

Glutafin

GLUTEN FREE

DELICIOUS DISHES

Whatever you're making,
make it better with Glutafin



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Welcome

Here at Glutafin we're passionate about offering a wide range of great tasting, quality food that suits every meal time. That's why we're constantly cooking up exciting new gluten free dishes and sharing recipes like the ones in this book.

In this selection, we've included delicious everyday meal ideas as well as treats and fancier desserts, all based on Glutafin flour mixes and our range of gluten free pastas. Created by our resident chefs, the dishes are tasty and easy, and so good that your family and friends will find it hard to believe they're gluten free.

If we've missed one of your favourites or you're looking for more inspiration, you'll find our full recipe collection at www.glutafin.co.uk, along with information about all our gluten free foods. The Glutafin Facebook page is also a great place for recipe inspiration, with people sharing cooking tips and photos of their latest creations. Find us at www.facebook.com/glutafin

The great thing about Glutafin mixes is that you can also use them as a substitute for any recipes that you used to make before you were diagnosed. So if there is anything that you miss, why not try substituting Glutafin Gluten Free Select Multipurpose White Mix with your traditional flour.

As always, our Careline are happy to help with any questions about baking or gluten free living. Supported by our Dietitians and gluten free baking experts, they've got the answers you need to make a masterpiece every time.

Happy cooking!

From the Glutafin team

Whatever you're making, make it better with Glutafin!

STORE CUPBOARD ESSENTIALS:

Multipurpose Mixes

For baking everyday favourites we recommend our Multipurpose White and Fibre Mixes. These versatile flour mixes offer fantastic results when used as a substitute in the recipes you made before you were diagnosed. They also come with a sachet of yeast to use for bread making.

GLUTAFIN GLUTEN FREE SELECT MULTIPURPOSE WHITE MIX (500g)



Our most versatile flour, Select Multipurpose White Mix can be used to bake light, fluffy breads, delicious cakes and wonderfully crisp pastry. What's more, it's a great substitute for many recipes that use 'traditional' flours, allowing you to adapt your favourites to great gluten free versions.

SOURCE OF
FOLIC ACID

HIGH
CALCIUM

PIP: 004-5187 UNITS: 2

GLUTAFIN GLUTEN FREE SELECT MULTIPURPOSE FIBRE MIX (500g)



If you need a higher fibre intake, or you prefer a wholemeal loaf, our Multipurpose Fibre Mix is perfect for you. It is great for rich, soft fruit cakes, light savoury wraps and nutty bread or rolls.

HIGH
FIBRE

SOURCE OF
FOLIC ACID

HIGH
CALCIUM

PIP: 004-5591 UNITS: 2

If you are looking for a more specialist mix just for baking bread and rolls, we have Bread Mixes available in both white and fibre varieties.

GLUTAFIN GLUTEN FREE SELECT BREAD MIX (500g)

PIP: 274-4951 UNITS: 2

GLUTAFIN GLUTEN FREE SELECT FIBRE BREAD MIX (500g)

PIP: 274-9912 UNITS: 2

NEED TO AVOID OTHER ALLERGENS?

If you have other allergies, you may require one of the other mixes in our range. Please refer to the Glutafin product guide for a list of the allergy information for all Glutafin Mixes.

GLUTAFIN GLUTEN FREE MULTIPURPOSE WHITE MIX (500g)

PIP: 231-2981 UNITS: 2

GLUTAFIN GLUTEN FREE FIBRE MIX (500g)

PIP: 231-2973 UNITS: 2

GLUTAFIN GLUTEN FREE BREAD MIX (500g)

PIP: 298-8418 UNITS: 2

GLUTAFIN GLUTEN FREE FIBRE BREAD MIX (500g)

PIP: 298-8426 UNITS: 2

Introducing Glutafin Pasta

Our gluten free pastas are made with quality ingredients in Italy and have a delicious taste, perfect for an easy midweek dinner.

Glutafin Pastas come in all shapes and sizes and are gluten, wheat and lactose free. We have the widest range of pasta available on prescription and offer many recipes that will inspire that all important lunch or evening meal.

We also offer a fibre version of our most popular pasta, Glutafin Gluten Free Fibre Fusilli, perfect for boosting your fibre intake. Buon Appetito!

GLUTAFIN GLUTEN FREE PASTA SPIRALS (FUSILLI) (500g)

PIP: 211-5178

UNITS: 2



GLUTAFIN GLUTEN FREE PASTA PENNE (500g)

PIP: 211-5152

UNITS: 2



GLUTAFIN GLUTEN FREE PASTA SHELLS (500g)

PIP: 250-0676

UNITS: 2



GLUTAFIN GLUTEN FREE PASTA FIBRE FUSILLI (500g)

PIP: 386-2646

UNITS: 2



GLUTAFIN GLUTEN FREE PASTA SPAGHETTI (500g)

PIP: 211-5160

UNITS: 2





Cooking with Glutafin products is a little different

Baking with Glutafin products can feel different to cooking with conventional food when you first start. Here are some Q&A's about our Flour Mixes that might help before you start.

What is gluten and how does it affect baking?

It's a protein that is commonly found in rye, wheat and barley. Gluten helps to trap air into bread and cakes, enabling them to rise during baking.

What's the difference between cooking with conventional flour and gluten free flour mixes?

Gluten free flour mixes have a much stickier texture when mixing. Some baking methods are different to those used for regular flour. For example, kneading is necessary for gluten free pastry but not gluten free bread – the exact opposite of conventional flours. Some gluten free recipes that involve rolling or stretching, such as pastries or scones, will include xanthan gum for better results.

Can I swap butter for margarine?

Butter has a standard fat content and gives significantly better results than margarine when baking with Glutafin. It is best used at room temperature.

What's the difference between gluten free flour and gluten free flour mixes, e.g. Glutafin Mixes?

Certain flours are naturally gluten free, such as buckwheat flour. Glutafin Gluten Free Flour Mixes have been developed as a replacement for conventional flours, to make it easier to cook gluten free versions of everyday foods. Flour mixes contain a mixture of different flours, including rice and corn, to combine the nutritional benefits of various ingredients and to get the best results in terms of texture.

Some gluten free recipes may recommend combining gluten free flour with buckwheat, rice, or potato flour. With Glutafin Flour Mixes there is no need to do this as they already contain the perfect mix of flours to give you great results every time.

How do I prevent my sponges from sticking?

Greasing your cake tins and lining the base with a circle of baking parchment should make it easy to remove them from their tins.

Can I use Glutafin flour mixes with regular recipes?

Yes, we have tested Glutafin flour mixes and they can be used as a substitute for traditional flours. We would recommend following the Glutafin recipes for breadmaking as these recipes will give you the best results, however, for cakes, pastry, sauces and biscuits, feel free to substitute your Glutafin mix.

Can I freeze bread that I've made in the oven or the breadmaker?

Yes. Either freeze it as a whole loaf in a sealed freezer bag or slice and freeze in individual portions in smaller bags. For the best results, use it within a month.

After defrosting, sprinkle it lightly with water, return it to the freezer bag and refresh in the microwave for 30 seconds for a whole loaf or 10 seconds for 2 slices of bread.

Which breadmaker is best for cooking with Glutafin?

We test most of our bread machine recipes in a Panasonic Breadmaker. We've found that the best results come from using recipe specific settings. Call the Careline on **0800 988 2470** for recipes that have been tried and tested on your particular machine.

How do I prevent my pastry from cracking?

Kneading the pastry for a full two minutes before rolling it out will help to minimise cracking.

How can I prevent my cake from sinking after it has been cooked?

After the specified cooking time, turn the cooker off and leave the cake in the warm oven with the door left slightly open for about 5-10 minutes.

Can I use Glutafin Gluten Free Mix if the recipe calls for Glutafin Gluten Free Select Mix, and vice versa?

No. They are two completely separate ranges of products and they are not directly interchangeable. Our Select Flour Mixes are gluten free and contain gluten free wheat starch to provide the best taste and texture possible. Some people need to avoid gluten free wheat starch altogether, in which case our Glutafin Gluten Free Flour Mixes are ideal.

Most of our recipes are designed for Glutafin Gluten Free Select Flour Mixes, and as you've seen in this book, we include recipe adaptations for using our Glutafin Gluten Free range instead. It's important to know which range is suitable for you to make sure that your Pharmacist orders the correct products.



Tips for baking gluten free bread

Making gluten free bread in the oven is very different from making it with wheat flour. For gluten free bread you generally start by making a thick paste with your Mix, rather than a dough. Unlike a wheat flour bread, it doesn't require kneading.

- Ensure your water is not too hot as this can destroy the yeast and affect the rise of your loaf.
- Only let your bread rise to the top of the loaf tin, otherwise it will just flow over the sides of the tin.
- Use the recommended tin size as over proving can result in a holey texture.
- A skin can form on the top of the dough and restrict your loaf from rising during the proving stage. Avoid this by covering with greased cling film.

Essential equipment

It's important to avoid contamination whilst cooking with gluten free foods. Even tiny amounts of gluten may cause your symptoms to return in the short term and damage your gut in the longer term. If possible, have separate areas for food preparation or make sure you thoroughly clean the area if you have used foods that contain gluten beforehand. It's best to have separate boards, utensils and knives for gluten and gluten free food, and to use separate butter tubs and flour sieves for risk-free gluten free baking.

RECIPES



All recipes have been tested in Glutafin's kitchens.
Oven temperatures may vary depending on the type of oven you use.

BEEF & PEPPER STIR FRY





Preparation time

10 minutes



Cooking time

20 minutes



Makes

2 servings



You will need

Glutafin Gluten Free Pasta
Fibre Fusilli

Method

1. Cook the Pasta in a large pan of fast boiling water following the instructions on the pack. Add the fine green beans to the pan for the last 5 minutes of cooking. Drain and set aside in a colander.
2. Meanwhile, using a wok or large frying pan, stir fry garlic and steak slivers in the olive oil over a high heat for 2–3 minutes to brown the meat.
3. Add the red pepper strips and cook for a further 2–3 minutes.
4. Add the tomatoes and cook for 2–3 minutes until they just start to lose their shape.
5. Add remaining ingredients including the dressing and cook for a further 2 minutes before gently adding the cooked Pasta and green beans.
6. Heat through and serve.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	135	532
Carbohydrate (g)	19.7	77.8
Sugar (g)	2.7	10.5
Fat (g)	3.5	13.8
Saturated fat (g)	0.8	3.0
Protein (g)	5.9	23.2
Fibre (g)	1.3	5.2
Salt (g)	0.5	2
Calcium (mg)	14	55

Ingredients

Main meal

- 175g Glutafin Gluten Free Pasta Fibre Fusilli
- 1 tbsp mild and light olive oil
- 1 clove garlic, crushed
- 110g lean sirloin or rump steak, cut into matchstick slivers
- 50g fine green beans, trimmed and halved
- ½ red pepper, finely sliced
- 6 baby plum tomatoes, halved
- 50g mixed canned beans, e.g. adzuki, pinto, kidney bean
- 50g pitted black olives

Dressing

- 1 tbsp sun dried tomato paste or red tomato pesto
- 1 tbsp balsamic vinegar
- 4–6 leaves of fresh basil, chopped

A close-up photograph of a light green ceramic bowl filled with a pasta salad. The salad consists of penne pasta, cubed avocado, shredded chicken, and fresh basil leaves. A golden olive oil dressing is drizzled over the top. In the background, a glass pitcher containing more of the dressing is visible on a light-colored wooden surface.

AVOCADO & CHICKEN PASTA SALAD



Preparation time

10 minutes



Cooking time

20 minutes



Makes

2 servings



You will need

Glutafin Gluten Free Pasta Penne

Ingredients

- 200g Glutafin Gluten Free Pasta Penne
- 1 avocado, peeled, destoned and cubed
- 200g cooked chicken breast, sliced
- 1 tbsp fresh torn basil
- Black pepper, freshly ground
- 1 lemon – whole lemon zest and ½ the juice
- 100ml Greek yogurt
- 25g pine nuts, dry fried

Method

1. Cook the Pasta according to the instructions on pack.
2. In a medium bowl, mix the avocado with the lemon zest and juice.
3. Drain Pasta and rinse thoroughly with cold water.
4. Combine avocado, chicken, Pasta and yogurt, adding the pine nuts and torn basil.
5. Serve with freshly ground black pepper.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	179	793
Carbohydrate (g)	18.3	81
Sugar (g)	1.4	6.4
Fat (g)	7.0	31
Saturated fat (g)	1.6	7.2
Protein (g)	10.5	46.7
Fibre (g)	1.1	4.7
Salt (g)	0.1	0.5
Calcium (mg)	21	92



Rinsing the Pasta in cold water stops it sticking together. It also helps it cool down quicker so you can assemble your delicious salad.

PEA & BACON PASTA SHELLS





Preparation time

15 minutes



Cooking time

20 minutes



Makes

2 servings



You will need

Glutafin Gluten Free Pasta Shells

Ingredients

- 200g Glutafin Gluten Free Pasta Shells
- 1 tbsp light olive oil
- 15g butter
- 1 clove garlic, peeled and crushed
- ½ bunch spring onions, trimmed and roughly chopped
- 100ml vegetable stock
- 125g medium fat soft cream cheese
- 175g frozen peas, defrosted
- 4 rashers smoked back bacon, cooked and cut into pieces
- ¼ tsp cracked black pepper
- Parmesan shavings or chopped fresh herbs (optional)

Method

1. Cook the Pasta according to the instructions on the pack.
2. Heat the oil and butter in a medium saucepan. Add the garlic and spring onions and sweat for 2–3 minutes to soften without browning.
3. Add the stock and the cream cheese and simmer for 2–3 minutes.
4. Add the peas and cooked chopped bacon to the sauce.
5. Drain the Pasta, return to the pan and add the sauce. Combine together.
6. Divide between the serving bowls and garnish with cracked black pepper and chopped fresh herb leaves or Parmesan shavings.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	164	821
Carbohydrate (g)	19.7	99.0
Sugar (g)	1.5	7.6
Fat (g)	6.8	34.1
Saturated fat (g)	3.0	15.2
Protein (g)	5.8	29.2
Fibre (g)	1.4	6.9
Salt (g)	0.8	3.8
Calcium (mg)	20	100

MUSSELS, CHILLI & PANCETTA SPAGHETTI





Preparation time

10 minutes



Cooking time

20 minutes



Makes

4 servings



You will need

Glutafin Gluten Free
Pasta Long Cut Spaghetti

Ingredients

- 450g of Glutafin Gluten Free Pasta Long Cut Spaghetti
- 5 slices of pancetta cut into thin strips
- ½ tsp garlic, chopped
- ½ tsp chilli flakes
- 2lb fresh mussels washed and debearded
- 50ml white wine
- 10–15g fresh basil, chopped
- 5–10g fresh flat leaf parsley, chopped
- 2 tsp olive oil

Method

1. Cook and drain the Pasta according to the instructions on the pack.
2. Heat a deep pan until hot and fry pancetta in a little olive oil until golden brown.
3. Add garlic and chilli flakes, cook for 30 seconds.
4. Add the mussels and wine and reduce the heat.
5. Cover and cook until all the mussel shells have opened, approx 5–6 minutes.
6. Remove from heat and add the cooked spaghetti.
7. Mix everything together with chopped basil and parsley.
8. Season to taste and serve in pasta bowls.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	136	529
Carbohydrate (g)	22.9	89
Sugar (g)	1.4	5.5
Fat (g)	1.8	6.9
Saturated fat (g)	0.4	1.5
Protein (g)	4.2	16.4
Fibre (g)	0.7	2.5
Salt (g)	0.3	1
Calcium (mg)	11	42



Toast a couple of Glutafin Gluten Free Fibre Rolls to help mop up this rich, tasty sauce.

CHORIZO PASTA





Preparation time

20 minutes



Cooking time

20 minutes



Makes

4 servings



You will need

Glutafin Gluten Free
Pasta Fibre Fusilli

Ingredients

- 450g Glutafin Gluten Free Pasta Fibre Fusilli
- 225g–250g gluten free chorizo
- 150g mushrooms, mini Portobello or chestnut
- 2 cloves garlic
- 1 red onion
- 50ml white wine
- 500g jar tomato passata
- 50g Parmesan cheese
- 1 handful chopped basil
- 2 tsp olive oil

Method

1. Cook and drain the Pasta according to the instructions on the pack.
2. Skin and dice the chorizo sausage.
3. Chop the mushrooms, crush the 2 garlic cloves, and slice the red onion.
4. Cook the chorizo sausage, mushroom, garlic and red onion in a pan using a little olive oil. Add the white wine when all four ingredients have been added to the pan.
5. Add the passata sauce and heat until warmed through.
6. Add a handful of chopped basil.
7. Once warm, add to the Pasta and when on the plate sprinkle with Parmesan cheese.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	130.4	524.1
Carbohydrate (g)	21.2	85.2
Sugar (g)	2.1	8.3
Fat (g)	2.4	9.5
Saturated fat (g)	1.1	4.6
Protein (g)	4.7	19
Fibre (g)	2.1	8.4
Salt (g)	0.3	1
Calcium (mg)	47.6	191.4



Serve with Warm Italian
Flatbread - recipe on page 51

CRISPY BATTERED FISH





Preparation time

40 minutes



Cooking time

6 minutes per fish



Cooking temperature

170°C deep fat fryer



Makes

4 servings



You will need

Glutafin Gluten Free Select Multipurpose White Mix or Glutafin Gluten Free Multipurpose White Mix

Ingredients

Batter

- 110g Glutafin Gluten Free Select Multipurpose White Mix or Glutafin Gluten Free Multipurpose White Mix
- 1 tsp yeast (enclosed with Mix)
- 1 tbsp vegetable oil
- 125ml gluten free beer or sparkling water

Fish

- 4 chunky cod fillets
- 1 tbsp Glutafin Gluten Free Select Multipurpose White Mix or Glutafin Gluten Free Multipurpose White Mix for dusting
- 2–3 litres sunflower oil for deep fat frying

Method

1. To prepare the batter, place the Mix and yeast in a large mixing bowl. Stir together with a fork. Add the oil and gluten free beer or sparkling water to the bowl and mix with the fork to make a smooth runny batter. Set aside in a warm place for 30 minutes until frothy.
2. When ready to cook the fish, preheat a deep fat fryer or a pan of hot oil to 170°C. Dust fish fillets with the Mix and immerse one at a time into the batter. Remove with tongs and place carefully into the deep fat fryer/ pan. If using a deep fat fryer, do not use the basket as the batter sometimes sticks to the wire.
3. Cook for 5–6 minutes until the batter is puffed and golden. Remove fish with a slotted spoon, let it drain then lay it on kitchen paper to absorb excess oil.
4. Place battered fish in warm oven while the other fish are cooked.
5. Serve with gluten free oven chips - refer to Coeliac UK Food and Drink Directory.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	213	435
Carbohydrate (g)	11.7	23.9
Sugar (g)	1.6	3.3
Fat (g)	12.0	24.5
Saturated fat (g)	1.5	3.0
Protein (g)	14.4	29.3
Fibre (g)	0.4	0.7
Salt (g)	0.2	0.3
Calcium (mg)	66	134



Replace the beer with sparkling water for an alcohol free version.

YORKSHIRE PUDDINGS



Preparation time

10 minutes



Cooking time

15 minutes



Cooking temperature

220°C/ 200°C Fan/Gas 7



Makes

12 individual puddings



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

- 50g Glutafin Gluten Free Select Multipurpose White Mix
- 50g cornflour
- 3 medium eggs, beaten
- 150ml semi skimmed milk
- Seasoning
- 2 tbsp vegetable oil

Method

1. Preheat the oven.
2. Place Mix and cornflour into a medium bowl, add the beaten eggs and milk and whisk with an electric whisk until the mixture is light and frothy. Season and set aside in the refrigerator.
3. Divide vegetable oil between the 12 muffin containers and place in the oven for about 3 minutes until really hot.
4. Remove from oven and pour batter into muffin containers and cook for 15 minutes until well risen, crisp and golden.

Nutritional information

	Per 100g	Per Pudding
Energy (kcal)	208	73
Carbohydrate (g)	21.8	7.6
Sugar (g)	2.9	1.0
Fat (g)	11.0	3.9
Saturated fat (g)	2.4	0.9
Protein (g)	6.3	2.2
Fibre (g)	0.3	0.1
Salt (g)	0.2	0.1
Calcium (mg)	111	39

TOAD IN THE HOLE



Preparation time

10 minutes



Cooking time

45 minutes



Cooking temperature

200°C/ 180°C Fan/Gas 6



Makes

4 servings



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

- 450g gluten free sausages
- 2 tbsp vegetable oil

Batter

- 100g Glutafin Gluten Free Select Multipurpose White Mix
- 50g cornflour
- 4 large eggs
- 300ml semi skimmed milk
- Seasoning

Method

1. Preheat the oven 200°C/180°C Fan/Gas 6, when at temperature add the oil and the sausages to a tin approximate size 30cm x 20cm x 4cm and cook for 5 minutes.
2. Make the batter as in Method 2 of the Yorkshire Pudding recipe on the previous page.
3. Pour the batter over the sausages and cook for 20 minutes at this temperature, reduce to 180°C/160°C Fan/Gas 4 for a further 20 minutes. The batter will puff up and brown but the full cooking time is required.
4. Divide into four servings and serve with your favourite vegetables.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	204	574
Carbohydrate (g)	12.8	36.2
Sugar (g)	2.4	6.8
Fat (g)	12.8	36.0
Saturated fat (g)	4.7	13.1
Protein (g)	9.5	26.9
Fibre (g)	0.5	1.3
Salt (g)	0.8	2
Calcium (mg)	78	221

A close-up photograph of two golden-brown shortcrust pastries resting on a dark wooden surface. The pastries have a flaky, textured crust and are slightly irregular in shape. A blurred metal object, possibly a rolling pin or a lid, is visible in the upper left background.

SHORTCRUST PASTRY

For the pasty recipe
please visit the
Glutafin website
www.glutafin.co.uk



Preparation time

30 minutes



You will need

Glutafin Gluten Free Select Multipurpose White Mix or
Glutafin Gluten Free Multipurpose White Mix

Ingredients

- 225g Glutafin Gluten Free Select Multipurpose White Mix
- 110g butter, room temperature
- 1 medium egg, beaten
- 1 tbsp cold water

Optional

- 25g grated Parmesan for a cheese pastry
- 25g caster sugar for a sweet pastry

Glutafin Gluten Free, Wheat Free Pastry recipe option

- 225g Glutafin Gluten Free Multipurpose White Mix
- 55g hard margarine
- 55g hard white vegetable fat
- 1 medium egg
- 1½–2 tbsp cold water

Optional

- 25g grated Parmesan for a cheese pastry
- 25g caster sugar for a sweet pastry

Method

1. Place half the weighed Mix into a large bowl, with the butter, egg, water (and Parmesan cheese or caster sugar if adding). Combine to a smooth paste with a fork. Work in the remaining weighed Mix. Bring together into a ball.
2. Transfer dough to surface dusted with Mix and knead for 1 minute. Wrap in cling film and chill for 20–30 minutes to ease rolling.
3. Knead again for 1 minute and roll out and use as desired.

Glutafin Gluten Free, Wheat Free Pastry recipe option

1. Cut the margarine and vegetable fat into cubes and use the rubbing in method to rub in all of the Mix. Make a well in the centre and add the egg and water (and Parmesan cheese or caster sugar if adding) and stir with a round bladed knife to combine. Then hand-bring together to make a ball.
2. Continue with method two above.

Nutritional information*

	Per 100g	Per Sheet
Energy (kcal)	420	1681
Carbohydrate (g)	45.2	180.7
Sugar (g)	6.4	25.4
Fat (g)	24.3	97.1
Saturated fat (g)	14.9	59.6
Protein (g)	4.7	18.6
Fibre (g)	1.4	5.4
Salt (g)	0.5	2.5
Calcium (mg)	237	948

*This information is based on recipe using Glutafin Gluten Free Select Multipurpose White Mix.



SPINACH, RICOTTA & SUNDRIED TOMATO QUICHE



Preparation time

45 minutes, including making pastry



Cooking time

25–35 minutes



Cooking temperature

190°C/170°C Fan/Gas 5



Makes

1 x 20cm quiche, 8 servings



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- Shortcrust cheese pastry (using recipe on previous page)
- Glutafin Gluten Free Select Multipurpose White Mix (for dusting)
- 1 tsp olive oil
- 1 small red onion, diced
- 115g frozen spinach, chopped, defrosted and drained
- 25g sundried tomatoes, reconstituted and chopped or 50g sundried tomatoes in oil
- 85g ricotta cheese
- 2 large eggs, beaten
- 150ml milk
- 25g mature cheddar cheese, grated
- Salt & pepper

Method

1. Dust the work surface with Mix and roll-out the pastry to fit a 20cm loose bottom flan dish.
2. Heat the oil in a frying pan, add the diced onion and fry on a medium heat for 4 minutes, tossing over part way through. Place on the base of the flan.
3. Mix together the drained spinach, ricotta and $\frac{3}{4}$ of the sundried tomatoes, add to the flan and spread over.
4. Beat together the eggs, milk and seasoning and pour into pastry case.
5. Top with the grated cheese and remaining sundried tomatoes.
6. Bake in preheated oven for 25–35 minutes.
7. Leave in the tin to cool before removing, this prevents the pastry crumbling.

Nutritional information*

	Per 100g	Per Serve
Energy (kcal)	249	308
Carbohydrate (g)	20.5	25.4
Sugar (g)	4.7	5.8
Fat (g)	15.4	19.1
Saturated fat (g)	8.3	10.3
Protein (g)	6.8	8.4
Fibre (g)	1.3	1.6
Salt (g)	0.2	0.3
Calcium (mg)	210	260

*This information is based on recipe using Glutafin Gluten Free Select Multipurpose White Mix.

OVEN BAKED CHOCOLATE TART





Preparation time

30 minutes, including making pastry



Cooking time

40–45 minutes



Cooking temperature

150°C/ 130°C Fan/Gas 2



Makes

1 large 23cm tart



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

- Shortcrust sweet pastry (using recipe on page 27)
- 140g butter
- 150g gluten free dark chocolate
- 6 tbsp cocoa powder
- 4 medium eggs
- 200g caster sugar
- 3 tbsp golden syrup

Method

1. Dust the worksurface with Mix. Knead the chilled pastry for 1 minute and roll out to the thickness of a £1 coin. Use to line a 23cm loose bottom base flan tin, chill while making the filling.
2. Preheat the oven 150°C/130°C Fan/Gas 2.
3. Melt the chocolate, butter and cocoa powder in a bowl over a saucepan of simmering hot water, stirring the mixture occasionally.
4. Whisk the eggs and sugar together in a separate bowl until light and creamy, then add the golden syrup.
5. Add the chocolate mixture to the bowl and mix well. Add all the mixture to the pastry shell and place in the preheated oven for 40–45 minutes.
6. Remove and allow to cool for at least 30 minutes.

Nutritional information*

	Per 100g	Per Serve
Energy (kcal)	456	797
Carbohydrate (g)	56.0	98.1
Sugar (g)	39.3	68.6
Fat (g)	25.2	44.1
Saturated fat (g)	15.6	27.3
Protein (g)	3.2	5.7
Fibre (g)	1.2	2.1
Salt (g)	0.5	0.8
Calcium (mg)	109	191

*This information is based on recipe using Glutafin Gluten Free Select Multipurpose White Mix.



8 x 8.5cm fluted flan tins or 6 x 11cm fluted flan tins can be used instead of a 23cm flan tin BUT only $\frac{3}{4}$ of Chocolate Tart Filling is required to fill the tarts. Cook tarts for 25–30 minutes.

PUFF PASTRY



**For the Mille
Feuille recipe
please visit the
Glutafin website
www.glutafin.co.uk**



Preparation time

3½ hours



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

- 125g Glutafin Gluten Free Select Multipurpose White Mix (plus extra for dusting)
- 110g butter, straight from the refrigerator
- 1 tsp xanthan gum
- ¼ tsp fine salt
- 50g cold water
- 1 tsp lemon juice

Nutritional information

	Per 100g	Per Sheet
Energy (kcal)	432	1256.3
Carbohydrate (g)	34.6	100.7
Sugar (g)	5.0	14.5
Fat (g)	31.3	91.0
Saturated fat (g)	19.8	57.7
Protein (g)	2.5	7.2
Fibre (g)	1.0	3.0
Salt (g)	1	3
Calcium (mg)	179	520

Method

1. Sift the Mix, xanthan gum and salt into a large bowl. Roughly break in 35g of the butter, rub into the mix until the butter is in small granules. Cut the remaining butter into small chunks, add them to the mix and toss them around with a round bladed knife until coated with mix. You need to see bits of butter.
2. Pour in the cold water and lemon juice, mixing with the knife to combine initially and then gently bring together to a rough dough ball with your fingers. Cover with cling film and leave to rest for 30 minutes in the fridge or 15–20 minutes in the freezer.
3. Place the ball of dough on the work surface and roll out the dough in one direction only to form a rectangle, approximately 12cm x 30cm. Don't overwork the butter streaks; you should have a marbled effect and something that looks quite rough.
4. Fold the top third down, then the bottom third up and over that. Give the dough a quarter turn (to the left or right) and roll out again to roughly the same size. Cover with cling film and chill for 30 minutes or freeze for 15–20 minutes. Repeat this process, twice more allowing the pastry to become slightly wider and longer with each roll and fold. BUT only roll pastry in ONE direction. After the fourth chill down, roll out to the thickness of a £1 coin.

ECCLES CAKES





Preparation time

3½ hours, including making pastry



Cooking time

20–25 minutes



Cooking temperature

200°C/ 180°C Fan/Gas 6



Makes

6



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

- 1 sheet puff pastry (using recipe on previous page)

Filling

- 15g butter
- 55g soft brown sugar
- 115g currants
- 30g mixed peel
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp ground ginger
- Grated zest of ½ lemon
- 1 tsp lemon juice

To finish

- 1 egg white
- Caster sugar to sprinkle on top

Method

1. Melt the butter and add the rest of the filling ingredients, leave to cool.
2. Pre-heat your oven 200°C/180°C Fan/Gas 6.
3. Cut out 6 x 12.5cm rounds from the puff pastry. Chill for 15-20 minutes.
4. Place a good heaped teaspoon of filling into the centre of each puff pastry circle, pull the pastry around the filling and squeeze together to seal. Place the ball shape onto a parchment lined baking sheet, flatten with a rolling pin until the fruit just starts to appear through the pastry.
5. Beat the egg white until frothy, brush the tops of the Eccles cakes with the egg wash and sprinkle with sugar. Make 3 small parallel cuts on the top of each Eccles Cake.
6. Return to the fridge to chill again for 20 minutes.
7. Bake in your pre-heated oven for 20-25 minutes until golden brown.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	355	326
Carbohydrate (g)	45.3	41.7
Sugar (g)	29.6	27.2
Fat (g)	19.0	17.4
Saturated fat (g)	11.9	11.0
Protein (g)	1.1	1.0
Fibre (g)	1.2	1.1
Salt (g)	0.8	0.5
Calcium (mg)	143	131



For the festive season, why not fill the Eccles Cakes with a couple of teaspoons of gluten free sweet mincemeat?

STEAK & ALE PIE



Preparation time

4 hours (please note: this allows time for making the puff pastry and cooling the casserole. Preparation and cooking times run alongside each other, total time for the dish is 4 hours).



Cooking time

3½ hours



Cooking temperature

170°C/ 150°C Fan/Gas 3



Makes

4 servings



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 1 sheet puff pastry (using recipe on page 33)
- 25g Glutafin Gluten Free Select Multipurpose White Mix
- ½ tsp ground nutmeg
- ½ tsp dried mixed herbs
- 600g trimmed beef braising steak, cut into small pieces
- 1 tbsp vegetable oil
- 1 large onion, peeled and thickly chopped
- 15g unsalted butter
- 250ml gluten free ale
- 150g flat mushrooms, unpeeled but wiped with a damp cloth
- 2 tsp gluten free Swiss vegetable bouillon powder
- 1 large bay leaf
- 1 egg for egg wash

Method

1. The filling of the pie needs to be left to cool completely before adding the pastry. Therefore, you could either make the casserole and pastry the day before and assemble on the day you would like to cook the dish or cook everything in one go but you need to allow time for the casserole filling to cool.

First make the casserole filling:

2. Place the frying pan on a medium heat, add the oil and the butter. Tip in the onion and fry for 10 minutes, stirring occasionally, until soft and slightly golden. Transfer to a large casserole dish, using a slotted spoon.
3. Preheat the oven to 170°C/150°C Fan/Gas 3.
4. Tip the Mix into a large plastic bag, with the nutmeg and herbs and season it generously. Throw-in the beef and shake until lightly covered. Return the frying pan to a medium high heat, shake off any excess Mix then fry the beef until golden-brown and transfer it to the casserole dish. Add the bouillon powder, bay leaf and ale to the frying pan and bring to the boil stirring to remove any juices, add to the casserole dish and stir well, cover and cook in the oven for 75 minutes until the meat is tender and the sauce is thickening.
5. Meanwhile make the pastry following the recipe on page 33.
6. Cut the mushrooms into chunks and add them to the casserole dish. Return to the oven and cook for a further 60–75 minutes then remove from oven.
7. Cool for at least 1 hour.
8. Roll pastry out thinly on a surface dusted with Mix. Invert a 27cm x 18cm deep pie dish on to the pastry. Add an extra 1cm all round, then use the dish as a guide to cut out the pastry lid. From the leftover pastry, cut out enough 6cm-wide strips of pastry to go round the dish – they should cover the flat rim of the pie dish.

9. Lightly butter the rim of the dish and line it with the strip(s) of pastry, sealing any joins with a little dab of water. Butter the shoulders of a pie raiser or an upturned egg cup and stand it in the middle of the pie dish. Spoon in the meat mixture to come level with the top of the dish. Don't overfill: reserve any excess gravy to serve hot with the pie.
10. Brush the pastry rim with a little water, then drape the pastry lid over it, pinching the edges to seal.
11. Preheat the oven to 200°C/180°C Fan/Gas 6. Make two slashes in the lid of the pie, then brush with the egg wash. Bake for 25–30 minutes until the pastry is golden brown and the casserole is piping hot. Remove the pie from the oven and leave it to rest for around 10 minutes before cutting into it.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	167	656
Carbohydrate (g)	9.6	37.9
Sugar (g)	2.4	9.6
Fat (g)	9.8	38.6
Saturated fat (g)	5.3	20.7
Protein (g)	8.9	35.0
Fibre (g)	0.5	2.1
Salt (g)	0.3	1
Calcium (mg)	51	201



Leftover trimmings should be stacked up and chilled or frozen for another use. Don't scrunch them together in a ball or you will lose the layers. To re-roll, allow to come back to room temperature.



PORK PIE

Made with hot water
crust pastry



Preparation time

20 minutes



Cooking time

80 minutes



Cooking temperature

220°C/ 200°C Fan/Gas 7



Makes

4 servings



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

Hot Water Crust Pastry

- 250g Glutafin Gluten Free Select Multipurpose White Mix
- 1 beaten egg
- 5g salt
- 75ml boiling water
- 35g cubed lard

Pork Pie Filling

- 300g minced/ diced pork
- 50g bacon
- ½ tsp all spice
- 1 tsp dried sage
- 1 tsp salt
- Pepper
- Beaten egg to glaze
- 100ml stock
- Gelatine leaf/powdered gelatine

Additional equipment

- 1 x 11cm pork pie tin
- Parchment paper

Method

Hot Water Crust Pastry

1. Sieve the measured Mix and salt together and stir in the beaten egg.
2. Add the measured boiling water to a saucepan and add the cubed lard. Melt the lard in the water and bring to the boil.
3. Carefully mix the lard and water into the Mix, bringing it together to form a soft dough.
4. Cover the dough and set aside for 10 minutes.
5. Grease the inside of your pork pie tin and place on a parchment lined oven tray.
6. Cut a quarter of the dough, wrap in cling film and set aside. Roll out the remaining dough to a circle larger than your tin.
7. Carefully line the inside of your pork pie tin with your pastry avoiding any holes and ensuring a thicker bottom piece and overlap at the top.

Nutritional information*

	Per 100g	Per Serve
Energy (kcal)	208	427
Carbohydrate (g)	21.3	43.7
Sugar (g)	2.9	6
Fat (g)	9.1	18.6
Saturated fat (g)	3.4	7.0
Protein (g)	10.2	20.8
Fibre (g)	0.6	1.3
Salt (g)	1.8	3.3
Calcium (mg)	115	235.7

*This information is based on recipe using Glutafin Gluten Free Select Multipurpose White Mix.

Pork Pie Filling

1. Pre-heat oven.
2. Mix the meat with the herbs and spices. Add the filling to the tin and press firmly into the mould.
3. Roll out the remaining pastry for the lid. Brush the edge of the pie lightly with beaten egg before adding the lid, neatening the edges and decorate if desired.
4. Make a small hole in the top of the pie and brush with beaten egg.
5. Wrap the brown paper around the pie tin as protection.
6. Place the tin on a tray and bake for 10 minutes. Reduce the temperature to 170°C/ 150°C Fan/Gas 3 and bake for a further hour.
7. Carefully remove the pie from the tin, brush all over with beaten egg and return to the oven for 10 minutes until golden.
8. Dissolve your gelatine in the stock according to the gelatine pack instructions. Remove the pie from the oven and pour your stock/gelatin mix into the hole in the top.
9. Allow to cool and refrigerate.

For a wheat free version:

Use Glutafin Gluten Free Multipurpose White Mix, add 1 tsp xanthan gum and replace the water with 105ml skimmed milk.



The pork pie is best eaten the next day.

GRAVY





Preparation time

3 minutes



Cooking time

5 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Select Multipurpose White Mix or Glutafin Gluten Free Multipurpose White Mix

Ingredients

- 25g Glutafin Gluten Free Select Multipurpose White Mix or Glutafin Gluten Free Multipurpose White Mix
- 425ml meat stock or a combination of water from the vegetables and meat juices and giblet stock if made
- 1 tbsp meat fat poured or skimmed off the meat juices
- Salt and pepper to taste

Method

1. Remove the meat or bird from the roasting tin and allow to rest before carving. Drain the meat juices from the roasting pan into a bowl or jug and allow to cool slightly.
2. Skim-off any of the meat fat from the meat stock and juices.
3. In small bowl mix together the Mix and 125ml stock/juices.
4. Place remaining stock and meat fat in pan and bring to boil, gradually whisk in blended Mix and heat through.
5. Reduce heat and simmer for 2 minutes, add seasoning to taste. If too thick add a little more stock or a drizzle of wine.
6. Serve immediately.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	54	27
Carbohydrate (g)	4.6	2.3
Sugar (g)	0.7	0.4
Fat (g)	3.7	1.9
Saturated fat (g)	2.0	1.0
Protein (g)	0.4	0.2
Fibre (g)	0.2	0.1
Salt (g)	0.1	0.1



If you don't have any meat stock (or you don't have enough) you can use a stock cube. If you don't have any meat fat, substitute with vegetable oil.



WHITE SAUCE



Preparation time

5 minutes



Cooking time

5 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Select Multipurpose White Mix or Glutafin Gluten Free Multipurpose White Mix

Ingredients

- 25g Glutafin Gluten Free Select Multipurpose White Mix or Glutafin Gluten Free Multipurpose White Mix
- 250–300ml semi-skimmed milk
- 25g butter, cut into cubes
- Seasoning
- Pinch of grated nutmeg

Method

1. Place the milk, butter and Mix into a medium pan, bring everything to the boil, whisking all the time until the sauce thickens.
2. Season and add a little grated nutmeg, turn the heat down and simmer for 1 minute, if slightly too thick add a little more milk or water.

To make a cheese sauce: add 50g mature cheddar.


To make a parsley sauce: add 2 tbsp freshly chopped parsley.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	118	59
Carbohydrate (g)	9.8	4.9
Sugar (g)	4.9	2.4
Fat (g)	7.4	3.7
Saturated fat (g)	4.7	2.3
Protein (g)	3.3	1.7
Fibre (g)	0.2	0.1
Salt (g)	0.2	0.1
Calcium (mg)	133	66



This sauce is a great accompaniment to pasta, pies, chicken and fish dishes, or to use when making a lasagne.

A close-up photograph of a large, golden-brown loaf of bread with a cracked, rustic crust. The bread is nestled inside a crumpled, light-brown paper bag. The bag is placed on a wooden surface with visible vertical grain lines. The lighting is warm and soft, highlighting the texture of the bread and the paper.

SELECT FIBRE BREAD MACHINE LOAF

Using Select Multipurpose Fibre Mix



Preparation time

5 minutes



Cooking time

3 hours



Makes

1 large loaf, 18 slices



You will need

Glutafin Gluten Free Select
Multipurpose Fibre Mix

Ingredients

- 400ml hand hot water (1/3 just boiled, 2/3 cold = hand hot)
- 1 tbsp vegetable oil
- 500g (weighed out) Glutafin Gluten Free Select Multipurpose Fibre Mix
- 2 tsp dried yeast (from sachet in pack)
- ½ tsp salt
- ½ tsp caster sugar
- 1 tbsp dried skimmed milk powder



**For a smaller loaf,
use half quantities**

Method

Please note

This bread machine recipe has been developed for use in a Panasonic bread machine. For other models please call us free on **0800 988 2470**.

1. Place ingredients into the bread pan in the order listed.
2. Press the select button for the basic programme.
3. Press the option button once for the basic bake rapid programme to give a 1 hour, 55 minute cycle.
4. The crust setting is automatically set for medium crust.
5. Press the start button.
6. After 5 minutes, open the lid and scrape around the edge of the pan to incorporate any loose mix.
7. Remove bread from the pan as soon as the programme finishes. Allow to cool before cutting or storing in a suitable container. Eat within 4 days.

Nutritional information

	Per 100g	Per Slice
Energy (kcal)	224	119
Carbohydrate (g)	45	24
Sugar (g)	6.8	4
Fat (g)	1.8	1
Saturated fat (g)	0.3	0.2
Protein (g)	4.6	2.4
Fibre (g)	3.9	2.1
Salt (g)	0.6	0.3
Calcium (mg)	275	146



WRAPS



Preparation time

20 minutes



Cooking time

25 minutes



Makes

6 wraps



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

- 350g Glutafin Gluten Free Select Multipurpose White Mix (plus extra for dusting)
- 350ml boiling water
- 2 tbsp vegetable oil
- 1 sachet yeast (enclosed with Mix)
- 1 tsp xanthan gum
- ½ tsp salt



Suitable for home freezing in a freezer bag for up to 1 month. Defrost for 1 hour before warming in the microwave as above.

Method

1. Place 225g of Mix into a medium bowl, pour over the boiling water, add the oil and mix to a paste. Leave for 2–3 minutes before adding the remaining Mix and other ingredients. Stir with a fork and then by hand and bring together to form a ball of dough.
2. Knead on a work surface lightly dusted with Mix. Divide into 6 pieces.
3. Roll out each piece on a 25–26cm cut out circle of baking parchment paper. Preheat a heavy based non-stick fry pan. Place one wrap at a time still resting on the baking parchment paper into the pan, dough side down. Cook over a gentle heat for 2 minutes until the dough just starts to brown on the underside. Remove paper and turn over using a spatula, cook until the underside also starts to gently brown.
4. Continue until all wraps are made. Fill as required or wrap and store for up to 3 days in an airtight bag. Refresh by sprinkling with a little water, wrap loosely in kitchen paper and heat for 10 seconds in the microwave before serving.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	201	247
Carbohydrate (g)	37.9	46.7
Sugar (g)	5.2	6.4
Fat (g)	3.9	4.8
Saturated fat (g)	0.7	0.8
Protein (g)	2.9	3.6
Fibre (g)	1.1	1.4
Salt (g)	0.5	0.5
Calcium (mg)	191	234



FIBRE WRAPS



Preparation time

15 minutes



Cooking time

30 minutes



Makes

6 wraps



You will need

Glutafin Gluten Free
Multipurpose Fibre Mix

Ingredients

- 175g Glutafin Gluten Free Multipurpose Fibre Mix (plus extra for dusting)
- 200ml boiling water
- 1 tbsp vegetable oil
- 1 tsp yeast (enclosed with Mix)
- ½ tsp xanthan gum
- ¼ tsp salt



Suitable for home freezing in a freezer bag for up to 1 month. Defrost for 1 hour before warming in the microwave as previous page.

Method

1. Place all the dry ingredients into a medium bowl, add the oil and pour over the boiling water and mix to a paste. Stir with a fork and then by hand and bring together to form a ball of dough.
2. Knead on a work surface lightly dusted with Fibre Mix. Divide into 6 pieces and knead each into a ball.
3. Preheat a heavy based non-stick frying pan.
4. Roll out ball to a 20–23cm circle. Place into the frying pan. Cook over a gentle heat for 2 minutes until the dough just starts to brown on the underside. Turn over using a slice, cook until the underside also starts to gently brown. Continue until all wraps are made. Store and refresh as previous page.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	201	247
Carbohydrate (g)	37.9	46.7
Sugar (g)	5.2	6.4
Fat (g)	3.9	4.8
Saturated fat (g)	0.6	0.7
Protein (g)	2.9	3.6
Fibre (g)	1.1	1.4
Salt (g)	0.5	0.5
Calcium (mg)	191	234



WARM ITALIAN FLATBREAD

50



If you have any leftover, serve the bread with dipping oil. Combine balsamic vinegar, a pinch of mixed dried herbs and olive oil and serve in a small bowl. Flatbread is also delicious served with houmous or any savoury dips.



Preparation time

25 minutes, proving time 45 minutes



Cooking time

30 minutes



Cooking temperature

200°C/ 180°C Fan/Gas 6



Makes

9 portions



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 350g Glutafin Select Multipurpose White Mix
- 1 ½ tsp dried yeast (enclosed with Mix)
- ½ tsp caster sugar
- 2 tsp skimmed milk powder
- ¼ tsp salt
- 300ml hand hot water (⅓ just boiled, ⅔ cold)
- 1 tbsp mild olive oil

There are a number of fillings and toppings you can add to the flatbread, visit the website for inspiration!

Italian style - 1 red onion and red pepper, sliced and lightly fried with sun blush tomatoes and sliced olives.

Red onion - 1 large red onion, sliced and fried with olive oil and balsamic vinegar and a tsp of onion seeds.

Foccacia - Fresh rosemary, sea salt and extra virgin olive oil.

Method

1. Combine Mix and yeast together in a medium size bowl with a fork. Stir in remaining dry ingredients. Add water and oil and stir to make a smooth, stiff batter.
2. Combine chosen filling ingredients together and stir half of the combined mixture into the bread batter. Spoon into a 23cm greased square baking tin and top with the remaining filling. Cover with oiled cling film.
3. Leave to prove in a warm place for 45 minutes until the mixture has risen by half. Remove film and bake in a pre-heated oven until the bread is crisp and golden in colour.
4. Serve warm in squares. Once cool store in an airtight container in a cool place for up to three days. Warm before eating for best results.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	201	247
Carbohydrate (g)	37.9	46.7
Sugar (g)	5.2	6.4
Fat (g)	3.9	4.8
Saturated fat (g)	0.6	0.7
Protein (g)	2.9	3.6
Fibre (g)	1.1	1.4
Salt (g)	2.8	2.8
Calcium (mg)	191	234

CREAM TEA, FRUIT & CHEESE SCONES



Preparation time

20 minutes



Cooking time

12 minutes



Cooking temperature

200°C/ 180°C Fan/Gas 6



Makes

6-7 scones



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

Basic Scones

- 225g Glutafin Gluten Free Select Multipurpose White Mix
- 1 tbsp gluten free baking powder
- ½ tsp xanthan gum
- 50g butter
- 25g caster sugar
- 50g natural yogurt
- 75ml tbsp milk (plus extra for brushing)

Fruit Scones

Add 50g mixed dried fruit with the sugar.

Cheese Scones

Replace the sugar with 50g mature cheddar cheese.

Nutritional information

	Cheese scones		Fruit scones		Basic scones	
	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g	Per Serve
Energy (kcal)	316	196	305	189	309	192
Carbohydrate (g)	41.6	25.8	51.9	32.2	50.0	31.0
Sugar (g)	7.0	4.4	19.1	11.8	13.4	8.3
Fat (g)	13.5	8.4	9.3	5.8	10.3	6.4
Saturated fat (g)	8.5	5.3	5.8	3.6	6.5	4.0
Protein (g)	6.7	4.1	3.9	2.4	4.1	2.6
Fibre (g)	1.2	0.7	1.3	0.8	1.2	0.8
Salt (g)	1.3	0.8	1	0.8	1.3	0.8
Calcium (mg)	354	214	262	162	283	176

Method

1. Place the Mix, gluten free baking powder and xanthan gum into a large bowl. Rub in the fat until the mixture resembles fine breadcrumbs. Stir in the sugar. Add additional ingredients if making fruit or cheese scones now.
2. Add the yogurt and milk to the bowl to form a soft not sticky dough.
3. Turn out on to a surface lightly dusted with Mix. Knead gently until smooth.
4. Roll out to a thickness of 3–3½cm. Cut into rounds using a 6cm cutter.
5. Place on a greased baking sheet and brush top with a little milk.
6. Bake in pre-heated oven for 12 minutes until golden brown in colour.
7. Transfer to a cooling tray.
8. Serve warm, split in half and spread with butter. Jam and cream make a lovely topping for these and the fruit scones.



These are best eaten on the day they are made.



For Cream Tea Scones serve with clotted cream and jam, check in your Coeliac UK Gluten Free Food and Drink Directory for a suitable brand.



CROISSANTS



Preparation time

240 minutes



Makes

4 croissants



Cooking time

25 minutes



You will need

Glutafin Gluten Free Select
Multipurpose White Mix



Cooking temperature

200°C/ 180°C Fan/Gas 6

Ingredients

- 250g Glutafin Gluten Free Select Multipurpose White Mix
- 30g cubed butter
- 10g yeast (enclosed with Mix)
- 30g sugar
- 70ml full fat milk
- 50ml water
- 125g chilled butter
- 1 tsp xanthan gum
- Sprinkle of caster sugar
- 1 egg, beaten for egg wash
- 15g flaked almonds (optional)

Method

1. Sieve the xanthan gum and sugar together with the Mix.
2. Rub in the cubed butter.
3. Mix the yeast with the water. When dissolved add the milk and combine with the rest of the mixture.
4. Bring together to make a soft dough, knead for 2 minutes then cover with cling film and leave to rest for 60 minutes at room temperature. Knead again for 2 minutes and then chill for 20 minutes.
5. Meanwhile, flatten the remaining chilled butter to a 25cm rectangle between two pieces of parchment.
6. Remove butter from parchment. Roll out the chilled dough to around the same size as the butter, place on the flattened butter and with the shortest side towards you, fold the top third down, then the bottom third up and over that. Give the dough a quarter turn (to the left or right) and roll out again to roughly a 25cm rectangle. Cover with the parchment and chill for 20–30 minutes.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	391	551
Carbohydrate (g)	41.8	58.9
Sugar (g)	11.2	15.7
Fat (g)	21.3	32.8
Saturated fat (g)	14.7	20.8
Protein (g)	3.5	4.9
Fibre (g)	1.1	1.5
Salt (g)	0.5	0.8
Calcium (mg)	199	280

7. Repeat step six a further four times.
8. Roll out the dough to around the thickness of a £1 coin, cut the edges of the dough to make a square, cut out four long triangle shapes. Starting at the wide end, roll the dough to make the croissant shapes. Place on parchment, cover in oiled cling film and leave in a warm place to prove for 1–1½ hours. They will rise slightly. Brush with egg, sprinkle with sliced almonds and a little caster sugar, bake in a pre-heated oven for 25–30 minutes until they turn a deep golden brown colour. Place some foil loosely over them if they are browning too quickly.



CHOCOLATE ÉCLAIRS



Preparation time

10 minutes



Cooking time

35 minutes



Cooking temperature

200°C/ 180°C Fan/Gas 6



Makes

16 éclairs



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

Choux Pastry

- 85g Glutafin Gluten Free Select Multipurpose White Mix
- ¼ tsp caster sugar
- 50g butter
- 150ml water
- 2 medium eggs, beaten

Filling and Topping

- 250ml double cream, whipped
- 110g gluten free plain chocolate, melted

Gluten Free Wheat Free Option

- 75g Glutafin Gluten Free Multipurpose White Mix
- All other ingredients and method as above

Method

1. Sift the Mix and sugar into a bowl.
2. Melt the butter in a saucepan, add water and bring to the boil. Remove from the heat and quickly add the combined Mix and sugar into the water.
3. Beat vigorously to form a soft dough, using a wooden spoon or electric beaters. Gradually beat in the eggs to form a soft shiny paste.
4. Spoon the paste into a piping bag fitted with plain 1cm nozzle or a disposable piping bag with the tip snipped off.
5. Pipe 7.5cm lengths onto greased baking trays.
6. Bake in a preheated oven for 10 minutes. Reduce heat to 180°C/160°C Fan/Gas 4 for a further 15 minutes, until éclairs are well risen and golden.
7. Remove from the oven, but leave the oven on and make a small slit in side of each éclair.
8. Return to the oven for a further 5 minutes.
9. Cool on a wire rack.
10. When cold, slit each éclair along one side and fill with whipped cream and top with melted chocolate.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	336	205
Carbohydrate (g)	18.7	11.4
Sugar (g)	11.6	7.1
Fat (g)	27.7	16.9
Saturated fat (g)	16.7	10.2
Protein (g)	3.6	2.2
Fibre (g)	0.6	0.4
Salt (g)	0.2	0.1
Calcium (mg)	72	44



Choux pastry can be used for profieroles and savoury Gougeres. View the recipes at www.glutafin.co.uk



DOUGHNUTS



Preparation time

90 minutes



Makes

12 doughnuts



Cooking time

12 minutes



You will need

Glutafin Gluten Free Select
Multipurpose White Mix



Cooking temperature

165°C deep fat fryer

Ingredients

Doughnuts

- 300g Glutafin Gluten Free Select Multipurpose White Mix, plus a little extra for shaping doughnuts
- ¼ tsp salt
- ¼ tsp xanthan gum
- ½ tsp gluten free baking powder
- 3 tsp dried yeast from pack
- 2 tsp skimmed milk powder
- 35g caster sugar
- 35g butter
- 1 medium egg, beaten
- 100ml tepid water
- 2–3 litres sunflower oil for deep fat frying
- Caster sugar (for topping)

Jam Doughnuts

- 50g runny strawberry jam

Custard Doughnuts

- 100g ready-made custard

Nutritional information*

	Per 100g	Per Serve
Energy (kcal)	337	192
Carbohydrate (g)	53.0	30.2
Sugar (g)	22.7	12.9
Fat (g)	12.2	7.0
Saturated fat (g)	3.8	2.2
Protein (g)	4.3	2.5
Fibre (g)	1.1	0.6
Salt (g)	0.5	0.3
Calcium (mg)	201	115

*For Jam Doughnuts

Method

1. Place all the dry ingredients in a bowl and mix together with a fork.
2. Rub the butter into the dry ingredients until it's no longer visible.
3. Add the beaten egg and warm water, mix together to form a soft but not sticky dough.
4. Sprinkle the work surface with Mix and tip the doughnut mix onto the surface. Gently bring together until the dough is coated. With a sharp knife, divide dough into 12 pieces.
5. Roll each dough piece into a ball and place onto a tray covered with baking parchment. Flatten each dough circle with your fingertips until they measure roughly 7cm wide. Lay a sheet of greaseproof paper or oiled cling film over the top of the flat doughnuts.
6. Prove in a warm place for 60–75 minutes. They will not rise very much at this stage. If a doughnut with a hole is required, dust the handle of a wooden spoon with Mix and push through the centre of the doughnut.
7. Heat the oil in a pan until the temperature reaches 165°C. Fry 3 doughnuts at a time, for 1–2 minutes per side until golden brown, flipping over once or twice during frying. Repeat with the other doughnuts.
8. Once cooked, immediately toss or sprinkle with extra caster sugar or gluten free sprinkles.

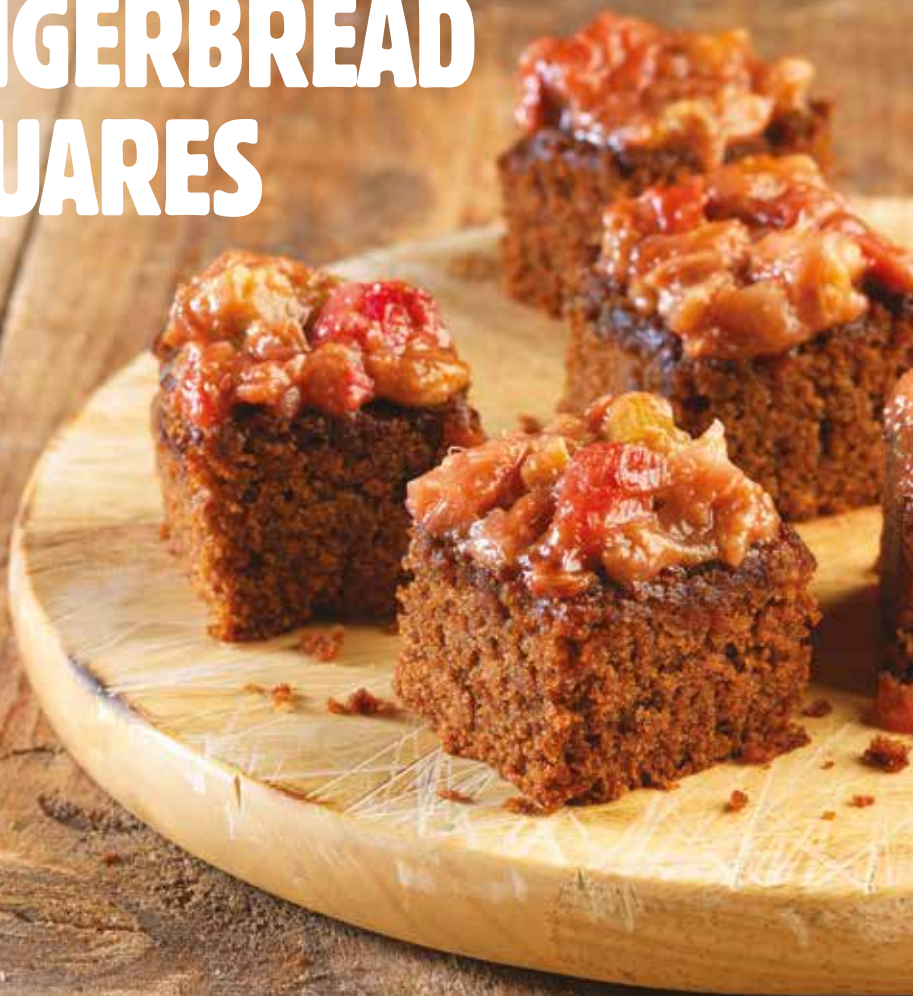
Jam or Custard Doughnuts

For jam or custard doughnuts, fill an icing syringe with the jam or custard, and inject it into the doughnut.



The doughnuts are best eaten within 8 hours of making.

STICKY GINGERBREAD SQUARES





Preparation time

15 minutes



Cooking time

30 minutes



Cooking temperature

170°C/ 150°C Fan/Gas 3



Makes

16 squares



You will need

Glutafin Gluten Free Multipurpose Fibre Mix or Glutafin Gluten Free Select Multipurpose Fibre Mix

Ingredients

- 225g Glutafin Gluten Free Select Multipurpose Fibre Mix or 200g Glutafin Gluten Free Multipurpose Fibre Mix
- 175g soft margarine
- 110g dark muscovado sugar
- 175g golden syrup
- 2 tsp ground ginger
- ½ tsp ground mixed spice
- 1 large egg, lightly whisked
- 150ml skimmed or semi-skimmed milk stirred together with 1 tsp bicarbonate of soda

Optional topping

- 350g washed, topped and tailed rhubarb, cut into chunky pieces
- 50g stem ginger, diced
- 50g light brown sugar
- 1 tbsp water (optional if using forced pink rhubarb)
- 2 tbsp ginger syrup from jar

Method

1. Base line a 20 x 20cm tin with greaseproof paper.
2. Place margarine, sugar and syrup in a medium size bowl. Microwave on full power for 2 minutes or until the mixture has melted. Stir to combine.
3. Place mixture along with remaining ingredients into a large bowl. Whisk with a balloon whisk until combined into a runny batter.
4. Pour into the tin and bake until the cake has risen and springs back when lightly touched in the centre.
5. Allow to cool for 15 minutes before removing from the tin and transferring to a cooling rack.
6. Cut into 16 squares when cold.

Optional topping

1. For the topping – place all the ingredients in a medium pan, simmer with lid half on for 5 minutes, remove lid and cook a further 5 minutes.
2. When gingerbread is ready to serve top with the ginger rhubarb and cut into 16 portions.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	256	210
Carbohydrate (g)	36.7	30.1
Sugar (g)	25.0	20.5
Fat (g)	11.8	9.7
Saturated fat (g)	2.6	2.1
Protein (g)	2.2	1.8
Fibre (g)	1.4	1.2
Salt (g)	0.8	0.5
Calcium (mg)	128	105



VICTORIA SPONGE



Preparation time

10 minutes



Cooking time

30 minutes



Cooking temperature

170°C/ 150°C Fan/Gas 3



Makes

1 x 20cm cake



You will need

Glutafin Gluten Free Select
Multipurpose White Mix

Ingredients

Sponge

- 225g Glutafin Gluten Free Select Multipurpose White Mix
- 1½ tsp Gluten free baking powder*
- 170g caster sugar
- 170g butter at room temperature
- 3 medium eggs
- 1½ tsp natural vanilla essence

Filling

- 160g jam or lemon curd
- Fresh cream or butter icing

Butter icing

- 50g butter (soft)
- 110g icing sugar
- 1 tsp natural vanilla essence

Topping

- 10g icing sugar, sieved

*Check your Coeliac UK Gluten Free Food and Drink Directory for suitable brands.

Method

1. Place all the sponge ingredients into a mixing bowl and beat well for 2 minutes using an electric mixer until the mixture is light, pale and fluffy with a soft dropping consistency.
2. Divide the mixture between 2 lined and greased 20cm round cake tins.
3. Bake in the centre of the pre-heated oven for 30 minutes until the sponge is a pale golden brown in colour and the cake springs back when lightly touched.
4. Turn the oven off and open the door for 5-10 minutes before taking the sponges out onto a cooling tray.
5. Sandwich together with the filling and dust the top with the sieved icing sugar.

Nutritional information

	Per 100g	Per Serve
Energy (kcal)	401	120
Carbohydrate (g)	53.6	16.1
Sugar (g)	22.9	9.5
Fat (g)	19.5	5.8
Saturated fat (g)	11.3	3.4
Protein (g)	4.1	1.2
Fibre (g)	0.6	0.2
Salt (g)	0.8	0.3
Calcium (mg)	143	43



When the sponge has been cooked it can be frozen for 1-4 weeks (before adding filling).

Glutafin is here to help you

Every day the Glutafin Careline handles calls, emails and online requests from people all over the country. If you have a question about Glutafin or gluten free living, whether it's cooking tips, recipe ideas or information on our products, just get in touch. Our dedicated team of gluten free experts will be happy to help.



Call us freephone

0800 988 2470*

*UK freephone only. As an alternative rate number for use from a mobile call us on 01925 865100.



Chat to us online

www.glutafin.co.uk



Write to us

Glutafin, 401 Faraday Street,
Birchwood Park, Warrington,
WA3 6GA



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glutenfree@glutafin.co.uk



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