

THE SECRET TO L♥VING YOUR GF LIFESTYLE

FREE-FROM
HEAVEN

Gluten-Free

HEAVEN

MARCH 2020

SHOWSTOPPERS!

EASTER BAKING!

Create classic biscuits,
hot cross buns,
cakes & bread...

*Apple AND
carrot cake,
p28*

101
SEASONAL
RECIPES

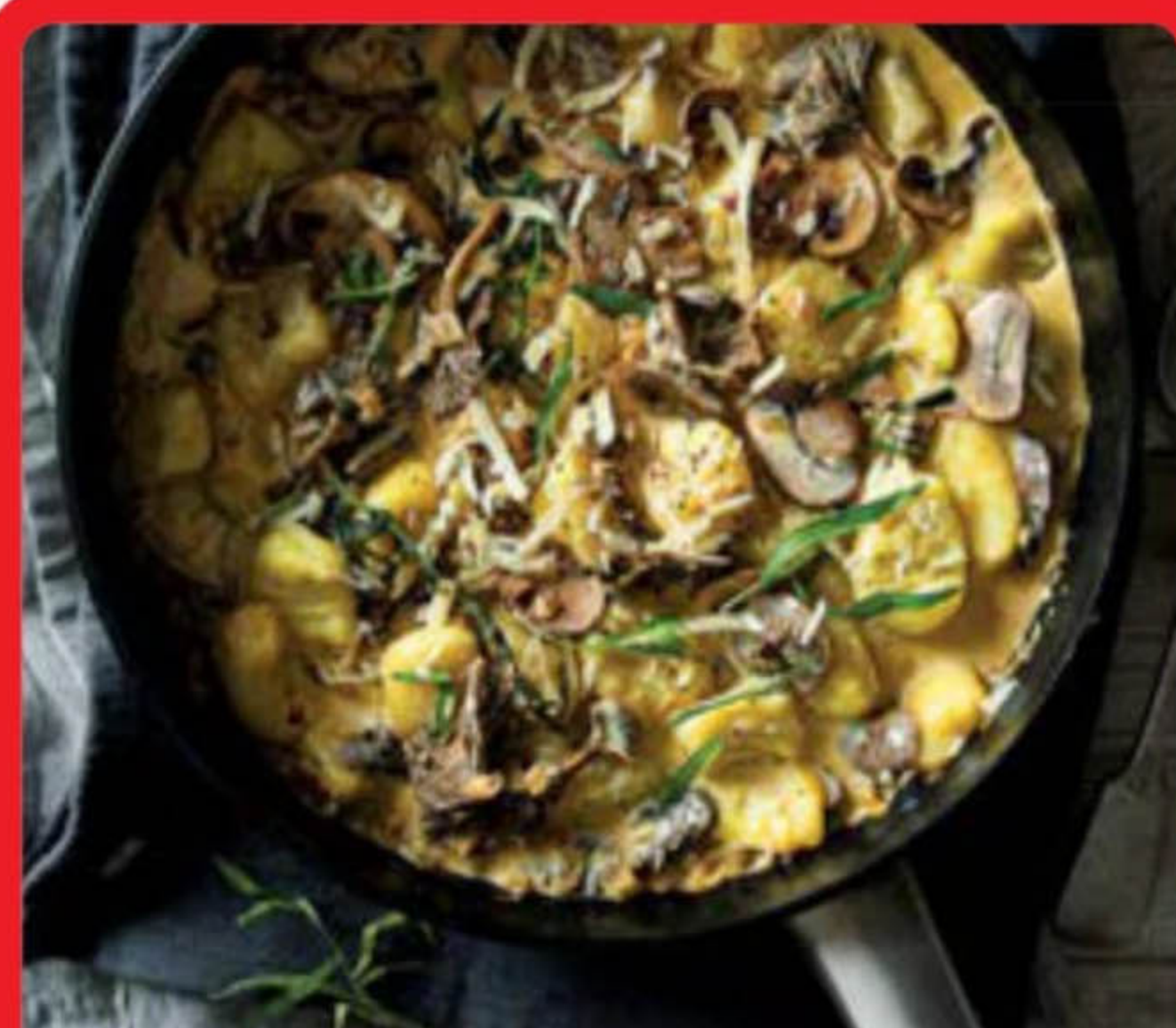
GLUTEN FREE

... **Q&A #2**

- ... **Travelling** on a gf diet
- ... **Common gf mistakes**
- ... **Self-diagnosing**

EASTER EGGS ON TEST

Best buys for Easter 2020!



IN SEASON

Mushroom gnocchi



WEEKEND

Spaghetti & Meatballs



LUNCHTIME

Cornish Pasty



SWEET TREATS

Almond Sponge Cake

ANTHEM
PUBLISHING

80



GLUTEN-FREE
HEAVEN
MARCH 20
PRICE £4.99

Bake with Confidence

Bake, Melt, Drizzle and Dip to your heart's content with our Finest Cacao Chocolate Melts™. Decadently smooth, rich & velvety.

FOOD THOUGHTS®

www.foodthoughts.co.uk

Sainsbury's

WAITROSE
& PARTNERS

 ocado



Gluten-Free *Welcome* HEAVEN



It seems like just yesterday we were celebrating Christmas, which is great news as we can begin celebrating again in a few weeks as Easter is back on the table. What's so great about Easter, food-wise, is it sees a real change from those winter-warming dishes to a more spring-themed menu. It is an opportunity to get baking in the kitchen. Gluten-free produce on the supermarket shelves is clearly getting much better and varied, but nothing quite beats homemade. We have a whole load of classic Easter recipes for you to try, such as hot cross buns, simnel cake, cookies, breads and much more. Turn to page 12 to begin your Easter cooking journey.

Whether you are new to a gluten-free diet or are a lifelong pro, there are always questions to be answered or revisited. Turn to page 32 to see some common themes that need addressing. If IBS is a becoming a burden, see page 59 to find out some simple and quick remedies that could help ease your symptoms.

Finally, don't forget that on Sunday March 22 it's Mother's Day. Turn to page 63 to check out some fantastic heartfelt recipes that you can treat your mum to – you could just make them for yourself if you like, they're fantastic!

Nick

Nick Gregory Editor



Cover image
Apple and carrot cake
© Stockfood, The Food Media Agency

Get in touch

Facebook
Find us at www.facebook.com/FreeFromHeaven

Twitter
Go to [@Glutenfree_Mag](http://www.twitter.com) and search for

Alternatively email
nick.gregory@anthem.co.uk



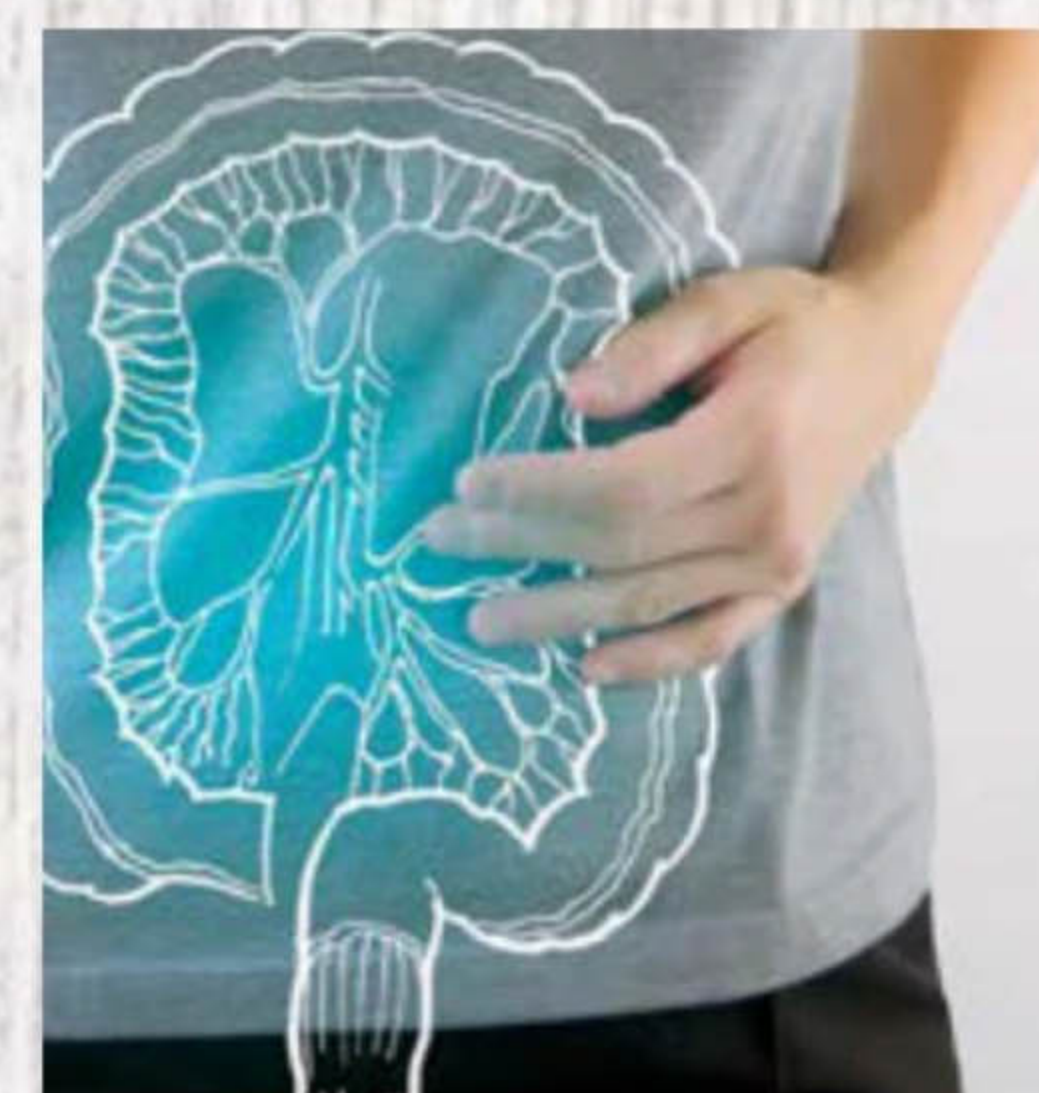
Subscribe

Turn to page 30 to take advantage of this month's special *Gluten-Free Heaven* subscription offer.



EASTER RECIPES!

Create the perfect Easter showstopping bakes on page 12.



DEAL WITH IBS

Take 5 simple steps to ease your IBS symptoms on page 59.



Gluten-free Q&A

Get all your burning questions answered on page 32.



SWEET TREATS

Give your sweet tooth the hit it craves on page 81.

March Contents

Discover the secrets of healthy and
nutritious gluten-free living

Easter p12

59

FEATURES

In season	10
Wild mushroom bake	
Wild mushroom gnocchi	
GF Q&A – your questions answered	32
Ease your IBS	59
Mother's Day treats.....	63
On Test – Easter eggs.....	70

32

EVERY ISSUE

News	8
Subscribe to <i>Gluten-Free Heaven</i>	30
Latest products	50
Final thoughts.....	98

98

NUTRITIONAL INFORMATION

Our symbols

- GF** Gluten-free
- SF** Sugar-free
- DF** Dairy-free
- EF** Egg-free
- V** Veggie

We have adopted the nutritional criteria used by the **British Food Standards Agency (FSA)** who define the colours in its traffic light labels based on comprehensive scientific studies and consultations. This system uses a reference value of 100 grams for food products and 100 millilitres for drinks and classifies levels of fat, saturated fat, sugars and salt as low (green), medium (amber) or high (red). We have added Protein.

Daily GDA's

Calories	2,000 kcal
Protein	50g
Carbohydrates	300g
Sugars	25g
Fat	70g
Saturates	20g
Salt	6g



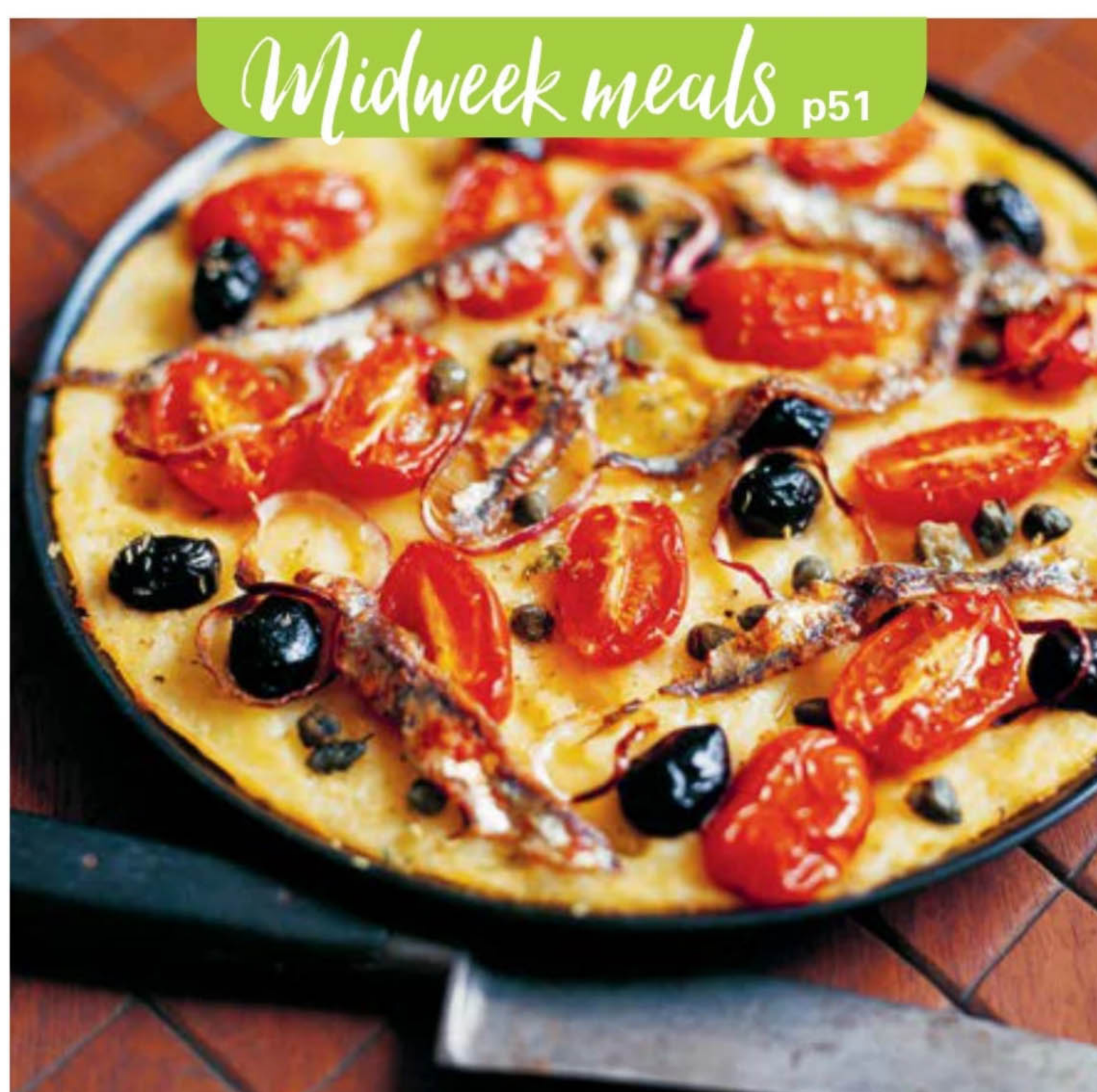
MOTHER'S DAY TREATS



63



Sweet treats p81



Midweek meals p51



Lunch p41



35



Weekend p72

Essential information

≡ We use standard UK measurements, where 1 tbsp is 15ml and 1 tsp is 5ml.

≡ Our **vegetarian recipes** often include cheese. Some may contain animal rennet, so check the label and use a vegetarian substitute if you prefer.

≡ Where we use a gluten-free, sugar-free, dairy-free, egg-free or veggie symbol, we recommend you **check the ingredients** list of any manufactured products you use – even if you use them regularly, as manufacturers change their recipes.

On the cover



p32

p70

↑ p10 ↑ p72 ↑ p41 ↑ p81

RECIPE FINDER

GF Gluten-free **SF** Sugar-free **DF** Dairy-free **EF** Egg-free **V** Vegetarian

In Season

- 10 Leek & mushroom bake ■■■■
11 Mushroom & tarragon gnocchi ■■■■

Easter Heaven!

- 12 Chocolate simnel cake ■■
14 Easter cake ■
14 Carrot cake ■■
16 Apricot traybake ■■
16 Eggnog ring cakes ■■
18 Easter bread ■■
18 Yeast dough bunny buns ■■■
20 Carrot cupcakes ■■
20 Easter brownies ■■
22 Roasted vanilla rhubarb ■■■■
22 Marble cake ■■
24 Cinnamon bread pudding ■■
24 Hot cross buns ■■■
26 Amaretti biscuits ■■■
26 Gingerbread cookies ■■
28 Parsnip brownies ■■■■
28 Apple & carrot cake ■■

Breakfast

- 36 Anti-inflammatory granola ■■■■
36 Basic pancakes ■■■
37 One-pan apple pancakes ■■■■
38 Eggs rancheros ■■■
38 Rosemary and oat biscuits ■■■■
39 Quinoa porridge ■■■

Lunchtime

- 42 Chickpea scramble ■■■■
42 Artichoke & potato soup ■■■■
43 Buckwheat blinis ■■■■
44 Leek & thyme tartlets ■■■■
45 Tomato & pesto loaf ■■■■
46 Quinoa salad ■■■■
46 Black bean pasta salad ■■■■
47 Rye-style seed bread ■■■■
48 Carrot & swede soup ■■■■
48 Egg frittata ■■
49 Cornish pasty ■■

Midweek Meals

- 52 Spam® hash ■■■
52 Indian rainbow veg ■■■■
53 Spam® Ramen ■■■■

- 53 Buckwheat pizza ■■■
54 Moroccan chicken tray bake ■■■
54 Minestrone one pot ■■■■
55 Braised cider chicken ■■■
55 Salmon & broccoli risotto ■■■■
56 Vegan bangers & mash ■■■■
56 Chicken kiev tray bake ■■■
57 Potato pizza ■■■■
57 Vegetable pizza ■■■
58 Rack of lamb ■■■■
58 Fish pie ■■

Mother's Day

- 64 Rose petal berry parfait ■■
64 Breakfast pancakes ■■
65 Coconut & pistachio madeleines ■■
66 Cherry blossom tarts ■
68 Mother's Day cake ■■
69 Pink macarons ■■

Weekend

- 72 Quinoa piadine ■■■■
73 Lancashire hot pot ■■■■
74 Aubergine cannelloni ■■■■
75 Cumin roasted cauliflower ■■■■
76 Chicken makhani ■■■
77 Spaghetti & meatballs ■
78 Steak and ale pie ■■■
80 Chicken pot pie ■■■■

Sweet Treats

- 82 Chocolate peanut butter balls ■■■■
82 Peanut butter fudge ■■■
83 Hot chocolate cake ■■
84 Lemon polenta cake ■■■
84 Maple & pear panna cotta ■■■
85 Rich fruit cake ■■
86 Peach mousse ■
87 Carrot cake cupcakes ■■■■
88 Sweet potato pecan pie ■■■■
89 Strawberry & almond streusel ■■■■
90 Rhubarb chia pudding ■■■■
91 Hummingbird cake ■■
92 Pistachio & goji berry squares ■■■■
92 Strawberry jar cupcakes ■■
93 Cinnamon buns ■■■■
94 Raspberry cheesecake ■■
95 Rhubarb & almond sponge ■■
96 Spiced rhubarb bundt cake ■■
97 Lemontastic drizzle cake ■■

Gluten-Free HEAVEN

PUBLISHER **Sally FitzGerald**
sally.fitzgerald@anthem.co.uk

EDITOR **Nick Gregory**
nick.gregory@anthem.co.uk

CREATIVE DIRECTOR **Jenny Cook**
jenny.cook@anthem.co.uk

ART EDITOR **Martin Davies**
martin.davies@anthem.co.uk

ADVERTISING MANAGER
Leah Fitz-Henry
leah.fitz-henry@anthem.co.uk

MARKETING MANAGER
Verity Travers
verity.travers@anthem.co.uk

DIGITAL EDITOR **Sarah Williamson**
sarah.williamson@anthem.co.uk

MANAGING DIRECTOR **Simon Lewis**
simon.lewis@anthem.co.uk

CHIEF EXECUTIVE **Jon Bickley**
jon.bickley@anthem.co.uk

PRINT **William Gibbons & Sons Ltd**
Tel +44 (0) 1902 730 011

DISTRIBUTION **Marketforce (UK) Ltd**,
5 Churchill Place, Canary Wharf, London
E14 5HU Tel: +44 (0) 20 378 79001

SUBSCRIPTION ENQUIRIES
shop.anthem.co.uk
UK: 0844 856 0642

International: +44 (0)1371 853 609
Email - shop@anthem.co.uk

Calls to 0844 numbers cost 7 pence per minute plus
your phone company's access charge.

ANTHEM | PUBLISHING **PPA**

Anthem Publishing
Piccadilly House,
London Road,
Bath BA1 6PL
+44 (0) 1225 489 984



All paper used in this publication comes
from responsibly managed forests

All content copyright © 2020 Anthem Publishing
Ltd, all rights reserved. While we make
every effort to ensure that the factual content
of *Gluten-Free Heaven* is correct we cannot
take any responsibility nor be held accountable
for any factual errors printed. No part of this
publication may be reproduced, stored in a
retrieval system or resold without the prior
consent of Anthem Publishing Ltd. Anthem
Publishing recognises all copyrights contained
within this issue. *Free-From Heaven* is a trade
mark owned by Anthem Publishing.

Competition rules

By entering a competition you are bound by these
rules. Late entries will be disqualified. Only one entry
per person will be accepted. The company reserves
the right to substitute any prize with cash, or a prize
of comparable value. Competitions are open to UK
residents only, except employees of Anthem Publishing
and any party involved in the competition or their
households. By entering a competition you give
permission to use personal information in connection
with the competition, for promotional purposes.



**Be Kind to
your mind**

What's cooking this March?

Keep up to date with all the latest gluten-free happenings...



Delivered food boxes take the stress out of planning your weekly meals...

Eating well is so important, but for people with busy lives this can be a challenge. Love Yourself does the hard work for you so you can enjoy healthy, lovingly-prepared meals daily. The refined calorie-controlled, weight-loss menus are designed to give you optimal nourishment. From the freshest seasonal ingredients, to the in-house baked artisan bread, each Love Yourself box includes 5 meals; one breakfast, lunch and dinner and two deliciously balanced snacks. Prices start from £21.00 daily. ➤

For more info, visit www.loveyourself.co.uk



LABELLING KITCHENWARE STOPS CROSS-CONTAMINATION WORRIES

Keep It Gluten Free specialises in products to help stop cross-contamination. After the founder's daughter was diagnosed as a coeliac, she assumed it would be a simple transition, but it soon became clear that cooking and keeping food separate was trickier than she had thought. Keep It Gluten Free

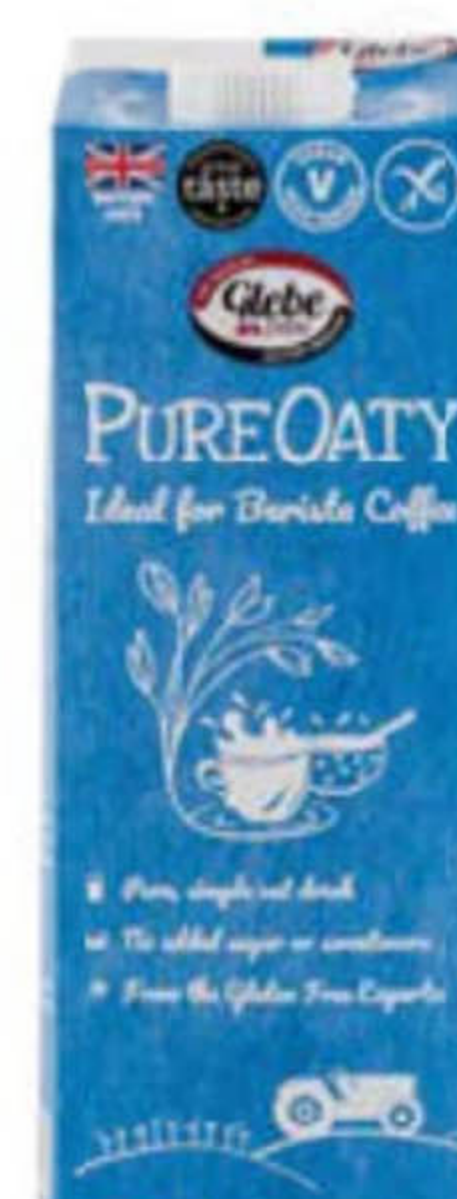
designed a range of unique and attractive products to label, store and serve gluten-free foods. Their aim is to make gluten-free living simpler and more enjoyable by reducing the worry of cross-contamination. ➤

For more info visit www.keepitglutenfree.co.uk

PUREOATY REV-OAT-LUTION

Glebe Farms are responding to the huge demand for oat-based milk. Their new PureOaty drink is dairy-free, gluten-free and is produced using exclusively British gluten-free oats, water, sunflower oil and salt. The smooth and creamy texture is perfect

for coffee lovers and, when steamed, PureOaty creates a velvety foam which would make a great morning cappuccino or indulgent hot chocolate. This oat milk can also be used for making soups and sauces as well as for baking and desserts. ➤



For more info visit www.glebefarmfoods.co.uk



100 GLUTEN-FREE AND SUGAR-FREE CBD GUMMIES!

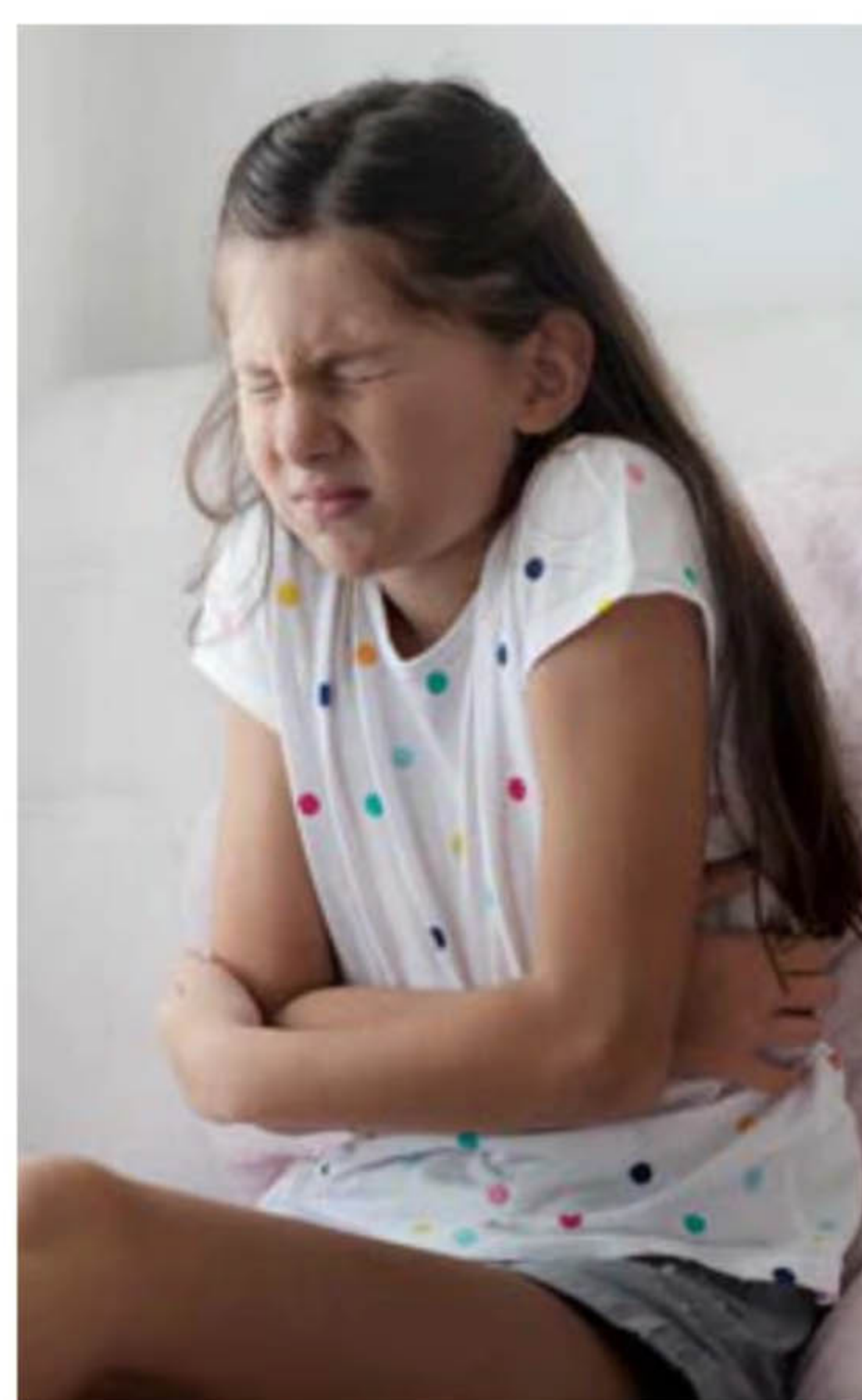
We have teamed up with London-based online CBD retailer For The Ageless so you can win a jar of Love Hemp CBD gummies. The jar contains 100 gummy bears, each containing 5mg of full-spectrum cannabidiol, worth £48. No artificial colours are used and they are naturally flavoured using lemon, orange and strawberry. These Love Hemp gummies are not only

delicious, but are both sugar and gluten-free. Gummies are an ideal way to take CBD if you have never tried it before. Each batch is lab tested to ensure it contains a precise amount of CBD, making it easy to consume. For your chance to win, visit www.freefromheaven.com/competitions and answer the simple question

For more info, visit www.forthetheageless.com

BIOPSIES UNNECESSARY FOR MAJORITY OF CHILDHOOD COELIAC DIAGNOSES

The European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) has issued new guidance to physicians on the diagnosis of coeliac disease in children, recommending the no-biopsy approach at diagnosis for the majority of children suspected of having the disease. The new guidelines recommend that testing for specific antibodies should be performed as initial screening in children with suspected coeliac disease. They also suggest asymptomatic children can be diagnosed without the need for a biopsy, and the decision on whether to perform a diagnostic biopsy should be made as a



shared decision between clinicians and parents, and where appropriate, with the child too.

For more info, visit www.espghan.info/advice-guides

BAKING BREAD THE SIMPLE WAY

The Box Bakery have launched a new range of gluten-free bread mixes which are also suitable for vegans. With their unique Bake in the Box system, the loaf or cake is baked in the box, which is also fully recyclable. The Box Bakery's Gluten Free Mixed Case includes two white bread mixes with sunflower & linseeds, two wholegrain bread mixes with linseed, sunflower and pumpkin seeds & quinoa and one chocolate cake mix.

For more info, visit www.theboxbakery.co.uk



KICK-START YOUR YEAR WITH BURTS' LENTIL-BASED SNACKS

Promise Gluten Free offers an irresistible range of gluten-free breads, crafted using a slow and unique bread-making technique that guarantees excellent taste and quality. Launching on Ocado from late February, Promise Gluten Free offers delicious, nutrient-rich, baked goods that everyone will love. New bakes including Promise Gluten Free's Vegan White Rolls & Vegan Soft White Loaf are all produced from the Promise Gluten Free family-run, dedicated gluten-free bakery, which has over 50 years of craft baking expertise, working to the highest safety standards.

Visit www.promiseglutenfree.co.uk

In Season

Mushrooms, especially wild mushrooms, add a lovely earthy texture and taste to a wide variety of dishes...

WILD MUSHROOMS

Mycophagy, the act of consuming mushrooms, dates back to ancient times. Edible mushroom species have been found in association with 13,000-year-old archaeological sites in Chile. Ötzi, the mummy of a man who lived between 3400 and 3100 BC in Europe, was found with two types of mushroom. The Chinese value mushrooms for supposed medicinal properties as well as for food. Ancient Romans and Greeks, particularly the upper classes, used mushrooms for culinary purposes. Food tasters were employed by Roman emperors to ensure that mushrooms were safe to eat.

Also in season...

- Artichoke
- Beetroot
- Cabbage
- Carrots
- Cucumber
- Leeks
- Purple sprouting
- Spring onions



Cheesy leek and wild mushroom bake

GF SF EF V

Serves 6 | Prep 20 mins |

Cook 30 mins | Calories 415 (per serving)

FOR THE BAKE

2 tbsp olive oil, plus extra for greasing

3 small leeks, ends trimmed, split in half

300g (10½oz) mixed wild mushrooms, cleaned with larger mushrooms halved

200g (7oz) Camembert, cut into thin slices

100g (3½oz) Cheddar, grated

100g (3½oz) grated mozzarella

a handful of thyme sprigs, to garnish

salt and freshly ground black pepper

FOR THE CHIMICHURRI

a bunch of flat-leaf parsley, leaves only

6 garlic cloves, peeled, roughly chopped

175ml (6fl oz) extra-virgin olive oil

60ml (2fl oz) red wine vinegar

1 tbsp onion, diced

1 tsp dried oregano

¼ tsp red chilli flakes

- 1 Preheat the oven to 200°C/Gas Mark 6. Grease an oval or rectangular baking dish with some olive oil.
- 2 Heat the olive oil in a large sauté pan or casserole dish set over a moderate heat. Add the leeks, mushrooms and a pinch of salt, sautéing until starting to colour, about 4-5 minutes. Cover with a lid and cook for 2 minutes.
- 3 Remove from the heat and arrange the leeks and mushrooms in the dish, seasoning with salt and pepper. Evenly arrange the cheeses on top, covering the surface entirely, then bake until golden-brown and bubbling, about 30 minutes.
- 4 **For the chimichurri:** Pulse the parsley and garlic in a food processor until finely chopped. Add the remaining ingredients along with ½ tsp salt and ¼ tsp pepper and blend on high until combined. Cover and chill until needed.
- 5 Remove the bake from the oven, stand for 5 minutes,

38g Total fat 10.3g Saturates 1.2g Salt 2.3g Sugar 14.3g Protein



Creamy mushroom and tarragon gnocchi

GF SF V

Serves 4 | Prep 25 mins | Cook 35 mins | Calories 694 (per serving)

FOR THE DOUGH

1 kg (2lb 2oz) medium
floury potatoes,
e.g. Désirée
 $\frac{3}{4}$ tsp xanthan gum
1 tsp salt
a pinch of ground nutmeg
275g (10oz) gluten-free
plain flour mix,
plus extra for dusting
1 large free-range egg,
briefly beaten

TO ASSEMBLE

1 tbsp unsalted butter
2 tbsp olive oil

1 small onion, peeled,
finely chopped

250g (9oz) mixed wild
mushrooms, cleaned
and sliced

2 tarragon sprigs, plus
2-3 sprigs chopped,
to garnish

150ml (5fl oz) gluten-free
chicken stock

150ml (5fl oz) whipping
cream

50g (1 $\frac{3}{4}$ oz) Cheddar,
grated

freshly ground black
pepper

1 For the dough: Leaving the potatoes whole and unpeeled, cook in a large saucepan of boiling, salted water for around 25-30 minutes.

2 When ready, drain and leave to cool. Once cool enough to handle, peel and mash. Place the potato mixture on a work surface and sprinkle over the xanthan gum, salt and nutmeg.

3 Sprinkle over the flour mix, add the egg, then work into a smooth dough with your hands.

4 Working on a lightly floured surface, roll about one-third of the mixture into a sausage shape as thick as your finger.

5 Cut 2.5cm (1in) pieces from it and press a pattern into each one using the tines of a fork.

6 Divide the remaining dough in half and repeat the process for shaping the gnocchi. Cover loosely and leave to rest on the surface until ready to cook.

7 To assemble: Melt the butter with the olive oil in a large pan over a medium heat until hot.

8 Add the onion, mushrooms,

tarragon sprigs and a generous pinch of salt and pepper, sautéing until the mushrooms are tender and golden, tossing occasionally, about 5-7 minutes.

9 Stir in the stock and cream. Bring to a simmer, then keep warm over a low heat while you cook the gnocchi, stirring.

10 Bring a large saucepan of salted water to the boil. Brush any excess flour from the gnocchi.

11 Working in two or three batches, cook the gnocchi for about 3 minutes until they start to float to the surface. Remove with a slotted spoon to the mushroom sauce, tossing to coat.

12 Stir in most of the Cheddar, simmering for 2 minutes over a medium heat. Season to taste and discard the tarragon sprigs. Serve the gnocchi straight from the pan with the remaining Cheddar and some chopped tarragon sprinkled on top.

26.1g
Total fat

12.1g
Saturates

1.2g
Salt

5.5g
Sugar

19g
Protein

Easter heaven!

Get creative in the kitchen to make your Easter table colourful and bright...



Chocolate simnel cake

GF V

Serves 12 | Prep 30 mins |

Cook 2-2½ hrs | Calories 618 (per serving)

FOR THE CAKE

250g (9oz) marzipan

250g (9oz) gluten-free plain flour mix

1 tsp gluten-free baking powder

1 tsp xanthan gum

2 tsp ground allspice

180g (6oz) butter, softened

180g (6oz) caster sugar

3 large free-range eggs

175g (6oz) currants

225g (8oz) sultanas

50g (1¾oz) glacé cherries, chopped

50g (1¾oz) ground almonds

50g (1¾oz) chopped candied peel, chopped

3 tbsp milk

finely grated zest of 1 lemon

finely grated zest of 1 orange

TO DECORATE

300g (10½oz) marzipan

150ml (5fl oz) double cream

150g (5½oz) dark chocolate, at least 60% cocoa solids, chopped

11 cocoa-dusted almonds

- 1 For the cake:** Preheat the oven to 150°C/Gas Mark 2. Grease and line a 20cm (8in) round cake tin with greaseproof paper.
- 2** Cut the marzipan into 1cm (½in) cubes. Toss in a bowl with 2 tbsp flour mix. Sift the remaining flour mix into a large mixing bowl along with the baking powder, xanthan gum and allspice. Add the butter, sugar and eggs, beating thoroughly with an electric mixer until smooth, 3-4 minutes.
- 3** Gently fold in the currants, sultanas, cherries, candied peel, ground almonds, milk and citrus zest. Add the floured marzipan cubes and stir to incorporate thoroughly.
- 4** Spoon the batter into the prepared cake tin. Cut out a 20cm (8in) wide round of greaseproof paper, cutting out a small 2.5cm (1in) circle in the centre. Place the paper on top of the batter, then bake for 2-2½ hours until risen and dry to the touch on top; a cake tester should come out clean from the centre.
- 5** Remove the cake to a wire rack to cool. Once cool, turn it out onto a cake stand.
- 6 To decorate:** Divide the marzipan into 11 even pieces, rolling them into balls between your palms.
- 7** Warm the cream in a pan until it starts to simmer. Place the chocolate in a heatproof bowl and pour over the hot cream. Let it stand for 1 minute, then stir until smooth. Let the ganache cool and thicken for about 10-15 minutes, then pour over the top of the cake, letting it drip down the sides.
- 8** Arrange the marzipan balls evenly spaced apart on top of the cake's perimeter. Top with cocoa-dusted almonds before serving.

30.6g

Total fat

13.9g

Saturates

0.2g

Salt

28.4g

Sugar

8.7g

Protein

A SIMNEL CAKE WITH
A DISTINCT CHOCOLATE
TWIST - DELICIOUS!





Easter cake

GF V

Serves **12** | Prep **20 mins** |
Cook **50-60 mins** | Calories **362** (per serving)

260g (9oz) gluten-free plain flour mix	2 tbsp vegetable oil
125g (4½oz) almond flour	2 tsp lemon extract
2 tsp gluten-free baking powder	½ tsp almond extract
1 tsp xanthan gum	1 tbsp finely grated lemon zest
½ tsp salt	4 large free-range eggs
375g (13oz) caster sugar	150ml (5fl oz) whole milk, at room temperature
120g (4¼oz) unsalted butter, softened, plus extra for greasing	225g (8z) blueberries
	icing sugar, to serve

- 1 Preheat the oven to 170°C/Gas Mark 3.
- 2 Whisk together the flours, baking powder, xanthan gum and salt in a large mixing bowl.
- 3 Beat together the sugar, butter, oil, both extracts and lemon zest in a separate mixing bowl until pale and fluffy, about 3 minutes.
- 4 Beat in the eggs, one by one, until incorporated. Fold in the flour mixture in thirds, alternating with the milk, until the batter is smooth and even. Fold in the blueberries.
- 5 Spoon and scrape the batter into a 22-23cm (8½-9in) bundt tin that's been greased with some butter.
- 6 Bake the cake for 50-60 minutes until risen and dry to the touch; a toothpick should come out clean from the centre when ready. Remove the cake to a wire rack to cool completely.
- 7 Once cool, turn out from the tin and dust with icing sugar before serving.

14g	6.4g	0.3g	35.7g	5.6g
Total fat	Saturates	Salt	Sugar	Protein

Carrot cake

GF V

Serves **12-14** | Prep **25 mins** |
Cook **35-45 mins** | Calories **618** (per serving)

FOR THE SPONGES

- 1 tbsp butter, softened
- 280g (9¾oz) gluten-free plain flour mix, plus 1 tbsp extra for dusting
- 350ml (12fl oz) vegetable oil
- 3 tbsp cream cheese
- 240g (8oz) caster sugar
- 200g (7oz) soft brown sugar
- 2 tsp bicarbonate of soda
- ½ tsp xanthan gum
- ½ tsp gluten-free baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- ½ tsp freshly grated nutmeg

2 large free-range eggs

350g (12oz) carrots, peeled, grated

FOR THE ICING

240g (8oz) cream cheese, at room temperature

120g (4½oz) quark, at room temperature

300g (10½oz) icing sugar, sifted

1 tsp vanilla extract

TO ASSEMBLE

80g (2¾oz) coconut chips, lightly toasted

a handful edible flowers e.g. daisies, violets, etc. (optional)

- 1 **For the sponges:** Preheat the oven to 180°/Gas Mark 4.
- 2 Grease and line two 20cm (8in) round cake tins with greaseproof paper. Grease with butter and dust with a little flour mix, rotating the tins to coat. Tip out any excess.
- 3 Combine the oil, cream cheese, sugars, bicarb, xanthan gum, baking powder, salt and spices in a large mixing bowl. Beat to combine. Add the flour mix and beat again to combine.
- 4 Make a well in the centre and crack in the eggs. Beat with an electric mixer on a medium speed until thoroughly combined, about 3 minutes.
- 5 Add the grated carrots and beat on a low speed until combined, about 2 minutes.
- 6 Divide the batter between the prepared tins. Tap the tins on a flat surface to help settle the batter and eliminate any trapped air bubbles.
- 7 Bake for 35-45 minutes until risen, golden-brown and dry to the touch on top, rotating the tins halfway through; a cake tester should come out clean from their centres when ready.
- 8 Remove to wire racks to cool before turning out. Once cool, trim their tops flat with a serrated bread knife, if needed.
- 9 **For the icing:** Beat together the cream cheese and quark in a large mixing bowl with an electric mixer until smooth and pale, 2 minutes.

35.5g	12.4g	0.5g	51g	5.8g
Total fat	Saturates	Salt	Sugar	Protein



*Edible flowers give
this cake real style!*

10 Add the icing sugar and vanilla extract, stir well, then continue to beat until smooth and creamy, 2 minutes. Add 2 tbsp hot water and beat again briefly to incorporate.

11 To assemble: Place one sponge on a cake stand

and top with the icing, spreading it out evenly.

12 Sit the second sponge on top, gently pressing down to adhere to the icing. Top with toasted coconut chips and flowers, if using, before slicing and serving.



Apricot traybake

GF V

Serves **9** | Prep **20 mins** |

Cook **35-45 mins** | Calories **500** (per serving)

240g (8½oz) butter, softened, plus extra for greasing	2 tsp gluten-free baking powder
275g (10oz) golden caster sugar	4 large free-range eggs
250g (9oz) gluten-free plain flour mix	2 tsp vanilla extract
100g (3½oz) cornflour	2 tbsp milk
1 tsp xanthan gum	4-6 fresh ripe apricots, pitted and sliced
	2-3 tbsp icing sugar, for dusting

- 1 Preheat the oven to 180°C/Gas Mark 4. Grease and line a 23x18cm (9x7in) baking tray or cake tin with greaseproof paper.
- 2 Combine the butter, sugar, flour mix, cornflour, baking powder, xanthan gum, eggs, vanilla extract and milk in a large mixing bowl. Beat well with an electric mixer until a smooth batter forms, about 3-4 minutes.
- 3 Spoon it into the prepared tray or tin, spreading it out evenly to the edges all the way around. Press the apricot slices into the batter.
- 4 Bake until the cake is risen and dry to the touch on top, about 35-45 minutes; a toothpick should come out clean from the centre.
- 5 Remove to a wire rack, letting the cake cool in its tray. When ready to serve, turn out and lightly dust with icing sugar before slicing.

24.7g	14.5g	0.3g	34.7g	7g
Total fat	Saturates	Salt	Sugar	Protein

Eggnog ring cakes

GF V

Serves **12** | Prep **20 mins** |

Cook **20-25 mins** | Calories **477** (per cake)

FOR THE CAKES	240g (8½oz) butter, softened
cooking spray, for greasing	400g (14oz) caster sugar
250g (9oz) gluten-free plain flour mix	3 large free-range eggs
65g (2¼oz) white rice flour	2 large free-range egg yolks
65g (2¼oz) cornflour	60ml (2fl oz) spiced rum
1 tsp gluten-free baking powder	1 tsp vanilla extract
½ tsp bicarbonate of soda	175ml (6fl oz) buttermilk
½ tsp xanthan gum	TO DECORATE
½ tsp salt	125g (4½oz) icing sugar, sifted
1 tsp ground cinnamon	a handful of dried violets
½ tsp freshly grated nutmeg	

- 1 **For the cakes:** Preheat the oven to 180°C/Gas Mark 4. Spray the holes of a 12-hole bundt tin or 12 individual bundt tins with cooking spray.
- 2 Whisk together the flour mix, rice flour, cornflour, baking powder, bicarbonate of soda, xanthan gum, salt and spices in a large mixing bowl.
- 3 In a separate mixing bowl, cream together the butter and sugar with an electric mixer until pale and fluffy, about 3 minutes.
- 4 Beat in the eggs and egg yolks, one at a time, thoroughly beating after each addition, then beat in the rum and vanilla extract.
- 5 Fold in the flour mixture and buttermilk in thirds, alternating between each, until you have a smooth batter.
- 6 Divide the batter between the holes of the bundt tin. If you're using individual tins, place them on a large rimmed baking tray, spaced apart.
- 7 Bake the cakes until risen and dry to the touch, about 20-25 minutes; a toothpick should come out clean from their centres when ready.
- 8 Remove to a wire rack to cool, letting them cool in the tin(s).
- 9 **To decorate:** Once cool, turn out the cakes. Place the icing sugar in a bowl and stir in hot water by the teaspoon until you have a smooth, pourable icing.
- 10 Spoon the icing onto the cakes and decorate with dried violets. Let the icing set before serving.

19.6g	11.2g	0.4g	44.6g	5.6g
Total fat	Saturates	Salt	Sugar	Protein





Easter bread

GF V

Serves 8 | Prep 20 mins |
Cook 1 hr | Calories 437 (per serving)

- | | |
|---|---|
| 375g (13oz) gluten-free plain flour mix, plus extra for dusting | 60g (2oz) caster sugar |
| 1 tbsp gluten-free baking powder | 120g (4¼oz) unsalted butter, cold and cubed |
| 1½ tsp bicarbonate of soda | 150g (5½oz) raisins |
| ½ tsp xanthan gum | 3 tbsp chopped candied peel |
| ½ tsp salt | 250ml (9fl oz) buttermilk |
| ¼ tsp ground cinnamon | 1 large free-range egg, at room temperature |
| ¼ tsp freshly grated nutmeg | 2 tbsp milk |
| | 100g (3½oz) icing sugar |

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a large baking tray with greaseproof paper.
- 2 Whisk together the flour mix, baking powder, bicarb, xanthan gum, salt, spices and sugar in a large bowl. Add the butter, rubbing it in until you have large crumbs. Stir in the raisins and peel.
- 3 Briefly whisk together the buttermilk and egg in a jug or bowl. Gradually stir the mixture into the flour mixture to form a wet, rough dough. Turn out the dough onto a lightly floured surface and shape it into a boule shape using floured hands. Lift it onto the baking tray and brush all over with milk.
- 4 Bake until risen and dry to the touch, about 1 hour; a toothpick should come out virtually clean from the centre. Remove the bread to a wire rack to cool completely. Once cool, sift the icing sugar into a bowl and stir in hot water by the teaspoon until you have a smooth, pourable icing. Brush the icing onto the bread. Let it dry and set before slicing and serving.



Yeast dough bunny buns

GF EF V

Serves 8 | Prep 25 mins plus proving |
Cook 30-40 mins | Calories 440 (per bunny)

FOR THE BUNS

- 300g (10½oz) gluten-free plain flour mix, plus extra for dusting
200g (7oz) brown rice flour
3 tsp active dry yeast
1 tsp xanthan gum
1 tsp ground allspice
1 tsp ground cinnamon
1 tsp salt
finely grated zest of

- 1 small unwaxed lemon
450ml (16fl oz) tepid water, plus extra as needed
120g (¼oz) butter, softened, plus extra to serve
3 tbsp honey
16 raisins
6 whole almonds, cut into thick slices, at least 12 in total
FOR THE GLAZE
4 tbsp honey, warmed

- 1 Line a large rectangular baking tray with greaseproof paper.
- 2 Combine the flours, yeast, xanthan gum, spices, salt and lemon zest in a mixing bowl and stir well to mix.
- 3 Add 400ml (14fl oz) water, the butter and the honey, mixing until the water has moistened the flour.
- 4 Beat until well-blended and the consistency of thick cake batter; add more water if the mixture is too thick.
- 5 Place the bowl in a warm place and leave for about 30 minutes until the mixture is slightly swollen.
- 6 Scrape about two-thirds of the dough into a large piping fitted with a large round piping tip. Pipe swirled bun shapes onto the baking tray, spaced apart; you may need to use scissors to cut the dough.
- 7 Fill the bag with the remaining dough and use it to pipe ears for the bunnies. Press raisins into the buns for eyes and almonds slices for their teeth.
- 8 Loosely cover the tray with clingfilm and let the dough rise in a warm, draught-free place for 1½ hours.
- 9 Towards the end of rising, preheat the oven to 180°C/Gas Mark 4.
- 10 After rising, bake the buns for about 30-40 minutes until golden, risen and dry to the touch.
- 11 Remove from the oven and brush all over with the warmed honey. Let the glaze dry slightly before serving.



Recipe development © Stockfood, The Food Media Agency, Photography © Getty Images

Recipe development and food photography © Stockfood, The Food Media Agency



*Kids love these little
Easter bunnies!*



Carrot cupcakes

GF V

Makes 12 | Prep 20 mins |

Cook 20-25 mins | Calories 534 (per cupcake)

FOR THE CUPCAKES

100g (3½oz) soft brown sugar
75g (2¾oz) caster sugar
175g (6oz) butter, softened
2 large free-range eggs
1 tsp vanilla extract
225g (8oz) gluten-free plain flour mix
80g (3oz) ground almonds
1 tsp gluten-free baking powder
½ tsp xanthan gum

½ tsp bicarbonate of soda
3 tbsp milk
150g (5½oz) carrots, peeled and finely grated
2 tbsp walnuts, chopped, plus 1 tbsp extra to serve
FOR THE FROSTING
240g (8oz) cream cheese, at room temperature
120g (4¼oz) butter
300g (10½oz) icing sugar, sifted
1 tsp vanilla extract

- For the cupcakes:** Preheat the oven to 180°C/Gas Mark 4. Line a 12-hole muffin tin with paper cases.
- Beat together the sugars with the butter and eggs in a bowl until creamy, about 3-4 minutes. Beat in the vanilla extract. Combine in the flour, almonds, baking powder, xanthan gum and bicarb. Fold in the milk, carrots and chopped walnuts.
- Divide the batter between the cases and bake for 20-25 minutes until a cake tester comes out clean from their centres. Remove to a wire rack to cool.
- For the frosting:** Beat together the cream cheese and butter until smooth and pale. Add the icing sugar and vanilla extract, stir well, then beat until smooth and creamy. Add 2 tbsp hot water and beat again to incorporate. Spoon the frosting into a piping bag fitted with a large round tip. Pipe swirls of frosting onto the cupcakes and sprinkle with walnuts.

32.1g

Total fat

17.7g

Saturates

0.4g

Salt

40.1g

Sugar

6.6g

Protein

Easter brownies

GF V

Serves 12 | Prep 20 mins |

Cook 40-45 mins | Calories 444 (per brownie)

FOR THE BROWNIE

120ml (4fl oz) vegetable oil, plus extra for greasing
50g (1¾oz) dark chocolate, at least 60% cocoa solids, chopped
120g (4¼oz) chocolate spread, see Tip
80g (2¾oz) gluten-free cocoa powder
350g (12oz) golden caster sugar, or caster sugar
½ tsp salt
3 tbsp milk

200g (7oz) gluten-free plain flour mix
½ tsp gluten-free baking powder
½ tsp xanthan gum
3 large free-range eggs

TO SERVE

100g (3½oz) dark chocolate, at least 60% cocoa solids, chopped
150g (5½oz) milk chocolate, chopped
10-12 mini chocolate Easter eggs, split in half

- For the brownie:** Preheat the oven to 180°C/Gas Mark 4.
- Grease and line the base of a 35x24cm (14x9½in) baking tin with greaseproof paper. Grease the paper with a little vegetable oil.
- Place the chocolate in a heatproof bowl and microwave on high in 10-second bursts until melted and smooth, stirring in between bursts; you can also do this stage in a heatproof bowl set over a half-filled saucepan of simmering water.
- Combine the remaining ingredients in a large mixing bowl. Beat well until smooth and even, then stir in the melted chocolate.
- Pour the batter into the prepared tin, gently tapping the tin on a flat surface to help settle it.
- Bake for about 40-45 minutes until the brownie is set and dry to the touch on top; it should just be coming away from the edges of the tin.
- Remove from the oven to a wire rack and let cool completely. Once cool, turn out.
- To serve:** Place the chocolate in separate small heatproof bowls. Melt in the microwave, one at a time, cooking on high in 10-second bursts, stirring until smooth.
- Spoon the melted dark chocolate on top of the brownie, spreading it out evenly. Pour the melted milk chocolate on top and cut the brownie into portions.
- Top with the mini chocolate Easter eggs before serving.

TIP The chocolate spread helps to keep the brownie dense and moist; look for a plain chocolate spread, rather than one with nuts or other flavourings.

21g

Total fat

9.6g

Saturates

0.3g

Salt

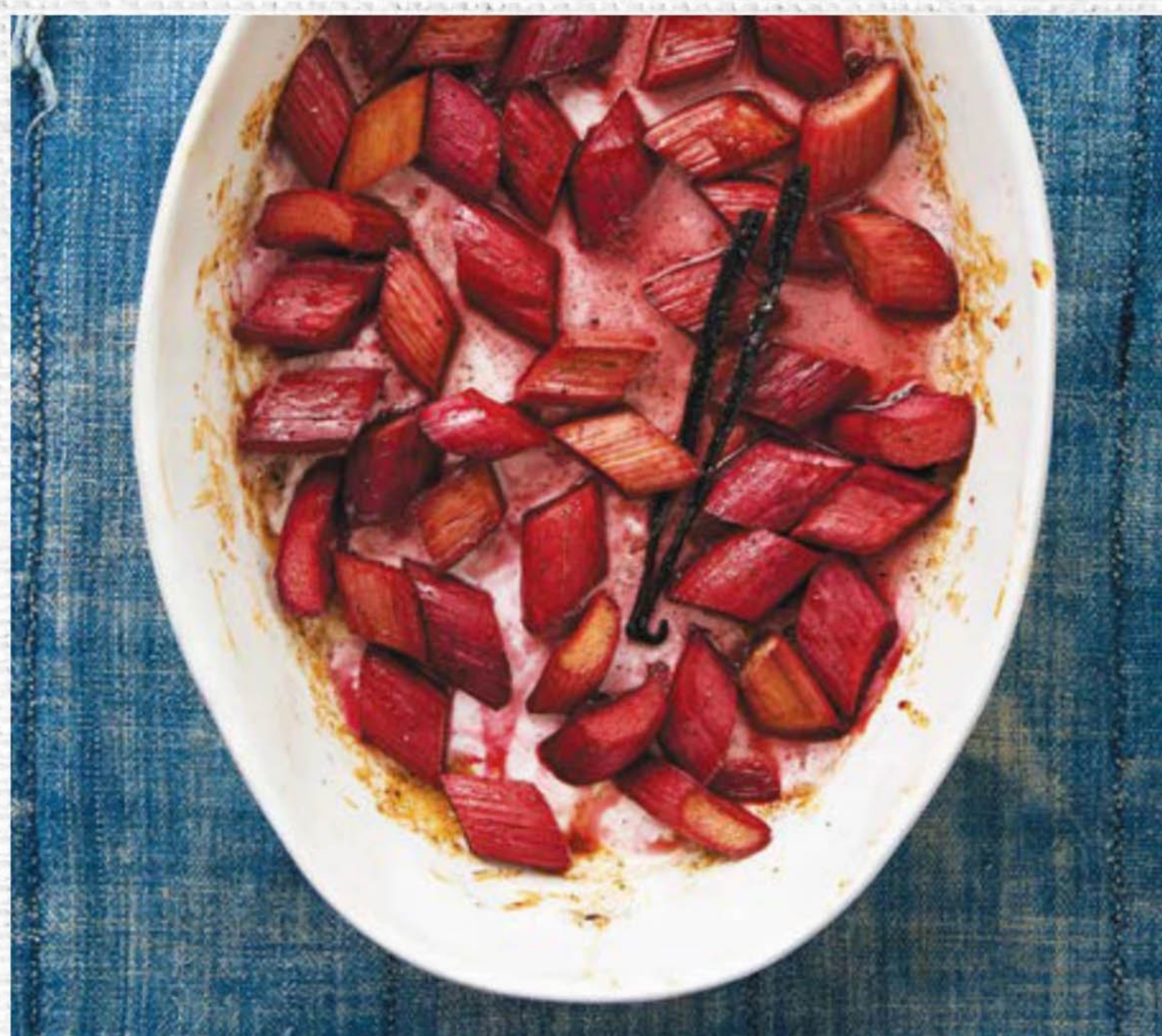
43g

Sugar

6.4g

Protein





Vanilla roasted rhubarb

By Laurie Pfalzer **GF DF EF V**

Serves **4** | Prep **10 mins** |

Cook **15-20 mins** | Calories **93** (per serving)

6 tbsp sugar (or less, if you prefer)

1 vanilla bean, split and scraped, or ½ tsp ground vanilla bean, or 1 tsp vanilla bean paste

a pinch of kosher salt

450g (1lb) rhubarb, cut into 2.5cm (1in) pieces

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Combine the sugar, vanilla bean pulp and pod and salt in a large bowl, using your hands to work the vanilla into the sugar. Add the rhubarb and toss to coat. Spread the rhubarb on a rimmed baking sheet.
- 3 Roast the rhubarb for 15-20 minutes, gently stirring or shaking the pan halfway through, until the fruit is tender to the touch but not falling apart. Stir the fruit gently one time. The roasting time will change depending on the size of your fruit pieces.
- 4 Cool the rhubarb to room temperature and serve it with the extra juices. The fruit will hold refrigerated for 5 days.

Marble cake

GF V

Serves **12** | Prep **45 mins** plus setting |

Cook **50-60 mins** | Calories **491** (per serving)

220g (8oz) gluten-free plain flour mix

225g (8oz) caster sugar

1 ¼ tsp gluten-free baking powder

½ tsp xanthan gum

½ tsp salt

2 large free-range eggs

120ml (4fl oz) milk, plus

1 tbsp extra

120ml (4fl oz) sunflower oil

30g (1oz) gluten-free cocoa powder

500g (1lb 1oz) white sugarpaste

icing sugar, for dusting

150g (5½oz) apricot jam, warmed

brown food colour, paste or drops

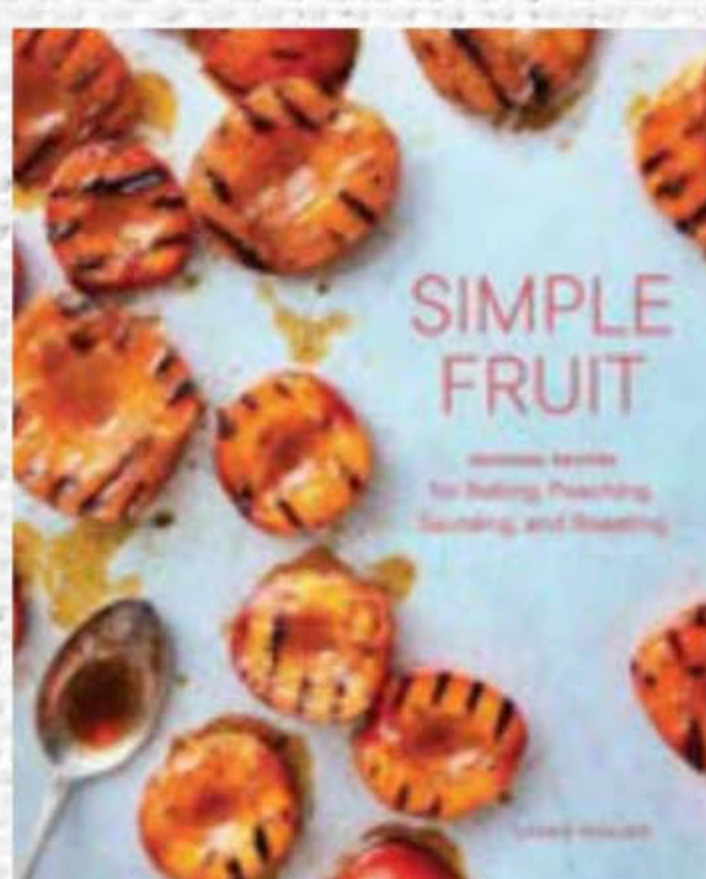
orange food colour, paste or drops

green food colour, paste or drops

120g (4¼oz) prepared buttercream

- 1 Preheat the oven to 180°C/Gas Mark 4. Grease and line a 900g (2lb) loaf tin with greaseproof paper.
- 2 Combine the flour mix, sugar, baking powder, xanthan gum and salt in a large mixing bowl, stirring well.
- 3 Beat together the eggs, milk and oil in a jug. Add to the dry ingredients and stir until a batter comes together.
- 4 Spoon one-quarter of the batter into a separate bowl. Add the cocoa powder and another 1 tbsp milk, beating thoroughly until smooth and even in colour.
- 5 Spoon the plain batter into the prepared tin. Spoon the chocolate batter on top, lightly swirling into the plain batter with a spoon or skewer. Tap the tin a few times on a flat surface to settle the batter.
- 6 Bake for about 50-60 minutes until risen and dry to the touch on top; a cake tester should come out clean from its centre. Remove to a wire rack to cool completely in the tin.
- 7 Once cool, turn out the cake from its tin. Break off about two-thirds of the sugarpaste and roll it in your palms to warm it up slightly.
- 8 Dust a work surface with icing sugar and press down the warmed sugarpaste into a disc. Use a rolling pin dusted with icing sugar to roll it out into a large rectangle, about 5mm (¼in) thick.
- 9 Brush the cake all over with the warmed apricot jam. Carefully invert it onto the bottom third of the sugarpaste, then turn it to envelope it with the icing. Trim away the excess icing with a paring knife.
- 10 Divide the remaining sugarpaste in half. Colour one piece with dabs of brown food colour, kneading until uniformly coloured.
- 11 Divide it in half and shape one piece into the

Recipe taken from *Simple Fruit* by Laurie Pfalzer, photography by Charity Burggraaf, published by Sasquatch. (RRP £18.99).



0.2g Total fat **0.1g** Saturates **0.2g** Salt **19.3g** Sugar **1g** Protein

20.4g Total fat **4.9g** Saturates **0.4g** Salt **55g** Sugar **5.3g** Protein



top half of the bunny and the other piece into the bottom half; you may need to use scraps of brown sugarpaste to fashion the bunnies' legs and arms.

12 Colour the remaining white sugarpaste with orange food colour, kneading until uniformly coloured. Divide and shape into carrots.

13 Add a dab or two of green colour to a bowl of the

buttercream, stirring until even. Spoon into a small piping bag fitted with a small star-shaped tip.

14 Pipe blobs of green buttercream onto the carrots. Decoratively arrange the carrots and rabbit on top of the loaf.

15 Let the icing set for 1 hour before trimming the ends of the cake and serving.



Cinnamon-apple bread pudding

By AO Life (www.ao.com/life)

GF V

Serves **4-6** | Prep **20 mins** |
Cook **50 mins** | Calories **525** (per serving)

400g (14oz) loaf of gluten-free bread, sliced into half slices
3 large apples, cored, peeled and sliced
400ml (14fl oz) full fat milk
400ml (14fl oz) single cream
6 free-range eggs
120g (4 ¼oz) golden caster sugar
1 tbsp ground cinnamon
2 tsp vanilla extract
butter, for greasing

- 1** Preheat the oven to 180°C/Gas Mark 4 and grease a large ovenproof dish with butter and put the milk and cream into a saucepan. Add the vanilla extract.
- 2** Bring the mix to a simmer, then take off the heat. Put the eggs, sugar and ground cinnamon into a bowl. Whisk with a hand mixer until light and fluffy, now add the warm milk mix and whisk again.
- 3** Place a layer of bread slices into the greased dish and cover with apple slices, then place the second layer of bread on top of the apples.
- 4** Scatter the remaining apples on top. Pour the egg/milk mix on top of the bread and apples and bake for 50 minutes.
- 5** Serve warm with single cream, ice cream or custard.

18g Total fat **8.8g** Saturates **1.1g** Salt **38.2g** Sugar **15.3g** Protein

Hot cross buns

GF EF V

Makes **12** | Prep **30 mins** plus proving |
Cook **30-40 mins** | Calories **343** (per bun)

FOR THE BUNS

300g (10½oz) gluten-free plain flour mix, plus extra for dusting
200g (7oz) brown rice flour
3 tsp active dry yeast
1 tsp xanthan gum
1 tsp ground allspice
1 tsp ground cinnamon
1 tsp salt
finely grated zest of 1 small unwaxed lemon
450ml (16fl oz) tepid water, plus extra as needed

120g (4 ¼oz) butter, softened, plus extra to serve
200g (7oz) raisins
1 tbsp chopped candied peel

FOR THE CROSSES

125g (4½oz) gluten-free plain flour mix
2 tsp cornflour
a pinch of xanthan gum
2 tbsp honey
tepid water

FOR THE GLAZE

3 tbsp honey, warmed

- 1 For the buns:** Line a large rectangular baking tray with greaseproof paper.
- 2** Combine the flours, yeast, xanthan gum, spices, salt and lemon zest in a mixing bowl and stir well to mix.
- 3** Add 400ml (14fl oz) water along with the butter and honey, mixing until the water is incorporated into the flour mixture. Beat until well-blended and the consistency of thick cake batter; add more water if the mixture is too thick.
- 4** Stir in the raisins and candied peel. Place the bowl in a warm place and leave for about 25-30 minutes until the mixture is slightly swollen.
- 5 For the crosses:** Combine the flour mix, cornflour and xanthan gum in a mixing bowl and gradually whisk the honey, then enough water to make a smooth pipeable paste. Spoon into a piping bag fitted with a thin round tip.
- 6** Take 12 mounds of the dough mixture and place on the baking tray, side by side in rows of three, building four rows into a large rectangle.
- 7** Pipe crosses on top of each bun with the prepared paste. Leave to rise in a warm place for 1½ hours.
- 8** Preheat the oven to 180°C/Gas Mark 4. Bake the buns for about 30-40 minutes until golden, risen and dry to the touch.
- 9 For the glaze:** Remove from the oven and brush all over with the warmed honey. Let dry briefly before separating and serving warm or at room temperature.

9.1g Total fat **5.3g** Saturates **0.5g** Salt **17.3g** Sugar **5.9g** Protein

*The perfect treat for
the Easter season!*





Amaretti biscuits

By Meg Rivers, Bakers of Happiness

GF DF V

Makes **30** | Prep **20 mins** |

Cook **20 mins** | Calories **82** (per biscuit)

2 free-range egg whites

175g (6oz) caster sugar

200g (7oz) ground almonds

1 tbsp Amaretto liqueur

30 whole shelled almonds, to decorate

baking sheets lined with baking parchment

- 1 Preheat the oven to 170°C/Gas Mark 3.
- 2 In a clean, grease-free bowl, whisk the egg whites using an electric hand whisk until firm peaks are formed. Add the sugar, ground almonds and Amaretto and gently fold into the egg whites until you have a smooth paste.
- 3 Fill a piping bag fitted with a 12mm (½in) nozzle with the mixture and squeeze approximate 4cm (1½in) circles onto baking sheets lined with baking parchment. This can also be done using 2 dessertspoons – one to scoop the mixture from the bowl and the other to scrape it off onto the baking sheet. Place a whole almond in the centre of each biscuit and bake in the oven for 20 minutes, or until risen, pale golden and they have small cracks over the surface. Remove the biscuits from the oven and allow them to cool on the baking sheet.
- 4 The biscuits will keep for 7-10 days in an airtight container.

Recipe taken from *Artisan Home Baking* by Meg Rivers, Bakers of Happiness, photography by Steve Painter, published by Ryland Peters & Small. (RRP £14.99).



Decorated gingerbread cookies

GF V

Makes **24** | Prep **40 mins** plus overnight for setting |

Cook **20-25 mins** | Calories **236** (per cookie)

FOR THE COOKIES

400g (14oz) gluten-free plain flour mix, plus extra as needed

45g (1½oz) cornflour

1 tbsp ground ginger

1 tsp ground cinnamon

1 tsp salt

250g (9oz) unsalted butter, at room temperature

250g (9oz) treacle, warmed

1 tsp vanilla extract

FOR THE ICING

60g (2oz) liquid egg whites, see Tip

1 tsp vanilla extract

375g (13oz) icing sugar, sifted

assorted pastel food colour, drops or paste, e.g. blue, yellow, pink, etc.

white icing pen

TO DECORATE

black lustre dust

black icing pen

yellow icing pen

- 1 **For the cookies:** Combine the flour mix, cornflour, spices and salt in a large mixing bowl. Stir well and set aside.
- 2 Beat the softened butter with the treacle and vanilla extract in a separate mixing bowl until pale and creamy, about 3-4 minutes.
- 3 Beat in the flour mixture in four additions, mixing well between additions until you have a rough dough; add more flour as needed to form a stiff dough.
- 4 Turn out and knead briefly. Shape into a round, wrap in greaseproof paper, and chill for 2 hours.
- 5 After chilling, preheat the oven to 170°C/Gas Mark 3. Grease and line two large baking trays with greaseproof paper.
- 6 Remove the dough from the fridge. Roll it out to about 5mm (¼in) thick on a lightly floured surface.
- 7 Cut out Easter egg shapes using an egg-shaped cutter. Arrange the dough shapes between the baking trays, spaced apart.
- 8 Bake for about 20-25 minutes, until browned and dry to the touch. Remove the trays to wire racks to cool.
- 9 **For the icing:** Beat together the egg whites and vanilla extract in a mixing bowl until frothy.
- 10 Gradually beat in the icing sugar until fully incorporated. Continue to beat until the icing is glossy and thick, about 4-6 minutes.
- 11 Gradually thin out the icing to a runny, flooding consistency by gradually beating in a little more warm water until the right consistency is achieved.
- 12 Cover and let rest at room temperature for 30 minutes until most of the air bubbles have dispersed.





13 After resting, divide between three bowls, colouring each with a different colour of pastel food colour. Spoon or pour into separate piping bags fitted with small round nozzles.

14 Use the white icing pen to pipe white borders around the perimeters of the cookies.

Flood the middle of the cookies with the pastel icings, piping carefully. Let the icings set and dry overnight.

15 The next day, decorate with black lustre dust and use a black and a yellow icing pen to create chicks on the cookies iced with yellow icing.



Parsnip brownie with chocolate mousse topping

By Bettina Campolucci Bordi

GF DF EF V

Makes **6-8** | Prep **20 mins** |
Cook **20 mins** | Calories **225** (per brownie)

- | | |
|---|---|
| 1 parsnip, peeled | a little coconut oil, for greasing |
| 60g (2oz) gluten-free flour mix or buckwheat flour | berries, to serve |
| 250ml (8½fl oz) gluten-free oat milk or other plant milk | FOR THE DECADENT CHOCOLATE MOUSSE |
| 75g (2½oz) brown or coconut sugar | 1 large avocado |
| 6 tbsp cacao powder | 3 tbsp maple syrup |
| 1 tsp gluten-free baking powder | 6 tbsp cacao powder |
| ½ tsp bicarbonate of soda | 1 tsp vanilla paste |
| | 120ml (4fl oz) coconut milk |

- 1 Preheat the oven to 180°C/Gas Mark 4 and grease a 20cm (8in) square cake tin with coconut oil.
- 2 Boil the parsnip until nice and soft, then drain. Weigh out 130g (4½oz) and put in a blender along with all the other brownie ingredients. Blend until nice and smooth. Spoon the brownie mixture into the prepared tin and bake for 20 minutes until just firm to the touch. You can serve the cake on its own as simple brownies.
- 3 If you decide to go all the way and make the mousse topping, put all the ingredients in a blender and blitz until you have a smooth mixture.
- 4 Transfer the cake to a wire rack to cool, then spread the mousse on top and decorate with some berries.

11.8g

Total fat

6.3g

Saturates

0.2g

Salt

17.4g

Sugar

3.8g

Protein

Apple and carrot cake

GF V

Serves **12-14** | Prep **45 mins** plus chilling |
Cook **25-35 mins** | Calories **680** (per serving)

FOR THE CAKE

- 350g (12oz) gluten-free plain flour mix
- 1 tsp ground cinnamon
- a pinch of ground cloves
- a pinch of ground ginger
- 1 tsp gluten-free baking powder
- 1 tsp bicarbonate of soda
- ½ tsp xanthan gum
- ½ tsp salt
- 240g (8oz) caster sugar
- 200g (7oz) light brown sugar
- 4 large free-range eggs

175ml (6fl oz) sunflower oil

225g (8oz) carrots, peeled, grated

225g (8oz) grated apples, e.g. Braeburn, cored

FOR THE CREAM CHEESE ICING

240g (8oz) cream cheese, softened

100g (3½oz) butter, softened

375g (13oz) icing sugar

1 tsp vanilla extract

TO DECORATE

350g (12oz) marzipan

assorted food colourings, e.g. red, orange, green, etc.

- 1 **For the sponge:** Preheat the oven to 180°C/Gas Mark 4. Grease and line three 20cm (8in) cake tins with greaseproof paper.
- 2 Whisk together the flour mix, ground spices, baking powder, bicarbonate of soda, xanthan gum and salt in a large mixing bowl.
- 3 Combine the sugars with the eggs in a food processor. Process on high until combined and smooth, about 20-30 seconds. Blend in the oil in a slow, steady stream until combined.
- 4 Add the mixture to the dry ingredients, beating well until smooth. Fold in the carrots and apples until evenly incorporated.
- 5 Spoon into the prepared tins. Bake for about 25-35 minutes until risen and dry to the touch on top, rotating the tins halfway through; a toothpick should come out clean from the centres. Remove to a wire rack to cool.
- 6 When the sponges are cool, turn them out and trim their tops flat with a serrated knife, if needed. Place one sponge on a cake stand.
- 7 **For the cream cheese icing:** In a mixing bowl, beat together the cream cheese and butter with an electric mixer until smooth and creamy, 2-3 minutes.
- 8 Beat in the icing sugar in three additions, until smooth and pale, continuing to beat for a further 1-2 minutes. Add the vanilla extract and beat again to incorporate. If needed, thin out with a little hot water to make a spreadable consistency.
- 9 Spread about one-third of the icing over the top of

28.9g

Total fat

9.1g

Saturates

0.5g

Salt

61g

Sugar

7.2g

Protein

Recipe taken from *7 Day Vegan Challenge: The easy guide to going vegan* by Bettina Campolucci Bordi, published by Hardie Grant. (RRP £15).





the sponge in an even layer. Sit the second sponge on top and cover it with about half the remaining icing, spreading it to the edges.

10 Sit the third sponge on top, gently pressing down to adhere to the icing. Top with the remaining icing, spreading it out to the edges.

11 To decorate: Break off about two-thirds of the marzipan and roll it

between your hands until pliable. Break off about 2 tsp and colour with a dab of green food colouring, kneading until uniformly coloured.

12 Colour the larger piece with orange food colouring, kneading until uniformly coloured. Divide it into 12 pieces and shape into carrots. Use the green marzipan to fashion stems for the carrots, attaching

them to the top of the carrots.

13 Colour the remaining marzipan with red food colouring, kneading until uniformly red in colour. Divide into three and shape into apples.

14 Arrange the marzipan fruit on top of the cake with the carrots around the perimeter and the apples in the centre.

SUBSCRIBE TO

Gluten-Free HEAVEN

Yes! I would like to subscribe to **Gluten-Free Heaven** magazine
☐ £10.45 every 3 months by Direct Debit - **SAVE 30%!**

YOUR DETAILS

Title Forename Surname

Email address**

Address

Postcode

Daytime tel

Mobile**

**Please enter this information so that Anthem Publishing Ltd can keep you informed about your subscription. You may unsubscribe from these messages at anytime.

Anthem Publishing Ltd, publisher of *Gluten-Free Heaven*, would like to keep you up to date with news, events, special offers, and occasionally request feedback from you. Please tick the relevant boxes to indicate how you would like to be contacted.
You can choose more than one ☐ Email ☐ Telephone ☐ SMS ☐ No thanks

INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY TO PAY DIRECT DEBIT

Originator's Identification Number 

1 Name of your Bank or Building Society **8 3 7 1 8 1**

2 Name of account holder(s)

3 Branch sort code

4 Account number

5 Instruction to your Bank/Building Society Please pay Anthem Publishing Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Anthem Publishing and if so, details will be passed electronically to my Bank or Building Society.

Signature(s) Date

DIRECT DEBIT GUARANTEE
Direct Debit is only available in the UK. If you're not entirely satisfied with *Free-From Heaven* or *Gluten-free Heaven* at any time during your subscription, you can cancel it and receive a refund for any unmailed copies

Please debit my card

☐  Visa ☐  Mastercard ☐  Maestro ☐  American Express

Card

Valid from Expiry date Issue no

Signature(s) Date

☐ Send your completed form to
FREEPOST ANTHEM PUBLISHING
Yes, it's that simple! (UK only)

*Your subscription will start with the next available issue. *Gluten-Free Heaven* is published 12 times per year. 30% saving based on UK over price, and is only available to subscribers paying by quarterly Direct Debit or continuous credit card payment. All other savings are off the local cover price.

Your UK subscription offer

- ≡ **Save 30%** on the shop price
- ≡ **Just £10.45** every 3 months by direct debit
- ≡ **Never miss an issue** packed full of gluten-free recipes
- ≡ **Free delivery direct** to your door



Subscription rates for international readers

You can **save up to 30% too!**

EUROPE
20.99 every 3 months*

AUSTRALIA
\$31.99 every 3 months*

USA/CANADA
\$24.99 every 3 months*

REST OF WORLD
£20.99 every 3 months*

Save 30%
when you subscribe



ORDER NOW!



anthem.co.uk/gfsubs



+44 (0)1371 853 609



Complete the form
opposite and send
FREEPOST

YOUR GO-TO GLUTEN-FREE...

Q & A #2

The ultimate FAQs for gluten-free living, provided by Charlotte Willis...



"A common misconception of the gluten-free diet is that you'll automatically find yourself shedding pounds and kilos of fat simply by eating more rice and less bread"

Q1: What exactly is gluten?

A: Gluten is a protein which is found in certain grains including wheat, barley and rye. Gluten has a variety of functions in traditional cooking, from gelatinising (thickening) sauces and binding ingredients together in cakes, to creating a stretchy, doughy or aerated structure in traditional bread baking. Gluten can also be found in certain cosmetics and skincare products, which usually doesn't cause issues or adverse reactions for those with a gluten intolerance (so long as the product is not ingested), but should be bought with caution if you are highly allergic.

Q2: Why are gluten-free foods, quite often, more expensive?

A: My friends and I like to call it a 'free-from tax' (unofficial term, of course). You make any dish gluten-free, dairy-free or vegan, and all of a sudden your bill goes up by 20%. Sometimes this additional cost is warranted.

For example, extracting the gluten from wheat in order to make gluten-free wheat flour is an additional process in the production of such a product, so it makes sense to charge a little extra to compensate for the additional labour and machinery.

However, making gluten-free dishes from scratch at a restaurant should not require an additional spend on behalf of the eatery, and therefore it can be frustrating when you're faced with an additional cost at the end of the meal. Be sure to check out the free-from menu of your chosen restaurant online before you visit, or try

searching for recommended eateries on Facebook groups or from local community pages.

The same can apply for certain foods purchased from the local supermarket. Gluten-free and free-from products can often carry a heftier price tag than conventional items, partially due to additional processing costs, but also due to the specialist marketplace these items are placed in, making customers with a dietary niche feel rather out of pocket. To reduce your costs, opt to purchase gluten-free pre-made products and specialist items every now and again as a treat, or find alternative recipes online to make your own versions at home.

Q3: Is a gluten-free diet lower in calories?

A: A common misconception of the gluten-free diet is that somehow, simply through the omission of gluten, you'll automatically find yourself becoming healthier than you previously were, shedding pounds and kilos of fat simply by eating more rice and less bread. Well, I'm afraid that's not completely true.

As with any diet and lifestyle, regular consumption of any gluten-free foods which are high in saturated fat, sugars and salt, or those which have been highly processed, would not be recommended. Thanks to the rising knowledge surrounding a gluten-free lifestyle, it's now easier than ever to get your hands on gluten-free baked goods and ready meals. Which is great for those days when all you crave is a pastry dish or gluten-free cupcake, but not so great if you find yourself becoming overly reliant on these products to form your staple weekly meals.

If you are looking to get healthier or fitter, going gluten-free is a great chance to help you rediscover your relationship with food, and branch out into ingredients lesser used or known. Take this opportunity to plan your weekly meals, fill your shopping trolleys with wholefoods and make small steps to achieving your exercise goals.



Q4: I think I may be gluten intolerant, should I try to self-diagnose?

A: In short, *no*. I would be very wary of diagnosing yourself using information you've found online or from anecdotal stories of other gluten-free individuals. If you think you may have an intolerance, or you suspect your symptoms may be associated to a form of digestive difficulty, you should consult with your doctor and ask to be referred to a specialist for diagnosis. Self-diagnosis may actually lead to a misdiagnosis on your part, or could result in an underlying medical condition being left untreated. If in any doubt, ask to see your GP.

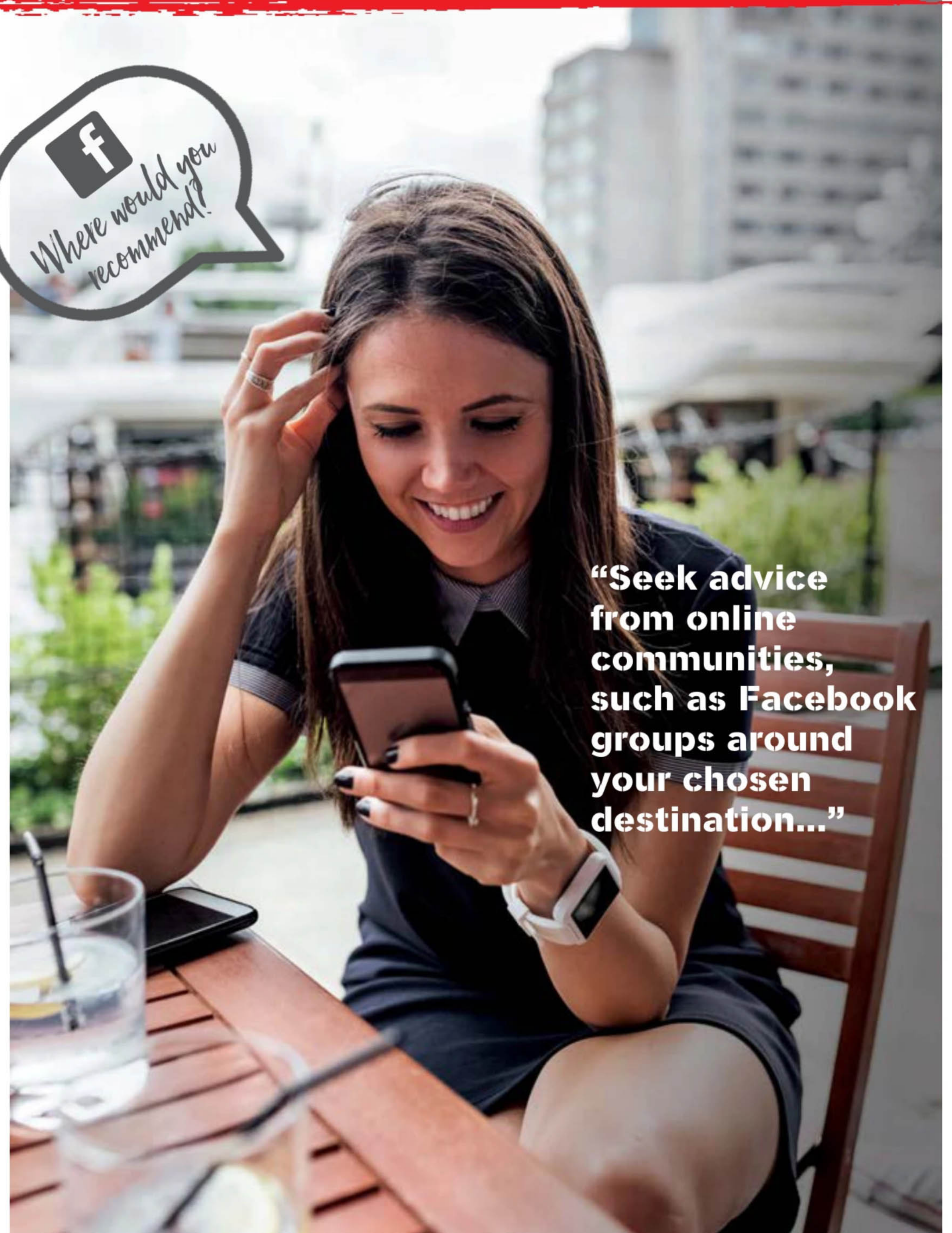
Q5: Is a gluten-free lifestyle easy to maintain when travelling abroad?

A: The ease of eating in a foreign country really does depend on where you decide to travel, and the resulting cuisine of your chosen destination. If you are travelling to the USA, Australia, Ireland and many countries in Western Europe, you'll find eating gluten-free pretty effortless, as there is plenty of knowledge about food packaging guidelines and dietary requirements in many worldwide locations.

Before you travel, have a look for gluten-free bloggers who have ventured to the areas you are aiming to jet off to, as they will often provide inside information into the best places to eat and avoid. Alternatively, seek advice from online communities, such as Facebook groups around your chosen destination and ask for recommendations in the area.

Q6: What are some of the biggest mistakes people make when they try a gluten-free diet?

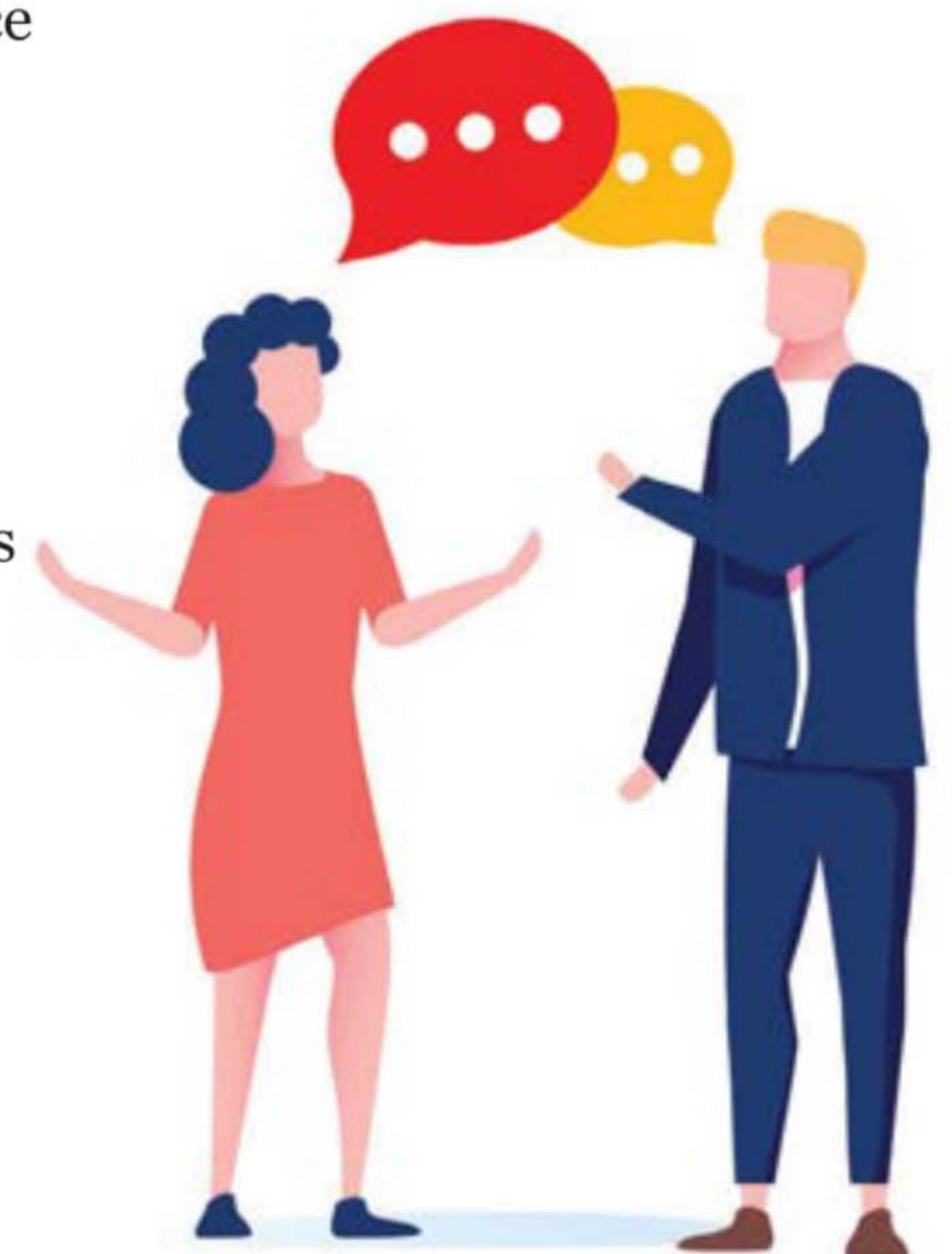
A: One of the biggest mistakes I see individuals make, particularly when they have only recently become diagnosed as gluten-intolerant or coeliac, is giving into the lure of free-from, like-for-like products. Gluten-free breads, bakes, biscuits, flavoured cereals and ready meals may seem appealing; nicely laid out for your convenience in the local free-from aisle, tempting you as you summon the willpower to somehow resist. But oh, how they'll burn a hole in your pocket! Sadly, certain gluten-free products can come with a hefty price tag (as discussed earlier), leaving your shopping budget in tatters and you questioning the financial viability of your lifestyle change.



“Seek advice from online communities, such as Facebook groups around your chosen destination...”

Wherever possible, avoid such unnecessarily expensive items and buy basic gluten-free staple ingredients such as non-gluten containing grains, proteins and vegetables. Try not to over-complicate your meals. Instead, focus on consuming as wide a variety of wholesome ingredients as possible, utilising seasonal produce and plenty of delicious seasonings.

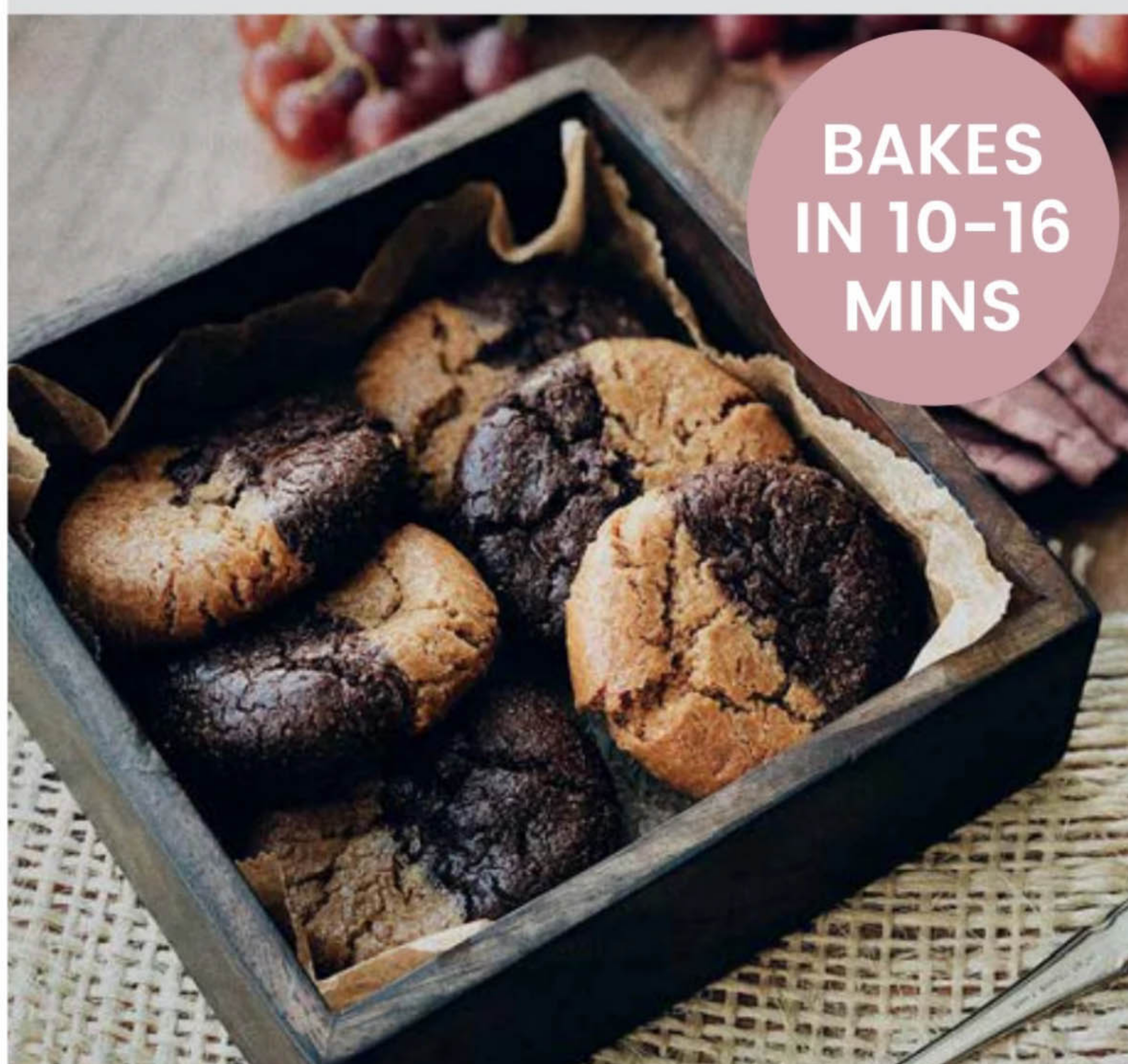
Another common mistake is diving straight into a gluten-free diet, without doing sufficient research into the hidden sources of gluten, sneakily concealed in certain foodstuffs, such as soy sauce and cereals. As a consequence, bouts of largely-avoidable gluten-induced poor health may be more frequent for the fast fools. Don't be one of them! When you make the decision to adopt a gluten-free diet, or become diagnosed with an intolerance, be sure to look at appropriate advisory websites such as coeliac.org, to ensure that you prep your fridge and cupboards for success. 





Naturally
Naughty

ENJOY BAKERY STYLE COOKIES AT HOME



BAKES
IN 10-16
MINS



AVAILABLE IN:



Coming soon!

doughlicious.co.uk

Find us on Instagram:
[@doughlicious_dough](https://www.instagram.com/doughlicious_dough)



KeepIt Glutenfree

Labels and labelled
kitchenware to help
you stop
cross-contamination

New range of stickers:



See more: KeepItGlutenFree.co.uk
[@KeepItGlutenFree](https://www.instagram.com/KeepItGlutenFree)

SIMPLE

BREAKFAST RECIPES

*Start your day with
something special!*

WE LOVE... GRANOLA pg36 // ONE-PAN APPLE PANCAKES pg37 // QUINOA PORRIDGE pg39



For the rosemary and
olive oat biscuits,
see page 38



Anti-inflammatory granola

By Charlotte Davies (www.fibrofoodfairy.co.uk)

GF **SF** **DF** **EF** **V**

Serves 8 | Prep 5-10 mins |
Cook 8-10 mins | Calories 199 (per serving)

- 2 tbsp coconut oil, melted
- 3 tbsp maple syrup
- 2 tsp vanilla extract
- 1 tsp almond extract
- 1 tsp ground turmeric
- 1 tsp ground ginger
- 50g (1¾oz) coconut flakes
- 100g (3½oz) flaked almonds
- 50g (1¾oz) pumpkin seeds
- 25g (1oz) ground flaxseed
- almond or coconut milk, to serve
- coconut yoghurt, to serve

- 1 Preheat the oven to 170°C/Gas Mark 3.
- 2 In a large mixing bowl, mix together the wet ingredients. Add the dry ingredients in the order listed and stir to combine.
- 3 Line 2 baking sheets with baking parchment and transfer the granola to them, creating a thin even layer. Use the back of the spoon to spread out the mixture.
- 4 Bake for 8-10 minutes until golden. Remove from the oven and allow to cool completely. Store in an airtight container. Serve with almond milk or coconut yoghurt and fresh berries.

15.7g	6g	trace	5.6g	5g
Total fat	Saturates	Salt	Sugar	Protein



Basic pancakes

By FREEE (www.freee-foods.co.uk)

GF **SF** **V**

Serves 2-4 | Prep 15 mins plus chilling |
Cook 5-10 mins | Calories 308 (per serving)

200g (7oz) FREEE Plain Flour

2 free-range eggs

500ml milk (18fl oz)

oil

- 1 Put the flour, eggs and half the milk into a large bowl or jug.
- 2 Beat to a smooth paste, then stir in the remaining milk to make a thin batter. You can keep this in the fridge for up to 12 hours.
- 3 Lightly oil a frying pan so that the oil just covers the surface and get the pan nice and hot.
- 4 Stir the batter, then spoon or pour some into the hot pan, rolling it out to the edges.
- 5 Cook the pancake, loosening the edges, until the base is golden. Turn it over and cook the other side. Repeat until all the batter is used.
- 6 Serve with sweet or savoury fillings of your choice.

8.8g	3g	0.2g	6.1g	12.2g
Total fat	Saturates	Salt	Sugar	Protein

Fluffy one-pan apple pancakes

By Bettina Campolucci Bordi **GF DF EF V**

Serves 2 | Prep 15 mins | Cook 10 mins | Calories 734 (per serving)

1 tbsp ground flaxseed
2 tbsp water
2 tbsp peanut butter
1 tsp gluten-free
baking powder
a pinch of bicarbonate
of soda
a pinch of salt
1 tsp vanilla paste
250ml (8½fl oz) plant-
based milk
100g (3½oz) gluten-free
oat flour

100g (3½oz) buckwheat
flour
1 tbsp coconut oil
1-2 large eating
(dessert) apples, peeled,
cored and sliced
into wedges
jam or plant-based
yoghurt, to serve
BOOSTERS
nut butter
chopped nuts
hemp hearts

- 1 In a large mixing bowl, whisk together the flaxseed meal and water and let it set for 1-2 minutes. Add the peanut butter, baking powder, bicarbonate of soda, salt and vanilla paste and whisk everything together well. Add the plant milk and whisk again until well combined.
- 2 Add the oat and buckwheat flours, stir until combined, then let the batter rest for 5 minutes. Alternatively, the batter can be prepped for the next day; sometimes the pancakes become even tastier if they have rested in the fridge.
- 3 To cook the pancakes, preheat a small frying pan until hot, but

not so hot that the oil smokes when it makes contact with the surface of the pan. Add a little coconut oil to the pan, then gently lay the apple slices in the pan and fry for 5 minutes until lightly browned on each side. Arrange the apples beautifully in the pan.

- 4 Give the batter a stir, then pour into the pan and cook for about 5 minutes until the surface bubbles. Flip the pancake over with a large slice and fry on the other side until cooked through. Serve with a dollop of jam or plant-based yoghurt.



*It makes a great
batch cook!*

22.6g Total fat
8.9g Saturates
0.5g Salt
36.4g Sugar
20.4g Protein

Recipe taken from *7 Day Vegan Challenge: The easy guide to going vegan* by Bettina Campolucci Bordi, published by Hardie Grant. (RRP £15).





Eggs rancheros

By SPAM® (www.spam-uk.com)

GF **SF** **DF**

Serves 4 | Prep 20 mins |

Cook 10-12 mins | Calories 436 (per serving)

- | | |
|---|--|
| 1 x 340g (12oz) can SPAM® Chopped Pork and Ham, cut into 2cm (¾in) cubes | 1 red chilli, seeded and finely diced |
| 2 tbsp olive oil | 1 tsp dried oregano |
| 1 medium onion, peeled, finely chopped | 1 x 400g (14oz) chopped tomatoes |
| ½ a green pepper, seeded and sliced | 4 large free-range eggs |
| ½ a yellow pepper, seeded and sliced | salt and freshly ground black pepper |
| | fresh chives, snipped |

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Heat 1 tsp olive oil in large ovenproof frying pan, stir in the SPAM® for approx 2-3 minutes, then remove and drain on absorbing paper.
- 3 Heat a further tsp of olive oil.
- 4 Saute the onion, pepper and chilli (reserve some of the chilli for garnish) and fry on a medium heat for 4-5 minutes until softened but not coloured, stirring occasionally.
- 5 Stir in the oregano and the chopped tomatoes and bring to the boil. Turn down the heat and simmer for 5 minutes until the peppers are tender and the sauce is slightly reduced and thickened. Season to taste.
- 6 With a spoon, make 4 holes in the tomato/pepper mixture just large enough to fit the eggs. Carefully stir in the cubed SPAM®, then carefully crack one egg into each hole.
- 7 Season the eggs, then bake for 10-12 minutes or until the whites of the eggs are set but the yolks are still runny. Scatter over chopped chives and the remaining chilli and serve straight from the pan.

35.5g	11g	1.4g	5.8g	19.2g
Total fat	Saturates	Salt	Sugar	Protein



Rosemary and olive oat biscuits

By the Natural Chef Kitchen at College of Naturopathic Medicine (www.naturopathy-uk.com)

GF **SF** **DF** **EF** **V**

Makes 8 | Prep 15 mins |

Cook 20 mins | Calories 85 (per biscuit)

- | | |
|--|--|
| 10 black olives, finely chopped | 1 tbsp coconut oil, softened |
| 3 tbsp cold water | 75g (2¾oz) gluten-free oats |
| 2 tsp ground flaxseed | 25g (1oz) gluten-free oat flour |
| 1 tbsp fresh rosemary, stalk removed, leaves finely chopped | a generous pinch of sea salt |
| 1 tbsp arrowroot powder | a pinch of black pepper |

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a shallow oven tray with silicone-free baking paper.
- 2 Add the oats, oat flour, flax, arrowroot, rosemary, salt and pepper to a mixing bowl. Stir to combine.
- 3 Add the chopped olives and stir throughout the flour mixture.
- 4 Add the coconut oil and rub into the flour mixture with your fingers to create a chunky crumb.
- 5 Slowly add the water a little at a time, bringing the mixture together with your hands to form a dough. If the dough is a little sticky add a little more oat flour.
- 6 Divide the dough evenly into 8 portions. Arrange across the lined oven tray and press into biscuit shapes roughly 1cm (½in) thick.
- 7 Transfer the biscuits to the oven and bake for 18-20 minutes until golden brown all over and firm to touch. Set aside to cool before serving.

4g	1.8g	0.2g	0.1g	1.9g
Total fat	Saturates	Salt	Sugar	Protein

Rosemary and Olive Oat Biscuits photograph by Emma Carter

Quinoa porridge with maple syrup & brown sugar

By Carol Hilker **GF EF V**

Serves 2-4 | Prep 10 mins | Cook 20 mins | Calories 276 (per serving)

500ml (18fl oz) milk, almond milk, rice milk, light coconut milk or vanilla almond milk

170g (6oz) quinoa

$\frac{1}{4}$ tsp salt

3 tbsp packed brown sugar

2 tbsp maple syrup

$\frac{1}{4}$ tsp cinnamon

1 tsp vanilla extract

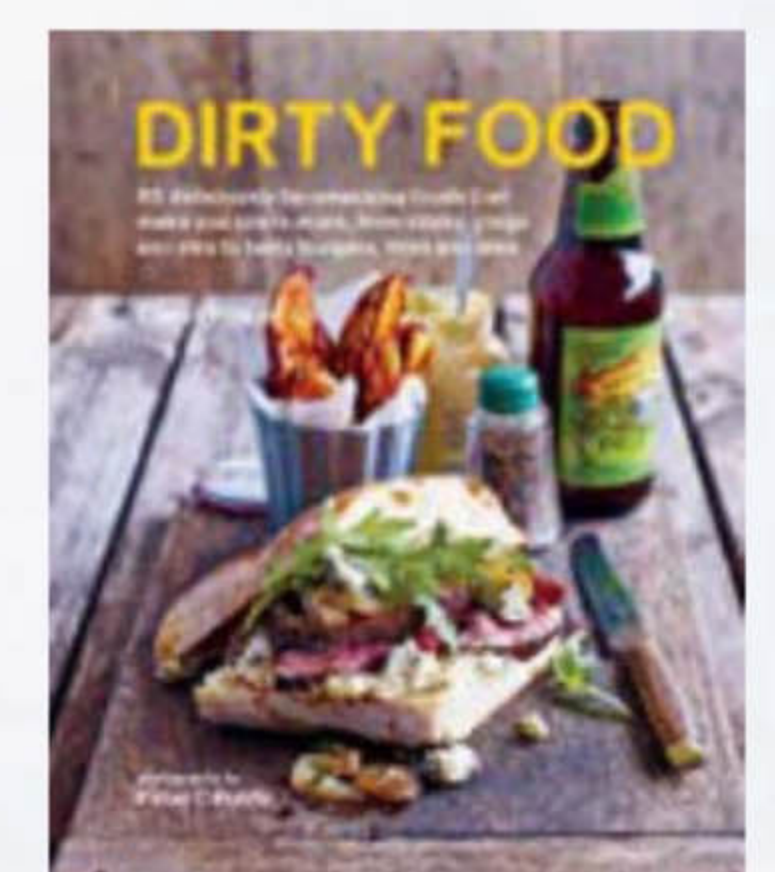
chopped nuts and fruit, to serve (optional)

1 In a medium saucepan, pour in the milk and heat over a medium heat. Stir constantly with a wooden spatula, wooden spoon or whisk. Gently scrape the bottom of the pan periodically until the milk begins to bubble and simmer, about 5-10 minutes.

2 When the milk simmers, add the quinoa and salt and stir until combined. Let the quinoa come to a slow boil. Cover the pan, leaving the lid slightly ajar to vent and reduce the heat to low. Let the mixture cook on a low simmer for 10 minutes. After this time, remove the lid and stir in the brown sugar, maple syrup and cinnamon.

3 Place the lid loosely back on the saucepan and let the quinoa simmer on low for about 10 more minutes. Check and stir occasionally until most of the liquid is absorbed and the quinoa is tender. Reduce the heat if the quinoa appears to be simmering too quickly; add additional milk if it becomes too dry before it's tender. When done, the quinoa should look like a cross between porridge and cream of wheat. At this point, remove from the heat, add the vanilla and stir. Dish into 2 large bowls or 4 little bowls and add chopped nuts and fruit if desired.

Recipe taken from *Dirty Food* by Carol Hilker, photography by Peter Cassidy, published by Ryland Peters & Small. (RRP £14.99).



Be creative with toppings!

5.2g Total fat 1.9g Saturates 0.4g Salt 18.4g Sugar 10.3g Protein

VEGAN & GLUTEN FREE
SOURCE OF PROTEIN
LESS THAN 300 CAL/POT



A LUNCH LESS ORDINARY

MIXING UP THE ENERGY OF AFRICA WITH VEGAN VIBES AND CHEEKY SIMPLICITY, RED RED IS AN ALL-SINGING ALL-DANCING MEAL POT. ALL YOU NEED IS 7 MINUTES, A COUPLE OF LITTLE STIRS AND 240ML OF BOILED WATER.

SPOONS UP !

FOR EVERY RED RED POT YOU BUY, WE DONATE 6P TO  **FARM AFRICA**
@redredstews

VIBRANT

LUNCHTIME RECIPES

Create simple, healthy and
delightful plates of food!

WE LOVE... BUCKWHEAT BLINIS pg43 // PESTO LOAF pg45 // CORNISH PASTY pg49



For the black
bean pasta salad,
see page 46



Chickpea scramble

By Bettina Campolucci Bordi

GF DF EF V

Serves 2 | Prep 10 mins |

Cook 15 mins | Calories 542 (per serving)

2 tbsp olive oil

1 small or ½ a large leek, green

and all, chopped

½ a red pepper, finely diced

240g (8½oz) drained tinned chickpeas

1 tbsp sweet paprika

a pinch of chilli flakes

salt and freshly ground black pepper

100g (3½oz) spinach leaves

**cherry tomatoes, gluten-free toast
and avocado slices, to serve**

- 1 Put a large saucepan over a medium heat and add the olive oil, leek and pepper. Fry for 5-10 minutes until soft and lightly browned.
- 2 Put half the chickpeas into a blender and blitz, then add to the pan with the remaining unblended chickpeas, stir well and simmer for another few minutes until heated through. Sprinkle in the paprika and chilli and season with salt and pepper to taste.
- 3 Add the spinach and let it wilt into the mixture.
- 4 Serve with fresh cherry tomatoes, gluten-free toast and slices of avocado.

Recipe taken from *7 Day Vegan Challenge: The easy guide to going vegan* by Bettina Campolucci Bordi, published by Hardie Grant. (RRP £15).



17.1g

Total fat

2.5g

Saturates

0.5g

Salt

15.5g

Sugar

24.1g

Protein



Artichoke and potato soup

By Veronica Lavenia

www.instagram.com/veronicalavenia

GF SF DF EF V

Serves 4 | Prep 10 mins |

Cook 20 mins | Calories 418 (per serving)

300g (11oz) potatoes

7 artichoke hearts

2 lemons, halved

1 celery stalk, finely chopped

1 carrot, peeled, finely chopped

1 onion, peeled, finely chopped

50g (1¾oz) pistachios

50g (1¾oz) walnuts

50g (1¾oz) whole almonds

**2 slices of gluten-free country style
bread, toasted, roughly chopped into croutons**

extra-virgin olive oil, to taste

300ml (10fl oz) warm water

a pinch of sea salt and white pepper, to taste

- 1 Steam the potatoes. Allow to cool, then peel and roughly chop.
- 2 Steam the artichoke hearts with the lemons. Heat a little oil in a frying pan over a medium heat and add the celery, carrot and onion. Cook until browned.
- 3 Using a blender or food processor, process the potatoes, artichokes, vegetables, pistachios, walnuts and almonds. Add the olive oil, warm water, salt and pepper and blend until the desired consistency is reached. (Add more water if needed).
- 4 Serve with a drizzle of olive oil and the croutons.

24g

Total fat

2.2g

Saturates

0.5g

Salt

6.6g

Sugar

13.5g

Protein



COOKING TIP

EVEN SHAPES?

USE A PIPING BAG TO
PIPE THE BLINI BATTER
INTO THE HOT PAN

Buckwheat blinis with beetroot hummus

By the Natural Chef Kitchen at College of Naturopathic Medicine **GF SF DF EF V**

Makes 60 blinis & 600g (1lb 4oz) hummus / Prep 25 mins plus resting / Cook 20 mins / Calories 98 (per blini)

170g (6oz) buckwheat flour

2 tsp gluten-free flour

1 tsp gluten-free
baking powder

1 tsp sea salt

350ml (12fl oz) almond milk

2 tbsp flaxseed, mixed with
6 tbsp filtered water
(to make a 'flax egg')

3 tbsp cold pressed
extra-virgin olive oil

FOR THE HUMMUS

480g (1lb) cooked
chickpeas

160g (5½oz) cooked
beetroot

½ a large garlic clove,
peeled, crushed

grated zest and juice

of 1 lemon

1 heaped tsp tahini,
light or dark

1½ tbsp ground cumin

150ml (5fl oz) cold pressed
rapeseed oil

20ml (¾fl oz) filtered water
a pinch of sea salt

FOR THE TOPPING

375g (13oz) fine asparagus,
stalks trimmed, tips
halved lengthways

140g (5oz) nonpareille
capers, drained,
rinsed, roughly chopped

80g (3oz) pine nuts,
roughly chopped

30g (1oz) fresh dill,
leaves picked

1 Start with the blini batter. Make the flax egg mixture and leave for 10 minutes to swell.

2 Mix the flour with the baking powder and salt. Whisk in the almond milk to add air pockets into the batter.

3 Fold in the flax egg and leave the mix to rest for 30 minutes, to allow the baking powder to start lightening the batter.

4 For the hummus, add the garlic, cumin, tahini and salt to the food processor. Blitz until roughly chopped. Add half the chickpeas, beetroot, lemon zest and juice and water. Blitz until combined. Add the remaining chickpeas then, with the motor running, drizzle in the oil until a smooth consistency is reached (you may not need all the oil or if you like a runnier hummus add an additional splash of water). Season to taste.

5 Bring a small saucepan of water to the boil, add the asparagus tips and cook for 1 minute, then quickly drain and plunge the asparagus into a bowl of iced water to stop them overcooking and discolouring. After 5 minutes, drain the asparagus and pat dry

with kitchen paper. Season.

6 Return to the blini batter. Heat enough olive oil to lightly coat the bottom of a medium/large saucepan. When the pan is hot, spoon just less than 1 tbsp of batter near the edge of the pan to create a mini pancake shape. Continue to add more batter around the edges of pan, being careful to leave enough space between them for turning over (aim to have no more than 5-6 in a pan at once).

7 When air bubbles start to appear in the centre of the blinis and the edges look cooked (about 3 minutes, keep an eye the pan isn't getting too hot), flip the blinis over for another 1-2 minutes until the bases are golden. Turn the blinis out and rest on kitchen paper while you continue to cook the remaining batter.

8 To serve, place a heaped teaspoon of the beetroot hummus in the centre of the blini, place a few asparagus tips on top and sprinkle over the chopped pine nuts and capers, finally garnishing with sprigs of dill.

The recipes & photographs on pages 43-45 are by Francesca Klottrup, chef, nutritionist and lecturer on the Natural Chef and Vegan Natural Chef Diploma Courses at CNM, the College of Naturopathic Medicine. (www.naturopathy-uk.com)

6.2g

Total fat

1.7g

Saturates

0.2g

Salt

1.5g

Sugar

2.7g

Protein



WILD NOTES

1 Chickpea flour is sometimes packaged as 'gram flour'; they're the same thing.

2 Black salt, also widely known as kala namak, is a type of rock salt that adds an eggy, sulphuric taste to dishes, making it perfect when substituting ingredients for eggs.

3 Don't have baking beans? Use any dried beans or uncooked rice instead. You want something heavy to hold the raw pastry case in place to stop the sides collapsing in as it bakes.

Leek, shallot & thyme tartlets

By the Natural Chef Kitchen at College of Naturopathic Medicine **GF SF DF EF V**
 Makes **6 tartlets** / Prep **25 mins** / Cook **40 mins** / Calories **546** (per tartlet)

FOR THE PASTRY

100g (3½oz) ground almonds
100g (3½oz) gluten-free oats, ground into flour
100g (3½oz) ground flaxseed
1 tsp fine sea salt
70g (2¼oz) cold-pressed extra-virgin olive oil
115ml (4fl oz) filtered water

FOR THE FILLING

150g (5½oz) chickpea flour
600ml (1pt) filtered water

2 large onions, peeled, thinly sliced

2 large leeks, cut into 1cm (½in) pieces

8 shallots, peeled, halved

a small bunch of fresh thyme, leaves removed from the stalks

2½ tbsp nutritional yeast

1 garlic clove, peeled, crushed

4 tbsp cold-pressed extra-virgin olive oil

½ tsp black salt
cracked black pepper

working your way outward and up the sides to create an even base. Prick the base of pastry cases with a fork so that air can escape.

4 Blind bake the cases for 10-15 minutes by placing a sheet of baking parchment over the top of the quiche bases and evenly distribute baking beans on top of the parchment, ensuring they cover the entire surface and sit against the pastry sides. Remove the beans and bake for a further 10-15 minutes until the pastry is golden brown.

5 Meanwhile make the filling.

6 Heat a large frying pan on a medium heat with half the olive oil.

7 Add the onions to the pan and cook until they start to soften. Add the garlic and thyme and cook for a further 2 minutes, then transfer to a bowl.

8 Using the same pan, add the other half of the olive oil, place the leeks and shallot halves evenly around the pan, adding a splash of water, then gently

cook the on a medium heat until softened and starting to caramelize. Turn the vegetables over and cook through on the other side (about 5 minutes each side), then set aside.

9 Mix the chickpea flour with the water, adding the water slowly to prevent lumps forming. In a medium-sized saucepan, add the chickpea mix and heat, beating continuously until thickened and the flour has cooked through (approximately 10 minutes). Add the onion mixture, nutritional yeast, black salt and pepper. Stir and season to taste.

10 Spoon the chickpea mixture evenly in the tart cases, then place the pieces of shallot and leeks across the top.

11 Bake for 15-20 minutes or until lightly golden on top and the filling feels set. The tartlets (or quiche) will keep for 3 days refrigerated; just refresh in a moderate oven for 10 minutes.

TIP The quiche is suitable for freezing. Defrost in the fridge overnight and refresh in a moderate oven for 10 minutes.

- 1** Preheat the oven to 180°C/Gas Mark 4.
- 2** Lightly grease six tartlet cases with coconut oil and line with baking parchment.
- 3** Mix all the pastry ingredients together (either by hand or in an electric mixer). Lightly press the mixture evenly into the tins,

29.1g Total fat **3.5g** Saturates **0.5g** Salt **6.7g** Sugar **22.8g** Protein

Sun-dried tomato and pesto loaf

By the Natural Chef Kitchen at College of Naturopathic Medicine

GF **SF** **DF** **EF** **V**

Makes 1 loaf (12 slices) | Prep 25 mins plus chilling | Cook 45-50 mins | Calories 179 (per slice)

6 tbsp warm water
6 sun-dried tomatoes,
roughly chopped
2 tbsp ground flaxseed
125g (4½oz) gluten-free
oat flour
125g (4½oz) self-raising
gluten-free flour mix
1 tsp gluten-free
baking powder
1 tbsp coconut or other
dairy-free yoghurt
1 tsp apple cider vinegar
175ml (6fl oz) almond milk

½ tbsp coconut sugar
a generous pinch of
sea salt
a generous pinch
of black pepper

FOR THE PESTO

25g (1oz) fresh basil leaves
and tender stalks
1 garlic clove, peeled
1 tsp grated lemon zest
1 tbsp pine nuts
1 tbsp nutritional yeast
4 tbsp olive oil
2 tsp lemon juice

1 Preheat the oven to 180°C/
Gas Mark 4. Line a loaf tin with
silicone-free baking parchment.

2 Add the flax to a small mixing
bowl with the warm water and
stir well to combine and gel,
forming a flax egg.

3 Add the ground flaxseed to a large
mixing bowl and sift in the flour.

4 Add the baking powder, coconut
sugar, salt and pepper. Stir well
to combine.

5 Add the flax egg to a mixing
bowl with the apple cider
vinegar and yoghurt. Stir well to
combine.

6 Add the wet mixture to the flour
and beat together. Slowly drizzle
in the almond milk a little at a
time until you have a smooth,
thick batter. If your mixture is
too dry, add a little more milk as
required.

7 Add the sun-dried tomatoes to
the batter and stir through.

8 To prepare the pesto, add
the basil, garlic, pine nuts,
lemon zest, lemon juice, oil
and nutritional yeast to a food
processor. Blend to form a
chunky paste.

9 Spoon half the batter into the
lined loaf tin. Dot teaspoonfuls
of pesto randomly over the
batter and swirl through gently
with a knife.

10 Spoon the remaining batter over
the top and level with a spatula.

11 Transfer the bread to the oven
for 45-50 minutes until cooked
through and golden brown on
top. Leave to cool in the tin
before slicing.

10.4g

Total fat

4.2g

Saturates

0.2g

Salt

1.6g

Sugar

3.8g

Protein



Quinoa salad

By AO Life (www.ao.com/life)

GF **SF** **EF** **V**

Serves **4-6** / Prep **10 mins** plus marinating /
Cook **15 mins** / Calories **430** (per serving)

200g (7oz) quinoa
100g (3½oz) toasted pine nuts
200g (7oz) feta, cubed
200g (7oz) cherry tomatoes
1 sweet pepper
1 onion, peeled
juice of 1 lemon
60ml (2fl oz) olive oil
40ml (1½fl oz) white wine vinegar
fresh basil leaves, finely chopped
salt and freshly ground black pepper

- 1 Rinse the quinoa under cold water, then cook according to the packet instructions. While the quinoa is cooking, mix together the vinegar and lemon, then slowly drizzle in the olive oil while mixing. Add salt and pepper.
- 2 Once the quinoa is cooked, transfer to a large bowl and leave to cool. Finely chop the pepper and onion and add to the quinoa.
- 3 Slice the tomatoes into halves and add to the quinoa with the pine nuts, feta and basil, stirring together well.
- 4 Pour over the vinaigrette and stir until all the ingredients are thoroughly mixed. Leave for an hour before serving, just to give the flavours a chance to develop.

30.2g	7.4g	0.6g	5g	12.7g
Total fat	Saturates	Salt	Sugar	Protein



Black bean pasta & roast veggie salad

By AO Life (www.ao.com/life)

GF **DF** **EF** **V**

Serves **2** / Prep **10 mins** /
Cook **30 mins** / Calories **430** (per serving)

100g (3½oz) black bean pasta
2 courgettes
2 small red peppers
200g (7oz) cherry tomatoes
a bunch of spring onions, sliced
a bunch of parsley, chopped
juice of 1 lemon
3 tbsp extra-virgin olive oil
salt freshly ground black pepper

- 1 Preheat the oven to 220°C/Gas Mark 8. Wash and chop the courgette, peppers and tomatoes into small chunks.
- 2 Place the vegetables onto a baking tray, drizzle with olive oil and season. Roast for 30 minutes, turning occasionally. Cook the pasta for one minute less than it says on the packaging – this will ensure it keeps its shape/doesn't fall apart before serving.
- 3 Once cooked, drain the hot water and rinse with cold water. Clean and slice the spring onions.
- 4 Once the vegetables have cooled down, toss them together with the pasta. Top with the sliced spring onions and chopped parsley.
- 5 Allow to cool. Drizzle lemon juice and olive oil on top and season with salt and pepper.

23.8g	4.1g	0.3g	14.5g	27.5g
Total fat	Saturates	Salt	Sugar	Protein

Nordic rye-style seed bread

By Aran Goyoaga **GF SF DF EF V**

Makes 1 loaf | Prep 30 mins plus proving | Cook 1 hr 35 mins | Calories 391 (per serving)

140g (5oz) raw sunflower seeds
90g (3½oz) raw buckwheat groats
900ml (2pt) filtered water, divided
200g (7oz) gluten-free sourdough starter
90g (3½oz) superfine brown rice flour, plus more for dusting

3 tbsp psyllium husk powder
140g (5oz) sorghum flour
140g (5oz) buckwheat flour
30g (1oz) tapioca starch
2 tbsp molasses
2 tsp kosher salt
extra-virgin olive oil, for greasing

- 1 In a medium bowl, combine the sunflower seeds, buckwheat groats and half the water. Cover with clingfilm and set aside at room temperature for 8 hours or overnight.
- 2 In another bowl, whisk together the sourdough starter, brown rice flour, and 115ml (4fl oz) water. Cover with clingfilm and set aside at room temperature for 8 hours or overnight.
- 3 In the morning, whisk together the psyllium powder and remaining water until it gels.
- 4 Drain the sunflower seeds and buckwheat groats in a colander and transfer to the bowl of a stand mixer. Add the sorghum and buckwheat flours, tapioca starch, molasses, salt, sourdough starter and psyllium gel. Mix with the dough hook on medium speed until the dough comes together, about 2 minutes. It will be wet and sticky, like thick cake batter.
- 5 Brush the inside of a 450g (1lb) loaf pan with olive oil and dust with brown rice flour. Shake off any excess flour. Spoon the dough into the loaf pan and even out the top with a spatula or wet hands. Cover the pan loosely with clingfilm and set aside at room temperature for 3-4 hours. If your kitchen is too cold, place the pan in the oven with the light on. In the summer you can set the dough on the worktop and reduce fermentation time to 2 hours.
- 6 Preheat the oven to 220°C/Gas Mark 8 and set a rack in the middle. Remove the clingfilm and dust the dough with brown rice flour. Using the tip of a sharp knife, score the top of the dough lengthwise. Bake for 30 minutes, then reduce the heat to 200°C/Gas Mark 6 and bake for a further 45 minutes. Carefully turn the bread out of the pan and place it directly on the oven rack. Bake for a further 20-30 minutes, depending how dark you like your crust (I like mine very caramelised).
- 7 Transfer the bread to a cooling rack and let it cool completely before cutting. Store the bread wrapped in parchment or clingfilm at room temperature. It is best eaten within 3 days. You can also freeze the bread once completely cooled for up to 3 months.

Recipe taken from *Cannelle et Vanille* by Aran Goyoaga, published by Sasquatch. (RRP £30).



12.9g Total fat
1.2g Saturates
1g Salt
4.9g Sugar
11.3g Protein





Carrot and swede soup with sweet potato

By Mash Direct (www.mashdirect.com)

GF SF DF EF V

Serves 4 | Prep 15 mins |
Cook 45 mins | Calories 183 (per serving)

- | | |
|---|---|
| 1 pack of Mash Direct
Vegan Carrot & Swede | 1 ltr (1¾pt) gluten-free
vegetable stock |
| 1 sweet potato | 4 thyme sprigs |
| 1 onion, peeled, chopped | 2 tsp nutmeg |
| 2 garlic cloves,
peeled, chopped | OPTIONAL TOPPINGS |
| 2 tbsp vegetable oil | sliced parsnips, carrot
and beetroot |
| 2 tbsp olive oil | |

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Peel and chop the sweet potato and arrange in a single layer on a baking sheet. Drizzle with vegetable oil and roast in the oven for 35 minutes.
- 3 For the optional topping, cut thin slices of carrot, parsnip and beetroot and spread evenly on a baking tray with a drizzle of vegetable oil. Season with salt and cook for 8-10 minutes.
- 4 Heat the olive oil in a large saucepan. Gently fry the onions and garlic for 5 minutes or until softened.
- 5 Add the sweet potato to the onions along with the vegetable stock, thyme and nutmeg.
- 6 Remove all packaging from Mash Direct's Vegan Mashed Potato and add to the mixture. Bring to a slow simmer and cook for 10 minutes.
- 7 Remove the thyme sprigs, then transfer the contents to a food processor and blend until smooth. Alternatively, use a hand blender and blend until smooth.
- 8 Top with vegetable crisps.



Egg frittata

GF SF

Serves 4 | Prep 10 mins |
Cook 20 mins | Calories 377 (per serving)

- 1 tbsp olive oil
- 8 large free-range eggs
- 100g (3½oz) cream cheese, softened
- 100g (3½oz) Parmesan, finely grated
- 120ml (4fl oz) milk
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 1 small broccoli, prepared into florets

- 1 Preheat the oven to 180°C/Gas Mark 4. Grease a 20cm (8in) baking dish or cast-iron dish with the olive oil.
- 2 Beat together the eggs, cream cheese, Parmesan, salt and pepper in a mixing bowl. Gradually whisk in the milk, then fold in the broccoli. Pour the mixture into the baking dish.
- 3 Bake until golden and puffed, about 20 minutes. Remove from the oven and let stand briefly before serving.





Cornish pasty

GF SF

Makes 2 (serves 4) | Prep 50 mins plus chilling | Cook 30-45 mins | Calories 902 (per serving)

FOR THE PASTRY

200g (7oz) unsalted butter,
cold and cubed
125g (4½oz) gluten-free
plain flour mix
100g (3½oz) white rice
flour, plus extra for rolling
60g (2oz) cornflour
60g (2oz) potato flour
1 tsp xanthan gum
1 tsp salt

FOR THE FILLING

2 tbsp butter
1 large onion, peeled,
finely chopped
½ a small swede, peeled
and diced
600g (1lb 3oz) beef mince,
at least 20% fat
1 tsp dried thyme
1 tsp dried sage

IN ADDITION

1 large free-range egg,
beaten with 1 tbsp water

- 1 For the pastry:** Place 150g (5½oz) butter in the freezer for at least 1 hour before you start making the pastry.
- 2** After freezing, sieve the flour mix, rice flour, cornflour, potato flour, xanthan gum and salt into a bowl, then stir briefly to combine.
- 3** Rub the remaining cubed butter into the flour mixture until the mixture resembles rough breadcrumbs.

- 4** Add just enough cold water to form a pliable dough, then knead very briefly. Wrap in clingfilm and chill for 30 minutes.
- 5** Roll out the pastry on a lightly floured surface into a large rectangle. Coarsely grate half of the frozen butter over the top two-thirds of the dough, then fold the bottom third of the pastry over the top.
- 6** Fold it over again to completely enclose the butter. Turn the pastry 90 degrees clockwise, then roll out and repeat this step with the rest of the frozen butter. Chill for another 30 minutes.
- 7** For the filling: Preheat the oven to 200°C/Gas Mark 6.
- 8** Heat the butter in a large casserole dish set over a medium heat until hot. Add the onion, swede and a pinch of salt, sweating until softened, 6-8 minutes.
- 9** Add the beef to the dish, increase the heat and brown well, breaking it up with a spoon.
- 10** Once browned, stir in the dried herbs and some salt and pepper

to taste. Drain the filling through a colander to get rid of any excess liquid.

- 11** Divide the pastry in half and roll out both pieces on a lightly floured surface into 30cm (12in) rounds, approximately (¾cm) (1/3in) thick.
- 12** Transfer the pastry to a large baking tray lined with greaseproof paper. Spoon the beef filling onto the centre of the pastries, spreading it out across them and leaving a 1½cm (½in) border all the way around.
- 13 In addition:** Brush the exposed edges of the pastry with the beaten egg wash. Bring one half of the pastry over the fillings to create half-moon shapes, sealing the pastry all the way around with the tines of a fork or your fingertips. Brush the pasties with egg wash.
- 14** Bake for 30-45 minutes until the pastry is golden-brown and cooked through; the thickest part of the filling should register at least 71°C/160°F on a meat thermometer.
- 15** Remove from the oven and let stand briefly before serving.

50.8g

Total fat

26.3g

Saturates

1.3g

Salt

3.8g

Sugar

40.9g

Protein



Lo Bros Organic Kombucha

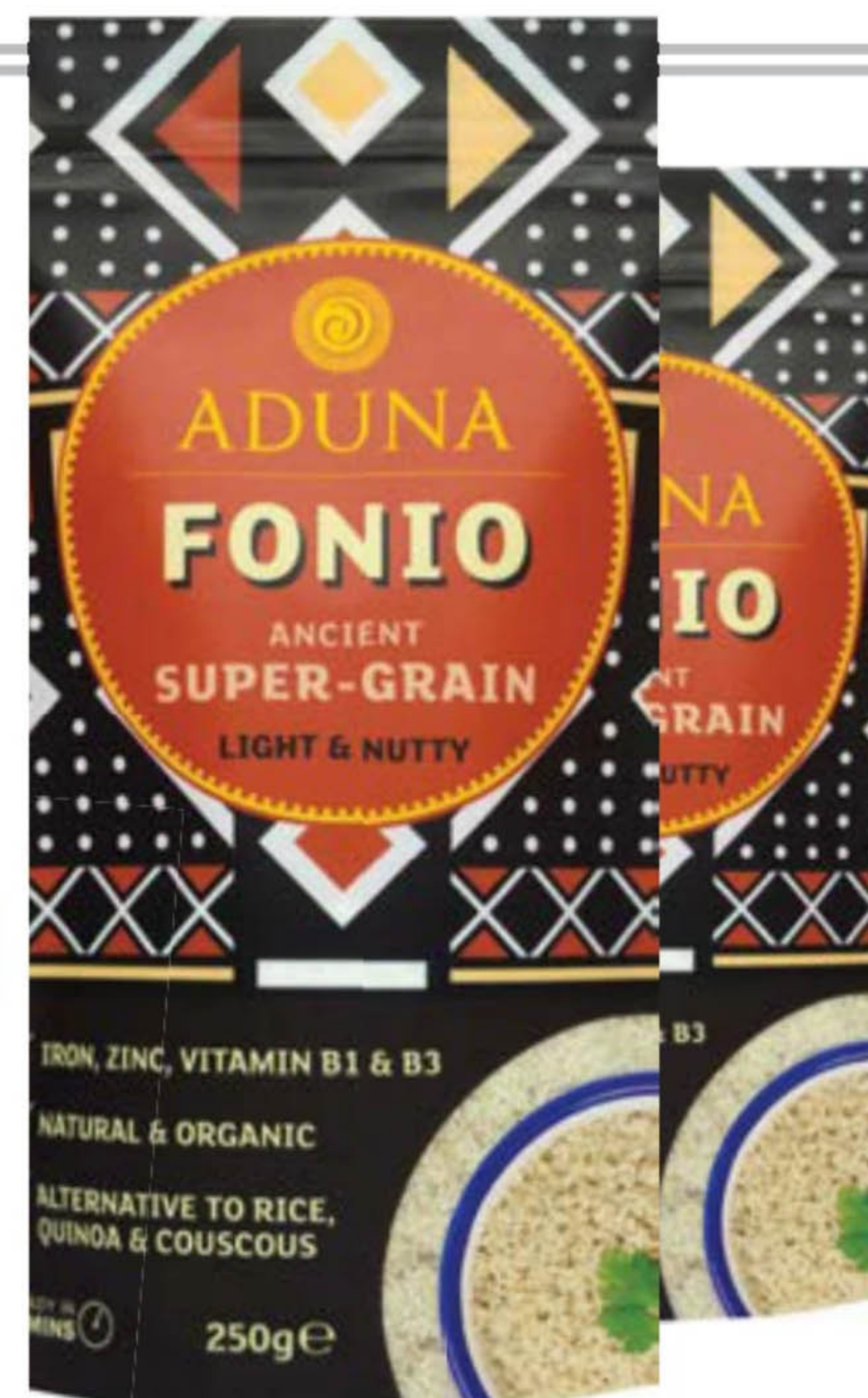
This kombucha is naturally low in sugar, containing just 1.6g per 100ml. Try the light and fruity Raspberry & Lemon flavour in a pretty pink can. The edition is available from Sainsbury's, Ocado, Whole Foods Market and Planet Organic. **£2**
www.lobros.co

Cup4Cup MultiPurpose Flour

This flour is a cup-for-cup replacement for wheat flour in recipes and has been created by Michelin starred chefs.

£14.99 for 1.36kg

www.lakeland.co.uk



Fonio Ancient Super-Grain

Fonio is a naturally gluten-free ancient grain from West Africa. Deliciously nutty with a fluffy, couscous-like texture, it cooks in 3 minutes and is a great alternative to rice or quinoa in salads, soups, side dishes and porridge.

£3.99 for 275g

www.aduna.com

Gluten-Free Trolley Dash

Check out some of the latest gluten-free products...

LEON Preserves

LEON's mission is to make it easy for everyone to eat well, and these and prebiotic preserves, created to enjoy at home as part of its exclusive partnership with Sainsbury's, should do just that. **£2.90**
www.leon.co



Nestle Kit Kat Bunnies

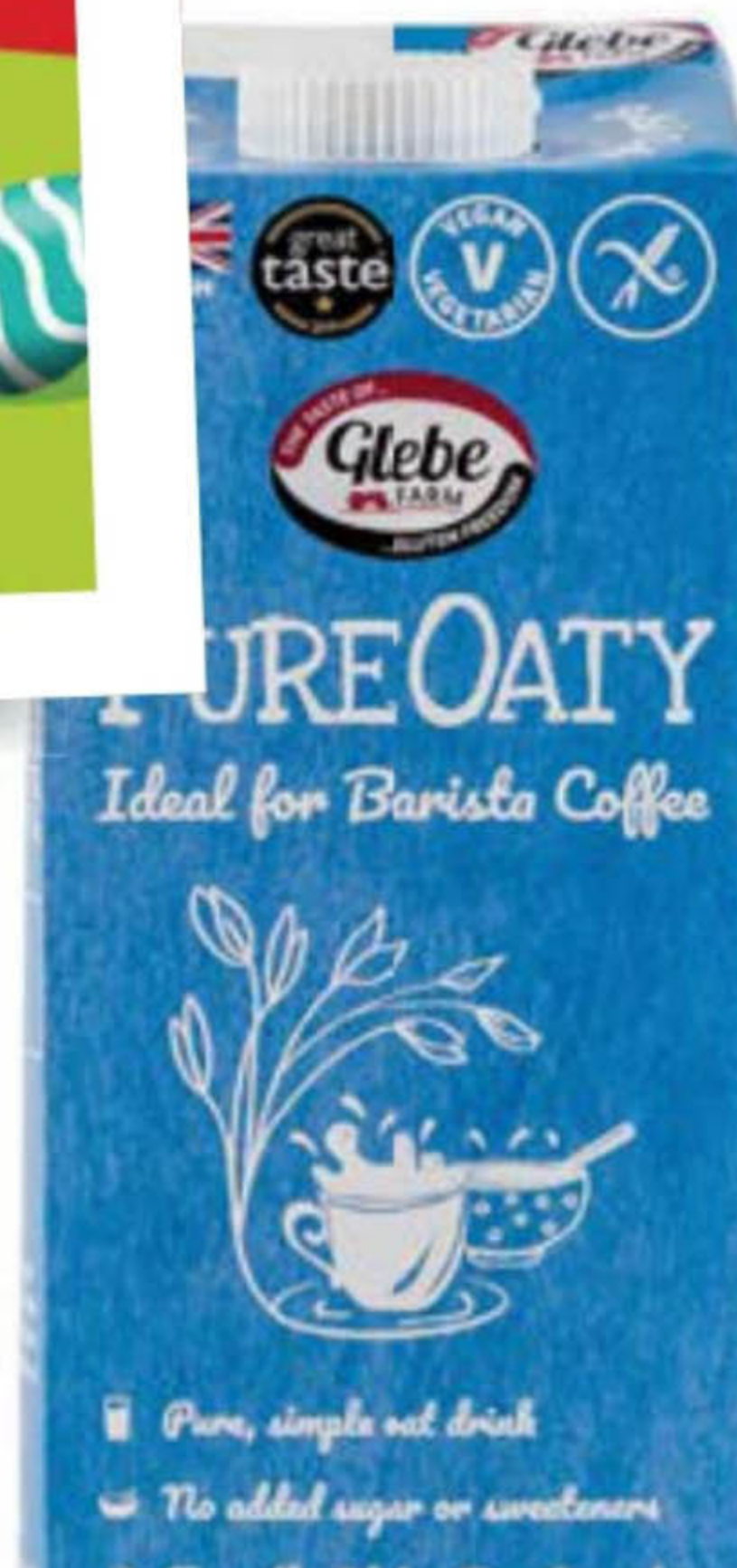
Smooth creamy milk chocolate bunny with a crispy wafer and chocolate centre, with no artificial colours, flavours or preservatives. **£3 per multipack**
www.nestle.co.uk



Made Good Granola Snack Bars

This totally allergen-free granola snack bar is a perfect lunchbox treat or snack for everyone – healthy, tasty and nutritious and available from ASDA. **£2.79**

www.groceries.asda.com



PureOaty Gluten-Free Oat Milk

PureOaty is a fantastic gluten and dairy-free option for coffee lovers who can now enjoy barista-style coffee from the comfort of their own home thanks to its smooth and creamy texture.

£1.99, www.glebefarmfoods.co.uk



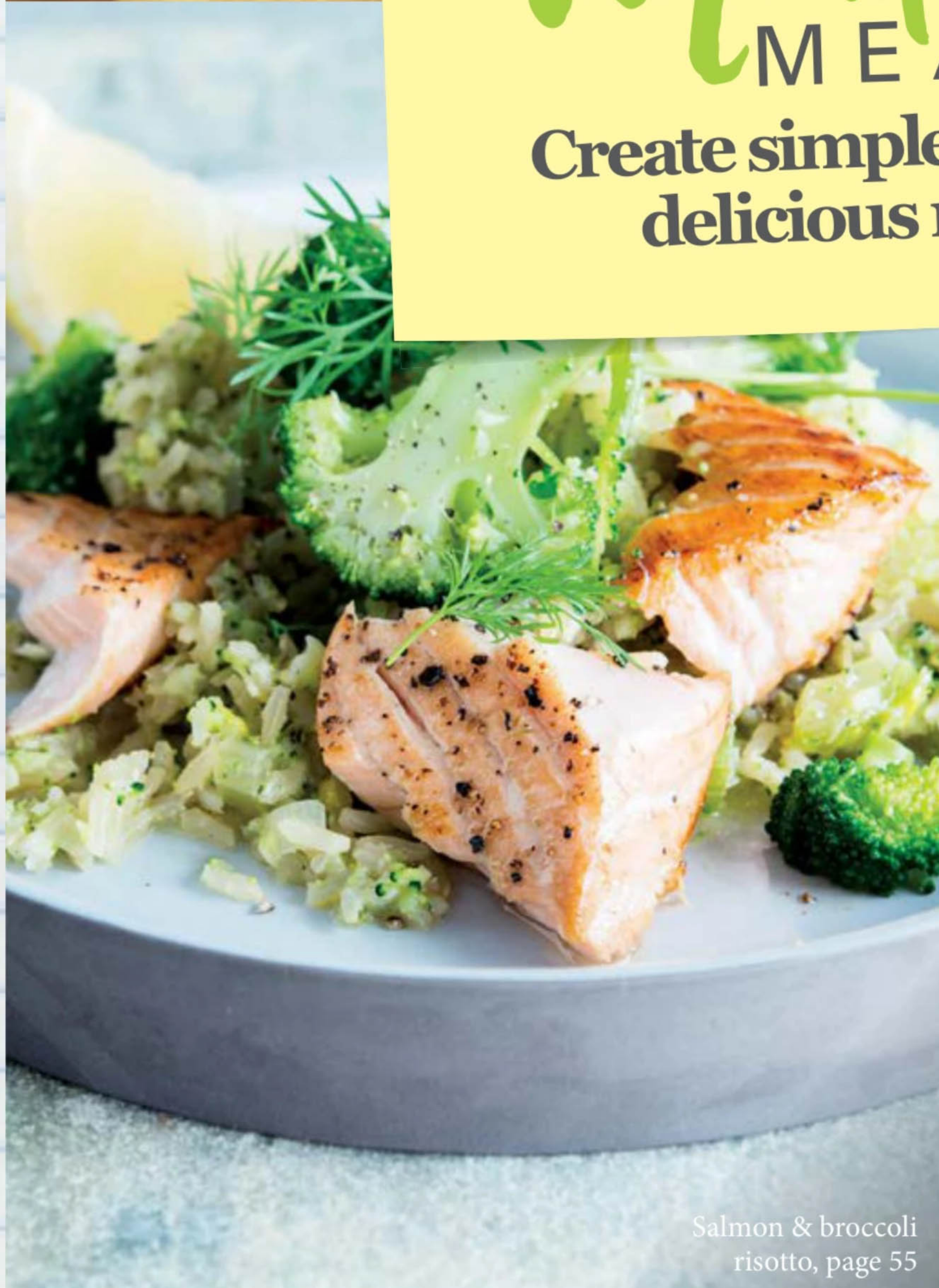
Ramen,
page 53



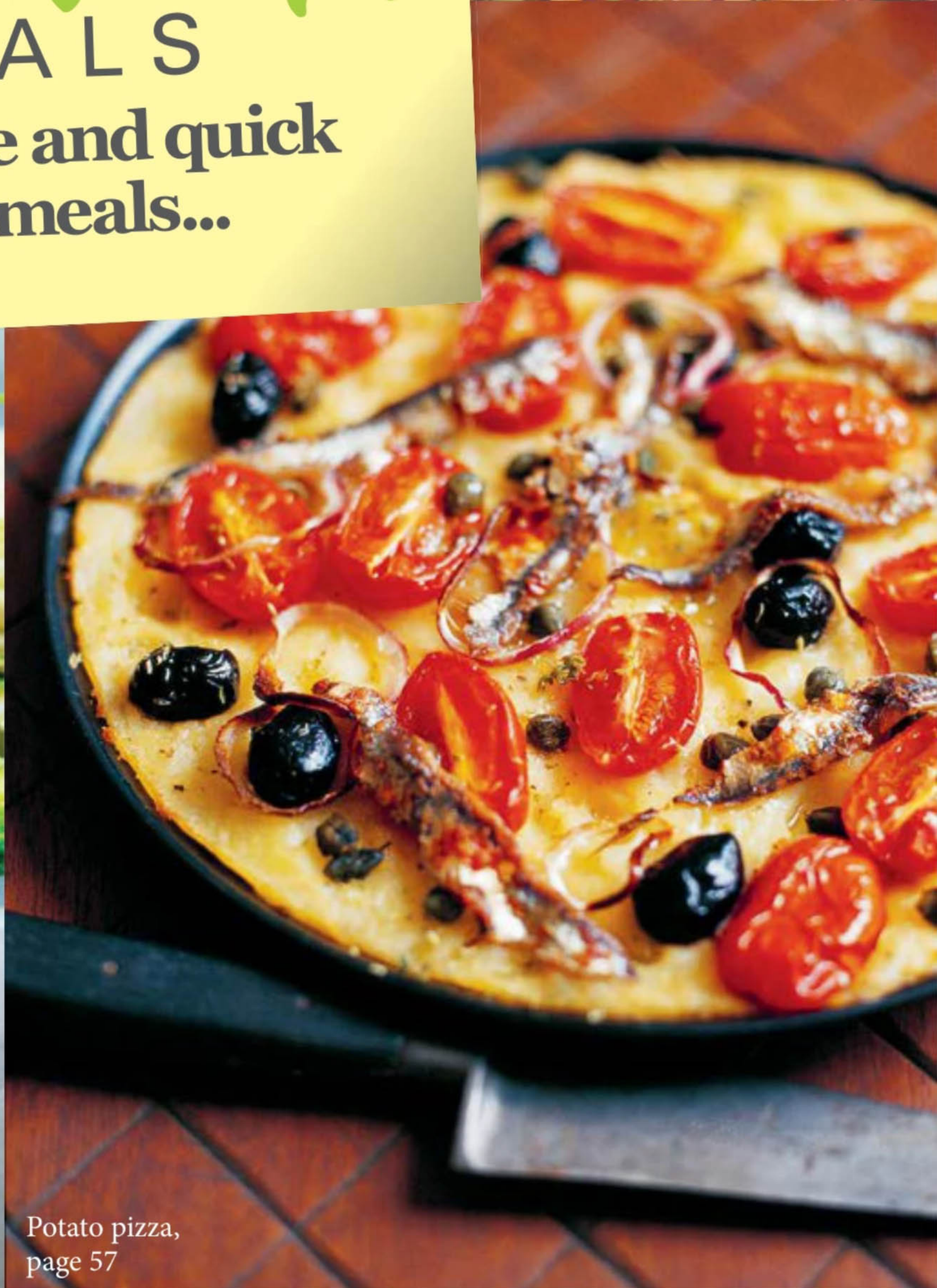
Moroccan chicken
traybake,
page 54

Gluten-Free HEAVEN *Midweek* MEALS

Create simple and quick
delicious meals...



Salmon & broccoli
risotto, page 55



Potato pizza,
page 57

SPAM® hash

By SPAM® (www.spam.co.uk)

GF SF EF

Serves **3-4** | Prep **10 mins** |

Cook **25 mins** | Calories **395** (per serving)

1 x 340g (12oz) can of SPAM® Chopped Pork and Ham, chopped into small cubes

340g (12oz) potatoes, into 5mm (¼in) dices

2 shallots or 1 small onion, peeled, finely sliced

280ml (½pt) milk

1 tbsp vegetable oil

gluten-free brown sauce (optional)

- 1 Heat the oil on a medium-high heat in a large frying pan and fry the diced potato for 5 minutes. Stir and keep moving with a wooden spatula until softening.
- 2 Add the onion and cook for a further 5 minutes. Meanwhile, boil the milk.
- 3 Add the cubed SPAM® and one third of the boiled milk, stirring until the milk is absorbed, then add the second third and repeat. Add final third of milk, turn down the heat and leave to absorb all the milk without any further stirring.
- 4 Turn out onto a warm serving dish and put under a hot grill to lightly brown and crisp as preferred. Serve with brown sauce, if desired.



28.1g Total fat	10g Saturates	1.4g Salt	5g Sugar	15.2g Protein
---------------------------	-------------------------	---------------------	--------------------	-------------------------

Recipe taken from *Spice Diet: Spice Up Slim Down* by Kalpna Woolf, published by Pavilion Books'.



Comforting South Indian rainbow vegetables

By Kalpna Woolf **GF SF EF V**

Serves **4** | Prep **25 mins** | Cook **20 mins** | Calories **242** (per serving)

- 3 tbsp olive oil**
- 1 tsp fenugreek seeds**
- 5cm (2in) piece of fresh ginger, peeled and finely chopped**
- 2 tbsp South Indian Spice Rub***
- ½ tsp salt**
- 3 large vine-ripened tomatoes (about 400g (14oz)), diced into small cubes**
- 1 tbsp tomato purée**
- 60ml (2fl oz) hot water, plus 4 tbsp for the sauce**
- 2 carrots, peeled and cut into discs**
- ½ a small cauliflower, cut into small florets, reserve the good outer leaves**
- 100g (3½oz) runner beans, cut into 2.5cm (1in) pieces**
- 85g (3oz) frozen or fresh garden peas**
- 5 tbsp thick plain yoghurt**
- juice of ½ a lemon**
- a small bunch of fresh coriander, roughly chopped**
- *FOR THE SPICE RUB**
- 8 x 2.5cm (1in) pieces of cinnamon bark**
- 2 tbsp cumin seeds**
- 2 tbsp coriander seeds**
- 1 tbsp mustard seeds**
- 1 tsp fenugreek seeds**
- 5 Kashmiri chillies**
- 3 whole black cardamom pods**
- 2 tbsp ground turmeric**
- 2 tbsp chilli powder**

- 1 Heat a large saucepan over a medium heat then, when hot, add the olive oil and fenugreek seeds. Stir for 1 minute and, as the seeds begin to sizzle, add the ginger, South Indian Spice Rub and salt.
- 2 Cook the spices for 1-2 minutes, then add the fresh tomatoes, the tomato purée and 2 tbsp hot water. Reduce the heat to low and leave for 3-4 minutes, or until the tomatoes have mashed in and the sauce is smooth. If it is catching on the base of the pan, add another tablespoon of water. When the sauce is smooth, add the cauliflower florets and cook for 2 minutes. Add the remaining vegetables and cook for a further 3-4 minutes. Pour in the hot water and bring to the boil. Reduce the heat to a simmer and leave to cook until the vegetables are tender. Turn the heat off and allow to cool.
- 3 In a small bowl, whisk the yoghurt until smooth, then add to the cooled curry. Slowly bring the heat up again and squeeze in the lemon juice. Sprinkle with the coriander leaves and serve.
- 4 **For the spice rub:** roast the whole spices together in a pan for 3-5 minutes, until the aromas are released. Grind your roasted spices into a fine powder and mix in the pre-ground spices. Store in an airtight jar.

12.5g Total fat	2.1g Saturates	0.5g Salt	7g Sugar	7.7g Protein
---------------------------	--------------------------	---------------------	--------------------	------------------------

SPAM® ramen

By SPAM® (www.spam.co.uk)

GF SF DF

Serves 6 | Prep 10 mins |

Cook 10 mins | Calories 265 (per serving)

- | | |
|--|---------------------------------|
| 1 x 230g (8oz) can of SPAM® Chopped Pork and Ham, sliced into strips | 3 x instant GF noodle pots* |
| | 6 free-range fried eggs |
| | 75g (2¾oz) sliced spring onions |

- 1 Cook the noodles according to the pack directions, including the seasoning packet. Divide between 6 individual serving bowls.
- 2 In a large frying pan, cook the SPAM® Chopped Pork and Ham over a medium-high heat, for 3-5 minutes, or until lightly browned.
- 3 Top the ramen and broth with sliced SPAM® Chopped Pork and Ham, fried egg and spring onions.

* Instant GF noodles can be purchased at Holland & Barrett and Sainsbury's



16.3g	5.6g	1.1g	1.3g	13.8g
Total fat	Saturates	Salt	Sugar	Protein



Buckwheat pizza

By AO Life (www.ao.com)

GF SF EF

Serves 4 | Prep 20 mins | Cook 20 mins | Calories 435 (per serving)

- | | |
|------------------------------|-----------------------------------|
| FOR THE BASE | 3 tbsp tomato purée |
| 300g (10½oz) buckwheat flour | 1 onion, peeled |
| 150ml (5fl oz) warm water | 2 small garlic cloves, peeled |
| 2 tbsp olive oil | 2 tins (112g (4oz)) tuna in brine |
| FOR THE TOPPING | 3 half fat mozzarellas balls |
| 200ml (7fl oz) passata | fresh basil |

- 1 Preheat the oven to 200°C/Gas Mark 6. For the dough, mix together the flour, olive oil and water. Mix well, then knead until it forms a firm and fairly dry ball. Add more flour if needed. Set aside and leave to rest while preparing the topping.
- 2 Crush the garlic with a garlic press and mix with the tomato purée and passata until well combined.

Halve the onion and slice.

- 3 Roll out the dough on a lightly floured surface until it's roughly the size of your baking tray. The dough should be relatively thin. Just fold over any overlapping dough – this isn't about perfect edges.
- 4 Top with the tomato mixture, then the onions and then the tuna. Simply rip the mozzarella into small chunks and scatter. Put the basil leaves on top and drizzle with a little extra olive oil.
- 5 Put the tray in the oven and bake for 20 minutes or until crispy. Enjoy your pizza with some mixed salad leaves and a glass of red wine!

13.9g	3.3g	0.8g	3.7g	21.2g
Total fat	Saturates	Salt	Sugar	Protein

Moroccan chicken traybake

By Aldi (www.aldi.co.uk)

GF DF EF

Serves 4 | Prep 15 mins |

Cook 35 hours | Calories 587 (per serving)

800g (1lb 10oz) chicken breasts

400g (14oz) tinned chickpeas, drained

400g (14oz) tinned chopped tomatoes

2 red onions, peeled and chopped

100g (3½oz) spinach leaves

1 tsp smoked paprika

1 tsp ground cinnamon

1 tsp garlic granules

35ml (1¼fl oz) olive oil

juice of 1 lemon

sea salt and freshly ground black pepper

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Chop the chicken into medium-sized chunks and put into a large baking dish or roasting dish.
- 3 Shred the spinach leaves and toss in with the chicken chunks.
- 4 Put the chickpeas, tomatoes, lemon juice, cinnamon, paprika, garlic, olive oil and onions into a large bowl. Season with salt and pepper.
- 5 Pour over the chicken and spinach and stir through.
- 6 Bake in the oven for 35 minutes.



17.7g Total fat **1.7g** Saturates **0.5g** Salt **12.3g** Sugar **57g** Protein



Winter minestrone one pot

By Aldi (www.aldi.co.uk)

GF DF EF V

Serves 2 | Prep 15 mins | Cook 35 mins | Calories 487 (per serving)

1 large onion, peeled

½ a butternut squash

2 large carrots, peeled

½ a Savoy cabbage

2 celery sticks

1 large courgette

2 garlic cloves, peeled

80g (3oz) spinach

400g (14oz) tinned chopped tomatoes

400g (14oz) mixed beans, drained

2 gf vegetable stock cubes

50g (1¾oz) tomato purée

2 tsp dried oregano

2 tsp paprika

½ tsp ground black pepper

sea salt

1 ltr (1¾pt) boiling water

50ml (1¾fl oz) olive oil

- 2 In a large pan, sauté the onion, garlic and celery in the olive oil for a few minutes, then add the carrots and squash. Add the water and tomatoes, then crumble over the stock cubes. Bring to the boil, stirring as you cook.
- 3 Add the tomato purée, paprika, oregano and pepper, then season with salt and cook for 15 minutes.
- 4 Shred the cabbage and chop the courgette finely, then add to the pan and cook for a further 8 minutes. Add the beans to the pan.
- 5 Slice the spinach leaves roughly and add to the pan. Cook for another 5 minutes before serving.

- 1 Finely chop the onion, squash and carrots. Wipe, then finely chop the celery. Peel and mince the garlic.

25.1g Total fat **3.6g** Saturates **1g** Salt **18.5g** Sugar **12.9g** Protein

Braised chicken with apples & cider

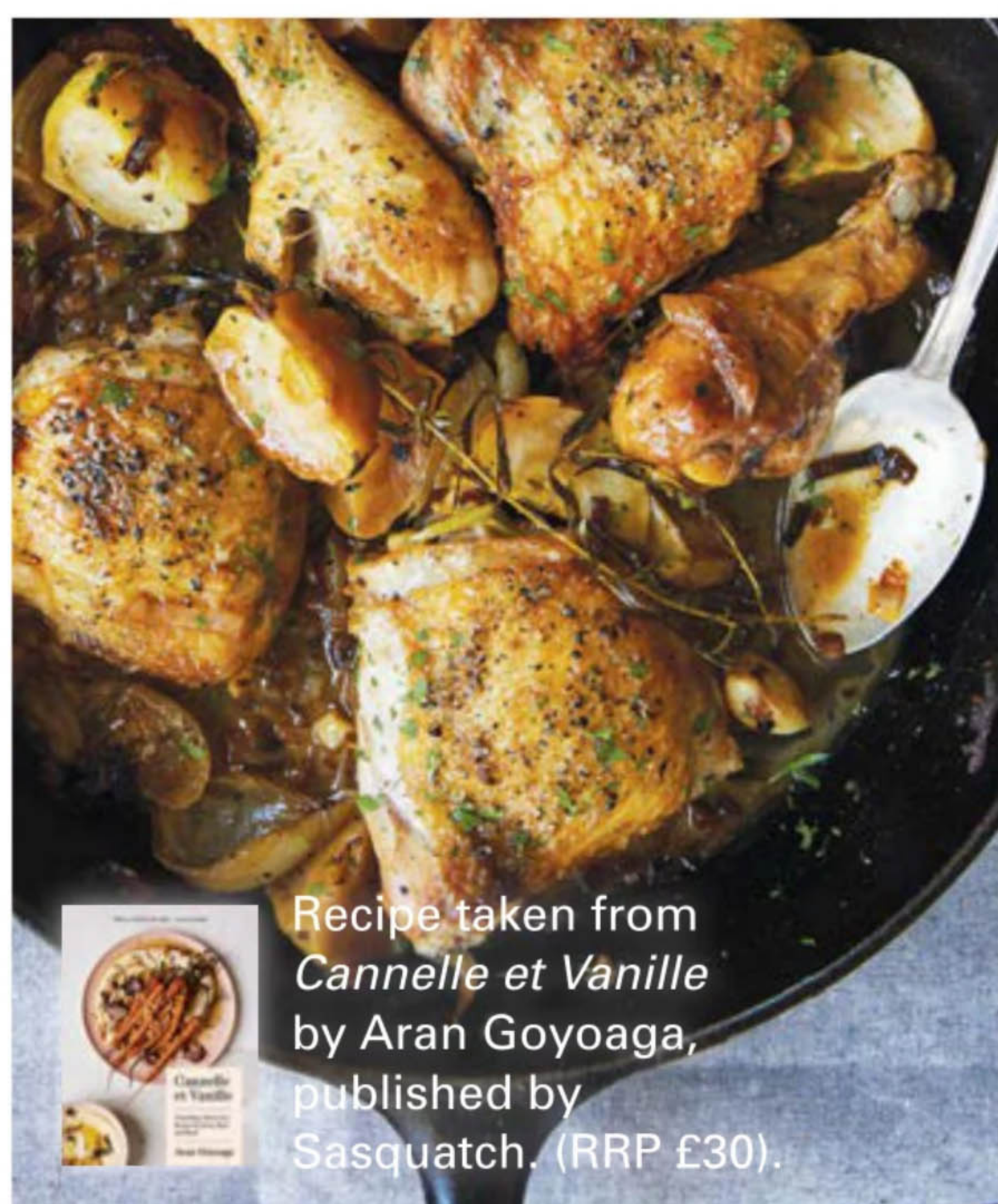
By Aran Goyoaga **GF** **DF** **EF**

Serves 6 | Prep 15 mins |

Cook 45 mins | Calories 433 (per serving)

- | | |
|--|--|
| 6 skin-on chicken legs or thighs | 6 garlic cloves, peeled and crushed |
| 1½ tsp salt | 3 thyme sprigs |
| 1 tsp freshly ground black pepper | 225ml (8fl oz) Basque-style cider |
| 2 tbsp extra-virgin olive oil | 1 tarragon sprig |
| 1 leek, thinly sliced | 2 large apples, quartered and cored |
| 1 shallot, peeled, thinly sliced | 2 tbsp finely chopped parsley |

- Pat dry the chicken with paper towels, then season with salt and pepper. Heat the olive oil in a large cast-iron pan with a lid over a medium-high heat. Add the chicken and cook for about 6 minutes each side until golden brown. Remove the chicken to a plate.
- Reduce the heat to medium and add the leek, shallot, garlic and thyme to the pan. Stir and scrape up any brown bits and cook until the vegetables are tender, about 5 minutes. Add the cider and tarragon, stir, then return the chicken to the pan. Nestle the apples all around, cover, then cook over a medium heat for 25 minutes. Uncover, increase the heat to high, then reduce the liquid until the apples begin to caramelize, 3-5 minutes. Sprinkle with the parsley and serve immediately.



Recipe taken from *Cannelle et Vanille* by Aran Goyoaga, published by Sasquatch. (RRP £30).

17.3g Total fat	4.1g Saturates	1.2g Salt	12.7g Sugar	49g Protein
---------------------------	--------------------------	---------------------	-----------------------	-----------------------



Salmon & broccoli risotto

GF **SF** **EF**

Serves 4 | Prep 15 mins | Cook 25-35 mins | Calories 658 (per serving)

- | | |
|---|---|
| 1 large broccoli head | stove |
| 4 tbsp olive oil, divided | 100g (3½oz) Parmesan, finely grated |
| 1 onion, peeled, finely chopped | 4 skinless salmon fillets (150-180g (5-6oz)) each, pin-boned |
| 2 garlic cloves, peeled, finely chopped | 1 lemon, cut into wedges |
| 200g (7oz) arborio rice | a handful of dill, torn |
| 120ml (4fl oz) dry white wine | salt and freshly ground black pepper |
| 1½ltr (2pt) gluten-free vegetable stock, kept hot on the | |

- Preheat the oven to 200°C/Gas Mark 6.
- Prepare the broccoli into large florets. Set aside about one-third and finely chop, reserving them for the risotto.
- Heat the olive oil in a casserole dish or large saucepan set over a medium heat. Add the onion and a pinch of salt, sweating until soft but not coloured, about 5 minutes.
- Stir in the garlic, cook for 1 minute, then stir in the rice, cooking and stirring until translucent, about 5 minutes.
- Add the wine and bring it to the boil, letting it reduce almost entirely, about 2 minutes.
- Add a small ladle of the hot stock to the rice, cooking and stirring constantly until absorbed. Continue adding the stock in this fashion, before adding the next ladle, until the risotto is creamy and with a very slight bite, about 20-30 minutes.
- Once the risotto is ready, remove it from the heat and stir in the Parmesan, finely chopped broccoli and some salt and pepper to taste. Cover and set aside.
- Place the salmon and broccoli florets on a roasting tray and drizzle with the remaining olive oil. Season with salt and pepper.
- Roast until the salmon is opaque in appearance and flakes easily, about 15 minutes. Remove from the oven.
- Reheat the risotto over a medium heat, squeezing in a little fresh lemon juice and adding a small ladle of hot water to loosen the consistency.
- Divide between bowls and top with the salmon and roasted broccoli florets. Garnish with dill and serve with lemon wedges on the side.

29.4g Total fat	7g Saturates	0.6g Salt	3g Sugar	43.6g Protein
---------------------------	------------------------	---------------------	--------------------	-------------------------

Vegan bangers and mash with homemade gravy

By Mash Direct (www.mashdirect.com)

GF SF DF EF V

Serves 2 | Prep 10 mins |
Cook 20 mins | Calories 363 (per serving)

- | | |
|--|--|
| 4 vegan and gluten-free sausages (any brand) | 2 tsp gluten-free Worcestershire sauce |
| 2 packs of Vegan Mashed Potato | 2 tsp gluten-free flour |
| 2 onions, peeled | 2 tsp Dijon mustard |
| 500ml (18fl oz) water | 1½ tsp minced garlic |
| 2 tbsp tamari | 2 tsp tomato paste |
| | ½ tsp lemon juice |
| | 1-2 tsp olive oil |

- For the gravy, finely chop the onions and sauté in a pan with a bit of oil until lightly browned. Add all the other ingredients to the pan, except the sausages and mash, and cook for about 5-10 minutes. Season to taste.
- Preheat a separate pan on a medium heat. Add a little oil and pan-fry the sausages for 8-10 minutes, turning.
- Once the gravy has cooked, put it into a blender and process until the liquid is smooth. Alternatively, hand-blend in the saucepan until smooth.
- Remove the outer sleeve and pierce the film lid of the mashed potato. Microwave for 2 minutes, stir thoroughly, then leave to stand for 1 minute. Serve the sausages with the mashed potato with some fried onion rings on top. Serve with gravy.



9.3g Total fat	1.7g Saturates	1.7g Salt	8.7g Sugar	19g Protein
--------------------------	--------------------------	---------------------	----------------------	-----------------------



Chicken kiev traybake

GF SF EF

Serves 4 | Prep 20 mins | Cook 30-35 mins | Calories 760 (per serving)

- | | |
|--|--|
| 120g (4¼oz) unsalted butter, softened | 4 tbsp olive oil, divided |
| 6 garlic cloves, peeled, minced | ½ a gluten-free bread loaf, preferably sourdough |
| a large handful of flat-leaf parsley, chopped, plus extra to serve | finely grated zest of 1 lemon |
| 4 large skinless chicken breasts | salt and freshly ground black pepper |

- Preheat the oven to 190°C/Gas Mark 5. Line a rimmed baking tray with greaseproof paper.
- Place the softened butter in a mixing bowl and add the minced garlic, chopped parsley, ½ tsp salt, and ¼ tsp black pepper. Beat well with a wooden spoon until well-combined.
- Place the chicken breasts on a chopping board lined with clingfilm. Create a pocket in the side of each breast by making an incision with the tip of a sharp knife.
- Fill the pockets with the garlic-parsley butter, then enclose with toothpicks, arranging the breasts on the baking tray.
- Brush them with 2 tbsp olive oil and season generously with salt and pepper. Break the bread into chunks and pulse in a food processor until very roughly broken down.
- Toss in a mixing bowl with the remaining olive oil, lemon zest and some salt and pepper. Scatter on top of the chicken breasts.
- Bake the chicken until cooked through, about 30-35 minutes. Remove from the oven and let rest for 5 minutes.
- Cut the lemon in half and squeeze over some lemon juice. Sprinkle with chopped parsley before serving.

51g Total fat	21g Saturates	1.3g Salt	1.9g Sugar	50g Protein
-------------------------	-------------------------	---------------------	----------------------	-----------------------

Potato pizza

By Maxine Clark

GF SF DF EF

Serves 2 | Prep 15 mins |
Cook 35 mins | Calories 452 (per serving)

750g (1½lb) floury baking potatoes, unpeeled
25g (1oz) salted capers, rinsed
1 small red onion, peeled, sliced into thin rings and tossed in olive oil
2 tbsp olive oil, plus extra to drizzle
1 tsp dried oregano
6-8 baby plum tomatoes, halved
sea salt and freshly ground black pepper
50g (1¾oz) black wrinkly olives
3 anchovies, rinsed

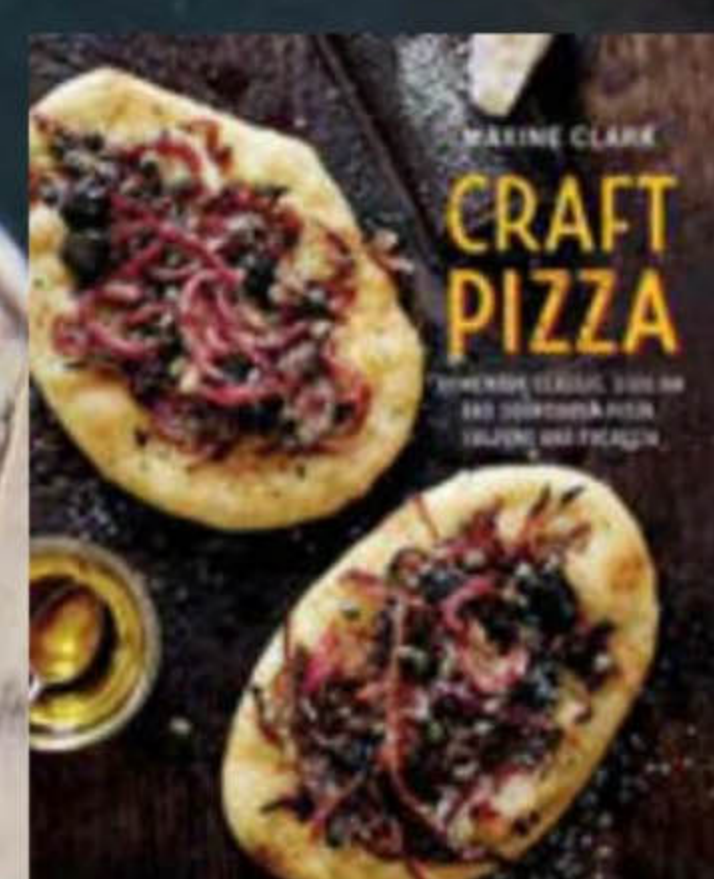
- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Boil the potatoes in plenty of salted water until tender. Drain well and carefully peel off the skins. Mash the potatoes, then let cool for 5 minutes. Beat in the olive oil and season to taste. Spoon into a 23cm (9in) pizza pan and smooth out the surface.
- 3 Top with the tomatoes, olives, capers, anchovies and onion rings.
- 4 Sprinkle with the oregano and drizzle with olive oil. Bake in the oven for 20 minutes until sizzling.



17.9g Total fat
2.6g Saturates
1.4g Salt
7.8g Sugar
9.3g Protein

Vary your toppings
to vary your meal!

The recipes on this page are taken from *Craft Pizza* by Maxine Clark, published by Ryland Peters & Small. (RRP £9.99).



Roasted vegetable pizza

By Maxine Clark **GF SF V**

Serves 2 | Prep 20 mins | Cook 25-30 mins | Calories 715 (per serving)

½ an aubergine, peeled, cubed
¾ tsp freshly squeezed lemon juice
1 small red pepper, seeded, cut into strips
1 free-range egg
½ tsp salt
1 small courgette, sliced
225g (8oz) gluten-free white bread flour
2 garlic cloves, peeled, sliced
1 tsp fast-action dried yeast
6 tbsp olive oil, plus extra to drizzle
75g (2½oz) mozzarella, drained and cubed (optional)
3 tbsp each of milk and water, mixed together and warmed
sea salt and freshly ground black pepper

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Toss the aubergine, red pepper, courgette and garlic in 4 tbsp olive oil and roast in a roasting pan in the oven for 15-20 minutes, or until they are beginning to soften.

- 3 While the vegetables are roasting, make the batter. Whisk the warm (not hot) milk and water, the lemon juice, remaining olive oil, egg and salt together. Beat in the flour and yeast and mix until well combined. Pour into the prepared pizza pan, cover and let rise in a warm place for about 20 minutes or until puffy.
- 4 Bake the pizza crust in 23cm (9in) oiled pizza pan in the oven for 10 minutes to set, then quickly remove from the oven and scatter with the roasted vegetables and mozzarella (if using). Season, drizzle with olive oil and return to the oven for a further 10 minutes until the vegetables are sizzling and the pizza has slightly shrunk from the edges. Cut into wedges and serve hot.

27.3g Total fat
5.4g Saturates
1.2g Salt
7.1g Sugar
21g Protein

Rack of lamb

GF SF DF EF

Serves 4 | Prep 15 mins |
Cook 15-20 mins | Calories 477 (per serving)

- | | |
|---|---|
| 4 tbsp olive oil, divided | a small bunch of rosemary, leaves only |
| 100g (3½oz) gluten-free breadcrumbs | 1 lamb rack, best end, 8 chops, French-trimmed, see Tip |
| a small bunch of flat-leaf parsley, leaves only | 2-3 tsp Dijon mustard |
| a small bunch of chervil, leaves only | salt and freshly ground black pepper |

- Preheat the oven to 220°C/Gas Mark 7.
- Combine 3 tbsp olive oil with the breadcrumbs and herbs in a food processor. Pulse until combined. Season to taste with plenty of salt and pepper.
- Preheat an ovenproof pan over a moderate heat until hot. Rub the lamb rack with the remaining 1 tbsp olive oil and season with salt and pepper.
- Sear the lamb rack in the hot pan until browned all over, turning as needed with tongs. Remove to a plate and let rest for 5 minutes.
- Brush the lamb with the mustard before packing the herbed breadcrumbs onto it in an even layer.
- Roast the lamb for 15-20 minutes until the centre of the rack registers at least 60°C/140°F on a meat thermometer.
- Remove from the oven and let rest, loosely covered with foil, for at least 10 minutes before slicing and serving.

TIP Ask your butcher to French trim your lamb rack. Alternatively, some racks sold in supermarkets are already French-trimmed.



Photography © Stockfood, The Food Media Agency

Fish pie

GF

Serves 6 | Prep 20 mins | Cook 1 hr | Calories 697 (per serving)

FOR THE SWEET POTATO TOPPING

- 1kg (2lb 2oz) sweet potatoes, peeled and cut into chunks
- 120g (4½oz) unsalted butter, at room temperature
- 120ml (4fl oz) whole milk, warmed
- salt and freshly ground black pepper

FOR THE FILLING

- 4 large free-range eggs
- 1 tbsp olive oil
- 1 leek, sliced, washed, drained

- 3 tbsp unsalted butter
- 3 tbsp cornflour

- 500ml (18fl oz) milk
- 100ml (3½fl oz) double cream
- 300g (10½oz) white fish fillets e.g. haddock, cod, or pollock, pin-boned, cubed
- 300g (10½oz) fresh or frozen prawns, thawed if frozen
- a handful of flat-leaf parsley, chopped

1 For the sweet potato topping:

Cook the potatoes in a large saucepan of salted, boiling water until tender to the tip of a knife, about 20-25 minutes.

2 Drain well and return to the pan they were cooked in, cooking over a medium-low heat until dried out, about 2-3 minutes.

3 Add the butter and mash well until smooth. Add the warm milk and some salt and pepper to taste, mashing until smooth. Cover and set aside.

4 For the filling: Preheat the oven to 180°C/Gas Mark 4. Bring a pan of water to the boil. Lower the eggs into the water and cook for 10 minutes. Transfer to a bowl of iced water.

5 Heat the olive oil in a frying pan set over a medium heat. Add the leek and a pinch of salt, sweating until softened, about 6-8 minutes. Set off the heat.

6 Melt the butter in a large saucepan set over a medium heat. Whisk in the cornflour and cook until blonde in colour, about 2-3 minutes.

7 Whisk in the milk and cream in a slow, steady stream until thickened. Bring to a simmer and cook for 6-7 minutes, whisking frequently.

8 Fold in the white fish, prawns, leek and chopped parsley. Season to taste with salt and pepper as needed before spooning into an oval baking dish.

9 Crack and peel the eggs. Rinse off any shell and cut in half, arranging on top of the filling in the dish.

10 Evenly spread the mashed potato over the filling and rake the tines of a fork through the potato to leave grooves.

11 Bake for about 45 minutes until browned on top. Remove from the oven and let stand for at least 5 minutes before serving.

20.7g

Total fat

5.7g

Saturates

0.5g

Salt

1.6g

Sugar

47.5g

Protein

39.9g

Total fat

22.1g

Saturates

1g

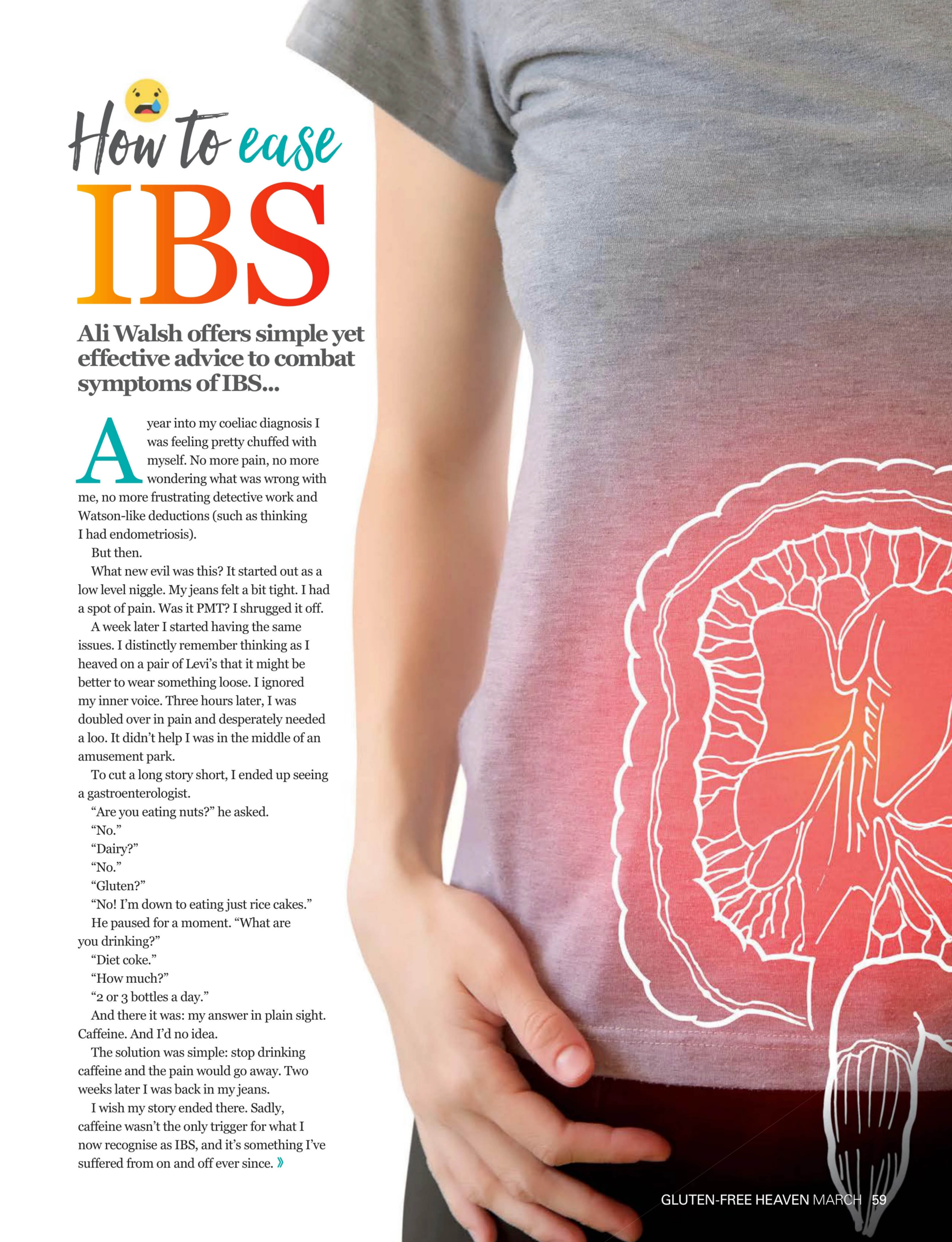
Salt

16.9g

Sugar

35.7g

Protein



How to ease IBS

Ali Walsh offers simple yet effective advice to combat symptoms of IBS...

A year into my coeliac diagnosis I was feeling pretty chuffed with myself. No more pain, no more wondering what was wrong with me, no more frustrating detective work and Watson-like deductions (such as thinking I had endometriosis).

But then.

What new evil was this? It started out as a low level niggle. My jeans felt a bit tight. I had a spot of pain. Was it PMT? I shrugged it off.

A week later I started having the same issues. I distinctly remember thinking as I heaved on a pair of Levi's that it might be better to wear something loose. I ignored my inner voice. Three hours later, I was doubled over in pain and desperately needed a loo. It didn't help I was in the middle of an amusement park.

To cut a long story short, I ended up seeing a gastroenterologist.

"Are you eating nuts?" he asked.

"No."

"Dairy?"

"No."

"Gluten?"

"No! I'm down to eating just rice cakes."

He paused for a moment. "What are you drinking?"

"Diet coke."

"How much?"

"2 or 3 bottles a day."

And there it was: my answer in plain sight. Caffeine. And I'd no idea.

The solution was simple: stop drinking caffeine and the pain would go away. Two weeks later I was back in my jeans.

I wish my story ended there. Sadly, caffeine wasn't the only trigger for what I now recognise as IBS, and it's something I've suffered from on and off ever since. »

So what is IBS?

The NHS tells us Irritable Bowel Syndrome (IBS) is, a 'common condition that affects the digestive system' which can 'come and go over time'. This explains why symptoms aren't necessarily continual.

Triggers include -

- ✗ Food passing through the gut too quickly
- ✗ Food passing through the gut too slowly
- ✗ Oversensitive nerves in the gut
- ✗ Stress
- ✗ A family history of IBS

Reading the above might seem unhelpful. It's not like we can pay traffic wardens to hold up stop and go signs in our gut to control the speed of food. And who are these oversensitive nerves? Can't they just calm down? As for the family history part, isn't it bad enough inheriting Auntie Flo's thick ankles?

I promise there's good news. There are ways to overcome seemingly insurmountable pain, and that's what I'll be guiding you through. But you can't do this if you don't know what you're looking for; it's time to grab a pen and see how many of the following you can tick off:

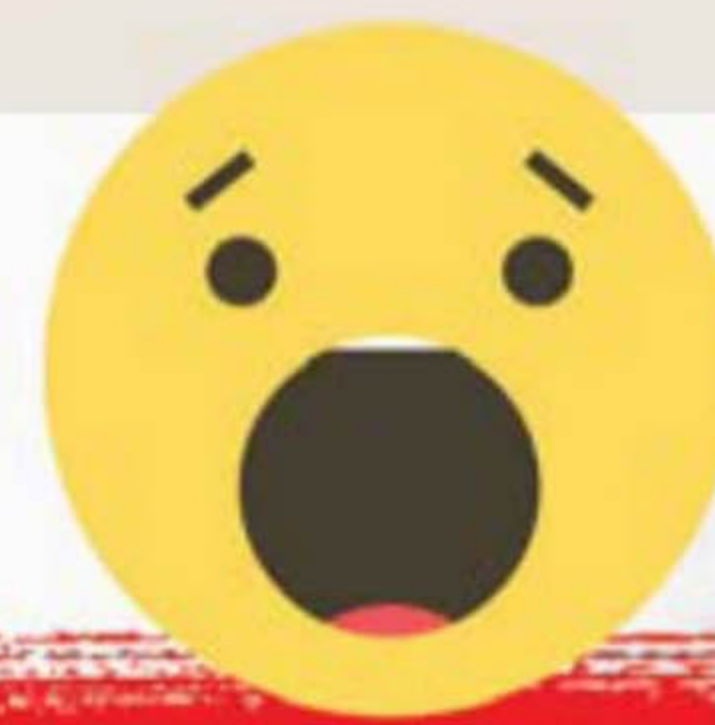
Symptoms -

- ☐ Pain or discomfort in your tummy
- ☐ Constipation
- ☐ Diarrhoea
- ☐ Needing the loo urgently
- ☐ Passing mucus
- ☐ The feeling you haven't completely emptied your bowels
- ☐ Bloating
- ☐ Fatigue
- ☐ Nausea
- ☐ Backache

*So, how did you do?
If you're ticked off even one
of the above symptoms,
it's time to take action...*



WAYS TO EASE IBS



A good student...

- ✓ Eats slowly and savours their food
- ✓ Cooks from scratch (bonus: not only is this usually healthier, but it'll also be lighter on your wallet)
- ✓ Drinks plenty of water
- ✓ Eats sensibly, following a recommended diet by a registered dietitian
- ✓ Gets plenty of exercise

A bad student...

- ✗ Rushes meals, often eating on the hoof
- ✗ Eats ready meals & takeaways (too much fat, too many added nasties – it's just not worth it)
- ✗ Drinks caffeine in tea, coffee and/or fizzy drinks or has a lot of alcohol
- ✗ Thinks they're eating sensibly (and who needs to see an expert, anyway?), but consumes a lot of fruit or spicy food
- ✗ Regularly sits on the couch (doing all of the above)

If the above table isn't specific enough, the NHS has some further recommendations, and they're all to do with what you're consuming.

- Trying a low FODMAP diet (and if you're wondering what that entails, the BBC Good Food guide has a helpful web page)
- A prescribed medicine
- Eating probiotics (avoiding ones with added sugar and sweeteners)

If this seems like too much to take in, I find it helpful to think of IBS as the proverbial thousand-mile journey that begins with one step. After all, if you do nothing, then nothing will change. On the bright side, sometimes I'll be coming on leaps and bounds; at other times I'll find myself at a crossroads. For me, the best cures have been as follows:

- Upping my fibre intake (including beans, lentils and chickpeas)
- Wearing loose clothing (which means rolling tights down to hip level, not keeping them over my waist, and finding low-rise jeans (online, though, because they're not fashionable anymore & aren't in the shops – thanks, IBS!))
- Wearing heavy clothing on days when I'm bloated (so that a gust of wind doesn't suddenly blow a thin top onto my stomach, thus revealing a pregnancy-like state)

- Nursing a hot water bottle on my tummy, taking care not to make the water too hot so I don't burn myself (more common than you might think)
- Doing lots of exercise, including plenty of stretching.

But you may find other solutions work better for you.

Less conventional ways forward

I once had a meeting with a trained hypnotherapist who claimed half her patients came to her with IBS, and within 6 treatments she'd managed to get rid of it (particularly helpful for anyone whose problems stem from stress or anxiety). Reflexology is also rumoured to help, as is peppermint oil, chamomile tea or getting therapy for depression (and don't dismiss the latter as a tenuous link – there's evidence to suggest our minds have much more of an effect on our physical wellbeing than we allow credit for).

Getting help

You may be wondering where you should start. My advice? Go and see a doctor – and here's why in 3 big fat reasons.

- 1 I was lucky I'd been diagnosed with coeliac disease first. Coeliac UK estimates around 25% of coeliacs are

misdiagnosed with IBS before getting their true diagnosis, so it's important to rule out coeliac disease beforehand, especially as many symptoms are similar, including diarrhoea, abdominal pain and bloating.

2 It's important not to self-diagnose, just in case you've got a more serious condition that needs treating. So take not only the symptoms list above, but also a food and drink diary. Include everything. Yep, everything. That means admitting you scoffed four cupcakes in one go or had a Pernod chaser and 10 pints on a night out. The doctor isn't here to judge. They're here to find a solution.

3 Having IBS isn't something you could necessarily have avoided, especially if it's hereditary, so don't beat yourself up about it. Instead, allow the doctor to help you take a good, honest look at the way you're living and see if you can make some changes. And here's some good news: those changes could just be small ones.

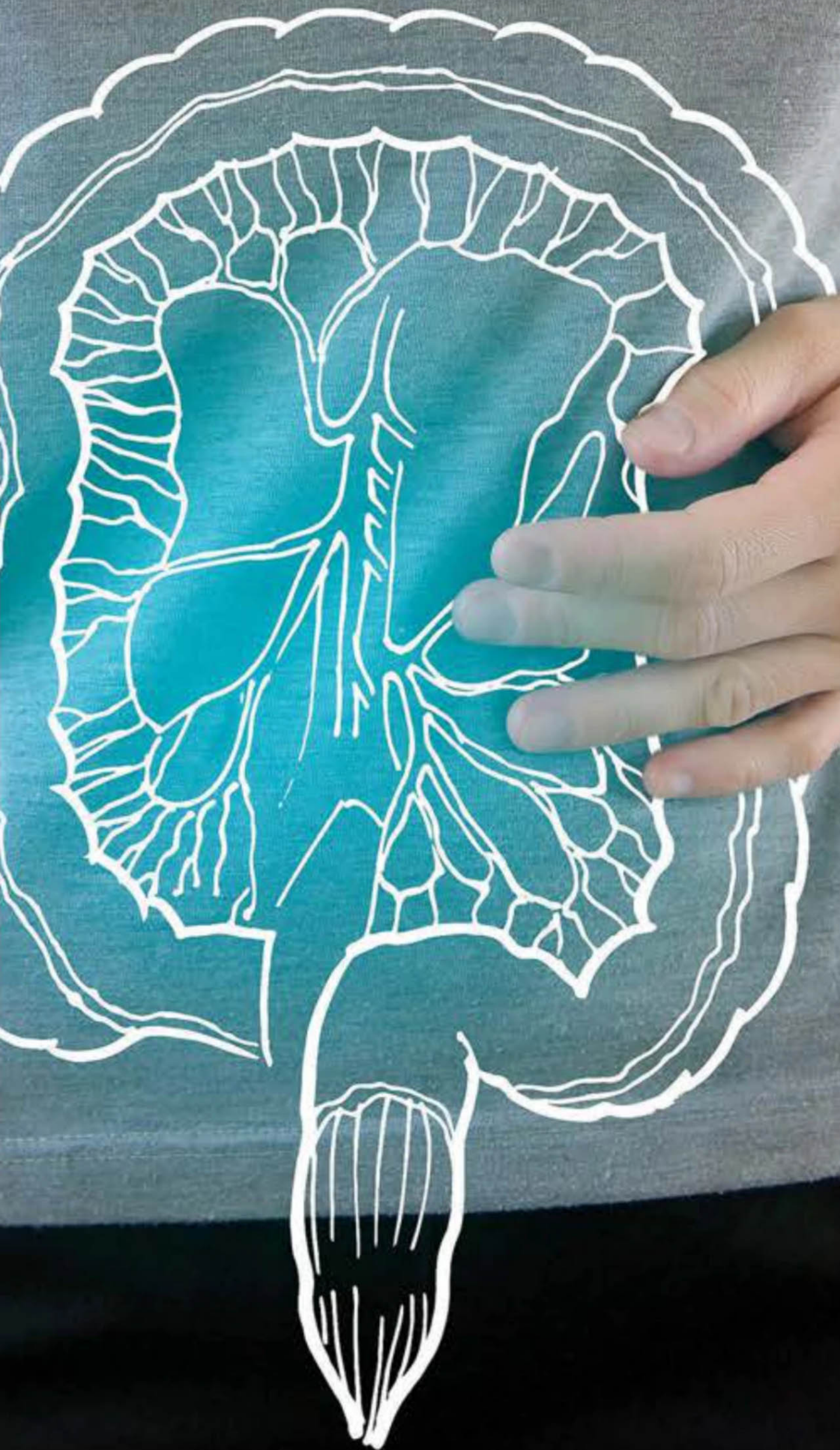
If you're still not convinced and think you can treat your IBS with a range of different methods by yourself, think of it like this: if you wanted to bake a cake, you could make something with guesswork, but it would probably take a few goes to turn out well. One quick check with a recipe book and you'd have saved yourself a bit of legwork.

The IBS contradiction

If you're still not certain about seeing a medical professional, remember this: IBS doesn't have a one-size-fits-all approach. Although there are general rules, you can't just say 'stop this' or 'do that' and know you'll get rid of it. For every IBS patient who's told they need to go easy on fibre because it's giving them gas, there'll be another being told to eat more of it to ease their constipation.

This is why it's so important to get help. The likelihood is it'll be far quicker for an expert to find you a comforting solution. For me, the best relief came in the form of a gut reset with a nutritional therapist. That said, it didn't get rid of my IBS forever. What I've discovered is I can ease IBS symptoms, sometimes be IBS-free for months, but know that it's not gone forever. That said, I've now got the tools to help me through it, and I hope this article now gives you those tools, too. 

"Having IBS isn't something you could necessarily have avoided"



ON SALE
26 MARCH

Gluten-Free HEAVEN Next issue

SPRING IS IN THE AIR!

Create colourful, light and seasonal dishes to match the changing of the seasons...

10 STEPS TO GLUTEN-FREE

From diagnosis to living with a gluten-free diet



GLUTEN-FREE FAIRY-TALE

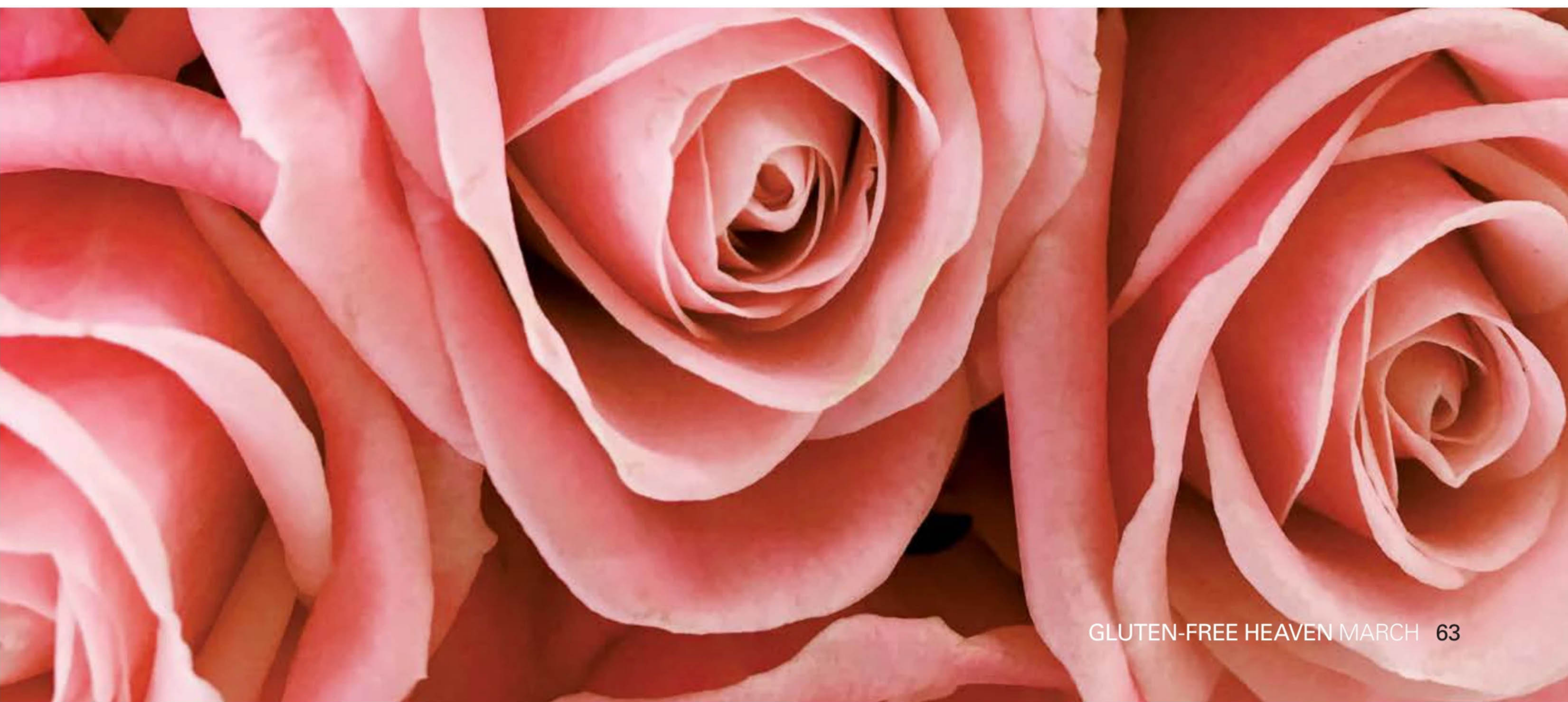
Do 'influencers' really paint the whole picture?





MOTHER'S DAY TREATS

Show your mother the love she deserves with
a special treat from the heart...





Rose petal berry parfait

GF V

Serves 4-6 | Prep 25 mins plus chilling |
Cook none | Calories 490 (per serving)

3 medium free-range egg whites

a pinch of salt

200g (7oz) honey

600ml (1 1/4pt) double cream

1 tbsp rosewater

a large handful of rose petals, washed and patted dry

100g (3 1/2oz) mixed berries, e.g. blueberries, raspberries, strawberries, to garnish

2 tbsp rose syrup, see Tip

- 1 Line a 900g (2lb) ring mould with a double-layer of clingfilm, letting it overhang the edge of the tin by at least 5cm (2in) all the way around.
- 2 Whisk the egg whites with a pinch of salt in an oil-free mixing bowl to stiff peaks.
- 3 Bring the honey to the boil in a saucepan set over a moderate heat. Once boiling, remove from the heat and beat into the egg whites in a slow, steady stream using an electric mixer.
- 4 Continue to beat the mixture until cool to the touch. Whip the cream in a separate bowl to soft peaks, then fold into the honey and egg white mixture along with the rosewater and about half the rose petals.
- 5 Arrange about half the remaining rose petals in the base of the tin. Spoon the parfait mixture on top.
- 6 Bring the overhanging clingfilm over the parfait and then freeze it until set, about 4 hours.
- 7 Remove the parfait from the freezer and let it stand at room temperature for 5-10 minutes. Invert onto a serving plate and garnish with mixed berries and the remaining rose petals. Drizzle with rose syrup before slicing and serving.

37.7g

Total fat

23.4g

Saturates

0.1g

Salt

28.3g

Sugar

5g

Protein



Breakfast pancakes!

By Little Cooks (www.littlecookscs.co.uk)

GF V

Serves 2 | Prep 5 mins |

Cook 10 mins | Calories 346 (per serving)

coconut oil or butter, for frying

100g (3 1/2oz) gluten-free oats

200g (7oz) strawberries

1 banana, peeled

100ml (3 1/2fl oz) milk

1 free-range egg

Greek yoghurt, to serve

- 1 Add 100g (3 1/2oz) strawberries to a blender with the milk, oats, banana and egg. Whizz until smooth.
- 2 Heat a frying pan on a medium heat – if it isn't a non-stick pan, then add a little coconut oil or butter to prevent sticking.
- 3 Pour 3 small circles of the batter into the frying pan. Flip after 3-4 minutes using a spatula – if they are still sticky and difficult to flip, then let them cook for another minute.
- 4 When they are golden on each side, pop on a plate to cool and repeat with the remaining mixture.
- 5 Cut up the remaining strawberries into heart shapes (or any shape you like!). Plate up the pancakes and decorate with the strawberries.
- 6 Serve with Greek yoghurt. These pancakes can be stored in the fridge for a couple of days.

7.4g

Total fat

2.2g

Saturates

0.1g

Salt

15.9g

Sugar

14.4g

Protein

Coconut and pistachio madeleines

GF V

Serves 24 | Prep 20 mins | Cook 15 mins | Calories 165 (per madeleine)

150g (5½oz) unsalted butter,
melted and slightly cooled, plus extra for greasing

125g (3½oz) gluten-free plain flour mix,
sifted, plus extra for dusting

2 large free-range eggs

150g (5½oz) caster sugar

1 tsp vanilla extract

1 tsp finely grated lemon zest

a pinch of salt

125g (3½oz) shelled pistachios,
chopped and divided

200g (7oz) icing sugar, sifted

40g (1½oz) desiccated coconut

1 Preheat the oven to 190°C/Gas Mark 5. Grease two 12-hole madeleine moulds with a little butter. Lightly dust with the flour mix, tipping out the excess.

2 Using an electric mixer, beat together the eggs and sugar in a large mixing bowl until pale and thick, 2-3 minutes.

3 Add the vanilla extract, lemon zest and salt, beating thoroughly to incorporate.

4 Fold in the sifted flour mix, then gradually stir in the melted cooled butter until fully incorporated and the batter is smooth. Spoon a tablespoon of the

batter into each hole of the moulds.

5 Bake for about 15 minutes until golden-brown and puffed. When ready, remove the moulds to wire racks to cool for 5 minutes.

6 Gently turn out the madeleines from the moulds and let them cool completely.

7 Finely grind half the chopped pistachios in a food processor until fine and powdery.

8 Sift the icing sugar into a bowl and stir in hot water by the teaspoon until you have a smooth, pourable icing.

9 Divide the icing between two bowls and whisk the pistachio powder into one icing. Dip one side of half the madeleines into the pistachio icing and one side of the remaining madeleines into the plain icing.

10 Sprinkle the pistachio-iced madeleines with desiccated coconut and sprinkle the plain-iced madeleines with the remaining chopped pistachios. Let the icings set before serving.



9.1g Total fat	4.6g Saturates	0.1g Salt	15g Sugar	2.9g Protein
-------------------	-------------------	--------------	--------------	-----------------



Cherry blossom tarts

GF

Serves 6 | Prep 45 mins plus chilling | Cook 15 mins | Calories 680 (per tart)

FOR THE PASTRY

- 125g (4½oz) white rice flour, plus extra for dusting
- 110g (4oz) brown rice flour
- 2 tbsp tapioca flour
- 1½ tbsp potato flour
- 2 tsp caster sugar
- ¾ tsp xanthan gum
- ¼ tsp gluten-free baking powder
- 150g (5½oz) unsalted butter, cold and cubed
- 2-4 tbsp iced water, plus extra as needed
- 1 large free-range egg, beaten with 1 tbsp water

FOR THE FILLING

- 4 gelatine leaves
- 400ml (14fl oz) whipping cream
- 200ml (7fl oz) whole milk
- 175g (6oz) plain yoghurt
- 75g (2¾oz) caster sugar
- 1 tsp almond extract

FOR THE CHERRY GLAZE

- 1 gelatine leaf
- 200ml (7fl oz) cherry juice
- 2 tbsp cherry liqueur
- 1 tbsp caster sugar
- pink fondant flowers, optional

- 1 For the pastry:** Combine the flours with the sugar, xanthan gum, baking powder and butter in a food processor. Pulse until the mixture resembles rough breadcrumbs.
- 2** Add the water, 1 tbsp at a time, pulsing between additions until a rough dough comes together; add more water as needed to bring it together if it's too dry. Turn out the dough onto a floured surface and knead briefly. Wrap in clingfilm and chill for 1 hour.
- 3** After 30 minutes, preheat the oven to 180°C/Gas Mark 4.
- 4** Roll out the dough on a lightly floured surface to about 2.5mm (1/8in) thickness. Cut out six rounds and use them to line the base and sides of six individual fluted tartlet tins.
- 5** Cut away any overhanging excess and prick the bases with a fork. Line each with greaseproof paper and fill with baking beans, arranging them on a large baking tray.
- 6** Blind-bake for about 15 minutes until golden at the edges. Remove from the oven and discard the paper and beans. Return to the oven to brown the bases, about 2-3 minutes.
- 7** Remove from the oven to a wire rack to cool, brushing with the beaten egg wash to seal. Cover with a tea towel as they cool.
- 8 For the filling:** Soak the gelatine leaves in a small bowl of cold water for 10 minutes.
- 9** Stir together the cream, milk and yoghurt in a large mixing bowl until smooth and even.
- 10** Warm the sugar with 4 tbsp water in a small saucepan set over a low heat until dissolved and a clear syrup has formed.
- 11** Squeeze the excess water from the gelatine before adding to the sugar syrup off the heat and stirring until dissolved. Stir in the almond extract.
- 12** Stir the syrup mixture into the yoghurt mixture until thoroughly combined. Carefully ladle into the baked tartlet cases. Cover and chill until set, about 4-6 hours.
- 13 For the glaze:** Soak the gelatine leaf in a bowl of cold water.
- 14** In the meantime, combine the cherry juice, cherry liqueur and sugar in a saucepan. Bring to the boil and reduce by about one-third.
- 15** Remove the gelatine from the water and squeeze out the excess water. Whisk it into the reduced cherry juice until dissolved. Pour the juice into a bowl and let it cool to room temperature.
- 16** Once cool, carefully spoon the glaze over the set fillings in the tartlets. Cover and chill until set, about 3 hours.
- 17** Once set, carefully cut out the top layer of the glaze using a heart-shaped cutter; you can warm the edge of the cutter with a chef's blowtorch or by dipping it in hot water to help it cut through.
- 18** Carefully remove the glaze with kitchen tweezers. Turn out the tartlets and serve with fondant flowers, if using.





Mothers' Day cake

GF V

Serves 12 | Prep 25 mins plus chilling | Cook 50-60 mins | Calories 429 (per serving)

FOR THE CAKE

400g (14oz) gluten-free plain flour mix
2 tsp gluten-free baking powder
1 tsp xanthan gum
½ tsp salt
375g (13oz) caster sugar
120g (4¼oz) unsalted butter, softened, plus extra for greasing
2 tbsp vegetable oil
2 tsp vanilla extract

1 tsp almond extract
4 large free-range eggs
175ml (6fl oz) whole milk, at room temperature

FOR THE ICING

200g (7oz) icing sugar
2 tsp vanilla extract

TO DECORATE

assorted sugarpaste flowers
Mother's Day bunting

- 1 Preheat the oven to 170°C/Gas Mark 3.
- 2 Whisk together the flour mix, baking powder, xanthan gum and salt in a large mixing bowl.
- 3 Beat together the sugar, butter, oil and both extracts in a separate mixing bowl until pale and fluffy, about 3 minutes.
- 4 Beat in the eggs, one by one, until incorporated. Fold in the flour mixture in thirds, alternating with the milk, until the batter is smooth and even.
- 5 Spoon and scrape the batter into a 22-23cm (8½-9in) tiered bundt tin that's been greased with some butter.
- 6 Bake the cake for 50-60 minutes until risen and dry to the touch; a toothpick should come out clean from the centre when ready.
- 7 Remove the cake to a wire rack to cool completely. Once cool, turn out from the tin onto a cake stand.
- 8 **For the icing:** Sift the icing sugar into a mixing bowl. Whisk in the vanilla extract, then hot water by the teaspoon until you have a smooth, pourable icing. Pour the icing over the cake.
- 9 **To decorate:** Press the sugarpaste flowers into the icing. Let the icing set before decorating with the bunting and serving.



12.7g
Total fat

6.3g
Saturates

0.3g
Salt

48.8g
Sugar

6.1g
Protein

Pink macarons

GF V

Serves 12-14 | Prep 35 mins | Cook 10-12 mins | Calories 317 (per macaroon)

FOR THE MACARONS

125g (4½oz) ground almonds
225g (8oz) icing sugar
3 large free-range egg whites
a pinch of salt
120g (4¼oz) caster sugar
pink food colour, paste or drops

FOR THE MACARON FILLING

250g (9oz) white chocolate, chopped
200ml (7oz) double cream
½ tsp vanilla extract
2 tbsp butter, cubed

- 1 For the macaroons:** Preheat the oven to 180°C/Gas Mark 4. Line two large baking trays with greaseproof paper.
- 2** Combine the ground almonds and icing sugar in a food processor. Blend on high for 2-3 minutes until fine and powdery.
- 3** Beat the egg whites with a pinch of salt in a large, oil-free mixing bowl until softly peaked. Continue to beat, adding the

caster sugar gradually, until the mixture is stiff and glossy.

- 4** Thoroughly fold the almond mixture into the meringue until smooth. Fold in a few drops of pink food colouring, mixing gently until uniformly pink.
- 5** Spoon into a piping bag fitted with a large, straight-sided nozzle. Pipe 2.5cm (1in) rounds of the mixture across the baking trays, spaced apart; about 24-28 in total. Leave to set on the trays for 10 minutes.
- 6** After setting, bake for 10-12 minutes until set but not coloured. Remove from the oven to wire racks, leaving them to cool on their trays for 10 minutes.
- 7** Before removing the macaron rounds from the trays, pour a little hot water under the greaseproof paper to help them release from the paper. Leave for 5 minutes, then peel away the rounds.

- 8** Arrange the macaroon rounds in rows, alternating between upturned and facing down.

9 For the macaron filling:

Place the white chocolate in a heatproof bowl. Warm the cream in a saucepan until it approaches boiling point.

- 10** Remove the cream from the heat and pour over the chocolate. Leave to stand for 1 minute before stirring until smooth.
- 11** Add the vanilla extract and butter and stir well until fully incorporated. Let the filling cool for 10 minutes until slightly thickened. Add a drop of pink food colouring and beat well until uniformly coloured.
- 12** Spoon into a piping bag fitted with a round, straight-sided nozzle. Pipe onto the underside of half of the macaron half and sandwich against the undersides of the remaining macaron halves to complete.



Gluten-free Easter eggs on test!

See what we at *Gluten-Free Heaven* HQ thought of a selection of Easter Eggs to hit the shelves...



▲ Booja Booja

Product: Hazelnut Crunch Chocolate Truffles

Price: £24.99

The beautiful handmade and handpainted box (shell) aside, what you get here is classic Booja Booja – delicious truffles full of crunch and taste. These might be best suited for an adult you really love! www.boojabooja.com

Verdict: ★★★★★



◀ COCOA LIBRE

Product: Orange Milk Chocolate Alternative Easter Egg

Price: £5

We liked the subtlety of the orange in this egg. While the chocolate was prominent in the taste (and you wouldn't know it was dairy-free), it's the subtle aftertaste of the orange that really got us. It tasted like a decent extract had been used to give this egg an overall quality that we really enjoyed.

www.cocoalibre.co.uk

Verdict: ★★★★★

▼ Chococo

Product: Milk Chocolate Heavenly Honeycombe

Studded Egg Price: £12.50

For an Easter egg that shouts 'special', this is the winner. The chocolate is really thick and creamy, the gold covering is snazzy and luxurious, while the chunky honeycombe is sweet and delicious, making this a rich, crunchy indulgent treat. It's a quality egg!

www.chococo.co.uk

Verdict: ★★★★★





▲ Nestle Kit Kat

Product: Bunny Milk Chocolate Bar **Price:** 50p

While this is available as an easter Egg package, you can buy the bunnies on their own which is great for the traditional Easter 'egg' hunt. Its Kit Kat taste and Kit Kat quality, a sure-fire winner in anyone's books.

www.nestle.co.uk

Verdict: ★★★★★



▲ Moo Free Chocolates

Product: Sea salt & Caramel Easter Egg **Price:** £5.99

This egg offers a good combination of the pleasantly sweet taste of caramel and the subtle tang of sea salt, which makes it perfectly suitable for the little ones as well. A little goes a long way.

www.moofreechocolates.com

Verdict: ★★★★★



▲ Moo Free Chocolates

Product: White Chocolate & Strawberry Hamster

Price: £2.99

A subtle hit of strawberry hits you first, followed by a strong aftertaste in this white chocolate kids' favourite. There is sweetness, a smooth texture (not grainy) and this is not just chocolate for the little ones – grown-ups will enjoy the taste too. Imagine a creamy strawberry milkshake and you'll be in the right ball park.

www.moofreechocolates.com

Verdict: ★★★★★



▲ Nomo

Product: Salted Caramel Easter Egg **Price:** £5.99

Very moreish, this egg is a great compromise between price and quality. It's a classic wrapped in foil and delivers taste, texture and a traditional chocolate egg experience. Perfect if you're looking for a dairy-free alternative to the regular high street offerings.

www.nomochoc.com

Verdict: ★★★★★

WEEKEND RECIPES

Push the boat out to
create showstopping meals!

WE LOVE... AUBERGINE CANNELLONI pg74 // CHICKEN MAKHANI pg76 // STEAK & ALE PIE pg78

Quinoa piadine

By Maxine Clark **GF SF EF V**

Serves 4 | Prep 25 mins | Cook 13 mins | Calories 429 (per serving)

25g (1oz) quinoa flour
125g (4½oz) buckwheat
or brown rice flour
½ tsp bicarbonate of soda
25ml (1fl oz)
extra-virgin olive oil
175ml (6fl oz) warm water
250g (9oz) burrata cheese,
roughly chopped
200g (7oz) artichokes,
preserved in oil
a pinch of salt

FOR THE LEMON AND OLIVE TAPENADE

50g (2oz) preserved
lemon, skin and flesh
finely chopped
50g (2oz) pitted green
olives, finely chopped
25ml (1fl oz) extra-virgin
olive oil, plus
extra to drizzle
2 tbsp chopped fresh basil,
plus extra to garnish
sea salt and freshly
ground black pepper

- 1 Sift the flours and bicarbonate of soda into a bowl, make a well in the centre and pour in the olive oil and a pinch of salt to taste.
- 2 Gradually add the warm water, mixing with clean hands until you have a soft dough. Tip out onto a floured surface and knead lightly until smooth. Divide in two, shape into balls, pop into plastic bags and leave to rest for 30 minutes.
- 3 Put a terracotta bakestone or a large, heavy baking sheet on the lower shelf of the oven. Preheat the oven to 220°C/Gas Mark 7 for at least 30 minutes.
- 4 To make the tapenade, mix the lemon, olives, olive oil and basil together. Season to taste.
- 5 Remove the dough from the bags, roll out each ball into a 25-30cm (10-12in) circle on

non-stick baking parchment and slide this onto the pizza peel or baking sheet. Lightly spread the bases with half the tapenade. Scatter the burrata over the bases, leaving a 1cm (½in) rim around the edge. Arrange the drained artichokes on top, brush with the remaining tapenade, then season.

- 6 Working quickly, open the oven door and slide the paper and pizza onto the hot bakestone or baking sheet.
- 7 Bake for 5 minutes, then slide out the baking parchment. Bake the piadine for a further 8 minutes, or until the crust is golden and crisping. Remove from the oven, scatter with extra basil and drizzle with extra olive oil. Eat immediately.

30.3g
Total fat

11g
Saturates

0.8g
Salt

1.8g
Sugar

17.8g
Protein



Lancashire hotpot

GF **SF** **EF**

Serves 4 | Prep 25 mins | Cook 1½ hrs | Calories 709 (per serving)

3 tbsp sunflower oil
1kg (2lb 2oz) lamb neck, or shoulder,
trimmed and cubed
1 tbsp unsalted butter
1 large onion, peeled, sliced
2 large carrots, peeled, chopped
2½ tbsp cornflour
750ml (1½ ltr) gluten-free lamb stock,
or chicken stock if not available
2 bay leaves
4 thyme sprigs
3 medium waxy potatoes, thinly sliced
3 tbsp butter, melted or clarified
salt and freshly ground black pepper

- 1 Preheat the oven to 170°C/Gas Mark 3.
- 2 Heat the oil in a large casserole dish set over a moderate heat until hot. Working in batches, season the lamb with salt and pepper, then brown in the dish, turning occasionally. Remove the completed batches to a plate.
- 3 Reduce the heat to medium and melt the butter in the dish before adding the onion, carrots and a generous pinch of salt, sautéing for 5 minutes.
- 4 Stir in the cornflour, cook for 1 minute, then return the lamb and any accumulated juices to the dish.
- 5 Cover with the stock and bring to a simmer over a moderate heat. Once simmering, stir in the bay leaves and thyme sprigs.
- 6 Cover the dish with layers of sliced potato, seasoning between the layers with plenty of salt and pepper.
- 7 Cover the dish with foil or a lid and bake for about 1½ hours until the potato is cooked through and the lamb is tender.
- 8 Remove the lid and brush the potato topping with melted or clarified butter.
- 9 Return to the oven for a further 10-15 minutes until golden on top. Remove from the oven and let stand for 5-10 minutes before serving.

41.9g

Total fat

16.6g

Saturates

0.7g

Salt

3.9g

Sugar

58.5g

Protein



Aubergine cannelloni

By Francesca Klottrup from the ICSA accredited CNM Natural Chef Kitchen
(College of Naturopathic Medicine) www.naturalchef.com

GF DF EF V

Serves 4 (starter) 2 (main) / Prep 35 mins / Cook 20 mins / Calories 869 (per serving)

FOR THE CASHEW NUT 'CHEEZE'

240g (8½oz) cashew nuts,
soaked in water for
6 hours, rinsed

2 garlic cloves, peeled
grated zest of 1 lemon

60ml (2fl oz) lemon juice

55ml (2fl oz) filtered water

6g nutritional yeast

30ml (1fl oz) cold pressed
extra-virgin olive oil

sea salt, to taste

FOR THE RED PEPPER SAUCE

325g (11oz) cooked red
peppers

100g (3½oz) flaked
almonds

3 tbsp cold pressed
extra-virgin olive oil

1 tsp sweet
smoked paprika

½ tbsp apple
cider vinegar

FOR THE CANNELLONI

3 large aubergines, thinly
sliced lengthways

8 tbsp cold pressed
extra-virgin olive oil

sea salt and freshly
cracked black pepper,
to taste

FOR THE PARSLEY OIL

40g (1¼oz) flat-leaf
parsley, roughly chopped

100ml (3½fl oz) cold
pressed extra-virgin
olive oil

a squeeze of large lemon

80g (3oz) rocket, to
garnish

1 Blend all the 'cheeze'
ingredients together in a high-
speed blender until smooth
and creamy.

2 Place a large sieve or colander
over a mixing bowl, lay down
two layers of cheesecloth or
muslin and spoon the cheeze
mix into the centre of the cloth.
Gather the corners and twist the
top gently to create a ball shape
with the mixture. Secure the
cloth with string and refrigerate
for 6 hours, ideally overnight for
a firmer set 'cheeze' (aiming
for a slightly firmer cream
cheese consistency).

3 For the cannelloni, preheat the
oven to 220°C/Gas Mark 7. Oil a
couple of large baking trays with
half the olive oil, evenly place
the aubergine slices across
the trays, season with salt and
pepper, then drizzle over the
remaining olive oil. Bake the
aubergines for 10 minutes, then
turn over and bake for a further
5-10 minutes until they have

softened, but not turned crispy
(if they're crispy they'll break
up when you try to form the
cannelloni). Allow to cool.

4 Make the red pepper sauce
by blending all the ingredients
together until smooth, then
spoon into a bowl.

5 Give the blender a clean, then
blend the parsley oil ingredients
and decant into a small jug.

6 To construct the dish, spoon
a generous tablespoon of
'cheeze' mixture at one end of
the aubergine slice and roll up
the aubergine to create a fat
cigar shape. Repeat with the
remaining aubergine slices.

7 Spoon the red pepper sauce
across the centre of the plate,
place a small handful of rocket
over the sauce, place the
aubergine cannelloni on top,
then drizzle over some of the
parsley oil.

69.8g

Total fat

11g

Saturates

0.6g

Salt

19.6g

Sugar

21g

Protein

Cumin roasted cauliflower

Recipe by Francesca Klottrup from the ICSA accredited CNM Natural Chef Kitchen
(College of Naturopathic Medicine) www.naturalchef.com

GF DF EF V

Serves 2-4 | Prep 35 mins plus marinating | Cook 20-25 mins | Calories 797 (per serving)

FOR THE CAULIFLOWER

1 large cauliflower
3 tbsp ground cumin
3 tbsp cold pressed
extra-virgin olive oil
a pinch of salt

FOR THE PICKLED ONION

1 large red onion,
peeled, very finely sliced
125ml (4½fl oz) apple cider
vinegar
6 whole black peppercorns
a pinch of sea salt

FOR THE SATAY SAUCE

3cm (1½in) piece
of fresh ginger
2 garlic cloves,
peeled, crushed
grated zest of 2 limes
juice of 1 lime
2 tsp maple syrup
2 tbsp mild curry powder
2 tbsp coconut aminos

6 tbsp crunchy nut butter,
unsweetened
300ml (10fl oz) coconut
cream
a pinch of sea salt

FOR THE LENTILS

210g (7½oz) puy (or green)
lentils, rinsed and drained
in cold water
500ml (18fl oz) water
25g (1oz) flat-leaf parsley,
roughly chopped
25g (1oz) fresh coriander,
roughly chopped
15g (½oz) fresh mint,
leaves only, finely sliced
80g (3oz) mixed seeds
60ml (2fl oz) cold pressed
extra-virgin olive oil
juice of 1 lemon
sea salt and freshly ground
black pepper, to taste
125g (4½oz) watercress
leaves, to serve

1 Preheat the oven to 220°C/Gas
Mark 7.

2 Start by pickling the onion.
Place the ingredients in a
small saucepan, gently heat
until almost boiling, then turn
off the heat and leave to sit for
20 minutes.

3 Prepare the cauliflower by
mixing the oil, cumin and a
pinch of salt in a bowl, then
rub all over the cauliflower –
for a more intense flavour let
the cauliflower marinade for a
couple of hours.

4 Place the cauliflower on a
lined baking tray and bake
for 20-25 minutes (depending
on the size and shape of the
cauliflower). To test if it's
cooked, a cutlery knife
should easily penetrate
through the centre. Once
cooked, turn off the oven
and leave the cauliflower
inside to keep warm in case
you are still finishing off the
other components.

5 While the cauliflower is
roasting, cook the lentils by
placing them and the water in
a small saucepan over a high
heat and bring to the boil.
Reduce to a medium heat,
cover with a tight fitting lid
and simmer for 20 minutes or
until just tender. Drain.

6 Transfer the cooked lentils
to a medium bowl, add the
herbs, seeds, olive oil and
lemon juice, then season
with salt and pepper, stirring
to combine.

7 For the satay sauce, simply
place all the ingredients into
a food processor and blend
to create a relatively smooth,
spoonable sauce.

8 To plate, place a handful of
watercress on the plate, a
large spoonful of lentils and a
portion of sliced cauliflower,
then top with satay sauce
and garnish with a few
pickled onions.

63.6g Total fat
22.9g Saturates
0.4g Salt
16.7g Sugar
23.4g Protein



Chicken makhani

By Carol Hilker **GF** **SF** **EF**

Serves 4 | Prep 25 mins | Cook 30 mins | Calories 583 (per serving)

- 2 tbsp peanut oil

1 shallot, peeled, finely chopped

¼ a white onion, peeled, chopped

2 tbsp butter

2 tsp lemon juice

1 tbsp ginger-garlic paste

3 tsp garam masala

1 tsp chilli powder

1 tsp ground cumin

1 fresh bay leaf

200g (7oz) strained tomatoes

120ml (4fl oz) double cream and 120ml (4fl oz) whole milk, mixed
- 55g (2oz) plain Greek yoghurt

sea salt and freshly ground black pepper, to taste

¼ tsp cayenne pepper, or to taste

450g (1lb) boneless, skinless chicken thighs, cut into bite-size pieces

a pinch of cayenne pepper

1 tbsp cornflour

60ml (2fl oz) water

white rice, to serve

gluten-free naan bread, to serve

- 1

Heat 1 tbsp peanut oil in a large saucepan over a medium-high heat. Sauté the shallot and onion until soft and translucent. Stir in the butter, lemon juice, ginger-garlic paste, 1 tsp garam masala, the chilli powder, cumin and bay leaf.
- 2

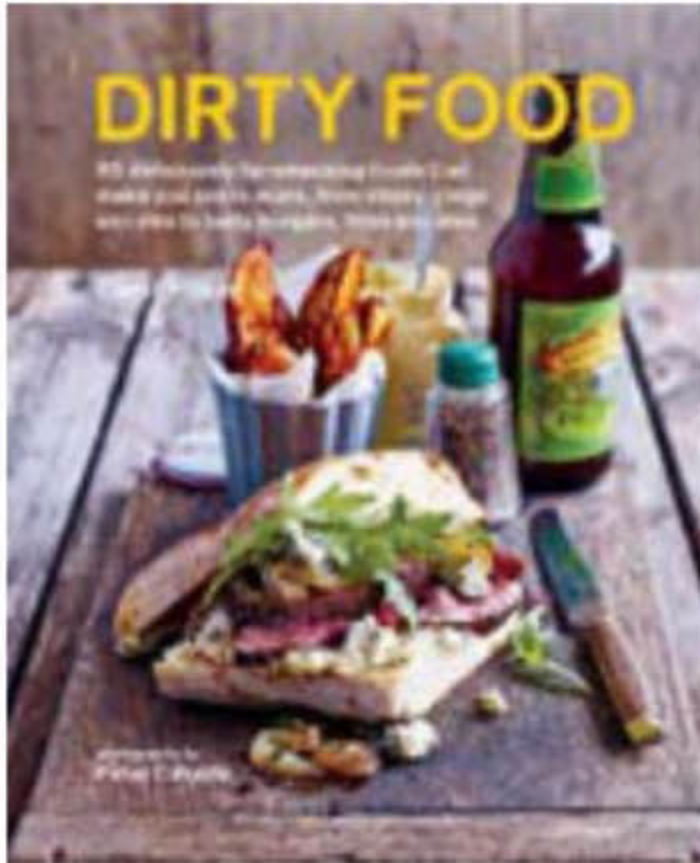
Cook, stirring frequently, for 1 minute. Add the tomatoes and cook for another 2 minutes, continuing to stir frequently. Stir in the cream mixture and add the Greek yoghurt.
- 3

Reduce the heat to low and simmer for 10 minutes, stirring frequently. Season with salt and pepper. Remove from the heat and set aside.
- 4

Heat the rest of the oil in a large, heavy frying pan over a medium heat. Add the chicken once the oil is hot and cook until lightly browned, about 10 minutes. Reduce the heat and season with the rest of the garam masala and cayenne pepper to taste. Stir in a few spoonfuls of the sauce, then simmer until the liquid has reduced and until the chicken is no longer pink. Stir the rest of the sauce into the cooked chicken.
- 5

In a bowl, mix together the cornflour and water, then stir into the chicken and sauce. Cook for 5-10 minutes, or until thickened. Serve with white rice and naan bread.

The recipes on pages 75-76 are taken from *Dirty Food* by Carol Hilker, photography by Peter Cassidy, published by Ryland Peters & Small. (RRP £14.99).



47g

Total fat

20.8g

Saturates

1g

Salt

4.4g

Sugar

25g

Protein

Stella's spaghetti & meatballs

By Carol Hilker **GF**

Serves 4 | Prep 25 mins | Cook 1½hrs | Calories 976 (per serving)

FOR THE SPAGHETTI SAUCE

90g (3¼oz) chopped onion
6 garlic cloves, peeled, minced
50g (1¾oz) extra-virgin olive oil
2 x 400g (14oz) tinned whole, peeled tomatoes
2 tsp sea salt
1 tsp granulated sugar
1 fresh bay leaf
170g (6oz) tomato purée
¾ tsp dried basil
½ tsp freshly ground black pepper

FOR THE MEATBALLS

2 tbsp extra-virgin olive oil
225g (8oz) lean minced/ground beef
225g (8oz) ground thin/short rib
100g (3½oz) fresh gluten-free breadcrumbs
1 tbsp dried parsley
2 tbsp Parmesan, grated
¼ tsp freshly ground black pepper
a pinch of garlic powder
1 free-range egg, beaten

TO SERVE

500g (1lb 1oz) gluten-free spaghetti
salt, to taste

1 For the spaghetti sauce, in a large saucepan over a medium heat, sauté the onion and garlic in olive oil until the onion is translucent. Stir in the tomatoes, salt, sugar and bay leaf. Cover the saucepan and reduce the heat to low. Simmer for 1-1½ hours. Stir in the tomato purée, basil and black pepper. Refrigerate until ready to use.

2 Preheat the oven to 190°C/Gas Mark 5.

3 For the meatballs, combine all the ingredients well in a mixing bowl with your hands and form into golf-ball size balls. Place on a baking

sheet and transfer to the oven for 20 minutes. Use immediately, or turn out onto a plate to cool, then place in the freezer.

4 Bring a pan of salted water to a boil and add the pasta. When the pasta reaches an al dente texture, about 8-10 minutes, remove and drain. Mix with the sauce, add the meatballs and finish by adding a generous sprinkling of freshly grated Parmesan cheese.

5 To make in a slow-cooker, set the heat to its lowest setting and cook the meatballs and sauce for 6-8 hours. Follow the above directions for cooking the pasta.



44.6g

Total fat

12.2g

Saturates

1.5g

Salt

13.5g

Sugar

36.6g

Protein

Steak and ale pie

GF SF DF

Serves 4-6 | Prep 45 mins | Cook 2 hrs | Calories 703 (per serving)

FOR THE PASTRY

- 180g (6oz) white rice flour, plus extra for dusting
- 110g (4oz) brown rice flour
- 4 tbsp tapioca flour
- 4 tbsp potato flour
- 1 tsp salt
- 1 tsp xanthan gum
- ½ tsp gluten-free baking powder

- 240g (8oz) pork lard, cold and finely diced
- 3-4 tbsp iced water, plus extra as needed

FOR THE FILLING

- 750g (1lb 9oz) chuck steak, trimmed and cubed
- 3-4 tbsp gluten-free plain flour mix
- sunflower oil, or vegetable oil, for frying
- 1 large onion, peeled, sliced
- 2 garlic cloves, peeled, finely chopped
- 1 bay leaf
- 2 thyme sprigs
- 200ml (7fl oz) gluten-free beer
- 300ml (10fl oz) gluten-free beef stock
- 1 tbsp tomato purée
- freshly ground black pepper

IN ADDITION

- 1 large free-range egg, beaten with 1 tbsp water
- 1 tsp nigella seeds

- 1 For the pastry:** Combine the flours, salt, xanthan gum, baking powder and pork lard in a food processor. Pulse until the mixture resembles rough breadcrumbs.
- 2** Add the water, 1 tbsp at a time, pulsing between additions until a rough dough comes together.
- 3** Turn out the dough onto a floured surface and knead briefly. Wrap in clingfilm and chill as you prepare the filling.
- 4 For the filling:** Preheat the oven to 180°C/Gas Mark 4.
- 5** Dust the chuck steak with the flour mix, shaking off any excess. Season with salt and pepper.
- 6** Heat a generous drizzle of oil in a heavy-based casserole dish set over a moderate heat. Working in batches, brown the chuck steak in the oil, removing to a plate when done; use a little more oil as needed between batches.
- 7** Add the onion, garlic and a generous pinch of salt to the dish. Sauté for 2-3 minutes, stirring frequently.
- 8** Return the steak to the dish along with the bay leaf and thyme. Deglaze with the beer and stock, then stir in the tomato purée.
- 9** Bring to the boil over a moderate heat, stirring frequently, then cover with a lid. Cook in the oven for 1 hour.
- 10** Remove from the oven when ready; keep the oven turned on. Set aside until needed.
- 11** Remove the dough from the fridge and let it stand at room temperature for 5 minutes. Preheat the oven to 180°C/Gas Mark 4.
- 12** Roll out the dough on a lightly floured surface to about 5mm, (¼in) thick.
- 13** Line the base and sides of a high-sided 18cm (7in) pie dish or high-sided tart tin with the pastry. Cut away the excess overhanging pastry and gather it up.
- 14** Re-roll the pastry into a 20cm (8in) round approximately 5mm (¼in) thick.
- 15** Ladle the filling into the lined pastry. Cover with the pastry round, sealing it to the lined pastry with your fingers all the way around the perimeter.
- 16 In addition:** Brush the pastry all over with the beaten egg wash. Bore a small hole in the centre with the tip of a knife.
- 17** Bake for 40-55 minutes until the pastry is golden-brown and cooked through; the filling should be piping hot.
- 18** Remove the pie from the oven when ready and let it stand for 5 minutes, before serving with a garnish of nigella seeds on top.





Chicken pot pie

GF SF EF

Serves 4 | Prep 25 mins | Cook 40-45 mins | Calories 576 (per serving)

FOR THE FILLING

3 tbsp unsalted butter, divided

1 tbsp olive oil

1 leek, sliced, washed, drained

2 tbsp cornflour

500ml (18fl oz) whole milk

100ml (3½fl oz) gluten-free chicken stock,
plus extra as needed

4 medium skinless chicken breasts, roughly chopped

150g (5½oz) frozen peas, thawed

a handful of rosemary, finely chopped,
with extra to garnish

salt and freshly ground black pepper

FOR THE TOPPING

8 small waxy potatoes, scrubbed

2 tbsp unsalted butter, melted

1 For the filling: Melt 1 tbsp butter with the olive oil in a large saucepan set over a medium heat until hot.

2 Add the leeks and a pinch of salt, sweating until softened, about 10 minutes. Remove from the saucepan to a plate. Wipe the saucepan clean with kitchen paper.

3 Set the saucepan over a medium heat and add the remaining butter. Once melted, whisk in the cornflour, cooking for 2 minutes until blonde and bubbling.

4 Gradually whisk in the milk and chicken stock in a slow, steady stream until incorporated and smooth.

5 Bring to a simmer and cook for 8-10 minutes until thickened to a thick gravy consistency; thin out with more chicken stock

if needed.

6 Fold in the chicken, sweated leeks, peas and rosemary. Season to taste before dividing between four individual baking dishes or ovenproof bowls. Place on a baking tray.

7 For the topping: Preheat the oven to 190°C/Gas Mark 5. Very finely slice the potatoes in a mandoline or with a sharp chef's knife.

8 Arrange the potatoes on top of the filling, layering them to cover. Brush with melted butter and season with salt and pepper.

9 Bake until the potatoes are crisp and golden-brown and the filling is bubbling, about 25-30 minutes.

10 Remove from the oven and let stand for 5 minutes before serving with a garnish of rosemary.

SERVE WITH PEAS,
CARROTS OR ANY
SEASONAL VEG



31.8g
Total fat

15.4g
Saturates

0.5g
Salt

8.9g
Sugar

42.6g
Protein

SENSATIONAL

SWEET TREATS

*Finish off your meal
in super sweet style!*

WE LOVE... HOT CHOCOLATE CAKE pg83 // SWEET POTATO PECAN PIE pg88 // HUMMINGBIRD CAKE pg91



For the almond sponge
cake, see page 95



Chocolate covered peanut butter balls

By SKIPPY® (www.peanutbutter.uk.com)

GF EF V

Serves **54** / Prep **15 mins** plus chilling /
Cook **none** / Calories **72** (per serving)

- 125g (4½oz) SKIPPY® Smooth Peanut Butter**
- 175g (6oz) butter**
- 220g (8oz) icing sugar, sieved**
- 175g (6oz) dark chocolate chips (or dark chocolate broken into small pieces)**

- 1 Line a baking sheet with greaseproof paper.
- 2 In medium bowl, combine the peanut butter and 115g (4oz) butter; beat together until blended. Gradually stir in the sieved sugar.
- 3 On a chopping board or flat surface, knead the peanut butter mixture until smooth, then shape into about 54 balls, approx. 2cm (¾in) wide each. Arrange the balls on baking sheets, then chill in the fridge for 30 minutes.
- 4 Meanwhile, melt the dark chocolate with the remaining butter in a glass bowl over a small pan of simmering water on a low heat, stirring occasionally.
- 5 With two forks, dip the balls into the chocolate and return to the baking sheet. Drizzle any leftover chocolate over the balls, then return to the fridge for 1 hour to firm up.



Peanut butter fudge

By SKIPPY® (www.peanutbutter.uk.com)

GF EF V

Serves **12** / Prep **10 mins** plus chilling /
Cook **5 mins** / Calories **369** (per serving)

- 125ml (4½fl oz) whole milk**
- 400g (14oz) sugar**
- 375g (13oz) SKIPPY® Smooth Peanut Butter**
- 200g (7oz) marshmallow fluff**
- 1 tsp vanilla extract**
- ¼ tsp salt**

- 1 In a medium non-stick saucepan, combine the milk and sugar. Bring the mixture to a boil over a medium heat; reduce the heat to medium-low, stirring constantly for 2-3 minutes.
- 2 Remove from the heat and stir in the peanut butter and the remaining ingredients.
- 3 Transfer the mixture to a lightly greased 20x20x5cm (8x8x2in) cake tin.
- 4 Let stand at room temperature for 1 hour, then chill in the fridge until ready to serve. Cut into 6cm (2½in) pieces.





Hot chocolate cake

By FREEE (www.freee-foods.co.uk) **GF** **V**

Serves **14-16** | Prep **25 mins** plus chilling | Cook **30-35 mins** | Calories **603** (per serving)

300g (10½oz) FREEE Self-Raising Flour

300g (10½oz) caster sugar

300g (10½oz) butter

4 free-range eggs

50g (1¾oz) cocoa powder

175ml (6fl oz) milk

2 tsp vanilla extract

FOR THE FILLING

250g (9oz) butter

300g (10½oz) icing sugar

FOR THE TOPPING

200g (7oz) double cream

200g (7oz) milk chocolate

25g (1oz) mini marshmallows

cocoa powder, for dusting

- 1 Line three 20cm (8in) round baking tins with parchment and preheat the oven to 180°C/Gas Mark 4.
- 2 Sieve the flour into a small bowl and set it aside.
- 3 Put the butter and caster sugar into a large bowl and beat together until light and fluffy.
- 4 Add 2 eggs to the bowl, sieve in the cocoa and stir to combine.
- 5 Add the remaining eggs, beating them in one at a time.
- 6 Beat in half the prepared flour followed by the milk and vanilla. Stir in the remaining flour.
- 7 Divide the mixture between the prepared cake tins and smooth the top. Bake for 30-35 minutes. Leave to cool.

FOR THE FILLING

- 1 Put the butter into a bowl and beat it until it is light and fluffy.
- 2 Sieve the icing sugar into the bowl and beat to combine.
- 3 Divide the mixture between the top of two cold cakes and spread out evenly. Place one cake on top of the other.
- 4 Place the third sponge on top.

FOR THE TOPPING

- 1 Put the cream into a saucepan over a medium heat. When it is almost boiling, remove the pan from the heat and stir in the chocolate.
- 2 Allow the topping to cool, stirring until it thickens slightly.
- 3 Spread the topping over the top and sides of the cake, scatter over the marshmallows, then sieve over a little cocoa powder to finish.





Lemon polenta cake

By Meg Rivers, Bakers of Happiness

GF V

Serves 8 | Prep 20 mins |
Cook 1 hr 20-1 hr 30 mins | Calories 536 (per serving)

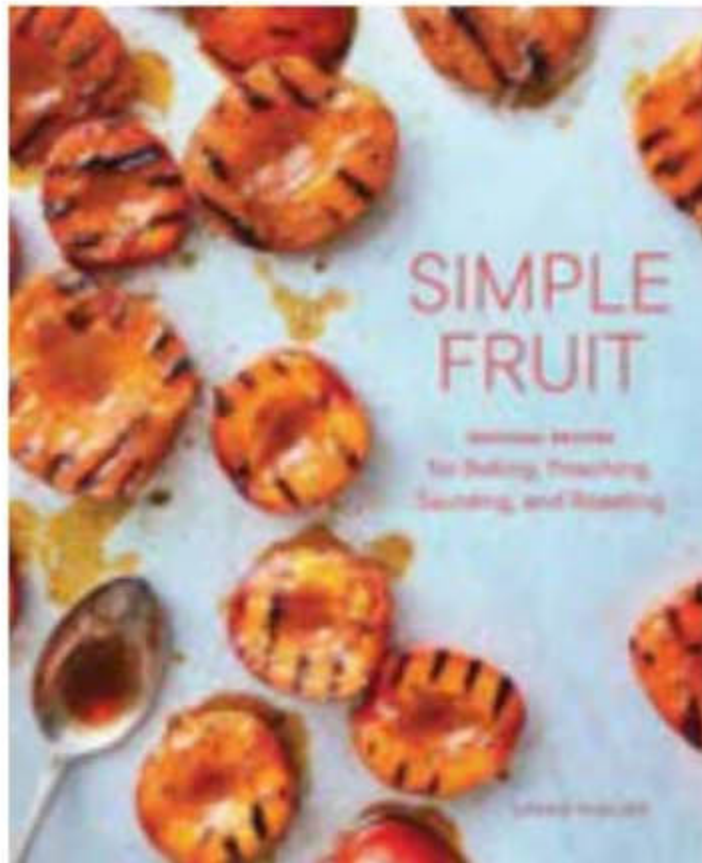
- 2 large lemons
- 220g (8oz) salted butter, softened
- 220g (8oz) caster sugar
- 4 free-range eggs, lightly beaten
- 190g (6½oz) ground almonds
- 125g (3½oz) polenta
- 1½ tsp gluten-free baking powder

- 1 Preheat the oven to 170°C/Gas Mark 3. Line a 20cm (8in) round cake tin with baking parchment. Grate the zest from both lemons and squeeze the juice from just one.
- 2 In a large bowl, cream the butter and sugar together until pale and fluffy. Add the eggs one at a time, beating between each addition, then stir in the lemon juice and zest, followed by the ground almonds, polenta and baking powder.
- 3 Spoon the mixture into the prepared cake tin, smooth level with a palette knife and bake in the oven for 1hr 20-1hr 30 minutes. A skewer inserted into the middle should come out clean. Remove from the oven and allow to stand for a while. When cool enough to handle, run a knife around the inside of the tin and turn onto a wire rack to cool completely.
- 4 The cake will keep for 4-5 days in an airtight container.

The polenta cake on this page and the recipe on page 85 are taken from *Artisan Home Baking* by Meg Rivers, photography by Steve Painter, published by Ryland Peters & Small. (RRP £14.99).



The panna cotta on this page and the recipe on page 86 are taken from *Simple Fruit* by Laurie Pfalzer, published by Sasquatch. (RRP £18.99).



Maple and pear panna cotta

By Laurie Pfalzer

GF EF

Serves 6 | Prep 20 mins plus chilling |
Cook 10 mins | Calories 408 (per panna cotta)

- | FOR THE PANNA COTTA | FOR THE COMPOTE |
|---|----------------------------|
| 1 tbsp water | 3-4 pears |
| 1 packet (about 2½ tsp) powdered gelatine | 3 tbsp sugar |
| 450ml (16fl oz) double cream | 3 tbsp water |
| 115ml (4fl oz) whole milk | a pinch of ground cinnamon |
| 55ml (2fl oz) maple syrup | a pinch of ground nutmeg |
| 2 tbsp granulated sugar | a pinch of ground cardamom |

- 1 To make the panna cotta, combine the water and gelatine powder in a small bowl and let stand for 5 minutes to bloom.
- 2 Combine the cream, milk and sugars in a medium pan. Heat over a medium heat until hot and the sugar is dissolved. Do not allow the mixture to boil.
- 3 Whisk 115g (4oz) of the mixture into the gelatine until the gelatine dissolves. Whisk the gelatine mixture from the bowl into the pan. Strain through a fine-mesh sieve and pour into 6 small bowls or ramekins. Chill for 2 hours or until set.
- 4 To make the compote, peel and cut the pears into 1cm (½in) dices. Combine the pears with the remaining ingredients in a medium pan. Bring to a gentle simmer over a medium heat. Reduce the heat to low and continue to simmer gently until the pear pieces soften, but are not falling apart, 5-8 minutes. Transfer to a bowl and cool in the fridge.
- 5 To serve, spoon 2 tbsp compote over one side of each bowl of panna cotta. Serve immediately.

28.8g Total fat 17.8g Saturates 0.1g Salt 28.6g Sugar 3.9g Protein

Panna cotta image by Charity Burggraf



Rich fruit cake

By Meg Rivers, Bakers of Happiness **GF V**

Serves 8 | Prep 30 mins plus maturing | Cook 1 hr 30 mins | Calories 321 (per serving)

115g (4oz) Zante currants

**115g (4oz) sultanas/
golden raisins**

**70g (2½oz) mixed
candied peel**

**60g (2oz) glacé cherries,
chopped**

**25g (1oz) crystallized
ginger, chopped**

**45g (1½oz) walnuts,
chopped**

4 tsp brandy

**120g (4¼oz)
unsalted butter, soft**

**80g (2¾oz) packed
dark muscovado/dark
brown sugar**

2 free-range eggs

**90g (3oz) gluten-free
plain flour**

35g (1¼oz) ground almonds

**1 tsp ground
mixed spice/apple pie spice**

**¼ tsp ground
cloves**

FOR THE TOPPING

9 walnut halves

8 whole glacé cherries

- 1 Start the cake 2 days before you want to bake it.
- 2 Put the currants, sultanas/golden raisins, mixed peel, glacé cherries, ginger and chopped walnuts in a bowl. Add the brandy, cover with clingfilm and allow to soak overnight.
- 3 The next day, preheat the oven to 130°C/Gas Mark ½. Line a 15cm (6in) round cake tin with baking parchment.
- 4 In a large bowl, cream the butter and sugar together until pale and fluffy.
- 5 Add the eggs one at a time, beating between each addition. Add the flour, almonds and spices and slowly fold in until a smooth mixture is obtained. Add the fruits and stir in.
- 6 Spoon the mixture into the prepared cake tin and spread level with a palette knife. Decorate the top of the cake with the walnut halves and whole glacé cherries, placing them in a circular pattern.
- 7 Bake the cake in the middle of the oven for about 90 minutes. A skewer inserted into the middle of the cake should come out clean. (The cake will remain soft to the touch when baked, unlike a pound cake that will spring back when pressed with your fingertips. The finished colour is not very different from the uncooked state and there will often be a residue of nut oil on the surface, but don't worry, the oil is absorbed back into the cake on cooling.) Remove from the oven and allow to stand for an hour or two before turning out onto a wire rack to cool completely.
- 8 Allow the cake to set for 24 hours before serving. The longer you can leave it to mature, the better. Cut with a sharp serrated knife using a sawing motion.
- 9 The cake will keep for 6-8 weeks in an airtight container.

21.4g

Total fat

8.6g

Saturates

0.2g

Salt

12.9g

Sugar

6.6g

Protein



Peach mousse

By Laurie Pfalzer **GF**

Serves 6 | Prep 30 mins plus chilling | Cook 15 mins | Calories 308 (per serving)

9 medium yellow peaches (very ripe)
65g (2½oz) sugar plus 1 tbsp sugar
1 tbsp water
265ml (9fl oz) double cream
4 tsp powdered gelatine
3 free-range egg whites

1 Peel and chop eight of the peaches, then combine them with the sugar and water in a large pan. Cook on a medium heat until the peaches are soft, about 10 minutes. Process the peaches (and all juice) in a blender until smooth. Strain the peach purée through a fine-mesh sieve or cheesecloth. Reserve 450g (1lb) of the purée for the mousse, plus a bit more to garnish if desired, then chill it until cold, about 1 hour. Any remaining purée can be frozen for several months.

2 Whip the double cream to medium-stiff peaks and refrigerate. Combine the gelatine and 3 tablespoons of the peach purée in a small stainless-steel bowl. Let sit for at least 5 minutes.

3 Make a Swiss meringue by starting a hot-water bath with 5cm (2in) of water in a medium pan brought to a boil and turned to a medium-low heat. Combine the egg whites and sugar in the bowl of a stand mixer, then whisk the mixture by hand over the water bath until it reaches 60°C/140°F. (The bowl should not touch the water.) Move the bowl to the stand mixer fitted with the whisk attachment, then whip the egg mixture until the bottom of the bowl no longer feels warm.

4 While the egg whites are whipping, place the gelatine mixture over the water bath and stir until the mixture is just warm and the gelatine is melted. Temper some of the remaining peach purée into the gelatine

mixture, whisking well, then pour all the gelatine mixture into the rest of the purée and whisk well.

5 When the meringue is cool, remove it from the mixer and gently fold one-third into the peach purée. Fold in the remaining meringue until the mixture is well combined. Temper the cream into the mousse by first folding in one-third of the cream. Then fold in the rest of the cream until the mousse is smooth and uniform.

6 Divide the mousse between six 225ml (8oz) glasses or dessert dishes. Chill the mousse for at least 1 hour. If you make the mousse a day ahead, portion it and stretch a small piece of clingfilm over each glass and refrigerate.

7 Before serving, finish the mousse with fresh peaches and/or some of the leftover peach purée. Serve immediately.





Carrot cake cupcakes

By College of Naturopathic Medicine (naturopathy-uk.com)

GF DF EF V

Makes 10 | Prep 25 mins | Cook 18 mins | Calories 386 (per cupcake)

FOR THE CAKE

- 6 tbsp warm filtered water
- 2 tbsp ground flaxseed
- 120g (4 1/4 oz) organic gluten-free, self-raising flour
- 1 tsp gluten-free baking powder
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/8 tsp ground cloves
- 1/4 tsp ground nutmeg
- 1 tsp vanilla extract
- 1 large carrot, peeled, finely grated

45g (1 1/2 oz) crushed walnuts

70g (2 3/4 oz) ground almonds

70g (2 3/4 oz) coconut sugar

115ml (4 fl oz) coconut oil, softened

115ml (4 fl oz) almond milk

60g (2 oz) pitted dates, roughly chopped

40g (1 1/2 oz) sultanas

FOR THE FROSTING

225ml (8 fl oz) chilled coconut cream

1 tbsp maple syrup

1 tbsp fresh orange juice

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a cupcake tray with 10 cupcake cases.
- 2 Sift the flour into a large mixing bowl and add the ground almonds, baking powder, cinnamon, ginger, cloves and nutmeg. Stir well to combine.
- 3 Add the flax to a small mixing bowl with the warm water and vanilla and stir well. Set aside to gel, forming a flax egg.
- 4 Cream the coconut oil, coconut sugar and almond milk together in a separate mixing bowl. Add in the flax mixture and stir until smooth.
- 5 Tip the wet ingredients into the dry mixture along with the grated carrot and mix to combine.
- 6 Add the walnuts, dates and sultanas and stir well to combine.
- 7 Divide the cake batter evenly between the cupcake cases. Transfer to the oven and bake for 18 minutes, or until golden and cooked through.
- 8 While the cakes are baking, add the chilled coconut cream to a mixing bowl along with the maple syrup and orange juice. Whisk together for a minute or two until smooth and fluffy. Return to the fridge to chill until ready to use.
- 9 Allow the cakes to cool completely, then decorate with the coconut orange frosting to serve.

28.7g

Total fat

14.8g

Saturates

trace

Salt

14.7g

Sugar

7.5g

Protein



Sweet potato pecan pie

By College of Naturopathic Medicine (naturopathy-uk.com)

GF DF EF V

Serves 10 | Prep 40 mins plus chilling | Cook 50 mins | Calories 365 (per serving)

FOR THE PASTRY

6 tbsp cold water
120g (4¼oz) organic
gluten-free plain flour mix
1 tbsp arrowroot powder
1 tbsp ground flaxseed
1 tbsp coconut sugar
1 tsp ground cinnamon
50g (1¾oz) ground almonds
75ml (2¾fl oz) coconut oil
a generous pinch
of sea salt

FOR THE FILLING

3 medium sweet
potatoes, oven baked in
their skins until soft
2 tbsp coconut sugar
1½ tbsp arrowroot powder

1 tbsp maple syrup
1 tbsp tahini
1 tsp vanilla extract
1 tsp ground cinnamon
115g (4oz) dates

115g (4oz) coconut cream
¼ tsp ground nutmeg
1/8 tsp ground cloves
a pinch of sea salt

FOR THE TOPPING

2 tbsp maple syrup
100g (3½oz) pecan halves
1 tbsp arrowroot powder
1 tbsp coconut sugar

- 1 To prepare the pastry, sift the flour into a mixing bowl and add the ground almonds, arrowroot powder, flax, coconut sugar, cinnamon and salt. Mix well to combine.
- 2 Add the coconut oil and rub into the flour using your fingertips.
- 3 Add the water a little at a time and bring the mixture together with your hands to form a dough. Wrap the dough in silicone-free baking parchment and refrigerate for 10 minutes.
- 4 Preheat the oven to 180°C/Gas Mark 4.
- 5 Remove the dough from the fridge and press into a large, loose-bottomed tart tin – this can be rectangular or round. The one used for this recipe measured 35x13cm (14x5in). Ensure that the dough is of an even thickness on both the sides and base – about 5mm (¼in).
- 6 Prick the pastry base with a fork at intervals and transfer to the oven to bake for 10 minutes.
- 7 While the pastry is baking, add the dates to a food processor with the cooked sweet potato flesh. Blend until smooth.
- 8 Add the remaining filling ingredients and blend to a smooth, thick paste.
- 9 Spoon the filling evenly into the part-cooked pastry base. Transfer back to the oven for 30 minutes to cook through.
- 10 While the filling is cooking, add the topping ingredients to a small mixing bowl and stir together to combine.
- 11 Remove the pie from the oven and arrange the pecans over the top. Drizzle over the liquid from the pecan bowl.
- 12 Return to the oven for a further 10 minutes until the pecans are toasted and the topping has caramelised.

22.4g Total fat	10.7g Saturates	0.1g Salt	22.6g Sugar	5g Protein
--------------------	--------------------	--------------	----------------	---------------

Strawberry and almond streusel

By College of Naturopathic Medicine (naturopathy-uk.com)

GF DF EF V

Serves 6 | Prep 25 mins | Cook 50 mins | Calories 599 (per serving)

FOR THE SPONGE

- 6 tbsp warm, filtered water
- 2 tbsp ground flaxseed
- 150g (5½oz) ground almonds
- 120g (4¼oz) organic gluten-free flour blend
- 1 tsp gluten-free baking powder
- 1 tsp almond extract
- 175ml (6fl oz) almond milk
- 115g (4oz) coconut sugar
- 115ml (4fl oz) coconut oil, softened

a pinch of sea salt

FOR THE STRAWBERRY LAYER

- 200g (7oz) fresh strawberries, roughly chopped

FOR THE CRUMBLE TOPPING

- 4 tbsp ground almonds
- 2 tbsp flaked almonds
- 1 tbsp coconut sugar
- 1 tbsp coconut oil, softened
- ½ tbsp maple syrup

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a 17cm (7in) cake tin with baking parchment.
- 2 To prepare the cake, sift the flour into a large mixing bowl and add the ground almonds. Add the baking powder and salt and mix well to combine.
- 3 Add the ground flax to a small bowl with the warm water to create a flax 'egg'. Stir together and set aside while you continue with the cake.
- 4 Cream the coconut oil and coconut sugar together in a mixing bowl. Add in the flax egg and almond extract. Beat together until smooth.
- 5 Add the wet mixture to the dry ingredients and mix together.
- 6 Very slowly drizzle the almond milk into the bowl and continue stirring until smooth and well combined.
- 7 Add the wet batter into the dry ingredients and beat together until smooth.
- 8 Spoon the cake batter into the lined cake tin and level with the spoon.
- 9 Scatter the chopped strawberries on the surface of the batter.
- 10 To prepare the crumble topping, add the ground almonds to a mixing bowl and crumble in the flaked almonds. Add the coconut sugar, maple syrup and coconut oil. Rub the oil into the dry ingredients with your fingertips to form a heavy crumb texture.
- 11 Scatter the crumble over the top of the strawberries. Transfer the cake to the oven and bake for 40-50 minutes or until golden brown, cooked through and a skewer comes out clean.
- 12 Allow the cake to cool in the tin before slicing.

Free-from refined sugars
dairy and eggs!

43g Total fat
24.4g Saturates
0.2g Salt
27g Sugar
9.8g Protein



WILDNOTES

Chia seeds expand in liquid to make an easy, creamy, spoonable pudding. They are one of the highest sources of plant based omega-3s, packed with antioxidants, fibre and protein. Rhubarb is packed with immune fighting vitamin C, bone supporting vitamin K and is rich in calcium.

Lemon & ginger curd chia pudding with poached rhubarb

By College of Naturopathic Medicine (naturopathy-uk.com) **GF DF EF V**
Serves 6 | Prep 25 mins plus soaking | Cook 15 mins | Calories 405 (per serving)

FOR THE CURD

grated zest and juice
of 1 lemon

4 tbsp arrowroot

240ml (11fl oz)
unsweetened almond milk

40g (1½oz) maple syrup

a pinch of ground turmeric

1 heaped tsp ground ginger

FOR THE CHIA PUDDING

125g (4½oz) chia seeds

grated zest and juice
of 1 lemon

125ml (4½fl oz) coconut
cream

80ml (3fl oz) maple syrup

350g (12oz) coconut
yoghurt, unsweetened

FOR THE RHUBARB

500g (1lb 1oz) rhubarb, cut
into 1cm (½in) pieces

grated zest and juice of
1 orange

75g (2¾oz) coconut sugar

TO GARNISH

a few sprigs of fresh mint

100g (3½oz) pistachios,
roughly chopped

100g (3½oz) dried ginger,
finely chopped

1 Poach the rhubarb by placing the pieces in a saucepan with the orange zest, juice and coconut nectar. Bring to the boil and simmer for approximately 8 minutes, until the rhubarb is cooked through but still holding its shape. Set aside to cool.

2 For the pudding, place the chia seeds, lemon juice, zest and coconut cream in a bowl and whisk to combine. Set aside to soak for a couple of hours.

3 Make the curd. In a medium-sized bowl add the arrowroot, turmeric and ginger. Slowly pour in the almond milk, whisking all the time to first create a smooth paste and then a thick batter. Heat the mixture in a small saucepan on medium heat for 5 minutes (it should bubble up

and boil), beating continuously to allow the arrowroot to thicken.

4 Take the curd mixture off the heat, stir in the maple syrup and sweeten to taste (you may want to add more lemon juice or zest if desired).

5 Once the chia seeds have absorbed the majority of the almond milk, mix in two thirds of the coconut yoghurt and the maple syrup. Portion the chia mix between 6 ramekins or pudding glasses. Add a generous tablespoon of curd, a tablespoon of the remaining coconut yoghurt, a few pieces of rhubarb and garnish with mint, pistachios and ginger.



Hummingbird cake

By Renee Simeon (www.offthewheatenpath.com) **GF** **V**

Serves 12-14 | Prep 30 mins plus cooling | Cook 35-45 mins | Calories 673 (per serving)

450g (1lb) Bobs Red Mill 1:1 Gluten Free Flour
300g (10½oz) brown sugar
2 tsp cinnamon
1 tsp salt
1 tsp gluten-free baking powder
1 tsp bicarbonate of soda
300ml (10fl oz) coconut oil, melted
1 tsp vanilla extract
3 large free-range eggs
4 bananas, peeled, mashed
225g (8oz) tinned pineapple, crushed
100g (3½oz) pecans, chopped, plus
extra for topping

FOR THE FROSTING

115g (4oz) butter, softened
300-400g (10-14oz) icing sugar
2 tsp vanilla extract
225g (8oz) cream cheese, softened

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Grease and flour 2 x 20cm (8in) cake tins and line the bottom with parchment paper.
- 3 In a large bowl, whisk together flour, sugar, salt, baking powder, bicarbonate of soda and cinnamon until well combined.
- 4 To the dry ingredients, add the coconut oil, vanilla and eggs. Whisk until just combined, then fold in the mashed banana, pineapple and pecans.
- 5 Divide the batter evenly between the cake tins and bake for 35-45 minutes, or until a wooden toothpick stuck in centre comes out clean.
- 6 Allow to cool in the tins for about 10 minutes before removing, then transfer to wire racks and allow them to cool completely before frosting.

To make the frosting

- 1 Whisk together the softened butter and cream cheese.
- 2 Gradually add the icing sugar, about 60g (2oz) at a time, whisking until it starts to get creamy.
- 3 Add the vanilla and continue to mix until smooth.
- 4 Once the cakes are cool, spread the frosting between the layers of cake, making sure to cover the top, then the sides. (It doesn't have to be perfect.)
- 5 Sprinkle the cake with the remaining chopped pecans. Slice and enjoy.



38.6g Total fat
25.7g Saturates
0.5g Salt
48g Sugar
7.9g Protein



Pistachio & goji berry treacle squares

By AO Life (www.ao.com)

GF EF V

Makes 12 | Prep 15 mins |
Cook 25 mins | Calories 306 (per square)

- 100g (3½oz) shelled pistachios
- 100g (3½oz) dried goji berries
- 175g (6oz) butter
- 100g (3½oz) light muscovado sugar
- 150g (5½oz) gluten-free self-raising flour
- 100g (3½oz) gluten-free oats
- 2 tsp chopped ginger
- 3 tbsp black treacle

- 1 Preheat the oven to 180°C/Gas Mark 4. Put the pistachios into a plastic bag and bash them into pieces with a rolling pin.
- 2 In a large pan, heat the butter, sugar and treacle until melted.
- 3 Take the pan off the heat. Add the goji berries, pistachios, chopped ginger, flour and oats to the pan and stir well until combined.
- 4 Spoon the mixture into a baking tray, then bake for 25 minutes. Once done, take the tray out of the oven and leave to cool before cutting into squares and serving.



Jar cupcakes with strawberry icing

By AO Life (www.ao.com)

GF V

Makes 4, Serves 8 | Prep 15 mins |
Cook 25 mins | Calories 491 (per serving)

- | FOR THE CUPCAKES | FOR THE FROSTING |
|--|---|
| 125g (4½oz) gluten-free self-raising flour | 125g (4½oz) unsalted butter |
| 125g (4½oz) unsalted butter | 4 tsp strawberry jam |
| 125g (4½oz) caster sugar | 250g (9oz) icing sugar |
| 2 large free-range eggs | sugar heart decorations |
| 1 tsp baking powder | a couple of drops of pink food colouring (optional) |
| 2 tsp almond extract | |
| 3 tbsp milk | |

- 1 Put the butter, almond extract and sugar into a bowl and mix on medium speed until light and fluffy, about 5 minutes. Add the eggs one-by-one, mixing for 2 minutes after each addition.
- 2 Sieve the flour mix into the bowl and mix until completely incorporated. Add the milk and mix for a further couple of minutes. Divide the dough between 8 holes of a muffin tin lined with muffin cases, then bake in the oven for 25 minutes. Leave to cool on a wire rack.
- 3 For the frosting, put the butter, jam and colouring (if using) into the mixer and whisk until combined and smooth. Gradually add the icing sugar while mixing.
- 4 After the cupcakes are completely cooled, remove the cases and cut the cakes into halves. Put the icing into a piping bag. Place one cupcake half into the bottom of a jar.
- 5 Pipe the frosting on top. Repeat until you have 4 cupcake halves then top with another bit of frosting. Decorate with sugar hearts.





Cinnamon buns

By Aran Goyoaga **GF DF EF V**

Makes 8 | Prep 30 mins plus proving | Cook 50 mins | Calories 376 (per bun)

55g (2oz) very soft dairy-free butter, plus extra for greasing
500ml (18fl oz) warm hemp milk or nut milk
2 tbsp honey
1 tbsp active dry yeast
2 tbsp psyllium husk powder
2 tbsp flaxseed meal
120g (4 ¼oz) tapioca starch
120g (4 ¼oz) superfine brown rice flour, plus extra for dusting
120g (4 ¼oz) sorghum flour

4 tsp ground cinnamon, divided
1½ tsp kosher salt
70g (2¾oz) granulated sugar
FOR THE GLAZE
120g (4 ¼oz) icing sugar
2 tbsp hemp milk or almond milk, at room temperature
1 tsp vanilla extract

- 1 Grease the inside of a 25cm (10in) cake tin with butter. In a medium bowl, whisk together the heated hemp milk, honey and yeast until dissolved. Let the mixture prove for 10 minutes, until foamy.
- 2 Whisk the psyllium powder and flaxseed meal into the yeast mixture, and let it gel for 5 minutes.
- 3 In the bowl of a stand mixer, whisk together the tapioca starch, brown rice flour, sorghum flour, 2 tsp cinnamon and salt. Add the yeast gel and mix with the dough hook on medium speed for about 5 minutes, or until the dough comes together. The dough will be sticky.
- 4 Dust a work surface with some brown rice flour and scrape the dough onto it. Dust the top with more flour, then roll it 5mm (¼in) thick and about 38x32cm (15x13in) long.
- 5 In a bowl, mix together the butter, granulated sugar and remaining cinnamon. Spread the mixture evenly on top of the dough. Roll the dough tightly into a log. Cut the log in half crosswise, then slice each half into four equal pieces. Place the buns in the greased cake tin, leaving space between. Cover the pan with clingfilm and prove for 45-60 minutes, or until doubled in size.
- 6 Preheat the oven to 200°C/Gas Mark 6. Bake the buns for about 50 minutes, until golden brown. Don't skimp on the time even if they look done on top, as they take longer than normal cinnamon buns to cook all the way through. Let them cool in the pan while you prepare the glaze.
- 7 In a medium bowl, whisk together the icing sugar, milk and vanilla until smooth. Pour the glaze over the warm cinnamon buns and serve immediately.

Recipe taken from *Cannelle et Vanille* by Aran Goyoaga, published by Sasquatch. (RRP £30).



8.5g	1.2g	0.8g	32.5g	4.8g
Total fat	Saturates	Salt	Sugar	Protein



Raspberry cheesecake

GF V

Serves 12 | Prep 25 mins plus chilling | Cook 1 hr 25 mins | Calories 637 (per serving)

225g (8oz) gluten-free digestive biscuits, crushed
80g (2¾oz) unsalted butter, melted
2 tbsp soft brown sugar
900g (2lb) cream cheese
375g (13oz) caster sugar
6 large free-range eggs
4 tbsp cornflour
2 tsp vanilla extract
¼ tsp salt
200g (7oz) sour cream
200g (7oz) raspberries
3-4 tbsp flaked almonds
2 tbsp icing sugar

- 1** Combine the biscuits and melted butter in a food processor. Pulse several times until finely ground.
- 2** Pack the mixture into the base and sides of a 20cm (8in) springform cake tin. Chill until needed.
- 3** Beat the cream cheese in a large mixing bowl until smooth and creamy, 2 minutes.
- 4** Add the sugars and beat for a further 3-4 minutes until pale and fluffy. Beat in the eggs, one by one, then add the cornflour, vanilla extract and salt and beat until incorporated. Fold in the sour cream.
- 5** Spoon about half the cheesecake batter into the prepared tin. Top with an even layer of the raspberries, then cover with the remaining batter, spreading it out evenly with the back of a damp tablespoon or an offset spatula.
- 6** Bake for about 1 hour 15-25 minutes until the topping is dry to the touch on top. Remove to a wire rack to cool.
- 7** Once cool, cover the cheesecake with clingfilm and chill overnight.
- 8** The next day, turn out the cheesecake from its tin onto a cake stand. Top with the flaked almonds and dust with icing sugar before serving.



Recipe development © Stockfood, The Food Media Agency. Photography © Getty Images



Almond sponge with roasted rhubarb and vanilla compote

GF V

Serves 12 | Prep 30 mins | Cook 45-55 mins | Calories 325 (per serving)

FOR THE CAKE

125g (4½oz) gluten-free plain flour mix
35g (1½oz) almond flour
4 tbsp ground almonds
2 tsp gluten-free baking powder
½ tsp salt
120g (4¼oz) unsalted butter, softened
200g (7oz) caster sugar
1 tbsp finely grated lemon zest
3 large free-range eggs
1 tsp vanilla extract
1 tsp almond extract
300g (10½oz) ricotta

FOR THE RHUBARB COMPOTE

2 rhubarb stalks, trimmed and sliced on the bias
2 tbsp lemon juice
120g (4¼oz) caster sugar
1 vanilla pod, split in half with seeds scraped out

TO SERVE

60g (2oz) flaked almonds
icing sugar
250g (9oz) plain or Greek yoghurt

- 1 Preheat the oven to 180°C/Gas Mark 4. Grease and line the base of a 23cm (9in) cake tin with greaseproof paper.
- 2 Stir together the flour mix, almond flour, ground almonds, baking powder and salt in a mixing bowl.
- 3 Cream together the butter, sugar and lemon zest in a separate mixing bowl until pale and creamy, about 3-4 minutes.
- 4 Beat in the eggs, one by one, followed by both extracts. Fold in the flour mixture in 3 additions, alternating with the ricotta, until a mostly smooth batter comes together; don't overmix it.
- 5 Spoon and scrape into the cake tin and tap the tin on a flat surface to help settle the batter.
- 6 Bake for about 45-55 minutes until risen and golden on top; it should be pulling away from the edges and a toothpick should come out virtually clean from the centre.
- 7 **For the rhubarb compote:** Toss the rhubarb with the lemon juice in a roasting tray. Roast alongside the cake until tender to the tip of a knife, about 30-40 minutes.
- 8 Meanwhile, combine the sugar with 4 tbsp water in a pan. Cook over a medium heat, gently swirling occasionally, until the sugar dissolves and forms a syrup. Add the vanilla pod and seeds and simmer for 2 minutes. Set off the heat.
- 9 Remove the rhubarb from the oven when ready and transfer it to the vanilla syrup, letting it steep.
- 10 Remove the cake from the oven to a wire rack when ready and let it cool in its tin.
- 11 **To serve:** Turn out the cake onto a cake platter or stand. Top with the rhubarb compote and flaked almonds.
- 12 Dust with icing sugar and serve with yoghurt on the side.

16g Total fat 7.4g Saturates 0.3g Salt 26.7g Sugar 9.6g Protein



Spiced rhubarb bundt cake

By Angela Drayson (www.glutenfreeangela.com) **GF** **V**

Serves 12 | Prep 30 mins plus chilling | Cook 1 hr 10 mins | Calories 306 (per serving)

FOR THE RHUBARB

450g (1lb) fresh rhubarb,
cut into 5mm (¼in) pieces

2 tbsp caster sugar
2 tsp cinnamon

FOR THE CAKE

225g (8oz) gluten-free self-
raising flour

225g (8oz) brown sugar
2 tsp cinnamon

2 tsp ground ginger

2 heads of stem ginger
in syrup, chopped
into small chunks

3 tsp vanilla extract

150g (5½oz) margarine

½ tsp xanthan gum

3 large free-range eggs

½ tsp salt

FOR THE TOPPING

250ml (9fl oz) double cream

1 tonka bean (or 1 tsp
vanilla bean paste)

5 cardamom pods, crush
the seeds (discard the
outer green pods) with a
pestle and mortar or use
½ tsp ground cardamom

1 tsp icing sugar

1 tsp cinnamon
raspberries

edible gold glitter

- 1 Preheat the oven to 160°C/Gas Mark 3.
- 2 Grease a bundt tin extremely well, making sure to grease every corner, then dust with flour. If you don't have a bundt tin, use a greased 20cm (8in) round cake tin.
- 3 Place all the rhubarb ingredients in a bowl, stir and set aside.
- 4 Place all the cake ingredients in a mixer and mix for 3 minutes until combined.
- 5 Add the rhubarb to the cake mixture and gently mix until combined.
- 6 Put the mixture into the cake tin and bake for 1 hour. After 1 hour, test with a cake tester or skewer and check it comes out clean. If it's not done, pop it back in for another 10 minutes and test again. When ready, take it out of the oven and allow to cool overnight.
- 7 When cool, turn the cake out onto a plate.
- 8 Put the cream, grated tonka bean (or vanilla bean paste), cinnamon, icing sugar and ground cardamom pods into a mixer and beat until whipped. Spread on top of the cake, then top with raspberries and glitter.

16.9g
Total fat

6.8g
Saturates

0.4g
Salt

18.1g
Sugar

4.4g
Protein

Lemontastic drizzle cake

By Angela Drayson (www.glutenfreeangela.com) **GF** **V**

Serves **10** | Prep **25 mins** plus chilling | Cook **50 mins** | Calories **498** (per serving)

FOR THE CAKE

300g (10oz) gluten-free self-raising flour
225g (8oz) margarine
225g (8oz) caster sugar
½ tsp xanthan gum
1 tsp salt
1 tsp gluten-free baking powder

7 tbsp coconut milk

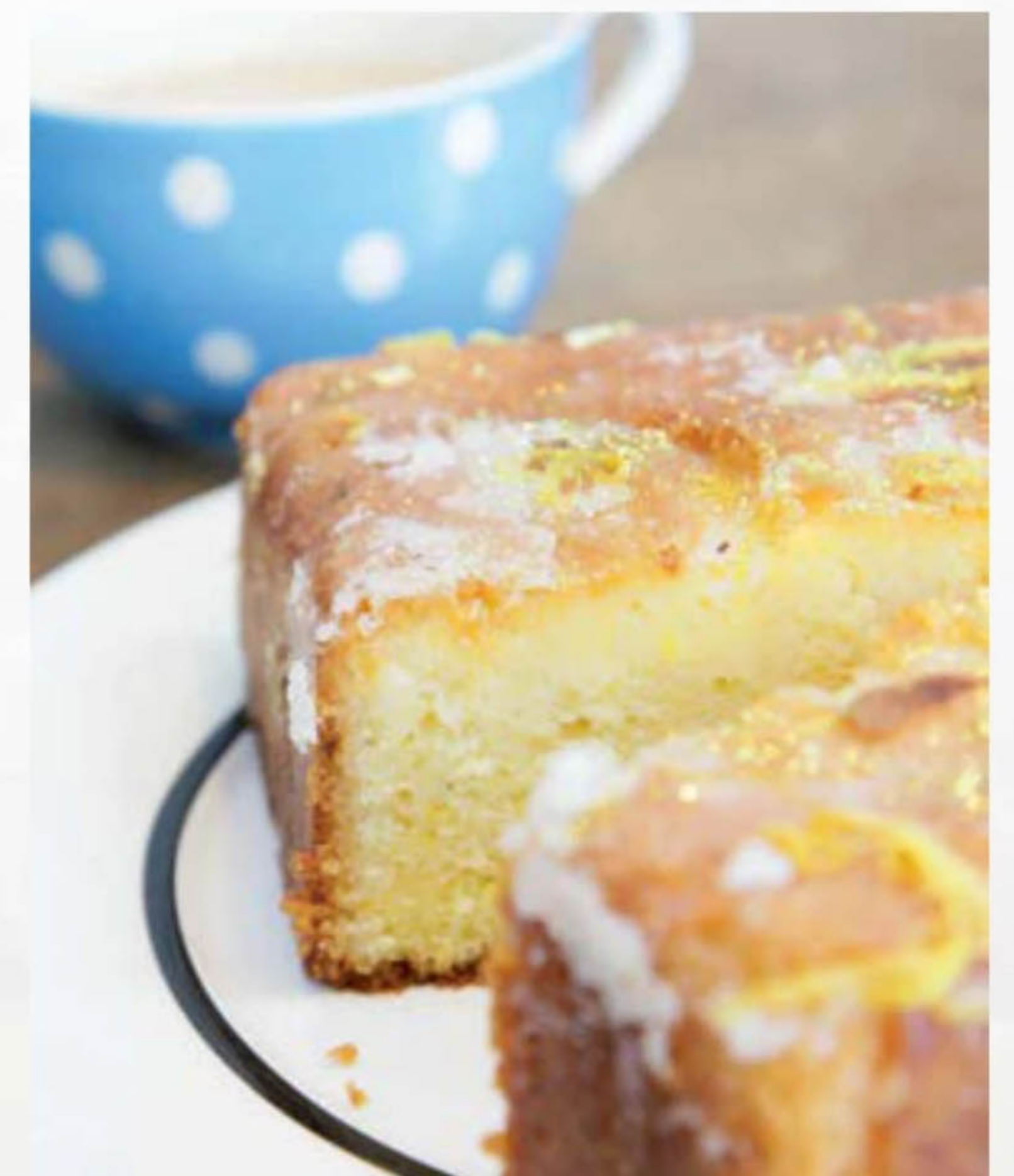
4 large free-range eggs
grated zest of 4½ lemons

FOR THE DRIZZLE SYRUP

grated zest of ½ a lemon
juice of 5 lemons
225g (8oz) granulated sugar

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a 23cm (8in) cake tin with baking paper along the bottom and up the sides so the syrup won't escape.
- 2 For the cake, place the flour, salt, baking powder, margarine, sugar, xanthan gum, coconut milk, eggs and lemon zest in a large mixing bowl and mix with either a hand-held or a stand mixer.
- 3 Mix for 3-5 minutes until smooth and looking like luscious thick cream. Take out the mixing paddle, then scrape any lemon
- 4 peel back into the batter and stir until evenly distributed through the cake batter.
- 4 Place the batter into the cake tin and bake for 50 minutes.
- 5 For the syrup, put all the ingredients into a bowl and stir to combine. Set aside.
- 6 Check the cake 5 minutes before the baking time. Put a cake tester or skewer into the cake and see if it comes out clean. If it does, it is ready. If not, place back in the oven for another 5-10 minutes, checking every few minutes.
- 7 When your cake is ready, remove from the oven. Take a skewer or cake tester and carefully separate the baking paper from the cake edge, which will allow the syrup to soak the edges of the cakes. Prick holes all over the top of the cake to allow the syrup to soak into the cake.
- 8 Stir the lemon syrup together

again, then carefully spoon onto the cake. Don't worry if the syrup seems too much and is overflowing at the edges of the cake – it will soak in and this is what creates the most lemony and luxurious lemontastic drizzle cake. Leave to soak overnight in the tin before serving the following day.



22.9g Total fat
5.9g Saturates
0.6g Salt
46g Sugar
6.3g Protein

Final thoughts

Ali Walsh takes her
baking skills on the road –
you can be there too...



It wasn't so long ago I was asked to exhibit my cakes at 'an *inaugural* free-from event'. Three years later, the word seems almost laughable, as freefrom events are popping up everywhere (hurrah!). So I'm super pleased to be able to tell you I'll be doing another, this time as a guest speaker. But don't fret – I'm working the cakes in, too.

You may well be used to going to an event and not being able to have cake (I often expect this as a default outcome). But going to a free-from event to see a coeliac speaker talk about making gluten-free cake and then not being offered any – well, that would be reason to stamp up and down indeed!

I've therefore been putting together a talk that involves as much cake as possible. There'll be baking hacks for those of us who are short on time, quick fixes for those who aren't blessed

in the cake decorating department, but still want their homemade creations to look good (or, at least, not like a sponge building site) and top tips for steering clear of other allergens, too.

Like me, you may well feel freefrom food has been a long time coming. If only I'd been able to glimpse the future when I was a young 20-something. Those days might not have dragged so much, thinking I'd have to forego umpteen types of food and wondering what I'd ever eat again. I might then have had the enormous grin I have on my face here, knowing I'm able to have my cake and eat it (without suddenly dashing to the loo).

Let's face it, the vegan gluten-free cake is no longer an absurd joke. Nor is icecream in a waffle cone, 'fish' and chips, pad Thai, pancakes, gourmet chocolates and more. The fact is, food that doesn't contain gluten, dairy and egg:

(a) not only exists, but is absolutely delicious;
(b) is award-winning; and
(c) is becoming ever more popular.

So if you can bag yourself a front seat at my talk, you may just end up doing some taste-testing (or helping out as an assistant – hey, you may have to sing for your (cake) supper!).

And where is this amazing event? It's the Freefrom Food Festival at The King's Centre in Oxford on Saturday 4th April. I do hope you'll come and say hello! 

Tickets: www.freefromfestival.co.uk

ALI WALSH

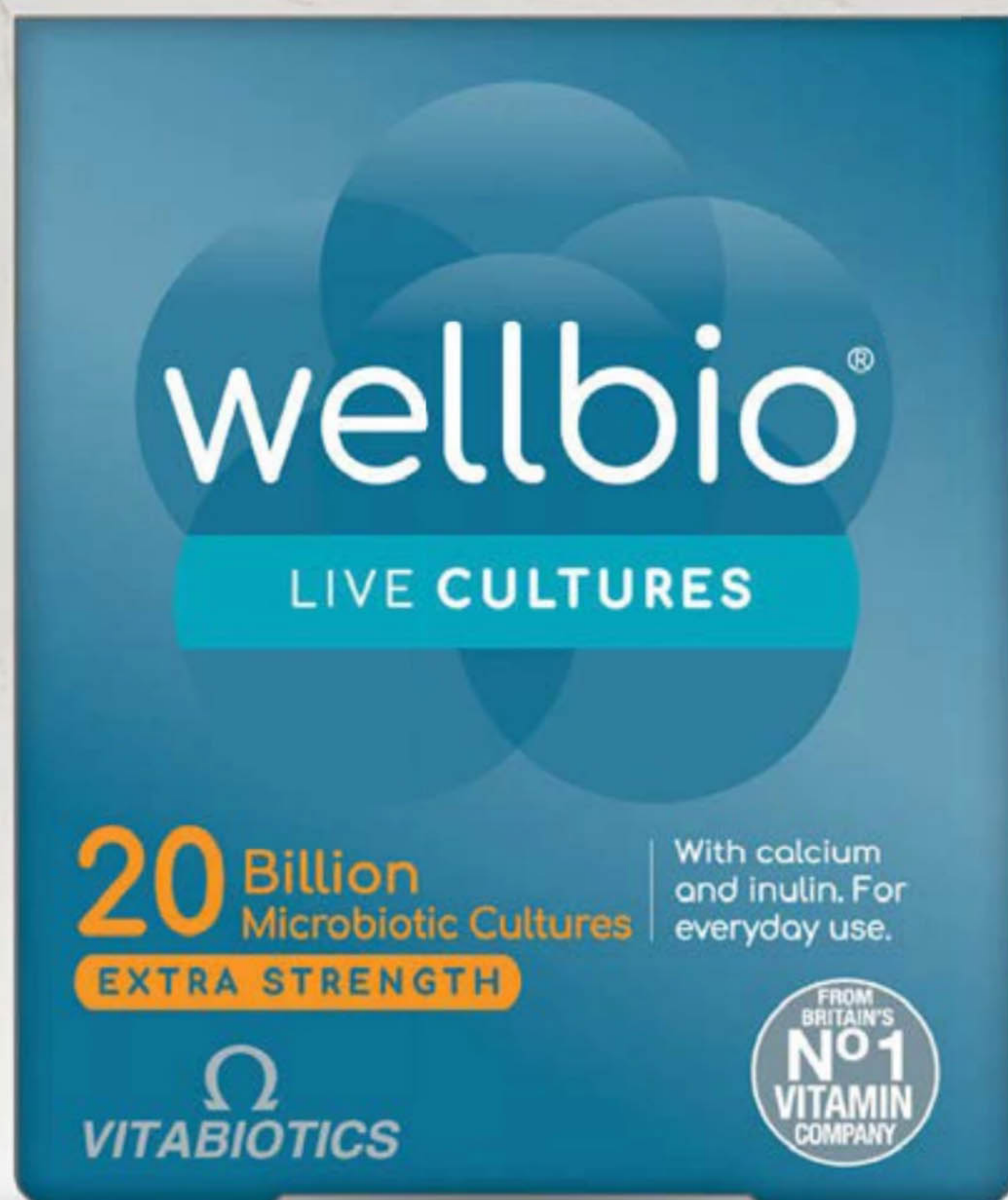
Ali started her award-winning business *The Local Bakehouse* to provide delicious gluten-free cakes and cake decorating courses. Ali also writes a blog giving factual advice, recipes and videos to make life a little bit easier. Find out more at www.thelocalbakehouse.com

See Ali at the Freefrom Food Festival, Oxford

New

Make a great gut decision

...because health begins on the inside*

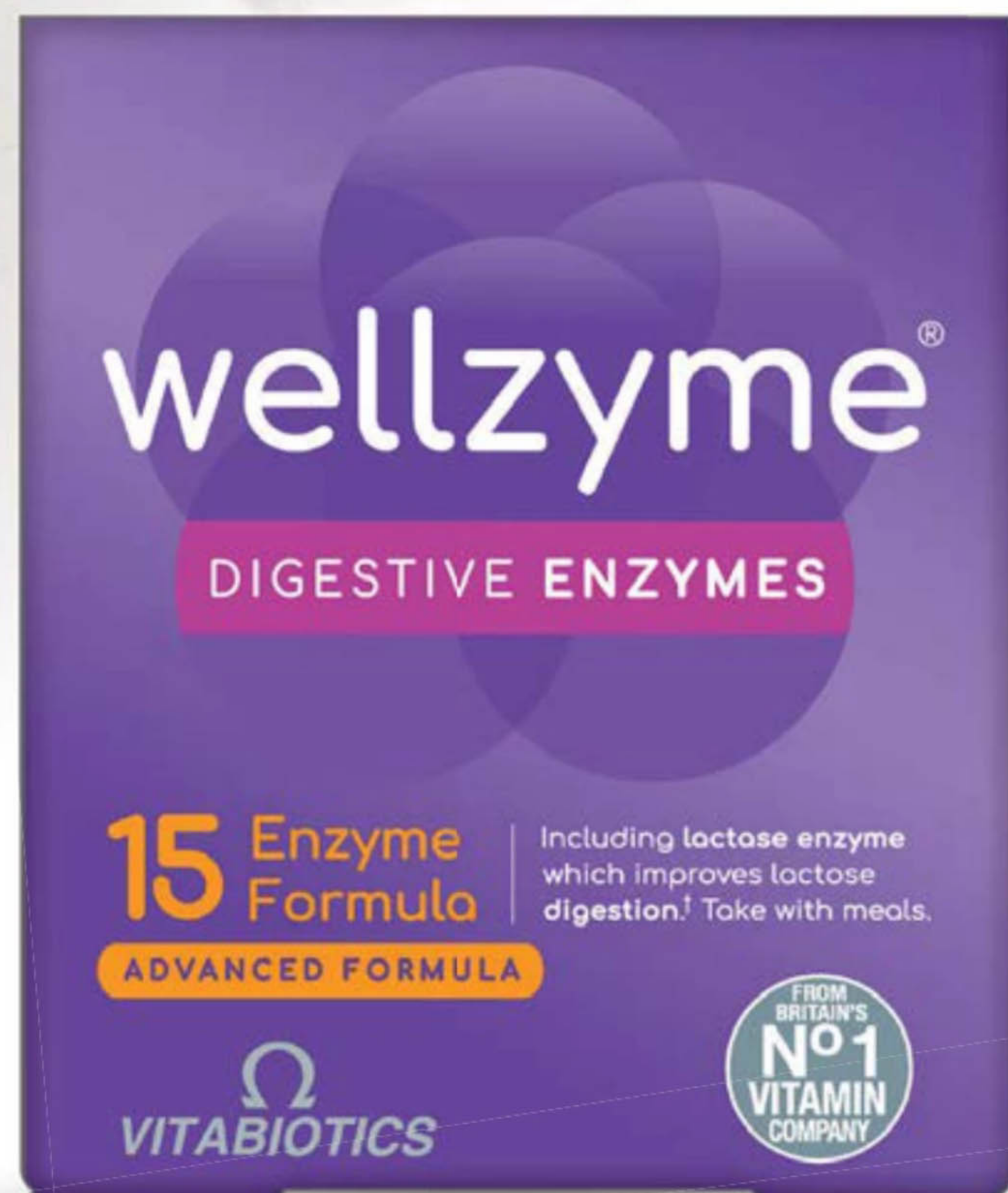


Live Culture capsules



With Lab4® the UK's most studied microbiotic cultures‡

*With calcium which supports normal function of digestive enzymes



Digestive Enzyme capsules



Advanced formula including Lactase, Lipase & Protease enzymes

*Includes lactase enzyme which improves lactose digestion†

Britain's No.1 Vitamin Company**

From *Boots*, chemists, health stores & www.vitabiotics.com

‡Lactobacillus acidophilus (2 strains), Bifidobacterium bifidum, Bifidobacterium animalis subsp. lactis †In individuals who have difficulty digesting lactose.

**Source: Nielsen GB ScanTrack Total Coverage Value and Unit Retail Sales 52 w/e 18 May 2019. To verify please contact advalidation@vitabiotics.com



VITABIOTICS
SCIENCE OF HEALTHY LIVING

OUR WRAPS ARE VEGAN



FIND US IN THE FREE FROM AISLE
GLUTEN FREE | WHEAT FREE | MILK FREE

Warburtons
GLUTEN FREE