



Recipes from our website
www.glutenfreegoodies.co.nz

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Before you start:

These recipes have been developed using a conventional gas oven. If you have a fan-bake or fan-forced oven, you may need to reduce temperatures or cooking times or both.

Flour measures: If you don't have scales, please note that one lightly packed cup of our baking mix weighs 160g. (Fill the cup, then bang it gently on the bench once or twice).

Cake and biscuit recipes

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Chocolate Cake

This is a real champion cake - moist, dark and keeps well. People who don't know what they've been given tend to ask for the recipe, assuming it's a 'proper' flour cake! See the next recipe for a dairy free version.

- 1/2 cup cocoa
- 1/2 cup boiling water
- 150g softened butter
- 1 1/4 cups sugar (275g)
- 3 eggs (size 7)
- 1 Tbsp vanilla
- 360g (2 1/4 cups) Gluten Free Goodies Cake and Biscuit Mix
- 1/2 tsp baking soda
- 3 level tsp Gluten Free Goodies Baking Powder
- 1 cup milk

Mix cocoa and boiling water thoroughly and leave to cool while preparing the rest of the cake
Line the bottom of a 23cm tin with paper, or alternatively, grease and flour the base of a large glass baking dish (20 x 30 cm is good). The cake can be baked in and served from this dish.

Cream butter and sugar with the vanilla.

Add eggs one at a time, beating well after each addition.

Add flour mix, baking powder, soda and milk. Mix thoroughly.

Add cocoa mix and beat well

Bake at 180C for 45-60 minutes, or until a skewer inserted into the cake comes out clean.

Sift icing sugar over the cooled cake before serving.

Dairy Free Chocolate Cake and Muffins

Almost the same as above, with margarine and soy milk and some quantity adjustments. The taste and look are much the same. Can also be made into about 20 muffins. Our customer Shelley Graham makes these for her family, using paper patty pan liners inside the usual muffin tins. She then freezes them individually, wrapped in plastic wrap.

Shelley makes it egg-free as well, using "Orgran" egg replacer instead of eggs.

- 1/2 cup cocoa
- 1/2 cup boiling water
- 150g dairy free margarine
- 1 1/4 cups sugar
- 1 tbsp vanilla
- 3 size 7 eggs
- 360g Gluten Free Goodies Cake and Biscuit Mix
- 3 level tsp Gluten Free Goodies Baking Powder
- 1/2 tsp baking soda
- 3/4 cup soy milk (yes, it is less than in the first recipe – the margarine seems to make for a wetter blend). Be careful with the breed of soy milk you use, because some of them have barley in them, and some have wheat maltodextrin. Whether you can tolerate these or not depends on your individual sensitivity.

Mix cocoa and boiling water and stir well. Leave to cool while you assemble the rest of the cake.

Cream margarine and sugar with the vanilla.

Add eggs one at a time, beating well after each addition.

Add flour, baking powder and baking soda along with milk, and mix well.

Add cocoa mix and blend thoroughly.

Bake in a lined 25cm round cake tin or 20x30cm greased and floured glass baking dish for 45-60 minutes at 180C, or until a skewer comes out clean.

Serve either dusted with icing sugar or with peppermint flavoured icing (check that your icing sugar has maize cornflour in it rather than wheat!!)

Mocha Almond cake

A lovely coffee flavour with rich chocolate. Thanks to Judith McKendry.

- 1 Tbsp dry instant coffee
- 1/2 cup (125 ml) boiling water
- 1/3 cup (35g) cocoa powder
- 90g butter
- 1 cup castor sugar
- 2 tsp real vanilla essence
- 2 size 7 eggs, separated
- 1/2 cup (80g) ground almonds
- 1/4 cup (60g) sour cream
- 1 cup (160g) Gluten Free Goodies Cake and Biscuit Mix
- 2 level tsp Gluten Free Goodies Baking Powder

Mocha Icing

- 1 1/2 cups (240g) gluten free icing sugar
- 1 Tbsp cocoa powder
- 60g butter
- 2 tsp dry instant coffee
- 1 1/2 Tbsp boiling water

Cake

Preheat oven to 180C. Grease 20cm round tin and line base.

Dissolve coffee in boiling water then stir in sifted cocoa.

Beat butter, vanilla essence, and sugar in a bowl with mixer until light & fluffy. Add egg yolks and mix.

Stir in sour cream, almonds, sifted flour, baking powder and cocoa mixture.

Beat egg whites until soft peaks form and fold into cake mixture.

Spread into prepared tin and bake for 50 mins or until cake is firm and a skewer comes out clean.

Stand for 3 mins in tin before turning onto wire rack.

Icing

Sift icing sugar and cocoa.

Dissolve the coffee in the boiling water. Add butter and stir until smooth. Mix with the icing sugar and cocoa. You may need to microwave or otherwise heat the butter, water and coffee before adding it to the sugar and cocoa to make sure everything dissolves.

Lemon and Sultana Cake

A highly versatile cake. Again, it is light and moist, and can be readily transformed into several other flavours. Try orange rind and no sultanas, or turn it into one of my family's favourites by leaving out the citrus and sultanas and substituting a packet of chopped glace cherries instead.

- 150g softened butter
- 150g sugar (2/3 cup)
- 3 size 7 eggs
- 200g Gluten Free Goodies Cake and Biscuit Mix
- 3 level tsp Gluten Free Goodies Baking Powder
- grated rind of 1 small lemon
- 1/2 cup sultanas
- 6 Tbsp milk

Cream butter, sugar and lemon rind.

Add eggs one at a time, beating well after each addition.

Mix in dry ingredients and milk.

Add sultanas and mix well.

Bake in a lined, 23cm round tin at 180C for 45 -60 minutes or until golden brown and firm.

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Cool in tin for 5-10 minutes before removing to a wire cake rack.

Butterscotch Cake

This is yummy! Don't forget the cinnamon and sugar topping before baking it - it makes all the difference.

- 2 eggs
- 3/4 cup brown sugar
- 120g softened butter
- 1 tbsp golden syrup
- 1 tsp vanilla
- 1 1/2 cups (240g) Gluten Free Goodies Cake and Biscuit mix
- 3 level tsp Gluten Free Goodies Baking Powder
- 1/2 tsp cinnamon
- 3/4 cup milk
- cinnamon and sugar mix to sprinkle on top (I usually keep a jar with 1 cup of sugar mixed with 2 tsp cinnamon for this purpose)

Cream butter, sugar, golden syrup and vanilla.

Beat in the eggs, one at a time, mixing well after each addition

Add the flour mix, baking powder and cinnamon along with the milk, and blend thoroughly

Place in a paper lined 23cm round tin or similar.

Sprinkle the top with cinnamon/sugar mix

Bake at 180C for 45-60 minutes or until firm and golden brown and a skewer comes out clean.

Lemon Loaf

This was raved over in our first taste testing sessions. It's very simple and tastes wonderful.

- 100g softened butter
- 3/4 cup sugar
- 2 eggs
- 1 1/4 cups Gluten Free Goodies Cake and Biscuit mix
- 1/4 cup desiccated coconut
- 3 level tsp Gluten Free Goodies Baking Powder
- 150 ml milk
- 2 tsp finely grated lemon rind
- Topping: mix together 1/4 cup of sugar and 1/4 cup lemon juice

Grease and line with paper the bottom of a loaf tin

Cream butter, sugar and lemon rind

Add eggs one at a time, beating well after each addition.

Add dry ingredients then milk and mix well.

Spread evenly in loaf tin

Bake at 180C for 45 – 60 minutes, until firm and golden brown.

Immediately pour over the lemon juice and sugar mix, while the cake is still hot. You may not want to use the full amount of the topping – this is a matter of personal preference!

Leave to cool in the tin, then remove to a rack or plate.

Speculaas (Dutch Spice Biscuits)

Another hit with our sampling public. These are crisp and crunchy with a lovely spicy flavour. My husband says they're better than the wheat versions because they don't stick in your teeth! The recipe also has the advantage of making lots and lots - I usually get 50 to 60 biscuits from this mix. If the mix seems a bit sticky to handle when you make it, just add a bit more cake and biscuit mix. It varies a little, depending on something I haven't figured out yet (it did it with the traditional wheat ones as well!)

- 480g Gluten Free Goodies Cake and Biscuit Mix
- 2 level tsp Gluten Free Goodies Baking Powder
- 1 tsp salt
- 2 tsp cinnamon
- 1/2 tsp each ground cloves, coriander, nutmeg, and cardamom

- 225g softened butter
- 1 1/4 cups brown sugar (275g)
- 2 Tbsp milk

Rub butter into flour, baking powder and spices.

Add sugar and mix well

Add milk and mix well (use your hands!)

Leave the mix to stand for a few minutes, as the flaxseed fibre absorbs moisture and thickens the mix.

Roll out on a floured surface (use either baking mix or pikelet and waffle mix for flouring) to about 3mm thick.

Cut into shapes with your favourite biscuit cutter.

Bake 15-20 minutes at 180C.

Remove to racks to cool, immediately. (They will stick to the tray otherwise....)

Afghans

These really are amazingly easy to make. My daughter loves them, and they actually won a prize in the local Winter Show, in competition with conventional baking. I didn't tell them they were gluten free, and they didn't notice!

- 175g softened butter
- 75g sugar (1/3 cup)
- 175g Gluten Free Goodies Cake and Biscuit Mix
- 25g cocoa (4 level Tbsp)
- 50g (1 1/2 cups) gluten free cornflakes, crushed

Note that most commercial cornflakes contain malt, which is a problem for some people with gluten sensitivity. It will be declared on the packet's ingredient list. Malt-free cornflakes can usually only be obtained from health food shops.

Cream softened butter and sugar

Mix in all other ingredients (use your hands). Leave the mixture to stand for a few moments for the flaxseed fibre to take up moisture and thicken the mix.

Roll into balls and flatten slightly between your palms.

Place on trays and bake at 185C for 15-20 minutes.

Remove to racks to cool. Handle with care – they are fragile while warm, but firm up on cooling.

When cold, ice with chocolate icing. Melted chocolate buttons are particularly nice and thoroughly decadent, but any kind of chocolate icing is fine.

Hokey Pokey Biscuits

Real hokey pokey taste, and nice and crunchy! (But not crumbly)

- 150g butter
- 150g sugar
- 1 3/4 cups (280g) Gluten Free Goodies Cake and Biscuit Mix
- 1 tbsp milk
- 1 tbsp golden syrup
- 1 1/2 tsp Baking Soda

Cream butter and sugar

Warm milk and golden syrup gently over low heat in a small saucepan, stirring continuously

Add soda and mix over low heat until really fizzy, then blend into the creamed butter and sugar

Add baking mix and blend well. You should be able to roll the mix into balls in your hand and flatten them slightly without the mix sticking too badly. If it is too hard to handle, add a little more baking mix.

Roll teaspoonsful into balls, flatten slightly and place on a baking tray allowing room to spread.

Bake at 180C for 15-20 minutes. Watch carefully. They can turn from golden brown to black very easily!

Allow a couple of minutes cooling on the tray before removing to a wire rack.

Jewel Biscuits

These are an upmarket version of good old jam thumbprints. Both our kids like them - a real recommendation!

- 75g butter
- 3/4 cup sugar

- 1 tsp vanilla
- 2 size 7 eggs
- 3 cups (480g) Gluten Free Goodies Cake and Biscuit mix
- 3 level tsp Gluten Free Goodies Baking Powder
- thick jam (boysenberry or raspberry are nice)
- extra sugar for dipping

Cream butter, sugar and vanilla.

Add eggs one at a time, beating well after each addition.

Add flour and baking powder and mix to a firm dough with your hands.

Roll into balls and dip the tops in sugar.

Place on baking trays and make a depression in the top of each with your finger or the handle of a wooden spoon.

Fill the depression with jam.

Bake at 200C for 15 - 20 minutes or until firm and lightly browned.

Almond Biscuits

These are mild and crisp and very nice with a cup of tea.

- 125g butter
- 125g sugar
- 1 size 7 egg
- 175g Gluten Free Goodies Cake and Biscuit Mix
- 1 1/2 tsp Gluten Free Goodies Baking Powder
- blanched almonds to decorate

Cream the butter and sugar.

Add the egg and mix well.

Add flour and baking powder and mix well. Allow to stand a few minutes to let the mixture firm up a little.

Roll into balls, flatten between your palms, and place on baking trays.

Place a blanched almond on top of each biscuit and press it in a little.

Bake for 20 - 25 minutes at 180C.

Remove to wire rack to cool.

Chocolate Chip Biscuits

These are my son's all-time favourite.

- 125g butter
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 1 tsp vanilla
- 1 size 7 egg
- 2 cups (320g) Gluten Free Goodies Cake and Biscuit Mix
- 1 1/2 tsp Gluten Free Goodies Baking Powder
- 1 tsp cocoa
- 50 - 100g chocolate chips (to taste!)

Cream butter, sugar and vanilla.

Add egg and beat well.

Add flour, baking powder, and cocoa and mix thoroughly.

Add chocolate chips and mix well.

Roll into balls and flatten between the palms of your hands.

Place on baking trays and bake 15 - 25 minutes at 200C until firm and golden brown.

Gingernuts

Theresa my business partner is a gingernut connoisseur and she reckons these are really good!

- 100g butter
- 1 tbsp (rounded) golden syrup
- 3/4 cup sugar

- 1 size 7 egg
- 400g Gluten Free Goodies Cake and Biscuit Mix
- 1 tsp baking soda
- 3 tsp ground ginger

Melt butter, add the golden syrup and warm to soften.

Add sugar and egg and beat together

Add flour, soda and ginger and mix well

Roll into balls and flatten between your palms

Place on baking trays, allowing spreading room

Bake at 180C for 10-15 minutes, until lightly browned. Allow to cool on the trays for a few minutes, then remove to a wire rack.

Fruit Flan

This is a really tasty, dead simple dessert cake, first located in its wheaty version in a childrens' cookery book. It has been consumed with enthusiasm by persons of all ages. You can vary it by using different types of fruit and different toppings. My favourite is apples, with cinnamon and sugar on top. Peaches, with a water icing drizzled over the top while the cake is still hot, is also a very nice combination. (Water icing is icing sugar mixed with cold water to make a dribbly consistency).

- Fruit as desired: eg sliced raw apples, cooked drained peach or pear slices etc.
- 125g butter
- 125g sugar
- 160g (1 cup) Gluten Free Goodies Cake and Biscuit Mix
- 2 tsp Gluten Free Goodies baking powder
- 3 size 7 eggs
- 1 tsp vanilla
- cinnamon and sugar mix for topping if desired

Melt butter in a medium-sized saucepan, then remove from the heat.

Add sugar, vanilla and eggs and beat well.

Add dry ingredients (not the fruit!) and mix well.

Pour into a buttered and 'floured' flan dish (use pikelet and waffle mix or cake mix to do the flouring).

Place selected fruit on top, and sprinkle with cinnamon and sugar mix if you want it.

Bake at 180C for 45 - 60 minutes or until well-risen, firm and golden brown.

Serve warm or cold from the dish, with whipped cream or similar.

Apple Crumble and Custard

Comfort food for cold winter nights!

Stewed apples: peel and core 5 or 6 large apples, (Granny Smiths or Braeburns work well) then cut them into small cubes. I stew them in the microwave by adding a couple of tablespoons of water, and cooking in a covered glass casserole dish on high for several minutes, checking regularly and stirring to allow even cooking. You can equally easily cook them in a covered saucepan on the stove. When soft and pulpy, flavour to taste with sugar and cinnamon, or ground cloves.

Topping:

- 3/4 cup Gluten Free Goodies Cake and Biscuit mix (120g)
- 50g butter
- 1/3 to 1/2 cup sugar, to taste

Rub the butter into the sugar and flour. If the texture is too oily, add a little more flour.

Spread over the top of the stewed fruit and cook for 20 to 30 minutes at 200C, on fan bake if possible.

Custard:

- 2 egg yolks
- 4 Tbsp sugar
- 5 Tbsp Gluten Free Goodies Pikelet and Waffle mix
- 3 cups milk (preferably full cream)
- vanilla essence to taste

Add about 1 Tbsp of the milk to egg yolks, Pikelet and Waffle mix and sugar, and stir until smooth. Gradually add more milk, stirring thoroughly after each addition, to ensure no lumps form.

Add the vanilla and all the rest of the milk.

Cook over low heat until the custard thickens. Serve at once over the hot apple crumble.

You can make a mini-Pavlova with the left-over egg whites. If you want a recipe, send us an email.

Apple Cake

This is a very nice, moist dessert cake, best served warm on the day of making, with a dollop of whipped cream if you're feeling decadent.

- 100g butter
- 3 large Braeburn or Granny Smith apples
- squeeze of lemon juice
- 3/4 cup (125g) brown sugar
- 2 eggs
- 275g Gluten Free Goodies Cake and Biscuit mix
- 2 tsp Gluten Free Goodies Baking Powder
- 1/4 cup plain yoghurt
- sugar/cinnamon mix for sprinkling over the top of the cake

Preheat oven to 180C

Prepare a 23cm spring form cake pan with paper lining the base

Melt the butter

Peel, core and slice the apples, toss them with a little lemon juice and set aside.

Mix the brown sugar and eggs until very light in colour, then thoroughly beat in the melted butter, and stir in the apple slices.

Mix in the flour, baking powder and yoghurt.

Place in tin and sprinkle with cinnamon and sugar mix.

Bake for approximately 50 minutes, or until a skewer comes out clean.

Cool in the pan for a few minutes, then turn out onto a rack.

Chilled Lemon Cheesecake

This is a rich and indulgent dessert - a little goes a long way, unless you have visiting teenage boys!

Base:

- 175g crushed Gluten Free Goodies biscuits (Hokey Pokeys are nice, but whatever suits your fancy will do just fine)
- 50g melted butter
- 1/2 - 1 tsp cinnamon

Crush the biscuits in a plastic bag, using a rolling pin, then add the other ingredients and mix well. Press into the base of a 23cm springform pan, and chill in the fridge while you prepare the filling.

Filling:

- 1 x 250g carton lite cream cheese
- 175g sweetened condensed milk (approx 1/2 a tin)
- grated rind and juice of 2 lemons
- 150ml cream, stiffly whipped

Place the cream cheese, lemon rind and juice and condensed milk in a bowl and mix thoroughly.

Fold in the stiffly whipped cream.

Place the mixture in the chilled biscuit base. It will look all runny and horrible. Fret not! It does improve!

Chill for at least 60 minutes before serving. It works even better if you can leave it overnight and use it the next day.

Dulcie's Fruit Cake

Dairy-free, no added sugar! This is a very unlikely-sounding recipe, which in its original wheat version didn't have any eggs either. To make it work gluten free, I had to introduce some eggs, but it remains a very simple and effective cake.

- 750g dried fruit of your choice - you could use cake fruit mix, just sultanas, or any other hybrid variety you like
- 400ml gingerale (or just warm water if you prefer)
- 350g Gluten Free Goodies Cake and Biscuit mix
- 4 level tsp Gluten Free Goodies Baking Powder
- 1 tsp mixed spice, or other spice of your choosing
- 3 beaten eggs (size 7)

Soak the fruit in the gingerale or water overnight.

Add the beaten eggs, flour, baking powder and spice.

Mix well and transfer to a paper-lined 23cm round tin or any other shape of similar capacity

Bake one and a half hours at 160 to 170C, or until a skewer inserted into the cake comes out clean.

Vanilla Almond Cookies

- 175g butter
- 125g sugar
- 1 tsp vanilla extract
- 300 - 325g Gluten Free Goodies Cake and Biscuit mix

Cream butter, sugar and vanilla.

Add flour, starting with 300g. If the mixture feels too sticky to roll out successfully, add the other 25g and mix well.

Roll out 2 to 3mm thick and cut into star or other shapes with a biscuit cutter.

Bake at 180C for 15 to 20 minutes or until lightly browned. Lift carefully off the trays and transfer to a wire rack to cool. Store in an airtight tin.

Easy Banana Cake

- 125g butter
- 1/2 cup sugar
- 3 size 7 eggs
- 1 tsp vanilla
- 320g Gluten Free Goodies Cake and Biscuit mix
- 1 tsp cinnamon
- 2 tsp Gluten Free Goodies Baking Powder
- 1/2 tsp baking soda
- 1/2 cup milk
- 1 cup mashed bananas (about 2 large or 3 to 4 small bananas)

Melt butter.

Add sugar, eggs and vanilla and mix well.

Add all other ingredients and whisk thoroughly together.

Pour into a lined 23cm round tin (or equivalent volume of any other shape).

Bake at 180C for 40 – 50 minutes or until a skewer inserted into the cake comes out clean.

Stand the cake in the tin for 10 minutes before removing to a wire rack to cool.

Dust with icing sugar or apply passionfruit icing.>

Chocolate Coconut Slice

- 240g Gluten Free Goodies Cake and Biscuit mix
- 2 tsp baking powder
- 3/4 cup sugar
- 1 1/2 cups coconut
- 2 tbsp cocoa
- 175g melted butter
- 1/4 cup grated dark chocolate

Mix all ingredients together in a bowl. Blend thoroughly.

Place in a greased and floured (use pikelet and waffle mix) 24 x 30 cm Swiss roll tin, pressing mixture down firmly.

Bake at 180C for 15 to 20 minutes.

Ice with chocolate icing, or dust with icing sugar to serve.

Ginger Slice

Melt together:

- 110g butter
- 100g sugar
- 1 tbsp golden syrup

Add: 1 beaten egg

To the wet mixture, add:

- 300g Gluten Free Goodies Cake and Biscuit mix
- 1 tsp Gluten Free Goodies Baking Powder
- 1 tsp ground ginger
- 1/4 to 1/2 cup finely chopped crystallized ginger

Spread the mix in a Swiss roll tin, and bake 20 to 25 minutes at 180C, until golden brown and firm to touch. You will find the mix a bit sticky, but just gradually work it into the corners with the backs of your knuckles!

Icing:

- 40g butter, melted with 30ml (2 tbsp) golden syrup
- Mix into this 1/2 tsp ground ginger and 1 cup icing sugar.

You may need to warm this mix in the microwave to get it to blend well and produce a spreadable consistency.

Spread on top of the still-warm base.

Allow to cool in the tin, then slice into squares.

This mix produces a slightly chewy slice, not a crunchy product. It is very pleasant, and not too strongly ginger flavoured. If you are a ginger enthusiast, increase the amounts of both ground and crystallised ginger to suit your tastes.

Broken Biscuit Base for Cheesecakes, etc

- 175g crushed Gluten Free Goodies biscuits (any flavour you like, with the possible exception of chocolate chip cookies!)
- 50g melted butter
- 1/2 - 1 tsp cinnamon (optional)

Crush the biscuits (putting them in a closed plastic bag and attacking with a rolling pin is the easiest and most satisfying approach) and place in a medium sized bowl. Add melted butter and spice, and mix thoroughly. (Yes, it is OK to use your hands for this!)

Press the mix very firmly into the base of a preferably springform or other loose-based 23cm diameter pan. It helps to press this down thoroughly with the back of a spoon.

Chill the mix thoroughly for an hour or so before adding fillings.

Lemon Jelly Cheesecake

This is really yummy!

Crust:

- 175g crushed Gluten Free Goodies biscuits
- 50g melted butter
- 1/2 to 1 tsp cinnamon (to taste)

Mix all ingredients together, press into 23cm round springform pan, chill.

Filling:

- 1/2 cup boiling water
- 1 packet lemon jelly crystals
- 1/2 cup lemon juice
- 1 tsp grated lemon rind
- 1 tin sweetened condensed milk
- 250g cream cheese (use light cream cheese if you prefer)
- 1 tsp vanilla essence (real is nicer)

Pour boiling water over the jelly crystals and stir until dissolved

Add lemon juice and rind

Beat condensed milk and cream cheese together

Add vanilla and jelly mix to cream cheese mix, blend well

Pour into the crumb crust

Refrigerate until set

Carrot Cake **(this one is dairy free as well!)**

This makes a large, family-sized cake. You will need either a 25cm square tin, or a glass baking dish 20x30cm or similar.

- 3 size 7 eggs
- 1/2 cup cooking oil
- 1 1/2 to 2 cups raw sugar (use the 2 cups if you like a sweet cake)
- 2 tsp vanilla essence
- 3 cups (350g) grated carrot
- 320g Gluten Free Goodies Cake and Biscuit mix
- 1 cup desiccated coconut
- 2 tsp baking soda
- 2 tsp Gluten Free Goodies Baking Powder
- 2 tsp cinnamon
- 1/2 cup apple juice (or water if you prefer. If you use water, use the full 2 cups of raw sugar!)

Whisk the eggs, oil, sugar and vanilla together thoroughly, in a large bowl

Add grated carrots and fold in gently

Add all dry ingredients and mix, adding the juice or water as you go. If the mix looks too wet, don't add the last 1 or 2 tbsp of liquid – it can vary with the type of carrots you use

Pour the mix into a paper lined tin or a greased and floured glass baking dish

Bake at 180C for 45 to 60 minutes or until a skewer inserted into the cake comes out clean

Ice with lemon butter icing, cream cheese icing, or just dust with icing sugar before serving.

Self crusting quiche

- 300g sweetcorn kernels, fresh or thawed
- 1 small onion, diced
- 3-4 rashers bacon, diced
- 1/2 cup (80g) Gluten Free Goodies Cake and Biscuit mix
- 1 tsp Gluten Free Goodies Baking Powder
- 3/4 cup milk
- 2 eggs
- 2 – 4 tbsp grated parmesan
- black pepper to taste (optional)
- sliced tomato
- paprika to garnish

Lightly oil a 23cm metal pie tin or flan dish (this is recommended to get the quiche to brown as nicely as possible – ceramic or glass dishes don't give such a nicely browned product)

Arrange the corn kernels on the base of the dish.

Gently fry the onion and bacon in a small amount of olive or other cooking oil, then sprinkle over the corn in the dish.

Mix together the flour, baking powder, milk, eggs, half the cheese and the pepper.

Pour the egg mix over the corn and bacon, then arrange tomato slices on top and sprinkle with paprika and remaining cheese.

Bake at 220C for 20 to 30 minutes until set and golden brown.

Quick Fruit Sponge Pudding

- 160g Gluten Free Goodies Cake and Biscuit mix
- 2 tsp Gluten Free Goodies baking powder
- 1/3 cup sugar
- 1/2 cup milk
- 2 beaten eggs
- 1/4 cup (75g) melted butter
- hot stewed fruit (apples are nice but anything you like will do!)

Mix all the dry ingredients with the milk and melted butter, then mix in the beaten eggs.

Pour the mix over the hot stewed fruit

Bake at 190C for 30 minutes, or until the topping is set and golden brown.

Serve warm, with custard, cream or ice cream.

Blueberry and Lemon Cake

This one is heavily adapted from a recipe originally published in the Waikato Times. It makes a beautiful moist cake. Yum!!

- 100g butter
- 1/2 cup sugar
- 2 tsp grated lemon rind
- 3 eggs
- 320g Gluten Free Goodies Cake and Biscuit mix
- 3 tsp Gluten Free Goodies Baking Powder
- 1 cup milk
- 1 cup blueberries (fresh or frozen)

Syrup

- 1/2 cup sugar
- 1/2 cup lemon juice
- Melt together to dissolve the sugar

Cream butter and sugar, then add the lemon rind

Add eggs, one at a time, beating well after each addition.

Fold in the flour and baking powder, alternating with the milk.

Add half the blueberries and gently mix.

Spread the mix in a 23cm round tin, preferably with a springform base.

Sprinkle the remaining blueberries evenly over the top of the mixture.

Bake at 180C for 45 minutes or until golden and firm and a skewer comes out clean.

Leave in the tin for 5 to 10 minutes. During this time, drizzle the sugar and lemon juice syrup over the hot cake. You may not want to use all the syrup mix – I usually use about 2/3 of it.

Turn out on to a cake rack to cool.

Low-fat Apple Loaf

This is best eaten on the day of making (this is not difficult to achieve!)

- 2 apples
- 3/4 cup brown sugar
- 1/2 cup low-fat plain yoghurt
- 2 eggs, beaten
- 1 3/4 cups (280g) Gluten Free Goodies Cake and Biscuit mix
- 3 tsp Gluten Free Goodies Baking Powder
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 to 1/3 cup each raisins (dried cranberries) and sultanas

Preheat oven to 170C, and grease and flour a 23 x 13cm loaf pan.

Grate the apples, with skins on, and combine with the sugar, yoghurt and eggs and set aside.

Mix the flour, baking powder and spices.

Blend in the apple mix and dried fruit.

Place in prepared tin.

Bake 45 to 60 minutes until skewer comes out clean.

Turn on to a rack to cool

Chocolate Brownies

These are very nice on the day they're made – so nice that I haven't yet found out what they're like the day after, because the kids eat them all!

- 100g butter
- 5 tbsp cocoa
- 150g sugar
- 3 eggs
- 1 tsp vanilla
- 120g (3/4 cup) Gluten Free Goodies Cake and Biscuit mix
- 1 tsp Gluten Free Goodies Baking Powder
- chopped nuts (optional)

Melt butter then remove from heat.

Add cocoa, sugar, eggs and vanilla and beat thoroughly.

Add flour and baking powder and mix.

Pour into a greased 20-23cm square tin or glass baking dish.

Bake at 180C for 20-30 minutes or until firm.

When cool, cut into squares.

Gingerbread Men (1)

These are very light and crunchy and not too sweet. First-class specimens in our opinion!

- 275g Gluten Free Goodies Cake and Biscuit mix
- 1/4 tsp baking soda
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 65g butter
- 1/3 cup sugar
- 2 Tbsp maple syrup or golden syrup
- 1 egg, beaten

Mix the flour, soda and spices together in a bowl.

Rub in the butter until the mixture resembles fine crumbs.

Add sugar, syrup and beaten egg, and mix to a dough (use your hands).

The mix should be soft but not sticking all over your hands. If it is too sticky, add a little more cake and biscuit mix and knead well.

Wrap the dough in plastic wrap and chill it in the fridge for 30 minutes.

Roll out to about 5mm thickness and cut into desired shapes (makes about 13 or 14 good-sized gingerbread persons)

Bake at 180C for 15 to 25 minutes depending on your oven and your preference for crunch in the final product.

Remove promptly to a wire rack to cool.

Gingerbread Men (2)

A traditional type of gingerbread being, not too strongly spiced, good with icing!

- 240g Gluten Free Goodies Cake and Biscuit mix
- 1/2 tsp Baking soda
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 2 tsp sugar
- 50g butter
- 3Tbsp golden syrup

- a little milk to mix, if needed - we found about 3 Tbsp worked well, but it does vary, so be prepared to experiment

Put flour, soda, spices and sugar in a bowl and mix well.

Melt butter and golden syrup together and pour over the dry ingredients.

Mix with your hands! Add milk if needed to get a good workable consistency

Roll out about 5mm thick in desired shapes.

Bake 15 – 20 minutes at 190C until lightly browned.

Ice with water icing if desired (50g icing sugar plus a little water to make a suitable consistency)

Gingerbread Men (3)

For those who enjoy chocolate flavoured gingerbread persons, these are very nice indeed

- 2/3 cup brown sugar
- 100g butter
- few drops vanilla essence
- 240g Gluten Free Goodies Cake and Biscuit mix
- 1 Tbsp cocoa
- 2 tsp ground ginger
- a little milk - we found about 1 Tbsp worked well but use caution, as in recipe #2 above!

Preheat oven to 190C

Cream butter, sugar and vanilla.

Add flour, cocoa and ginger and add a little milk if needed to mix to a soft workable dough.

Roll out 5mm thick and cut to desired shapes.

Bake 15 – 20 minutes until firm.

Cool on a wire rack.

Citrus Biscotti

These are lovely and keep for ages in an airtight tin. Dairy free too!

- 4 eggs, size 7
- 1/2 tsp salt
- 1/2 cup sugar (you can use 3/4 cup if you prefer a sweeter mix)
- 1 tsp vanilla essence
- finely grated rind of one orange or lemon or lime or whatever citrus flavour you prefer
- 200g Gluten Free Goodies Cake and Biscuit mix

Heat oven to 180C with the rack in the centre position

Line a 9x8x23cm loaf pan with paper in the bottom – if you have a larger pan feel free to use it, but this is about the minimum that will accommodate the mix!

Beat eggs, salt, sugar and vanilla together until very pale and fluffy. Preferably use an electric mixer on high speed.

Stir in citrus rind

Stir in Cake and Biscuit mix gently.

Turn into prepared pan

Bake 45 to 60 minutes until lightly browned and loaf springs back when pressed in the centre.

Cool in the tin, then wrap in plastic wrap and freeze for a few hours or overnight.

Cut into thin slices with a good sharp knife

Bake the slices at 130-150C for 30-50 minutes, inspecting regularly, until the slices are lightly browned and dry.

Cool on a wire rack and store in an airtight container – they last a long time, given the chance!

Gluten Free Gingerbread

This is a lovely light but moist recipe, adapted from one originally published by Allyson Gofton in The Great New Zealand Baking Book

- 125g butter
- 2 tbsp sugar
- 2 eggs
- 3/4 cup golden syrup
- 360g (2 1/4 cups) Gluten Free Goodies Cake and Biscuit mix

- 2 tsp Gluten Free Goodies Baking Powder
- 1 tsp cinnamon
- 2 tsp ground ginger
- 1 cup cold water

Cream butter and sugar.

Add eggs, beating well after each addition.

Blend in golden syrup, water and dry ingredients (I use an electric cake mixer for the whole procedure).

Bake in a lined 23cm round tin for 60 to 75 minutes at 180C or until a skewer comes out clean. This can vary widely between ovens so just keep checking after about 45 minutes cooking time.

Cool for 10 minutes in tin before removing to a wire rack to cool.

Currant Crackers

This is again a heavily adapted recipe, the original having appeared in The Listener. All the adult members of our family, including me, have tried these and said "These remind me of something I used to get when I was a kid..." but none of us can come up with what it actually was! Anyway, I find them nice (verging on addictive) so I don't make them too often because I have a nasty tendency to empty the tin all by myself!

- 3/4 cup currants
- 240g (1 1/2 cups) Gluten Free Goodies Cake and Biscuit mix
- 1 tsp Gluten Free Goodies Baking Powder
- 1/4 cup sugar
- 75g butter
- 1/4 cup milk or water
- water and sugar to coat

Mix flour, sugar and Baking Powder in a medium sized bowl

Rub in butter

Add currants and mix well

Add milk or water and mix well, using your hands. The mix will be very sloppy to begin with but will stiffen up to form a mix which can be rolled out.

Roll out about 4mm thick, brush lightly with milk or water and dust evenly with sugar.

Cut into about 20 to 24 squares and transfer to baking trays.

Bake at 180C for 20 – 25 minutes, until golden and firm to the touch.

Remove to wire rack to cool.

Snickerdoodle Slice

This is heaven for cinnamon and sugar fans like myself!

- 320g Gluten Free Goodies Cake and Biscuit mix
- 3/4 cup sugar
- 1 Tbsp ground cinnamon (not a misprint, one tablespoon is right!)
- 2 tsp Gluten Free Goodies Baking Powder
- 3 eggs
- 250ml milk or water
- 100g butter, melted
- 3 Tbsp sugar mixed with 3 tsp cinnamon, extra

Preheat oven to 180C

Lightly grease a 23 x 30cm glass baking dish or similar and dust with rice flour or Pikalet and Waffle mix to prevent the mix sticking.

Mix flour, sugar, cinnamon, and baking powder in a large bowl

Whisk together the eggs and milk or water in a separate bowl, then add to the dry ingredients.

Add the melted butter and whisk until combined.

Place half the mix in the prepared dish and level the surface. Sprinkle 2/3 of the cinnamon-sugar mix over this, then add the rest of the cake mix.

Sprinkle the rest of the cinnamon-sugar mix on top

Bake 25 – 30 minutes, until firm and lightly browned.

Cool in dish for 20 to 30 minutes before eating.

Probably keeps two or three days but I haven't had it sit around long enough to find out!

Chocolate Shortbread

This is a variation on the Lemon Star biscuits which have been on the website for a long time. Different, but just as nice.

- 175g butter, softened
- 125g sugar
- 30g cocoa
- 300g Gluten Free Goodies Cake and Biscuit mix
- 1 – 2 tbsp milk to mix if needed

Cream the butter and sugar.

Add cocoa and flour and mix well. If the mix is not easily rollable, add 1 – 2 tbsp milk.

Roll out 3 – 4 mm thick on a lightly floured surface.

Cut shapes as desired and dip them in extra sugar to coat the top surface.

Bake at 180C for 15 to 20 minutes until firm to the touch.

Remove to a wire rack to cool.

Spiced Indonesian Peanut Biscuits

These are delicious (and only very subtly spiced). They were discovered accidentally while my daughter and I were trying to find something easy and exciting to make for an International Food Evening being held by her Girl Guide group.

Topping

- 185g roasted unsalted peanuts (the easiest and tastiest and cheapest way of getting these is to dry roast your own, in a glass dish, in the microwave. Do them on high and turn every minute or two for about 5 or 6 minutes in total. Nice and fresh and not oily!)
- 3/4 cup icing sugar, gluten free

Biscuit Mix

- 125g butter
- 2 tsp vanilla essence
- 1 cup icing sugar, gluten free
- 1 egg
- 2 1/4 cups (360g) Gluten Free Goodies Cake and Biscuit mix
- 2 tbsp cornflour
- 1/4 tsp ground cloves
- 1 egg white, lightly whisked

For the topping, put the roasted peanuts and the 3/4 cup of icing sugar in a food processor or blender and combine until coarsely chopped. You can also do this by hand – it just takes longer!

For the biscuit base:

Cream the butter sugar and vanilla

Add the whole egg and blend

Add dry ingredients and knead to combine.

Roll out about 3 – 4mm thick.

Brush with whisked egg white and spread the peanut-icing sugar mix on top.

Cut into fingers and transfer to oven trays.

Bake at 180C for 15 to 30 minutes until golden brown.

Transfer to wire racks to cool.

Coffee Creams

My son really likes these.... So they don't get to sit in the tin for long.

Biscuits:

- 125g butter, softened
- 1/2 cup sugar
- 1 egg
- 1 tbsp instant coffee
- 1 tbsp boiling water
- 375g Gluten Free Goodies Cake and Biscuit mix
- 2 tsp Gluten Free Goodies Baking Powder

Filling:

- 2 tsp instant coffee
- 2 tsp boiling water
- 40g butter
- 1 cup icing sugar
- 1 tsp vanilla

For the biscuits:

Beat butter, sugar and egg together

Dissolve coffee in boiling water and add to the egg mix with the flour and Baking Powder.

Mix to form a dough (use your hands)

Roll out on a 'floured' surface to about 2mm thick and cut into rounds

Bake for 15 to 20 minutes at 180C until golden brown

Transfer to a cooling rack immediately (they break otherwise!!)

For the filling:

Dissolve coffee in hot water

Melt butter.

Add coffee and butter to icing sugar and vanilla and beat well until smooth.

Use to sandwich pairs of biscuits together.

Store safely out of reach of teenage males.

McGinty Biscuits

These are an old favourite from my childhood, and the recipe predates me by a long time! I have no idea of its origin – it just exists as a hand-written item in my mum's cookbook in its original wheaty form. The biscuits are of the soft and slightly chewy sort, and taste wonderful in my opinion!

- 100g butter, softened
- 150g brown sugar
- 1 egg
- 225g Gluten Free Goodies Cake and Biscuit mix
- 1/2 cup sultanas
- 1/2 tsp Gluten Free Goodies Baking Powder
- 1/2 tsp baking soda
- 4 tbsp milk
- 1 tsp cinnamon

Cream butter and sugar, then add the egg and mix well.

Dissolve the baking soda in the milk and add this, along with the flour and baking powder, to the egg mixture and mix well.

Add the sultanas and mix

Place in spoonfuls on a greased baking tray, allowing a bit of spreading room.

Bake at 180C for 20 to 25 minutes.

Christmas Recipes

- [Lemon Star Biscuits](#)
- [Christmas Cake](#)
- [Christmas Steamed Pudding](#)
- [Boiled Fruit Cake](#)
- [Last Minute Fruit Cake](#)

General decadence

- [Chocolate Indulgence](#)
- [Orange Chocolate Truffles](#)
- [Mocha Mousse](#)
- [Granola bars](#)
- [Pink summer clouds](#)

Jams, Preserves, Fillings etc

- [Lemon Honey](#)
- [Blueberry Jam](#)
- [Dairy Free Gluten Free Mock Cream](#)

Lemon Star Biscuits (makes about 30)

These are ridiculously simple and taste lovely. Their sugary tops make them seem thoroughly festive and special, and they make great gifts.

- 175g butter
- 125g sugar
- 1 tsp grated lemon rind
- 300 - 325g Gluten Free Goodies Cake and Biscuit mix

Cream butter, sugar and lemon rind.

Add flour, starting with 300g. If the mixture feels too sticky to roll out successfully, add the other 25g and mix well.

Roll out 2 to 3mm thick and cut into star or other shapes with a biscuit cutter.

Dip the tops of the biscuits in sugar and place on baking trays.

Bake at 180C for 15 to 20 minutes or until lightly browned. Lift carefully off the trays and transfer to a wire rack to cool. Store in an airtight tin.

Christmas Cake

This is a very fruity cake, which can have brandy or sherry added if you wish. It's fine without as well!

- 225g butter
- 1 cup sugar
- grated rind of one lemon
- 1 tsp vanilla
- 1 tsp each cinnamon, ground ginger and mixed spice
- 1 tsp Gluten Free Goodies baking powder
- 1/2 tsp nutmeg
- 3 cups (480g) Gluten Free Goodies Cake and Biscuit mix
- 6 eggs
- 1.5kg assorted mixed dried fruit (sultanas, currants, mixed peel, glace fruit - whatever takes your fancy!)
- 1 cup drained crushed pineapple
- blanched almonds to decorate
- 1/4 cup sherry, brandy or your favourite liqueur to pour over the hot cake (this is optional)

Line a 25cm round tin with greaseproof paper (sides and base)
Mix flour, baking powder and spices in a container and set to one side.
Cream butter, sugar, lemon rind and vanilla
Add eggs, one at a time, beating well after each addition and adding a little flour each time to prevent the mix curdling
Mix the fruit and pineapple in a BIG bowl, and add with the flour mix to the butter mix
Mix well with a spoon, press into the tin and brush the top with water
Decorate with blanched almonds
Bake at 150C for 1 1/2 hours, then turn the heat down to 130C for a further 2 hours or until a skewer comes out clean
Pour brandy, sherry or liqueur over hot cake if wanted
Allow cake to cool in tin
Store in a closed container for several days before cutting - the flavours mellow and the texture improves!

Christmas Steamed Pudding

Light and fruity and with a very nice flavour, this might even fool the people who eat 'real' flour.

- 225g Gluten Free Goodies Cake and Biscuit Mix
- 1/2 tsp each ginger, cinnamon and mixed spice
- 1/3 cup golden syrup
- 2 cups mixed dried and/or glace fruit - whatever you like best
- 2 tbsp sugar
- 1 tsp baking soda dissolved in 1 tbsp milk
- 3 size 7 eggs
- 125g butter or margarine

Cream butter, sugar and golden syrup together.

Add the eggs, one at a time and beat well.

Add all other ingredients and stir well to mix.

Place in a greased pudding bowl. I have a nifty one with a lid that screws on, and a built-in hole in the middle, so it produces a ring-pudding. However, any kind of heat-proof pudding basin will do fine. If you don't have one with a special lid, cover with greaseproof paper, then with foil, and secure the covering well. Place bowl in a large saucepan with hot water reaching about half way up the sides of the bowl, and bring to the boil. Keep the saucepan covered.

Reduce the heat and steam for 2 hours. Keep the boiling water about half-way up the sides of the pudding basin. You will need to check it from time to time and top up with boiling water, otherwise you may incinerate your saucepan and crack the pudding bowl as well!

Serve warm with custard, or whatever other gooey accompaniments you prefer.

My husband says it makes a thoroughly good cake as well, and has been known to eat lumps of it plain.

Boiled Fruit Cake

This doesn't keep as long as a traditional fruit cake, but it is VERY nice, and some people may prefer it. It is a lighter mix, but still moist and fruity, and will last for a week or so if it gets the chance. It does contain a lot of ground almonds, but it's worth it!

- 450g mixed dried and/or glace fruit (whatever mix you like best, but I'd recommend not using glace cherries as they lose their colour in this recipe!)
- 150g butter
- 150g sugar
- 1 tsp mixed spice
- 1 tsp baking soda
- 1x430g tin crushed pineapple, with its juice
- pinch of salt
- 3 size 7 eggs
- 250g Gluten Free Goodies Cake and Biscuit Mix
- 100g ground almonds
- 2 1/2 tsp Gluten Free Goodies Baking Powder

Put the fruit, butter, sugar, spice and soda in a large saucepan, add the tin of crushed pineapple, and bring to the boil, stirring constantly with a wooden spoon. Boil for three minutes over moderate heat, stirring throughout.

Remove this mixture from the heat and cool. You can either stand it in the sink in cold water if you're in a hurry, or leave it covered overnight if you're not.

Heat the oven to 160C

Add the flour, ground almonds, salt and baking powder, and mix in the lightly whisked eggs.

Stir well, then place in a paper-lined 23cm round pan (or equivalent volume in any other shape!) and cook for 1 3/4 to 2 hours, until a skewer inserted into the cake comes out clean.

Cool in the tin.

Last Minute Fruit Cake

This makes a beautiful cake with a great texture, and it really is ideal as a last-minute Christmas cake!

- 1.25kg mixed dried fruit (sultanas, currants, peel etc)
- 200g butter
- 3/4 cup brown sugar, firmly packed
- 1/2 cup sherry
- 1/2 cup water
- 2 tsp grated orange peel
- 1 tsp grated lemon peel
- 1 tbsp golden syrup
- 6 eggs, beaten
- 1 tsp Gluten Free Goodies Baking Powder
- 1/2 tsp baking soda
- 2 1/4 cups (360g) Gluten Free Goodies Cake and Biscuit mix
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- blanched almonds and glace cherries to decorate

Line a 25cm round tin with paper, extending 2 – 3cm above the edge.

Combine fruit, butter, water, sugar and sherry and stir over a low heat until butter and sugar melt.

Simmer, covered, for 10 minutes

Turn off heat and add golden syrup and grated rinds.

COOL to room temperature.

Add dry ingredients and eggs. Blend well

Spread into tin and decorate the top with blanched almonds and glace cherries.

Bake in the centre of the oven at 180C for one hour, then reduce to 175 for a further 1 to 1 1/2 hours, until done when tested with a skewer. (if you have an electric oven, you may want to set the temperatures a little lower – this has been developed using a gas oven)

Cool in tin.

Chocolate Indulgence

This is a very wicked version of the old melted chocolate and broken biscuits thing that everyone made at school. But it's better and full of all sorts of naughty tasty things.

- 8 broken gluten free biscuits (I used Gluten Free Goodies Company Spicy Speculaas or Hokey Pokey biscuits). This amounts to 200g of biscuits
- 180g dark chocolate
- 20g butter
- 1/3 cup crystallized ginger
- 1/3 cup sultanas
- 1/3 cup dried apricots
- finely grated rind of one orange or tangelo
- 1 cup dessert almonds
- 1 tbsp sherry or other alcohol of your choice (optional)

Put the biscuits, apricots, ginger and sultanas in the food processor and chop until fine.

Add the citrus rind and nuts and chop. There should still be nut lumps visible.

Melt the chocolate and butter in a double boiler.

Add the biscuit mix to the melted chocolate mix and stir well.

If adding sherry or other alcohol, add it now, and mix well.

Place in a round spring form pan (about 20 to 23 cm is good) and press down very firmly all over (use the bottom of a flat-bottomed glass).

Place in the fridge until set, then remove the springform side. The flat chocolate slab can be prised gently off the base and presented as you see fit. I suggest cutting into VERY thin slices and serving with coffee or tea. It is extremely rich but very enjoyable.

Orange Chocolate Truffles

My daughter made these with her French teacher, so I can't claim any credit for this. They are very yummy and make nice gifts!

- 3 cups gluten-free icing sugar (a little more may be needed)
- 120g butter
- 2 tbsp cocoa
- zest from 2 oranges
- 2 tsp vanilla essence
- 1-2 tsp orange essence
- chocolate for coating

Melt butter

Mix icing sugar and cocoa together, and add the vanilla and orange essence and orange zest.

Pour butter into this mix and stir until smooth.

Roll into small balls

Refrigerate for about 30 minutes on baking paper on a plate.

Melt the chocolate in a double boiler over hot water.

Put the truffles into the melted chocolate one at a time and remove gently with a spoon once they are covered.

Put on baking paper to set

Store in the refrigerator.

Mocha Mousse

Chocolate mousse without the raw eggs! This is very nice indeed.

- 1 1/2 cups cream
- 110g chocolate, chopped
- 30ml boiling water
- 1 tsp instant coffee
- 1/2 tbsp gelatine
- 40ml (2 1/2 tbsp) sugar
- 1 tsp vanilla

Combine 1/2 cup cream and the chocolate in a saucepan and heat over low heat, stirring, until smooth. Remove from heat.

In a bowl, stir the instant coffee into the boiling water until dissolved, then add the gelatine and stir until dissolved.

Stir the coffee mix into the chocolate mix until smooth.

Cool to room temperature.

Beat remaining 1 cup of cream with the sugar and vanilla until stiff.

Stir about 1/2 cup of the whipped cream into the chocolate mix to lighten it.

Gently fold in the remaining whipped cream.

Refrigerate for at least 2 hours before serving.

'Granola' Bars

These are a snack-bar with considerably less sugar and more flavour than the usual commercial variety!

- 1/2 cup each puffed millet, rice and buckwheat (these can usually be got from health-food stores. They are purely puffed grains with no sugar or anything else added)
- 1 cup slightly crushed gluten-free cornflakes (again, from the health-food shop)
- 1 cup chopped almonds (not blanched)
- 1 cup medium desiccated coconut
- 3 – 4 pieces glace ginger, very finely chopped
- 1/2 cup brown sugar
- 1/4 cup honey

- 100g butter

Place puffed grains and cornflakes in a large bowl with the finely chopped ginger. Carefully toast the chopped almonds in a frying pan over medium heat, stirring continuously, until they begin to go lightly brown. Then add the coconut and stir continuously until the coconut is lightly browned. Transfer the toasted mix into the bowl with the other dry ingredients and mix gently. Place brown sugar, butter and honey in a saucepan and heat over moderate heat until the temperature reaches 120C on a candy thermometer (soft ball stage when dropped into a glass of cold water). Transfer the hot sugar mix (carefully!) to the bowl containing all the other ingredients and blend very thoroughly with a large mixing spoon. Tip the sticky heap into a swiss roll tin and pack VERY firmly down, using the back of a tablespoon. You need to press it down so it is flat and solid-looking. Leave to cool then slice into bars.

Pink Summer Clouds

This recipe came from the NZ Listener years ago, and is just wonderful. If you have the great good fortune to have your own raspberry patch, try making it with all fresh raspberries. YUM! But any combination of summer berries is fine.

- 500g raspberries, strawberries, or any mixture you like
- 2 egg whites
- 1 tbsp lemon juice
- 2/3 cup castor sugar
- 300ml cream
- 140g tub lite sour cream
- 1 tsp vanilla

Hull and wash the berries and crush in a bowl using a potato masher. Put the egg whites in a bowl and whisk until frothy, then add lemon juice and half the sugar and whisk again. Beat in berries and remaining sugar. Put cream, sour cream and vanilla in a bowl and whip until thick. Fold berries into cream mix. Store in the fridge, covered, until serving time.

Lemon Honey

I know this doesn't have gluten in it anyway, but this is a really good recipe that makes a lovely flavoured, good textured product, so here it is!

- 250g sugar
- 3 size 7 eggs
- rind and juice of 2 large lemons, preferably Lisbon rather than Meyer
- 125g butter, cut into cubes

Place the sugar, egg, lemon rind and juice in the top of a double boiler (or a heat-proof bowl which will sit over a saucepan of boiling water) and whisk well to combine.

Add the butter, cubed.

Place the bowl or double boiler pan over a saucepan of simmering water and cook, stirring constantly, until the mixture thickens. (This only takes a few minutes).

Pour into sterilized jars, cover and keep in the fridge.

This recipe makes two medium-sized jam jars of lemon honey.

Blueberry Jam

This is another recipe that had no gluten to begin with, but it is such nice jam that I thought I'd include it anyway for those who would like to use it on gluten-free toast or pikelets, or whatever...

- 1 kg blueberries
- 4-5 lemons (juice only)
- 1 cup water
- 3 1/2 - 4 cups sugar

Combine water and blueberries and bring to the boil to soften the fruit a little. They can be gently mashed with a potato masher to reduce the number of whole berries in the final product.

Add sugar and lemon and bring back to the boil, stirring throughout.

Boil to gelling point (test by placing a little on a cold saucer and checking to see whether a skin develops). This usually takes about 10 to 15 minutes.

Place in sterile jars and seal. The recipe usually makes about 5 medium sized jars of jam.

Dairy Free, Gluten Free Mock Cream

This recipe has been sent in by one of our Internet customers, who prefers to be identified as "Kiwiyumyum". Her comments are:

"You may be interested in passing along this recipe to those amongst us who have dairy AND gluten intolerances. While looking for a way to clean candle wax off a carpet I came across this mock cream recipe in an old Handy Hints book. I replaced the milk and butter with Goats milk and Olivani [dairy free] margarine. I'm so impressed with the result that I just felt I had to share with others."

I have tried this recipe with both goat's milk (the UHT variety available in boxes at the supermarket) and Rice milk (the Vitasoy brand, enriched with chickpea flour, also UHT). I have found that both work well, the rice milk actually producing a rather thicker and creamier result than the goat's milk, possibly because of the extra chickpea protein. As Kiwiyumyum comments, the mock cream does look slightly curdled (not repulsively so!) but the taste is very pleasant in both cases, and might just add that extra little bit of luxury to the lives of the dairy and gluten intolerant who can use it as a cake filling or to top off other desserts. Just as an aside, Olivani is the only dairy-free margarine I know of which is regularly available. If anyone knows of others, please let me know and I will add the information to this recipe.

- 1 1/2 teaspoons cornflour
- 1/2 cup Goats milk (or soy or rice milk)
- 2 tablespoons dairy free margarine (Olivani)
- 2 tablespoons sugar
- Vanilla essence.

Mix cornflour to a smooth paste with milk. Put into a saucepan & boil 3 to 4 minutes. (Stir constantly & turn heat down when it starts to boil).

Remove from heat and allow to cool.

Cream margarine and sugar.

Add slowly to cool, cooked cornflour beating well. Add essence.

Will taste just like real cream if beaten well.

Savoury Recipes

Many of these recipes require just everyday ingredients, not our special products.

- [Lazy Lasagne](#)
- [Sweet and sour meatballs](#)
- [Savoury cheese muffins](#)
- [Self-crusting Quiche](#)
- [Parmesan biscuits](#)
- [Oriental Mince](#)
- [Beef Satay](#)
- [Kofta Curry](#)
- [Feregedel Celebes](#)
- [Rice Salad](#)
- [Chicken Pot Pie](#)
- [Savoury crackers](#)
- [Minced Beef Chop Suey](#)
- [Vegetable Curry](#)
- [Sweet and Sour Lamb](#)
- [Bolognese Sauce](#)
- [Preserved Beetroot](#)
- [Thai Green Chicken Curry](#)
- [Curried Chicken](#)
- [Lemon and Caper Chicken](#)

Lazy Lasagne (microwave recipe)

This is heavily adapted from an Alison Holst recipe of the same name. It uses rice flakes, which are not what they sound like: they are large triangular or oblong pieces of rice pasta, available dried in packets at many Asian food stores. They are very cheap and work beautifully in this kind of recipe. I have fed this to many unsuspecting visitors who have not the slightest idea they are having a wheat-free dinner!

- 500g minced beef
- 2 cloves garlic, crushed
- 2 tsp fresh oregano, chopped, or 1 tsp dried
- 2tsp fresh basil, chopped, or 1 tsp, dried (optional)
- 220ml tomato sauce (homemade is nice but anything will do!)
- 220ml hot water
- 1 tbsp tomato paste
- 1 tbsp maize cornflour (mix this in with the meat and herbs at the beginning)
- 1 beef or vegetable stock cube, gluten-free
- 1 1/2 cups hot water (yes, a second lot – mix with the tomato paste and stock)

Combine all the above ingredients and mix well. It will look totally disgusting. Don't panic, things will improve!

- Grate 3 cups of tasty cheese.

Mix 1 1/2 cups of the cheese into the meat mix. It will now look even worse. Still don't panic!

- Measure out 150g of rice flakes – triangular or oblong, whichever variety you managed to get.

Place 1/3 of the revolting meat mix in the bottom of a deep microwave-proof casserole dish. Place half the rice pasta evenly over this, then add the next 1/3 of the meat mix. Add the other half of the pasta and cover with the last of the meat mix.

Cover the casserole and cook on high power in the microwave for 30 minutes.

While this is happening, prepare the sauce as follows:

- 4 tsp maize cornflour
- 2 eggs
- 1 1/2 cups milk
- the remaining 1 1/2 cups grated cheese
- 1 tsp salt

Blend cornflour, eggs, milk and salt together, then mix in the cheese.

Once the meat mix has cooked, remove it from the microwave and pour the cheese sauce mix over it. I usually stab the mix a few times with a knife to let the sauce spread down into the meat a little, but if you prefer your food tidier, just leave it sitting on top. Sprinkle generously with paprika and return to the microwave for 10 to 20 minutes on high to set the custard topping.

Allow to stand for 10 minutes to avoid scalding mouths, then serve with a fresh salad.

Leftovers can be stored in the fridge and reheated next day.

Sweet and Sour Meatballs

File this one under the “what can I do with 500g of mince” heading! Makes a nice change and doesn't require a lot of effort.

Meatballs

- 450 – 500g beef mince
- 1 tsp salt
- ground black pepper to taste
- 1/4 tsp five-spice powder
- 2 cloves garlic, crushed
- 2 tbsp maize cornflour
- oil to fry

Mix all ingredients apart from oil and cornflour together and roll into 2-3cm balls.

Roll in cornflour and fry by tossing gently in hot oil for 5 to 10 minutes.
Remove to a plate,

Drain and clean the pan, add 1 –2 tbsp fresh oil and make the sauce as follows:

Sauce

- 1 red pepper, seeded and cut into large strips
- 1-2 carrots, peeled and cut into thin diagonal slices
- 1 onion, sliced into wedges
- 1-2 courgettes, sliced
- handful of fresh beans, sliced and lightly steamed
- 1 slice root ginger, finely chopped
- 1 small tin of pineapple in its own juice.
- 300ml chicken stock or water
- 75ml white wine vinegar or cider vinegar
- 15ml gluten-free soy sauce
- 15ml brown sugar
- 15ml (1 tbsp) maize cornflour

Mix soy sauce, brown sugar, cornstarch and vinegar together.

Heat oil and stir fry vegetables and ginger for a few moments, then add stock or water and simmer briefly until vegetables are crisp-tender.

Add vinegar mix and pineapple with its juice.

Heat to thicken, add meatballs and warm through.

Serve with rice or rice noodles.

Savoury Cheese Muffins

In our [Muffins](#) collection

Self-crusting gluten free Quiche

In our Cake and biscuit collection

Parmesan Biscuits

These make a nice crisp savoury snack.

- 80g Gluten Free Goodies Cake and Biscuit mix
- 40g butter
- 1 egg yolk
- 40g grated parmesan
- salt and pepper to taste (try 1/2 tsp salt and 2 grinds of black pepper)

Rub the slightly-softened butter into the flour to give a fine crumbly mix

Add the parmesan, egg yolk and seasoning, mix well (use your hands)

Roll the mixture into a log about 3cm diameter. If the mix does not hold together enough to roll it into a log, add a little egg white gradually until you can

Wrap the log in plastic film, and chill in the fridge for 10-30 minutes

Cut into thin slices, about 3-4mm thick

Bake at 200C for 10-15 mins until golden brown

Remove to a wire rack to cool

Sang Cho Bau (Oriental Mince)

Serves 4. Very handy for a quick meal when time and inspiration has run out!

- 1 1/2 cups long-grain rice, cooked as you see fit
- 1 Tbsp cooking oil
- a few drops of sesame oil
- 1 tsp grated fresh root ginger
- 1 garlic clove, crushed
- 1 onion, chopped
- 500g lean minced beef
- 2 Tbsp sherry
- 2 Tbsp gluten-free soy sauce
- ground black pepper
- 1 Tbsp cornflour in 1/2 to 3/4 cup water

Heat oil and sesame oil in a frying pan, then add ginger, garlic and onion and mince. Fry on high heat until well cooked, stirring continuously.

Remove from heat and add sherry, soy sauce, pepper and cornflour mix.

Return to heat until sauce thickens.

Serve with rice and a fresh green salad.

Beef Satay

Serves 4

- 1 1/2 cups long grain rice, cooked your favourite way
- salad, served with tahini yogurt dressing (see recipe below)
- 700g lean rump steak or similar
- 1/2 cup sherry
- 1 Tbsp brown sugar
- 1 Tbsp sesame oil
- 2 tsp grated fresh root ginger
- 1 garlic clove, crushed
- 1/4 tsp five spice powder

- 1/4 tsp chili powder

Peanut sauce:

- 1 onion finely chopped
 - 2 tsp cooking oil
 - 1 garlic clove crushed
 - 1/2 cup crunchy peanut butter
 - 2 tsp gluten free soy sauce
 - 1 tsp sugar
 - 1/2 cup coconut cream
- Cook the onion and garlic in the oil in a saucepan, add all other ingredients and heat through. If needed, add extra coconut cream to thin the sauce.

Trim fat from beef and cut into 2 cm cubes.

Mix all other ingredients (apart from the sauce) in a bowl.

Thread the beef onto bamboo skewers (which have been soaked in water for 30 min beforehand if possible), using 4 to 5 bits per skewer.

Lay the meat skewers in a flat dish and pour the marinade over. Leave up to 1 hour.

Cook under grill or on barbecue until meat is done to your taste, basting with marinade throughout the cooking process.

Serve on rice with peanut sauce, and salad accompanied by tahini yogurt dressing.

Tahini Yogurt dressing:

- 4 large Tbsp plain unsweetened yogurt (Greek style is very nice)
- 1 Tbsp tahini
- 1 clove garlic, crushed
- 1 Tbsp gluten-free soy sauce
- juice of 1/2 to 1 lemon, to taste

Mix all ingredients together and blend thoroughly. Store in the fridge, covered, for up to 4 days.

Kofta Curry

This is a very tasty way to deal with 500g of mince. Again, both our kids really enjoy it.

- 1 onion, chopped
- 2 tsp grated fresh root ginger
- 1/4 cup gluten-free breadcrumbs
- 1 tsp garam masala
- salt & pepper
- 1 egg
- 2 tsp chopped fresh mint
- 500g lean minced beef
- 1 Tbsp cooking oil
- 1 large onion, chopped (yes, another one!)
- 1 garlic clove crushed
- 1 1/2 tsp curry powder
- 1 cup chopped, peeled tomatoes
- 1 cup beef or vegetable stock

Place onion and half the ginger in a bowl and add breadcrumbs, garam masala, salt, pepper, egg, mint and minced beef. Mix well

Allow the mix to stand for a few minutes while you prepare the tomatoes etc then mix again and shape into small balls.

Heat oil in a frying pan and brown the meatballs on all sides. Remove the meatballs to a plate.

To the remaining oil, add the second chopped onion, and cook until soft. Then add the garlic, remaining ginger and curry powder and cook for a few minutes.

Stir in the tomatoes and stock, return the meatballs and simmer about 30 minutes until the meatballs are cooked. If necessary, top up the liquid levels from time to time with water or stock during cooking. If you

prefer a thicker sauce, add a small amount of cornflour in water (start with 2 tsp cornflour) just before serving.

Serve with rice and salad vegetables

Feregedel Celebes

This comes from a very obscure, tiny recipe book which fell out of the back of my highly disorganised recipe cupboard recently. It has been heavily modified to adjust the original texture (which was odd!), but once 'improved' was met with approval all round!

- 800g potatoes
- 500g lean minced beef
- 1 large onion, chopped
- 2 tsp salt (or to taste)
- 1/2 tsp ground black pepper
- 3/4 tsp ground nutmeg
- 1 or 2 eggs (this varies with the size of egg and the type of potato - see below)
- 50g butter

Boil potatoes until soft and then mash with salt (do not add any butter or liquid at this point!)

Melt butter in a frying pan, and fry onion, mince and nutmeg until well browned and no liquid remains

Add meat mix to potatoes and blend together.

Add 1 egg initially and mix well. If not moist enough to form into balls, add the other egg. If disaster strikes and it goes too sloppy, add Gluten Free Goodies Cake and Biscuit mix, or gluten free breadcrumbs, until a good consistency is reached

Roll into small balls and shallow fry in hot oil, turning regularly until browned all over.

Serve with salad and tahini yogurt dressing, and accompany with peanut sauce (see beef satay recipe above) or tomato sauce or whatever else takes your fancy.

Rice Salad

For those of you with long memories (and as old as I am), you might just recognise this as a rather drastic modification of "Sri Wasano's Infamous Rice Salad" from the Moosewood Cookbook of old. The original quantities of oil have been severely reduced and some other quantities have also been modified, but I think it still has a lovely flavour!

- Cook 2 cups brown rice (preferably the medium grain calrose sort) in boiling water, rinse and then steam briefly or microwave briefly to reheat when you are preparing the salad.
- 2 Tbsp olive or other good quality cooking oil
- 2 Tbsp sesame oil
- 1/3 cup orange or tangelo juice (preferably squeeze your own fresh - it tastes much better!)
- 1 clove garlic, crushed
- 2 Tbsp wheat-free tamari (soy sauce)
- 2 Tbsp cider vinegar
- 1 cup crushed pineapple in its own juice

Add the hot rice to the sauce mixture given above. It will look all wet and horrible, but the hot rice soaks up the liquid - honest!

Allow this mix to cool in the fridge (covered), and prior to serving, add whatever you like from:

- 2 -3 finely chopped spring onions
- 1 stalk finely chopped celery
- 1 cup fresh mung bean sprouts
- 1/2 cup raisins
- 1/2 cup roast nuts
- 2 Tbsp toasted sesame seeds
- 1 finely sliced red or green pepper

any other vegetables you enjoy in your salads!

Chicken Pot Pie

Another recipe located by my mum and ideally suited to gluten-free cooking. Both our kids really enjoy this!

To serve 4 people:

- 4 chicken breasts, cut up finely (or maybe even minced if you prefer)
- 1 small onion, finely chopped
- 4 rashers of bacon, chopped
- 1 cup of chicken stock or water
- 2 Tbsp cooking sherry
- 1 Tbsp cornflour dissolved in a little water
- Mashed potatoes (about 500 – 700g potatoes, cooked and mashed with butter or oil)

Heat a little cooking oil in a frying pan and cook the chicken for a few moments until lightly browned. Remove this from the pan

Add onion and bacon to the pan and fry for a few minutes until cooked through.

Return the chicken to the pan and add stock and sherry. Simmer for a few minutes over low heat, then thicken with the cornflour and water mix. If the resulting mix is not adequately thickened, add a little more cornflour in water.

Transfer the mix to a shallow oven-proof casserole or baking dish and top with mashed potatoes. If desired, sprinkle the top with a little grated cheese.

Brown in a hot oven (about 210C on fan bake) until the mashed potato topping is browned to your satisfaction (usually about 30 minutes)

Savoury crackers

We have two recipes for you to try, both of which are nice and toothsome and don't taste like rice crackers!!

I have a slight preference for the cream crackers, but they are both good. For reasons that escape me, the plain crackers really do need to be treated like biscotti and cooked twice to get them crisp. The cream crackers go adequately crunchy with just one cooking, though some people might prefer to give them another burst as well.

Cream Crackers

- 1 cup Gluten Free Goodies Cake and Biscuit mix
- 1/2 cup Gluten Free Goodies Bread mix
- 1/4 tsp salt
- 2 tsp sugar
- 1/4 tsp baking soda
- 75g butter
- 1/2 cup sour cream (lite style is fine)

Blend flours, salt, sugar and soda briefly in food processor if you have one, or mix by hand if you don't. Add butter and process in food processor to a fine crumb, or rub in well if operating by hand.

Add sour cream and process or mix to a soft dough. If needed, add 2 to 3 tsp water to get required texture. Mix well and roll out on a 'floured' surface to about 2-3mm thickness (the thinner you roll them the crunchier they tend to go)

Cut to shape and bake at 200C for 15 to 20 minutes until golden brown. Cool, then store in an airtight container.

Plain crackers

- 1 cup Gluten Free Goodies bread mix
- 1 cup Gluten Free Goodies cake and biscit mix
- 1 tsp Gluten Free Goodies baking powder
- 1 tbsp poppy seeds
- 1 tbsp grated parmesan
- 75g butter
- 1 tbsp golden syrup dissolved in 150 to 175 ml cold water

Mix the first five ingredients together.

Rub in or food process in the butter.

Gradually add the golden syrup in water mix until a rollable ball is formed.

Roll out thin on a 'floured' board and cut to shape.

Bake at 180C on fanbake til lightly browned.

Cool, on a wire rack, then replace on trays and cook on low heat (about 150C) for about half an hour until browned.

Remove to racks again and cool. Store in an airtight container

Minced Beef Chop Suey

This is another handy recipe for spinning out 500g of mince! Simple and very tasty.

- 2 stalks celery, cut into thin strips about 3cm long
- 2 courgettes, cut as for celery
- 1 carrot, cut as for celery
- 1/2 red pepper, in strips
- 1 onion, diced
- 2 slices fresh root ginger, finely diced
- 500g leans beef mince
- 1 gluten-free beef or beef-style stock cube
- 1/2 tsp each salt and sugar
- 1/4 cup soy sauce (gluten free)
- 1/4 cup sherry
- 1 cup water
- 2 cups sliced cabbage
- 2tbsp maize cornflour mixed with a little water
- few drops sesame oil
- cooked brown or white rice, to serve

Fry onion, ginger and mince together in a little vegetable oil until well browned.

Add prepared vegetables EXCEPT for the cabbage, and add salt and sugar. Stir-fry for a couple of minutes so the vegetables are still crunchy.

Add liquids and stock cube and simmer for a few minutes until the vegetables are crisp-tender.

Add cabbage and cook briefly to avoid making the cabbage soggy.

Add a few drops of sesame oil

Add cornflour as desired to thicken the mix, and serve immediately on hot rice.

Vegetable Curry

This is really yummy and very easy to make. Whenever the kids (who are highly carnivorous) are away, I make this for my husband and me!

- 1 onion, diced
- 4 cloves garlic, crushed
- 1/2 tsp ground cumin
- 1 tsp garam masala
- 1/2 tsp ground coriander
- 1/8 to 1/4 tsp mild chilli powder (optional)
- 2 –3 tbsp cooking oil
- 400ml tin coconut cream
- 4 –5 cups lightly steamed vegetables (I find kumara, pumpkin and fresh green beans really nice, but try anything!)
- 1 – 2 tbsp cornflour in water to thicken if needed
- steamed rice, to serve

Heat oil in a large saucepan (not a frying pan!) and sauté the onion, garlic and spices until fragrant and sizzling.

Add coconut milk and mix well. Depending on the coconut milk you use, it may look a bit curdled and, well... yuck. Don't panic – it all comes right in the end!

Add the vegetables and simmer for 10 to 15 minutes, stirring frequently, until vegetables are cooked through. You may need to add a bit of water to the mix to ensure the vegetables are just covered during the cooking – it depends how generous you've been in measuring out the veges!

If desired, thicken with a little cornflour in water. (If you have used light coconut cream this will almost certainly be needed)

Serve on hot rice.

Sweet and Sour Lamb

This is a way of spreading a rather expensive but very tender cut of meat a long way!

- 500g lamb fillet, sliced across the grain into rounds about 5 –10mm thick

- 2 tbsp cooking oil
- 2 onions, cut in wedges
- 1 red pepper, sliced
- 1 carrot, thinly sliced
- 1/2 tsp ground ginger
- 1 x 425g tin of pineapple pieces in juice
- 1 tbsp cornflour
- 1/4 cup white vinegar
- 2 tbsp sherry
- 1 tbsp gluten free soy sauce
- 2 tsp sugar
- salt to taste

Fry lamb pieces in oil in a wok until lightly browned. Remove and set aside.

Clean out wok if necessary, add a little more oil and cook onion, pepper and carrot until tender but still crunchy.

Add ginger

Drain the pineapple, retaining the juice and making it up to 1 cup with water.

Add the pineapple and the liquid to the wok.

Mix the cornflour with the vinegar, sherry and soy sauce and add to the wok.

Heat until the sauce thickens, then return the meat pieces to the mix and briefly ehat through.

Serve with rice.

Bolognese Sauce

This is exceptionally yummy. I often have it just with a baked potato, but you can be more traditional and have it on rice pasta (best got from your local Asian supply shop). Serve with a nice crisp garden salad, and a sprinkle of parmesan cheese.

- 500g minced beef
- 1 large onion, chopped
- 1 garlic clove, crushed
- 1 large carrot, grated
- 4 large tomatoes or 6 –8 smaller ones, peeled and chopped
- 1/2 cup tomato sauce (homemade is great but anything will do)
- 2 tbsp tomato paste
- 1/4 cup sherry or red wine
- 1 tsp fresh basil, chopped, or 1/2 tsp dried
- 1 tbsp chopped fresh parsley
- salt and pepper to taste

Cook mince, onion and garlic in a little oil over moderate to high heat in a heavy frying pan. Cook until juices evaporate and the meat browns.

Add carrot, reduce heat and cook, stirring for a couple of minutes.

Add tomatoes, tomato paste, tomato sauce, sherry or wine and herbs, and mix well.

Bring to the boil then reduce heat to simmer, covered, for 30 –40 minutes.

Preserved Beetroot mix

My mother-in-law passed along this very simple and delicious recipe to me and we have enjoyed it for years. For extra elegance, grow the slender cylindrical beetroot because they cut into nice even rings and fit in the jars well, but any variety of beetroot will do!

The mix is, by volume:

- 1 part sugar
- 1 part water
- 2 parts cider vinegar

You can make any quantity you like, depending how much beetroot you have to deal with. I find that using cups gives plenty to do two large preserving jars (the big old fashioned agee jars)

Firstly, wash your beetroot, then cook in water in a large saucepan, with their skins on, until they are tender when pricked with a knife. Drain them and immerse in cold water for a few minutes (to avoid burning yourself!)

Peel the skins off – this should be really easy because they just slide off the cooked beetroot.

Slice the beetroot into thinnish rings to suit your preferences, and pack into clean preserving jars.

Pour the liquid mix over the beetroot to completely cover it. You may need to slide a knife blade carefully down the sides of the jar to remove air bubbles.

Cover the jars and store in the fridge. The mix will keep for two or three months with no problems.

Thai green chicken curry

This is really nice. However, if you are like me and extremely sensitive to chilli, be very cautious in your application of the green curry paste. I tend to use about a quarter of what is routinely suggested in recipes, and this is what I have recommended in this recipe. If you find it insipid, go right ahead and add more!

For four servings:

- 700g chicken breast fillets, cut into 4cm squares
- 2 tbsp fish sauce
- 2 cloves garlic, crushed
- 2 tsp ginger root, grated
- grated rind of one lemon
- 2 tbsp finely chopped fresh coriander
- 1 to 1 1/2 tsp green curry paste (see above) Most supermarkets have this
- 1 1/2 cups coconut milk
- 1 1/2 cups gluten-free chicken stock
- 100g button mushrooms, sliced
- 100g lightly steamed green beans, sliced
- 1 tomato, sliced into 8 wedges with the sloppy seedy part removed!
- 1/4 cup fresh sweet basil leaves

Place chicken pieces in a bowl and sprinkle with fish sauce. Mix well, cover and set aside.

Heat 2 –3 tbsp oil in a wok, and stir fry the garlic, ginger, lemon and coriander for 30 – 40 seconds

Add green curry paste and stir for another 30 seconds

Pour stock and coconut milk into the wok and bring to the boil.

Add chicken pieces, beans and mushrooms.

Bring to the boil then reduce heat and simmer 5 – 10 minutes or until chicken is cooked through.

Add tomato wedges and basil and heat for about a minute.

If you prefer a thicker sauce, add a little maize cornflour mixed with water to thicken to your taste.

Adjust seasoning and serve on long-grain white rice or basmati rice.

Curried Chicken

This is a really easy recipe, and my kids both like it! Tasty, and good for days when the brain has ceased functioning!

For four servings:

- 4 chicken breasts
- 1 large onion sliced in rings
- 2 tbsp cooking oil
- 25g butter
- 1 clove garlic, crushed
- 4 tbsp apricot jam
- 3 tbsp cider vinegar
- 1 1/2 tsp curry powder (I find Vencat nice – not the hot one though!)
- 1 cup water
- salt and pepper to taste

Heat butter and oil together

Add chicken breasts and cook for about ten minutes, turning until lightly browned on all sides.
Add onion rings and garlic and sauté until onion is clear (usually 2 or 3 minutes)
Tip off excess oil.
Mix jam, vinegar, curry powder and water. Pour over the chicken and bring to the boil.
Reduce heat to low, cover, and simmer 20 to 30 minutes until the chicken is cooked through.
Thicken with a little maize cornflour in water and serve on rice, with salad or cooked vegetables of your choice.

Lemon and Caper Chicken

This really is the ultimate in easiness, and it tastes great! Get the children into the kitchen to do this one! This recipe surfaced in a Foodtown magazine and has been a regular on our menu ever since.

For 4 serves:

- 2 tbsp oil plus a small knob of butter, for frying
- 700g chicken tenders or chicken breasts, cut in half to make them thinner
- 4 tbsp capers
- 4 tbsp lemon juice

Heat the oil and butter until the butter has melted

Add chicken pieces and cook 3 to 4 minutes each side or until golden and cooked through (test by cutting a piece open with a knife)

Add capers and lemon juice and stir until warmed through.

Serve!

This goes well with a baked potato, and either a salad or steamed green beans.

Muffin Recipes

NOTE TO MUFFIN MAKERS

In all of these muffin recipes you can add an extra egg without changing the rest of the recipe at all. This gives a "toothier", slightly less crumbly texture. Both versions work well, it all depends on how you feel about eggs and toothiness.

- [Blueberry muffins](#)
- [Apple and sultana muffins](#)
- [Marmalade and Tangelo Muffins](#)
- [Savoury Cheese Muffins](#)
- [Spice Muffins](#)
- [Maple Syrup Muffins](#)
- [Carrot Muffins](#)

Blueberry Muffins (makes 12 to 14)

These are part of the staple diet in our house. They are best eaten on the day of baking, or frozen. They freeze well, and can be hauled out at any hour and microwaved into submission. They are light and moist, and NOT crumbly! According to my husband, they also lack the bitter, excess-baking-powder taste common to so many commercial muffins (gluten free or otherwise.)

- 2 1/4 cups Gluten Free Goodies Cake and Biscuit mix (360g)
- 1 tsp mixed spice
- 5 level tsp Gluten Free Goodies Baking Powder
- 70g melted butter
- 3/8 cup sugar
- 2 eggs
- 1 cup milk
- 1 cup blueberries (fresh or frozen)

Melt butter and use a little to lightly grease the muffin pan.

Beat in sugar, eggs and milk

Add flour, spice, baking powder and blueberries, then mix to combine.

Fill muffin tins at least 3/4 full – preferably a little more.

Sprinkle tops with cinnamon and sugar mix (keep a jar with 2tsp cinnamon and 1 cup sugar mixed)

Bake at 230C for about 15 minutes.

Apple and Sultana Muffins (makes 12 – 14)

I really like these. They have all the characteristics I have proclaimed above for blueberry muffins, but don't stain your shirt front blue!

- 1 1/2 cups apples, peeled, cored and diced (granny smiths work well)
- 1/2 cup sultanas
- 2 tbsp sherry
- 1/2 cup sugar
- 2 eggs
- 3/4 cup milk
- 100g melted butter
- 1 tsp mixed spice
- 2 1/4 cups Gluten Free Goodies Cake and Biscuit Mix (360g)
- 5 level tsp Gluten Free Goodies Baking Powder

Melt butter and use a little to grease muffin pan

Add to the melted butter the eggs, milk and sugar and mix well

Mix together the apples, sultanas and sherry

Add the fruit and sherry mix, together with the flour, Baking powder and spice, to the egg mix

Fill muffin tins nearly to the top. The mix will look very wet. It's meant to! Don't worry.

Bake at 210C for 20 – 25 minutes, or until firm and golden brown.

Marmalade and Tangelo Muffins

- 400g Gluten Free Goodies Cake and Biscuit mix
- 5 level tsp Gluten Free Goodies Baking Powder
- 70g butter
- 1/2 cup sugar
- 3 size 7 eggs
- 1/4 cup of your favourite marmalade
- grated rind of one tangelo (or orange or whatever citrus you prefer)
- 1 cup milk
- cinnamon and sugar mix to sprinkle on top of muffins

Melt butter.

Add sugar, eggs, milk, tangelo rind and marmalade and whisk well

Add dry ingredients and mix well.

Place in paper-lined muffin tins, filling each almost to the top.

Sprinkle the tops of the muffins with a little cinnamon and sugar mixed together.

Bake at 220C for 20-25 minutes until golden brown and firm to the touch.

Eat immediately, or freeze for later use. These muffins freeze really well and can be heated in the microwave when required.

Savoury Cheese Muffins

Nice for lunch, or a savoury snack for morning tea.

- 360g (2 1/4 cups) Gluten Free Goodies Cake and Biscuit mix
- 5 level tsp Gluten Free Goodies Baking Powder
- 70g melted butter
- 3 eggs
- 1 1/4 cup water or milk
- 1/2 to 1 tsp curry powder (optional)
- 1/2 tsp salt
- 1 small onion, very finely chopped
- 1 cup grated tasty cheese

Melt butter, then whisk in milk (or water) and eggs

Add dry ingredients, cheese and onion and mix well

Place in oiled muffin tins, filling at least 3/4 full. (Makes about 10 to 12)

Bake at 230C for 15 to 20 minutes until firm and golden brown

Cool in tins for 10 minutes before removing to a rack

Variation from Carol Waugh: **Light and Tasty Cheese Muffins**

This makes a very nice light textured muffin.

- 360g (2 1/4 cups) Gluten Free Goodies Cake and Biscuit mix
- 4 level tsp Gluten Free Goodies Baking Powder
- 70g melted butter
- 4 eggs (separated)
- 1 1/4 cup water or milk
- 1/2 to 1 tsp curry powder (optional)
- 1/2 tsp salt
- 1 spring onion, very finely chopped
- 1 cup grated parmesan cheese
- 5 sundried tomatoes, finely chopped

Melt butter, then whisk in milk (or water) and egg yolks

Add dry ingredients, cheese, onion and tomatoes and mix well

Beat egg whites until stiff, fold into mixture

Place in oiled muffin tins, filling at least 3/4 full. (Makes about 10 to 12)

Bake at 230C for 15 to 20 minutes until firm and golden brown

Cool in tins for 10 minutes before removing to a rack

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Spice Muffins

These are our current favourite in the muffin department – light and moist and very moreish!

- 3/4 cup water
- 3 Tbsp golden syrup
- 65g butter or equivalent
- 1/3 cup sugar
- 3 eggs
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg
- 1/2 tsp ground allspice
- 1 tsp ground cinnamon
- 320g Gluten Free Goodies Cake and Biscuit mix
- 3 level tsp Gluten Free Goodies Baking Powder

Melt butter and golden syrup in a saucepan. Remove from heat and add sugar and water and mix well. Whisk in eggs and spices.

Add flour and Baking Powder and blend lightly. The mixture will be sloppy. Don't panic, all will be well!

Place in oiled muffin tins (makes 12 normal or about 36 mini muffins)

Bake at 210C for 15 to 20 minutes until well-risen and golden brown.

Cool in the tin for 5 minutes before removing to a wire rack.

Maple Syrup Muffins

These are a bit expensive to make (because of the maple syrup) but they are nice!

- 1/2 cup water
- 1/2 cup maple syrup
- 100g butter, melted
- 3 eggs
- 3 tsp Gluten Free Goodies Baking Powder
- 320g (2 cups) Gluten Free Goodies Cake & Biscuit mix

Lightly oil a muffin tray and preheat oven to 210C.

Mix melted butter, water, maple syrup and eggs together.

Add flour and Baking Powder and mix. The mix will be sloppy – it should be!

Fill muffin tins nearly to the top, and bake 15 to 20 minutes until golden brown and firm to the touch.

Carrot Muffins

- 1 cup milk or water (I used water)
- 3 eggs
- 75g butter, melted
- 1 cup grated carrot
- 1/2 cup sultanas
- 1 tsp cinnamon
- 1 tsp nutmeg
- 3 tbsp apricot jam

Mix all these ingredients together in a bowl, then add:

- 3 tsp Gluten Free Goodies Baking Powder
- 1/4 cup brown sugar
- 280g (1 3/4 cups) Gluten Free Goodies Cake and Biscuit mix (you can also use Lite Cake & Biscuit mix)

Mix together and place in oiled muffin tins. The recipe makes 12 good-sized muffins. Bake 15 - 20 min at 220C or until nicely risen and firm to the touch.

Cool in tins for 5 to 10 minutes then remove to a wire rack to cool.

Pikelets, Pancakes, Waffles and Fritters

- [Pikelets](#)
- [Pancakes](#)
- [Corn fritters](#)
- [Basic waffles](#)
- [Cheese waffles](#)
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Pikelets

These are light and toothsome and not gritty! They also freeze well and can be thawed very quickly in the microwave for a quick snack. The pancake modification is particularly well-received by children, especially when accompanied by maple syrup or lemon and sugar.

- 1 1/4 cups GFG Pikelet and Waffle Mix
- 2 eggs (size 7)
- 25g melted butter
- 3 level tsp GFG Baking Powder
- 1/4 cup sugar
- 200 ml milk
- 1/2 tsp vanilla (optional)

Beat eggs, sugar and vanilla together until thick and frothy

Add flour mix, baking powder, melted butter and 150 ml of the milk and mix well.

Let the mixture stand for 4 or 5 minutes while heating a heavy -based, preferably non-stick frying pan or skillet.

Add the remaining milk as needed to adjust thickness for the kind of pikelets you prefer

Cook over medium heat. Drop tablespoons of mixture into the pan, and turn once the pikelets are beginning to bubble. Cook until both sides are golden brown.

These pikelets freeze well and can be microwaved briefly to thaw. If not frozen, they are best eaten soon after cooking.

Pancakes

The Pikelet recipe above can also be used to make pancakes. Just thin the basic mix as desired with milk or water to give a thin, pouring consistency, and cook as usual. If you want to, you can thin it down lots to make really wafer-thin ones.

For a delicious quick savoury meal, roll a thin pancake around any tasty treat (ham-and-cheese, heat-and-eat tuna, spicy vegetable mix etc)! If you like them crunchy, put them in the oven in a baking dish after filling, and bake for a few minutes.

Corn Fritters

Kids love these, and they make a really tasty lunch (even for grownups).

- 300 – 400g sweetcorn kernels, lightly cooked or thawed in microwave if frozen
- 2 eggs (size 7)
- 1/2 cup Gluten Free Goodies Pikelet and Waffle Mix
- 1 1/2 teaspoons Gluten Free Goodies Baking Powder
- 50g grated tasty cheese
- salt and pepper to taste

Whisk eggs, salt and pepper

Add flour and baking powder and whisk thoroughly.

Add sweetcorn and cheese and blend well

Cook in a mixture of 25g butter plus a few tablespoons of cooking oil, or in pure vegetable oil if preferred, until well risen and browned on both sides.

Basic Waffles

These are better than the real thing in my opinion, because they are slightly crisper. Waffles are always a bit time-consuming to make, but they're well worth it from time to time.

- 2 cups Gluten Free Goodies Pikelet and Waffle Mix
- 2 tsp Gluten Free Goodies Baking Powder
- 2 eggs, separated
- 3/4 cup milk
- 1 cup water
- 90g butter, melted
- 1/4 cup sugar

Preheat waffle maker.

In a large bowl, combine flour, baking powder, egg yolks, milk, water and melted butter. Using an electric mixer, blend until smooth.

With clean beaters, beat the egg whites until they form stiff peaks, then gradually add the sugar, beating well after each addition.

Fold the egg white mix into the rest of the batter.

Brush the waffle maker plates with melted butter or oil.

Place about 1/2 cup of waffle mix on the lower plate, close the lid and cook for about 2 1/2 minutes, or until waffles are golden brown.

Serve as desired. Whipped cream and REAL maple syrup is Heaven!

Cheese Waffles

Nice for lunch with savoury toppings!

- 2 cups Gluten Free Goodies Pikelet and Waffle Mix
- 2 tsp Gluten Free Goodies Baking Powder
- 2 eggs, separated
- 3/4 cup milk
- 1 cup water
- 90g butter, melted
- 2 tbsps sugar
- 1/2 cup grated tasty cheese

Preheat waffle maker

In a large bowl, combine flour, baking powder, egg yolks, milk, water and melted butter. Using an electric mixer, mix until smooth.

With clean beaters, beat egg whites until they form stiff peaks, then gradually add the sugar, beating well after each addition.

Fold the egg white mixture into the rest of the batter.

Brush the waffle maker plates with melted butter or oil.

Place about 1/2 cup of waffle mix on the lower plate, close the lid and cook for about 2 1/2 minutes, or until waffles are golden brown.

Serve as desired with various savoury toppings.

Blueberry Sauce

This goes extremely well with pancakes or waffles, and can also be consumed on icecream.

- 1/3 cup sugar
- 1 tbsps maize cornflour
- 1/3 cup water
- 2 tbsps lemon juice
- 2 cups fresh or frozen blueberries

Combine all ingredients and cook over medium heat, stirring throughout, until thickened. Can be stored in a covered container in the fridge for 2 to 3 days.

Baked Doughnuts

We recently acquired a nifty non-stick tray, which makes baked doughnuts with holes in the middle. My kids think this is a great invention, and the doughnuts are much less oily than the traditional fried ones. They're still covered in cinnamon and sugar of course – you can't get rid of all the bad bits or they aren't doughnuts any more! They still make nice doughnuts even without the holes, so you can do them in flattish muffin tins if you like.

- 2 eggs

- 2 tbsp vegetable oil
- 1 cup Gluten Free Goodies Pikelet and Waffle mix
- 1 1/2 tsp Gluten Free Goodies Baking Powder
- 1/2 tsp salt
- 1 cup water
- 1/4 cup sugar
- 1 tsp vanilla (optional)

Preheat the oven to 220C and use fan bake if available.

Blend eggs, oil, sugar and vanilla and mix well.

Add flour, Baking Powder, salt, and water and mix well

Oil your doughnut pan of whatever shape and fill 3/4 full. The mixture should be thin enough to pour (in a thickish manner!)

Bake for 10 to 15 minutes until firm. They will not go very brown, they just need to be cooked through.

Remove from tins after 5 – 10 minutes cooling and either: Brush lightly with melted butter and roll them in cinnamon and sugar, **or** ice with **vanilla glaze**:

- 1/2 cup icing sugar
- 1 tsp vanilla
- milk to mix – usually 1 to 1 1/2 dessertspoons

Mix all ingredients together until smooth and apply thinly to top of doughnuts.

Bread and Scone Recipes

Please Note!!

The quantity of liquid in gluten-free recipes is much more critical than in normal wheat flour baking. **MEASURE** the quantities of liquid, don't guess! Standard metric measures are used throughout.

- [Home Breadmaker Recipe](#)
 - [Clive Anderson's Pan Bread](#) (no breadmaker machine)
 - [SpicedFruit Loaf](#)
 - [Scones](#)
 - [Hot Cross Buns](#) (no breadmaker required)
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Home Breadmaker Recipe

NOTE: You can add an extra egg to this recipe without altering anything else. This will produce a slightly firmer texture. Some prefer it this way, some don't.

For one '1-kg' loaf:

- Empty one 730g pack of GFG Bread Mix into a large bowl. The bread mix should be at room temperature.
- Add 1 level tsp (5ml) dried active yeast. Our recipe was developed using Edmonds Active yeast, but any other dried yeast with no gluten should be fine.

In a separate bowl, whisk together:

- 3 size 7 eggs
- 1 tsp cider vinegar
- 3 Tbsp cooking oil
- 590 ml (2 metric cups plus 6 Tbsp) water

For best results, use water between 20 and 30C. The warmer the water, the more open the texture of the final product (go too high and the bread will overflow the pan!). You will need to experiment to find the texture you like best. The water temperature affects the dough temperature, and using water which gives a dough temperature of 18-23C seems to be best in most cases.

Mix the wet and dry ingredients thoroughly with a wooden spoon and transfer into the breadmaker pan. Select the standard bake setting for yeast bread, and set to dark crust if your machine allows this. The cycle will normally take just over three hours.

You may find that at the end of the standard cooking time, the top of the loaf is still quite pale. With some breadmakers (e.g. our Breville) it is possible to select an additional 'bake only' period. If your breadmaker allows this, a period of 20-25 minutes should brown the top crust nicely. If this is not possible, you may find that removing the loaf from the pan and finishing the browning in a conventional oven is acceptable.

Once cooked, remove the bread from the pan at once. With an electric knife you can slice it while it is still warm, but otherwise allow the bread to cool completely. Wrapping it in a clean teatowel helps to reduce moisture loss.

Once cooled, slice and eat on the same day, or freeze for later toasting.

Remember that the "Delayed Start" function on breadmakers should not be used with gluten free loaves. To have a fresh loaf ready for breakfast and cut lunches each day, we find it convenient to make a loaf in the evening, so that it comes out of the breadmaker just as we are ready for bed. If this loaf is wrapped well in a towel or teatowel and left on the bench to cool, it is in good slicing condition next morning.

Different bread makers may incubate the mix at different temperatures! If you follow the instructions above and still get a loaf which over-rises and collapses in the middle, use cold tap water to prepare the mix. We have found this necessary with one customer's Sanyo breadmaker. If it is insufficiently risen, you may need to go to warmer water than recommended (we haven't personally encountered this one yet, but anything's possible!) If you find you need to perform any of these contortions, do let us know, and also let us know the type of breadmaker you have.

Clive Anderson's Pan Bread

This modification of our original recipe comes from Clive Anderson at 'Food to Go' in Hamilton. Follow the standard recipe on the 730g Gluten Free Goodies Company Bread Mix (above), but with the following modifications:

- Have ready a baking dish approximately 30x25cm and 5-7cm deep.
- Increase the yeast to 12g (3 level tsp) Instant Active Yeast (Clive uses a brand he sells at his shop, but you could try any gluten free active dried yeast).

Method

Place the bread mix and dry yeast in a mixing bowl.

Mix wet ingredients together, ensuring the water is hot but not boiling, and add to the dry ingredients.

Beat using a mixer for several minutes on medium speed. The mixture will be quite sticky, which is why you need to use a mixer rather than kneading it by hand.

Fold the mixture into the greased dish and cover with a large bowl or deep roasting dish to prevent air crusting the dough surface.

Proving should take about 2 hours in a warm environment.

Bake in a preheated oven at 210C for 25 minutes.

For best results, allow to cool, then slice. Freeze any which is not to be eaten on the same day. Simply thaw slices in the microwave as required.

Spiced Fruit Loaf

using the breadmaker and Gluten Free Goodies Bread mix

To make a good spiced fruit loaf, the recipe involves a little extra sugar and is cooked on a different setting, at least in the Breville Bakers oven. Probably most other breadmaker machines have similar facilities.

In the Breville, use the Sweet Bread setting (option 6) and set to dark crust. This will give a total cooking time of 3 hours 33 minutes, and differs from a normal bread setting by using longer rising times and a lower cooking temperature. The main virtue of this is that it avoids the rather acid and unpleasant 'burnt fruit' taste that can otherwise develop if a standard bread setting is used.

Please note that the recipe does not use a full bag of bread mix! The slow rise coupled with extra sugar means that the yeast works more enthusiastically and we spent a lot of time scraping mixture off the breadmaker element when I tried a full 730g mix.

Spiced Fruit Loaf

- 560g Gluten Free Goodies bread mix
- 3/4 tsp active dried yeast
- 1 1/2 tbsp sugar
- 1 1/2 tbsp mixed spice (yes, tablespoons!)
- 425ml water at blood heat
- 2 tbsp plus 1 tsp (35ml total) olive oil or other cooking oil
- 1 tsp cider vinegar
- 3 eggs (from the fridge)
- 1 cup mixed dried fruit (I used 1/2 cup sultanas, 1/4 cup currants and 1/4 cup mixed peel)

Combine flour, yeast, sugar and spice and mix well.

Whisk together the eggs, water, vinegar and oil, then pour into the dry mix.

Blend well and place in breadmaker pan.

Bake on sweet bread setting, dark crust, adding the fruit when indicated by the beeps on the Breville Bakers Oven, or at whatever appropriate interval is suggested for your breadmaker.

When cooked, remove from pan immediately and wrap in a clean teatowel until cooled.

Slice and freeze if not using immediately. Very nice toasted from frozen.

Scones

The scone recipes all use hybrid flours and require a bit of extra guar gum to get a suitable texture.

I have kept it to a minimum because I personally don't like large amounts of guar. You may find you want to try a bit extra - it's purely a matter of personal taste. Two of the recipes are modifications of the well-known "Waiheke scone" recipe using cream and lemonade. My daughter reckons these are better than the other, more traditional variety, so let me know what you think!

In all cases they're best eaten fresh (hot, even!), or otherwise frozen until needed. Just microwave them when you want them.

Scones 1

- 1 1/2 cups Gluten Free Goodies Bread mix
- 1 1/4 cups Gluten Free Goodies Pikelet and waffle mix
- 1 tsp guar (or xanthan) gum
- 3 tsp Gluten Free Goodies Baking Powder
- 2 eggs
- 150ml cream
- 200ml lemonade (preferably not the diet variety - I used Schweppes Classic Dry!)

Mix the flours, guar and baking powder together in a bowl.

Whisk the eggs and cream together, then add the lemonade to this liquid mix. Mix together quickly and pour into the dry ingredients. Mix quickly and turn out on to a "floured" board. I find the pikelet and waffle mix is good for this. Don't try to knead, just knock it into a square or oblong shape and cut into 12 pieces. Brush the tops with milk or water to stop them drying out and bake in a preheated oven at 230C for about 15 minutes. Keep an eye on them, since ovens vary!

Remove to a clean teatowel on a wire rack and consume as desired.

Scones 2

Recipe exactly as above, but instead of the 1¼ cups of pikelet and waffle, use 1¼ cups of cake and biscuit mix instead. The texture is a bit sloppier, but if you let it sit in the bowl for a minute it thickens up so you can handle it sensibly. Mixing and baking is exactly as for Scones 1. This is the one my daughter ranked as the nicest.

Scones 3

- 1 cup Gluten Free Goodies Bread mix
- 1 cup Gluten Free Goodies Cake and Biscuit mix
- 1 tbsp Gluten Free Goodies Baking Powder
- 1 tsp guar or xanthan gum
- 3 tbsp sugar
- 50g butter
- 2 eggs
- 3/4 to 1 cup milk and water (half and half or even 1/4 milk to 3/4 water)

Mix all dry ingredients, including sugar, in a bowl.

Rub in the butter to produce a fine crumbly mix.

Beat the eggs and add half a cup of the milk and water mix to them.

Add the egg mix to the dry ingredients and mix. If too dry, add more of the milk and water mix. It does need to be reasonably wet, but still handleable.

Turn out on to a floured board, and cut into pieces (probably 9 or 10). Brush tops with water or milk.

Bake at 230C for 10 to 15 minutes.

Remove to a teatowel on a wire rack to cool a little.

This is the one my husband thought was the nicest - my daughter thought they were too sweet!

Hot Cross Buns (no breadmaker required)

I've been experimenting and have come up with the following - it may need a little refining yet but it's pretty good and you might like to have a play with it. The buns do need to be made in muffin tins so they tend to look like Easter muffins, but they taste like proper yeast buns! No crosses either, but you might like to ice them on once they're cold

- 2 1/2 tsp dried active yeast
- 500ml warm water (about 38 - 41 C)
- 3tbsp sugar
- 3 tbsp cooking oil
- 1 tsp cider vinegar
- 3 eggs
- 575g Gluten Free Goodies bread mix
- 1 1/2 tbsp mixed spice (yes, tablespoons)
- 1 cup dried fruit (I used 1/2 cup sultanas, 1/4 cup currants and 1/4 cup mixed peel but whatever you like should be fine)

Mix the yeast into the warm water and leave to stand for 10 minutes in a warm place to activate. I found on top of our gas heater worked very well, but obviously a hot water cupboard or similar would be ideal.

To the yeast mix add the 3tbsp sugar, 3 tbsp oil, eggs, cider vinegar and 1 cup of the bread mix. Using an electric mixer, blend these on low power for about 30 seconds then change to medium and mix for another two minutes.

Add the remaining flour, mixed spice and fruit and mix well with a spoon (too thick for an electric mixer to cope with!) Cover loosely with gladwrap or a teatowel and stand in a warm place until doubled in size (about 40 to 50 minutes).

Stir down by beating with a spoon for about 20 to 30 stirs. Place in oiled muffin tins (it will neatly make two trays - ie 24 - of standard muffin sized buns). Do not fill more than about half full. Again place in a warm spot to roughly double in size. This is quite quick because of the small size of the individual buns and will probably only take 15 to 20 minutes. You don't need to bother trying to cover them this time round - fortunately, because it's nearly impossible anyway!

Bake at 190 to 200C (fan bake if possible) until lightly browned. Brush the tops lightly with melted butter when you remove them from the oven. Allow a few minutes to cool in the tin then remove to a wire rack to cool further. Eat warm if possible, and freeze the rest. They thaw beautifully in the microwave (about 30 seconds on high in a Sharp 1200W microwave) and also toast very nicely.

Hope this behaves well for you. I am still fiddling with the precise amount of liquid - they worked well with the quantity given but tended to be flat on top. I find the texture good, but some people might prefer a slightly less wet mix so that they rise more in the middle.

Gluten Free Tips

This page is just for general hints and tips which make for successful gluten-free food. Again, we encourage you to send in any ideas which work really well for you, and with your permission, we will post them here for everyone to use. These ideas don't have to have anything to do with Gluten Free Goodies Company flour mixes!

Dairy free

If you want to avoid **dairy products** as well as gluten, all these recipes work well with soya milk and margarine substituting for milk and butter. Check the labels on these products - many margarines contain milk solids, and most soya milks contain barley (which contains gluten).

You may need to reduce the quantity of liquid in the recipe if you are using the dairy free option, because margarines can be softer than butter and make a sloppier mix. For example, my chocolate cake made dairy-free takes only $\frac{3}{4}$ cup of soya milk, compared with 1 cup in its original form. I can only suggest that you add liquids carefully, rather than all at once, and expect to use less than usual.

Egg Free

Going egg-free is harder, but "egg replacers" are available from health-food shops. I haven't tested them in my recipes yet. Let me know how you get on!

General ideas

Thicken gravies, sauces etc with white rice flour rather than cornflour. Although it results in a less "transparent" sauce than when using cornflour, it has a huge advantage if you are wanting to chill or freeze your sauce and then re-use it, because it will not go "gluggy" in the way that cornflour mixes do on cooling. I can put left over gravy in the fridge, then heat it up next day and it remains beautifully smooth.

To let gluten-free kids (and grownups!) enjoy fish and chips, either make a tempura batter using cornflour instead of ordinary flour, or coat the fish with GFG Pancake, Waffle and Pikelet mix, dip in beaten egg, then coat with crushed cornflakes. We like this version better than the battered traditional kind. If you don't have our PWP mix, rice flour will do.

Make meatballs or hamburger patties stick together by combining the mince with a beaten egg and a tablespoon or two of our Cake and Biscuit mix, enough to make the mixture stiff and easily formed into balls.

Oven-bake low-fat chips: take 6 large potatoes and cut into chips or wedges. Pat them dry on a paper towel. In a large bowl mix 2-3 Tbsp GFG Pancake, Waffle and Pikelet Mix (or white rice flour); 4 Tbsp cooking oil; 1 Tbsp soy sauce (wheat-free); 1/2 tsp spices of your choice (optional) - eg cumin, coriander and mixed spice. Tumble the wedges in the bowl to coat them. Place on oven trays in single layers. Bake at 210°C for 30 mins (fan bake if available - it may take longer otherwise). Turning the chips over after 15 mins will help prevent sticking.

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