completely – then remove, chop, and set aside.
- 2** Add the remaining 2 tbsp of oil to the pan, then add the shrimp paste (if using) and chillies, and stir. With the heat still high, add the chicken and stir vigorously for 5 minutes, or until it is no longer pink. Stir through the spring onions, nam pla, lime juice, and sugar, and toss together well. Cook for a few minutes until the sugar has dissolved, then season well with salt and pepper. Return the egg to the pan.
- 3** Add the noodles to the pan and toss together to coat with the sauce, then add half the peanuts and half the coriander, and toss again. Transfer to a large, shallow, warmed serving bowl and scatter over the rest of the peanuts and coriander. Garnish with lime wedges to serve.



# MEE GORENG

**SERVES** 4  
**PREP** 25–30 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 534kcal/2226kJ  
Protein 20g  
Fat 20g  
Saturated fat 4g  
Carbohydrate 62g  
Sugar 4.5g  
Fibre 2.5g  
Salt 2.2g



*This classic Malaysian dish is traditionally made with wheat egg noodles but works just as well with rice noodles.*

4 garlic cloves, roughly chopped

10 black peppercorns

1 red chilli, deseeded and roughly chopped

3 tbsp sunflower oil

225g (8oz) firm tofu, cut into cubes or strips

3 tbsp tamari (gluten-free soy sauce)

300ml (10fl oz) hot gluten-free vegetable stock (see page 121)

300g (10oz) dried vermicelli rice noodles

½ small, firm white cabbage, finely shredded

handful of beansprouts

4 spring onions, finely sliced

4 eggs, fried, to serve (optional)

## SPECIAL EQUIPMENT

wok or large, deep, non-stick frying pan

- 1** Grind the garlic, pepper, and chilli to a paste in a pestle and mortar, or put in a small food processor and whizz until minced. Heat the oil in a wok on a medium-high heat, add the garlic mixture, and cook for a few seconds. Add the tofu and cook for 5–8 minutes until it starts to turn golden. Add the tamari and stir carefully, then let it bubble for 2–3 minutes. Add the stock, bubble again, and cook until the mixture has reduced by half.
- 2** Meanwhile, sit the noodles in a bowl, cover with boiling water, and leave for 5 minutes until beginning to soften, then drain.
- 3** Add the cabbage to the mixture and mix quickly, then add the noodles and mix well. Add the beansprouts and spring onions, toss together, and remove from the heat. Serve hot, topped with a fried egg and more tamari, if needed.



## Cook's Tip

Make this with chicken and prawns if you're not keen on tofu. If making for kids, add more vegetables, such as green beans or broccoli, to increase their intake.



# SWEET PRAWN AND COURGETTE NOODLES

*Succulent prawns with courgettes and a little spice are all that this easy dish requires.*

200g (7oz) dried rice noodles  
400g (14oz) raw Tiger prawns,  
shells removed and tails on  
2 tbsp olive oil  
2 courgettes, sliced lengthways,  
and finely diced  
sea salt and freshly ground  
black pepper  
pinch of chilli flakes  
3 garlic cloves, finely chopped  
handful of beansprouts  
handful of fresh coriander  
leaves, chopped  
sesame seeds (optional)

## FOR THE MARINADE

1 tbsp clear honey  
1 tbsp tamari (gluten-free soy sauce)  
juice of 1 lime  
1 red chilli, deseeded and  
finely chopped  
splash of gluten-free nam pla  
(fish sauce)

- 1** Place the rice noodles in a bowl, cover with boiling water, and leave for 10 minutes or as per instructions. Drain, separate the strands, and set aside.
- 2** Mix together the marinade ingredients, season to taste, and add the prawns. Stir until combined, then set aside while you cook the courgettes.
- 3** Heat half the oil in a large frying pan, add the courgettes, season with salt and pepper, and add the chilli flakes. Cook on a low heat for 5–6 minutes until lightly golden, then add the garlic and cook for another minute. Stir through the beansprouts, spoon out, and set aside.
- 4** Heat the remaining oil in the pan, add the prawns and the marinade, and cook on a medium-high heat for about 5–6 minutes or until pink. Turn them occasionally and make sure that the honey doesn't burn. Plate up the noodles, spoon over the courgettes, and top with the prawns. Sprinkle over the coriander and sesame seeds (if using), before serving.

**SERVES** 4  
**PREP** 20 mins  
**COOK** 25 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 327kcal/1366kJ  
Protein 22g  
Fat 6.5g  
Saturated fat 1g  
Carbohydrate 41g  
Sugar 3g  
Fibre 0.7g  
Salt 1.9g

# SPICED NOODLES WITH AROMATIC RED SNAPPER

**SERVES** 4  
**PREP** 15 mins  
PLUS MARINATING  
**COOK** 25–30 mins

## GUIDELINES PER SERVING

● ● ● ● Calories  
● ● ● ● Saturated fat  
● ● ● ● Salt

## STATISTICS PER SERVING

Energy 473kcal/1982kJ  
Protein 35g  
Fat 8g  
Saturated fat 1g  
Carbohydrate 59g  
Sugar 11g  
Fibre 4g  
Salt 1g

*Sambal oelek, an Indonesian hot chilli condiment, is the perfect partner for this delicate fish.*

1 red snapper, filleted, skinned, and chopped into large chunks  
250g (9oz) dried fine rice noodles  
1 tbsp sunflower oil  
bunch of spring onions, sliced  
300g (10oz) French beans, trimmed and chopped  
1 red pepper, deseeded and finely chopped  
2 garlic cloves, finely chopped  
1–2 tsp sambal oelek, or 1 chopped red chilli, or ½–1 tsp dried chilli flakes mixed with 1 tsp vegetable oil  
1 tbsp tamari (gluten-free soy sauce)

handful of fresh coriander, leaves only  
1 orange, peeled and segmented

## FOR THE MARINADE

zest and juice of 1 orange  
2 tsp finely chopped thyme leaves  
1 red chilli, deseeded and finely chopped  
2 garlic cloves, finely chopped  
1 tbsp olive oil  
salt and freshly ground black pepper

## SPECIAL EQUIPMENT

wok or large, deep, non-stick frying pan

- 1** Place the fish in a shallow dish. Combine all the marinade ingredients in a jug, stir well, and pour over the fish, turning the pieces to coat. Set aside to marinate for up to 1 hour. Preheat the oven to 180°C (350°F/Gas 4). Remove the fish using a slotted spoon and place in a roasting tin. Roast for 20–25 minutes or until the fish is cooked through and turning opaque. Set aside.
- 2** Cover the noodles with boiling water and leave for 10 minutes or as per pack instructions. Drain. Add the oil to the wok or pan and swirl it around. Add the spring onions and cook on a medium-high heat for 2–3 minutes until soft. Add the beans and stir. Cook for about 5 minutes until they begin to soften. Stir in the pepper and garlic and cook for 2–3 minutes.
- 3** Add the sambal oelek and tamari. Add the noodles and toss. Cook for 3–5 minutes and transfer to a serving dish. Top with the fish and coriander. Serve with the orange segments.



# CHICKEN, CASHEW, AND CORIANDER NOODLE STIR-FRY

**SERVES** 4  
**PREP** 20 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 543kcal/2268kJ  
Protein 35g  
Fat 19g  
Saturated fat 3.5g  
Carbohydrate 51g  
Sugar 7g  
Fibre 3g  
Salt 1.5g

GREAT  
FOR KIDS

## NUTRIENT BOOST

Cashew nuts are rich in essential fatty acids and a good source of protein.

*A simple stir-fry, zinging with fresh flavours. Use the best-quality chicken you can find – it will make all the difference.*

200g (7oz) dried rice noodles  
3 chicken breasts, skinless, cut into bite-sized pieces  
salt and freshly ground black pepper  
1 tbsp cornflour  
2 tbsp sunflower oil  
2 red peppers, deseeded and sliced into strips  
bunch of spring onions, sliced at an angle  
5cm (2in) piece of fresh root ginger, peeled and grated

3 garlic cloves, grated  
2 tbsp tamari (gluten-free soy sauce)  
1 tbsp gluten-free mirin (Chinese rice wine) or dry sherry  
100g (3½oz) unsalted cashew nuts, toasted and roughly chopped  
large bunch of fresh coriander, finely chopped

## SPECIAL EQUIPMENT

wok or large, deep non-stick frying pan

- 1 Put the rice noodles in a bowl and cover with boiling water. Leave for 10 minutes or as per instructions. Drain, separate the strands, and set aside.
- 2 Season the chicken and toss in the cornflour. Heat half the oil in a wok on a medium-high heat and add the chicken. Fry for 8–10 minutes or until the chicken is cooked through. Remove and set aside. Add the remaining oil and the peppers and fry for 2–3 minutes. Add the spring onions and toss the ingredients around the wok on a fairly high heat. Add the ginger and garlic and cook for another 2–3 minutes. Add the tamari and mirin or sherry and bubble for 1 minute. Add a splash of water to loosen the sauce if necessary.
- 3 Return the chicken to the wok, add the cashews and coriander, and stir to coat. Remove from the heat and serve with the rice noodles.



## Cook's Tip

Stir-fries require a little speed so that everything remains crisp. Have the ingredients prepped and chopped, ready to throw in.

# CHICKEN CHILLI NOODLES

*The simplicity of ingredients works well in this dish. If you would like more greenery on the plate, add 200g (7oz) sugar snap peas or mangetout at the same time as the chillies.*

3 chicken breasts, skinless, cut into strips  
salt and freshly ground black pepper  
1 tbsp cornflour  
pinch of dried chilli flakes  
4 tbsp sunflower oil  
4 nests of dried vermicelli  
rice noodles  
1 red chilli, deseeded and sliced  
into fine strips

1 green chilli, deseeded and sliced into  
fine strips  
3 garlic cloves, grated  
2 tbsp tamari (gluten-free soy sauce)  
handful of basil leaves, torn




## SPECIAL EQUIPMENT

wok or large, deep non-stick frying pan

- 1** Toss the chicken in the salt and pepper, cornflour, and chilli flakes. Heat 1 tablespoon oil in a wok and swirl it around. Add the coated chicken pieces and fry on a medium-high heat for 10 minutes or until the chicken is cooked through. Remove and set aside.
- 2** Add the remaining oil, sit the rice noodle nests in the wok, and fry on a medium-high heat for 1–2 minutes on each side until pale golden. Remove from the wok with a slotted spatula and drain on kitchen paper.
- 3** Add the chillies to the wok and cook for 2–3 minutes, then add the garlic and stir. Add the tamari, bubble for a minute, return the noodles and chicken to the wok, and simmer gently for 5 minutes or until the noodles have softened. Stir through the basil and serve.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 487kcal/2036kJ  
Protein 31g  
Fat 12g  
Saturated fat 2g  
Carbohydrate 57g  
Sugar 0.5g  
Fibre 0g  
Salt 1.5g

# MINCED PORK AND NOODLES WITH CARROT PICKLE

**SERVES** 4  
**PREP** 15 mins  
**COOK** 30 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 396kcal/1653kJ  
Protein 20g  
Fat 12g  
Saturated fat 4g  
Carbohydrate 48g  
Sugar 9g  
Fibre 3g  
Salt 0.9g



*Fresh carrot pickle cuts through the richness of the pork. Omit the chilli if making this dish for children.*

200g (7oz) dried rice noodles  
1 tbsp olive oil  
1 onion, finely chopped  
salt and freshly ground black pepper  
3 garlic cloves, finely chopped  
2 green chillies, deseeded and finely chopped  
pinch of dried mint  
pinch of allspice  
350g (12oz) minced pork meat  
1 tbsp tamari (gluten-free soy sauce)

1 tsp caster sugar  
green beans, lightly steamed, to serve

## FOR THE PICKLE

3 medium carrots  
1 tbsp white wine vinegar  
1–2 tsp caster sugar  
handful of fresh mint leaves, finely chopped, plus extra to garnish (optional)

- 1** Place the noodles in a bowl, cover with boiling water, and leave for 10 minutes or as per pack instructions. Drain and set aside.
- 2** For the carrot pickle, peel the carrots and finely slice on the diagonal using a mandolin to make thin rounds. In a separate bowl, whisk together the vinegar and sugar and pour the mixture over the carrots. Stir in the mint leaves, season to taste, and set aside.
- 3** Heat the oil in a large, heavy frying pan. Add the onion and some seasoning. Fry for 2–3 minutes on a low heat, stir through the garlic, chilli, dried mint, and allspice, and cook for 1 minute.
- 4** Add the minced pork, increase the heat a little, and cook for 8–10 minutes, stirring occasionally, until the pork is cooked through. Stir in the tamari and sugar and cook for 1–2 minutes more. Taste and add more seasoning and tamari if needed. Spoon the pork over a bed of noodles with some carrot pickle on the side. Scatter over more chopped mint leaves for colour, if desired, and serve with steamed green beans.

# SALT-AND-PEPPER BEEF NOODLES

*Succulent strips of beef are stir-fried in a Chinese-style sauce with crisp mangetout.*

200g (7oz) dried rice noodles  
600g (1lb 5oz) sirloin steak, thinly sliced  
salt and freshly ground black pepper  
1 tsp Sichuan pepper  
1 tbsp sunflower oil  
3 garlic cloves, finely sliced  
5cm (2in) piece of fresh root ginger, peeled and finely sliced  
1 green chilli, deseeded and sliced into fine strips  
200g (7oz) mangetout or sugarsnap peas, sliced (optional)

3 spring onions, finely sliced, to garnish

## FOR THE SAUCE

2 tbsp tamari (gluten-free soy sauce)  
1 tbsp gluten-free nam pla (fish sauce)  
1 tbsp cornflour  
1 tsp caster sugar



## SPECIAL EQUIPMENT

wok or large, deep non-stick frying pan

- 1 Place the noodles in a bowl, cover with boiling water, and leave for 10 minutes or as per pack instructions. Drain and set aside.
- 2 For the sauce, mix together the tamari, nam pla, cornflour, and sugar and set aside.
- 3 Toss the beef with the salt and pepper and Sichuan pepper. Heat the oil in a wok, add the beef, and stir-fry on a medium-high heat for 3–4 minutes or until browned all over, then remove.
- 4 Add the garlic, ginger, chilli, and mangetout or sugarsnap peas (if using) to the wok, adding a little more oil if needed, and stir-fry for 2 minutes on a medium-high heat. Pour in the sauce and let it bubble. Add 2–3 tablespoons water – more if it is still too thick – and let it cook for 2 more minutes. Return the beef to the wok and stir to coat, then add the noodles and stir again. Spoon out into a serving dish and top with the spring onion.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 450kcal/1884kJ  
Protein 40g  
Fat 10g  
Saturated fat 3g  
Carbohydrate 46g  
Sugar 4g  
Fibre 1.2g  
Salt 1.9g

# HOT SPICED RICE WITH CHICKEN AND POMEGRANATE

**SERVES** 4  
**PREP** 15 mins  
PLUS MARINATING  
**COOK** 35–40 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 518kcal/2174kJ  
Protein 38g  
Fat 8g  
Saturated fat 2g  
Carbohydrate 68g  
Sugar 13g  
Fibre 2g  
Salt 0.35g

*The heady spice mix elevates this easy chicken dish – plus it's a real feast for the eyes!*

½ tsp ground cinnamon  
½ tsp ground allspice  
½ tsp ground cloves  
½ tsp ground coriander  
salt and freshly ground black pepper  
juice of 1 orange  
150ml (5fl oz) pomegranate juice  
(see Cook's Tip)

2 garlic cloves, finely chopped  
8 chicken thighs, skin on  
3 courgettes, thickly sliced  
300g (10oz) basmati rice  
1–2 Scotch bonnet chillies, left whole  
150g (5½oz) pomegranate seeds,  
or seeds from 1 pomegranate

- 1** Preheat the oven to 200°C (400°F/Gas 6). Mix all the spices with the salt and pepper, orange juice, pomegranate juice, and garlic. Place the chicken pieces in a roasting tin and pour over half the mixture to coat. Cover and marinate for 30 minutes, then roast in the oven for 20–25 minutes. Add the courgettes to the roasting tin and cook for another 15 minutes or until the chicken is golden and the skin begins to char slightly.
- 2** Meanwhile, place the rice and chillies in a pan, and top up with water so it just covers the rice. Season with salt and tip in the remaining spice mix. Cook on a medium heat with the lid ajar for 15 minutes until the rice has absorbed all the water and is just cooked. Turn off the heat, sit the lid on top, and leave for 10 minutes to steam.
- 3** Transfer the rice to a serving dish, top with the chicken and any juices, and the courgettes, and sprinkle with the pomegranate seeds to serve. Use Scotch bonnets for garnish, or chop and scatter over the dish for some heat.



### Cook's Tip

Make fresh pomegranate juice by squashing the seeds from 3 fresh pomegranates through a sieve. Alternatively, try pomegranate molasses for a more intense flavour.





# BRAZILIAN-STYLE RICE, BLACK BEANS, AND CHORIZO

**SERVES** 4  
**PREP** 25–30 mins  
PLUS SOAKING  
**COOK** 2 hours

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 543kcal/2274kJ

Protein 25g

Fat 18g

Saturated fat 5.5g

Carbohydrate 59g

Sugar 3.5g

Fibre 7g

Salt 1.6g

*Rice absorbs beautifully the flavours of cured chorizo sausage, whose smokiness deepens the fresh taste of green chilli and coriander leaves.*

225g (8oz) black turtle beans or black-eyed beans, soaked overnight and refreshed with clean water

600ml (1 pint) hot gluten-free beef stock

150g (5½oz) basmati rice

2 tbsp olive oil

1 onion, finely chopped

salt and freshly ground black pepper

2 green chillies, deseeded and finely chopped

1 bay leaf

100g (3½oz) gluten-free cured chorizo sausage, roughly chopped

100g (3½oz) pancetta, cubed

handful of fresh coriander leaves, finely chopped

orange slices, to serve

- 1** Drain the beans and place them in a large pan, then add the beef stock and more hot water to cover if needed. Cover with a lid, bring to the boil, and cook for 10 minutes, then reduce to a simmer and cook partly covered for 1–1½ hours until the beans are soft. Take off the heat and set aside.
- 2** Meanwhile, cook the rice in a medium pan of boiling salted water for 10–15 minutes or as per pack instructions, drain, and set aside. Heat the oil in a large, heavy frying pan, add the onion, and season with a little salt and pepper. Cook on a low heat for 6–8 minutes, stirring so they don't brown too much. Cook until soft, then add the chilli and the bay leaf and stir. Increase the heat a little, add the chorizo and pancetta, and cook for a further 10 minutes or until golden.
- 3** Ladle in the beans, taking in a little of the stock too, and simmer gently for 5 minutes, then stir through the rice and the coriander. Remove the bay leaf and serve with some fresh orange slices.

## NUTRIENT BOOST

Beans contain soluble fibre, which can help control blood cholesterol.

# HADDOCK AND TURMERIC RICE

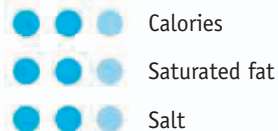
*Children will love this kedgeree-style dish, just go easy on the garam masala – a pinch will suffice.*

300g (10oz) basmati rice  
salt and freshly ground black pepper  
350g (12oz) undyed smoked haddock fillet  
300ml (10fl oz) milk  
1 tbsp olive oil  
knob of butter  
1 onion, finely chopped

2 tsp turmeric  
2 tsp garam masala or mild curry powder  
75g (2½oz) frozen peas, defrosted  
4 eggs, hard boiled and halved  
fresh coriander or flat-leaf parsley leaves, roughly chopped, lemon wedges, and mango chutney, to serve

**SERVES** 4  
**PREP** 20 mins  
**COOK** 25 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 545kcal/2281kJ  
Protein 34g  
Fat 15g  
Saturated fat 5g  
Carbohydrate 64g  
Sugar 6g  
Fibre 1.6g  
Salt 2g

- 1 Put the rice in a large pan and pour in enough water to cover. Season with salt and simmer gently with the lid ajar for 10–15 minutes until tender and cooked. Drain and set aside.
- 2 Lay the fish in a frying pan, skin-side down, and cover with milk or 300ml (10fl oz) water. Cover the pan and cook on a low heat for 4–5 minutes until the fish just begins to flake. Remove with a slotted spoon, discard the skin, and set aside, keeping warm.
- 3 Heat the oil and butter in a large frying pan and add the onion. Cook on a low heat for 2–3 minutes. Season to taste. Stir in the turmeric and garam masala and cook for 1–2 minutes. Stir in the rice and add the peas. On a very low heat, stir to combine and warm the peas through, then flake the fish into chunky pieces and add to the pan. Top with the eggs and season to taste. Sprinkle over the coriander or parsley and add a squeeze of lemon. Serve with mango chutney on the side.

### GROUND TURMERIC

Turmeric imparts a slightly sweet, warm, and musky flavour, and is often used as the base spice in a curry as it binds and harmonizes the other spices.



GREAT  
FOR KIDS

### NUTRIENT BOOST

Peas contain protein and good amounts of soluble and insoluble fibre.

# SALMON KEDGEREE

**SERVES** 4  
**PREP** 20 mins  
**COOK** 20 mins

*This Anglo-Indian dish is traditionally made with haddock, but here the addition of salmon adds a touch of class.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

300g (10oz) undyed smoked haddock fillets  
300g (10oz) salmon fillets  
200g (7oz) basmati rice  
salt and freshly ground black pepper  
pinch of saffron threads

60g (2oz) butter  
4 hard-boiled eggs  
2 tbsp chopped parsley leaves, plus extra to serve  
lemon wedges and buttered, gluten-free wholemeal toast, to serve

## STATISTICS PER SERVING

Energy 574kcal/2395kJ

Protein 41g

Fat 28g

Saturated fat 11g

Carbohydrate 37g

Sugar 1g

Fibre trace

Salt 1.9g

- 1 Place the fish in a single layer in a large frying pan. Pour over enough water to cover and heat gently to simmering point. Simmer for 5 minutes, then drain.
- 2 Meanwhile, cook the rice in boiling salted water with the saffron for 10–12 minutes, or according to the packet instructions. When it is cooked, drain, and stir in the butter.
- 3 Flake the fish into large chunks and add them to the rice, removing any tiny pin-bones you find as you do so. Discard the skin.
- 4 Remove the yolks from the hard-boiled eggs and reserve. Chop the egg whites and stir into the rice. Add the parsley and season to taste with salt and pepper.
- 5 Divide the mixture between warmed plates and crumble the reserved egg yolks across the top with more chopped parsley. Serve with lemon wedges and triangles of buttered wholemeal toast.





**MEAT  
AND FISH**

# SALMON EN CROÛTE

**SERVES** 6  
**PREP** 30 mins  
PLUS CHILLING  
**COOK** 25–30 mins  
**FREEZE** 1 month  
UNCOOKED

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 516kcal/2151kJ

Protein 32g

Fat 32g

Saturated fat 10g

Carbohydrate 23g

Sugar 1.5g

Fibre 0.5g

Salt 0.8g

### NUTRIENT BOOST

Try to eat at least one serving of oily fish each week.

*This classic summer dinner party dish looks impressive and is surprisingly easy to make.*

100g (3½oz) spinach leaves  
salt and freshly ground black pepper  
800g (1¾lb) salmon fillet, skinned  
1–2 tbsp gluten-free hot horseradish sauce (optional)  
bunch of dill, finely chopped  
zest of 1 lemon

oil, for greasing  
gluten-free plain flour, for dusting  
400g (14oz) gluten-free rough puff pastry (see pages 46–7)  
1 egg, lightly beaten  
green beans and new potatoes, to serve

- 1 Place the spinach in a medium pan and sprinkle over a few drops of water, sit the pan on a low heat, cover, and cook for 2 minutes until the spinach wilts. Drain and, when cool enough to handle, squeeze out as much water from the leaves as possible. Set aside.
- 2 Season the salmon, place it between sheets of cling film and gently bash to flatten it to about 1cm (½in) thick. Remove the top layer of the cling film and spread the horseradish over the salmon (if using), then the spinach. Mix the dill with the lemon zest and sprinkle evenly over the spinach.
- 3 Using the cling film to pull the salmon towards you, carefully roll it into a thick roll (approximately 25 x 10cm/10 x 4in). Tighten the cling film at the edges to form a secure roll. Chill in the refrigerator for about 1 hour.
- 4 Lightly oil a baking sheet. On a lightly floured surface, roll out the pastry into a 35cm (14in) square, about 3mm (⅛in) thick. Remove the cling film and place the salmon in the middle of the pastry, seam up (the pastry and salmon seam should be aligned). Fold in and seal the edges with water to form a closed parcel. Sit it on the baking sheet, sealed side down. Brush with half the beaten egg and chill for 30 minutes. Preheat the oven to 200°C (400°F/Gas 6). Brush with the remaining beaten egg and bake until the pastry is cooked and golden, about 25–30 minutes. Slice and serve with green beans and new potatoes.





# POLENTA FISHCAKES

**SERVES** 4  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 50 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 409kcal/1715kJ  
Protein 28g  
Fat 14.5g  
Saturated fat 3g  
Carbohydrate 40g  
Sugar 4g  
Fibre 3g  
Salt 0.5g

*Polenta makes a crunchy, gluten-free alternative to breadcrumbs for coating fishcakes.*

400g (14oz) floury potatoes	2 gherkins, roughly chopped
400g (14oz) white fish, skin on	100g (3½oz) polenta or fine cornmeal, to coat
200ml (7fl oz) milk	leaves from a few sprigs of thyme, finely chopped
1 bay leaf	2 tbsp gluten-free plain flour
knob of butter	1 egg, lightly beaten
1 onion, finely chopped	3–4 tbsp sunflower oil, for frying
salt and freshly ground black pepper	gluten-free tartare sauce and salad, to serve
handful of flat-leaf parsley, finely chopped	
2 tsp capers, rinsed and chopped	

- 1** In a large pan, cook the potatoes, still in their skins, in boiling water for 20–30 minutes until soft. Drain and cool, then remove the skins and mash well. Set aside. Sit the fish in a frying pan, add the milk and the bay leaf, then cover and simmer on a gentle heat for 5 minutes until the fish begins to flake. Remove from the heat and discard the bay leaf and most of the milk; keep some back for the potato mix. Discard the skin and bones. When cool enough to handle, pull apart into chunky flakes and set aside.
- 2** Melt the butter in a frying pan, add the onion, season, and cook on a low heat for 5 minutes until soft. Leave to cool. In a large bowl, add the fish, potatoes, onions, parsley, capers, and gherkins, and stir gently until combined; if the mixture is stiff, add 1–2 tablespoons of the cooking milk to help bind it. Season, divide the mixture into 8 balls, and flatten into cakes.
- 3** Take 3 plates. Mix the polenta and the thyme and add to 1 plate, the flour to another, and the egg to a third. Dip the cakes into the flour for a light dusting, then dip in the egg, and coat in the polenta. Put on a baking tray and chill in the fridge for 20 minutes; if freezing, do so at this point. To cook, heat a little oil in a non-stick frying pan, add the cakes a few at a time, and cook on a medium heat for 3–4 minutes on each side until golden all over. Top up with oil as needed. Serve with tartare sauce and a lightly dressed mixed salad.

GREAT  
FOR KIDS

# CHEESE-CRUSTED SALMON

*The cheesy coating adds real flavour to the salmon; it's rather like a rarebit mixture roasted with the fish and is a great way to get children to eat fish.*

**SERVES** 4  
**PREP** 10 mins  
**COOK** 20 mins

4 large salmon fillets, about 150g (5½oz) each, skin on oil, for greasing  
salt and freshly ground black pepper  
125g (4½oz) Cheddar cheese, grated  
25g (scant 1oz) Parmesan cheese, grated

splash of gluten-free Worcestershire sauce or tamari (gluten-free soy sauce)  
2 slices of gluten-free bread, whizzed into breadcrumbs  
beetroot salad, to serve

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

- 1 Preheat the oven to 200°C (400°F/Gas 6). Sit the fish in a large, lightly oiled roasting tin, and season with salt and pepper.
- 2 Mix together the cheeses, Worcestershire sauce or tamari, and breadcrumbs, then spoon equal amounts onto each salmon fillet.
- 3 Press the mixture evenly onto the fillets to coat and bake in the oven for 20 minutes, or until the top begins to turn golden and the fish is flaky and cooked through. Cover with foil if it starts to brown too much. Remove and serve with a chopped beetroot salad.

## STATISTICS PER SERVING

Energy 490kcal/2046kJ  
Protein 42g  
Fat 30g  
Saturated fat 11g  
Carbohydrate 13g  
Sugar 1g  
Fibre 2g  
Salt 1.3g



### Variation

Substitute the salmon for white fish, such as cod.



### SALMON FILLETS

Try to get large loin fillets for this dish, which are thicker than the tail. If using tail fillets you may need to reduce the baking time.

GREAT FOR KIDS

### NUTRIENT BOOST

Aim to eat 2 portions of fish a week, including an oil-rich fish like salmon.

# BEER-BATTERED FISH AND CHIPS

**SERVES** 4  
**PREP** 15 mins  
**COOK** 40 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 703kcal/2955kJ  
Protein 37g  
Fat 26g  
Saturated fat 3.5g  
Carbohydrate 73g  
Sugar 3.5g  
Fibre 5.8g  
Salt 1.3g



*A favourite classic – the batter serves as a protective casing while the fish cooks, leaving it flaky and delicate.*

800g (1¾lb) potatoes, peeled and cut into thickish fingers  
3 tbsp olive oil  
pinch of sea salt

4 haddock or cod fillets, skin on  
salt and freshly ground black pepper  
juice of ½ lemon

225g (8oz) gluten-free self-raising flour, sifted, plus extra for dusting

300ml (10fl oz) gluten-free beer  
vegetable oil, for frying  
lemon wedges, to serve

## SPECIAL EQUIPMENT

deep-fat fryer (optional)

- 1** For the chips, preheat the oven to 200°C (400°F/Gas 6). Tip the potatoes into a large roasting tin, add the olive oil, and coat them well. Spread them out so they roast rather than steam, and sprinkle with sea salt. Cook in the oven for 30–40 minutes until golden, turning them halfway through cooking.
- 2** Meanwhile, season the fish, squeeze a little lemon juice over each fillet, and dust with a little flour. Place the remaining flour along with a pinch of salt to a bowl and slowly pour in the beer, whisking as you go. You may not need all the beer, as the mixture should be thick. If it is too runny, it won't stick to the fish, so stop when you reach the required consistency.
- 3** Fill a deep-fat fryer with the vegetable oil, or pour it into a large pan so that it is one-third full, and heat to 190°C (375°F); maintain this temperature throughout. Do not leave the pan or fryer unattended, switch off when not using, and keep a fire blanket nearby in case of fire. Hold the fish by the tail and pass it through the batter so that it's completely coated, then add it to the oil. Cook 2 fillets at a time for 2–3 minutes, turn over, and cook for a further 2–3 minutes until crisp and golden. Transfer to kitchen paper to drain and repeat with the remaining fish, keeping the finished pieces warm in a low oven. Serve with the chips and lemon wedges.

# MONKFISH CATAPLANA

*Quick and impressive, this Portuguese dish is named after the special pan used to prepare it – you can also use an ordinary, large lidded pan. Good-quality fresh fish is key.*

**SERVES** 4  
**PREP** 15 mins  
**COOK** 15 mins

3 tbsp olive oil  
2 onions, finely chopped  
4 tomatoes, chopped, or 200g can chopped tomatoes  
500g (1lb 2oz) monkfish tail fillets, cut into chunky bite-sized pieces  
200g (7oz) clams, well washed, (see below)  
200g (7oz) raw shelled prawns  
4 garlic cloves, finely chopped

120ml (4fl oz) dry white wine  
1 tsp thyme leaves  
1 bay leaf  
2 tsp paprika  
4 chunky slices of gluten-free bread  
lemon wedges and rice, to serve

**SPECIAL EQUIPMENT**  
cataplana dish (optional)

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 393kcal/1661kJ  
Protein 44.5g  
Fat 11g  
Saturated fat 1.5g  
Carbohydrate 25g  
Sugar 5g  
Fibre 2.2g  
Salt 1.1g

- 1** In a large lidded pan or cataplana dish, heat the oil on a medium heat, add the onion, and cook for 2–3 minutes until beginning to soften.
- 2** Now add the next 9 ingredients and combine well. Cover tightly and simmer over a medium heat for 10–15 minutes until the prawns are pink, the clams have opened, and the monkfish is cooked. Taste and season if needed and carefully remove the bay leaf.
- 3** To serve, roughly tear 1 slice of bread into each bowl (ideally rustic-style shallow bowls), then ladle over the fish and plenty of sauce. Serve with a lemon wedge and some rice.



### CLAM SAFETY

Clams must be alive before cooking or they can be unsafe to eat. Tap any that are slightly open; throw away those clams that don't close. Also discard any that remain shut after cooking.

# ASIAN-STYLE CRISPY FISH

**SERVES** 4  
**PREP** 20 mins  
**COOK** 15 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 488kcal/2043kJ  
Protein 34g  
Fat 11g  
Saturated fat 1g  
Carbohydrate 56g  
Sugar 5g  
Fibre 4g  
Salt 0.6g

*A medley of vegetables topped with pan-fried red mullet and seasoned with a Vietnamese-style dressing.*

4 red mullet, gurnard or sea bass fillets, skinned  
1 tbsp rice flour  
1 tbsp sunflower oil

handful of Thai basil leaves or regular basil, torn  
handful of fresh coriander leaves  
1 tbsp sesame seeds, to garnish

## FOR THE NOODLES AND VEGETABLES

250g (9oz) vermicelli rice noodles  
200g (7oz) pak choi, trimmed and shredded  
2 carrots, grated  
handful of beansprouts  
4 spring onions, finely sliced  
handful of mint leaves, torn

## FOR THE DRESSING

juice of 2 limes  
2 tbsp rice wine vinegar  
gluten-free nam pla (fish sauce)

## SPECIAL EQUIPMENT

wok or large, deep non-stick frying pan

- 1** For the dressing, mix together the lime juice and rice wine vinegar. Add the nam pla to taste, and set aside.
- 2** Toss the fish fillets in the rice flour, heat the oil in the wok or pan, and add them to the hot oil. Cook 2 at a time on a medium-high heat for about 4–6 minutes turning halfway until golden and crispy. Remove with a fish slice and set aside on a plate layered with kitchen paper, to drain. Repeat to cook the remaining fillets.
- 3** Sit the noodles in a bowl, pour over boiling water to cover, and leave for 3–4 minutes, or as per pack instructions. Drain well, separate the strands if needed, and set aside to cool. In a large bowl, place the shredded pak choi, grated carrot, and half the dressing and toss. Add the beansprouts, spring onions, and cooled noodles and toss again with the remaining dressing. Add half the herbs, toss, and transfer to a serving dish. Top with the fish fillets and sprinkle over the remaining herbs and sesame seeds.



# EASY CHICKEN TIKKA SKEWERS WITH CUCUMBER AND MINT RAITA

**SERVES** 4  
**PREP** 20 mins  
PLUS MARINATING  
**COOK** 10 mins

## GUIDELINES PER SERVING

● ● ● ● Calories  
● ● ● ● Saturated fat  
● ● ● ● Salt

## STATISTICS PER SERVING

Energy 242kcal/1019kJ  
Protein 40g  
Fat 7g  
Saturated fat 4g  
Carbohydrate 4.5g  
Sugar 4g  
Fibre 0.5g  
Salt 0.8g

*Raita is an easy-to-make Indian dipping sauce that can be used as an accompaniment to many grilled dishes.*

### FOR THE MARINADE

6 tbsp plain low-fat yogurt  
1 tbsp lemon juice  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp turmeric  
2 tsp cayenne pepper or chilli powder  
½ tsp salt  
1 garlic clove, crushed  
3cm (1in) fresh root ginger, grated  
600g (1lb 5oz) skinless boneless chicken breast or thigh, cut into 3cm (1in) cubes

### FOR THE RAITA

10cm (4in) piece of cucumber, deseeded and grated  
200g (7oz) Greek yogurt  
handful of mint leaves, finely chopped  
1 small garlic clove, crushed  
salt and freshly ground black pepper

### SPECIAL EQUIPMENT

8 bamboo skewers

- 1 Mix the marinade ingredients, except the chicken, in a bowl. Add the chicken, turning to coat. Cover and refrigerate for 1 hour.
- 2 Meanwhile, place 8 bamboo skewers to soak in water, so that they won't burn under the grill.
- 3 Put the cucumber in a clean tea towel and squeeze well. Mix with the remaining raita ingredients and season to taste. Cover and chill.
- 4 Thread the chicken onto the soaked, drained skewers, distributing it evenly.
- 5 Preheat the grill on its highest setting and grill the chicken for 3–5 minutes on each side, or until starting to char. Serve with the raita.



### Variation

For an even easier recipe, mix 2 tbsp of shop-bought, gluten-free tikka paste with the yogurt and use that as the marinade.





# CHINESE-COATED CHICKEN WINGS

**SERVES** 4  
**PREP** 15 mins  
PLUS MARINATING  
**COOK** 40–45 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 446kcal/1856kJ  
Protein 22.5g  
Fat 29g  
Saturated fat 4.5g  
Carbohydrate 23g  
Sugar 1.5g  
Fibre 1.5g  
Salt 2.4g



*Chicken wings have plenty of succulent meat on them and are economical. If you can't find them in supermarkets, you should be able to buy them from your butcher.*

24 chicken wings  
juice of 1 lemon  
8 tbsp gluten-free plain flour  
or rice flour  
2 tsp salt  
1½ tsp five-spice powder  
1½ tsp freshly ground black pepper  
120ml (4fl oz) sunflower oil  
3 chillies, deseeded and finely sliced at  
an angle (omit if making for kids)

5 garlic cloves, sliced  
6 spring onions, trimmed and cut into  
2.5cm (1in) lengths at an angle  
tamari (gluten-free soy sauce) and rice,  
to serve

## SPECIAL EQUIPMENT

wok or large, deep non-stick frying pan

- 1** Put the chicken wings in a large bowl, add the lemon juice, combine well, and allow to stand for 20 minutes. Mix the flour, salt, five-spice, and pepper together in another large bowl and add the chicken wings and juice. Combine well and marinate in the flour mixture for 5 minutes, turning over occasionally.
- 2** Heat the oil in the wok or pan. Add the wings, 4 at a time, and cook on a medium-high heat for 8–10 minutes until golden and crisp, then transfer to a plate lined with kitchen paper to drain. Cook the remaining chicken wings in the same way.
- 3** Leave about 3 tablespoons oil in the wok and drain the rest. Heat again on a low-medium heat, then add the chilli, garlic, and spring onion, and cook for 2–3 minutes, being careful not to burn them. Return the chicken wings to the wok, toss together, then serve piled up on a plate with tamari and some rice on the side.

# SWEET AND SOUR CHICKEN

*Unlike most takeaway versions, this sweet and sour dish is delicate, refreshing, and guaranteed gluten-free.*

300g (10oz) fine green beans, trimmed and cut in half at an angle  
3 tbsp gluten-free plain flour  
½ tsp salt  
6 tbsp sparkling mineral water, ice cold  
400g (14oz) chicken breast, skinless, cut into strips  
sunflower oil, for frying  
1 red pepper and 1 yellow pepper, deseeded and cut into thin strips  
1 onion, finely chopped  
2 tbsp fresh coriander leaves, finely chopped, to serve  
rice, to serve

## FOR THE SAUCE

3 tbsp gluten-free rice wine or medium-sweet sherry  
½ tsp dried chilli flakes  
2 garlic cloves, grated  
1 tbsp gluten-free nam pla (fish sauce)  
3 tsp caster sugar  
juice of 1 lime

## SPECIAL EQUIPMENT

wok or large, deep non-stick frying pan

**SERVES** 4  
**PREP** 15 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 245kcal/1028kJ  
Protein 27.5g  
Fat 7.5g  
Saturated fat 1.1g  
Carbohydrate 16.7g  
Sugar 7.5g  
Fibre 4.7g  
Salt 0.7g

- 1 Blanch the beans in a large pan of boiling water for 3 minutes, then drain and refresh in cold water to halt the cooking process.
- 2 For the sauce, place all the ingredients in a bowl, mix well, and set aside.
- 3 In a large bowl, add the flour, salt, and mineral water, then beat with a hand whisk to make a smooth batter. Add the chicken pieces and combine well to coat. Pour the oil into the wok to a depth of 2.5cm (1in) and heat until hot. Add the battered chicken pieces, several pieces at a time, and cook for 4–5 minutes on a medium-high heat until golden. Remove and drain on kitchen paper. Repeat to cook all the chicken.
- 4 Leave about 3 tablespoons oil in the wok and drain the rest. On a low-medium heat, add the peppers and beans and stir-fry for 2 minutes. Add the onion and cook for 1 minute. Add the sauce and cook for 1 minute to let it thicken slightly. Add the chicken pieces and turn to coat well. Scatter over the coriander and serve with rice.

# RICOTTA-STUFFED CHICKEN BREASTS

**SERVES** 4  
**PREP** 20 mins  
**COOK** 20–25 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 281kcal/1181kJ  
Protein 46g  
Fat 11g  
Saturated fat 4g  
Carbohydrate 0.3g  
Sugar 0.3g  
Fibre 0g  
Salt 1.4g

*A modest effort for an impressive midweek meal, or a weekend treat smart enough to serve to friends.*

4 tbsp ricotta cheese  
2 tbsp finely grated Parmesan cheese  
2 tbsp finely chopped basil leaves  
1 tbsp finely chopped flat-leaf parsley leaves  
finely grated zest of 1 lemon  
salt and freshly ground black pepper  
4 skinless boneless chicken breasts  
1 tbsp olive oil  
8 Parma ham slices

- 1** Preheat the oven to 200°C (400°F/Gas 6). In a bowl, mash the ricotta cheese with the Parmesan cheese, herbs, and lemon zest. Season well.
- 2** Take the chicken breasts and cut a pocket into the thickest side. Stuff each one with one-quarter of the ricotta mixture, then rub with a little oil. Lay 2 Parma ham slices on a chopping board, overlapping slightly, and place the chicken on top. Carefully wrap the ham around the breasts, making sure it meets on top. (If necessary, use a cocktail stick to secure the ham.)
- 3** Flip the breasts over and place seam-side down on a baking sheet. Cook at the top of the oven for 20–25 minutes, until golden brown. When pressed with a finger, the meat should bounce back. Remove the cocktail sticks, if you used them, before serving.



# CREAMY CHICKEN CRUMBLE

**SERVES** 4  
**PREP** 20 mins  
**COOK** 45 mins–1 hour  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 712kcal/2960kJ  
Protein 33g  
Fat 45g  
Saturated fat 27g  
Carbohydrate 34g  
Sugar 3g  
Fibre 1.5g  
Salt 1.6g

GREAT  
FOR KIDS

*If serving this for children, replace the wine with gluten-free stock. You could also stir in sweetcorn kernels and replace the chicken with cooked ham.*

2 large chicken breasts, skin on  
1 tbsp olive oil  
salt and freshly ground black pepper  
steamed leeks, to serve

## FOR THE CRUMBLE TOPPING

150g (5½oz) rice flour  
pinch of salt  
75g (2½oz) butter, cubed  
3 tbsp grated Parmesan cheese  
50g (1¾oz) Cheddar cheese, grated  
1 tsp mustard seeds, crushed

## FOR THE SAUCE

50g (1¾oz) butter  
200g (7oz) baby button mushrooms, left whole  
1 tbsp rice flour or cornflour  
125ml (4fl oz) dry white wine or gluten-free chicken stock  
150ml (5fl oz) milk  
150ml (5fl oz) single cream  
1 tbsp Dijon mustard  
a few tarragon leaves, chopped

- 1** Preheat the oven to 200°C (400°F/Gas 6). Place the chicken in a roasting tin, drizzle with the oil, and season. Roast in the oven for 25–35 minutes until golden and cooked through. Don't overcook or it will be dry. Leave to cool slightly, remove the skin, and shred into chunky pieces.
- 2** For the crumble topping, place the rice flour and salt in a medium bowl. Add the butter and rub it in with your fingers until it resembles breadcrumbs. Stir through the cheeses and mustard seeds. Set aside.
- 3** For the sauce, melt the butter in a medium pan, add the mushrooms, and cook on a low-medium heat for 5 minutes until golden. Remove the pan, stir in the rice flour, add the wine, and stir again. Return it to the heat and cook for 2–3 minutes, stirring continuously. Add the milk and cream and bring to a gentle boil. Reduce to a simmer, stirring continuously to remove any lumps. As it thickens, stir in the mustard and tarragon leaves, and season.
- 4** Remove the pan and add the shredded chicken. Stir to coat, spoon into a shallow 1 litre (1¾ pint) ovenproof dish, and top with the crumble mixture. Bake in the oven for 20–25 minutes until golden. Serve with steamed leeks.



# ROAST TURKEY

**SERVES** 8  
**PREP** 20 mins  
**COOK** Approx. 3½ hours

*Whip up this traditional juicy roast filled with delectable stuffing for a perfect gluten-free Thanksgiving or Christmas. Serve with popovers (see opposite) and roast potatoes.*

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 570kcal/2375kJ  
Protein 46g  
Fat 32g  
Saturated fat 14g  
Carbohydrate 19g  
Sugar 6g  
Fibre 2g  
Salt 2g



1 turkey, weighing about 5kg (11lb)

500g (1lb 2oz) gluten-free pork sausages, skinned

### FOR THE HERB BUTTER

50g (1¾oz) salted butter, softened  
2 garlic cloves, grated  
1 tsp dried oregano  
1 tbsp finely chopped flat-leaf parsley  
1 tsp finely chopped sage leaves

100g (3½oz) gluten-free breadcrumbs

5 sage leaves, finely chopped  
1 tsp thyme leaves  
1 crisp dessert apple, chopped

4 tbsp dried cranberries

2 tbsp chopped dried apricots

100ml (3½fl oz) hot gluten-free chicken stock

75g (2½oz) butter, melted

### FOR THE STUFFING

1 tbsp olive oil  
2 celery sticks, finely chopped  
1 onion, finely chopped

**1** Preheat the oven to 200°C (400°F/Gas 6). For the herb butter, mix all the ingredients and set aside. To make the turkey stuffing, heat the oil in a large frying pan, add the celery, and cook for 3 minutes. Add the onion and cook for 3 more minutes until soft, then add the sausage meat. Cook for 8 minutes until the pork is no longer pink, stirring well to break up the meat. Remove and cool, transfer to a large bowl, add the remaining ingredients, and combine well. If the mixture is too wet, add some more breadcrumbs.

**2** Stuff the neck of the turkey with as much mixture as you can; make a note of the bird's weight at this point. Spread the herb butter over the turkey, transfer to a large roasting tin, and roast in the oven for 15 minutes.

**3** Reduce the temperature to 190°C (375°F/Gas 5) and cook for 20 minutes per 1kg (2¼lb) plus 90 minutes, or until the juices run clear when the thigh is pierced with a skewer. A 5kg (11lb) turkey would take 3¼ hours to cook; the cooking time depends on the weight of the turkey after stuffing. Baste with the juices as it cooks. If it starts looking too brown, cover loosely with foil. Leave the turkey to rest for 30 minutes before slicing to serve.



# POPOVERS

*Popovers are the US equivalent of Yorkshire puddings: savoury baked puff pancakes to accompany roast meats.*

**SERVES** 8  
**PREP** 15 mins  
**COOK** 20 mins

2 eggs  
250ml (9fl oz) milk  
250g (9oz) gluten-free plain flour  
2 tsp gluten-free baking powder  
salt and freshly ground black pepper  
50g (1¾oz) melted butter

## SPECIAL EQUIPMENT

8-hole muffin tin

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

- 1 Preheat the oven to 200°C (400°F/Gas 6) and place the muffin tin in the oven to heat up. In a bowl, beat the eggs until foamy and whisk in the milk. Add the flour, baking powder, salt and pepper, and beat to a smooth batter.
- 2 Take the muffin tin out of the oven and add the butter evenly to each hole; be careful not to burn the butter. Pour in the batter mixture, return to the oven, and bake for 15–20 minutes until the popovers are golden brown. Serve immediately with roast turkey or other roast meats.

## STATISTICS PER SERVING

Energy 200kcal/819kJ  
Protein 4g  
Fat 8.5g  
Saturated fat 4.5g  
Carbohydrate 26g  
Sugar 1.5g  
Fibre 2g  
Salt 0.7g

# ROAST CHICKEN WITH ORANGE AND TAMARI

**SERVES** 4  
**PREP** 15 mins  
PLUS MARINATING  
**COOK** 40 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 205kcal/865kJ  
Protein 33g  
Fat 4g  
Saturated fat 1g  
Carbohydrate 9g  
Sugar 9g  
Fibre 0.5g  
Salt 2.3g

*A simple sweet-and-spicy dish. Chicken drumsticks and wings would also work well.*

8 chicken thighs on the bone  
½ tsp ground ginger  
1 tsp ground dried mint  
¼ tsp ground allspice  
salt and freshly ground black pepper  
2 tbsp pomegranate seeds  
handful of fresh coriander leaves,  
roughly chopped

steamed rice or baby roast potatoes,  
to serve

## FOR THE MARINADE

3 tbsp tamari (gluten-free soy sauce)  
juice of 3 oranges or 4 tangerines

- 1 Mix together the marinade ingredients in a large bowl, then add the chicken pieces and stir to coat thoroughly. Cover and put in the fridge for 30 minutes or 2 hours if time permits.
- 2 Preheat the oven to 200°C (400°F/Gas 6). Mix together the ginger, mint, and allspice. Sit the chicken pieces and marinade in a roasting tin, sprinkle over the spice mixture, season, and bake in the oven for 40 minutes until golden.
- 3 Remove from the oven, transfer to a serving plate, and sprinkle over the pomegranate seeds and coriander. Serve the chicken with steamed rice or baby roast potatoes.



## PREPARING POMEGRANATE

To get at the juicy seeds, cut off the spiky top of the pomegranate and score the skin into quarters. Break the fruit apart with your hands and use a spoon to remove the seeds from the membrane.

# TOAD IN THE HOLE

*If making for kids, halve the sausages and stand them on end in the tin so they stick up, and omit the wine in the gravy.*

2 tbsp olive oil  
8 gluten-free sausages, pork or beef  
125g (4½oz) gluten-free plain flour  
pinch of salt  
2 eggs  
300ml (10fl oz) milk  
1 tbsp Dijon mustard (optional)

## FOR THE GRAVY

100ml (3½fl oz) red wine  
1 tbsp cornflour  
300ml (10fl oz) hot gluten-free pork or beef stock  
salt and freshly ground black pepper  
few sprigs of rosemary

- 1 Preheat the oven to 220°C (425°F/Gas 7). Heat half the oil in a large frying pan, add the sausages, and cook on a medium-high heat for 10–15 minutes, until golden all over. Remove, put them in a baking tin, and set aside.
- 2 For the batter, place the flour and salt in a bowl. Make a well in the centre, add the eggs and a little milk, and stir, bringing in a little flour. Slowly add the milk and continue stirring, pulling in more flour from the edges until you have a smooth batter. Use a balloon whisk at the end to avoid lumps. Stir in the mustard (if using). Add the remaining oil to the baking tin with the sausages and heat it on the hob on medium. When hot, pour in the batter and transfer to the oven to bake for 30–35 minutes until golden.
- 3 For the gravy, heat the frying pan containing the leftover oil; tip away the excess oil. Add the wine and bubble on a medium heat, scraping up any bits from the base of the pan. Reduce the heat, mix the cornflour with a little water to form a paste, and add to the pan, stirring constantly. Gradually pour in the stock, season to taste, and add the rosemary. Bring to the boil, then simmer, stirring, for 10 minutes. Season to taste. Strain to remove any lumps and the rosemary, pour into a jug, and serve with the toad in the hole.



## Variations

Add roasted shallots or red onions to the sausages and stir your favourite flavour into the batter mix – horseradish, fresh herbs, or dried oregano all work well.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 45 mins

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SERVING

Energy 577kcal/2401kJ  
Protein 23g  
Fat 34g  
Saturated fat 11g  
Carbohydrate 36g  
Sugar 5g  
Fibre 0g  
Salt 3.5g



# PORK ENCHILADAS

**SERVES** 4  
**PREP** 20–25 mins  
PLUS MARINATING  
**COOK** 1 hour

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SERVING

Energy 567kcal/2382kJ  
Protein 32g  
Fat 24g  
Saturated fat 9.5g  
Carbohydrate 55g  
Sugar 6.5g  
Fibre 5g  
Salt 1.2g

*A rich mix of fabulous flavours: tortillas filled with smoky pork and tomato salsa, baked with cheese and cream.*

350g (12oz) pork tenderloin  
6 corn tortillas (see page 233)  
6 tbsp soured cream, to top  
75g (2½oz) mature Cheddar  
cheese, grated, to top

## FOR THE MARINADE

2 tbsp olive oil  
1 chipotle chilli, finely chopped  
(or dried jalapeño chilli) or generous  
splash of smoked chipotle Tabasco sauce  
2 tsp coriander seeds  
pinch of ground cinnamon  
salt and freshly ground black pepper  
pinch of sugar

## FOR THE TOMATO SALSA

500g (1lb 2oz) vine-ripened tomatoes  
1 red chilli, halved and deseeded  
1 tbsp olive oil  
2 spring onions, finely chopped  
juice of 1 lime  
salt and freshly ground black pepper  
handful of fresh coriander leaves,  
finely chopped

## SPECIAL EQUIPMENT

griddle pan

- 1 Put the pork in a shallow dish, mix the marinade ingredients, and pour over the pork to cover. Leave for 20 minutes or longer if time permits. Preheat the oven to 200°C (400°F/Gas 6). Transfer the pork (with the marinade) to a roasting tin and cook for 40 minutes, basting occasionally so the pork doesn't dry out. Remove and set aside.
- 2 For the salsa, heat a griddle pan to hot. Toss the tomatoes and chilli with the oil and add to the pan. Cook over a medium-high heat for 5–6 minutes, turning halfway, until lightly charred. Remove and pulse with the spring onions and lime juice in a food processor until chopped. Season to taste, transfer to a bowl, and stir through the coriander.
- 3 Shred the pork, retaining any of the juices. Lay out the tortillas and spoon the pork into the centre of each. Spoon over the salsa and roll up the tortillas. Sit them in an ovenproof dish, spoon the soured cream on top, and sprinkle the cheese. Bake for 15–20 minutes until the cheese has melted. Serve with the remaining salsa and a splash of Tabasco sauce, if liked.

# LAMB TAGINE WITH CAULIFLOWER “COUSCOUS”

*Nutty roasted cauliflower, processed until just grainy, makes a tasty gluten-free substitute for couscous.*

900g (2lb) lamb shoulder,  
cut into chunks  
2 garlic cloves, finely chopped  
5cm (2in) piece of fresh root ginger,  
peeled and grated  
salt and freshly ground black pepper  
½ tsp ground cinnamon  
½ tsp turmeric  
1 onion, grated  
1 tbsp olive oil  
450g (1lb) carrots, peeled or scrubbed  
and roughly chopped  
900ml (1½ pints) hot gluten-free  
vegetable stock (see page 121)

2 preserved lemons, halved, flesh  
discarded and skin finely sliced, or the  
zest and juice of 1 fresh lemon  
handful of flat-leaf parsley,  
finely chopped




## FOR THE “COUSCOUS”

1 cauliflower, broken into large florets  
1 tbsp olive oil  
1–2 tsp ground cumin  
salt and freshly ground black pepper

- 1** Toss the lamb with the garlic, ginger, salt and pepper, cinnamon, turmeric, and onion. Heat the oil in a large, heavy pan, add the lamb mixture, and cook on a medium heat for 10 minutes until the lamb is sealed. Stir in the carrots so they get coated. Pour over the stock, bring to the boil, cover, and simmer on a low heat for 1–1½ hours, until the lamb is tender, topping up with hot water as needed; alternatively transfer to a casserole dish and bake in an oven preheated to 180°C (350°F/Gas 4) for 1½ hours.
- 2** Preheat the oven to 200°C (400°F/Gas 6). Toss the cauliflower with the oil and cumin and season. Transfer to a roasting tin and bake for 10 minutes or until just turning golden. Remove the cauliflower from the oven and leave to cool completely. Transfer to a food processor and pulse until it resembles grains; don't overwork or it will become mushy. Season to taste.
- 3** Stir the preserved lemons or zest and juice into the lamb for the last 15 minutes of cooking, then stir through the parsley when ready to serve.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 1¾ hours

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 555kcal/2316kJ  
Protein 53g  
Fat 26g  
Saturated fat 9g  
Carbohydrate 15g  
Sugar 14g  
Fibre 9g  
Salt 1.1g

# SPICED LAMB AND HUMMUS WRAPS

**SERVES** 4  
**PREP** 30 mins  
PLUS MARINATING  
**COOK** 4 hours

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 900kcal/3769kJ  
Protein 58g  
Fat 44g  
Saturated fat 11g  
Carbohydrate 65g  
Sugar 2g  
Fibre 7.5g  
Salt 1.4g

*A superb mix of textures and punchy flavours make up this Lebanese-inspired meal. If you fancy an extra side dish, mix some Greek yogurt with chopped fresh mint.*

1.5kg (3lb 3oz) lamb shoulder  
8 corn tortillas (see page 233), lemon wedges, and mixed salad, to serve

### FOR THE SPICE RUB

$\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{2}$  tsp ground coriander  
 $\frac{1}{4}$  tsp ground cumin  
1 tsp dried mint  
salt and freshly ground black pepper  
2 tbsp olive oil

### FOR THE HUMMUS

400g can chickpeas, drained and rinsed  
3 garlic cloves, grated  
2 tbsp gluten-free tahini  
juice of  $\frac{1}{2}$ –1 lemon, to taste  
4–5 tbsp olive oil, plus extra to drizzle  
1 tsp paprika, plus extra to sprinkle

- 1** Mix together the spices, herbs, and seasoning and stir into 1 tablespoon oil. Rub into the lamb and leave for at least 30 minutes or covered in the fridge overnight. Preheat the oven to 160°C (325°F/Gas 3). In a large, heavy frying pan, heat the remaining olive oil, add the lamb, and cook on a medium-high heat for 5–10 minutes or until browned all over.
- 2** Place the lamb in a large roasting tin, cover it with foil, and cook for 4 hours, removing the foil for the last 15 minutes of cooking. Remove from the oven, cover, and leave to rest for at least 20 minutes.
- 3** For the hummus, whizz the chickpeas, garlic, and tahini in a food processor until combined. Trickle in the lemon juice and olive oil, whizzing and tasting as you go. Season to taste, add the paprika, and whizz again. Transfer to a bowl, drizzle over a little olive oil, and a dusting of paprika. Heat the wraps in the oven according to pack instructions. Shred the lamb and transfer to a serving plate. Divide the salad and lamb between the wraps, top with hummus, add a squeeze of lemon, and roll or fold to serve.



# LAMB AND BEANS SIMMERED IN WINE

**SERVES** 4  
**PREP** 10 mins  
**COOK** 1 hour

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 441kcal/1842kJ  
Protein 35g  
Fat 17g  
Saturated fat 5g  
Carbohydrate 24g  
Sugar 1.6g  
Fibre 7.2g  
Salt 0.4g

*An easy one-pan dish that can be served straight to the table with some gluten-free bread and steamed greens.*

2 tbsp olive oil  
1 red onion, finely chopped  
500g (1lb 2oz) lamb leg steaks, trimmed of fat and cut into bite-sized pieces  
salt and freshly ground black pepper  
pinch of dried chilli flakes  
pinch of dried oregano  
1 tbsp gluten-free plain flour  
3 garlic cloves, finely sliced  
150ml (5fl oz) dry white wine  
300ml (10fl oz) hot gluten-free vegetable stock  
400g can cannellini beans, drained and rinsed  
400g can flageolet beans, drained and rinsed  
lemon wedges, steamed greens, and gluten-free crusty bread, to serve

- 1** Heat half the oil in a large, heavy frying pan, add the onion, and cook on a low heat for 5 minutes, then remove the onion and set aside. Add the remaining oil to the pan. Season the lamb with salt and pepper, the chilli flakes, and the oregano, then toss in the flour and add to the pan.
- 2** Cook on a medium-high heat for 10–15 minutes until golden on all sides, then add the onion back to the pan, add the garlic, and cook for 2 more minutes. Increase the heat, add the wine, and bubble for a minute, then add the stock and bubble for 1 more minute.
- 3** Reduce to a simmer and stir the beans into the mixture. Cover with a lid, leaving it slightly ajar, and cook gently for 30–40 minutes; make sure it doesn't dry out and top up with stock or hot water if needed. Season to taste and serve with lemon wedges, steamed greens, and crusty bread.



## Variation

Add some vegetables to the pan if you like, such as 2 large or 3 medium carrots, roughly diced, at the same time as the beans, or 1 fennel bulb, trimmed and sliced, and then fried with the onions.



# GREEK ROAST LEG OF LAMB

*The sweet and sharp flavours of the tomatoey crust cut through the rich lamb perfectly.*

leg of lamb, approx. 2kg (4½lb)  
olive oil, for rubbing  
salt and freshly ground black pepper  
broad beans and baby roast potatoes,  
or hot pittas and salad, to serve

50g (1¾oz) sun-dried tomatoes  
2 tsp capers  
grated zest and juice of 2 lemons  
pinch of dried chilli flakes  
handful of flat-leaf parsley  
3 garlic cloves, peeled

## FOR THE CRUST

4 slices of gluten-free white bread  
(see pages 38–9)

- 1** Preheat the oven to 200°C (400°F/Gas 6). Sit the lamb in a large roasting tin, slash it a few times, rub with oil, and season well with salt and pepper.
- 2** Pulse all the ingredients for the crust in a food processor until well minced. Season to taste; add more lemon or sun-dried tomatoes if you want a stronger taste. Now smother the lamb with the crust mixture, pressing it onto the meat so it sticks and pushing it into the slashes.
- 3** Cook the lamb in the oven for 15 minutes until it starts to turn golden, then reduce the oven temperature to 160°C (325°F/Gas 3) and continue to cook for another 1½–2 hours. Cover loosely with foil if it starts to dry out. Remove from the oven and leave to rest for 20 minutes before carving the meat. Serve with the juices from the pan and some broad beans and baby roast potatoes, or with hot pittas and a lightly dressed salad.



## Variation

You could pour some warmed rosé wine into the roasting tin halfway through cooking – adds a wonderful flavour to the pan juices.

**SERVES** 8  
**PREP** 20 mins  
PLUS RESTING  
**COOK** 2¼ hours

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SERVING

Energy 377kcal/1578kJ  
Protein 40g  
Fat 20g  
Saturated fat 7g  
Carbohydrate 9.5g  
Sugar 0.7g  
Fibre 0.3g  
Salt 0.8g

# THAI-STYLE STIR-FRIED MINCED BEEF

**SERVES** 4-6  
**PREP** 5 mins  
**COOK** 10 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 300kcal/1244kJ  
Protein 20g  
Fat 22g  
Saturated fat 8g  
Carbohydrate 4g  
Sugar 4g  
Fibre 1.5g  
Salt 2.3g

*This is a quick and delicious meal that the whole family will love. For children, consider leaving out the chilli.*

salt  
100g (3½oz) broccoli florets,  
cut very small  
2 tbsp sunflower oil  
bunch of spring onions, finely  
chopped  
2 garlic cloves, crushed  
3cm (1in) fresh root ginger,  
finely chopped  
1 tbsp finely chopped coriander  
stalks, plus a handful of coriander  
leaves, roughly chopped  
1 red chilli, deseeded and finely  
chopped (optional)  
400g (14oz) minced beef  
1 tbsp gluten-free nam pla  
(fish sauce)  
2 tbsp tamari  
1 tbsp lime juice  
1 tsp caster sugar  
rice, to serve

- 1** Bring a large pan of salted water to the boil and blanch the broccoli for 1 minute, then drain and refresh it under cold water. Set aside.
- 2** Heat the sunflower oil in a wok or a large, deep-sided frying pan. Add the spring onions, garlic, ginger, coriander stalks, and chilli (if using), and fry for a couple of minutes until coloured slightly.
- 3** Add the minced beef and continue to fry over a high heat until the meat is well browned.
- 4** Return the broccoli and add the nam pla, tamari, lime juice, and sugar. Mix well, cooking for a minute or two until the broccoli is piping hot. Stir in the coriander leaves and serve with rice.



# BEEF BURGERS

**SERVES** 6  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 20 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 212kcal/879kJ  
Protein 18g  
Fat 15g  
Saturated fat 6g  
Carbohydrate 1.5g  
Sugar 1.1g  
Fibre 0.5g  
Salt 0.2g

*Home-made burgers can't be beaten, and you know exactly what's gone into the mixture.*

500g (1lb 2oz) beef mince  
1 large red onion, finely diced  
1 garlic clove, finely chopped  
1 tsp paprika  
handful of flat-leaf parsley,  
finely chopped  
1 tbsp finely chopped fresh  
coriander leaves  
1 large egg

salt and freshly ground black pepper  
small handful of gluten-free breadcrumbs  
(optional)  
gluten-free plain flour, for dusting  
vegetable oil, for frying  
gluten-free baps or rolls (see pages  
218–19), lettuce, tomato, and gluten-  
free relish, to serve

- 1** Add the first 8 ingredients to a large bowl and season well. Use your hands to pound the mixture to a thick paste: this way it will stay together when you cook it. To check that the mixture has a good flavour, before you shape it into burgers break off a small piece and fry until cooked through. Taste it and then alter the seasoning accordingly. If the burgers are too dense, add the breadcrumbs to lighten the texture.
- 2** With floured hands, divide the mixture into 6 balls, then roll each one and flatten into a burger shape. Sit on a baking sheet and chill in the fridge for 20 minutes to firm up. If freezing, open-freeze on the tray at this point until solid, transfer to plastic bags, and label.
- 3** Heat a large frying pan on a high heat and add a little oil. Cook the burgers for 2–3 minutes on each side. Remove and let them rest for 2 minutes before serving on gluten-free baps or rolls with lettuce leaves, sliced tomato, and a dollop of gluten-free relish of your choice.



# STEAK WITH MUSTARD SAUCE

*Steak and mustard is a match made in heaven. Swap the milk for double cream if you prefer a richer sauce, and try wholegrain mustard for more texture and less heat.*

4 x 300g (10oz) beef fillet steaks  
1 tbsp olive oil  
salt and freshly ground black pepper  
new potatoes and steamed broccoli,  
to serve

2 tbsp gluten-free plain flour  
300ml (10fl oz) milk  
2 tsp English mustard, or more if  
you like it hot  
salt and freshly ground black pepper

## FOR THE SAUCE

25g (scant 1oz) butter

## SPECIAL EQUIPMENT

griddle pan

- 1** First make the sauce. In a small pan, melt the butter, remove from the heat, add the flour, and combine well. Pour in a little milk and stir again. Return to the heat and, still stirring to combine well, gradually add the remaining milk to make a fairly thin white sauce. Add the mustard and season to taste. Place over a low heat and simmer, stirring constantly, for 5 minutes to cook out the flour.
- 2** Heat a griddle pan on a high heat, brush the steaks with the oil, and season well. Add 2 steaks at a time to the hot pan and cook undisturbed for 2–3 minutes, then turn and cook the other side for the same amount of time.
- 3** Cook all the steaks as above and leave to rest for 5 minutes. Ladle over the hot mustard sauce and serve with new potatoes and steamed broccoli.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 10 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 570kcal/2378kJ  
Protein 67g  
Fat 29g  
Saturated fat 14g  
Carbohydrate 9g  
Sugar 3.5g  
Fibre 0g  
Salt 0.8g



# BEEF AND BEER CASSEROLE

**SERVES** 6  
**PREP** 40 mins  
**COOK** 2 hours

*A really hearty dish with slow-cooked beef simmered in a light beer. Perfect comfort food.*

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 691kcal/2885kJ  
Protein 49g  
Fat 30g  
Saturated fat 12g  
Carbohydrate 44g  
Sugar 7.5g  
Fibre 0.7g  
Salt 1.4g

1 tbsp rice flour  
salt and freshly ground black pepper  
1kg (2¼lb) braising steak, chuck, or skirt,  
cut into large bite-sized pieces  
3 tbsp olive oil  
300g (10oz) carrots, cut into chunks  
1 celeriac, peeled and chopped into  
bite-sized pieces  
3 leeks, trimmed, washed, and cut  
into chunks  
300ml (10fl oz) gluten-free beer  
750ml (1¼ pints) hot gluten-free  
vegetable stock (see page 121)  
50g (1¾oz) quinoa

## FOR THE HERB DUMPLINGS

½ onion, finely chopped  
½ tbsp olive oil  
small handful of flat-leaf parsley,  
finely chopped  
a few rosemary leaves, finely chopped  
75g (2½oz) gluten-free breadcrumbs  
1 tsp gluten-free ready-grated horseradish  
(from a jar)  
1 tsp Dijon mustard  
1 egg

## SPECIAL EQUIPMENT

large flameproof casserole or lidded  
ovenproof pan

- 1** Preheat the oven to 160°C (325°F/Gas 3). Season the flour and toss the beef to coat. Heat 2 tablespoons oil in the casserole and brown the beef in batches over a medium heat for 5 minutes per batch, until sealed. Set aside.
- 2** Add the remaining oil to the casserole and cook the vegetables for 5–6 minutes, until golden. Pour in a little of the beer, raise the heat, and stir to scrape up any bits from the bottom of the casserole. Add the remaining beer and simmer on a medium heat for 5 minutes. Pour in the stock, bring to the boil, reduce to a simmer, return the meat to the casserole along with the quinoa. Season, cover, and cook in the oven for 1½ hours before adding the dumplings; top up with hot water if it looks dry.
- 3** For the dumplings, cook the onion in the oil in a medium pan over a medium heat until soft. Add the remaining ingredients, season, and stir until it comes together. Form 12 dumpling balls and set aside. When ready, remove the casserole and add the balls, pushing them down into the sauce. Re-cover and cook for 30 minutes, removing the lid for the last 5 minutes.



# BEEF POT WITH DUMPLINGS

**SERVES** 4  
**PREP** 20 mins  
**COOK** 3 hours  
**FREEZE** 1 month  
NOT DUMPLINGS

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 704kcal/2940kJ  
Protein 35g  
Fat 38g  
Saturated fat 15g  
Carbohydrate 44g  
Sugar 9g  
Fibre 7g  
Salt 0.8g

*Gluten-free, suet-free dumplings accompany this rich beef casserole for a hearty supper or Sunday lunch.*

3 tbsp gluten-free plain flour  
1 tbsp paprika  
salt and freshly ground black pepper  
500g (1lb 2oz) stewing beef, diced into bite-sized pieces  
5 tbsp olive oil  
3 carrots, sliced  
2 celery sticks, sliced  
12 whole shallots  
250g (9oz) chestnut mushrooms  
3 garlic cloves, finely chopped  
200–250ml (7–9fl oz) red wine  
300ml (10fl oz) gluten-free beef stock

1 bouquet garni  
green beans, to serve

## FOR THE DUMPLINGS

150g (5½oz) gluten-free plain flour or cornmeal flour  
75g (2½oz) butter, softened  
1 tbsp chopped thyme leaves or 1 tsp paprika

## SPECIAL EQUIPMENT

large flameproof casserole or lidded ovenproof pan

- 1** Preheat the oven to 160°C (325°F/Gas 3). In a large bowl, place the flour, paprika, and seasoning, and stir well. Add the beef and mix, ensuring all the meat is covered. Heat half the oil in the casserole or pan on a medium heat and add the beef. Cook for 6–8 minutes until browned. Set aside.
- 2** Heat the remaining oil in the pan, add the carrots, and cook for 5 minutes. Add the celery and shallots and cook for 5 more minutes until they begin to turn golden. Add the mushrooms and garlic and cook for 2 more minutes. Add the wine, stock, and bouquet garni, stir, and bring to the boil. Reduce to a simmer, add the beef, and cover. Bake in the oven for 2–2½ hours, topping up occasionally with a little hot water if it starts to dry out.
- 3** For the dumplings, mix the flour, butter, seasoning, and chopped thyme or paprika until the mix is flaky, then add a little cold water to form a dough. Divide and roll into balls, then drop the dumplings into the pot for the last 30 minutes of cooking, gently poking them just below the surface. Uncover the pan for the last 10 minutes to allow the dumplings to turn golden. Remove the bouquet garni and serve the beef with green beans.



# BEEF AND HORSERADISH WELLINGTON

*Perfectly cooked beef encased in crisp gluten-free pastry, with a surprise kick from the horseradish, this dish would make an impressive centrepiece for a dinner party.*

2 tbsp olive oil  
800g (1¾lb) beef fillet or loin  
salt and freshly ground black pepper  
400g (14oz) gluten-free rough puff pastry (see pages 46–7)  
gluten-free plain flour, for dusting

1–2 tbsp gluten-free hot horseradish sauce  
1 egg, lightly beaten, to glaze  
watercress and roasted new potatoes, to serve

- 1** Preheat the oven to 200°C (400°F/Gas 6). In a large frying pan, heat the oil on a medium heat. Season the beef, add to the pan, and cook for 8 minutes or until evenly browned all over. Remove from the pan and set aside.
- 2** Carefully roll out the pastry on a lightly floured surface to a rectangle with a thickness of 3–5mm (⅛–¼in), then spread over the horseradish sauce, leaving a 2.5cm (1in) border. Sit the meat on top towards one end, then very carefully roll the pastry over the meat ensuring that it is all covered. Press and seal the seam with a little water. Transfer to a baking sheet, making sure the seam is on the underside and the ends are tucked in and sealed.
- 3** Brush the pastry with the beaten egg and bake in the oven for 40–50 minutes or until evenly golden. Cover loosely with foil if the pastry starts to colour too quickly. Remove from the oven and leave to rest for at least 10 minutes, then slice to serve with watercress and roasted new potatoes.



## Cook's Tip

You can prepare this ahead and keep it in the fridge until ready to bake.



## Variation

Use a pâté instead of the horseradish sauce, if you like.

**SERVES** 6  
**PREP** 15 mins  
**COOK** 1 hour

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 484kcal/2019kJ  
Protein 32g  
Fat 29g  
Saturated fat 14g  
Carbohydrate 22g  
Sugar 1g  
Fibre 1.5g  
Salt 0.6g



# **VEGETABLE MAINS**

# MUSHROOM BURGERS

**SERVES** 4  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 50 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 509kcal/2143kJ  
Protein 13.6g  
Fat 21.4g  
Saturated fat 3.3g  
Carbohydrate 65.3g  
Sugar 14g  
Fibre 10.8g  
Salt 2.8g



*Served with miso-roasted chips and tahini dip, these burgers have lots of gutsy flavours. Make mini ones for the kids.*

3 tbsp olive oil  
1 onion, finely chopped  
500g (1lb 2oz) chestnut mushrooms, pulsed in a food processor  
4 anchovies, finely chopped  
tamari (gluten-free soy sauce)  
125g (4½oz) gluten-free breadcrumbs  
1 egg, lightly beaten  
salt and freshly ground black pepper

### FOR THE MISO CHIPS

4 sweet potatoes, peeled and cut into thin chips

1 tbsp olive oil  
1 tbsp sweet miso or tamari (gluten-free soy sauce)

### FOR THE TAHINI DIP

2 garlic cloves, grated  
pinch of sea salt  
3 tbsp tahini  
juice of 1 lemon

### SPECIAL EQUIPMENT

food processor

**1** Preheat the oven to 200°C (400°F/Gas 6). Heat 1 tablespoon oil in a large frying pan, add the onion, and cook on a low heat for 3–4 minutes. Add the mushrooms and cook for 6 minutes or until they start to release their juices. Stir through the anchovies and tamari and cook for 1 minute. Transfer to a large bowl. Add the breadcrumbs and trickle in the egg until the mixture binds well. Add more crumbs if it's too wet and season well. Make 4 large balls from the mixture and form into burgers. Sit them on a baking sheet lined with baking parchment and chill in the fridge for 30 minutes.

**2** For the chips, toss the potatoes with the oil and miso or tamari, and spread out in a roasting tin. Roast in the oven for 20 minutes until the chips begin to turn golden and the thinner ones are crisp. For the tahini dip, grind the garlic and sea salt in a pestle and mortar. Add the tahini and mix. Add about 2 tablespoons water to loosen it. Stir through the lemon juice.

**3** To cook the burgers, heat half the remaining oil in a large frying pan on a medium heat, add the burgers 2 at a time, and cook for 3–5 minutes on each side, until golden. Repeat to cook the remaining burgers. Serve with the sweet potato chips and tahini dip.

# BEAN PATTIES

*Mashed bean patties are a great vegetarian alternative to burgers. If making for kids, omit the chilli and replace half the onion with grated carrot for additional sweetness.*

1 onion, quartered  
2 tbsp chopped flat-leaf parsley  
400g can butter beans, drained and rinsed  
400g can borlotti beans, drained and rinsed  
1 tsp cayenne pepper  
2 tbsp gluten-free plain flour  
1 egg, lightly beaten  
salt and freshly ground black pepper  
3 tbsp olive oil  
green salad, to serve

## FOR THE AVOCADO SALSA

2 ripe avocados, stoned and diced  
1 large garlic clove, grated  
1 red chilli, deseeded and finely chopped  
2 tbsp olive oil  
1 tbsp finely chopped fresh coriander leaves  
juice of 1 lime  
1 tsp sugar

## SPECIAL EQUIPMENT

food processor

- 1 Place the onion in a food processor and pulse until roughly chopped. Add the parsley and pulse again a couple of times. Then add the beans and pulse again. Transfer to a large bowl and stir in the cayenne pepper, flour, and egg. Season to taste and mix well. Shape the mixture into 8 patties and chill in the fridge until firm.
- 2 For the salsa, place all the ingredients in a bowl and combine well. Leave for 15 minutes, then stir and season to taste, as needed.
- 3 Heat a little oil in a large frying pan on a medium-high heat. Add the patties a few at a time and cook for 5 minutes on each side until crisp and golden. Repeat until all are cooked, adding more oil as needed. Serve with a green salad and the salsa on the side.






## Variation

Other beans, such as cannellini, flageolet, or red kidney beans will work just as well.

**SERVES** 4  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 50 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 424kcal/1761kJ  
Protein 11.5g  
Fat 31g  
Saturated fat 5.6g  
Carbohydrate 25g  
Sugar 4g  
Fibre 11.5g  
Salt 1.4g

## NUTRIENT BOOST

Avocados contain vitamins E and B6 for a healthy heart and nervous system.

GREAT FOR KIDS

# GNOCCHI WITH BLUE CHEESE

**SERVES** 4  
**PREP** 30 mins  
**COOK** 50–65 mins  
**FREEZE** 3 months  
UNCOOKED GNOCCHI

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 532kcal/2222kJ  
Protein 14.5g  
Fat 22g  
Saturated fat 14g  
Carbohydrate 65g  
Sugar 1.5g  
Fibre 5g  
Salt 1.1g

*A few ingredients make up this delicious dish – delicate gnocchi tossed in sage butter and topped with Gorgonzola.*

1kg (2¼lb) starchy potatoes, such as King Edward, Desirée, or Maris Piper, skin on  
salt and freshly ground black pepper  
150g (5½oz) rice flour, plus extra for dusting  
pinch of freshly grated nutmeg  
sea salt  
50g (1¾oz) butter  
4 sage leaves, torn  
125g (4½oz) Gorgonzola cheese, cubed  
wild rocket and tomato salad, to serve

- 1** Cook the whole potatoes in a large pan of boiling salted water until tender, about 30–40 minutes. Drain and leave until cool enough to handle. Peel and press the potatoes through a potato ricer onto a lightly floured surface; if you don't have a ricer, use a medium sieve but take care not to over-work the potato. Add half the rice flour, nutmeg, and the sea salt. Lightly knead until the mixture starts to come together, adding more flour as needed. Don't over-knead or the gnocchi will be tough when cooked. Divide the dough into 4. Roll each piece into a sausage shape about 1cm (½in) thick, then slice into 2cm (¾in) pieces, about 80–90 in total.
- 2** Preheat the oven to 190°C (375°F/Gas 5). Bring a large pan of water to a rolling boil. Add 10 gnocchi at a time, as they need lots of room; they will float to the top once cooked, about 2 minutes. Remove with a slotted spoon, transfer to a warmed ovenproof serving dish, and season with sea salt.
- 3** Heat the butter in a small frying pan, add the sage leaves, and cook on a medium heat for 2–3 minutes until the butter melts. Pour over the gnocchi and turn to coat. Sprinkle over the cubed cheese, then bake in the oven for 5–6 minutes. Serve with a wild rocket and tomato salad.



### Cook's Tip




To freeze, lay the uncooked gnocchi on a parchment-lined baking sheet and open freeze until solid, then transfer to an airtight freezer container. Cook from frozen, as above, for 3–5 minutes or until the gnocchi float to the surface.



# MUSHROOM AND SPINACH CURRY

**SERVES** 4  
**PREP** 15 mins  
**COOK** 30 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 87kcal/363kJ  
Protein 2.5g  
Fat 4.5g  
Saturated fat 0.8g  
Carbohydrate 6g  
Sugar 5g  
Fibre 4g  
Salt 0.3g

*Try this as a side dish with Chicken tikka skewers (see page 174), or as a main course for a vegetarian.*

1 tbsp vegetable oil  
2 onions, sliced  
4 garlic cloves, finely chopped  
4cm (1½in) piece of fresh root ginger, finely chopped  
4 cardamom pods  
1 red chilli, deseeded and finely chopped (optional)  
1 cinnamon stick  
1 tsp ground coriander  
1 tsp ground cumin  
1 tsp turmeric  
½ tsp ground nutmeg  
250g (9oz) chestnut or Portabello mushrooms, roughly chopped  
250g (9oz) button mushrooms  
300ml (10fl oz) vegetable stock (see page 121)  
salt and freshly ground black pepper  
200g (7oz) spinach  
4 tbsp plain yogurt  
toasted cashew nuts and gluten-free naan bread or chapatis, to serve

- 1** Heat the oil in a large saucepan over a medium heat and cook the onions for 5 minutes. Add the garlic and ginger and cook for 2 minutes, stirring occasionally.
- 2** Add the spices to the pan and stir well. Add the mushrooms and stir to coat in the spices.
- 3** Pour in the stock, season, and bring to the boil, then cover and reduce the heat to a simmer. Cook for 15 minutes.
- 4** Stir in the spinach and cook for a further 2 minutes. Remove the cinnamon stick and cardamom pods (if possible), then stir in the yogurt, sprinkle over the cashew nuts, and serve with gluten-free naan bread or chapatis.





# CHARGRILLED POLENTA WITH SUMAC-ROASTED TOMATOES

**SERVES** 4  
**PREP** 10 mins  
**COOK** 40 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 304kcal/1267kJ  
Protein 8g  
Fat 18g  
Saturated fat 6.5g  
Carbohydrate 26g  
Sugar 4.5g  
Fibre 3g  
Salt 0.9g

*Polenta is elevated to new heights in this dish packed with added flavour and served with juicy vine tomatoes.*

about 40 baby vine tomatoes  
1 tbsp olive oil  
2 tsp sumac  
2 tbsp capers  
wild rocket salad, lightly dressed,  
to serve

large handful of freshly grated  
Parmesan cheese  
pinch of dried chilli flakes  
salt and freshly ground black pepper  
olive oil, to coat

## SPECIAL EQUIPMENT

18cm (7in) square tin, at least 2.5cm  
(1in) deep, or similar-sized serving dish,  
lined with parchment; griddle pan

## FOR THE POLENTA

125g (4½oz) instant polenta or  
fine cornmeal  
25g (scant 1oz) butter

- 1** Preheat the oven to 200°C (400°F/Gas 6). Cook the instant polenta mix as per pack instructions, adding it to the water in a steady stream and stirring as it simmers. Cook for 10 minutes, then beat in the butter, Parmesan, and chilli flakes, and season well with salt and pepper. Spoon into the prepared tin or serving dish, and set aside to cool.
- 2** Add the tomatoes to a roasting tin and pour over the oil to cover, then sprinkle with the sumac and season to taste. Roast in the oven for 15–20 minutes or until just beginning to char, then add the capers for the last 5 minutes of cooking. Remove and set aside.
- 3** Remove the polenta from the tin and cut into 8 triangles or stamp out circles, then coat the pieces lightly with the oil. Heat a griddle pan until hot and add the polenta pieces a few at a time. Cook for 2–3 minutes on each side until char lines appear. Serve topped with the tomatoes and capers and a lightly dressed wild rocket salad.

# SICHUAN CRISPY BEAN CURD

*Hot and spicy and incredibly simple to make, this recipe relies on good-quality bean curd – buy it from an Asian store where you'll often find it's home-made.*

300g (10oz) firm bean curd or tofu, cut into 1cm (½in) squares  
3 tbsp sunflower or vegetable oil, or more if needed  
½ tsp ground Sichuan pepper  
3 tomatoes, cut in half lengthways, then each half into 4 wedges  
5cm (2in) piece of fresh root ginger, peeled and finely sliced

pinch of soft light brown sugar  
2 tbsp tamari (gluten-free soy sauce)  
1 tbsp rice vinegar  
bunch of spring onions, cut into 5cm (2in) lengths  
cooked basmati rice, to serve

## SPECIAL EQUIPMENT

wok or large, deep non-stick frying pan

- 1** Toss the bean curd with a drizzle of the oil and the Sichuan pepper. Heat the remaining oil in a wok on a medium-high heat, add the bean curd, and fry for 2 minutes until golden, then turn and cook the other side for the same amount of time.
- 2** Add the tomatoes and ginger and stir-fry for 2 minutes, trying not to break up the bean curd.
- 3** Add the sugar and stir-fry until caramelized, add the tamari and vinegar, and cook for a further 2–3 minutes. Stir through the spring onions and serve hot with rice.



## Cook's Tip

Make sure you drain and press the curd before using: it needs to be really dry before frying to ensure it crisps nicely.

**SERVES** 4  
**PREP** 15 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SERVING

Energy 174kcal/725kJ  
Protein 9g  
Fat 13g  
Saturated fat 2g  
Carbohydrate 6g  
Sugar 5g  
Fibre 1.5g  
Salt 1.4g

# STUFFED BUTTERNUT SQUASH

**SERVES** 4  
**PREP** 15 mins  
**COOK** 1¼ hours

*A vibrantly coloured autumnal dish that would work just as well with pumpkin. You could use Cheddar, Parmesan, or goat's cheese instead of the Gruyère.*

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 555kcal/2320kJ

Protein 23g

Fat 38g

Saturated fat 14g

Carbohydrate 31g

Sugar 18g

Fibre 11g

Salt 1g

2 medium, or 4 small, butternut squash, halved lengthways and deseeded  
1 tbsp olive oil, plus extra for greasing  
225g (8oz) Gruyère cheese, grated

75g (2½oz) dried cranberries, roughly chopped  
small handful of flat-leaf parsley, finely chopped  
pinch of dried chilli flakes  
salt and freshly ground black pepper  
wild rocket salad, to serve

## FOR THE FRUIT AND NUT MIX

100g (3½oz) hazelnuts, toasted and roughly chopped

- 1 Preheat the oven to 190°C (375°F/Gas 5). Brush 2 baking sheets with oil. With a sharp knife, score a crisscross pattern on the flesh of each butternut squash half and brush with the oil. Sit the squash on the greased baking sheets, flesh-side down, and roast for about 1 hour until the flesh begins to soften. Now scoop out most of the flesh, leaving a thin layer still attached to the skins, and reserve the hollowed squash halves.
- 2 Place the flesh in a bowl and mash with a fork. Add all the fruit and nut mix ingredients to the mashed squash and mix well. Divide the mixture between the squash skins.
- 3 Sprinkle over the cheese and return the squash halves to the oven. Bake for a further 10–15 minutes until the cheese is bubbling. Serve the squash with a lightly dressed wild rocket salad.








# CHINESE PUMPKIN FRITTERS

**SERVES** 4  
**PREP** 15 mins  
PLUS CHILLING  
**COOK** 40 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 180kcal/755kJ

Protein 5g

Fat 7.5g

Saturated fat 2.5g

Carbohydrate 22.5g

Sugar 2.5g

Fibre 5g

Salt trace

*These crisp, bite-sized fritters, fried in a gluten-free beer batter, make a light supper accompanied by rice.*

500g (1lb 2oz) pumpkin or butternut squash, peeled and grated

5cm (2in) piece of fresh root ginger, peeled and grated

½ tsp turmeric

1 red chilli, deseeded and finely chopped

1 tbsp rice flour, plus extra for dusting

salt and freshly ground black pepper

vegetable oil, for deep frying

tamari (gluten-free soy sauce) and

rice to serve

## FOR THE BATTER

100ml (3½fl oz) gluten-free beer

50g (1¾oz) rice flour

50g (1¾oz) gram (chickpea) flour

50ml (1¾fl oz) carbonated water

## SPECIAL EQUIPMENT

wok or large, deep, non-stick frying pan

- 1** Put the pumpkin in a colander or steamer basket and sit it over a pan of simmering water, covered, for 10–15 minutes until the pumpkin is tender. Remove, leave to cool slightly, then squeeze out any excess water. Place in a bowl and mix in the ginger, turmeric, chilli, and rice flour and season to taste.
- 2** Dust your hands with the extra rice flour, then take a tablespoonful of the pumpkin mixture and shape it into a ball. Repeat to make 19 more round balls. Chill them in the fridge on a lightly floured baking tray while you make the batter. Place all the batter ingredients in a bowl and season. Stir until combined, but still lumpy. If the batter is too thin, add more of the flours in equal amounts.
- 3** Pour the oil to a depth of 5cm (2in) into the wok and heat on a medium-high heat until hot. Don't leave the wok or pan unattended, take off the heat when not using, and keep a fire blanket nearby in case of fire. Dip the pumpkin balls into the batter one at a time, making sure they are well coated. Fry them in the hot oil, about 5 at a time, cooking each side for 2–3 minutes until golden and crisp. Remove and sit on kitchen paper to drain. Serve with a small bowl of tamari and some rice.

# MUSHROOM POT WITH FETA AND HERB TOPPING

*A hearty vegetarian stew made with meaty mushrooms for a rich depth of flavour. Try baking individual portions if you have some mini ovenproof casserole dishes.*

2 tbsp olive oil  
1 red onion, finely chopped  
2 garlic cloves, finely chopped  
2 tsp dried oregano  
1 tsp paprika  
grated zest of ½ lemon  
salt and freshly ground black pepper  
2 green peppers, halved, deseeded, and sliced  
200g (7oz) chestnut mushrooms, halved and quartered  
200g (7oz) baby button mushrooms  
1 small glass of dry white wine

450ml (15fl oz) hot gluten-free vegetable stock (see page 121)

## FOR THE TOPPING

150g (5½oz) feta cheese, crumbled  
2 eggs  
handful of flat-leaf parsley, finely chopped



## SPECIAL EQUIPMENT

large flameproof casserole or lidded ovenproof pan

- 1 Heat the oil in the flameproof casserole, add the onion, and cook for 2–3 minutes on a low heat. Stir through the garlic, oregano, paprika, lemon zest, and some seasoning and cook for a further 1–2 minutes.
- 2 Add the peppers and cook on a low heat for 5 minutes or until beginning to soften, then add the mushrooms and cook for 5 minutes. Increase the heat, add the wine, and bubble for 1 minute. Add the stock and bring to the boil. Partly cover and cook on a low-medium heat for 20 minutes; it should begin to thicken slightly. If it is too thin, uncover, turn up the heat a little, and cook for 3–4 minutes more. Preheat the oven to 180°C (350°F/Gas 4).
- 3 To make the topping, mix together the feta, eggs, half the parsley, and a little seasoning; you may not need much salt as feta is already salty. Pour this over the mushroom mixture and bake in the oven for 15–20 minutes until the egg has set and the top is golden. Remove and sprinkle with the remaining parsley to serve.

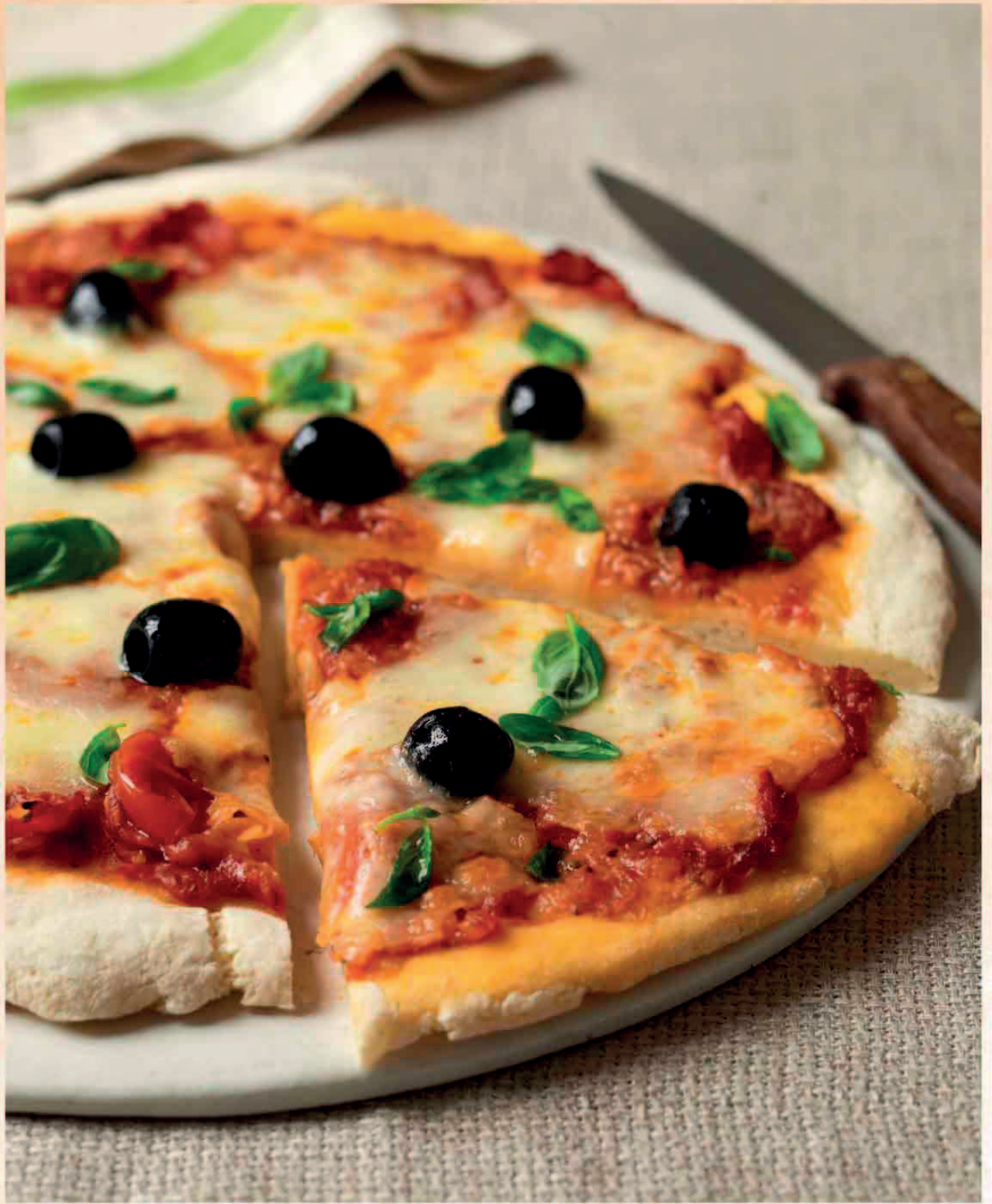
**SERVES** 4  
**PREP** 15 mins  
**COOK** 50 mins  
**FREEZE** 3 months  
WITHOUT TOPPING

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 259kcal/1076kJ  
Protein 13g  
Fat 18g  
Saturated fat 7g  
Carbohydrate 8g  
Sugar 7g  
Fibre 3.5g  
Salt 1.5g





**BREAD  
AND PIZZA**

# BROWN BREAD

**MAKES** 12 slices  
**PREP** 20 mins  
PLUS RISING  
**COOK** 35–40 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 222kcal/941kJ  
Protein 8g  
Fat 5g  
Saturated fat 2g  
Carbohydrate 36g  
Sugar 3.5g  
Fibre 7g  
Salt 0.3g

*A spongy and moist gluten-free loaf that rises well and has a good colour and flavour. This dough can also be used to make a tasty, seeded loaf (see Variation).*

oil, for greasing  
450g (1lb) gluten-free brown bread flour  
blend (see page 38), plus  
extra for dusting  
2 tsp fast-action dried yeast  
 $\frac{1}{2}$  tsp salt  
2 tbsp black treacle

1 egg  
2 tbsp vegetable oil  
1 tsp vinegar  
beaten egg, for brushing

**SPECIAL EQUIPMENT**  
450g (1lb) loaf tin

- 1 Lightly oil the tin. Sift the flour into a large bowl and add the yeast and salt. Measure 300ml (10fl oz) lukewarm water into a jug and add the treacle, egg, vegetable oil, and vinegar. Whisk together with a fork.
- 2 Make a well in the centre of the dry ingredients, add the wet ingredients, and mix well to form a dough. Turn onto a lightly floured surface and knead for about 5 minutes until smooth.
- 3 Shape the dough into a rectangle the same size as the tin and place in the prepared tin. Cover loosely with oiled cling film and leave in a warm place to rise for 1 hour or until doubled in size.
- 4 Preheat the oven to 200°C (400°F/Gas 6). Brush the top of the loaf with the beaten egg and bake in the oven for 35–40 minutes or until it is risen and golden brown. Remove from the oven and allow to cool for 5 minutes in the tin, then turn out and cool on a wire rack.



## Variation

**SEEDED LOAF** Simply sprinkle a mix of seeds (poppy, pumpkin, and sunflower are all good) into the oiled tin before adding the dough. Once risen, finish with a final flourish of more seeds after brushing with egg.



# SEEDED BROWN ROLLS

**MAKES** 12  
**PREP** 15 mins  
PLUS RISING  
**COOK** 15–20 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER ROLL

Energy 200kcal/844kJ  
Protein 7.5g  
Fat 7g  
Saturated fat 1g  
Carbohydrate 26g  
Sugar 2g  
Fibre 4g  
Salt 0.2g

*Golden-coloured and studded with crunchy seeds, these flavoursome rolls are a sure-fire success.*

2 tbsp vegetable oil, plus extra  
for greasing  
6 tbsp mixed seeds (see Cook's Tip)  
350g (12oz) gluten-free brown bread flour  
blend (see page 38), plus extra  
for dusting  
100g (3½oz) buckwheat flour  
2 tsp fast-action dried yeast  
1 tsp xanthan gum  
½ tsp salt  
2 tbsp black treacle  
2 eggs

- 1** Lightly oil 2 baking sheets and sprinkle over 1 tablespoon of the seeds. Sift the flours into a large bowl, add the yeast, xanthan, and salt. Measure 300ml (10fl oz) lukewarm water into a jug, then add the treacle, 1 egg, and the vegetable oil. Whisk together with a fork.
- 2** Make a well in the centre of the dry ingredients, add 4 tablespoons of the seeds, then gradually add the wet mixture until a soft, workable dough is formed. Turn onto a lightly floured surface and knead for about 5 minutes until smooth. Divide the dough into 12 balls. Place on the prepared sheets, cover loosely with oiled cling film, and leave in a warm place for about 1 hour or until doubled in size.
- 3** Preheat the oven to 200°C (400°F/Gas 6). Beat the remaining egg. Brush the rolls all over with the egg and sprinkle on the remaining seeds. Bake for 15–20 minutes or until the rolls are risen and golden brown. Remove from the oven and cool for 5 minutes on the sheets, then transfer to a wire rack to cool completely.



### Cook's Tip

Vary the seeds according to preference: pumpkin, caraway, and sesame work particularly well with the flavour of the bread. Alternatively, bags of pre-mixed seeds are often cheaper than buying separately.

# SOFT WHITE ROLLS

*These rolls are great for breakfast baps, sandwiches, and burger buns.*

**MAKES** 8  
**PREP** 20 mins  
PLUS RISING  
**COOK** 15–20 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER ROLL

Energy 271kcal/1147kJ  
Protein 8g  
Fat 6g  
Saturated fat 1.5g  
Carbohydrate 47g  
Sugar 6g  
Fibre 2.5g  
Salt 0.4g

450g (1lb) gluten-free white bread flour blend (see page 38), plus extra for dusting	300ml (10fl oz) milk, plus extra for glazing
2 tsp fast-action dried yeast	2 tbsp caster sugar
1 tsp xanthan gum	1 egg
½ tsp salt	2 tbsp vegetable oil, plus extra for greasing

- 1 Lightly flour 2 baking sheets. Sift the flour, yeast, xanthan, and salt into a large bowl. Heat the milk in a small pan until lukewarm, then add the sugar, egg, and oil and whisk together with a fork.
- 2 Make a well in the centre of the dry ingredients, pour in the wet ingredients, and mix until you have a soft, workable dough. Turn the dough out onto a lightly floured surface and knead for about 5 minutes until smooth.
- 3 Divide the dough into 8 balls. Place well apart on the prepared baking sheets and flatten each slightly. Cover loosely with oiled cling film and leave in a warm place for about 1 hour or until doubled in size.
- 4 Preheat the oven to 200°C (400°F/Gas 6). Brush the rolls all over with milk and dust with a little flour. Cover the rolls with a roasting tin turned upside down (see Cook's Tip) and bake for 15–20 minutes or until the rolls are risen. Remove from the oven and cool for 5 minutes on the sheets, then transfer to a wire rack to cool completely.



### Cook's Tip

Baking the rolls under a roasting tin makes them crisp on the outside and soft on the inside.

# BRIOCHE ROLLS

**MAKES** 12  
**PREP** 15 mins  
PLUS RISING  
**COOK** 20–25 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER ROLL

Energy 308kcal/1296kJ  
Protein 7g  
Fat 18g  
Saturated fat 10g  
Carbohydrate 31g  
Sugar 4g  
Fibre 1.5g  
Salt 0.5g

*Brioche needs a long rising time. If you prefer, start it the night before and leave it out somewhere cool – you can then have warm brioche for breakfast!*

300ml (10fl oz) milk  
200g (7oz) unsalted butter, softened  
2 tbsp caster sugar  
4 eggs  
450g (1lb) gluten-free white bread flour  
blend (see page 38)  
2 tsp fast-action dried yeast

2 tsp xanthan gum  
1 tsp salt  
oil, for greasing

## SPECIAL EQUIPMENT

12 brioche moulds or a 12-hole deep  
muffin tin

- 1** Warm the milk in a small pan, stir in the butter and sugar until the butter melts and the sugar is dissolved, then take off the heat. Lightly beat 3 eggs in a small bowl or jug.
- 2** Sift the flour, yeast, xanthan, and salt into a large bowl, make a well in the centre, and add the milk mixture and beaten egg. Mix well to a sticky dough, similar to cake mixture. Cover with oiled cling film, then leave to rise in a warm place for at least 3 hours (or a cool place overnight) until it doubles in size.
- 3** Preheat the oven to 200°C (400°F/Gas 6). Grease the brioche moulds or the muffin tin and beat the remaining egg. Divide the dough into 12 lumps about the size of small oranges. Pass each lump back and forth between the palms of your hands to make rough balls and drop them into the holes; wet your hands if the dough is particularly sticky. Brush with the beaten egg.
- 4** Bake for 20–25 minutes or until golden and risen. Cool in the tin for 5 minutes before serving warm.

# FOCACCIA

*This versatile Italian loaf, richly flavoured with olive oil, should be crisp on top with a light, airy crumb.*

450g (1lb) gluten-free white bread flour blend (see page 38), plus extra for dusting

2 tsp xanthan gum

2 tsp fast-action dried yeast

2 tsp caster sugar

1 tsp salt

6 tbsp olive oil, plus extra for greasing  
few sprigs of rosemary  
coarse sea salt, to sprinkle

## SPECIAL EQUIPMENT

25 x 16cm (10 x 6in) rectangular tin

- 1 Sift the flour, xanthan, yeast, sugar, and salt into a large bowl. Add 300ml (10fl oz) lukewarm water and 3 tablespoons oil to the flour, and mix to a slightly sticky, soft dough using a round-bladed knife. Transfer to a lightly floured surface and knead for 10 minutes until smooth and elastic. Return to the bowl, cover with oiled cling film, and leave in a warm place for about 1 hour or until doubled in size.
- 2 Lightly grease the tin. Tip the dough out onto a floured surface, knead lightly, and roll out to roughly the same size as the tin. Lift the dough into the tin and push it into the corners. Cover with oiled cling film and leave to rise in a warm place for 30 minutes or until doubled again in size.
- 3 Preheat the oven to 200°C (400°F/Gas 6). Firmly press the surface of the dough with your fingertips to give a dimpled effect. Scatter the rosemary, drizzle over the remaining olive oil, and sprinkle over the sea salt. Bake for 30–35 minutes or until the top is pale golden.



## Variations

**RED ONION AND FETA** Finely slice a small red onion, scatter over the top of the dough instead of the rosemary, along with 115g (4oz) crumbled feta cheese.

**OLIVE AND ANCHOVY** Roughly chop 140g (5oz) pitted green and black olives and scatter over the dough with 60g (2oz) chopped anchovy fillets. Drizzle with the oil and scatter over a few fresh or dried oregano leaves instead of the rosemary.

**SERVES** 6  
**PREP** 15 mins  
PLUS RISING  
**COOK** 30–35 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 361kcal/1522kJ  
Protein 7g  
Fat 12g  
Saturated fat 2g  
Carbohydrate 56g  
Sugar 3g  
Fibre 3g  
Salt 0.9g

# PIZZA MARGHERITA

**SERVES** 4  
**PREP** 20 mins  
PLUS RISING  
**COOK** 20–25 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 759kcal/3190kJ  
Protein 28g  
Fat 32g  
Saturated fat 13g  
Carbohydrate 89g  
Sugar 9g  
Fibre 6g  
Salt 1.9g

*Add different toppings to this basic recipe: wilted spinach and ricotta; sliced mushrooms and Parma ham; pepperoni and chilli, sprinkled with rocket after baking.*

oil, for greasing  
450g (1lb) gluten-free white  
bread flour blend (see page 38),  
plus extra for dusting  
1 tsp xanthan gum  
2 tsp fast-action dried yeast  
2 tsp caster sugar  
1 tsp salt  
1 egg  
2 tbsp olive oil, plus extra to drizzle  
300g (10oz) mozzarella cheese, drained  
and torn into pieces

a few black olives  
basil leaves

## FOR THE TOMATO SAUCE

2 tbsp olive oil  
1 small onion, finely chopped  
2 garlic cloves, crushed  
400g can cherry tomatoes  
1 tbsp tomato purée  
1 tsp dried oregano  
pinch of sugar  
salt and freshly ground black pepper

**1** Lightly oil 2 baking sheets. Sift the flour, xanthan, yeast, sugar, and salt into a large bowl. Combine 300ml (10fl oz) warm water, the egg, and 2 tablespoons oil in a jug and whisk with a fork. Make a well in the centre of the dry ingredients, add the wet ingredients, and mix well to form a dough. Turn the dough out onto a floured surface and knead for 5 minutes until smooth. Return the dough to a lightly oiled bowl and cover loosely with oiled cling film. Leave in a warm place to rise until doubled in size, about 1 hour.

**2** For the tomato sauce, heat the oil in a medium pan, add the onion, and sauté over a medium heat for 5 minutes. Stir in the garlic and cook for 1 minute. Add the remaining ingredients and simmer, uncovered, for 10 minutes. Set aside.

**3** Preheat the oven to 230°C (450°F/Gas 8). Knock back the dough, divide into 2 balls and roll each out to a large circle. Place on the baking sheets. Divide the sauce, mozzarella, and olives between the pizza bases. Season with black pepper and drizzle over a little oil. Bake for 10 minutes or until golden. Scatter the basil over each pizza and serve.

GREAT  
FOR KIDS

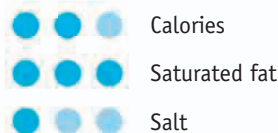




# CALZONE

**MAKES** 6  
**PREP** 30 mins  
PLUS RISING  
**COOK** 20–25 mins

## GUIDELINES PER SERVING



## STATISTICS PER CALZONE

Energy 473kcal/1989kJ  
Protein 19g  
Fat 18g  
Saturated fat 7g  
Carbohydrate 57.5g  
Sugar 3.5g  
Fibre 3.5g  
Salt 1g



*These folded pizzas are traditionally made without tomato sauce, relying instead on a combination of cheeses and pesto for a moist filling.*

450g (1lb) gluten-free white bread flour blend (see page 38), plus extra for dusting	2 tbsp olive oil, plus extra for greasing
1 tsp xanthan gum	6 tsp gluten-free pesto (shop-bought or see page 137)
2 tsp fast-action dried yeast	1 red onion, finely sliced
2 tsp caster sugar	125g (4½oz) mozzarella ball, diced
salt and freshly ground black pepper	60g (2oz) Dolcelatte or Gorgonzola cheese, crumbled
1 egg, plus 1 egg, beaten, to glaze	6 slices of prosciutto ham

**1** Sift together the flour, xanthan, yeast, sugar, and 1 teaspoon salt in a large bowl. Mix 300ml (10fl oz) lukewarm water with the whole egg and oil, pour into the flour mixture, and use a round-bladed knife to mix to a slightly sticky, soft dough. Tip it out onto a floured surface and knead for 5 minutes until smooth and elastic. Return to the bowl, cover with oiled cling film, and leave in a warm place for about 1 hour or until doubled in size.

**2** Preheat the oven to 220°C (425°F/Gas 7). Divide the mixture into 6 and, on a floured surface, roll each into a 20cm (8in) round. Divide between 2 large, lightly oiled baking sheets. Spread 1 teaspoon pesto on one half of each round. Scatter over some onion, the cheeses, ham, and season with black pepper. Brush the outside edge of the circle with the beaten egg and fold. Pinch and twist the edges to seal and make a steam hole on top. Brush with more egg and lightly dust with flour. Repeat for all 6 rounds. Bake for 20–25 minutes or until golden and puffy. Serve hot with salad.



## Variations

**BRIE AND BACON** Scatter over 140g (5oz) sliced brie with sliced, cooked, smoked bacon rashers and a few sliced green olives.

**SPICY PEPPER AND SALAMI** Scatter over 125g (4½oz) sliced mozzarella, a sliced red pepper, 75g (2½oz) salami, and a sprinkle of dried chilli flakes.

# Socca

*These crispy, nutty pancakes made with chickpea flour are served as street food in the south of France.*

140g (5oz) chickpea (gram) flour  
2 tsp ground cumin  
½ tsp salt

3 tbsp olive oil, plus extra to serve  
sea salt flakes, to serve

- 1 Mix together the flour, cumin, and salt in a large bowl, make a well in the centre, add 300ml (10fl oz) water, then use a hand whisk to beat until smooth. Pour into a jug and leave to stand for at least 10 minutes for the batter to thicken.
- 2 Preheat the grill and line a baking sheet with baking parchment. Heat a little of the oil in a large, non-stick frying pan and, when hot, pour in enough of the batter to cover the bottom of the pan, tilting the pan to cover it quickly. Cook over a medium heat until the base is golden.
- 3 Transfer the socca to the lined baking sheet and pop under the hot grill. Cook for a further 2–3 minutes until the top is lightly charred. Transfer to a board. Repeat using the remaining oil and batter to make 5 more pancakes.
- 4 To serve, sprinkle the pancakes with sea salt flakes and a drizzle of olive oil, then roughly chop into bite-sized pieces. Heap onto a platter and serve as an appetizer with drinks.



## Cook's Tip

These are finished off under the grill to speed up the process, but if you prefer, simply turn over the pancakes and cook the other side in the pan until golden brown. They should become crisp and almost charred at the edges.

**MAKES** 6  
**PREP** 10 mins  
PLUS RESTING  
**COOK** 20 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SOCCA

Energy 139kcal/581kJ  
Protein 5g  
Fat 9g  
Saturated fat 1g  
Carbohydrate 11g  
Sugar 0.5g  
Fibre 3.5g  
Salt 0.4g

# GARLIC BREAD

**MAKES** 12 slices  
**PREP** 35 mins  
PLUS RISING  
**COOK** 1 hour 5 mins  
**FREEZE** 3 months  
UNBUTTERED LOAF

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 274kcal/1155kJ  
Protein 5g  
Fat 16g  
Saturated fat 8.5g  
Carbohydrate 24g  
Sugar 2g  
Fibre 1.5g  
Salt 0.5g

GREAT  
FOR KIDS

*For variety, try adding a few chopped tarragon leaves, a pinch of dried chilli flakes, or some grated Cheddar cheese.*

450g (1lb) gluten-free white bread flour  
blend (see page 38), plus extra for  
dusting  
2 tsp fast-action dried yeast  
1 tbsp caster sugar  
1 tsp xanthan gum  
salt and freshly ground black pepper  
1 egg, plus 1 egg, beaten, to glaze

2 tbsp vegetable oil  
2–3 garlic cloves, crushed or  
finely chopped  
175g (6oz) unsalted butter,  
softened, plus extra for greasing  
2 tbsp finely chopped flat-leaf parsley  
1 tbsp dried oregano

- 1 Lightly grease a baking sheet. Sift together the flour, yeast, sugar, xanthan, and salt in a large bowl. In a jug, whisk together 300ml (10fl oz) lukewarm water, the whole egg, and oil. Make a well in the centre of the dry ingredients, add the wet ingredients, and mix until it comes together in a ball. Transfer to a lightly floured surface and knead for 5–6 minutes until smooth and springy to the touch. Shape a fat sausage 15cm (6in) long, place on the baking sheet, and make several slashes across the top. Cover with oiled cling film and leave in a warm place for 1 hour or until doubled in size.
- 2 Preheat the oven to 220°C (425°F/Gas 7). Add a little salt to the beaten egg and brush over the loaf. Bake for 35–40 minutes or until risen, golden brown, and crusty. The loaf should make a hollow sound when tapped from below. Remove from the oven and cool completely on a wire rack.
- 3 Reduce the heat to 200°C (400°F/Gas 6). For the garlic butter, in a bowl mix the garlic, butter, parsley, oregano, a little salt, and plenty of pepper. Beat well. Make diagonal slices in the loaf, about 3cm (1¼in) apart. Don't slice all the way through. Place on a piece of foil large enough to wrap the loaf and spread the garlic butter on both sides of each slice. Lightly press together. Wrap tightly in the foil and seal, making the seam on the top.
- 4 Place on a baking sheet and bake for 10 minutes. Loosely unwrap the foil and bake for 6–8 minutes more or until the bread is crusty. Serve right away.

# CHEESE AND ONION BREAD

*A great loaf to serve with soup. The onions are caramelized before adding to the dough for a sweeter flavour.*

15g (½oz) butter  
3 tbsp olive oil, plus extra for greasing  
3 large onions, finely sliced  
4 tsp caster sugar  
salt and freshly ground black pepper  
450g (1lb) gluten-free white bread flour  
blend (see page 38), plus extra for  
dusting

2 tsp xanthan gum  
2 tsp fast-action dried yeast  
2 tsp mustard powder  
115g (4oz) mature Cheddar cheese,  
coarsely grated  
1 egg, plus 1 egg, beaten, to glaze

- 1** Melt the butter and 1 tablespoon oil in a large frying pan, add the onions, and fry over a medium heat for 6 minutes until just golden. Reduce the heat, add 2 teaspoons sugar and a pinch of salt, then cook the onions for a further 5–10 minutes or until soft and caramelized. Allow to cool.
- 2** Sift together the flour, xanthan, yeast, mustard, the remaining sugar, and 1 teaspoon salt in a large bowl, add a good grinding of pepper, and stir in two-thirds of the onions and cheese. Mix 250ml (8fl oz) lukewarm water with the whole egg and remaining oil, then pour into the flour mixture. Use a round-bladed knife to mix to a slightly sticky, soft dough, tip it out onto a lightly floured surface, and knead for 5 minutes until smooth and elastic. Shape the dough into a 16cm (6½in) round, place on a lightly oiled baking sheet, and cover loosely with oiled cling film. Leave in a warm place for 1 hour or until doubled in size.
- 3** Preheat the oven to 220°C (425°F/Gas 7). Add a good pinch of salt to the beaten egg and brush over the loaf. Sprinkle over the remaining onions and cheese and bake for 30 minutes until golden and crusty. Cool and then slice.



## Variation

Omit the caramelized onion and use 5 sliced spring onions instead. They add a lovely green colour.

**MAKES** 8 slices  
**PREP** 30 mins  
PLUS RISING  
**COOK** 30 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 350kcal/1463kJ  
Protein 11g  
Fat 13g  
Saturated fat 5g  
Carbohydrate 46g  
Sugar 5g  
Fibre 3g  
Salt 0.9g

# CARAWAY SEED BREAD

**MAKES** 12 slices  
**PREP** 20 mins  
PLUS RISING  
**COOK** 40–50 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 190kcal/802kJ  
Protein 6g  
Fat 4.5g  
Saturated fat 1g  
Carbohydrate 31.5g  
Sugar 5g  
Fibre 1.6g  
Salt 0.7g

*This crunchy, crusty loaf, peppered with caraway seeds, is particularly good served with cured meats and cheese.*

oil, for greasing  
450g (1lb) gluten-free white  
bread flour blend (see page 38)  
2 tsp fast-action dried yeast  
2 tsp salt  
2 tbsp light soft brown sugar  
2 tsp caraway seeds  
300ml (10fl oz) milk

2 eggs  
2 tbsp vegetable oil  
1 tsp balsamic vinegar  
2 tsp caster sugar

## SPECIAL EQUIPMENT

900g (2lb) loaf tin

- 1** Lightly oil the loaf tin. Sift the flour, yeast, and 1 teaspoon salt into a large bowl. Stir in the sugar and 1 teaspoon of the caraway seeds. Heat the milk until lukewarm (see Cook's Tip). Add one of the eggs, the oil, and vinegar to the milk, and whisk with a fork. Make a well in the centre of the dry ingredients, add the wet ingredients, and mix well to form a dough. Knead on a lightly floured surface for 5 minutes, until smooth.
- 2** Shape the dough into a fat roll and transfer to the tin. Use a sharp knife to make diagonal slashes across the dough. Cover loosely with oiled cling film and leave in a warm place to rise for 1 hour or until doubled in size.
- 3** Preheat the oven to 220°C (425°F/Gas 7). To glaze, beat together the remaining egg, salt, and caster sugar, generously brush it over the loaf, and sprinkle the remaining caraway seeds. Bake for 35–40 minutes or until the loaf is risen and golden brown. Remove from the tin and bake for a further 5–10 minutes to crisp the crust. Remove from the oven and cool on a wire rack.



## Cook's Tip

The ideal temperature for yeast to work is 35°C (95°F). Temperatures above 60°C (140°F) will kill the yeast, so it's important the milk is heated until warm but not hot to the touch.



# SUN-DRIED TOMATO BREAD

**MAKES** 8 slices  
**PREP** 20 mins  
PLUS RISING  
**COOK** 30 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 305kcal/1284kJ  
Protein 9g  
Fat 10g  
Saturated fat 1.9g  
Carbohydrate 42g  
Sugar 2g  
Fibre 2.5g  
Salt 0.6g

*Colourful and packed with intense Mediterranean flavours, this bloomer-style loaf is perfect for summer.*

85g (3oz) sun-dried tomatoes in oil, drained, retaining the oil  
450g (1lb) gluten-free white bread flour blend (see page 38), plus extra for dusting  
2 tsp xanthan gum  
2 tsp fast-action dried yeast  
1 tsp caster sugar  
salt and freshly ground black pepper  
1 tsp dried oregano  
30g (1oz) freshly grated Parmesan cheese  
2 tbsp tomato purée  
3 tbsp olive oil, drained from the sun-dried tomatoes  
1 egg, plus 1 egg, beaten, to glaze

- 1** Roughly chop the sun-dried tomatoes. Sift together the flour, xanthan, yeast, sugar, and 1 teaspoon salt in a large bowl, add a good grinding of black pepper, then stir in the oregano, tomatoes, and two-thirds of the cheese.
- 2** Mix 250ml (8fl oz) lukewarm water with the tomato purée and oil, pour into the flour mix with the whole egg, and use a round-bladed knife to mix to a slightly sticky, soft dough. Tip the dough out onto a lightly floured surface and knead for 5 minutes until smooth and elastic. Shape into a 23cm (9in) long fat loaf shape. Use a sharp knife to make diagonal slashes across the top. Place on a floured baking sheet and cover loosely with oiled cling film. Leave in a warm place for 1 hour or until doubled in size.
- 3** Preheat the oven to 220°C (425°F/Gas 7). Add a good pinch of salt to the beaten egg and brush all over the loaf. Sprinkle with the remaining Parmesan and bake for 30 minutes or until golden and crusty. Cool slightly before slicing.



## Variation

**ROAST PEPPER BREAD** Use an equal drained weight of roasted peppers in oil instead of the sun-dried tomatoes.



# SPICED LAMB FLATBREAD

*A street-food supper – in Turkey, these are served garnished with a sprinkling of flat-leaf parsley and a squeeze of lemon.*

**MAKES** 6  
**PREP** 20 mins  
PLUS RISING  
**COOK** 20–25 mins

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER FLATBREAD

Energy 371kcal/1565kJ  
Protein 13g  
Fat 9.5g  
Saturated fat 2.4g  
Carbohydrate 58g  
Sugar 4g  
Fibre 4g  
Salt 0.8g

450g (1lb) gluten-free white bread flour blend (see page 38), plus extra for dusting  
3 tsp fast-action dried yeast  
2 tsp xanthan gum  
1 tsp salt  
1 tsp caster sugar  
3 tbsp olive oil  
2 tsp ground cumin

½–1 tsp chilli powder  
1 red pepper, deseeded and roughly chopped  
1 red onion, roughly chopped  
1 garlic clove  
handful of flat-leaf parsley, plus extra to garnish  
175g (6oz) lamb mince  
lemon and salad, to serve

- 1 Sift the flour, yeast, xanthan, salt, and sugar into a large bowl. Pour 325ml (11fl oz) lukewarm water and 2 tablespoons oil into the flour, mix to a slightly sticky, soft dough, and knead on a lightly floured surface for 5 minutes until smooth and elastic. Divide into 6 balls, place on oiled baking sheets, and cover with clean damp tea towels. Set aside in a warm place.
- 2 Preheat the oven to 200°C (400°F/Gas 6). For the topping, whizz together the spices, pepper, onion, garlic, and parsley in a food processor until finely chopped. Strain and discard the juice. Transfer to a bowl, add 1 tablespoon oil and the lamb mince, and season.
- 3 Roll out the dough balls into thin, flat ovals and place on oiled baking sheets. Spread a thin layer of the lamb mixture over each oval, leaving a thin border clear around the edges. Bake for 20–25 minutes or until the bread is crisp and the topping is cooked. Top with parsley and a squeeze of lemon, fold in half lengthways, and serve with salad for a light supper.



## Variations




**CHICKEN** Instead of the lamb, mince an equal weight of chicken with the vegetables.

**VEGETARIAN** Omit the lamb and add 1 roughly chopped aubergine to the food processor. Strain out excess liquid and stir through 1 tablespoon gluten-free tahini.

# PITTA BREAD

**MAKES** 8  
**PREP** 15 mins  
PLUS RISING  
**COOK** 10–15 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 217kcal/917kJ  
Protein 5g  
Fat 3.5g  
Saturated fat 0.5g  
Carbohydrate 41g  
Sugar 1g  
Fibre 2.5g  
Salt 0.5g

*These are pale and soft when baked, and take on a slight golden hue when reheated. Cooling them wrapped in a damp tea towel gives them their soft texture.*

450g (1lb) gluten-free white bread flour blend (see page 38), plus extra for dusting  
3 tsp fast-action dried yeast  
2 tsp xanthan gum  
1 tsp salt  
1 tsp caster sugar  
2 tbsp olive oil, plus extra for greasing hummus (see page 188) and dips to serve (optional)

- 1** Sift together the flour, yeast, xanthan, salt, and sugar in a large bowl. Mix 350ml (12fl oz) lukewarm water with the oil, pour into the flour mix, and use a round-bladed knife to mix to a slightly sticky, soft dough.
- 2** Tip the dough out onto a lightly floured surface and knead for 5 minutes until smooth and elastic. Divide the dough into 8 balls. Place the balls on 2 large oiled baking sheets and cover loosely with oiled cling film. Leave in a warm place for 10 minutes.
- 3** On a lightly floured surface, roll out each ball into a flat oval, then return to the oiled baking sheets, cover with a damp tea towel, and leave in a warm place for 20 minutes or until puffy.
- 4** Preheat the oven to 220°C (425°F/Gas 7). Bake for 10–15 minutes or until pale golden and puffed up. Remove from the oven, wrap the pittas in a damp tea towel on a wire rack and leave until cold. To serve, pop under a hot grill or in a toaster until warm. Serve with hummus and dips or split the pittas and add a filling of your choice.

GREAT  
FOR KIDS



## Cook's Tip

Make these with gluten-free brown bread flour blend (see page 38), if preferred, adding a little more water if required. You can freeze the cold pittas in a plastic bag; thaw before toasting to warm through.

# TORTILLA

*These Mexican flatbreads are simple to make and cooked on the hob. Serve them with a choice of delicious fillings.*

115g (4oz) gluten-free plain flour, plus extra for dusting  
85g (3oz) fine cornmeal or polenta  
2 tsp xanthan gum  
1 tsp salt

1 tsp gluten-free baking powder  
15g (½oz) vegetable shortening, lard, or butter, cubed  
ready-made salsa, guacamole, or soured cream, to taste

**1** Sift together the flour, cornmeal, xanthan, salt, and baking powder in a bowl, and rub in the fat. Stir in 150ml (5fl oz) lukewarm water and mix to a soft dough. Knead on a floured surface for 2–3 minutes until smooth and elastic. Leave for 20 minutes in a bowl covered with oiled cling film. Divide into 6 balls. Roll out each ball between 2 pieces of baking parchment to a thin, flat round, about 20cm (8in) in diameter. Dust with flour.

**2** Heat a large, heavy frying pan, add a tortilla, and cook for 5–6 minutes, turning once, until speckled with brown spots. Keep warm in a dry tea towel. Cook the remainder in the same way. Prepare a filling of your choice (see below). Divide the mixture between the tortillas, adding a spoonful of salsa, guacamole, or soured cream to taste. Roll up and serve.



## Choose Your Filling

**SPICY CHICKEN FILLING** Heat 2 tablespoons vegetable oil in a large, heavy frying pan. Add 4 thinly sliced chicken breasts and sauté for 10 minutes. Add 1 red pepper, cut into strips, 1 sliced red onion, and 1 crushed garlic clove. Sauté for 6–8 minutes. Add 1 teaspoon each of ground cumin, ground coriander, paprika, and ½ teaspoon dried chilli flakes. Cook for 30 seconds and remove. Stir through the juice of 1 lime and some chopped fresh coriander.

**MIXED PEPPER FILLING** Substitute the chicken with 3 mixed colour peppers, cut into strips, and 115g (4oz) baby sweetcorn, halved lengthways. Add the sweetcorn with the garlic after the peppers and onions have cooked, and sauté for 1 minute, before adding the spices.

**MAKES** 6  
**PREP** 20 mins  
**COOK** 20–30 mins

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER TORTILLA

Energy 141kcal/592kJ  
Protein 3g  
Fat 3g  
Saturated fat 1g  
Carbohydrate 24g  
Sugar 0.5g  
Fibre 1g  
Salt 0.9g



# MASALA DOSA

**SERVES** 6  
**PREP** 20 mins  
PLUS SOAKING  
**COOK** 40–50 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 250kcal/1049kJ  
Protein 6.5g  
Fat 6g  
Saturated fat 0.7g  
Carbohydrate 40g  
Sugar 2.3g  
Fibre 3g  
Salt 0.3g

*These spicy vegan pancakes, made from ground lentils and rice, are traditionally served for breakfast in southern India.*

175g (6oz) basmati rice  
60g (2oz) urad dal  
1 tsp fenugreek seeds  
salt  
vegetable oil, for frying

2 tsp black mustard seeds  
 $\frac{1}{4}$  tsp turmeric  
6 dried curry leaves  
450g (1lb) potatoes, cubed  
zest and juice of  $\frac{1}{2}$  lemon  
2 tbsp finely chopped fresh coriander

## FOR THE POTATO FILLING

2 tbsp vegetable oil  
1 onion, finely chopped  
1 green chilli, deseeded and chopped  
1 garlic clove, finely chopped  
2.5cm (1in) piece of fresh root  
ginger, grated

## FOR THE DIPPING SAUCE

30g (1oz) fresh coriander  
1 small tomato  
 $\frac{1}{2}$  green chilli, deseeded  
juice of 1 lemon  
 $\frac{1}{2}$  tsp caster sugar

- 1** Place the rice, dal, and fenugreek seeds in a large bowl, cover with cold water, and soak for 6–8 hours or overnight. Drain and coarsely grind in a food processor with a pinch of salt. Add 300ml (10fl oz) cold water and process to a smooth batter the consistency of thin cream.
- 2** For the spicy potato filling, heat the oil in a medium pan and fry the onion for 4 minutes or until soft. Add the chilli, garlic, ginger, mustard seeds, turmeric, and curry leaves and cook for 30 seconds or until the mustard seeds start to pop. Add the potatoes, lemon zest and juice, a good pinch of salt, and 250ml (8fl oz) water. Bring to the boil, cover, and simmer for 15–20 minutes until tender. Remove the lid and simmer until soft and breaking up. Stir in the coriander and keep warm. For the sauce, place all the ingredients with a pinch of salt in a food processor and whizz to a rough paste.
- 3** Heat 1 teaspoon oil in a small frying pan. Cover the pan with a ladleful of batter and cook over medium heat for 2–3 minutes. Flip and cook for another 1–2 minutes. Keep warm. Repeat to make 5 pancakes. Divide the potato filling between the pancakes, fold over, and serve with the sauce.



# NAAN BREAD

**SERVES** 8  
**PREP** 15 mins  
**COOK** 15–30 mins  
**FREEZE** 3 months

*Using fizzy lemonade in a bread recipe sounds strange, but it really does work. The naan puff up to give a wonderfully soft-textured bread – and they don't taste of lemonade at all!*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

250g (9oz) gluten-free plain flour, plus extra for dusting	1–2 tsp black onion (nigella) seeds (optional)
2 tsp xanthan gum	175ml (6fl oz) clear sparkling lemonade
2 tsp gluten-free baking powder	30g (1oz) butter, melted
1 tsp salt	

## STATISTICS PER SERVING

Energy 142kcal/597kJ  
Protein 3g  
Fat 3.5g  
Saturated fat 2g  
Carbohydrate 24g  
Sugar 1.75g  
Fibre 1.25g  
Salt 0.95g

- 1 Sift together the flour, xanthan, baking powder, and salt in a large bowl. Stir through the black onion seeds (if using), pour the lemonade into the mixture, and mix with a round-bladed knife to a slightly sticky, soft dough.
- 2 Tip the dough out onto a lightly floured surface and knead for 5 minutes until smooth and elastic. Transfer to a bowl, cover with a damp tea towel, and leave for 10 minutes. Divide the mixture into 4 pieces. Roll out each ball into a flat teardrop-shaped oval.
- 3 Heat a heavy frying pan, brush one side of each naan with the melted butter, and cook butter-side down in the pan for 3–4 minutes, or until the base is golden. Brush the top with butter, then turn over and cook for a further 3–4 minutes or until puffed up and golden. Transfer to a tea towel while you cook the remainder in the same way. Serve warm.



## Variations

**GARLIC AND CORIANDER** Once cooked on both sides, scatter a little chopped garlic and a small handful of chopped fresh coriander leaves over the top, flip over, and cook for 30 seconds or until the garlic is golden.

**PESHWARI** Mix 2 tablespoons desiccated coconut with 1 teaspoon sugar. Once cooked on both sides, brush the top with more butter, scatter over the coconut, flip over, and cook for 30–45 seconds or until the coconut is toasted.

# CORNBREAD WITH OLIVES

*Cornbread is served in the United States alongside spicy stews and fried chicken – it's great for mopping up juices. If making for kids, omit the olives.*

326g can sweetcorn, drained and juice reserved  
225g (8oz) fine cornmeal or polenta  
115g (4oz) gluten-free plain flour  
60g (2oz) caster sugar  
1 tbsp gluten-free baking powder  
1 tsp xanthan gum  
½ tsp salt  
120ml (4fl oz) milk

2 eggs, beaten  
60g (2oz) butter, melted, plus extra for greasing  
115g (4oz) pimento-stuffed green olives, halved

## SPECIAL EQUIPMENT

20cm (8in) round cake tin

- 1 Preheat the oven to 200°C (400°F/Gas 6). Grease the tin and line the base with baking parchment. Add half the sweetcorn to a large jug, then blitz with a stick blender until creamed or transfer to a food processor. Sift together the cornmeal, flour, sugar, baking powder, xanthan, and salt in a large bowl.
- 2 Beat the milk and eggs together, add to the dry ingredients along with the butter, creamed sweetcorn, and the remaining whole kernels, and beat together until just mixed.
- 3 Spoon the mixture into the cake tin, level the surface, and scatter over the olives. Bake for 30–35 minutes or until risen and golden. Leave to cool in the tin for 5 minutes. Run a knife around the edge of the loaf and turn out from the tin. Cool slightly on a wire rack, then serve warm in wedges.



## Cook's Tips

If you like a bit of heat, add a couple of chopped chillies to the mixture. If freezing, leave to cool completely, then pack into a plastic bag and freeze for up to 3 months. Reheat for 10 minutes in a hot oven after defrosting.

**SERVES** 12  
**PREP** 10 mins  
**COOK** 30–35 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 288kcal/1201kJ  
Protein 5g  
Fat 16g  
Saturated fat 4.5g  
Carbohydrate 30g  
Sugar 7g  
Fibre 1.5g  
Salt 0.8g



# BRAZILIAN CHEESE ROLLS

**MAKES** 16  
**PREP** 10 mins  
**COOK** 30 mins

*Crisp on the outside and chewy within, these “pão de queijo” are a popular street food in their native land.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

120ml (4fl oz) whole milk  
3–4 tbsp sunflower oil  
1 tsp salt  
250g (9oz) tapioca (manioc or cassava)  
flour, plus extra for dusting

2 eggs, beaten, plus extra for glazing  
125g (4½oz) Parmesan cheese, grated

**SPECIAL EQUIPMENT**  
food processor

## STATISTICS PER SERVING

Energy 121kcal/510kJ  
Protein 4g  
Fat 6g  
Saturated fat 2g  
Carbohydrate 12g  
Sugar 0.6g  
Fibre trace  
Salt 0.4g

- 1 Put the milk, oil, 120ml (4fl oz) of water, and the salt in a small saucepan and bring to the boil. Put the flour into a large bowl and quickly mix in the hot liquid. The mixture will be very sticky. Set aside to cool.
- 2 Preheat the oven to 190°C (375°F/Gas 5). Once the tapioca mixture has cooled, put it into a food processor with a blade attachment. Add the eggs and process until the lumps disappear and it is a smooth paste. Add the cheese and process until the mixture is sticky and elastic.
- 3 Turn the mixture out onto a well-floured work surface and knead for 2–3 minutes until smooth and pliable. Divide into 16 equal pieces. Roll each into golf ball-sized balls and place, spaced well apart, on a baking sheet lined with baking parchment.
- 4 Brush the balls with a little beaten egg, and bake in the middle of the oven for 30 minutes until well risen and golden brown. Remove from the oven and cool for a few minutes before eating. These are best eaten the same day they are made, preferably while still warm.



## How to freeze

These rolls can be open-frozen on the baking sheet at the end of step 3, transferred to freezer bags and frozen for up to 6 months. Simply defrost for 30 minutes and bake as in step 4.





# PUMPKIN BREAD WREATH

**SERVES** 12  
**PREP** 25 mins  
PLUS RISING  
**COOK** 1 hour 5 mins–  
1¼ hours

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 304kcal/1283kJ  
Protein 8g  
Fat 8g  
Saturated fat 2.5g  
Carbohydrate 50g  
Sugar 9g  
Fibre 3.5g  
Salt 0.9g



*Gently spiced, this lovely moist bread makes an impressive centrepiece for a party, especially around Hallowe'en.*

vegetable oil, for greasing  
500g (1lb 2oz) pumpkin or butternut squash, peeled, deseeded, and cut into 5cm (2in) cubes, or 400g (14oz) canned pumpkin purée  
2 tbsp olive oil  
salt and freshly ground black pepper  
675g (1½lb) gluten-free white bread flour blend (see page 38), plus extra for dusting  
2 tsp xanthan gum  
1 tbsp fast-action dried yeast  
2½ tsp salt  
1 tsp ground cinnamon  
1 tsp ground ginger  
½ tsp ground cloves  
60g (2oz) light soft brown sugar  
30g (1oz) butter  
200ml (7fl oz) milk  
2 large eggs  
1 tsp caster sugar  
2 tbsp pumpkin seeds

- 1** Oil a large baking sheet. Place the butternut cubes in a roasting tin and drizzle over the olive oil, 3 tablespoons water, and seasoning. Cover with foil and roast for 30–35 minutes or until tender. Transfer to a food processor and whizz until smooth. Spread in the roasting tin and leave until cold.
- 2** Sift the flour, xanthan, yeast, 1½ teaspoons salt, and the spices into a large bowl and stir in the brown sugar. Melt the butter in a pan, add the milk and heat to lukewarm, then add 1 egg and beat with a fork. Pour the wet mixture over the dry ingredients, add the squash, and mix to form a dough. Knead the dough on a lightly floured surface for 5 minutes until smooth. Roll it into 12 even-sized balls. Place 9 of these in a circle on a large, oiled baking sheet and 3 in the centre to make a wreath. Cover with oiled cling film and leave in a warm place for 1 hour or until doubled in size.
- 3** Preheat the oven to 200°C (400°F/Gas 6). Beat the remaining egg, caster sugar, and 1 teaspoon salt, and brush over the rolls. Scatter over the pumpkin seeds and bake for 35–40 minutes until golden brown. Cool for 30 minutes. Serve the bread warm on a large board, so guests can break off the rolls.





**SAVOURY  
TARTS AND  
PIES**

# FENNEL AND GRUYÈRE TART

**SERVES** 6  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 40 mins

*The light aniseed flavour of fennel and sweet, tangy Gruyère make a winning combination in this recipe.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 698kcal/2886kJ

Protein 14g

Fat 58g

Saturated fat 31g

Carbohydrate 31g

Sugar 2.5g

Fibre 1g

Salt 1.2g

400g (14oz) gluten-free shortcrust pastry  
(see pages 44–5)  
gluten-free plain flour, for dusting

½ tsp freshly grated nutmeg  
4 eggs  
300ml (10fl oz) double cream  
100g (3½oz) Gruyère cheese, grated  
salad leaves, to serve

## FOR THE FILLING

3 tbsp olive oil  
1 onion, sliced  
1 large fennel bulb, trimmed, quartered,  
and sliced  
salt and freshly ground black pepper

## SPECIAL EQUIPMENT

23cm (9in) round, 3cm (1¼in) deep,  
fluted tart tin

- 1** Preheat the oven to 200°C (400°F/Gas 6). For the filling, heat the oil in a frying pan, add the onion, and fry on a medium heat for 2–3 minutes. Add the fennel and sauté for 6–8 minutes, stirring occasionally, until golden. Season with salt, pepper, and nutmeg and set aside. Beat the eggs and cream together in a jug.
- 2** Roll out the pastry on a lightly floured surface to a thickness of 5mm (½in). Lift it over the tin and press into the base and sides. (Gluten-free pastry is delicate, so if you get a few cracks, "glue" them with a little water.) Trim the edges. Prick the base with a fork, line with baking parchment and fill with baking beans, and bake for 15 minutes. Remove the beans and paper, then return to the oven for another 5 minutes to crisp up.
- 3** Scatter the onions and fennel over the base and sprinkle the cheese. Pour the egg and cream mixture into the pastry case. Return the tart to the oven. Reduce the temperature to 180°C (350°F/Gas 4) and bake for 20–25 minutes or until the filling is set and golden brown. Serve warm or cold with salad leaves.

# RED PEPPER AND CHILLI TART

*These hot flavours are tempered with cool sheep's cheese. Swap the cheese for your favourite – blue, Brie, or feta.*

**SERVES** 6  
**PREP** 25–30 mins  
**COOK** 1¼–1½ hours  
**FREEZE** 1 month

400g (14oz) gluten-free shortcrust pastry  
(see pages 44–5)  
gluten-free plain flour, for dusting

## FOR THE FILLING

3 red peppers  
2 red chillies  
2 tbsp olive oil  
1 red onion, finely chopped  
salt and freshly ground black pepper

leaves from a few sprigs of thyme  
150g (5½oz) soft sheep's  
cheese, crumbled  
150ml (5fl oz) double cream  
2 eggs  
2 garlic cloves, grated

## SPECIAL EQUIPMENT

20.5cm (8in) round, loose-bottomed  
tart tin

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 597kcal/2481kJ  
Protein 13g  
Fat 45g  
Saturated fat 20g  
Carbohydrate 35g  
Sugar 6.5g  
Fibre 4g  
Salt 1.1g

- 1** Preheat the oven to 200°C (400°F/Gas 6). For the filling, sit the peppers and chillies on a baking sheet and coat with half the oil. Cook in the oven for 30–40 minutes until the skins begin to char. Transfer the peppers to a plastic bag to cool. Chop and deseed the chillies. When the peppers are cool, remove the skins and seeds, roughly chop, and add to the chillies.
- 2** Carefully roll out the pastry on a lightly floured surface to a thickness of 5mm (¼in). Lift it over the tin and press into the base and sides. Prick the base with a fork, line with baking parchment and fill with baking beans, and bake for 15 minutes. Remove the beans and paper and return to the oven for another 5 minutes to crisp up. Reduce the oven temperature to 180°C (350°F/Gas 4).
- 3** Heat the remaining oil in a frying pan, add the onion, and cook for 6–8 minutes on a medium-low heat until softened. Season to taste, then stir through half the thyme. Leave to cool a little, then transfer to the pastry case. Add the peppers and chillies, spreading them out evenly, and tuck in the cheese so it covers all the tart. Mix together the cream and egg and season. Add the remaining thyme and the garlic and stir well. Pour the mixture over the tart evenly, sit the tin on a baking sheet, and bake for 20–25 minutes or until the top is set and golden. Remove and leave to cool before releasing from the tin.

# GOAT'S CHEESE TARTLETS

**MAKES** 6  
**PREP** 30 mins  
PLUS CHILLING  
**COOK** 25–35 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER TARTLET

Energy 435kcal/1818kJ

Protein 12g

Fat 26g

Saturated fat 16g

Carbohydrate 36g

Sugar 10g

Fibre 4g

Salt 1g

*Sweet prunes pair well with goat's cheese and the tartlets can be served with sun-dried tomato bread (see page 230).*

100g (3½oz) butter, cubed, plus extra for greasing  
225g (8oz) gluten-free plain flour, plus extra for dusting  
pinch of salt  
1 tsp xanthan gum  
1 tbsp olive oil  
1 large red onion, finely sliced  
leaves from a few sprigs of thyme

225g (8oz) semi-hard, mild goat's cheese, finely cubed  
125g (4½oz) pitted soft prunes, chopped  
freshly ground black pepper

## SPECIAL EQUIPMENT

6 x 9cm (3½in) round, 2.5cm (1in) deep, tart tins

- 1** Preheat the oven to 200°C (400°F/Gas 6). Grease the tins with butter. Mix the flour, salt, and xanthan in a bowl. Rub the butter in with your fingertips until it forms crumbs. Gradually add 1–2 tablespoons cold water until the mixture binds to form a dough. Briefly knead the dough on a lightly floured surface until smooth, wrap in cling film, and chill for 10 minutes.
- 2** Cut the pastry dough into 6 even pieces. Roll out each piece between 2 pieces of cling film and cut 6 x 12cm (5in) rounds. Lift the pastry into the tart tins, pushing it into the base and sides. If it tears, patch it up. Trim the top, prick the bases with a fork, and line each with baking parchment and fill with baking beans. Bake for 10–15 minutes or until the edges turn pale golden. Remove the beans and paper, and set the cases aside.
- 3** For the filling, heat the oil in a small pan, add the onion and thyme, and cook on a medium heat for 5 minutes until the onion begins to soften and turn transparent. Reduce the heat and cook for a further 5 minutes, to sweeten them a little, then spoon them into the pastry cases.
- 4** Mix the goat's cheese and prunes and season with pepper. Divide between the cases and bake for 15–20 minutes or until the mixture is bubbling and the pastry is golden brown. Remove and serve warm.

GREAT  
FOR KIDS





# SOUTHWEST CORN AND JALAPEÑO TART

**SERVES** 6  
**PREP** 20 mins  
**COOK** 45 mins–1 hour  
**FREEZE** 1 month

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 590kcal/2454kJ

Protein 10g

Fat 41g

Saturated fat 17g

Carbohydrate 45g

Sugar 8g

Fibre 3.5g

Salt 1.2g

*The mix of sweet and hot flavours in this colourful tart are characteristic of the American Southwest.*

400g (14oz) gluten-free shortcrust pastry (see pages 44–6)  
gluten-free plain flour, for dusting  
2 tbsp olive oil  
bunch of spring onions, finely chopped  
pinch of cayenne pepper or paprika (optional)  
1 large red pepper, halved, deseeded, and finely chopped  
400g can sweetcorn, drained  
salt and freshly ground black pepper

150ml (5fl oz) double cream  
1 egg, beaten  
1–2 tbsp sliced green jalapeño chillies, from a jar  
60g (2oz) Monterey Jack or Cheddar cheese, sliced or grated

## SPECIAL EQUIPMENT

18cm (7in) round, loose-bottomed, straight-sided tart tin

- 1** Preheat the oven to 200°C (400°F/Gas 6). Roll out the pastry on a lightly floured surface to a thickness of 5mm (¼in). Line the tin with the pastry, letting it overlap, then trim the surplus. Prick the base with a fork, line with baking parchment, and fill with baking beans. Bake for 15 minutes. Remove the beans and paper, and return to the oven for 5 minutes to crisp up. Reduce the oven temperature to 180°C (350°F/Gas 4).
- 2** Meanwhile, heat the oil in a large pan, add the spring onions, and cook on a low heat for 2 minutes. Stir in the cayenne or paprika (if using) and add the pepper. Cook for 5 more minutes, add the sweetcorn, and season to taste.
- 3** Remove from the heat and leave to cool. Stir in the cream and egg to coat. Spoon the mixture into the pastry case and top with the jalapeños and cheese. Bake for 20–30 minutes or until set and golden. Remove and leave to cool for 10 minutes. Slice and serve with a tomato and avocado salad.



## Variations

Children will love a corn pie minus the hot jalapeños and cayenne. You can also add cooked chicken to the mix and top with pastry for a pie rather than a tart.

# WILD MUSHROOM AND TALEGGIO TART

*An earthy, robust tart that is good for entertaining, served with roasted new potatoes and a lightly dressed watercress and orange salad.*

400g (14oz) gluten-free shortcrust pastry  
(see pages 44–5)  
gluten-free plain flour, for dusting

## FOR THE FILLING

2 tbsp olive oil  
150g (5½oz) mixed wild or exotic mushrooms, larger ones sliced  
150g (5½oz) chestnut mushrooms, roughly chopped  
25g (scant 1oz) dried porcini mushrooms, soaked in boiling water for 30 minutes and drained  
3 garlic cloves, finely chopped

50g (1¾oz) hazelnuts, toasted and roughly chopped  
salt and freshly ground black pepper  
handful of flat-leaf parsley, finely chopped  
3 tbsp double cream  
1 egg, lightly beaten  
200g (7oz) Taleggio cheese, sliced  
pinch of paprika

## SPECIAL EQUIPMENT

35 x 12cm (14 x 5in) rectangular, loose-bottomed tart tin, 2.5cm (1in) deep

- 1** Preheat the oven to 200°C (400°F/Gas 6). Roll out the pastry on a lightly floured surface to a thickness of 5mm (½in). Line the tin with the pastry, patching up any holes. Trim to neaten. Prick the base with a fork, line with baking parchment and fill with baking beans, and bake in the oven for 15 minutes or until the edges start turning golden. Remove the beans and paper and return to the oven for 5 minutes to crisp up.
- 2** Meanwhile, for the filling, heat the oil in a large frying pan, add all the mushrooms, and cook on a medium-high heat for 10 minutes. Stir through the garlic and nuts and season to taste.
- 3** Transfer the mixture to a large bowl and toss with the parsley, cream, and egg. Spoon the mixture into the tart case and top with the cheese. Sprinkle with paprika and bake for 15–20 minutes until golden and set. Remove and leave for at least 10 minutes before releasing from the tin.

**SERVES** 6  
**PREP** 20 mins  
**COOK** 50 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 567kcal/2358kJ  
Protein 15g  
Fat 43g  
Saturated fat 16g  
Carbohydrate 30g  
Sugar 1g  
Fibre 3g  
Salt 1.2g

# COURGETTE, MINT, AND FETA FRITTATA

**SERVES** 4  
**PREP** 10 mins  
**COOK** 15 mins  
PLUS RESTING

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 326kcal/1353kJ

Protein 19g

Fat 28g

Saturated fat 11g

Carbohydrate 1.5g

Sugar 1.5g

Fibre 0.8g

Salt 1.4g

*This light, summery frittata is perfect for a summer picnic, cut into wedges and served cold.*

2 tbsp olive oil  
250g (9oz) courgettes, cut into  
1cm (½in) cubes  
1 garlic clove, crushed  
6 eggs  
1 tbsp double cream  
25g (scant 1oz) finely grated  
Parmesan cheese  
2 tbsp chopped mint leaves

salt and freshly ground black pepper  
100g (3½oz) feta cheese, cut into  
1cm (½in) cubes  
1 tbsp butter

## SPECIAL EQUIPMENT

25cm (10in) heavy-based, ovenproof  
frying pan

- 1** Heat the oil in a 25cm (10in) heavy-based, ovenproof frying pan and fry the courgettes over a medium heat for 3–5 minutes until they start to brown. Add the garlic and cook for 1 minute. Set aside and wipe the pan with kitchen paper. Preheat the grill on its highest setting.
- 2** Whisk together the eggs, cream, Parmesan, and mint, then season well. Add the garlicky courgettes and the feta cheese and mix well.
- 3** Melt the butter in the frying pan over a medium heat and pour the egg mixture into the pan. Cook for 5 minutes, without moving it at all, until the edges start to set.
- 4** Transfer the pan to the grill and cook for a further 5 minutes, until the frittata is set and the top golden brown. Rest for 5 minutes before cutting into wedges to serve.



# SALMON AND SPINACH QUICHE

**SERVES** 6  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 1 hour 10 mins  
**FREEZE** 2 months  
PASTRY CASE ONLY

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 375kcal/1576kJ  
Protein 9g  
Fat 31g  
Saturated fat 15g  
Carbohydrate 14.5g  
Sugar 4g  
Fibre 0.9g  
Salt 1.6g

*The classic combination of salmon and spinach means this delicious tart has high nutritional values too.*

### FOR THE PASTRY

400g (14oz) gluten-free shortcrust pastry (see pages 44–5)  
gluten-free plain flour, for dusting

100g (3½oz) cooked salmon, broken into pieces  
250ml (9fl oz) single cream  
2 eggs, plus 1 egg yolk  
1 tsp grated lemon rind

### FOR THE FILLING

200g (7oz) baby spinach  
2 tbsp olive oil  
1 garlic clove, crushed  
salt and freshly ground black pepper

### SPECIAL EQUIPMENT

22cm (9in) deep-sided, loose-bottomed fluted tart tin  
baking beans

- 1** Preheat the oven to 200°C (400°F/Gas 6). Roll out the pastry on a well-floured surface to a thickness of about 5mm (¼in). Line the tart tin, then neaten and trim the edges. Prick the base with a fork, line with baking parchment and fill with baking beans. Place on a baking tray and bake in the oven for 15 minutes. Remove the beans and paper and bake for a further 5 minutes to crisp. Trim off any ragged edges while it is still warm, and set aside. Reduce the oven temperature to 180°C (350°F/Gas 4).
- 2** Meanwhile, cook the baby spinach in a large saucepan with the olive oil and garlic for 2–3 minutes until soft. Season well. Place the spinach in a sieve and press out any excess water. Set aside to cool.
- 3** Spread the cooled spinach evenly over the bottom of the tart. Arrange the salmon pieces on top of the spinach. Whisk together the cream, eggs, yolk, lemon rind, and seasoning. Place the tart case on a baking tray and pour the cream mixture over the filling.
- 4** Bake for 45 minutes until just set. Cool for 30 minutes before eating warm or cold. The quiche is best eaten on the day it is made, but can be chilled overnight.

# SHALLOT TARTE TATIN

*Shallots are caramelized and topped with pastry in this surprisingly easy and impressive savoury tarte Tatin.*

**SERVES** 4  
**PREP** 20 mins  
**COOK** 1 hour

1 tbsp olive oil, plus extra if needed  
about 20 shallots, peeled  
salt and freshly ground black pepper  
drizzle of thick balsamic vinegar  
leaves from a few sprigs of thyme  
400g (14oz) gluten-free shortcrust pastry  
(see pages 44–5)

gluten-free plain flour, for dusting  
1 egg, lightly beaten, to glaze  
mixed leaf salad, to serve

## SPECIAL EQUIPMENT

small, deep, non-stick ovenproof  
frying pan

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 527kcal/2203kJ  
Protein 9.5g  
Fat 33g  
Saturated fat 10g  
Carbohydrate 48g  
Sugar 6g  
Fibre 5g  
Salt 1.1g

- 1 Preheat the oven to 200°C (400°F/Gas 6). Heat the oil in the ovenproof frying pan and arrange the shallots to fill the pan. Season with salt and pepper and cook on a medium heat for 5 minutes or until light golden. Reduce the heat and cook for 20–30 minutes until the shallots begin to caramelize, adding more oil if needed and turning them halfway through cooking. Drizzle with the vinegar and cook for a further 2–3 minutes, then sprinkle over the thyme.
- 2 Roll out the pastry on a lightly floured surface to a thickness of 3–5mm ( $\frac{1}{8}$ – $\frac{1}{4}$ in). Cut out a circle the same size as the top of the pan and discard any surplus pastry. Sit the circle over the shallots and tuck in the edges.
- 3 Brush all over with the beaten egg. Bake in the oven for 20–30 minutes until the pastry is cooked and golden all over, then remove from the oven; be careful, the handle will be extremely hot. Leave to stand for 2–3 minutes, then invert onto a plate. Slice and serve with a mixed leaf salad.



## Variation

You can also make this with gluten-free rough puff pastry (see pages 46–7).

# SPICY PEPPER EMPANADAS

**SERVES** 5  
**PREP** 30 mins  
**COOK** 30 mins  
**FREEZE** 1 month  
UNCOOKED

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 424kcal/1774kJ  
Protein 8g  
Fat 24g  
Saturated fat 12g  
Carbohydrate 42g  
Sugar 4g  
Fibre 3g  
Salt 1.2g



*A variety of savoury or sweet fillings – pumpkin and cheese to mixed berries – work well in this South American snack.*

1 tbsp olive oil  
1 large onion, sliced  
salt and freshly ground black pepper  
1 red pepper, deseeded and chopped  
2 garlic cloves, finely chopped  
3 red or green jalapeños, chopped  
2 tbsp dry sherry  
300g can chickpeas, drained  
2 tbsp finely chopped fresh coriander  
2 tbsp finely chopped flat-leaf parsley

100g (3½oz) butter  
juice of 1 lemon  
225g (8oz) gluten-free plain flour,  
plus extra for dusting  
1 tsp paprika  
sunflower oil, for frying

## SPECIAL EQUIPMENT

food processor

- 1** For the filling, heat the oil in a medium pan, add the onion, and season. Cook on a low heat for 2–3 minutes until soft. Add the red pepper, garlic, and jalapeños, and cook for 10 minutes or until the pepper starts to soften. Add the sherry to the pan, raise the heat, and cook for 2 minutes. Tip in the chickpeas, coriander, and parsley, and stir. Season to taste. Transfer to a food processor and pulse to break it up, but not mince it.
- 2** To make the pastry, melt the butter in a pan, add the lemon juice and 100ml (3½fl oz) water. Combine the flour, 1 teaspoon salt, and paprika in a mixing bowl. Add the melted butter liquid and mix to a thick paste. Knead gently for 2 minutes. Leave to rest for 2–3 minutes at room temperature.
- 3** To form the empanadas, roll the pastry out on a floured surface to about 3mm (⅛in) thick, adding more flour if needed. Cut out 10 rounds, 10cm (4in) in diameter. Spoon a generous amount of filling onto one half of each round, wet around the edges with water, fold over, and seal with a pinch.
- 4** Pour sunflower oil into a small, deep-sided frying pan, to a depth of 1cm (½in), and heat to medium. Add 3 empanadas at a time and cook for 2–3 minutes on each side until golden. Transfer to a plate lined with kitchen paper. Serve hot or warm.





# LAMB MASALA PASTIES

**SERVES** 8  
**PREP** 30 mins  
**COOK** 1 hour 20 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER PASTY

Energy 396kcal/1655kJ  
Protein 14g  
Fat 25g  
Saturated fat 10g  
Carbohydrate 29g  
Sugar 3.5g  
Fibre 1g  
Salt 0.7g

*These pasties can be made with either puff or shortcrust pastry. You can also add peas or broad beans to the filling.*

2 tbsp cashew nuts  
5cm (2in) piece of fresh root ginger, peeled and roughly chopped  
1 tsp coriander seeds, crushed  
½ tsp cumin seeds  
1 tsp turmeric  
1 tbsp garam masala  
1–2 green chillies, deseeded and finely chopped  
salt and freshly ground black pepper  
1 tbsp olive oil, plus extra if needed  
1 onion, chopped

300g (10oz) lamb shoulder, cut into bite-sized pieces  
4 tomatoes, skinned and roughly chopped  
1 tbsp tomato purée  
handful of fresh coriander leaves, finely chopped (optional)  
600g (1lb 5oz) gluten-free rough puff pastry (see pages 46–7, scaling up quantities by one half)  
gluten-free plain flour, for dusting  
1 egg, lightly beaten, to glaze  
1 tbsp black onion (nigella) seeds, to top (optional)

- 1** Preheat the oven to 200°C (400°F/Gas 6). Place the first 7 ingredients, up to and including the chillies, in a food processor and whizz to a paste. Season well and set aside. Heat the oil in a large, deep frying pan, add the onion, and cook on a low heat for 3–4 minutes, then push to one side of the pan. Season the lamb and add to the pan, increasing the heat a little; add a drop of oil if needed. Cook for 6–8 minutes or until the lamb is sealed.
- 2** Add the spice paste, tomatoes, and purée, and stir. Pour in 150–200ml (5–7fl oz) hot water to just cover and simmer for 30 minutes or until the meat is tender. Top up with more water if needed; the sauce should have a thick consistency. Taste, season, and stir in the coriander (if using). Set aside.
- 3** Roll out the pastry on a lightly floured surface to a thickness of 5mm (¼in). Cut eight 15cm (6in) circles and wet the edges. Divide the lamb between the circles of pastry, spooning it onto one side. Fold the pastry over to make a half-moon and sit them on a lightly oiled baking sheet. Brush with the beaten egg and sprinkle with onion seeds (if using). Bake for 30–40 minutes or until golden. Remove and leave to cool a little before serving.

# CHEESE AND ASPARAGUS TURNOVERS

*These flaky, crumbly parcels are perfect for a light lunch or picnic on a sunny summer's day.*

salt and freshly ground black pepper  
100g (3½oz) asparagus spears, cut into  
1cm (½in) lengths  
50g (1¾oz) mature Cheddar  
cheese, grated  
3 tbsp snipped fresh chives

400g (14oz) gluten-free rough puff pastry  
(see pages 46–7)  
gluten-free plain flour, for dusting  
1 egg, beaten, to glaze  
ground paprika, for dusting  
salad leaves, to serve

- 1 Bring a small pan of salted water to the boil and blanch the asparagus tips for 2 minutes. Drain and refresh in cold water. Drain again and cool. Mix the asparagus with the cheese, chives, and plenty of black pepper. Set aside.
- 2 Carefully roll out the pastry on a lightly floured surface to form a 30cm (12in) square, 5mm (¼in) in thickness. Trim the edges, then cut out 9 equal squares. Brush the edges of each square with water. Divide the asparagus filling between the squares, heaping it over one diagonal half of each. Fold the pastry over the filling and pinch the edges together to seal. Use a knife to flute and crimp the edges together.
- 3 Place the triangles well apart on a large baking sheet. Make a steam hole on top of each, then glaze with beaten egg and dust with paprika. Bake for 20–25 minutes or until golden and risen. Serve warm or cold with salad leaves.



## Variation

Vary the cheese and herbs if you like – goat's cheese and mint would taste great with the asparagus.

**MAKES** 9  
**PREP** 20 mins  
**COOK** 20–25 mins

## GUIDELINES PER TURNOVER

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 200kcal/840kJ  
Protein 5g  
Fat 13g  
Saturated fat 6.5g  
Carbohydrate 15.5g  
Sugar 0.8g  
Fibre 0.3g  
Salt 0.5g

## NUTRIENT BOOST

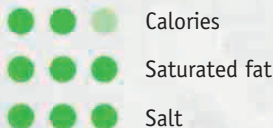
Asparagus is a source of folic acid, vital for women planning a pregnancy.

# SPANAKOPITA

**SERVES** 6  
**PREP** 20 mins  
**COOK** 1 hour

*Rolling out gluten-free pastry thin enough for filo is difficult for the home cook. This version works just as well with thin shortcrust and saves you the Herculean challenge!*

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 524kcal/2182kJ  
Protein 20g  
Fat 35g  
Saturated fat 13g  
Carbohydrate 33g  
Sugar 4g  
Fibre 6.5g  
Salt 2.9g

1 tbsp olive oil  
 $\frac{1}{2}$  onion, very finely chopped  
salt and freshly ground black pepper  
1kg (2 $\frac{1}{4}$ lb) spinach  
250g (9oz) feta cheese, crumbled  
pinch of freshly grated nutmeg  
handful of dill, finely chopped  
3 eggs  
400g (14oz) gluten-free shortcrust  
pastry (see pages 44–5)

gluten-free plain flour, for dusting  
1 egg, beaten, to glaze  
tomato salad, to serve

## SPECIAL EQUIPMENT

baking dish or tin 20.5cm (8in) square,  
4cm (1 $\frac{1}{2}$ in) deep

- 1 Preheat the oven to 200°C (400°F/Gas 6). Heat the oil in a large frying pan, add the onion, and cook for 2–3 minutes. Season to taste. In a separate large pan, cook the spinach in 4 batches of 250g (9oz) each on a low heat for 4–5 minutes until it wilts. Remove and set aside.
- 2 In a bowl, stir together the feta, nutmeg, and dill, and season to taste with more black pepper. Add the eggs and combine. Squeeze any excess water from the spinach, then add this and the onion to the feta mixture and mix.
- 3 Halve the pastry and roll out each piece as thinly as possible on a lightly floured surface, or between sheets of cling film, if easier. Cut a square the size of the base of the dish or tin, use it to line the dish, trim any surplus, and neaten the edges. Spoon a little of the mixture into the bottom of the dish and add a layer of pastry, patching up any holes. Spoon the rest of the mixture on top and finish with a layer of pastry. Brush with the beaten egg to cover and bake in the oven for 30–40 minutes until golden. Cool for 15 minutes before slicing into 6 rectangles and serving with a tomato salad.



## Variations

Add some toasted pine nuts to the spinach mix or a pinch of cayenne pepper for a little heat. For a lighter dish, substitute half the feta with ricotta.

# SMOKED SALMON AND CREAM CHEESE PICNIC PIES

*Baked in a muffin tray, these delightful little pies are perfect for a summer picnic or buffet lunch.*

600g (1lb 5oz) gluten-free shortcrust pastry (see pages 44–5, scaling up quantities by one half)  
gluten-free plain flour, for dusting  
oil, for greasing  
300g (10oz) cream cheese  
3–4 tbsp crème fraîche  
300g (10oz) smoked salmon slices, chopped, or use trimmings  
handful of dill, finely chopped

1–2 tbsp green jalapeño chillies from a jar, chopped (optional)  
salt and freshly ground black pepper  
1 egg, beaten



## SPECIAL EQUIPMENT

12-hole, non-stick muffin tray,  
3cm (1¼in) deep  
10cm (4in) and 7.5cm (3in) metal round cutters

- 1** Preheat the oven to 190°C (375°F/Gas 5). Roll out two-thirds of the pastry on a lightly floured surface to a thickness of 5mm (¼in). Using the larger cutter, cut out 12 circles and use them to line the lightly oiled muffin tin, patching up any holes. You will have to keep gathering and re-rolling. Put in the fridge while you mix the filling.
- 2** In a bowl, mix together the cream cheese, crème fraîche, smoked salmon, dill, jalapeños (if using), and season well with salt and pepper.
- 3** Roll out the remaining pastry as before and cut out the tops using the smaller cutter. Remove the muffin tray from the fridge and divide the mixture between the pastry cases. Wet the rims of the pastry cases with water, cover with the tops, and pinch the edges to secure. Make a steam hole in each one and brush with the beaten egg. Bake in the oven for 30–40 minutes until golden, then remove and leave to cool completely before turning each one out of the tray.

**MAKES** 12  
**PREP** 30 mins  
**COOK** 40 mins

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

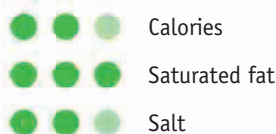
## STATISTICS PER SERVING

Energy 392kcal/1632kJ  
Protein 11g  
Fat 29g  
Saturated fat 13g  
Carbohydrate 22g  
Sugar 0.5g  
Fibre 1.5g  
Salt 1.9g

# CHICKEN AND PARSLEY POT PIES

**SERVES** 4  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 25–30 mins  
**FREEZE** 1 month

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 703kcal/2942kJ  
Protein 43g  
Fat 39g  
Saturated fat 19g  
Carbohydrate 46g  
Sugar 9g  
Fibre 4g  
Salt 2.3g

*These pies are great to make after a roast chicken dinner or to use up leftover ham, and can also be prepared ahead and stored in the fridge overnight before glazing and baking.*

150g (5½oz) frozen broad beans, or 400g can sweetcorn, drained  
50g (1¾oz) butter  
1 onion, finely chopped  
salt and freshly ground black pepper  
50g (1¾oz) gluten-free plain flour, plus extra for dusting  
450ml (15fl oz) milk  
1 tsp Dijon mustard  
300g (10oz) cooked chicken, cut into chunky bite-sized pieces  
150g (5½oz) gluten-free cooked ham, cubed  
3 tbsp finely chopped curly or flat-leaf parsley  
1 tbsp finely chopped marjoram leaves (optional)  
300g (10oz) gluten-free rough puff pastry or shortcrust pastry (see pages 45–7)  
1 egg, beaten  
boiled potatoes and carrots, to serve

## SPECIAL EQUIPMENT

4 x 300ml (10fl oz) or 1 x 1.2 litre (2 pint) pudding basins

- 1** Preheat the oven to 200°C (400°F/Gas 6). Place the broad beans in a bowl and pour over boiling water. Leave for 5–8 minutes, drain, and set aside.
- 2** Melt the butter in a large pan over a low heat, add the onion, season, and cook for 5–7 minutes until soft and transparent. Remove from the heat and stir in the flour. Pour in a little milk, stir, put the pan back on a low heat, and gradually add the rest of the milk, stirring as you go. You may need to switch to a balloon whisk for a lump-free sauce. Bring to the boil, then reduce to a simmer. Cook for 2–3 minutes, remove from the heat, and stir in the mustard, chicken, ham, herbs, and broad beans. Season and set aside.
- 3** Roll out the pastry on a lightly floured surface. Cut out 4 small lids or 1 large lid 4cm (1½in) larger than the basins. Set aside. Spoon the filling into the basins and wet the edges. Drape the lids and press to secure. Make a hole in the top of each pie. Brush with half the beaten egg and chill for 20 minutes, then brush with the remaining egg and bake for 25–30 minutes until golden; cooking a large pie may take a little longer. Remove and serve.





# SQUASH AND CIDER COBLER

**SERVES** 6  
**PREP** 20 mins  
**COOK** 1 hour

*Autumnal vegetables are simmered in cider and topped with herby dough – great for a Hallowe'en supper.*

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 389kcal/1632kJ  
Protein 8g  
Fat 19g  
Saturated fat 9g  
Carbohydrate 45g  
Sugar 12.5g  
Fibre 7.5g  
Salt 1.3g

1 butternut squash, halved, deseeded, peeled, and cut into bite-sized cubes  
2 tbsp olive oil  
pinch of freshly grated nutmeg  
few sage leaves, roughly chopped  
salt and freshly ground black pepper  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
2 leeks, sliced  
400g can chopped tomatoes  
300ml (10fl oz) dry cider  
225g (8oz) gluten-free plain flour

3 tsp gluten-free baking powder  
100g (3½oz) cold butter, cubed  
few sprigs of rosemary, finely chopped  
75ml (2½fl oz) buttermilk  
200g (7oz) Savoy cabbage, cored and roughly chopped  
jacket potatoes, to serve (optional)

**SPECIAL EQUIPMENT**  
large flameproof casserole or lidded ovenproof pan

- 1** Preheat the oven to 200°C (400°F/Gas 6). Put the squash in a roasting tin, add half the oil, and toss to coat thoroughly. Add the nutmeg and sage, season well, and toss again. Roast for 15 minutes, then remove and set aside.
- 2** Heat the remaining oil in the casserole or pan, add the onion, and cook for 2–3 minutes. Season, stir in the garlic and leeks, and cook on a low heat for 2 more minutes. Add the tomatoes and cider, then add 400ml (14fl oz) hot water, or enough to cover the vegetables. Bring to the boil, reduce to a simmer, and stir through the squash. Simmer gently for 5–10 minutes.
- 3** For the cobbler topping, place the flour, baking powder, and a pinch of salt in a bowl and mix. Rub in the butter with your fingertips until it forms crumbs and stir in the rosemary. Add the buttermilk, a little at a time, until it forms a soft dough. Alternatively, make the topping in a food processor, adding the buttermilk a little at a time and pulsing until the dough forms.
- 4** Stir the cabbage into the simmering vegetables, then tear large lumps of the dough, flatten slightly, and sit on top of the vegetables. Bake for in the oven for 25–30 minutes or until golden and bubbling. Cover loosely with foil if it starts to brown too much. Serve alone or with jacket potatoes.



# CORNMEAL CRUST CHILLI PIE

*A hot and spicy mince mixture topped with golden cornmeal pastry.*

**SERVES** 4  
**PREP** 20 mins  
**COOK** 1 hour

125g (4½oz) gluten-free plain flour, plus extra for dusting  
100g (3½oz) fine cornmeal or polenta  
pinch of salt  
2 tsp xanthan gum  
100g (3½oz) cold butter, cubed  
1 egg yolk  
1 tbsp olive oil  
500g (1lb 2oz) beef mince  
1 onion, finely chopped  
salt and freshly ground black pepper  
1 green chilli, deseeded and finely chopped

1 red pepper, deseeded and finely chopped  
340g can sweetcorn, drained  
pinch of cayenne pepper (optional)  
75ml (2½fl oz) gluten-free beer  
75ml (2½fl oz) hot gluten-free vegetable stock (see page 121)  
3 tomatoes, deseeded and chopped

## SPECIAL EQUIPMENT

26cm (10in) round, deep pie dish

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 801kcal/3342kJ  
Protein 34g  
Fat 44g  
Saturated fat 22g  
Carbohydrate 62g  
Sugar 12g  
Fibre 5g  
Salt 1.4g

- 1** For the pastry, mix the flour, cornmeal, salt, and xanthan, then rub in the butter with your fingertips to form crumbs. Add the yolk and 1 tablespoon water and mix until it forms a dough. Wrap in cling film and set aside.
- 2** For the filling, heat the oil in a large frying pan, add the beef mince, and cook on a medium heat for 5–6 minutes, stirring until the meat is no longer pink. Remove from the pan, leaving the fat behind, and set aside. Add the onion to the pan, season, and cook on a low heat for 2–3 minutes. Stir in the chilli and cook for 1 more minute, then add the pepper and cook for 5 minutes until it softens. Return the beef mince to the pan, add the sweetcorn and cayenne (if using), and stir. Increase the heat, add the beer, and bubble for 2–3 minutes, then add the stock and simmer, uncovered, over a medium heat for 10–15 minutes; the mixture shouldn't be too runny. Stir in the tomatoes, season to taste, spoon into the pie dish, and set aside.
- 3** Preheat the oven to 200°C (400°F/Gas 6). Roll out the pastry on a lightly floured surface, wet the ridge of the pie dish, and drape the pastry over the top. Press the edges to seal and trim. Make a steam hole and bake for 30 minutes, or until pale golden. Serve on its own or with steamed carrots.

# PORK PIE

**SERVES** 6  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 1¼ hours  
**FREEZE** 1 month

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 518kcal/2171kJ  
Protein 28g  
Fat 26g  
Saturated fat 10g  
Carbohydrate 42g  
Sugar 1.3g  
Fibre 2.7g  
Salt 1.7g

*A great British classic with a unique pastry. It's best to handle the pastry while it's hot and pliable.*

500g (1lb 2oz) pork shoulder, cubed  
100g (3½oz) unsmoked back  
bacon, diced  
1 tsp dried sage  
½ tsp ground mace  
¼ tsp ground allspice  
salt and freshly ground black pepper  
oil, for greasing

500g (1lb 2oz) gluten-free hot water  
crust pastry (see page 47)  
1 egg  
pickles and salad, to serve

## SPECIAL EQUIPMENT

20cm (8in) round springform  
cake tin

- 1** For the filling, place the pork, bacon, sage, mace, allspice, and seasoning in a food processor. Pulse until the meat is finely chopped. Chill.
- 2** Preheat the oven to 200°C (400°F/Gas 6) and put a baking tray in to heat up. Lightly grease the base and sides of the tin. Roll out two-thirds of the pastry between 2 sheets of baking parchment to a 30cm (12in) wide circle. Press it into the base and sides of the tin – there should be 2cm (¾in) of pastry standing up taller than the tin. Trim any excess pastry.
- 3** Spoon in the filling, compacting it down. Roll out the remaining pastry between the baking parchment sheets and cut to make a 20cm (8in) lid. Place on top of the filling. Beat the egg with a pinch of salt and brush over the pie. Bend the 2cm (¾in) of pastry down and over the lid. Roll and turn over to form a seal, crimp with a knife, and make a steam hole in the centre. Brush with the egg, place on the hot baking tray, and bake for 40 minutes.
- 4** Remove the pie and cool slightly. Loosen the sides with a round-bladed knife and remove the sides of the tin. Reduce the oven temperature to 190°C (375°F/Gas 5). Place the pie back on the tray and glaze the sides with the beaten egg. Bake for 30–35 minutes. Remove, cool, and chill. Cut into wedges and serve with pickles and a crisp salad.



# GALA LOAF PIE

**SERVES** 8  
**PREP** 40 mins  
**COOK** 2 hours

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 642kcal/2684kJ  
Protein 28g  
Fat 39g  
Saturated fat 12g  
Carbohydrate 44g  
Sugar 2.5g  
Fibre 2.6g  
Salt 0.3g

*A great pie to make ahead of a picnic. Serve with a dollop of English mustard or some home-made chutney.*

750g (1lb 10oz) gluten-free hot water crust pastry (see page 47, doubling quantities)  
gluten-free plain flour, for dusting  
250g (9oz) gluten-free pork sausages, skins removed  
175g (6oz) pork tenderloin, diced  
350g (12oz) gluten-free cooked ham, diced  
1 onion, finely chopped  
1 tsp paprika

$\frac{1}{4}$  tsp ground allspice  
 $\frac{1}{4}$  tsp cayenne pepper  
bunch of flat-leaf parsley, finely chopped  
salt and freshly ground black pepper  
2 eggs, lightly beaten  
4 hard-boiled eggs, peeled  
 $\frac{1}{2}$  x 7g sachet of gelatine

## SPECIAL EQUIPMENT

long, shallow 900g (2lb) non-stick loaf tin

- 1** Preheat the oven to 200°C (400°F/Gas 6). Set aside one-third of the pastry for the lid. Roll out the remaining pastry on a lightly floured surface. Use it to line the tin with an overhang, patching up any holes. Line with baking parchment, fill with baking beans, and bake for 15 minutes. Remove the beans and paper and return to the oven for 5 minutes to crisp up.
- 2** In a large bowl, use your fingers to mix the sausagemeat, pork, ham, onion, parsley, and spices together until well combined, then season. Add half the beaten egg and mix again. Spoon half the mixture into the tin and pack it down evenly. Sit the hard-boiled eggs lengthways down the middle. Spoon over the remaining mixture and press so it's tightly packed.
- 3** Roll out the remaining pastry to make the lid. Brush the sides of the pastry case with beaten egg, sit the lid on top, pinch to secure, and trim. Brush the lid with the remaining egg. Make a fairly large steam hole in the centre. Bake for 30 minutes, then reduce the temperature to 170°C (340°F/Gas 3½) and cook for 1½ hours. Remove and leave to cool slightly. Now, mix the gelatine with 300ml (10fl oz) water and pour the mixture through the steam hole. Leave to cool for another 20 minutes, loosen the edges with a round-bladed knife, and cool completely before removing from the tin.

# GAME PIE

*This rich, comforting pie will keep the cold out on a crisp winter's day. Serve with spiced, slow-cooked red cabbage.*

**SERVES** 6  
**PREP** 30 mins  
**COOK** 1 hour 40 mins




1–2 tbsp olive oil  
125g (4½oz) bacon, chopped  
900g (2lb) mixed game meat, cut into chunky bite-sized pieces  
salt and freshly ground black pepper  
1 onion, finely chopped  
3 celery sticks, finely chopped  
200ml (7fl oz) red wine  
few sprigs of rosemary  
1 bay leaf  
450ml (15fl oz) hot gluten-free vegetable stock (see page 121)

25g (scant 1oz) butter  
250g (9oz) chestnut mushrooms, roughly chopped  
400g (14oz) gluten-free shortcrust pastry (see pages 44–5)  
gluten-free plain flour, for dusting  
1 egg, lightly beaten, to glaze  
mashed potato, red cabbage, and gluten-free gravy, to serve

## SPECIAL EQUIPMENT

large pie dish

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 618kcal/2585kJ  
Protein 43g  
Fat 33g  
Saturated fat 12g  
Carbohydrate 31g  
Sugar 2g  
Fibre 3g  
Salt 1.9g

**1** Preheat the oven to 190°C (375°F/Gas 5). Heat the oil in a large frying pan, add the bacon, and fry on a medium-high heat for 5–6 minutes until golden, then remove the meat and set aside. Season the game meat, add to the pan in batches, and cook until browned all over, adding more oil if needed. Remove the meat and set aside. Now add the onion and celery to the pan and cook on a medium heat for 5–6 minutes until beginning to soften. Then increase the heat, add the wine, and bubble for 2–3 minutes. Add the rosemary and bay leaf and pour over the stock. Return the meat to the pan and simmer gently for 40 minutes or until tender. Season to taste and remove the bay leaf and rosemary sprigs.

**2** Heat the butter in a frying pan, add the mushrooms, and cook on a medium-high heat for 5–6 minutes until golden, then stir them into the meat mixture. Spoon the pie filling into the pie dish.

**3** Roll out the pastry on a lightly floured surface to a thickness of 5mm (¼in). Wet the rim of the pie dish with water, top with the pastry, trim away any excess, and pinch to secure. Make a couple of steam holes in the top, brush with the egg, and bake in the oven for 40 minutes or until golden. Serve with mashed potato, red cabbage, and gluten-free gravy.



**SWEET TARTS  
AND PIES**

# LEMON TART

**SERVES** 8  
**PREP** 30 mins  
**COOK** 1 hour 10 mins

*Take care to ensure there are no holes in the pastry case or all that delicious lemon cream filling may leak out.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 535kcal/2232kJ  
Protein 8g  
Fat 35g  
Saturated fat 16g  
Carbohydrate 47g  
Sugar 26g  
Fibre 1.5g  
Salt 0.7g

400g (14oz) gluten-free shortcrust pastry  
(see pages 44–5)  
gluten-free plain flour, for dusting  
icing sugar, for dusting

250ml (9fl oz) double cream  
125ml (4fl oz) lemon juice  
and grated zest of 4 lemons

## SPECIAL EQUIPMENT

20.5cm (8in) round loose-bottomed tart tin

## FOR THE FILLING

5 eggs  
200g (7oz) caster sugar

- 1** Preheat the oven to 200°C (400°F/Gas 6). Roll out the pastry on a lightly floured surface to a thickness of 5mm ( $\frac{1}{4}$ in). Line the tin with the pastry, patching up any holes. Trim any surplus and neaten. Prick the base with a fork. Line with baking parchment and fill with baking beans, and bake in the oven for 15 minutes. Remove the beans and paper, and return to the oven for 5 minutes to crisp up. Set aside to cool.
- 2** While the tart is baking, prepare the filling. Place the eggs in a bowl and whisk gently. Add the sugar and mix well, then pour in the cream and the lemon juice and stir. Strain the mixture through a nylon sieve so it is smooth, then stir through the lemon zest. Reduce the oven temperature to 150°C (300°F/Gas 2).
- 3** Sit the tin on a baking sheet, then carefully pour the lemon mixture into the pastry case to fill. You can put it in the oven, pull out the shelf a little, and top up to save any spills. Bake in the oven for 50 minutes or until the filling is just starting to set; it will continue to set once out of the oven. Remove and leave to cool completely. To serve, dust with icing sugar.



## Variation

**ORANGE TART** Substitute the lemon for the zest of 2 oranges and 125ml (4fl oz) fresh orange juice, then dust dark cocoa powder over the cooked tart to serve.



# STRAWBERRY TARTS

*This recipe for easy crème pâtissière tarts can be adapted by topping with whatever fruit is in season.*

225g (8oz) gluten-free plain flour,  
plus extra for dusting

1 tsp xanthan gum

2 tbsp icing sugar

pinch of salt

100g (3½oz) butter, cubed

zest and juice of 1 lemon

1 egg, beaten, plus 3 egg yolks

60g (2oz) caster sugar

20g (¾oz) cornflour

300ml (10fl oz) milk

150ml (5fl oz) double cream

½ tsp vanilla extract

400g (14oz) ripe strawberries, hulled and  
sliced or halved

## SPECIAL EQUIPMENT

6 x 12cm (5in) loose-bottomed fluted  
tart tins

**1** Pulse the first 5 ingredients and the lemon zest in a food processor until the mixture resembles breadcrumbs. Add the whole beaten egg and 3 tablespoons lemon juice and pulse until a ball of dough forms. Lightly knead it on a floured surface, wrap in cling film, and chill for 10 minutes.

**2** Preheat the oven to 200°C (400°F/Gas 6). Cut the pastry into 4 pieces and roll each out to a thickness of 5mm (¼in), then line 4 tins with the pastry. Re-roll the trimmings and line the other 2 tins in the same way. Prick the base of each with a fork. Line each tin with baking parchment and fill with baking beans, and bake in the oven for 15 minutes. Remove the paper and beans and bake for 5 minutes more to crisp up. Set aside to cool.

**3** For the crème pâtissière, beat the egg yolks, caster sugar, and cornflour with a splash of milk to form a smooth paste. Heat the remaining milk to just below boiling in a small pan, pour onto the cornflour mix, stirring, then return to the rinsed-out pan. Bring to the boil, stirring continuously, and cook for 1 minute. Spoon into a bowl, place damp baking parchment directly on the surface to prevent skin from forming and cool completely. Once cool, whip the double cream until soft peaks form. Fold into the crème pâtissière with the vanilla. To serve, spoon the crème pâtissière into each tart case. Arrange the strawberries on top and serve.

**MAKES** 6  
**PREP** 35 mins  
PLUS CHILLING  
**COOK** 20–25 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER TART

Energy 542kcal/2255kJ

Protein 7g

Fat 34g

Saturated fat 19g

Carbohydrate 52g

Sugar 22g

Fibre 1g

Salt 1g

# APRICOT FRANGIPANE TART

**SERVES** 10  
**PREP** 20 mins  
**COOK** 25–35 mins

*An impressive dessert of crisp buttery pastry filled with a sweet almond paste and topped with apricots.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 499kcal/2079kJ

Protein 7.5g

Fat 37.4g

Saturated fat 14g

Carbohydrate 33g

Sugar 25g

Fibre 1g

Salt 0.6g

250g (9oz) gluten-free shortcrust  
pastry (see pages 44–5)  
gluten-free plain flour, for dusting

5 egg yolks  
200g (7oz) ground almonds  
4–5 ripe apricots, halved and stoned  
crème fraîche, to serve

## FOR THE FILLING

200g (7oz) butter  
200g (7oz) caster sugar  
1 tsp vanilla extract

## SPECIAL EQUIPMENT

25cm (10in) round, loose-bottomed  
tart tin

**1** Preheat the oven to 200°C (400°F/Gas 6). Roll the pastry out on a lightly floured surface to a 35cm (14in) circle, about 3mm ( $\frac{1}{8}$ in) thick. Place it into the base of the tin, with the edges overlapping, patching up any tears in the pastry. Ease it into the corners and sides of the tin, and trim the edges. Prick the base with a fork, line with baking parchment, and fill with baking beans. Bake for 15 minutes or until the edges begin to turn golden. Remove from the oven, take out the beans and paper, and return to the oven for 5 more minutes. Set aside. Reduce the oven temperature to 180°C (350°F/Gas 4).

**2** To make the filling, beat the butter in a large bowl with an electric whisk for 2 minutes. Add the sugar and beat until pale and creamy. Add the vanilla extract and mix. Now add the egg yolks, one at a time, and beat gently until they are all incorporated. Gently stir through the ground almonds.

**3** Pour the filling into the pastry case and arrange the apricots, cut side down, in the mixture, pressing them in slightly so they fit snugly. Bake for 25–35 minutes or until the mixture is cooked and golden. Leave to cool and serve at room temperature with crème fraîche.



## Variations

Try other seasonal fruits like peaches, blackberries, or stoned cherries. For a sweeter tart, spread the pastry base with strawberry or raspberry jam before filling.



# BANOFFEE PIE

**SERVES** 8  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 5 mins

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 665kcal/2785kJ  
Protein 7g  
Fat 44g  
Saturated fat 27g  
Carbohydrate 60g  
Sugar 44g  
Fibre 0.6g  
Salt 0.7g

*This version of the modern classic is incredibly rich and sweet, just as it should be, and is great for a party.*

250g (9oz) gluten-free digestive biscuits  
or shortbread biscuits (see page 333)  
100g (3½oz) unsalted butter, melted  
and cooled

### FOR THE CARAMEL

50g (1¾oz) unsalted butter  
50g (1¾oz) soft light brown sugar  
400g can condensed milk

### FOR THE TOPPING

2 large, ripe bananas  
250ml (9fl oz) double cream  
a little dark chocolate, for grating

### SPECIAL EQUIPMENT

22cm (9in) round springform cake tin or  
loose-bottomed tart tin

- 1 Line a 22cm (9in) round springform cake tin or loose-bottomed tart tin with baking parchment. Put the biscuits in a plastic bag and crush with a rolling pin. Mix the biscuits with the butter, tip into the tin, and press down. Cover and refrigerate.
- 2 To make the caramel, melt the butter and sugar in a small, heavy-based saucepan over a medium heat. Add the condensed milk and bring to the boil. Reduce the heat and simmer for 2–3 minutes, stirring. It will thicken and take on a light caramel colour. Pour over the base and leave to set.
- 3 Once set, remove from the tin and transfer to a serving plate. Slice the bananas into 5mm (¼in) disks on the diagonal, and use them to cover the caramel.
- 4 Whip the cream and smooth it over the pie. Decorate with grated chocolate and chocolate curls, made by paring chocolate with a vegetable peeler.



### Cook's Tip

This pie will keep in an airtight container in the fridge for 2 days, and can be frozen for up to 8 weeks.



# CHERRY LATTICE PIE

**SERVES** 6  
**PREP** 30 mins  
**COOK** 1 hour

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 470kcal/1967kJ  
Protein 6g  
Fat 20g  
Saturated fat 6g  
Carbohydrate 65g  
Sugar 35g  
Fibre 3.5g  
Salt 0.7g

*Sweet plump cherries encased in crisp gluten-free pastry with an impressive looking lattice crust.*

900g (2lb) cherries, stoned  
juice of ½ lemon  
1 vanilla pod, split lengthways  
100g (3½oz) caster sugar, plus extra  
for sprinkling  
1 tbsp cornflour  
400g (14oz) gluten-free shortcrust  
pastry (see pages 44–5)

gluten-free plain flour, for dusting  
1 egg, beaten, to glaze  
cream or gluten-free ice cream  
(see page 299), to serve

## SPECIAL EQUIPMENT

20.5cm (8in) round pie tin

- 1** Preheat the oven to 190°C (375°F/Gas 5). Toss the cherries with the lemon juice and add them to a pan along with the vanilla pod. Sprinkle in the sugar and simmer gently on a low heat, stirring occasionally, until it dissolves. Continue to simmer on a low heat until the cherries begin to soften. Mix the cornflour with a little water until it forms a paste, stir it into the cherry mixture, and cook for 5–8 minutes or until the mixture begins to thicken. Remove and set aside to cool completely.
- 2** Roll out two-thirds of the pastry on a lightly floured surface to a thickness of 5mm (¼in). Use it to line the tin, draping the pastry over the edge, and trim the pastry to neaten. Remove the vanilla pod from the cherries and spoon them into the case.
- 3** Roll out the remaining pastry and cut 8 long strips to lay over the pie; each strip should be about 1cm (½in) wide and 5mm (¼in) thick. Wet the edges of the pastry with water, drape 4 strips one way, and 4 the other way for a crisscross lattice effect. Press around the edges to secure and trim off any excess. Brush the pastry with the beaten egg and sprinkle the lattice top with the sugar.
- 4** Bake in the preheated oven for 40–45 minutes, covering loosely with foil if the pastry starts to burn. Remove and leave to cool in the tin for 15 minutes. Slice and serve warm with cream or ice cream.

# PUMPKIN TART

*If serving this American classic at a Halloween party, you could make smaller individual tarts and drizzle them with dark chocolate.*

**SERVES** 8  
**PREP** 20 mins  
**COOK** 1½ hours

400g (14oz) gluten-free shortcrust pastry  
(see pages 44–5)  
gluten-free plain flour, for dusting  
pinch of ground cinnamon  
cream, to serve (optional)

drizzle of sunflower oil  
200ml (7fl oz) evaporated milk  
200g (7oz) caster sugar  
2 eggs  
2 tsp mixed spice

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## FOR THE FILLING

1 small pumpkin or 1 medium butternut squash, peeled, halved, deseeded, and roughly chopped

## SPECIAL EQUIPMENT

20.5cm (8in) round, loose-bottomed tart tin

## STATISTICS PER SLICE

Energy 404kcal/1695kJ

Protein 7g

Fat 20g

Saturated fat 6.5g

Carbohydrate 49g

Sugar 28g

Fibre 2g

Salt 0.7g

**1** Preheat the oven to 200°C (400°F/Gas 6). Put the pumpkin or squash in a large roasting tin and toss with the oil, using your hands to coat. Roast for 25 minutes or until soft, then remove and transfer to a food processor and whizz until puréed. Transfer to a bowl and leave to cool. Drain the purée in a sieve if it looks a little watery.

**2** Roll out the pastry on a lightly floured surface to a thickness of 5mm (¼in), then line the tin with it, patching up any holes. Trim away excess pastry and prick the base all over with a fork. Line with baking parchment and fill with baking beans, and bake in the oven for 15 minutes. Remove the beans and paper, then return to the oven for another 5 minutes to crisp up.

**3** In another bowl or large jug, mix together the milk, sugar, eggs, and mixed spice, then pour into the pumpkin or squash purée and stir well to combine. Pour the mixture into the pastry case and smooth the top, then sprinkle over the cinnamon and bake in the oven for 40–50 minutes until set. If it starts to colour too much, cover loosely with foil. Leave to cool and continue to set in the tin before releasing, then serve at room temperature with a trickle of cream, if you like.

GREAT  
FOR KIDS

# CHOCOLATE MOCHA TART

**SERVES** 8  
**PREP** 20 mins  
**COOK** 40 mins

*A chocolate tart for grown ups! This version uses coffee-flavoured chocolate, but you could vary it by using other flavours or chocolate with nuts to add texture.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

400g (14oz) gluten-free shortcrust pastry (see pages 44–5)  
gluten-free plain flour, for dusting  
icing sugar or dark cocoa powder, to dust  
crème fraîche, to serve

100g (3½oz) coffee-flavoured dark chocolate (at least 70% cocoa solids), broken into even pieces  
100g (3½oz) butter  
3 eggs  
75g (2½oz) caster sugar

## STATISTICS PER SLICE

Energy 516kcal/2152kJ  
Protein 7g  
Fat 34g  
Saturated fat 16g  
Carbohydrate 46g  
Sugar 24g  
Fibre 2g  
Salt 0.8g

## FOR THE FILLING

100g (3½oz) dark chocolate (at least 70% cocoa solids), broken into pieces

## SPECIAL EQUIPMENT

12 x 35cm (5 x 14in) rectangular loose-bottomed tart tin

- 1** Preheat the oven to 200°C (400°F/Gas 6). Roll out the pastry on a lightly floured surface to a thickness of 5mm (¼in). Line the tin with the pastry, patching up any holes, and trim away excess pastry. Prick the base all over with a fork. Line with baking parchment and fill with baking beans, and bake for 15 minutes. Remove the beans and paper and return to the oven for 5 minutes to crisp up. Remove the tart case from the oven and reduce the temperature to 170°C (340°F/Gas 3½).
- 2** For the filling, add the chocolate and butter to a heatproof bowl, sit it over a pan of barely simmering water, and stir occasionally until melted. Remove and leave to cool. In another bowl, whisk together the eggs and sugar with an electric whisk for 5 minutes or until thick and creamy.
- 3** Fold the cooled chocolate mixture into the egg mixture until combined, then pour it into the pastry case. Bake in the oven for 15–20 minutes until set and the top just forms a crust; it should still be slightly wobbly. Remove from the oven and leave to cool completely before releasing from the tin; it will continue to set. Dust with icing sugar or dark cocoa powder, slice, and serve with crème fraîche.



# TREACLE TART

*Made with sweet shortcrust pastry, this most English of tarts is a great family favourite.*

225g (8oz) gluten-free plain flour,  
plus extra for dusting  
2 tbsp icing sugar  
1 tsp xanthan gum  
100g (3½oz) butter, cubed  
pinch of salt  
2 eggs, beaten  
cream, to serve

2 eggs, beaten  
zest and juice of ½ lemon  
½ tsp ground ginger

## SPECIAL EQUIPMENT

23cm (9in) round, loose-bottomed  
tart tin




## FOR THE FILLING

400g (14oz) golden syrup  
200g (7oz) gluten-free white bread,  
crusts removed

- 1** Preheat the oven to 200°C (400°F/Gas 6). Pulse the flour, icing sugar, xanthan, butter, and salt in a food processor until the mix forms crumbs. Add 1 egg and 1 tablespoon cold water and continue to pulse until the mixture forms a ball of dough. Briefly knead it on a lightly floured surface until smooth, then wrap in cling film and chill for 10 minutes.
- 2** Gently roll out the pastry on a lightly floured surface, place it over the tin, and push it into the base and sides. Trim the edges. Prick the base with a fork, line with baking parchment and fill with baking beans, and bake in the oven for 15 minutes. Remove the beans and paper, brush with the remaining egg, and bake for a further 5 minutes.
- 3** Reduce the oven temperature to 180°C (350°F/Gas 4). For the filling, warm the syrup in a small pan. Place the bread in a food processor and whizz to make fine breadcrumbs. In a large bowl, beat the eggs, lemon zest and juice, and ginger. Add the breadcrumbs and syrup and beat again. Pour the mixture into the pastry case and bake for 35–40 minutes or until the filling is golden and set. Serve warm or cold with cream.

**SERVES** 8  
**PREP** 30 mins  
PLUS CHILLING  
**COOK** 55 mins–1 hour

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SLICE

Energy 455kcal/1912kJ  
Protein 7g  
Fat 14.5g  
Saturated fat 7.5g  
Carbohydrate 73g  
Sugar 42g  
Fibre 0.5g  
Salt 1.4g

# BLACKBERRY AND APPLE PIE

**SERVES** 6  
**PREP** 15 mins  
PLUS CHILLING  
**COOK** 40–50 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 323kcal/1362kJ  
Protein 4.5g  
Fat 13g  
Saturated fat 4g  
Carbohydrate 47g  
Sugar 30g  
Fibre 5g  
Salt 0.5g



*A classic pie using late summer fruits. Omit the spices and serve with gluten-free ice cream to make this perfect for kids.*

450g (1lb) gluten-free shortcrust pastry  
(see pages 44–5)  
gluten-free plain flour, for dusting  
1 egg, lightly beaten  
1 tbsp caster sugar

1 vanilla pod, split lengthways  
pinch of freshly grated nutmeg  
100g (3½oz) demerara sugar  
250g (9oz) blackberries  
zest of ½ lemon or ½ orange

## FOR THE FILLING

3 cooking apples, peeled, cored,  
and sliced  
1 star anise

## SPECIAL EQUIPMENT

18cm (7in) round pie dish

- 1 Set aside one-third of the pastry for the lid. On a lightly floured surface, roll out the remaining pastry into a circle large enough to line the pie dish and overlap the sides. Chill in the fridge while you prepare the filling.
- 2 Place the apple slices in a pan with 6 tablespoons cold water, add the star anise, vanilla pod, nutmeg, and half the sugar, and cook over a very gentle heat for 10–15 minutes until the apples begin to soften. Remove from the heat and set aside for 20 minutes to allow the flavours to infuse.
- 3 Sprinkle the pastry base with the remaining sugar. Remove the vanilla pod, star anise, and any excess liquid from the apples. Arrange the apple slices over the pastry, then add the blackberries and lemon or orange zest.
- 4 Wet the edges of the pastry with a little water. Roll out the pastry for the lid and drape, pressing the edges to seal. Trim the edges and slash the top a couple of times. Brush with half the egg and chill for 20 minutes.
- 5 Preheat the oven to 200°C (400°F/Gas 6). Brush the pie with the remaining egg and sprinkle with caster sugar. Bake for 40–50 minutes until golden. If it starts to brown too much, cover the top with a little foil, as you need the underside of the pastry to cook. Leave to cool slightly and serve warm.



# MINCE PIES

**MAKES** 18  
**PREP** 30 mins  
PLUS SOAKING  
**COOK** 20–30 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER PIE

Energy 250kcal/1053kJ  
Protein 2.5g  
Fat 7g  
Saturated fat 2g  
Carbohydrate 44g  
Sugar 36g  
Fibre 2g  
Salt 0.3g



*Mincemeat often contains gluten from the suet, but this easy home-made recipe does without. At other times of year, substitute the mincemeat with jam to make jam tarts.*

400g (14oz) gluten-free shortcrust pastry (see pages 44–5)  
gluten-free plain flour, for dusting  
1 egg, beaten, to glaze  
icing sugar, for sprinkling  
clotted cream, to serve

50g (1¾oz) soft prunes, finely chopped  
450g (1lb) cooking apples, peeled, cored, and grated  
grated zest and juice of 1 lemon  
grated zest and juice of 1 orange  
125g (4½oz) caster sugar  
125g (4½oz) soft brown sugar  
2 tbsp dessert wine

## FOR THE MINCEMEAT

500g (1lb 2oz) mixed dried fruits, such as sultanas, currants, and raisins  
pinch of freshly grated nutmeg  
2 tsp mixed spice

## SPECIAL EQUIPMENT

2 x 12-hole patty tins  
6cm (2½in) round metal cutter and star cutter

**1** For the mincemeat, put all the ingredients in a large bowl and stir, then cover and leave to soak overnight. Preheat the oven to 190°C (375°F/Gas 5). Roll out the pastry on a lightly floured surface to a thickness of 3mm (¼in). Cut out 18 rounds, re-rolling if needed, and neatly tuck them into the tins.

**2** Fill each case with about 1½ teaspoons mincemeat; don't overfill or it will spill out during cooking. Re-roll the remaining pastry, cut out 18 star shapes, and sit them on top of each pie. Brush with the egg and bake for 20–30 minutes until golden. Remove and leave to cool for 10 minutes, then release the pies from the tins. Serve warm or cold with a sprinkling of icing sugar and a dollop of clotted cream.



## Cook's Tips

For full pie lids, cut out the pastry using a 4–5cm (1½–2in) round cutter. Wet the edges to seal, then make a steam hole in each lid. There will be plenty of mincemeat left over. Store in a sterilized, sealed jar for up to 6 months.

# TARTE TATIN

*An impressive dessert for a dinner party, this can be prepared ahead and baked when needed. Choose apples with a good flavour – Cox, Braeburn, and Jazz all work well.*

225g (8oz) gluten-free plain flour,  
plus extra for dusting  
1 tsp xanthan gum  
pinch of salt  
3 tbspcaster sugar  
140g (5oz) cold unsalted butter,  
cut into cubes  
1 egg

## FOR THE FILLING

60g (2oz) unsalted butter  
115g (4oz) caster sugar  
450g (1lb) dessert apples

## SPECIAL EQUIPMENT

23cm (9in) round, springform cake tin  
or Tatin tin

- 1** Sift the flour, xanthan, and salt into a large bowl, then stir in the sugar. Add the butter and mix with your fingertips until fine crumbs form; alternatively, mix in a food processor. Add the egg and mix it in with a round-bladed knife until it starts to form a dough, then bring it together into a ball with your hands. Wrap with cling film and refrigerate.
- 2** For the filling, melt the butter in a small, heavy frying pan, add the sugar along with 6 tablespoons water, and stir over a medium heat until the sugar dissolves, then cook until caramelized and golden. Pour into the tin and swirl to coat the bottom. Peel, core, and quarter the apples, then cut each quarter into 3 slices. Pack the apples tightly into the cake tin, leaving no gaps.
- 3** On a lightly floured surface, or between 2 pieces of baking parchment, roll out the pastry to a round slightly larger than the tin and to a thickness of 5mm ( $\frac{1}{4}$ in). Place on top of the apples and tuck the pastry under at the edges of the tin. Prick with a fork and chill for 10 minutes.
- 4** Preheat the oven to 200°C (400°F/Gas 6). Bake the tart on a baking sheet for 30–35 minutes until it is golden. Remove from the oven. Place a large plate on top of the tin, invert it, and leave to stand for about 1 minute before carefully removing the tin.

**SERVES** 8  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 30–35 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 401kcal/1692kJ  
Protein 4g  
Fat 22g  
Saturated fat 4g  
Carbohydrate 47g  
Sugar 27g  
Fibre 3g  
Salt 0.3g



**DESSERTS,  
CAKES, AND  
OTHER SWEET  
TREATS**

# APPLE FRITTERS AND CUSTARD

**SERVES** 4  
**PREP** 20 mins  
**COOK** 50 mins–1 hour

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 441kcal/1851kJ  
Protein 8g  
Fat 14g  
Saturated fat 4g  
Carbohydrate 68g  
Sugar 38g  
Fibre 4g  
Salt 0.15g

*Custard is easier to make at home than you might think and is the perfect partner to these fruity fritters.*

4 dessert apples, each cored and sliced into 4–5 rings  
vegetable oil, for frying

## FOR THE CUSTARD

200ml (7fl oz) milk, or half milk and half double cream  
1 vanilla pod, halved lengthways  
3 egg yolks  
1 tbsp caster sugar

## FOR THE BATTER

150g (5½oz) rice flour  
1 tbsp cornflour  
pinch of ground cinnamon, plus extra  
60g (2oz) caster sugar, plus extra  
150ml (5fl oz) milk, or more if needed

## SPECIAL EQUIPMENT

deep-fat fryer or large pan

- 1** For the custard, pour the milk, or milk and cream, into a pan, add the vanilla pod, and leave to infuse for 20 minutes. In a large bowl, beat the egg yolks and sugar together. Gently heat the milk and vanilla to near boiling point. Remove from the heat, discard the vanilla pod, and pour over the egg mixture, whisking as you go. Return the mixture to the pan and heat gently over a low heat, stirring constantly, for 10–20 minutes until the custard begins to thicken and coats the back of a wooden spoon; do not allow it to boil or it will turn lumpy and split. If need be, pass the prepared custard through a fine metal sieve, so it's smooth and lump-free. Set aside.
- 2** For the fritters, put the dry batter ingredients in a bowl and whisk in the milk until it has the consistency of double cream; you may not need it all.
- 3** Heat the oil in a large pan or deep-fat fryer to 190°C (375°F), if using a thermometer, or until hot enough to crisp a piece of bread, and maintain this temperature. Do not leave the pan or fryer unattended, switch off when not using, and keep a damp tea towel nearby in case of fire. Dip the apple slices into the batter to coat, add to the oil a couple at a time, and fry for 2–3 minutes until golden. Remove and transfer to kitchen paper. Keep the finished fritters warm while you fry the remaining slices. Sprinkle the fritters with extra sugar and cinnamon. Gently reheat the custard and serve with the fritters.

GREAT  
FOR KIDS



# BLACK CHERRY CLAFOUTIS

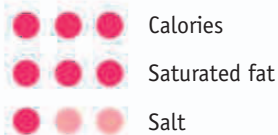
*This simple French dessert is nothing more than fruit and batter, baked until golden, but it tastes divine.*

**SERVES** 4  
**PREP** 20 mins  
**COOK** 30 mins

500g (1lb 2oz) cherries, stoned  
grated zest of 1 orange  
1 tbsp kirsch or cherry brandy (optional)  
150g (5½oz) caster sugar  
2 eggs

150ml (5fl oz) double cream  
50g (1¾oz) rice flour  
1 tbsp ground almonds  
icing sugar, for dusting

## GUIDELINES PER SERVING



**1** Preheat the oven to 180°C (350°F/Gas 4). Put the cherries, orange zest, kirsch (if using), and half the sugar in a frying pan and cook on a very low heat for 5 minutes to dissolve the sugar and soften the cherries just a little. Then transfer it all to a baking dish.

**2** For the batter, put the eggs and the remaining sugar in a bowl and whisk until creamy, then mix in the cream, rice flour, and almonds. Pour over the cherries to cover, then bake in the oven for 20–30 minutes until the batter is puffed and golden. Remove from the oven, dust with icing sugar, and serve with cream and a further drizzle of kirsch or cherry brandy, if you like.

## STATISTICS PER SERVING

Energy 514kcal/2152kJ  
Protein 7g  
Fat 26g  
Saturated fat 14g  
Carbohydrate 60g  
Sugar 52g  
Fibre 2g  
Salt 0.1g



### Variations

You could use frozen forest fruits or berries if cherries are not available, or try fresh apricots or peaches.

### STONING CHERRIES

If you don't own a cherry stoner, take a clean metal paper clip and unfold it so that it looks like an "S". Press the larger end of the paper clip into the stalk end of the cherry until you feel the stone, twist it round, and the stone should pull out easily.



# RASPBERRY AND WHITE CHOCOLATE TRIFLE

**SERVES** 6  
**PREP** 20 mins  
PLUS COOLING

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 644kcal/2676kJ

Protein 8g

Fat 50g

Saturated fat 25g

Carbohydrate 39g

Sugar 33g

Fibre 2g

Salt 0.4g

*Tart raspberries contrast well with sweet white chocolate, and a trickle of cassis liqueur transforms this dessert into an indulgent, special occasion trifle.*

200g (7oz) white chocolate, broken into even-sized pieces, plus extra for grating to decorate

175g (6oz) gluten-free sponge (see page 40) or amaretti biscuits (see page 339), crumbled  
juice of 1–2 oranges

2 tbsp cassis (optional)  
300ml (10fl oz) double cream, lightly whipped, or mascarpone cheese  
300g (10oz) raspberries  
50g (1¾oz) flaked almonds, lightly toasted

- 1** Put the chocolate in a heatproof bowl over a pan of barely simmering water and stir occasionally until melted. Remove the bowl from the pan and leave to cool slightly.
- 2** Place the crumbled sponge or biscuits in the base of a glass serving dish. Pour over just enough orange juice to wet the sponge, then add half the cassis (if using). Set aside for the sponge or biscuits to absorb the juice.
- 3** Mix the melted chocolate with half the whipped cream or mascarpone and stir well to combine. Mix the remaining cassis with the raspberries. Reserve some raspberries for decoration. Spoon half the cream mixture into the dish and top with half the raspberry mixture. Repeat the layers to use the remaining cream and raspberry mixture. Top with the leftover cream and dot with the reserved raspberries, then sprinkle over the almonds and grated white chocolate. Chill before serving.



## Variations

A variety of bases can be used for the trifle – try gluten-free brownies, biscuits, or fruit cake for a heavier version – and try stewed fruits for a winter pudding.



# SUMMER FRUIT COBLER

**SERVES** 8  
**PREP** 20 mins  
**COOK** 35–40 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 286kcal/1211kJ  
Protein 6g  
Fat 8g  
Saturated fat 4g  
Carbohydrate 46g  
Sugar 25g  
Fibre 3.5g  
Salt 0.9g

*You can vary the fruit in this dessert, but keep a similar ratio of soft berries to firmer fruit, such as peaches or pears, so that the cobbler topping has a firm base to rise on.*

225g (8oz) gluten-free self-raising flour, plus extra for dusting  
2 tsp gluten-free baking powder  
1 tsp xanthan gum  
pinch of salt  
60g (2oz) caster sugar  
60g (2oz) cold unsalted butter, cubed  
200ml (7fl oz) buttermilk, or half milk and half natural yogurt  
1 egg, beaten  
2 tsp demerara sugar  
single cream, to serve

## FOR THE FILLING

450g (1lb) ripe peaches or nectarines  
60g (2oz) caster sugar  
2 tbsp cornflour  
200g (7oz) raspberries  
200g (7oz) blueberries

## SPECIAL EQUIPMENT

5cm (2in) round fluted metal cutter  
1.4 litre (2½ pint) oval pie dish

- 1** Preheat the oven to 200°C (400°F/Gas 6). If using peaches, soak them in boiling water for 1 minute, drain, and peel. Halve the peaches or nectarines, remove the stones, and slice. Mix the caster sugar and cornflour in the pie dish. Add the sliced peaches or nectarines and the berries and toss until evenly coated. Tossing the fruit in the cornflour and sugar mixture makes a lovely sauce. Spread the fruit out in an even layer.
- 2** For the topping, sift the flour, baking powder, xanthan, and salt into a large bowl and stir in the sugar. Add the butter and rub it in with your fingertips, or pulse in a food processor until it resembles fine breadcrumbs. Stir in the buttermilk, or half milk and half natural yogurt, and mix using a round-bladed knife to make a soft dough. Knead briefly.
- 3** On a lightly floured surface, roll out the dough to a thickness of 2cm (¾in). Using the cutter, cut out 12 circles, re-rolling the dough as necessary. Lay the circles on top of the fruit, overlapping them slightly. Brush with the egg and sprinkle over the demerara sugar. Bake on a baking tray, near the top of the oven, for 35–40 minutes or until the cobbler is risen and golden brown on top and the fruit is bubbling. Serve warm with single cream.

# FRUIT CRUMBLE

*A real family favourite. You can swap the fruit to suit the seasons or mix and match the toppings.*

**SERVES** 6  
**PREP** 20 mins  
**COOK** 35 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 404kcal/1696kJ  
Protein 5.5g  
Fat 20g  
Saturated fat 11g  
Carbohydrate 51g  
Sugar 28g  
Fibre 3.5g  
Salt 0.3g

400g (14oz) rhubarb, trimmed and chopped into 5cm (2in) pieces  
zest of 1 orange and juice of 2  
400g (14oz) strawberries, quartered  
125g (4½oz) cold butter, cubed

200g (7oz) gluten-free plain flour  
125g (4½oz) demerara sugar  
handful of flaked almonds  
gluten-free custard or ice cream  
(see pages 286 or 299), to serve

- 1 Preheat the oven to 180°C (350°F/Gas 4). Put the rhubarb and the orange zest and juice in a shallow pan and simmer gently for 8–10 minutes until the rhubarb softens. If it needs more liquid, add a little water. Transfer to a shallow ovenproof dish and mix in the strawberries.
- 2 In a bowl, rub the butter into the flour with your fingertips until crumbs form, or pulse in a food processor. Stir through the sugar. Tip the topping over the fruit to cover and scatter with the almonds. Bake in the oven for 25 minutes until golden. Serve with gluten-free custard or ice cream.

## Variations

**APPLE AND CRANBERRY** Peel, core, and slice 2 large cooking apples. Simmer for 4–5 minutes with the juice of ½ lemon, 3 tablespoons water, and 3 tablespoons light soft brown sugar, until just soft. Transfer to an ovenproof dish and scatter over 200g (7oz) fresh or 100g (¾oz) dried cranberries. Sprinkle 3 tablespoons brown sugar and a pinch of cinnamon. Top with the crumble topping and bake as above.

**PEAR AND BLACKBERRY** Slice 3 sweet pears and simmer for 3–5 minutes with the juice of ½ lemon, 2 tablespoons water, and ½ vanilla pod, sliced lengthways, until just soft. Transfer to an ovenproof dish, add 300g (10oz) blackberries and 1–2 tablespoons demerara sugar, and combine. Add a topping and bake as above.

**ALMOND TOPPING** Replace the plain flour with 100g (¾oz) rice flour and 150g (5½oz) ground almonds, and continue as above. Great with pear and blackberries.

**QUINOA TOPPING** Replace the plain flour with 50g (1¾oz) rice flour and 100g (¾oz) quinoa flakes. Process with 75g (2½oz) roughly chopped mixed nuts until combined. Add 50g (1¾oz) butter and pulse until it resembles breadcrumbs, then add 125g (4½oz) demerara sugar and pulse a few more times.



# CHINESE-STYLE DUMPLINGS

**SERVES** 4  
**PREP** 20 mins  
**COOK** 28 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 680kcal/2835kJ  
Protein 10g  
Fat 40g  
Saturated fat 10g  
Carbohydrate 65g  
Sugar 12.5g  
Fibre 3g  
Salt 0.75g

*These simple doughnut-like sweet dumplings are flavoured with cinnamon and stem ginger.*

300g (10oz) gluten-free plain flour  
½ tsp salt  
3 tsp gluten-free baking powder  
½ tsp ground cinnamon  
50g (1¾oz) cold unsalted butter, cubed  
3 balls of preserved stem ginger,  
finely chopped  
100ml (3½fl oz) milk

1 egg  
1 litre (1¾ pints) sunflower oil,  
for frying  
caster sugar, for sprinkling

## SPECIAL EQUIPMENT

deep-fat fryer or large pan

- 1** Sift the flour, salt, baking powder, and cinnamon into a bowl, then add the butter, rubbing it in with your fingertips until the mixture forms fine crumbs. Stir through the ginger, then beat the milk and egg together and add to the mixture, stirring until you get a smooth dough.
- 2** Divide and roll the dough into 20 balls, then make a thumb indentation on each one. Heat the oil in the fryer or pan until hot, but not too hot or the dumplings will burn quickly. The pan or fryer should not be more than one-third full. Do not leave the pan or fryer unattended, switch off when not using, and keep a fire blanket nearby in case of fire.
- 3** Carefully add the dough balls into the pan or fryer, 3 at a time, and deep-fry at a low sizzle for 4 minutes, turning them halfway through cooking so they turn golden all over. Remove and drain on kitchen paper. Repeat until all the dumplings are cooked. Tip the caster sugar out onto a plate and roll the dumplings in it. Serve piled high in bowls.



## Cook's Tip

These dumplings are very delicate. The key is to have the oil at the correct temperature; too hot and they burn, too cold and the inside doesn't cook.

# PASSION FRUIT AND LEMON SOUFFLÉS

*This is a really easy version of a sweet soufflé that relies on good-quality lemon curd.*

30g (1oz) unsalted butter, melted  
115g (4oz) caster sugar, plus  
6 tsp for sprinkling  
4 passion fruit  
4 tbsp gluten-free lemon curd

4 eggs, separated  
icing sugar, for sprinkling

## SPECIAL EQUIPMENT

6 x 150ml (5fl oz) ramekin dishes

- 1 Preheat the oven to 200°C (400°F/Gas 6). Grease the ramekin dishes generously with the butter, then dust each with 1 teaspoon caster sugar. Put them in the fridge while you prepare the soufflé mixture.
- 2 Scoop the seeds from the passion fruit and strain through a nylon sieve set over a bowl, to collect the juice and remove the pips. Stir the juice into the lemon curd along with the egg yolks.
- 3 Whisk the egg whites in a grease-free bowl (see Cook's Tip) using an electric whisk until stiff peaks form. Add the caster sugar and whisk until the mixture is stiff and shiny. Stir a heaped tablespoonful of the egg whites into the curd mixture to loosen it. Gently fold the remaining egg whites into the mixture; do this slowly and gently so you don't knock out the air.
- 4 Divide the mixture between the ramekins, tap them on the work surface so that the mixture settles inside, then wipe a clean finger around the inside edge of each dish; this helps the soufflés rise evenly. Bake for 12–15 minutes or until well-risen and golden tinged. Remove from the oven, transfer each ramekin to a plate, and sprinkle with icing sugar before serving.



## Cook's Tip

When whisking the egg whites, ensure that the bowl is really clean or you won't get the volume you need.

**MAKES** 6  
**PREP** 15 mins  
**COOK** 12–15 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 229kcal/964kJ  
Protein 5g  
Fat 9g  
Saturated fat 4g  
Carbohydrate 32g  
Sugar 30g  
Fibre 0.4g  
Salt 0.2g

# CHOCOLATE TAPIOCA PUDDING

**SERVES** 6  
**PREP** 5 mins  
**COOK** 25 mins

*An old-fashioned pudding that may take you back to your childhood, but this one is given a more grown-up twist by using dark chocolate.*

## GUIDELINES PER SERVING



1 litre (1¾ pints) milk  
100g (3½oz) tapioca  
1–2 tbsp dark cocoa powder  
2 egg yolks  
125g (4½oz) sugar  
pinch of salt

pinch of freshly grated nutmeg  
2–3 tbsp double cream, to serve  
(optional)  
25g (scant 1oz) dark chocolate,  
grated, to top

## STATISTICS PER SERVING

Energy 326kcal/1370kJ  
Protein 7g  
Fat 13g  
Saturated fat 7g  
Carbohydrate 45g  
Sugar 30g  
Fibre 0.6g  
Salt 0.6g

- 1 Put the milk in a pan, tip in the tapioca and cocoa powder, stir, and warm gently on a low heat. In a bowl, mix together the egg yolks, sugar, and salt. Pour a little of the warmed milk mixture into the egg and stir to combine, then pour it all back into the pan.
- 2 Bring to the boil, stirring constantly, then reduce the heat to medium-low. Simmer gently for 20 minutes, stirring frequently, until the tapioca is cooked. Top up with more milk if it's too thick. Add the nutmeg and serve with a swirl of cream mixed through (if using), and top with grated chocolate.



### Cook's Tip

Children will love this, though they may prefer the sweeter flavour of drinking chocolate to the dark cocoa powder, and milk chocolate grated on top.



### Variation

Make this without the cocoa powder and chocolate, and stir through jam to serve.



# CHOCOLATE FONDANTS

*Lightly cooked cake on the outside with an oozy, runny centre, chocolate fondants are far easier to make than their reputation implies – just don't over-cook them.*

140g (5oz) butter, plus extra for greasing

cocoa powder, for dusting

140g (5oz) dark chocolate (at least 70% cocoa solids)

4 eggs and 3 egg yolks

85g (3oz) caster sugar

3 tbsp gluten-free plain flour cream or gluten-free ice cream (see page 299), to serve

## SPECIAL EQUIPMENT

6 x 175ml (6fl oz) dariole moulds or ramekins

- 1 Preheat the oven to 200°C (400°F/Gas 6). Generously grease the moulds with butter, then dust with cocoa powder. Melt the butter and chocolate together in a large heatproof bowl set over a pan of gently simmering water. Once melted, remove from the heat.
- 2 Using an electric whisk, beat together the eggs, egg yolks, and sugar until pale and thick; the mixture should leave a trail when the whisk is lifted.
- 3 Pour the egg mixture into the melted chocolate and sift the flour on top. Gently fold everything together using a large metal spoon. Divide the mixture evenly between the moulds and chill until required.
- 4 Place the moulds on a baking sheet and bake for 10 minutes. Remove from the oven and leave to rest for 1 minute. Holding the moulds with a heatproof cloth, run a knife around the edges of each pudding, and invert onto a plate. Serve with cream or gluten-free ice cream.



## Cook's Tips

Make these up to 3 days ahead: simply cover the tops with cling film and refrigerate until ready to bake. You can also freeze and bake straight from frozen by adding 4 minutes to the cooking time.

**MAKES** 6  
**PREP** 20 mins  
**COOK** 10 mins  
**FREEZE** 3 months  
UNCOOKED

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 471kcal/1962kJ  
Protein 8g  
Fat 34g  
Saturated fat 18g  
Carbohydrate 33g  
Sugar 28g  
Fibre 1g  
Salt 0.6g

# CHOCOLATE CHEESECAKE

**SERVES** 8  
**PREP** 20 mins  
PLUS COOLING  
**COOK** 35–40 mins

*A gooey mixture of dark chocolate and mascarpone baked on a crumbly base of almond or ginger biscuits.*

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 598kcal/2501kJ

Protein 7g

Fat 43g

Saturated fat 23.5g

Carbohydrate 41g

Sugar 41g

Fibre 0.6g

Salt 0.4g

85g (3oz) butter, plus extra for greasing  
175g (6oz) gluten-free ginger or amaretti biscuits (see pages 338 or 339), crushed  
150g (5½oz) dark chocolate (70% cocoa solids), broken into even-sized pieces  
2 eggs, separated

pinch of salt  
400g (14oz) mascarpone cheese  
zest and juice of 1 orange  
115g (4oz) caster sugar  
2 tbsp cornflour  
double cream, to serve

## SPECIAL EQUIPMENT

20cm (8in) round springform cake tin

- 1** Preheat the oven to 180°C (350°F/Gas 4). Grease the tin and line with baking parchment. Gently melt the butter in a pan, remove from the heat, and stir in the crushed biscuits. Press the buttery biscuit mixture into the base and edges of the tin, using the back of a wooden spoon to smooth it out. Leave to cool then chill in the fridge.
- 2** Meanwhile, put the chocolate in a heatproof bowl set over a pan of barely simmering water and stir occasionally until melted. Remove the bowl from the pan and leave the chocolate to cool slightly.
- 3** Place the egg whites and salt in a bowl and whisk until stiff, then set aside.
- 4** Place the mascarpone, melted chocolate, orange zest and juice, caster sugar, and egg yolks in a large bowl and beat gently with an electric whisk to combine. Fold in the cornflour and then the egg whites.
- 5** Pour the mixture over the biscuit base and spread it until even and smooth. Bake for 35–40 minutes or until firm to the touch. Switch off the heat and leave the cheesecake to cool inside the oven; this helps prevent cracking. Once cool, remove from the oven and set aside until completely cold, then release the sides and ease from the tin. Serve with a drizzle of double cream.



# CHRISTMAS PUDDING

**MAKES** 3  
**PREP** 30 mins  
PLUS SOAKING  
**COOK** 2 hours

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 407kcal/1710kJ  
Protein 5.6g  
Fat 16g  
Saturated fat 7.2g  
Carbohydrate 55.6g  
Sugar 46g  
Fibre 2.8g  
Salt 0.6g

*Christmas cakes, puddings, and mincemeat are best made a few weeks in advance to let the flavours mellow and mature.*

60g (2oz) each of ready-to-eat dates, dried apricots, and prunes, finely chopped  
200g (7oz) each of currants, raisins, and sultanas  
115g (4oz) glacé cherries, halved  
60g (2oz) mixed peel, chopped  
zest and juice of 1 lemon  
200ml (7fl oz) dry cider  
4 tbsp each of brandy and rum  
3 tbsp black treacle  
1 tbsp cocoa powder  
2 tsp mixed spice

1 tsp ground cinnamon  
1 dessert apple, cored and grated  
225g (8oz) unsalted butter, softened, plus extra for greasing  
225g (8oz) dark muscovado sugar  
3 eggs, beaten  
85g (3oz) gluten-free self-raising flour  
175g (6oz) gluten-free breadcrumbs  
60g (2oz) walnut pieces, chopped  
60g (2oz) ground almonds

## SPECIAL EQUIPMENT

3 x 600ml (1 pint) pudding basins

- 1** Place the first 12 ingredients, up to and including the grated apple, in a large, non-metallic bowl and mix to combine. Cover with cling film and leave to soak for at least 12 hours or up to 2 days in a cool place.
- 2** Preheat the oven to 160°C (325°F/Gas 3). Lightly grease the basins and line the base of each one with baking parchment. Cream the butter and sugar in a large bowl until fluffy. Gradually add the eggs, whisking between additions. Fold in the flour. Add the breadcrumbs, walnuts, almonds, and the soaked fruit and juices. Mix well, divide the mixture between the basins, and level the surfaces. Cover each with a square of baking parchment and foil, pleated in the middle to allow the puddings to rise. Tightly pinch around the edges to form a good seal or tie in place with string.
- 3** Stand the puddings in a roasting tin and pour boiling water to halfway up the outside of the basins. Bake for 2 hours, topping up the water occasionally. Remove and leave to cool before storing. To reheat, follow the same process, but bake at 180°C (350°F/Gas 4) for 35 minutes. Each pudding will serve 6 people.

# BROWN BREAD ICE CREAM

*In this slightly retro dessert, the toasted bread tastes like toffee. Kids will love this with sliced banana or chocolate.*

250ml (9fl oz) whole milk  
250ml (9fl oz) double cream  
1 vanilla pod, split lengthways  
75g (2½oz) gluten-free brown breadcrumbs (see page 38)  
75g (2½oz) dark soft brown sugar

5 egg yolks  
50g (1¾oz) caster sugar

**SPECIAL EQUIPMENT**  
food processor

- 1** To make the custard for the ice cream, put the milk, cream, and vanilla in a large pan and bring just to the boil. Remove and leave for 30 minutes to cool and for the vanilla to infuse. Then discard the vanilla pod.
- 2** Preheat the oven to 200°C (400°F/Gas 6). Spread the breadcrumbs out on a large roasting tin or baking sheet and toast for 10 minutes until just turning pale golden. Add the sugar, toss together, and bake for 5 more minutes. Remove and leave to cool, then tip into a food processor and pulse once or twice to break up the bigger lumps.
- 3** In a bowl, whisk together the egg yolks and caster sugar until creamy. Pour in the infused milk and whisk to combine. Pour the custard into the cleaned-out pan and simmer gently over a very low heat for 10–15 minutes, stirring, until it begins to thicken. Stir constantly and do not let it boil or it may split and turn lumpy. Pour the custard through a nylon sieve into a large bowl so it is smooth. Cover the custard with baking parchment so that the paper touches the surface to prevent a skin forming. Cool completely.
- 4** Pour the mixture into a freezer-proof container and freeze for 2 hours. Remove, place in a food processor, and pulse until creamy. Add the breadcrumb mixture and pulse once more to combine. Put back in the freezer and repeat once the ice cream has frozen, pulsing it again in the food processor. If using an ice cream maker, you can skip this step: simply add the mixture and leave until frozen.

**SERVES** 6  
**PREP** 30 mins  
PLUS INFUSING AND FREEZING  
**COOK** 25 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 407kcal/1697kJ  
Protein 6g  
Fat 29g  
Saturated fat 16g  
Carbohydrate 31g  
Sugar 23g  
Fibre 0.4g  
Salt 0.3g



# SUMMER PUDDING

**SERVES** 6  
**PREP** 25 mins  
PLUS CHILLING  
**COOK** 5 mins

*This traditional fruit dessert is useful for using up leftover gluten-free bread as it works better than fresh. Children will love it too and it's a great way to get them eating fruit.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

1.25kg (2¾lb) frozen mixed berries, or a mixture of fresh summer berries and currants that are in season, reserving a few for decoration  
2–3 tbsp caster sugar, or more if the fruit is tart

8–10 slices of gluten-free white bread pouring cream, to serve

## SPECIAL EQUIPMENT

900 ml (1½ pint) pudding bowl

## STATISTICS PER SERVING

Energy 178kcal/756kJ  
Protein 6g  
Fat 1g  
Saturated fat 0.2g  
Carbohydrate 31g  
Sugar 19g  
Fibre 5.5g  
Salt 0.5g

- 1 Place the fruit in a large pan with the sugar and 3 tablespoons water. Simmer gently on a low heat for 3–5 minutes, then set aside until cool; you need to bring out the juices from the fruit to colour the bread. Drain the fruit with a slotted spoon and transfer to another bowl. Reserve the juice.
- 2 Remove the crusts from the bread, reserve 1 slice for the base of the bowl (what will be the top of the pudding), and cut each of the remaining slices into 3 even fingers. Line the pudding bowl with cling film, leaving plenty of overlap. Cut a circle for the base from the reserved slice, dip into the juice, and sit it at the bottom of the bowl. Line the bowl with bread fingers, first dipping them into the juice, and overlapping them slightly, so there are no gaps and they follow the shape of the bowl.
- 3 Spoon the fruit into the bowl. Dip the remaining bread fingers into the juice and top the pudding, ensuring that it's completely covered. Press them down to secure. Pull the cling film over to cover the top, then sit a plate on top and use a can to weigh it down. Chill in the fridge overnight.
- 4 If you have any leftover juice, you could make a sauce by simmering it in a small pan over medium heat until slightly thickened. Transfer to a jug and chill with the pudding. To serve, invert the pudding onto a plate and peel away the cling film. Decorate with the reserved berries and serve with the fruit sauce or pouring cream.

GREAT  
FOR KIDS

## NUTRIENT BOOST

Frozen berries are rich in vitamin C and a good option when fresh aren't in season.

# STICKY TOFFEE PUDDINGS

*Deliciously moreish, these little puddings can also be made into a big one. Simply spoon the mixture into a 1.2 litre (2 pint) pudding basin and steam for an extra 20 minutes.*

vegetable oil, for greasing  
175g (6oz) butter, softened  
175g (6oz) dark soft brown sugar  
3 eggs  
115g (4oz) gluten-free self-raising flour  
1 tsp xanthan gum  
60g (2oz) ground almonds  
60g (2oz) fudge pieces  
3 tbsp milk


**FOR THE SAUCE**  
450ml (15fl oz) milk  
3 tbsp cornflour  
4 tbsp dark soft brown sugar  
1 tsp vanilla extract

**SPECIAL EQUIPMENT**  
6 x 175ml (6fl oz) dariole moulds or  
ramekins

- 1** Preheat the oven to 180°C (350°F/Gas 4). Oil the moulds and place a disc of baking parchment in the base of each. Cream together the butter and sugar with an electric whisk, until fluffy. Add the eggs, one at a time, beating well between additions. Add a spoonful of the flour if it starts to curdle.
- 2** Sift over the remaining flour and xanthan, and add the almonds, fudge pieces, and milk. Fold together to form a soft batter and divide between the moulds. Cover each with a square of baking parchment and of foil, pleated in the middle to allow the puddings to rise. Tightly pinch around the edges to form a good seal. Stand the puddings in a roasting tin, pour in enough hot water to come halfway up the outside of the pudding moulds. Bake for 1–1¼ hours or until the sponges are risen and golden. Leave to stand while you make the sauce.
- 3** In a large jug, mix 6 tablespoons milk with the cornflour, sugar, and vanilla to form a smooth paste. Heat the remaining milk in a non-stick pan until almost boiling, and pour onto the cornflour paste, stirring constantly. Return to the rinsed-out pan and gently bring to the boil, stirring until the mixture thickens. Cook over a low heat for 1 minute, while stirring constantly. Pour into a warm jug. To serve, invert the puddings onto serving plates, remove the baking parchment, and hand out the toffee sauce separately.

**SERVES** 6  
**PREP** 25–25 mins  
**COOK** 1–1¼ hours  
**FREEZE** 3 months

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 654kcal/2737kJ  
Protein 11g  
Fat 37g  
Saturated fat 19g  
Carbohydrate 69g  
Sugar 50g  
Fibre 0.8g  
Salt 0.7g

# CARAMELIZED ORANGE PUDDING

**SERVES** 10  
**PREP** 20 mins  
**COOK** 30–40 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 643kcal/2646kJ  
Protein 7g  
Fat 42g  
Saturated fat 25g  
Carbohydrate 57g  
Sugar 44g  
Fibre 3g  
Salt 0.9g

*Be patient when baking this tangy, orange-topped sponge. Don't open the oven for a peep too early or the pudding won't rise and it may even sink.*

275g (9½oz) unsalted butter, plus extra for greasing  
3–4 oranges, peeled, pith and pips removed, and thickly sliced  
3–4 tbsp demerara sugar  
115g (4oz) gluten-free self-raising flour  
1 tsp gluten-free baking powder  
1 tsp xanthan gum  
175g (6oz) golden caster sugar  
3 eggs  
3 tbsp milk  
double cream, crème fraîche, or gluten-free custard (see page 286), to serve

- 1** Preheat the oven to 180°C (350°F/Gas 4). Grease an 18 x 30cm (7 x 12in) ovenproof dish with a little butter. Melt 100g (3½oz) butter in a large, non-stick frying pan over a medium heat. Add the orange slices and demerara sugar, and cook for 5–6 minutes until the oranges are golden and caramelized. Don't let the sugar burn. Put the oranges and sauce into the ovenproof dish.
- 2** Sift the flour, baking powder, and xanthan into a large bowl and set aside. Place the remaining butter and caster sugar into a bowl and beat with an electric whisk until light and fluffy. Do this for at least 8 minutes so it is really light. Add the eggs, one at a time, with a spoonful of the flour mixture. Beat until well incorporated, then fold in the remaining flour mix, and stir in the milk.
- 3** Spoon the mixture over the oranges and bake for 30–40 minutes, or until risen and golden and an inserted skewer comes out clean. Spoon into shallow bowls with the orange slices on top. Serve with double cream, crème fraîche, or gluten-free custard.

GREAT  
FOR KIDS



### Cook's Tip

This is a great pudding for children, best when served with gluten-free custard (see page 286).





# VANILLA CHEESECAKE WITH SUMMER-FRUIT COULIS

**SERVES** 8–10  
**PREP** 20 mins  
PLUS CHILLING  
**COOK** 50 mins

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 738kcal/3070kJ

Protein 7g

Fat 58g

Saturated fat 34g

Carbohydrate 46g

Sugar 34g

Fibre 0.4g

Salt 1g

*This is an indulgent dessert but the rich creaminess is cut by the sharp, fruity flavours of the sauce.*

## FOR THE CHEESECAKE

60g (2oz) unsalted butter, plus extra for greasing

225g (8oz) gluten-free digestive biscuits, finely crushed

1 tbsp demerara sugar

675g (1½lb) cream cheese, at room temperature

4 eggs, separated

200g (7oz) caster sugar

1 tsp vanilla extract

500ml (16fl oz) soured cream

## FOR THE FRUIT COULIS

300g (10oz) frozen summer fruits

50g (1¾oz) caster sugar

## SPECIAL EQUIPMENT

23cm (9in) springform cake tin  
hand-held blender

- 1 Preheat the oven to 180°C (350°F/Gas 4). Grease the cake tin and line with baking parchment. Gently melt the butter in a pan, remove from the heat, and stir in the biscuit crumbs and demerara sugar. Press the crumbs into the base of the tin using the back of a wooden spoon.
- 2 Beat the cream cheese, egg yolks, 150g (5½oz) of the caster sugar, and the vanilla in a bowl until blended. In a separate bowl, beat the egg whites until stiff. Fold the egg whites into the cream-cheese mixture. Pour the mixture into the tin and smooth the top.
- 3 Place the tin in the oven and bake for 45 minutes until set. Remove the tin from the oven and leave to stand for 10 minutes.
- 4 Meanwhile, increase the oven temperature to 240°C (475°F/Gas 9). Combine the soured cream and remaining 50g (1¾oz) of caster sugar in a bowl and beat well. Pour over the cheesecake and smooth the top. Bake the cheesecake for 5 minutes. Cool, then chill for at least 6 hours.
- 5 To make the summer fruit coulis, put the frozen fruit, sugar, and 3 tbsp of water into a small saucepan with a lid. Cover, place over a medium heat, and bring to the boil, then remove the lid, stir, and simmer the fruit for about 5 minutes or until soft. Blend the fruit with a hand-held blender until smooth, then press it through a nylon sieve to remove all the pips. The coulis can be served warm or cold, and will thicken as it cools.



# VANILLA CUPCAKES

**MAKES** 12  
**PREP** 15 mins  
**COOK** 20 mins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER CUPCAKE

Energy 223kcal/940kJ  
Protein 2g  
Fat 9g  
Saturated fat 5.5g  
Carbohydrate 33g  
Sugar 26g  
Fibre 0.5g  
Salt 0.3g

*Ever popular cupcakes don't come much lighter than these! If you like, add a few drops of yellow food colour to the icing.*

115g (4oz) unsalted butter, softened  
115g (4oz) caster sugar  
2 eggs  
115g (4oz) gluten-free self-raising flour  
3 tbsp milk  
1 tsp vanilla extract  
gluten-free cake decorations,  
for sprinkling

## FOR THE ICING

200g (7oz) icing sugar  
½ tsp vanilla extract

## SPECIAL EQUIPMENT

12-hole patty tin lined with paper cases

- 1** Preheat the oven to 180°C (350°F/Gas 4). In a large bowl, mix the butter and sugar with an electric whisk until pale, light, and fluffy. Add the eggs, one at a time, beating well between additions, until fluffy. Add 1–2 tablespoons flour with the last egg to stop the mixture from curdling. Add the remaining flour, milk, and vanilla extract and whisk for 1 minute.
- 2** Divide the mixture between the cases and bake for 20 minutes until the sponges look golden and spring back when lightly touched in the centre. Leave to cool in the tin for 5 minutes, then transfer to cool on a wire rack.
- 3** For the icing, sift the sugar into a bowl, add the vanilla, and gradually add 2–3 tablespoons water, beating well between additions until smooth. Spoon the icing over each cake, spreading it to the edges. Sprinkle over the decorations and leave to set. Store in an airtight container for up to 4 days.

GREAT  
FOR KIDS



## Variations

**LEMON CUPCAKES** Omit the vanilla extract, beat the finely grated zest of 1 lemon with the butter and sugar. Replace the water with lemon juice in the icing.

**CHOCOLATE CUPCAKES** Replace 60g (2oz) of the flour with cocoa powder. For the icing, replace 2 tablespoons of the sugar with cocoa powder and sift together.



# CHOCOLATE CAKE

**SERVES** 12  
**PREP** 25–30 mins  
**COOK** 25–30 mins  
**FREEZE** 3 months

*This light-as-a-feather sponge, smothered in a wickedly delicious chocolate fudge icing, makes for the perfect treat.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 565kcal/2359kJ

Protein 6g

Fat 37g

Saturated fat 21g

Carbohydrate 52g

Sugar 46g

Fibre 2g

Salt 0.8g

butter, for greasing  
200g (7oz) dark chocolate, broken  
into pieces  
310g (11oz) unsalted butter, softened  
225g (8oz) light muscovado sugar  
3 eggs, separated  
100g (3½oz) gluten-free self-raising flour  
½ tsp gluten-free bicarbonate of soda  
60g (2oz) cocoa powder  
60g (2oz) ground almonds  
4 tbsp milk  
120ml (4fl oz) double cream  
200g (7oz) icing sugar, sifted

## SPECIAL EQUIPMENT

2 x 20cm (8in) round cake tins

- 1** Preheat the oven to 180°C (350°F/Gas 4). Grease the tins and line with baking parchment. Melt 60g (2oz) of the chocolate in a heatproof bowl over a pan of simmering water. Cool slightly.
- 2** In a large bowl, cream together 225g (8oz) of the butter and muscovado sugar with an electric whisk until light and fluffy. Add the egg yolks and cooled chocolate and whisk again. Sift in the flour, soda, and cocoa. Add the almonds and milk and gently fold in until well mixed. Whisk the egg whites in a clean bowl to form stiff peaks. Stir a large spoonful into the chocolate mix, then gently fold in the remainder.
- 3** Divide the mixture between the 2 tins and bake in the centre of the oven for 25–30 minutes or until the sponges bounce back when lightly touched in the centre. Place the tins on a wire rack and cover with a damp tea towel, which will keep them beautifully moist. Leave until cold.
- 4** For the icing, combine the remaining chocolate and the cream in a large bowl and place over a pan of gently simmering water. Stir occasionally until the chocolate has melted and the mixture is smooth. Remove and cool. In a separate bowl, whisk the remaining butter with the icing sugar until fluffy, add the melted chocolate mixture, and whisk until smooth. Turn out the sponges. Spread a third of the icing over one sponge and top with the second. Spread the remaining icing over the top and sides of the cake.





# DEVIL'S FOOD CAKE

**SERVES** 12  
**PREP** 20 mins  
**COOK** 25–30 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 463kcal/1949kJ  
Protein 6g  
Fat 30g  
Saturated fat 18g  
Carbohydrate 43g  
Sugar 30g  
Fibre 2g  
Salt 0.3g

*This cake gets its name from being so tempting and indulgent; you have been warned!*

60g (2oz) cocoa powder  
115g (4oz) dark muscovado sugar  
225g (8oz) gluten-free self-raising flour  
1½ tsp gluten-free baking powder  
½ tsp gluten-free bicarbonate of soda  
140g (5oz) unsalted butter, softened, plus extra for greasing  
85g (3oz) caster sugar  
3 eggs  
1 tsp vanilla extract

## FOR THE ICING

175g (6oz) unsalted butter, cubed  
30g (1oz) dark muscovado sugar  
225g (8oz) dark chocolate (70% cocoa solids)  
1 tsp vanilla extract

## SPECIAL EQUIPMENT

2 x 20cm (8in) round cake tins

- 1** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease the tins and line with baking parchment. Put the cocoa and muscovado sugar in a heatproof bowl, pour over 240ml (8fl oz) boiling water, mix well, and leave to cool.
- 2** In a large bowl, sift together the flour, baking powder, and soda. Cream the butter and caster sugar in another large bowl with an electric whisk until pale and fluffy. Add the eggs, whisking well between additions. Add half the flour mixture, vanilla, and half the cocoa mixture, and whisk for 30 seconds. Scrape down the sides of the bowl and repeat with the remaining flour and cocoa mixtures. Divide the cake mix evenly between the tins. Bake for 25–30 minutes or until the cakes bounce back when lightly touched in the centre. Remove the cakes from the oven. Cool for 5 minutes in the tins before peeling off the parchment and transferring to a wire rack to cool completely.
- 3** Meanwhile, make the icing. Place the butter and sugar in a pan and gently heat until melted and bubbling. Remove from the heat and stir in the chocolate and vanilla until smooth. Allow to cool, stirring once or twice.
- 4** When ready to ice the cake, whisk the icing for 30 seconds or until fluffy. Sandwich the cakes with a third of the icing, then spread the remainder over the top and sides. Swirl with the back of a knife for a decorative effect and serve, or store in an airtight container for up to 3 days.

GREAT  
FOR KIDS



# CHOCOLATE HAZELNUT WHOOPIE PIES

*Filled with ready-made hazelnut spread, these are very moreish. Whoopie pies are based on cakes made by the Amish community in the United States.*

100g (3½oz) gluten-free plain flour  
½ tsp xanthan gum  
20g (¾oz) cocoa powder  
½ tsp gluten-free baking powder  
30g (1oz) blanched hazelnuts  
60g (2oz) unsalted butter, softened,  
plus extra for greasing

60g (2oz) light muscovado sugar  
1 egg  
90ml (3fl oz) buttermilk  
115g (4oz) gluten-free hazelnut spread

- 1** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease 2 baking sheets and line with baking parchment. Sift together the flour, xanthan, cocoa, and baking powder. Toast the hazelnuts in the hot oven for 5 minutes and set aside to cool.
- 2** In a bowl, cream the butter and sugar together using an electric whisk. Add the egg, whisking well. Add half the sifted ingredients and half the buttermilk, then whisk until fluffy. Repeat with the remaining sifted ingredients and buttermilk. Place heaped teaspoons of the mix, 5cm (2in) apart, on the baking sheets to form 20 mounds. Dip a clean spoon in warm water and use the back to smooth the surface of the cake mounds.
- 3** Bake for 12–15 minutes or until the tops have risen and spring back when lightly touched in the centre. Leave to cool on the baking sheets for 2–3 minutes before transferring to a wire rack to cool completely.
- 4** Chop the toasted hazelnuts. To finish, spread a little hazelnut spread on the base of half the sponges, sprinkle with some hazelnuts, and then sandwich together with the remaining sponges.

**MAKES** 10  
**PREP** 15 mins  
**COOK** 12–15 mins  
**FREEZE** 3 months  
UNFILLED

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER PIE

Energy 202kcal/843kJ  
Protein 3.5g  
Fat 12g  
Saturated fat 5g  
Carbohydrate 20g  
Sugar 13g  
Fibre 1g  
Salt 0.2g



# ORANGE AND ROSEMARY POLENTA CAKE

**SERVES** 8  
**PREP** 30 mins  
**COOK** 50 mins–1 hour  
**FREEZE** 12 weeks

## GUIDELINES PER SERVING



## STATISTICS PER SERVING

Energy 475kcal/1990kJ  
Protein 9g  
Fat 34g  
Saturated fat 13.5g  
Carbohydrate 34g  
Sugar 27g  
Fibre 0.5g  
Salt 0.3g

*Wonderfully moist, this cake has a rich, grainy texture that easily surpasses those made from wheat flour.*

juice and finely grated zest of

1 large orange

200g (7oz) caster sugar

sprig of rosemary

175g (6oz) unsalted butter, softened,  
plus extra for greasing

3 large eggs, lightly beaten

75g (2½oz) coarse or fine polenta

175g (6oz) ground almonds

1 tsp gluten-free baking powder

crème fraîche, to serve (optional)

## SPECIAL EQUIPMENT

23cm (9in) round springform cake tin  
electric hand-held whisk

- 1 Put the orange juice and 25g (scant 1oz) of the sugar in a small pan. Heat over a medium heat, stirring from time to time, until the sugar has dissolved. Add the rosemary, remove from the heat, and leave to infuse.
- 2 Preheat the oven to 160°C (325°F/Gas 3). Grease the tin and line the base with baking parchment. Place the butter and remaining sugar in a large bowl and cream together with an electric whisk until fluffy. Gradually add the eggs, whisking well after each addition. Add the polenta and almonds, and gently fold in with a metal spoon. Finally, fold in the orange zest and baking powder. The batter will seem quite stiff.
- 3 Scrape the mixture into the prepared tin and smooth the surface with a palette knife. Bake the cake for 50–60 minutes, until a skewer inserted in the centre comes out clean. Leave the cake in the tin, and reheat the syrup over a medium heat until hot. Remove and discard the rosemary.
- 4 While the cake and syrup are both still hot, poke holes in the cake using a thin skewer or cocktail stick. Pour the syrup a little at a time over the cake, until it is all used up. When cool, remove the cake from the tin and serve at room temperature, with crème fraîche (if using).



## How to freeze

This cake will keep in an airtight container for up to 3 days. To freeze, wrap it in baking parchment and seal with foil. Defrost thoroughly before eating, and reheat for 15 minutes at 180°C (350°F/Gas 4) for best results.





# RED VELVET CUPCAKES

**MAKES** 12  
**PREP** 20 mins  
**COOK** 40–45 mins  
**FREEZE** 2 months

*These chocolate-flavoured, vanilla-scented cupcakes look stunning with their deep red colour.*

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SERVING

Energy 380kcal/1600kJ  
Protein 4.5g  
Fat 17g  
Saturated fat 2g  
Carbohydrate 52g  
Sugar 42g  
Fibre 1g  
Salt 0.2g

175g (6oz) gluten-free self-raising flour  
1 tsp xanthan gum  
3 tbsp cocoa powder  
1 tsp cream of tartar  
85g (3oz) unsalted butter, softened  
150g (5½oz) caster sugar  
2 large eggs  
2 tbsp natural red food colouring  
2 tsp vanilla extract  
1 tsp cider vinegar  
200ml (7fl oz) buttermilk

## FOR THE CREAM CHEESE ICING

115g (4oz) full-fat cream cheese  
60g (2oz) unsalted butter, softened  
½ tsp vanilla extract  
350g (12oz) icing sugar, sifted

## SPECIAL EQUIPMENT

deep 12-hole muffin tray lined with paper cases  
piping bag fitted with a 2cm (¾in) star nozzle

- 1** Preheat the oven to 160°C (325°F/Gas 3). Combine the flour, xanthan, cocoa, and cream of tartar in a large bowl.
- 2** In another large bowl, beat the butter and sugar with an electric whisk. Add the eggs, one at a time, whisking between additions. Add half the flour mixture, colouring, vanilla, vinegar, and half the buttermilk. Whisk well. Add the remaining flour and buttermilk. Whisk again for 30 seconds. Divide the mixture between the paper cases so they are two-thirds full. Bake for 40–45 minutes or until the centres spring back when lightly touched. Cool for 5 minutes, then transfer to a wire rack to cool completely.
- 3** For the icing, whisk the cream cheese, butter, and vanilla in a large bowl using an electric whisk. Gradually add the icing sugar, a little at a time, until it is all incorporated. Whisk for 30 seconds until really light and fluffy.
- 4** Carefully slice and crumble a thin disc from the top of 3 cakes to make crumbs for the topping. Spoon the icing into a piping bag and pipe it in swirls on top of the cakes. Scatter over the cake crumbs to finish.



# COCONUT CAKE WITH LIME ICING

**SERVES** 12  
**PREP** 20 mins  
**COOK** 25–30 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 474kcal/1997kJ  
Protein 4g  
Fat 27g  
Saturated fat 18g  
Carbohydrate 55g  
Sugar 44g  
Fibre 1.7g  
Salt 0.3g

*Crunchy desiccated coconut adds texture to this cake, while a zingy lime buttercream cuts through the richness.*

175g (6oz) unsalted butter, softened, plus extra for greasing  
175g (6oz) golden caster sugar  
3 eggs, beaten  
175g (6oz) gluten-free self-raising flour  
1 tsp gluten-free baking powder  
60g (2oz) desiccated coconut  
160g can coconut cream

## FOR THE ICING

85g (3oz) unsalted butter, softened  
350g (12oz) icing sugar  
finely grated zest and juice of 2 limes  
1 tbsp desiccated coconut, toasted

## SPECIAL EQUIPMENT

2 x 20cm (8in) round cake tins

- 1** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease the tins and line with baking parchment. Cream the butter and caster sugar in a large bowl with an electric whisk, until pale and fluffy. Add the eggs, whisking well between additions. Sift over the flour and baking powder, add both kinds of coconut, and whisk briefly. Scrape down the sides of the bowl, then whisk again for 30 seconds.
- 2** Divide the mixture evenly between the tins and bake for 25–30 minutes or until the cakes bounce back when lightly touched in the centre.
- 3** For the icing, cream the the butter and icing sugar in a large bowl with an electric whisk until fluffy. Add the lime zest and juice and whisk again for 30 seconds until fluffy and light. Cover and chill until firm.
- 4** Remove the cakes from the oven and cool in the tins for 5 minutes. Peel off the baking parchment and transfer to a wire rack to cool completely.
- 5** Sandwich the cakes together with a third of the icing, then spread the remainder over the top and sides. Swirl with the back of a knife for decorative effect. Sprinkle over the toasted coconut to finish.

# STICKY GINGER CAKE

*This moist dark ginger cake, flecked with stem ginger, is best made a day in advance for the flavours to deepen.*

2 tbsp ginger syrup, from a jar of stem ginger in syrup

140g (5oz) golden syrup

115g (4oz) unsalted butter, plus extra for greasing

115g (4oz) dark muscovado sugar

250g (9oz) gluten-free plain flour

2 tsp ground ginger

1½ tsp gluten-free baking powder

1 tsp xanthan gum

1 tsp gluten-free bicarbonate of soda

½ tsp ground cinnamon

pinch of salt

3 balls of stem ginger, from the jar, finely chopped

3 eggs

90ml (3fl oz) milk

## SPECIAL EQUIPMENT

900g (2lb) loaf tin

**1** Preheat the oven to 180°C (350°F/Gas 4). Grease and line the tin with baking parchment. Place the syrups in a pan, add the butter and sugar, and heat gently, stirring until the mixture is smooth and melted. Set aside to cool slightly.

**2** Sift the flour, ground ginger, baking powder, xanthan, soda, cinnamon, and salt into a large bowl. Add the cooled syrup mixture to the dry ingredients along with the stem ginger, eggs, and milk. Mix well with a wooden spoon.

**3** Pour the mixture into the prepared tin and bake for 50–55 minutes, or until the sponge springs back when lightly touched in the centre. Leave to cool in the tin for 10 minutes before turning out to cool completely on a wire rack. Store in an airtight container for up to 1 week.



## Cook's Tip

If preferred, bake 2 loaves in 450g (1lb) tins and freeze the second loaf.

**SERVES** 12  
**PREP** 15 mins  
**COOK** 50–55 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SLICE

Energy 264kcal/1109kJ

Protein 4.25g

Fat 10.5g

Saturated fat 6g

Carbohydrate 38g

Sugar 23.5g

Fibre 1g

Salt 0.8g

# VANILLA AND CHESTNUT CAKE

**SERVES** 12  
**PREP** 15 mins  
**COOK** 40–45 mins  
**FREEZE** 3 months

*You could jazz up this cake with a bit of whipped cream: split the cake in two, spread some cream in the middle, and dust the top with icing sugar.*

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

vegetable oil, for greasing  
4 eggs, separated  
125g (4½oz) light muscovado sugar  
200ml (7fl oz) full-fat crème fraîche  
2 tsp vanilla extract

140g (5oz) chestnut flour  
2 tsp gluten-free baking powder

## SPECIAL EQUIPMENT

20cm (8in) round cake tin

## STATISTICS PER SLICE

Energy 141kcal/588kJ  
Protein 4g  
Fat 9g  
Saturated fat 5g  
Carbohydrate 19g  
Sugar 12g  
Fibre 1g  
Salt 0.3g

- 1** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease the tin and line the base with baking parchment.
- 2** Place the egg yolks and sugar in a large bowl and use an electric whisk to mix until light and creamy. Add the crème fraîche and vanilla. Sift in the flour and baking powder and gently fold in.
- 3** Whisk the egg whites in a clean bowl until they form stiff peaks. Stir 1 heaped tablespoon of the egg whites into the cake mixture, then gently fold through the remainder.
- 4** Spoon the mixture into the prepared tin and bake for 40–45 minutes or until the sponge springs back when lightly touched in the centre. Cool in the tin for 5 minutes, then turn out and leave to cool completely on a wire rack. Dust with icing sugar and serve.



## Cook's Tip

Chestnut flour is available from good health food shops and Italian delicatessens.



# ALMOND CAKE

*This moist cake will store for about a week and just seems to get better each day that it lasts.*

vegetable oil, for greasing  
175g (6oz) unsalted butter, softened  
175g (6oz) golden caster sugar  
3 eggs, beaten  
2 tsp almond extract  
250g (9oz) ground almonds  
115g (4oz) polenta or fine cornmeal

1½ tsp gluten-free baking powder  
150ml (5fl oz) Greek yogurt  
30g (1oz) flaked almonds




## SPECIAL EQUIPMENT

23cm (9in) round springform cake tin

- 1** Preheat the oven to 160°C (325°F/Gas 3). Grease the tin and line the base with baking parchment.
- 2** Place the butter and sugar in a large bowl and cream together with an electric whisk until pale and fluffy. Add the eggs, whisking well between additions. Stir in the almond extract.
- 3** Mix the ground almonds, polenta, and baking powder together, add half to the creamed mixture along with half the yogurt, and whisk well. Whisk in the remaining dry ingredients and the yogurt.
- 4** Spoon into the prepared tin and level the surface. Scatter over the flaked almonds. Bake in the centre of the oven for 1–1¼ hours or until a skewer inserted in the centre comes out clean. Leave to cool in the tin for 10 minutes before transferring to a wire rack to cool completely. Store in an airtight container for up to 2 weeks.

**SERVES** 12  
**PREP** 20 mins  
**COOK** 1–1¼ hours

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SLICE

Energy 380kcal/1582kJ  
Protein 8.5g  
Fat 28g  
Saturated fat 9.5g  
Carbohydrate 23g  
Sugar 16g  
Fibre 0.3g  
Salt 0.5g

# LEMON AND RASPBERRY LAYERED POLENTA CAKE

**SERVES** 12  
**PREP** 20 mins  
**COOK** 25–30 mins  
**FREEZE** 3 months  
UNFILLED SPONGES

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 462kcal/1924kJ  
Protein 6g  
Fat 32g  
Saturated fat 16g  
Carbohydrate 36g  
Sugar 27g  
Fibre 1.3g  
Salt 0.36g

*Polenta gives this moist sponge a wonderful lemony colour. You can also try strawberries instead of raspberries.*

vegetable oil, for greasing  
225g (8oz) butter, softened  
225g (8oz) caster sugar  
3 eggs  
115g (4oz) ground almonds  
175g (6oz) polenta or fine cornmeal  
zest and juice of 2 lemons

300g (10oz) fresh raspberries  
200ml (7fl oz) double cream  
4 tbsp icing sugar, plus extra  
for dusting

## SPECIAL EQUIPMENT

2 x 20cm (8in) round cake tins

- 1** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease the tins and line with baking parchment.
- 2** In a large bowl, cream the butter and sugar with an electric whisk until pale and fluffy. Add the eggs, one at a time, beating well between additions. Add 1–2 tablespoons of the ground almonds with the last egg to prevent curdling. Add the remaining almonds, polenta, lemon zest and juice, and a quarter of the raspberries, and gently fold together.
- 3** Divide the mixture equally between the 2 prepared tins, scattering 15 raspberries over one of them; this will be the top layer. Bake for 25–30 minutes, until the sponges spring back when lightly touched in the centre. Leave to cool for 5 minutes in the tins. Carefully remove from the tins, peel away the paper, and cool completely on a wire rack.
- 4** With an electric whisk, whip the cream and icing sugar until soft peaks form. Fold in the remaining raspberries. Spoon it over the base sponge, and top with the raspberry-topped sponge. Dust with icing sugar and serve. Once filled, this cake should be served within 4 hours.

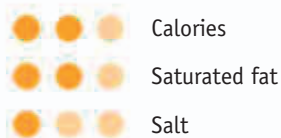


# SPICED HONEY CAKE

**SERVES** 12  
**PREP** 20 mins  
**COOK** 1 hour  
**FREEZE** 3 months

*A great cut-and-come-again cake with a wonderfully moist crumb. Sprinkle flaked almonds on top, if preferred.*

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 276kcal/1161kJ  
Protein 4.75g  
Fat 11.5g  
Saturated fat 6g  
Carbohydrate 38g  
Sugar 23.5g  
Fibre 0.8g  
Salt 0.27g

140g (5oz) clear honey  
115g (4oz) unsalted butter,  
plus extra for greasing  
115g (4oz) light muscovado sugar  
250g (9oz) gluten-free plain flour  
1 tsp ground cinnamon  
½ tsp ground ginger  
1½ tsp gluten-free baking powder  
1 tsp xanthan gum  
1 tsp gluten-free bicarbonate of soda  
pinch of salt

3 eggs  
90ml (3fl oz) milk

## TO DECORATE

85g (3oz) clear honey  
30g (1oz) pistachio nuts, shelled,  
skinned, and chopped

## SPECIAL EQUIPMENT

20cm (8in) square or 23cm (9in) round  
cake tin

- 1 Place the honey, butter, and sugar into a small pan and heat gently, stirring until the mixture is smooth and melted. Set aside to cool slightly.
- 2 Preheat the oven to 180°C (350°F/Gas 4). Grease and line the tin with baking parchment. In a large bowl, sift together the flour, spices, baking powder, xanthan, soda, and salt. Add the cooled honey mixture to the bowl along with the eggs and milk and mix well with a wooden spoon. Pour the mixture into the prepared tin and bake for 1 hour or until the sponge springs back when lightly touched in the centre.
- 3 To decorate, place the honey in a small pan, bring to the boil, and bubble for 1–2 minutes or until the honey darkens and thickens. Stir in the pistachios to coat, then pour over the top of the warm sponge. Allow the cake to cool completely before removing from the tin.



## HONEY

Honey attracts water, which makes it very good for baking as it keeps cakes moist for longer.

# CARROT CAKE

*Everyone loves a carrot cake but if walnuts are not your thing, replace them with the same measure of raisins.*

**SERVES** 12  
**PREP** 20 mins  
**COOK** 35–40 mins  
**FREEZE** 3 months

225g (8oz) light muscovado sugar

240ml (8fl oz) sunflower oil,

plus extra for greasing

1 tsp vanilla extract

3 eggs

225g (8oz) gluten-free plain flour

1 tsp gluten-free baking powder

½ tsp gluten-free bicarbonate of soda

1 tsp xanthan gum

1 tsp ground cinnamon, plus extra  
for dusting

1 tsp ground ginger

225g (8oz) carrots, coarsely grated

60g (2oz) walnuts or raisins,

finely chopped

a few walnut halves,

to decorate (optional)

## FOR THE ICING

30g (1oz) unsalted butter, softened

75g (2½oz) full-fat soft cheese

1 tsp vanilla extract

225g (8oz) icing sugar

## SPECIAL EQUIPMENT

2 x 20cm (8in) round cake tins

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 464kcal/1943kJ

Protein 5g

Fat 27g

Saturated fat 6g

Carbohydrate 52g

Sugar 38g

Fibre 1.6g

Salt 0.3g

**1** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease the tins and line with baking parchment. Beat the sugar, oil, vanilla, and eggs in a large bowl with an electric whisk until smooth and thick. Sift over the flour, baking powder, soda, xanthan, cinnamon, and ginger, then fold in until well combined. Fold in the carrots and walnuts or raisins.

**2** Divide the mixture between the tins. Bake for 35–40 minutes or until golden and risen and the centre bounces back when lightly pressed. Leave to cool in the tin for 5 minutes. Transfer to a wire rack to cool completely.

**3** For the icing, place the butter and cheese in a large bowl and cream together using an electric whisk. Add the vanilla and mix. Sift the icing sugar into a large bowl, then add to the cream cheese mix a little at a time, whisking well between additions.

**4** Peel away the baking parchment from the cakes. Divide the icing between the 2 cakes, spreading it evenly over the tops. Stack the cakes, decorate with the walnut halves (if using), and dust with cinnamon.



# RICH FRUIT CAKE

**SERVES** 12  
**PREP** 20 mins  
PLUS SOAKING  
**COOK** 2 hours  
**FREEZE** 3 months

## GUIDELINES PER SERVING

 Calories  
 Saturated fat  
 Salt

## STATISTICS PER SLICE

Energy 460kcal/1932kJ  
Protein 6.5g  
Fat 21g  
Saturated fat 9g  
Carbohydrate 61g  
Sugar 53g  
Fibre 2.2g  
Salt 0.13g

*This fruit cake matures on storage and it's worth baking it up to 3 months ahead. If you like, make holes with a skewer and spoon over brandy every couple of weeks.*

600g (1lb 5oz) mixed dried fruit, such as vine fruits and chopped mixed peel  
115g (4oz) glacé cherries, halved  
zest and juice of 1 lemon  
1 tsp mixed spice  
2 tbsp brandy  
175g (6oz) unsalted butter, softened, plus extra for greasing  
175g (6oz) light muscovado sugar  
3 eggs

140g (5oz) gluten-free plain flour  
30g (1oz) ground almonds  
30g (1oz) chopped walnuts  
65 whole blanched almonds, approx. 75g (2½ oz) in weight (optional)

## SPECIAL EQUIPMENT

20cm (8in) round or 18cm (7in) square cake tin

- 1** Place the dried fruit, glacé cherries, lemon zest and juice, spice, and brandy in a large bowl. Mix well, cover, and leave to soak for at least 4 hours or preferably overnight.
- 2** Preheat the oven to 160°C (325°F/Gas 3). Lightly grease and line the tin with baking parchment. In a large bowl, cream the butter and sugar together until pale and fluffy using an electric whisk. Add the eggs, whisking well between additions.
- 3** Add the flour, ground almonds, walnuts, and soaked fruit, and stir until evenly mixed. Spoon into the prepared tin and level the surface. Top with the whole almonds (if using), arranging them in a pattern of decreasing circles. Alternatively, omit the almonds and decorate after baking with approximately 550g (1¼lb) each of shop-bought gluten-free marzipan and gluten-free icing.
- 4** Bake in the centre of the oven for 2 hours or until the top is golden and a skewer inserted into the centre comes out clean. Check the cake halfway through and if it's browning too quickly, cover loosely with baking parchment. Cool in the tin, then remove the parchment, re-wrap in clean parchment and foil, and store in an airtight container until ready to use.

# CRANBERRY AND APPLE CAKE

*Choose a red-skinned apple with a little tartness to it for this cake – Jazz apples work well.*

200g (7oz) unsalted butter, softened,  
plus extra for greasing  
450g (1lb) red-skinned dessert apples,  
cored and thinly sliced  
85g (3oz) dried cranberries  
2 tbsp lemon juice  
175g (6oz) light muscovado sugar  
3 eggs, beaten

200g (7oz) gluten-free plain flour  
2 tsp gluten-free baking powder  
½ tsp ground cinnamon  
150ml (5fl oz) soured cream  
3 tsp demerara sugar

## SPECIAL EQUIPMENT

23cm (9in) round springform cake tin

- 1** Melt 30g (1oz) of the butter in a large frying pan, add the apples, and sauté for 4–5 minutes or until just softened. Stir in the cranberries and lemon juice and set aside to cool. Preheat the oven to 180°C (350°F/Gas 4). Lightly grease and line the tin with baking parchment.
- 2** Cream the remaining butter and the muscovado sugar until fluffy using an electric whisk. Gradually add the eggs, whisking well between additions. Sift the flour, baking powder, and cinnamon together, add half to the bowl along with the soured cream, and whisk again. Repeat with the remaining flour mix, then fold in two-thirds of the apple and cranberry mixture.
- 3** Spoon the mixture into the tin, levelling the surface. Arrange the rest of the fruit on top and sprinkle with demerara sugar.
- 4** Bake in the centre of the oven for 1–1¼ hours until golden and springy to the touch and a skewer inserted into the centre comes out clean. Cool in the tin for 10 minutes before transferring to a plate. Serve warm as a dessert with soured cream, or cold in slices.

**SERVES** 12  
**PREP** 20 mins  
PLUS COOLING  
**COOK** 1–1¼ hours  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 327kcal/1377kJ  
Protein 4g  
Fat 18g  
Saturated fat 11g  
Carbohydrate 32g  
Sugar 20g  
Fibre 2.2g  
Salt 0.3g



# RHUBARB STREUSEL CAKE

**SERVES** 12  
**PREP** 25 mins  
**COOK** 1¼ hours  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 310kcal/1306kJ  
Protein 4.5g  
Fat 16g  
Saturated fat 9g  
Carbohydrate 38g  
Sugar 19g  
Fibre 2g  
Salt 0.2g

*Pink forced rhubarb looks pretty in this dessert-style cake, but green rhubarb works just as well.*

125g (4½oz) unsalted butter, softened, plus extra for greasing  
125g (4½oz) light muscovado sugar  
225g (8oz) rhubarb, sliced into 1cm (½in) pieces  
115g (4oz) strawberries, chopped  
2 eggs  
225g (8oz) gluten-free plain flour  
1 tsp gluten-free baking powder  
½ tsp ground cinnamon  
3 tbsp milk  
gluten-free custard (see page 286) or crème fraîche, to serve

## FOR THE TOPPING

85g (3oz) gluten-free plain flour  
85g (3oz) demerara sugar, plus 1 tbsp for sprinkling  
½ tsp ground cinnamon  
60g (2oz) cold unsalted butter, cubed  
30g (1oz) whole blanched hazelnuts, toasted and coarsely chopped

## SPECIAL EQUIPMENT

23cm (9in) round cake tin

- 1** Melt 15g (½oz) each of the butter and muscovado sugar in a frying pan, add the rhubarb and sauté over a medium-low heat for 3–4 minutes or until soft. Remove, stir in the strawberries, and set aside. The fruit should be cold before it's stirred into the cake mix or it will sink to the bottom of the cake.
- 2** Preheat the oven to 180°C (350°F/Gas 4). Lightly grease the tin and line the base with baking parchment. For the topping, pulse the flour, demerara sugar, cinnamon, and butter in a food processor until it resembles breadcrumbs. Transfer to a bowl, stir in the hazelnuts, and set aside.
- 3** Cream the remaining butter and muscovado sugar in a large bowl using an electric whisk, until fluffy. Add the eggs, whisking between additions. Sift together the flour, baking powder, and cinnamon. Add half the flour mixture and half the milk to the wet ingredients and whisk; add the remaining flour and milk and whisk. Stir through the rhubarb and strawberries. Spoon the mixture into the tin, scatter over the topping, and sprinkle with demerara sugar. Bake for 1¼ hours or until a skewer inserted into the centre comes out clean. Leave to cool in the tin for 10 minutes. Transfer to a wire rack to cool completely. Serve with gluten-free custard or crème fraîche.

GREAT  
FOR KIDS



# BANANA AND CHESTNUT BREAD

*Loaf-style cakes are easy to prepare, as there is no need to beat in air and retain it with gentle folding – simply mix well, pour into the tin, and bake.*

**SERVES** 12  
**PREP** 15 mins  
**COOK** 50–55 mins  
**FREEZE** 3 months

140g (5oz) gluten-free plain flour  
140g (5oz) chestnut flour  
1½ tsp gluten-free baking powder  
1 tsp xanthan gum  
1 tsp gluten-free bicarbonate of soda  
½ tsp ground cinnamon  
½ tsp freshly grated nutmeg  
pinch of salt  
3 ripe bananas

115g (4oz) unsalted butter, plus  
extra for greasing  
115g (4oz) light muscovado sugar  
3 eggs  
90ml (3fl oz) milk

## SPECIAL EQUIPMENT

900g (2lb) loaf tin

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SLICE

Energy 219kcal/918kJ  
Protein 4.5g  
Fat 10.3g  
Saturated fat 5.7g  
Carbohydrate 34.7g  
Sugar 19.7g  
Fibre 2.08g  
Salt 0.7g

- 1** Preheat the oven to 180°C (350°F/Gas 4). Grease the tin and line with baking parchment. In a large bowl, sift together the flours, baking powder, xanthan, soda, cinnamon, nutmeg, and salt. Mash the bananas.
- 2** In a small pan, melt the butter, then stir in the sugar. Beat the eggs and milk together. Make a well in the centre of the sifted ingredients, add all the wet ingredients, and mix well with a wooden spoon.
- 3** Pour the mixture into the prepared tin and bake for 50–55 minutes or until the sponge springs back when lightly touched in the centre. Leave to cool in the tin for 10 minutes before turning out. Cool on a wire rack. Store in an airtight container for up to 1 week.



### Cook's Tip

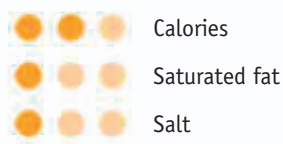
If preferred, bake 2 loaves in 450g (1lb) tins and freeze the second loaf.



# APRICOT AND CARDAMOM TEABREAD

**SERVES** 12  
**PREP** 15 mins  
**COOK** 1¼–1½ hours  
**FREEZE** 2 months

## GUIDELINES PER SERVING



## STATISTICS PER SLICE

Energy 225kcal/948kJ  
Protein 4g  
Fat 7g  
Saturated fat 3.5g  
Carbohydrate 36g  
Sugar 23g  
Fibre 2.4g  
Salt 0.3g



*Earl Grey tea adds a lovely citrus note to this wonderfully moist teabread, but any other tea will work too.*

1 tea bag, such as Earl Grey  
225g (8oz) ready-to-eat dried apricots, finely chopped  
6 cardamom pods, split  
175g (6oz) light muscovado sugar  
oil, for greasing  
225g (8oz) gluten-free plain flour  
1 tsp gluten-free baking powder  
1 tsp xanthan gum  
1 tsp ground cinnamon

pinch of salt  
75g (2½oz) cold unsalted butter, cubed  
2 eggs, beaten  
15g (½oz) flaked almonds  
2 tbsp demerara sugar  
butter, to serve

**SPECIAL EQUIPMENT**  
900g (2lb) loaf tin

- 1** Pour 300ml (10fl oz) boiling water over the tea bag and leave to infuse for 5 minutes. Place the apricots in a small pan. Remove the tea bag and add the hot tea, cardamom, and sugar to the pan. Bring to the boil, then simmer, uncovered, for 10 minutes. Leave until cold; the apricot mixture will cool quickly if tipped into a shallow tray. Remove the cardamom pods.
- 2** Preheat the oven to 180°C (350°F/Gas 4). Lightly oil the tin and line the base with baking parchment. Sift the flour, baking powder, xanthan, cinnamon, and salt into a large bowl. Rub the butter into the flour mixture. Stir the cold apricots and their cooking liquid into the flour, add the eggs, and beat together. Pour into the tin and scatter over the almonds and demerara sugar. Bake in the centre of the oven for 1 hour 20–25 minutes or until well risen and firm to the touch.
- 3** Cool in the tin for 10 minutes before transferring to a wire rack to cool completely. The tea bread is even better the day after baking and will keep in an airtight container for up to 1 week.



# SULTANA SCONES

**MAKES** 8  
**PREP** 10 mins  
**COOK** 15–20 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING



## STATISTICS PER SCONE

Energy 264kcal/1116kJ  
Protein 4.5g  
Fat 9g  
Saturated fat 5.5g  
Carbohydrate 40g  
Sugar 18.5g  
Fibre 1.3g  
Salt 0.9g



*A classic teatime treat. Serve split and spread with strawberry jam and clotted cream for extra indulgence.*

115g (4oz) gluten-free plain flour  
115g (4oz) rice flour  
60g (2oz) caster sugar  
4 tsp gluten-free baking powder  
1½ tsp xanthan gum  
pinch of salt  
75g (2oz) cold unsalted butter, cubed,  
plus extra for greasing

200ml (7fl oz) buttermilk, or ½ milk  
and ½ full-fat natural yogurt  
85g (3oz) sultanas  
1 egg, beaten, to glaze

## SPECIAL EQUIPMENT

food processor (optional)  
7cm (2¾in) round metal cutter

- 1** Preheat the oven to 220°C (425°F/Gas 7). Sift the flours, sugar, baking powder, xanthan, and salt into a large bowl. Add the butter and rub it in with your fingertips until the mixture resembles fine breadcrumbs; alternatively, pulse in a food processor.
- 2** Stir the buttermilk into the crumb mixture, add the sultanas, then gently mix using a round-bladed knife to make a soft dough. Knead briefly. On a lightly floured surface, roll out the dough to a thickness of 2cm (¾in) and press out 8 scones using the cutter, re-rolling the dough as necessary. Dip the cutter in flour before cutting out each round to achieve a clean cut. This will help the scones rise evenly.
- 3** Place the scones a little apart on a lightly greased baking sheet and brush the tops with egg. Bake near the top of the oven for 15–20 minutes or until risen and golden brown on top. Cool for 5 minutes, then serve warm or cold.



## Variations

**CHOCOLATE CHIP** Omit the sultanas and replace with an equal weight of milk chocolate drops.

**CHEESE SCONES** Omit the sugar and sultanas, add 1 teaspoon mustard powder to the dry ingredients, then stir in 115g (4oz) grated mature Cheddar cheese with the buttermilk. Shape as before, dust the tops with a little paprika and more grated cheese, if desired.

# FRESH BERRY SCONES

*A lovely summery twist on the classic scone. Single berries, freshly-picked in season, taste stunning: strawberries in June, raspberries in July, and blackberries in August.*

**MAKES** 6  
**PREP** 15 mins  
**COOK** 15–20 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

Calories  
Saturated fat  
Salt

## STATISTICS PER SCONE

Energy 280kcal/1175kJ  
Protein 4g  
Fat 9g  
Saturated fat 5g  
Carbohydrate 44g  
Sugar 16g  
Fibre 1.5g  
Salt 1.1g

85g (3oz) strawberries, raspberries, or blackberries, or a mix  
115g (4oz) gluten-free plain flour  
115g (4oz) rice flour  
60g (2oz) caster sugar  
4 tsp gluten-free baking powder  
2 tsp xanthan gum  
pinch of salt  
60g (2oz) cold unsalted butter, cubed, plus extra for greasing

150ml (5fl oz) buttermilk, or ½ milk and ½ full-fat natural yogurt, plus extra to glaze (see Cook's Tip)  
sprinkle of demerara sugar, to glaze

## SPECIAL EQUIPMENT

food processor (optional)  
7cm (2¾in) round metal cutter

**1** Preheat the oven to 220°C (425°F/Gas 7). If using strawberries, cut them into halves or quarters. Sift together the flours, sugar, baking powder, xanthan, and salt into a large bowl. Add the butter and rub it in with your fingertips until fine crumbs form; alternatively, pulse in a food processor. Empty the mixture into a large bowl, stir in the berries, add the buttermilk, and mix using a round-bladed knife to make a soft dough. Knead briefly.

**2** On a lightly floured surface, roll out the dough to a thickness of 2cm (¾in) and press out 6 scones using the cutter, re-rolling the dough as necessary. Dip the cutter in flour before cutting out each round to achieve a clean cut. Place the scones a little apart on a lightly greased baking sheet. Brush the tops with buttermilk and sprinkle over the demerara sugar. Bake near the top of the oven for 15–20 minutes or until risen and golden brown on top. Cool for 5 minutes, then serve warm or cold.



## Cook's Tip

Depending on how juicy the berries are, you may need to add a little more or less buttermilk. The dough shouldn't be too soft and wet or the scones won't rise.



# CHOCOLATE AND PECAN BROWNIES

**MAKES** 20  
**PREP** 15 mins  
**COOK** 15–18 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER BROWNIE

Energy 282kcal/1178kJ  
Protein 4g  
Fat 16.5g  
Saturated fat 8g  
Carbohydrate 30g  
Sugar 24g  
Fibre 1.5g  
Salt 0.25g

*If you are not keen on nuts, omit the pecans and add 60g (2oz) dried sour cherries instead.*

300g (10oz) dark chocolate (at least 60% cocoa solids), broken into pieces  
175g (6oz) cold unsalted butter, cubed, plus extra for greasing  
300g (10oz) light muscovado sugar  
5 eggs  
175g (6oz) gluten-free plain flour

30g (1oz) cocoa powder  
85g (3oz) pecan nuts

## SPECIAL EQUIPMENT

23 x 30cm (9 x 12in) rectangular cake tin

- 1** Preheat the oven to 200°C (400°F/Gas 6). Lightly grease the tin and line with baking parchment.
- 2** Put the chocolate in a large heatproof bowl with the butter and place over a pan of gently simmering water, stirring occasionally until melted and smooth. Remove from the heat, stir in the sugar, and allow to cool slightly.
- 3** Gradually add the eggs, beating well between additions. Sift the flour and cocoa over the mixture, add the pecans, and then fold together. The mixture should be thick and glossy.
- 4** Spoon the mixture into the prepared tin and bake for 15–18 minutes or until the top is firm to the touch, but the centre is still slightly sticky when tested with the tip of a knife. Leave to cool in the tin. Once cold, remove from the tin and cut the brownies into about 20 squares.

GREAT  
FOR KIDS



## Cook's Tip

If you overcook the brownies, you'll end up with chocolate cake. You want them to be crusty on the top but gooey in the centre. They firm up as they cool.

# SHORTBREAD BISCUITS

*These biscuits have a wonderfully buttery flavour and a short, crumbly texture.*

175g (6oz) unsalted butter, softened,  
plus extra for greasing

85g (3oz) golden caster sugar, plus  
extra for sprinkling

175g (6oz) gluten-free plain flour

85g (3oz) rice flour

30g (1oz) cornflour

1 tsp xanthan gum

## SPECIAL EQUIPMENT

25 x 16cm (10 x 6in) rectangular tin

or 18cm (7in) round tin

**MAKES** 16  
**PREP** 10 mins  
**COOK** 25–30 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

**1** Preheat the oven to 180°C (350°F/Gas 4) and lightly grease the tin. Use an electric whisk to cream together the butter and sugar in a large bowl until light and fluffy. Sift over the flours and xanthan, then mix well with a wooden spoon to form a smooth, stiff dough; stop as soon as the flours are mixed through. Bring the dough together with your hands.

**2** Press the dough into the bottom of the tin. Level and smooth it with the back of a metal spoon, then prick all over with a fork. Bake for 25–30 minutes or until pale golden. Remove from the oven and, using a sharp knife, cut it into 16 fingers and sprinkle generously with sugar. Cool in the tin. Use a spatula to remove the squares and store in an airtight container.

## STATISTICS PER BISCUIT

Energy 166kcal/699kJ

Protein 1.5g

Fat 9g

Saturated fat 6g

Carbohydrate 19g

Sugar 5.5g

Fibre 0.6g

Salt 0.6g



## Variations

**LEMON** Add the finely grated zest of 1 lemon to the butter and sugar when creaming it.

**LAVENDER** Instead of ordinary sugar, use lavender sugar. You can make your own by mixing whole dried lavender flowers with sugar and leaving to infuse for 2 days; you need about 1 teaspoon flowers per 500g (1lb 2oz) sugar.



## Cook's Tips

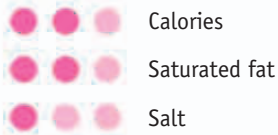
Choose good-quality butter for this recipe; margarine just won't do. It's also very important to let the shortbread cool in the tin, otherwise it will crumble and break easily. If freezing, leave to cool completely and wrap the biscuits in foil.



# CHOCOLATE CHIP COOKIES

**MAKES** 14  
**PREP** 10 mins  
**COOK** 15 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING



## STATISTICS PER COOKIE

Energy 204kcal/858kJ  
Protein 2.3g  
Fat 9g  
Saturated fat 5.5g  
Carbohydrate 28g  
Sugar 16g  
Fibre 0.8g  
Salt 0.2g

*For an even more chocolatey treat, replace 30g (1oz) of the flour with cocoa powder.*

115g (4oz) unsalted butter, softened,  
plus extra for greasing  
175g (6oz) caster sugar  
1 egg  
1 tsp vanilla extract  
175g (6oz) gluten-free self-raising flour  
60g (2oz) rice flour  
85g (3oz) chocolate chips, or chocolate  
broken into small chunks (see below)

- 1 Preheat the oven to 190°C (375°F/Gas 5). Lightly grease 2 baking sheets and line with baking parchment. Cream together the butter and sugar until fluffy, using an electric whisk. Add the egg and vanilla and whisk again.
- 2 Sift the flours into the mixture, add the chocolate chips, and mix well with a wooden spoon. Heap 14 dessertspoonfuls of the mixture onto the prepared baking sheets; place them well apart because they will spread as they bake. Flatten them slightly with your fingertips.
- 3 Bake for 15 minutes or until golden. Leave to cool for 2 minutes on the sheet, then use a palette knife to transfer the cookies to a wire rack. Leave to cool completely. Don't worry if the cookies seem a bit soft when you first take them out of the oven; they crisp up as they cool.



## CHOCOLATE

You could use dark, milk, or white chocolate chips or chunks in these cookies. If making for children, avoid dark chocolate, which doesn't seem to appeal to younger palates.



# OAT AND RAISIN COOKIES

*Crunchy on the outside and lightly chewy in the middle, the whole family will love these easy-to-make cookies. Omit the raisins if you prefer.*

115g (4oz) unsalted butter, softened,  
plus extra for greasing  
225g (8oz) demerara sugar  
1 egg  
1 tsp vanilla extract  
75g (2½oz) gluten-free plain flour

1 tsp ground cinnamon  
½ tsp gluten-free bicarbonate  
of soda  
pinch of salt  
175g (6oz) rolled oats  
60g (2oz) raisins (optional)

- 1** Preheat the oven to 190°C (375°F/Gas 5). Lightly grease the baking sheet and line with baking parchment.
- 2** Cream together the butter and sugar until fluffy, using an electric whisk. Add the egg and vanilla and whisk again.
- 3** Sift the flour, cinnamon, soda, and salt into the mixture, add the oats and the raisins (if using), and mix well with a wooden spoon.
- 4** Roll the mixture into 18 walnut-sized balls and place them well apart on the baking sheet. Flatten them with your fingertips and bake for 15 minutes or until the cookies are golden brown. Leave to cool on the baking sheet for 2 minutes, then use a palette knife to transfer the cookies to a wire rack to cool completely.

**MAKES** 18  
**PREP** 10 mins  
**COOK** 15 mins  
**FREEZE** 3 months

## GUIDELINES PER COOKIE

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER SERVING

Energy 160kcal/677kJ  
Protein 2g  
Fat 7g  
Saturated fat 3.5g  
Carbohydrate 24g  
Sugar 14g  
Fibre 1g  
Salt 0.2g



# VIENNESE BISCUITS

**MAKES** 9  
**PREP** 10 mins  
**COOK** 15–20 mins  
**FREEZE** 3 months

*These swirly, chocolate-dipped biscuits look every bit as good as they taste.*

## GUIDELINES PER SERVING



125g (4½oz) unsalted butter, softened,  
plus extra for greasing  
60g (2oz) icing sugar  
115g (4oz) gluten-free plain flour  
30g (1oz) cornflour  
2 tsp xanthan gum  
¼ tsp gluten-free baking powder

½ tsp vanilla extract  
115g (4oz) dark chocolate (70% cocoa  
solids), broken into even pieces

## SPECIAL EQUIPMENT

piping bag fitted with a 2cm (¾in) plain  
or star nozzle

## STATISTICS PER BISCUIT

Energy 254kcal/1063kJ  
Protein 2g  
Fat 16g  
Saturated fat 10g  
Carbohydrate 26g  
Sugar 14.5g  
Fibre 1g  
Salt 0.2g

- 1** Preheat the oven to 190°C (375°F/Gas 5) and lightly grease 2 large baking sheets. Place the butter and icing sugar in a large bowl and use an electric whisk to beat until pale and fluffy.
- 2** Sift over the flours, xanthan, and baking powder. Add the vanilla, then beat again with the whisk until a soft dough forms.
- 3** Spoon the dough into a piping bag and, holding the nozzle with one hand while squeezing with the other, pipe 9 biscuits in a zigzag fashion onto the baking sheets. Space them well apart as they will spread during baking.
- 4** Bake for 15–20 minutes or until pale golden brown. Leave to cool slightly before transferring to a wire rack to cool completely.
- 5** Place the chocolate in a heatproof bowl set over a pan of simmering water. Heat gently until the chocolate melts, stirring occasionally. Dip one half of each biscuit in melted chocolate and leave to set on baking parchment.



## Cook's Tips

To fill a piping bag easily, stand it in a tall drinking glass and pull the sides of the bag over the glass to open it up. You can store the biscuits in an airtight container for up to 5 days.



# STEM GINGER BISCUITS

**MAKES** 24  
**PREP** 10 mins  
**COOK** 15 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER BISCUIT

Energy 93kcal/391kJ  
Protein 1g  
Fat 4g  
Saturated fat 2.5g  
Carbohydrate 12g  
Sugar 5g  
Fibre 0.4g  
Salt trace

*With little chunks of stem ginger baked into them, these spicy biscuits are very moreish!*

3 balls of preserved stem ginger, finely chopped, and 1 tbsp syrup from the jar  
115g (4oz) unsalted butter, softened, plus extra for greasing  
85g (3oz) light muscovado sugar  
1 egg  
175g (6oz) gluten-free self-raising flour  
60g (2oz) rice flour, plus extra for dusting  
1 tsp ground ginger  
pinch of salt

- 1** Preheat the oven to 190°C (375°F/Gas 5). Lightly grease 2 baking sheets and line with baking parchment.
- 2** Place the butter, sugar, and ginger syrup in a large bowl and cream together using an electric whisk, until light and fluffy. Thoroughly whisk in the eggs. Sift over the flours, ground ginger, and salt, then fold into the mixture along with the chopped stem ginger.
- 3** Heap 24 dessertspoonfuls of the mixture onto the prepared baking sheets. Place the dollops well apart as they will spread during baking. Flatten the dollops with your fingertips; if the mixture is too sticky, dust your fingers with rice flour before flattening.
- 4** Bake for 15 minutes until golden. Cool for 5 minutes on the baking sheets and, using a palette knife, transfer to a wire rack and leave to cool completely. You can store them in an airtight container for up to 3 days.



## Variation

For a citrus tang, add the finely grated zest of 1 lemon to the mixture.

# AMARETTI BISCUITS

*These crunchy Italian-style macaroons are highly versatile. Use them for a cheesecake base, in a trifle, with ice cream or mousse, or on their own with coffee or dessert wine.*

vegetable oil, for greasing  
2 egg whites  
200g (7oz) caster sugar

200g (7oz) ground almonds  
1 tbsp amaretto liqueur  
(see Cook's Tips)

- 1 Preheat the oven to 180°C (350°F/Gas 4). Lightly grease 2 baking sheets and line with baking parchment.
- 2 In a bowl, whisk the egg whites using an electric whisk until they form stiff peaks. Add the sugar and whisk again until glossy. Sprinkle over the ground almonds and liqueur and gently fold in, using a large metal spoon, until well mixed.
- 3 Divide the mixture into 20 portions and roll each into a ball. Place them on the baking sheets, well apart as they will spread during baking. Bake for 15–20 minutes or until golden brown. Use a palette knife to transfer the biscuits to a wire rack and leave to cool completely.



## Cook's Tips

If you prefer, omit the amaretto liqueur and add 1 teaspoon almond extract with 2 teaspoons water. The biscuits will store in an airtight container for up to 3 days.

**MAKES** 20  
**PREP** 10 mins  
**COOK** 15–20 mins  
**FREEZE** 3 months

## GUIDELINES PER SERVING

● ● ● Calories  
● ● ● Saturated fat  
● ● ● Salt

## STATISTICS PER BISCUIT

Energy 104kcal/436kJ  
Protein 2.5g  
Fat 6g  
Saturated fat 0.4g  
Carbohydrate 11g  
Sugar 11g  
Fibre 0.2g  
Salt trace



# INDEX

Page numbers in *italics* refer to nuggets of information about individual ingredients (e.g. their nutrient content). Variations on the main recipe on a page are indicated by (*V*).

## A

**additives** 19, 20

**almonds** 75

Fruit & nut breakfast bars 75

Granola with apple crisps 54–5

Orange and rosemary polenta cake 312

Rich fruit cake 324

Spiced honey cake (*V*) 322

**almonds (ground)**

Almond cake 319

almond flour 35

Amaretti biscuits 339

Apricot frangipane tart 272–3

Chocolate cake 308–9

Christmas pudding 298

Fruit crumble (*V*) 291

Lemon & raspberry layered polenta cake 320–1

Rich fruit cake 324

Sticky toffee puddings 301

**amaranth** 32

**Amaretti biscuits** 338

Chocolate cheesecake biscuit base 296–7

**anchovies**

Focaccia (*V*) 221

Mushroom burgers 202

Pasta & meatballs 144–5

**apples**

Apple fritters & custard 286

Blackberry & apple pie 280–1

Christmas pudding 298

Cranberry & apple cake 325

Fruit crumble (*V*) 291

Granola with apple crisps 54–5

Mince pies 282

Stuffing, for Roast turkey 182

Tarte Tatin 283

**apricots (dried)**

Apricot & cardamom teabread 328–9

Breakfast berry bars (*V*) 76–7

Christmas pudding 298

Fruit & nut breakfast bars 75

Granola with apple crisps 54–5

Porridge with fruit compote (*V*) 53

Stuffing, for Roast turkey 182

**apricots (fresh)**

Apricot frangipane tart 272–3

Black cherry clafoutis (*V*) 287

**arrowroot** 37

**artichokes**

Chickpea, red rice, & artichoke salad 130–1

**asparagus**

Cheese & asparagus turnovers 257

Lemon & asparagus pasta 136

Pasta primavera 140

**aubergines**

Aubergine dip 82–3

Lavosh with aubergine dip 82–3

Spiced lamb flatbread (*V*) 231

**Autumn fruit compote** 56

**autism** 14

**avocados** 203

Avocado salsa 203

## B

**babies**, introducing solids 25

**bacon or pancetta**

Brazilian-style rice, black beans, & chorizo 160

Calzone (*V*) 224

British breakfast frittata 64

Game pie 267

Minestrone soup 107

Pork pie 264–5

Smoked haddock chowder 116–17

**Baked beans** 70

**baking powder** 16, 37

**bananas**

Banana & chestnut bread 327

Banoffee pie 274

**Banoffee pie** 274

**barley** 17

**basil**, Pesto 137

**basmati rice**

Brazilian-style rice, black beans, & chorizo 160

Haddock & turmeric rice 161

Hot spiced rice with chicken & pomegranate 158–9

Lamb & fig pilaf 163

Masala dosa 234–5

Salmon kedgeree 224

**batters**

Beer-battered fish & chips 170

Black cherry clafoutis 287

Popovers 183

Sweet & sour chicken 177

Toad in the hole 185

Vegetable tempura 98

*see also* fritters; pancakes

**bean curd** *see* tofu

**beans** 70, 107

Baked beans 70

Bean patties 203

Brazilian-style rice, black beans, & chorizo 160

Cannellini bean, tuna, and red onion salad 126

Lamb & beans simmered in wine 190

Minestrone soup 107

Quinoa salad with mango, lime, & toasted coconut 122–3

*see also* broad beans; green beans; soya beans

**beansprouts**

Asian-style crispy fish 172–3

Mee goreng 150

Sweet prawn & courgette noodles 151

Vegetable spring rolls 96–7

**Béchamel (white) sauce** 147

**beef** 144, 195

Beef & beer casserole 196–7

Beef burgers 194

Beef & horseradish Wellington 199

Beef pot with dumplings 198

Cornmeal crust chilli pie 263

Pasta & meatballs 144–5

Salt-and-pepper beef noodles 157

Steak with mustard sauce 195

Thai-style stir-fried minced beef 192

**beetroot** 85, 110, 132

Beetroot & ginger soup 110–11

Beetroot & hazelnut salad with blue cheese 132

Vegetable crisps 85

**berries**

Black cherry clafoutis (*V*) 287

Fresh berry scones 331

Summer pudding 300

*see also* specific berries (e.g. strawberries)

**besan flour** *see* gram flour

**bicarbonate of soda** 37

**biscuits (American-style)**

*see also* cornbread



### biscuits & cookies

- Amaretti biscuits 339
- biscuit base for Chocolate  
cheesecake 296–7
- Chocolate chip cookies 334
- Lavender shortbread biscuits (V) 333
- Lemon shortbread biscuits (V) 333
- Oat & raisin cookies 335
- Shortbread biscuits 333
- Stem ginger biscuits 338
- Viennese biscuits 336–7

### biscuits (savoury)

- Cheese straws with tomato & basil dip 81
- see also* crispbreads & crackers

### biscuits (sweet) *see* biscuits & cookies

### blackberries

- Apricot frangipane tart (V) 272
- Blackberry & apple pie 280–1
- Fresh berry scones 331
- Fruit crumble (V) 291

### Blinis with smoked trout & hot & sour cucumber 90–1

### bloating 15

### blue cheese

- Beetroot & hazelnut salad with blue  
cheese 132
- Calzone 224
- Cheese straws with tomato & basil  
dip 81
- Corn & feta fritters (V) 89
- Gnocchi with blue cheese 204–5
- Red pepper & chilli tart (V) 245

### blueberries 74

- Blueberry breakfast muffins 74
- Breakfast berry bars 76–7
- Summer fruit cobbler 290

### Brazil nuts, Muesli with toasted coconut 52

### Brazilian cheese rolls 238

### bread (as ingredient) 30, 31

- Cheese toasties 106
- Eggs Benedict 68–9
- Greek roast leg of lamb 191
- Monkfish cataplana 171
- Panzanella 125
- Sesame prawn toasts 99
- Summer pudding 300
- Tomato panzanella soup 121
- see also* breadcrumbs; Tortillas

### bread (recipes)

- Brazilian cheese rolls 238
- breadmaking technique 31, 38–9
- Breadsticks with pepper dip 80
- Brioche rolls 220
- Brown bread 216–17
- Calzone 224
- Caraway seed bread 228–9
- Cheese & onion bread 227
- Classic white loaf 38–9
- Crumpets 58
- flour blends 38
- Focaccia 221
- Garlic bread 226
- Muffins (English-style) 68
- Pizza Margherita 222–3
- Pumpkin bread wreath 240–1
- Roast pepper bread (V) 230
- Seeded brown rolls 218
- Seeded loaf (V) 216
- Soft white rolls 219
- Sun-dried tomato bread 230
- White loaf 38–9
- see also* flatbreads; soda breads;  
teabreads

### breadcrumbs 38, 99

- Brown bread ice cream 299
- Cheese rolls (V) 92
- Cheese-cruste salmon 169
- Christmas pudding 298
- Herb dumplings 196–7
- Mini fishcakes with coriander  
mayonnaise 102–3
- Mushroom burgers 202
- Spinach & pine nut salad 129
- Stuffing, for Roast turkey 182
- Treacle tart 279

### Brie

- Calzone (V) 224
- Red pepper & chilli tart (V) 245

### Brioche rolls 220

### broad beans

- Chicken & parsley pot pies 260–1
- Lamb masala pasties (V) 256
- Minestrone soup 107
- Quinoa, broad bean, & dill salad 124

### broccoli

- Mee goreng (V) 150
- Thai-style stir-fried minced beef 192
- Vegetable tempura 98

### brown rice 33

### brown rice flour 36

### brownies

- Chocolate & pecan brownies 332
- Raspberry & white chocolate trifle (V)  
288–9

### buckwheat 32

- kasha 33

### buckwheat flakes

- Granola with apple crisps 54–5
- Muesli with toasted coconut 52

### buckwheat flour 34

- Blinis with smoked trout & hot &  
sour cucumber 90–1
- Buckwheat pancakes with orange 63
- Seeded brown rolls 218

### buckwheat noodles, Soba noodle & prawn salad 128

### burgers

- Bean patties 203
- Beef 194
- Mushroom 202

### butter

- Herb 182
- Sage 138–9

### buttercream

- Lime 316

### buttermilk

- Buttermilk pancakes 60–1
- Chocolate hazelnut whoopie pies  
311
- Cornmeal drop scones 59
- Fresh berry scones 331
- Red velvet cupcakes 314–15
- Squash & cider cobbler 262
- Sultana scones 330
- Summer fruit cobbler 290

### butternut squash or pumpkin 210

- Pumpkin bread wreath 240–1
- Pumpkin, spinach, & Gorgonzola  
lasagne 147
- Pumpkin tart 277
- Ricotta & squash ravioli 138–9
- Spicy pepper empanadas (V) 254–5
- Squash & cider cobbler 262
- Stuffed butternut squash 210–11

## C

### cabbage

- Mee goreng 150
- Squash & cider cobbler 262
- Vegetable spring rolls 96–7



## cakes

- Almond 319
- Carrot 323
- Chocolate 308–9
- Chocolate hazelnut whoopie pies 311
- Chocolate sponge (V) 40
- Coconut, with lime icing 316
- Cranberry & apple 325
- Devil's food 310
- Lemon & raspberry layered polenta 320–1
- Orange and rosemary polenta cake 312
- Orange sponge (V) 40
- Rhubarb streusel 326
- Rich fruit 324
- Spiced honey 322
- Sticky ginger 317
- Vanilla & chestnut cake 318
- Victoria sponge 40–1
- see also* cupcakes; muffins; teabreads

## calcium 22, 23, 26

## Calzone 224

## Caraway seed bread 228–9

## carrots

- Asian crab & noodle soup 118
- Asian-style crispy fish 172–3
- Bean patties (V) 203
- Beef & beer casserole 196–7
- Beef pot with dumplings 198
- Carrot cake 323
- Carrot pickle 156
- Egyptian lentil soup 112
- Lamb & beans simmered in wine (V) 190
- Lamb tagine with cauliflower "couscous" 187
- Minced pork & noodles with carrot pickle 156

## Minestrone soup 107

## Vegetable spring rolls 96–7

## Vegetable stock 121

## Vegetable tempura 98

## cashew nuts 154

- Chicken, cashew, & coriander noodle stir-fry 154

## Lamb masala pasties 256

## Cauliflower "couscous" 187

## celeriac, Beef & beer casserole 196–7

## celery

- Vegetable stock 121

## Cheddar cheese

- British breakfast frittata 64
- Cheese & asparagus turnovers 257
- Cheese & onion bread 227
- Cheese rolls (V) 92
- Cheese sauce 146
- Cheese scones (V) 330
- Cheese straws with tomato & basil dip 81
- Cheese-crust salmon 169
- Corn & feta fritters (V) 89
- Creamy chicken crumble 180–1
- Macaroni cheese 146
- Pork enchiladas 186
- Southwest corn & jalapeño tart 248
- Stuffed butternut squash (V) 210–11

## cheese 26

- Brazilian cheese rolls 238
- Cheese & asparagus turnovers 257
- Spicy pepper empanadas (V) 254–5
- Spinach & pine nut salad (V) 129
- see also* specific cheeses (e.g. Cheddar cheese)

## cheesecake

- Chocolate 296–7
- Vanilla cheesecake with summer-fruit coulis 304

## cherries 287

- Apricot frangipane tart (V) 272
- Black cherry clafoutis 287
- Cherry lattice pie 276
- see also* glacé cherries; sour cherries

## chestnut flour 35

- Banana & chestnut bread 327
- Chestnut pancakes with chocolate & prunes 62
- Vanilla & chestnut cake 318

## chestnut mushrooms

- Beef pot with dumplings 198
- Game pie 267
- Mushroom burgers 202
- Mushroom & ham pasta 143
- Mushroom pot with feta & herb topping 213
- Wild mushroom & Taleggio tart 249

## chicken

- Chicken, cashew, & coriander noodle stir-fry 154
- Chicken chilli noodles 155
- Chicken nuggets 94
- Chicken & parsley pot pies 260–1
- Chicken satay kebabs 95
- Chinese chicken soup with prawn dumplings 119
- Chinese-coated chicken wings 176
- Creamy chicken crumble 180–1
- Easy chicken tikka skewers with cucumber and mint raita 174
- Hot spiced rice with chicken & pomegranate 158–9
- Mee goreng (V) 150
- Pad Thai 148
- Ricotta-stuffed chicken breasts 178
- Roast chicken with orange & tamari 184
- Southwest corn & jalapeño tart (V) 248
- Spiced lamb flatbread (V) 231
- Spicy chicken tortilla filling 233
- Sweet & sour chicken 177

## chickpea flour *see* gram flour

## chickpeas 130

- Chickpea, red rice, & artichoke salad 130–1
- Minestrone soup 107
- Spiced lamb & hummus wraps 188–9
- Spicy pepper empanadas 254–5

## children, meal planning suggestions

25, 29

## chilli

- Chicken chilli noodles 155
- Chilli dipping sauce 96–7
- Cornmeal crust chilli pie 263
- Courgette & chilli fritters 88
- Pork enchiladas 186
- Red pepper & chilli tart 245
- see also* jalapeños

## Chips 170

- Miso chips 202

## chocolate 334

- Chestnut pancakes with chocolate & prunes 62
- Chocolate cake 308–9
- Chocolate cheesecake 296–7
- Chocolate chip cookies 334
- Chocolate chip scones (V) 330
- Chocolate cupcakes (V) 307
- Chocolate fondants 295
- chocolate frosting 310
- chocolate fudge icing 308–9
- Chocolate hazelnut whoopie pies 311
- Chocolate icing 307



Chocolate mocha tart 278  
 Chocolate & pecan brownies 332  
 Chocolate sponge cake (V) 40  
 Chocolate tapioca pudding 294  
 Devil's food cake 310  
 Fruit & nut breakfast bars (V) 75  
 Raspberry & white chocolate trifle 288–9  
 Red velvet cupcakes 314–15  
 Viennese biscuits 336–7  
**chorizo** 133  
   Brazilian-style rice, black beans, & chorizo 160  
   Chorizo & watercress salad 133  
**chowder**, Smoked haddock 116–17  
**Christmas recipes**  
   Christmas pudding 298  
   Mince pies 282  
   Rich fruit cake 324  
   Roast turkey 182  
**chronic fatigue syndrome (ME)** 14  
**clafoutis**, Black cherry 287  
**clams** 171  
   Monkfish cataplana 171  
**cobblers**  
   Squash & cider 262  
   Summer fruit 290  
**coconut**  
   Coconut cake with lime icing 316  
   Muesli with toasted coconut 52  
   Peshwari naan bread (V) 236  
   Quinoa salad with mango, lime, & toasted coconut 122–3  
**coconut cream**  
   Coconut cake with lime icing 316  
**coconut milk**  
   Chicken satay kebabs 95  
   Indian split pea soup with paneer croutons 113  
   Satay sauce 95  
**codex wheat starch** 20  
**coeliac disease** 12–13, 15, 25, 27  
**compotes**, Fruit 53  
**condensed milk**  
   Banoffee pie 274  
   Breakfast berry bars 76–7  
   Fruit & nut breakfast bars 75  
   *see also* evaporated milk  
**cookies** *see* biscuits & cookies  
**coriander** 118  
   Coriander mayonnaise 102–3  
   Coriander & orange dressing 130  
   Garlic & coriander naan bread (V) 236  
**corn** *see* sweetcorn  
**Cornbread with olives** 237  
**cornflour** 34  
   Apple fritters & custard 286  
   bread flour blends 38  
   Chicken nuggets 94  
   Chocolate cheesecake 296–7  
   Gravy 185  
   pasta flour blend 42  
   Prawn dumplings 119  
   Shortbread biscuits 333  
   Toffee sauce 301  
   Viennese biscuits 336–7  
**cornmeal** *see* polenta or cornmeal  
**cornmeal flour** 34  
**Courgette, mint, and feta frittata** 250  
**courgettes**  
   Courgette & chilli fritters 88  
   Courgette, mint, and feta frittata 250  
   Hot spiced rice with chicken & pomegranate 158–9  
   Pasta primavera 140  
   Quinoa, broad bean, & dill salad 124  
   Sweet prawn & courgette noodles 151  
**coulis**  
   Vanilla cheesecake with summer-fruit coulis 304  
**“couscous”, Cauliflower** 187  
**crab** 141  
   Asian crab & noodle soup 118  
   Crab & tomato pasta 141  
**crackers** *see* crispbreads & crackers  
**cranberries**  
   Breakfast berry bars 76–7  
   Cranberry & apple cake 325  
   Fruit crumble (V) 291  
   Fruit & nut breakfast bars 75  
   Granola with apple crisps 54–5  
   Porridge with fruit compote (V) 53  
   Stuffed butternut squash 210–11  
   Stuffing, for Roast turkey 182  
**cream cheese**  
   Cream cheese frosting 314–15, 323  
   Smoked salmon & cream cheese picnic pies 259  
   Smoked salmon pasta 142  
**Crème pâtissière** 271  
**crêpes**  
   *see also* pancakes  
**crispbreads & crackers**  
   Lavosh with aubergine dip 82–3  
   Sesame rice crackers 84  
   Socca 225  
**crisps**  
   Tortilla 120  
   Vegetable 85  
**crispy or puffed rice**  
   Breakfast berry bars 76–7  
   Fruit & nut breakfast bars 75

**croutons**  
   Cheese toasties 106  
   Paneer croutons 113  
**crumbles**  
   Creamy chicken 180–1  
   Fruit 291  
**Crumpets** 58  
**cucumber**  
   Blinis with smoked trout & hot & sour cucumber 90–1  
   Hot & sour cucumber 90–1  
   Tzatziki 86  
**cupcakes**  
   Chocolate (V) 307  
   Lemon (V) 307  
   Red velvet 314–15  
   Vanilla 307  
**currants**  
   Christmas pudding 298  
   Mince pies 282  
   Rich fruit cake 324  
**curry**  
   Mushroom and spinach curry 206  
**Custard** 286  
   Crème pâtissière 271

## D

**dal**, Masala dosa 234–5  
**dates**  
   Christmas pudding 298  
   Muesli with toasted coconut 52  
   Rich fruit cake 324  
**dermatitis herpetiformis** 14  
**Devil's food cake** 310  
**diabetes** 27  
**dietary fibre** 23  
**diets & menu planning** 22–9





### dipping sauces

- Chilli 96–7
- Masala dosa 234–5
- Teriyaki 98

### dips

- Aubergine 82–3
- Roasted pepper 80
- Tahini 202
- Tomato & basil 81

### Dolcelatte cheese, Calzone 224

### dressings

- Coriander mayonnaise 102–3
- Coriander & orange 130
- for noodles & vegetables 172
- for salads 122, 128, 129, 132, 133

### dried fruit 26, 29

see also specific fruits (e.g. prunes)

### drop scones

- Buttermilk pancakes 60–1
- Cornmeal drop scones 59

### drugs & medicines 20

### dukkah 112

### Dumplings 198

- Beef pot with dumplings 198
- Chinese-style (sweet) 292
- Herb 196–7
- Prawn 119

## E

### eating out 10, 20, 28–9

### Easy chicken tikka skewers with cucumber and mint raita 174

### eggs 293

- British breakfast frittata 64
- Courgette, mint, and feta frittata 250
- Eggs Benedict 68–9
- Gala loaf pie 266

- Haddock & turmeric rice 161
- Mee goreng 150
- Mushroom pot with feta & herb topping 213
- Salmon and spinach quiche 252–3
- Salmon kedgeree 224
- Turkish eggs 72
- see also dishes normally made with eggs (e.g. mayonnaise)

### empanadas, Spicy pepper 254–5

### enchiladas, Pork 186

### evaporated milk

- Pumpkin tart 277
- see also condensed milk

## F

### farina see potato flour

### farls, Potato 67

### fennel

- Fennel & Gruyère tart 244
- Lamb & beans simmered in wine (V) 190
- Minestrone soup 107

### feta cheese

- Chickpea, red rice, & artichoke salad 130–1
- Corn & feta fritters 89
- Courgette, mint, and feta frittata 250
- Focaccia (V) 221
- Mushroom pot with feta & herb topping 213
- Red pepper & chilli tart (V) 245
- Spanakopita 258
- Spinach & pine nut salad (V) 129

### fibre 23

### figs

- Autumn fruit compote 56
- Lamb & fig pilaf 163
- Porridge with fruit compote (V) 53
- Rich fruit cake 324

### fish 102, 169

- Asian-style crispy fish 172–3
- Beer-battered fish & chips 170
- Fish fingers 93
- Mini fishcakes with coriander mayonnaise 102–3
- Monkfish cataplana 171
- Polenta fishcakes 168
- Spiced noodles with aromatic red snapper 152–3
- see also salmon; smoked fish

### flatbreads

- Lavosh with aubergine dip 82–3
- Masala dosa 234–5
- Naan bread 236
- Peshwari naan bread (V) 236

- Pitta bread 232
- Spiced lamb flatbread 231
- Tortillas 233
- see also pancakes

### flours 16, 34–7

- bread blends 38
- pasta blend 42
- self-raising blend 40
- see also specific flours (e.g. chestnut flour)

### Focaccia 221

### folate 22

### fondants, Chocolate 295

### French beans, Spiced noodles with aromatic red snapper 152–3

### frittata

- British breakfast frittata 64
- Courgette, mint, and feta frittata 250

### fritters

- Apple fritters & custard 286
- Chinese pumpkin fritters 212
- Corn & feta fritters 89
- Courgette & chilli fritters 88

### fruit 29

- dried fruit 26, 29
- see also specific fruits (e.g. apples)

## G

### Gala loaf pie 266

### Game pie 267

### Garlic bread 226

### Garlic & coriander naan bread (V) 236

### ginger

- Beetroot & ginger soup 110–11
- Chinese chicken soup with prawn dumplings 119
- Chinese-style dumplings 292
- Easy chicken tikka skewers with cucumber and mint raita 174
- ginger biscuit base for Chocolate cheesecake 296–7
- Stem ginger biscuits 338
- Sticky ginger cake 317

### glacé cherries

- Christmas pudding 298
- Rich fruit cake 324

### glacé icing 307

### gluten 16, 30, 31

- gluten foods 10, 12, 17–19, 20
- gluten-free foods 11, 20, 21–3

### gnocchi

- Gnocchi with blue cheese 204–5

### goat's cheese

- Beetroot & hazelnut salad with blue cheese (V) 132
- Cheese & asparagus turnovers 257
- Goat's cheese tartlets 246–7

Stuffed butternut squash (*V*) 210–11  
**golden syrup**  
 Sticky ginger cake 317  
 Treacle tart 279  
**Gorgonzola cheese**  
 Beetroot & hazelnut salad with blue cheese 132  
 Calzone 224  
 Gnocchi with blue cheese 204–5  
 Pumpkin, spinach, & Gorgonzola lasagne 147  
**grains** 16–17, 18, 21, 32–3  
*see also* specific grains (e.g. quinoa)  
**gram (chickpea) flour** 37  
 Chinese pumpkin fritters 212  
 Fish fingers 93  
 Socca 225  
**Granola with apple crisps** 54–5  
**Gravy** 185  
**green beans** 1  
 Mee goreng (*V*) 150  
 Pasta Genovese (*V*) 137  
 Pasta primavera 140  
 Sweet & sour chicken 177  
*see also* French beans  
**groats**, buckwheat 32, 33  
**ground almonds** *see* almonds (ground)  
**Gruyère cheese**  
 Cheese toasties 106  
 Fennel & Gruyère tart 244  
 Stuffed butternut squash 210–11

**H**  
**ham**  
 Calzone 224  
 Chicken & parsley pot pies 260–1  
 Gala loaf pie 266  
 Minestrone soup 107  
 Mushroom & ham pasta 143  
 Pizza Margherita (*V*) 222  
**Harvest vegetable soup** 108  
**Hash browns** 71  
**hazelnuts**  
 Beetroot & hazelnut salad with blue cheese 132  
 Breakfast berry bars (*V*) 76–7  
 Chocolate hazelnut whoopie pies 311  
 Fruit & nut breakfast bars 75  
 Rhubarb streusel cake 326  
 Stuffed butternut squash 210–11  
 Wild mushroom & Taleggio tart 249  
**Herb butter** 182  
**Herb dumplings** 196–7  
**Hollandaise sauce** 68–9  
**honey** 322  
 Spiced honey cake 322



**hot water crust** 47

Gala loaf pie 266

Pork pie 264–5

**Hummus** 188–9

## I

**ice cream**, Brown bread 299

**icings**

chocolate icing 310

chocolate fudge icing 308–9

chocolate glacé icing 307

Cream cheese icing 314–15, 323

glacé icing 307

lemon icing 307

Lime buttercream 316

**infertility** 14

**iron** 22, 23

**irritable bowel syndrome (IBS)** 14

## J

**jalapeños**

Mexican sweetcorn soup with tortilla crisps 120

Pork enchiladas 186

Smoked salmon & cream cheese picnic pies 259

Southwest corn & jalapeño tart 248

Spicy pepper empanadas 254–5

## K

**kasha** 33

**kebabs**

Chicken satay 95

Easy chicken tikka skewers with cucumber and mint raita 174

Lemongrass-marinated prawn skewers 100

**kedgeree**

Salmon kedgeree 162

**king prawns**

Lemongrass-marinated prawn skewers 100

Soba noodle & prawn salad 128

Sweet prawn & courgette noodles 151

**kitchen organization** 11, 20, 30–1

## L

**labels** 19

**lactose intolerance** 26

**lamb**

Greek roast leg of lamb 191

Lamb & beans simmered in wine 190

Lamb & fig pilaf 163

Lamb masala pasties 256

Lamb tagine with cauliflower

“couscous” 187

Spiced lamb flatbread 231

Spiced lamb & hummus wraps 188–9

**lasagne**, Pumpkin, spinach, & Gorgonzola 147

**Lavender shortbread biscuits** (*V*) 333

**Lavender sugar** 333

**Lavosh with aubergine dip** 82–3

**leeks**

Beef & beer casserole 196–7

Squash & cider cobbler 262

Vegetable stock 121

**lemon curd**, Passion fruit & lemon soufflés 293

**Lemongrass-marinated prawn skewers** 100

**lemons**

Greek roast leg of lamb 191

Lamb tagine with cauliflower

“couscous” 187

Lemon & asparagus pasta 136

Lemon cupcakes (*V*) 307

Lemon icing 307

Lemon & raspberry layered polenta cake 320–1

Lemon shortbread biscuits (*V*) 333

Lemon tart 270

Stem ginger biscuits (*V*) 338

**lentils** 112

Egyptian lentil soup 112

Masala dosa 234–5

**lime**

dressing 172

Lime icing 316

Quinoa salad with mango, lime, & toasted coconut 122–3

Sweet & sour sauce 177

**linseed**, Muesli with toasted coconut 52

**lupus** 14

## M

- Macaroni cheese** 146
- macaroons** *see* Amaretti biscuits
- magnesium** 22
- malt vinegar** 20
- mangetout or sugar snap peas**
  - Chicken chilli noodles (*V*) 155
  - Salt-and-pepper beef noodles 157
- mango** 122
  - Quinoa salad with mango, lime, & toasted coconut 122–3
- marinades**
  - Chicken satay kebabs 95
  - Chinese-coated chicken wings 176
  - Lemongrass-marinated prawn skewers 100
  - Pork enchiladas 186
  - Roast chicken with orange & tamari 184
  - Spiced noodles with aromatic red snapper 152–3
  - Sweet prawn & courgette noodles 151
- mascarpone cheese**
  - Chocolate cheesecake 296–7
  - Raspberry & white chocolate trifle 288–9
- mayonnaise, Coriander** 102–3
- ME (chronic fatigue syndrome)** 14
- Meatballs** 144–5
- medicines & drugs** 20
- Mee goreng** 150
- menu planning & diets** 22–9
- millet** 33
- Mince pies & mincemeat** 282
- minerals & vitamins** 20, 22–3, 25, 26
- Minestrone soup** 107
- Mint**
  - Courgette, mint, and feta frittata 250
- miscarriage** 14
- Miso chips** 202
- Monkfish cataplana** 171
- monosodium glutamate (MSG)** 20
- Monterey Jack cheese, Southwest corn & jalapeño tart** 248
- mozzarella cheese**
  - Calzone 224
  - Calzone (*V*) 224
  - Pizza Margherita 222–3
  - Spinach & pine nut salad (*V*) 129
- MS (multiple sclerosis)** 14
- MSG (monosodium glutamate)** 20
- Muesli with toasted coconut** 52
- muffins**
  - Blueberry breakfast 74
- Muffins (English-style)** 68
  - Eggs Benedict 68–9
- multiple sclerosis (MS)** 14



## mushrooms

- Chinese chicken soup with prawn dumplings 119
- Creamy chicken crumble 180–1
- Mushroom and mustard sauce 180–1
- Mushroom and spinach curry 206
- Mushroom pot with feta & herb topping 213
- Pizza Margherita (*V*) 222
- Vegetable spring rolls 96–7
- Wild mushroom & Taleggio tart 249
- see also* chestnut mushrooms

## Mustard sauce

- 195
- Mustard & mushroom sauce** 180–1

## N

### Naan bread

### nectarines

- Summer fruit cobbler 290

### noodles

- Pad Thai 148
- Soba noodle & prawn salad 128
- see also* pasta; rice noodles

### nutrients

### nuts

- 26, 29
- see also* specific nuts (e.g. hazelnuts)

## O

### oats

- 17, 32, 76
- Breakfast berry bars 76–7
- Fruit & nut breakfast bars 75
- Oat & raisin cookies 335
- oatmeal 35
- Porridge with fruit compote 53

### olives

- Cornbread with olives 237

- Focaccia (*V*) 221
- Pizza Margherita 222–3

## onions

- Cannellini bean, tuna, and red onion salad 126
- Cheese & onion bread 227
- French onion soup 106
- Vegetable tempura 98
- see also* red onions; shallots; spring onions

## Orange and rosemary polenta cake

### oranges & orange juice

- Buckwheat pancakes with orange 63
- Caramelised orange pudding 302–3
- Chocolate cheesecake 296–7
- Coriander & orange dressing 130
- dressings 128, 129, 130, 133
- Fruit crumble 291
- Mince pies 282
- Orange and rosemary polenta cake 312
- Orange sponge cake (*V*) 40
- Orange tart (*V*) 270
- Porridge with fruit compote 53
- Raspberry & white chocolate trifle 288–9
- Roast chicken with orange & tamari 184

## oysters

- Smoked oyster soup 114

## P

### packed lunches

### Pad Thai

### pak choi

- Asian-style crispy fish 172–3

### pancakes

- Blinis with smoked trout & hot & sour cucumber 90–1
- Buckwheat, with orange 63
- Buttermilk 60–1
- Chestnut, with chocolate & prunes 62
- Cornmeal drop scones 59
- Masala dosa 234–5
- Popovers 183
- Potato farls 67
- Socca 225
- Sweet potato cakes with onion seeds (& *V*) 66
- Vegetable spring rolls 96–7

### pancetta

- see* bacon or pancetta

### Paneer croutons

### Panzanella

- Tomato panzanella soup 121

### Parma ham or prosciutto

- Calzone 224
- Pizza Margherita (*V*) 222

Ricotta-stuffed chicken breasts 178

**Parmesan cheese**

Brazilian cheese rolls 238

Breadsticks with pepper dip 80

Chargrilled polenta with sumac-roasted tomatoes 208

Cheese straws with tomato & basil dip 81

Cheese-crust ed salmon 169

Creamy chicken crumble 180–1

Fish fingers 93

Pasta Genovese 137

Pesto 137

Ricotta-stuffed chicken breasts 178

Roast pepper bread (V) 230

Spinach & pine nut salad (V) 129

Stuffed butternut squash (V) 210–11

Sun-dried tomato bread 230

**parsnips**, Vegetable crisps 85

**passata**

Baked beans 70

Crab & tomato pasta 141

**Passion fruit & lemon soufflés** 293

**pasta** 42–3

Crab & tomato pasta 141

Lemon & asparagus pasta 136

Macaroni cheese 146

Minestrone soup 107

Mushroom & ham pasta 143

Pasta Genovese 137

Pasta & meatballs 144–5

Pasta primavera 140

Pesto 137

Pumpkin, spinach, & Gorgonzola lasagne 147

Ricotta & squash ravioli 138–9

Smoked salmon pasta 142

**pasties** *see* turnovers & pasties

**pastry**

Cornmeal crust chilli pie 263

Spicy pepper empanadas 254–5

*see also* crumbles; hot water crust; rough puff pastry; shortcrust pastry

**pâté**, Beef & horseradish Wellington (V) 199

**peaches**

Apricot frangipane tart (V) 272

Black cherry clafoutis (V) 287

Summer fruit cobbler 290

**peanuts or peanut butter**

Chicken satay kebabs 95

Pad Thai 148

**pears**

Fruit crumble (V) 291

Summer fruit cobbler (V) 290

**peas** 161

Corn & feta fritters (V) 89

dried *see* split peas

Haddock & turmeric rice 161

Lamb masala pasties (V) 256

Minestrone soup 107

Pasta primavera (V) 140

*see also* mangetout or sugar snap peas

**pecan nuts**, Chocolate & pecan brownies 332

**Pecorino cheese**

Pasta Genovese 137

Pesto 137

**pepperoni**, Pizza Margherita (V) 222

**peppers**

Breadsticks with pepper dip 80

Calzone (V) 224

Chicken, cashew, & coriander noodle stir-fry 154

Cornmeal crust chilli pie 263

Mixed pepper tortilla filling 233

Mushroom pot with feta & herb topping 213

Red pepper & chilli tart 245

Roast pepper bread (V) 230

Roasted pepper dip 80

Southwest corn & jalapeño tart 248

Spiced lamb flatbread 231

Spiced noodles with aromatic red snapper 152–3

Spicy chicken tortilla filling 233

Spicy pepper empanadas 254–5

Sweet & sour chicken 177

Vegetable tempura 98

*see also* jalapeños

**Peshwari naan bread** 236

**Pesto** 137

Calzone 224

**pheasant**, Game pie 267

**pickle**, Carrot 156

**pies (savoury)**

Chicken & parsley pot pies 260–1

Cornmeal crust chilli pie 263

Gala loaf pie 266

Game pie 267

Pork pie 264–5

Salmon en croûte 166–7

Smoked salmon & cream cheese picnic pies 259

Spanakopita 258

**pies (sweet)**

Banoffee pie 274

Blackberry & apple 280–1

Cherry lattice 276

**pilaf**, Lamb & fig 163

**pine nuts**

Chickpea, red rice, & artichoke salad 130–1



Lamb & fig pilaf 163

Pasta Genovese 137

Pesto 137

Spanakopita (V) 258

Spinach & pine nut salad 129

**pistachio nuts**, Spiced honey cake 322

**Pitta bread** 232

**pizza**

Calzone 224

Pizza Margherita 222–3

**polenta or cornmeal** 34

Almond cake 319

Blueberry breakfast muffins 74

Chargrilled polenta with sumac-roasted tomatoes 208

Chicken nuggets 94

Cornbread with olives 237

Cornmeal crust chilli pie 263

Cornmeal drop scones 59

Fish fingers 93

Lemon & raspberry layered polenta cake 320–1

Orange and rosemary polenta cake 312

Polenta fishcakes 168

Tortillas 233

**pomegranate** 158, 184

Hot spiced rice with chicken & pomegranate 158–9

Roast chicken with orange & tamari 184

**Popovers** 183

**pork**

Gala loaf pie 266

Minced pork & noodles with carrot pickle 156

Pork enchiladas 186

Pork pie 264–5

**Porridge with fruit compote** 53

**potato flour (farina)** 36  
 bread flour blends 38  
 pasta flour blend 42

**potatoes**  
 Beer-battered fish & chips 170  
 Chips 170  
 Chorizo & watercress salad 133  
 Egyptian lentil soup 112  
 Gnocchi with blue cheese 204–5  
 Hash browns 71  
 Masala dosa filling 234–5  
 Mini fishcakes with coriander  
 mayonnaise 102–3  
 Pasta Genovese (V) 137  
 Polenta fishcakes 168  
 Potato farls 67  
 Smoked haddock chowder 116–17

**prawns**  
 Lemongrass-marinated prawn skewers 100  
 Mee goreng (V) 150  
 Monkfish cataplana 171  
 Prawn dumplings 119  
 Sesame prawn toasts 99  
 Smoked haddock chowder 116–17  
*see also* king prawns

**prosciutto** *see* Parma ham or prosciutto

**prunes** 53  
 Autumn fruit compote 56  
 Chestnut pancakes with chocolate &  
 prunes 62  
 Christmas pudding 298  
 Goat's cheese tartlets 246–7  
 Mince pies 282  
 Porridge with fruit compote 53  
 Rich fruit cake 324

**puff pastry** *see* rough puff pastry

**puffed rice** *see* crispy or puffed rice

**pulses** 107  
*see also* specific types (e.g. lentils)

**pumpkin** *see* butternut squash or  
 pumpkin

## Q

**quiches** *see also* tarts (savoury)  
 Salmon and spinach quiche 252–3

**quinoa** 32  
 Beef & beer casserole 196–7  
 Quinoa, broad bean, & dill salad 124  
 Quinoa salad with mango, lime, &  
 toasted coconut 122–3

**quinoa flakes**, Fruit crumble (V) 291

## R

**rabbit**, Game pie 267

**Raita**

cucumber and mint 174

**raisins**  
 Breakfast berry bars (V) 76–7  
 Carrot cake 323  
 Christmas pudding 298  
 Fruit & nut breakfast bars 75  
 Mince pies 282  
 Oat & raisin cookies 335  
 Rich fruit cake 324

**raspberries**  
 Blueberry breakfast muffins (V) 74  
 Fresh berry scones 331  
 Lemon & raspberry layered polenta  
 cake 320–1  
 Raspberry & white chocolate trifle  
 288–9  
 Summer fruit cobbler 290

**ravioli**, Ricotta & squash 138–9

**red onions**  
 Beef burgers 194  
 Beetroot & hazelnut salad with blue  
 cheese 132  
 Chorizo & watercress salad 133  
 Corn & feta fritters (V) 89  
 Focaccia (V) 221  
 Goat's cheese tartlets 246–7  
 Lamb & beans simmered in wine 190  
 Macaroni cheese 146  
 Mushroom pot with feta & herb  
 topping 213  
 Pasta & meatballs 144–5  
 Red pepper & chilli tart 245  
 Spiced lamb flatbread 231  
 Spicy chicken tortilla filling 233  
 Toad in the hole (V) 185

**red peppers** *see* peppers

**red rice**, Chickpea, red rice, & artichoke  
 salad 130–1



**red snapper**, Spiced noodles with  
 aromatic red snapper 152–3

**Red velvet cupcakes** 314–15

**restaurants** 10, 20, 28

**rhubarb**  
 Fruit crumble 291  
 Rhubarb streusel cake 326

**rice** 33, 36  
 Chinese chicken soup with prawn  
 dumplings 119  
 Salmon kedgeree 224  
*see also* specific types of rice (e.g. basmati  
 rice) & rice products (e.g. crispy rice)

**rice flakes**  
 Granola with apple crisps 54–5  
 Muesli with toasted coconut 52

**rice flour** 36  
 Apple fritters & custard 286  
 Black cherry clafoutis 287  
 bread flour blends 38  
 Buckwheat pancakes with orange 63  
 Buttermilk pancakes 60–1  
 Chicken nuggets 94  
 Chinese pumpkin fritters 212  
 Chinese-coated chicken wings 176  
 Chocolate chip cookies 334  
 Courgette & chilli fritters 88  
 Creamy chicken crumble 180–1  
 Fresh berry scones 331  
 Fruit crumble (V) 291  
 Gnocchi with blue cheese 204–5  
 Mini fishcakes with coriander  
 mayonnaise 102–3  
 Shortbread biscuits 333  
 Smoked haddock chowder 116–17  
 Stem ginger biscuits 338  
 Sultana scones 330  
 Sweet potato cakes with onion seeds  
 (& V) 66  
 Vegetable tempura 98

**rice noodles**  
 Asian crab & noodle soup 118  
 Asian-style crispy fish 172–3  
 Chicken, cashew, & coriander noodle  
 stir-fry 154  
 Chicken chilli noodles 155  
 Mee goreng 150  
 Minced pork & noodles with carrot  
 pickle 156  
 Pad Thai 148  
 Salt-and-pepper beef noodles 157  
 Spiced noodles with aromatic red  
 snapper 152–3  
 Sweet prawn & courgette noodles  
 151

**rice pancakes**, Vegetable spring rolls  
 96–7

**Ricotta-stuffed chicken breasts 178****ricotta cheese**

- Pizza Margherita (V) 222
- Ricotta & squash ravioli 138–9
- Ricotta-stuffed chicken breasts 178
- Smoked salmon pasta (V) 142
- Spanakopita (V) 258

**rocket, Pizza Margherita (V) 222****rolls**

- Brioche rolls 220
- Pumpkin bread wreath 240–1
- Seeded brown rolls 218
- Soft white rolls 219

**rough puff pastry 46–7,**

- Beef & horseradish Wellington 199
- Cheese & asparagus turnovers 257
- Chicken & parsley pot pies 260–1
- Lamb masala pasties 256
- Salmon en croûte 166–7
- Sausage rolls 92
- Shallot tarte Tatin (V) 253

**rye 17****S****Sage butter 138–9****sago 33****salads**

- Beetroot & hazelnut, with blue cheese 132
- Cannellini bean, tuna, and red onion salad 126
- Chickpea, red rice, & artichoke 130–1
- Chorizo & watercress 133
- Panzanella 125
- Quinoa, broad bean, & dill 124
- Quinoa, with mango, lime, & toasted coconut 122–3
- Soba noodle & prawn 128
- Spinach & pine nut 129
- see also dressings*

**salami, Calzone (V) 224****salmon 102, 169**

- Asian-style crispy fish (V) 172–3
- Cheese-crusting salmon 169
- Mini fishcakes with coriander mayonnaise 102–3
- Salmon and spinach quiche 252–3
- Salmon en croûte 166–7
- Salmon kedgeree 162
- Smoked salmon & cream cheese picnic pies 259
- Smoked salmon pasta 142

**Salmon and spinach quiche 252–3****Salmon kedgeree 162****salsas**

- Avocado 203

Tomato 186

**Satay sauce 95****sausages (savoury)**

- Béchamel (white) 147
- Cheese 146
- Coriander mayonnaise 102–3
- Gravy 185
- Hollandaise 68–9
- Mushroom & mustard 180–1
- Mustard 195
- Pesto 137
- Sage butter 138–9
- Satay 95

Sweet & sour 177

Tomato 144–5, 222

White (béchamel) 147

*see also dipping sauces*

**sauces (sweet)**

- Custard 286
- Toffee 301

**sausages**

- Gala loaf pie 266
- Sausage rolls 92
- Stuffing, for Roast turkey 182
- Toad in the hole 185
- see also chorizo*

**scones**

- Cheese scones (V) 330
- Chocolate chip scones (V) 330
- Fresh berry scones 331
- Sultana scones 330
- see also cobblers; drop scones*

**seeds**

- amaranth 32
- Breadsticks with pepper dip 80
- Breakfast berry bars 76–7
- buckwheat 32
- Caraway seed bread 228–9
- Lavosh with aubergine dip 82–3
- Muesli with toasted coconut 52
- Pumpkin bread wreath 240–1
- Seeded brown rolls 218
- Seeded loaf (V) 216
- Sesame prawn toasts 99
- Sesame rice crackers 84
- Sweet potato cakes with onion seeds 66
- teff 35
- see also pine nuts; wild rice*

**Sesame prawn toasts 99****Sesame rice crackers 84****shallots**

- Beef pot with dumplings 198
- Shallot tarte Tatin 253
- Toad in the hole (V) 185

**sheep's cheese, Red pepper & chilli tart 245**

**shellfish** *see* clams; crab; prawns

**shopping 10, 11, 18–19****Shortbread biscuits 333****shortcrust pastry 44–5**

Cheese straws with tomato & basil dip 81

Chicken & parsley pot pies 260–1

Game pie 267

Lamb masala pasties (V) 256

Mince pies 282

Salmon and spinach quiche 252–3

Smoked salmon & cream cheese picnic pies 259

Spanakopita 258

sweet shortcrust 44, 271, 279, 283

*see also* pies (sweet); tarts (savoury); tarts (sweet)

**smoked fish**

Blinis with smoked trout & hot & sour cucumber 90–1

Haddock & turmeric rice 161

Smoked haddock chowder 116–17

Smoked oyster soup 114

Smoked salmon & cream cheese picnic pies 259

Smoked salmon pasta 142

**Smoked oyster soup 114****Soba noodle & prawn salad 128****Socca 225****soda breads**

Cornbread with olives 237

**sorghum flour 36****soufflés, Passion fruit & lemon 293****soups**

Asian crab & noodle 118

Beetroot & ginger 110–11

Chinese chicken, with prawn dumplings 119

Egyptian lentil 112



- French onion 106  
 Harvest vegetable soup 108  
 Indian split pea, with paneer croutons 113  
 Mexican sweetcorn, with tortilla crisps 120  
 Minestrone 107  
 Smoked haddock chowder 116–17  
 Tomato panzanella 121
- sour cherries** 52  
 Breakfast berry bars 76–7  
 Muesli with toasted coconut 52  
 Porridge with fruit compote 53
- soured cream**, Cranberry & apple cake 325
- soya beans** 128  
 Soba noodle & prawn salad 128
- soya flour** 36
- Spanakopita** 258
- spelt** 17
- spinach** 129, 147  
 Minestrone soup 107  
 Mushroom and spinach curry 206  
 Pizza Margherita (V) 222  
 Pumpkin, spinach, & Gorgonzola lasagne 147  
 Salmon en croûte 166–7  
 Spanakopita 258  
 Spinach & pine nut salad 129
- split peas**  
 Indian split pea soup with paneer croutons 113
- sponge cakes** 40–1
- sponge cakes (as ingredient)**, Raspberry & white chocolate trifle 288–9
- sponge puddings**  
 Caramelised orange pudding 302–3  
 Chocolate fondants 295
- Sticky toffee puddings 301
- spring onions**  
 Asian crab & noodle soup 118  
 Asian-style crispy fish 172–3  
 Beetroot & ginger soup 110–11  
 Cheese & onion bread (V) 227  
 Chicken, cashew, & coriander noodle stir-fry 154  
 Chinese chicken soup with prawn dumplings 119  
 Chinese-coated chicken wings 176  
 Corn & feta fritters (V) 89  
 Mee goreng 150  
 Pad Thai 148  
 Sichuan crispy bean curd 209  
 Soba noodle & prawn salad 128  
 Southwest corn & jalapeño tart 248  
 Spiced noodles with aromatic red snapper 152–3  
 Thai-style stir-fried minced beef 192  
 Tomato salsa 186  
 Vegetable spring rolls 96–7
- spring rolls**, Vegetable 96–7
- squash** see butternut squash or pumpkin
- sticky rice**, Sesame rice crackers 84
- Sticky toffee puddings** 301
- Stilton cheese**, Beetroot & hazelnut salad with blue cheese 132
- stock**, Vegetable 121
- strawberries**  
 Blueberry breakfast muffins (V) 74  
 Fresh berry scones 331  
 Fruit crumble 291  
 Lemon & raspberry layered polenta cake (V) 320–1  
 Rhubarb streusel cake 326  
 Strawberry tart 271
- stuffing**, for Roast turkey 182
- sugar**, Lavender 333
- sugar snap peas** see mangetout or sugar snap peas
- sultanas**  
 Breakfast berry bars (V) 76–7  
 Christmas pudding 298  
 Fruit & nut breakfast bars 75  
 Mince pies 282  
 Porridge with fruit compote (V) 53  
 Rich fruit cake 324  
 Sultana scones 330
- sumac**  
 Chargrilled polenta with sumac-roasted tomatoes 208
- Summer pudding** 300
- sun-dried tomatoes**  
 Greek roast leg of lamb 191  
 Spinach & pine nut salad 129
- Sun-dried tomato bread 230
- supplements**, vitamin & mineral 20, 25
- sushi rice**, Sesame rice crackers 84
- sweet potatoes** 66  
 Miso chips 202  
 Sweet potato cakes with onion seeds (& V) 66  
 Vegetable crisps 85
- sweet shortcrust pastry** 44, 271, 279, 283
- sweetcorn** 89, 120  
 Asian crab & noodle soup 118  
 Chicken & parsley pot pies 260–1  
 Corn & feta fritters 89  
 Cornbread with olives 237  
 Cornmeal crust chilli pie 263  
 Mexican sweetcorn soup with tortilla crisps 120  
 Mixed pepper tortilla filling 233  
 Smoked haddock chowder 116–17  
 Southwest corn & jalapeño tart 248

## T

- tagine**, Lamb, with cauliflower “couscous” 187
- tahini**  
 Lavosh with aubergine dip 82–3  
 Spiced lamb flatbread (V) 231  
 Spiced lamb & hummus wraps 188–9  
 Tahini dip 202
- takeaways & fast foods** 10, 20, 28–9
- Taleggio cheese**, Wild mushroom & Taleggio tart 249
- tamari** 98
- tangerines**, Roast chicken with orange & tamari 184
- tapioca flour** 35  
 Brazilian cheese rolls 238  
 bread flour blends 38  
 pasta flour blend 42
- tapioca pudding**, Chocolate (& V) 294
- Tarte Tatin** 283  
 Shallot tarte Tatin 253
- tarts (savoury)**  
 Fennel & Gruyère 244  
 Goat’s cheese tartlets 246–7  
 Red pepper & chilli 245  
 Salmon and spinach quiche 252–3  
 Shallot tarte Tatin 253  
 Southwest corn & jalapeño 248  
 Wild mushroom & Taleggio 249
- tarts (sweet)**  
 Apricot frangipane 272–3  
 Chocolate mocha 278  
 crème pâtissière 271  
 Lemon 270



Orange (V) 270  
 Pumpkin 277  
 Strawberry 271  
 Tarte Tatin 283  
 Treacle 279

**teabreads**  
 Apricot & cardamom 328–9  
 Banana & chestnut 327

**techniques**  
 filling piping bags 336  
 kitchen organization 11, 20, 30–1  
 making bread 31, 38–9  
 making breadcrumbs 99  
 making cakes 40–1  
 making pasta 42–3  
 making pastry 44–7  
 skinning (peeling) tomatoes 115, 163  
 stoning cherries 287  
 whisking egg whites 293

**teff flour** 35

**tempura**, Vegetable 98

**Thai**  
 Pad Thai 148  
 Thai-style stir-fried minced beef 192

**Thai-style stir-fried minced beef** 192

**tiger prawns** *see* king prawns

**Toad in the hole** 185

**toast** *see* bread (as ingredient)

**tofu or bean curd**  
 Mee goreng 150  
 Sichuan crispy bean curd 209

**tomatoes** 115, 125, 163  
 Chargrilled polenta with sumac-roasted tomatoes 208  
 Cheese straws with tomato & basil dip 81  
 Cornmeal crust chilli pie 263  
 Egyptian lentil soup (V) 112  
 Lamb & fig pilaf 163  
 Lamb masala pasties 256  
 Minestrone soup 107  
 Monkfish cataplana 171  
 Panzanella 125  
 Pasta & meatballs 144–5  
 Pasta primavera 140  
 Pizza Margherita 222–3  
 Pork enchiladas 186  
 Sichuan crispy bean curd 209  
 Squash & cider cobbler 262  
 Tomato & basil dip 81  
 Tomato panzanella soup 121  
 Tomato salsa 186  
 Tomato sauce 144–5, 222  
*see also* passata; sun-dried tomatoes

**Tortillas** 233  
 Mexican sweetcorn soup with tortilla crisps 120

Pork enchiladas 186  
 Spiced lamb & hummus wraps 188–9

**Treacle tart** 279

**trifle**, Raspberry & white chocolate 288–9

**triticale** 17

**tuna**  
 Cannellini bean, tuna, and red onion salad 126

**turkey** 182  
 Roast turkey 182

**Turkish eggs** 72

**turmeric** 161

**turnovers & pasties**  
 Cheese & asparagus turnovers 257  
 Lamb masala pasties 256  
 Spicy pepper empanadas 254–5

**type 1 diabetes** 27

**Tzatziki** 86

**U**  
**urad dal** 37  
 Masala dosa 234–5

**V**  
**Vanilla & chestnut cake** 318  
**Vanilla cheesecake with summer-fruit coulis** 304  
**Vanilla cupcakes** 307  
**Vegetable crisps** 85  
**venison**, Game pie 267  
**Victoria sponge** 40–1  
**Viennese biscuits** 336–7  
**vinegar** 20  
**vitamins & minerals** 20, 22–3, 25, 26

**W**  
**walnuts**  
 Carrot cake 323  
 Christmas pudding 298  
 Rich fruit cake 324

**watercress** 133  
 Chorizo & watercress salad 133

**weight control** 15

**wheat** 15, 17, 20

**White (béchamel) sauce** 147

**whoopie pies**, Chocolate hazelnut 311

**Wild mushroom & Taleggio tart** 249

**wild rice** 33

**wraps** *see* Tortillas

**X**  
**xanthan gum** 16, 37  
 in flour blends 38, 40, 42, 44, 46, 47



**Y**  
**yeast** 16, 37, 228

**yogurt**  
 Almond cake 319  
 Fresh berry scones 331  
 Sultana scones 330  
 Summer fruit cobbler 290  
 Tzatziki 86

**Z**  
**zinc** 22

# ABOUT THE AUTHORS

**HEATHER WHINNEY** is an experienced food writer and home economist. She has worked as a food editor and freelance food writer for several magazines including *BBC Good Food*, *Family Circle*, *Good Housekeeping*, *Prima*, and *Woman and Home*. She is the author of DK's *Cook Express* and co-author of *The Diabetes Cooking Book*. Her food philosophy has always been to write simple recipes for the everyday cook.

**JANE LAWRIE** has been baking ever since she could stand on a chair. As an experienced food stylist and cookery writer, she has worked for numerous food and women's magazines, including *BBC Good Food*, *Bella*, *Best*, and *Good Housekeeping*. Jane also works as a consultant for

the British Egg Information Service. She has worked on several DK books including *The Preserving Book* and *The Allotment Cookbook Through the Year*, as well as several Mary Berry and Masterchef cookery books.

**FIONA HUNTER** is a food writer and nutritionist of over 25 years' experience. With a degree in Nutrition and a postgraduate diploma in Dietetics, she began her career as a dietitian in the NHS before going on to write for magazines including *BBC Good Food*, *Good Housekeeping*, and *Health and Fitness*, as well as making many appearances on television and radio. She is the co-author of several books, including DK's *The Diabetes Cooking Book*.

# ACKNOWLEDGEMENTS

Dorling Kindersley would like to thank:

**RECIPE EDITORS** Jane Bamforth, Holly Kyte

**RECIPE TESTERS** Rebecca Blackstone, Anna Burges-Lumsden, Amy Carter, Jan Fullwood, Laura Fyfe, Katy Greenwood, Anne Harnan, Catherine Rose, Rachel Wood

**PROOFREADER** Sue Morony

**INDEXER** Sue Bosanko

**PHOTOGRAPHY ART DIRECTION AND PROPS STYLING** Luis Peral-Aranda, Katherine Raj

**FOOD STYLISTS** Marie-Ange Lapierre, Emily Jonzen

Charis Bhagianathan and David Fentiman for editorial assistance.  
Mahua Mandal for design assistance. Danaya Bunnag for hand modelling.