



Glutafin

GLUTEN FREE

DELICIOUS DISHES

Recipe inspiration using
Glutafin flour mixes

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 meal ideas as well as treats and fancier desserts, all based on Glutafin flour mixes. 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 ideas, you'll find our full recipe collection at www.glutafin.co.uk, along with information about all our gluten free foods. The Glutafin Facebook and Instagram pages are also great for recipe inspiration, with people sharing cooking tips and photos of their latest creations.

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

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 baking!

From the Glutafin team

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

No matter how big or small your question, we're here to help 📞 0800 988 2470

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Baking with Glutafin flour mixes

Baking with gluten free flour mixes can feel different to baking with conventional flour when you first start. Here are some Q&As and tips about our flour mixes from our baking experts here at Glutafin. Remember, if you have any questions, no matter how big or small, please give our friendly Careline a call.

What is gluten and how does it affect baking?

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

What is a mix?

Mixes are a replacement for conventional flour, which contains gluten. Glutafin flour mixes are the equivalent of a self raising flour, so perfect for baking bread, cakes, biscuits and pastry.

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 when baking?

We recommend using butter, as it has a standard fat content and gives significantly better results than margarine when baking. 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, rice and soya flours. Glutafin 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.

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 use Glutafin flour mix in place of your usual flour.



Features and Benefits

- Sachet of yeast for bread making
- Fortified with folic acid and calcium. Folic acid and calcium are nutrients of particular importance for people with coeliac disease as their requirements are higher than the general population, and their intake and absorption can be lower.

Folic acid - essential for growth and repair of body tissues

Calcium - to maintain healthy bones, teeth and hair

Introduction to Glutafin Flour Mixes

For baking everyday favourites we recommend using our Select Multipurpose White and Fibre Mixes. These versatile flour mixes, can be used for making bread, biscuits, cakes and pastry. They can also be used as a substitute in recipes you made before you were diagnosed.



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.

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.

PIP: 004-5591 UNITS: 2

If you are looking for a more specialist flour 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 flour mixes in our range. Please refer to the Glutafin product guide for a list of the allergy information for all Glutafin flour 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



For the Toad in the Hole recipe
please visit www.glutafin.co.uk

Batters and Sauces

Yorkshire Puddings
White Sauce
Gravy



YORKSHIRE PUDDINGS

Nutritional information

	Per pudding
Energy (kcal)	73
Sugar (g)	1.0
Fat (g)	3.9
Saturated fat (g)	0.9
Fibre (g)	0.1
Salt (g)	0.1

**Preparation time**

10 minutes

**Cooking time**

15 minutes

**Makes**

12 individual puddings

**Cooking temperature**

220°C/200°C Fan/Gas 7

**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 sunflower or vegetable oil

Method

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

WHITE SAUCE



Nutritional information

	Per 100g	Per serve
Energy (kcal)	118	59
Sugar (g)	4.9	2.4
Fat (g)	7.4	3.7
Saturated fat (g)	4.7	2.3
Fibre (g)	0.2	0.1
Salt (g)	0.2	0.1



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



Preparation time

5 minutes



Cooking time

5 minutes



Makes

2–4 servings



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

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

Method

1. Place the milk, butter and flour 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.

GRAVY



Nutritional information

	Per 100g	Per serve
Energy (kcal)	54	27
Sugar (g)	0.7	0.4
Fat (g)	3.7	1.9
Saturated fat (g)	2.0	1.0
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.

**Preparation time**

3 minutes

**Cooking time**

5 minutes

**Makes**

4 servings

**You will need**

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 25g Glutafin Gluten Free Select 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 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 flour mix and 125ml stock/juices.
4. Place remaining stock and meat fat in pan and bring to boil, gradually whisk in blended flour 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.

PASTRY TOP TIPS

- Make sure your pastry is chilled before you roll it out.
- Knead the pastry for a full two minutes before rolling, this will help to minimise cracking.
- Adding an egg helps the structure of the pastry.
- Don't add too much water as this can make the pastry hard.



For the Custard Tarts recipe
please visit www.glutafin.co.uk

Pastry

Shortcrust Pastry

Lemon Meringue Pie

Quiche

SHORTCRUST PASTRY



For the oven baked
chocolate tart recipe
please visit
www.glutafin.co.uk

Nutritional information

	Per 100g	Per sheet
Energy (kcal)	420	1681
Sugar (g)	6.4	25.4
Fat (g)	24.3	97.1
Saturated fat (g)	14.9	59.6
Fibre (g)	1.4	5.4
Salt (g)	0.5	2.5



The pastry can be frozen for up to 2 months. Knead before using.

Use this basic shortcrust recipe for sweet and savoury recipes. For inspiration, visit www.glutafin.co.uk/recipes or see the recipes overleaf.



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 cheese pastry
- 25g caster sugar for sweet pastry

Method

1. Place half the flour 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 flour mix. Bring together into a ball.
2. Transfer dough onto a surface dusted with flour mix and knead for 1 minute. Wrap in cling film or greaseproof paper and chill for 20–30 minutes to ease rolling.
3. Knead the dough again for 1 minute, 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 flour 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. Bring together to make a ball.
2. Continue with method two above.

Lemon Meringue Pie



Nutritional information

	Per slice
Energy (kcal)	388
Sugar (g)	44.4
Fat (g)	11.5
Saturated fat (g)	6.4
Fibre (g)	0.7
Salt (g)	0.4



Preparation time

1 hour 20 minutes



Cooking time

45 minutes



Serves

8



Cooking temperature

200°C/180°C Fan/
Gas Mark 6



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

Pastry

- 225g Glutafin Gluten Free Select Multipurpose White Mix
- 25g caster sugar
- 110g butter at room temperature
- 1 medium egg, beaten
- 1 tbsp cold water

Filling

- 2 tbsp cornflour
- 2 large lemons zested
- 125ml lemon juice (2-3 lemons)
- 100g golden caster sugar
- 1 small orange juiced
- 85g butter
- 3 egg yolks and one whole egg

Meringue

- 4 egg whites
- 200g golden caster sugar
- 2 tsp cornflour

Method

To make the pastry

1. Place half the weighed flour mix into a large bowl, with the butter, egg, water and caster sugar. Combine to a smooth paste with a fork. Work in the remaining weighed mix. Bring together into a ball.
2. Transfer dough to a surface dusted with flour mix and knead for 1 min. Wrap in cling film and chill for 20- 30 mins to ease rolling.
3. Tip the pastry onto a lightly floured surface, knead until smooth, then roll out and line a 23×2.5cm loose-bottom fluted flan tin. Trim and neaten the edges. Press pastry into the flutes. Prick the base with a fork, line with foil, shiny side down, and chill for 30-60 mins (or overnight).
4. Put a baking sheet in the oven and heat the oven to 200°C/180°C Fan/Gas Mark 6. Bake the pastry case blind for 15 mins, then remove the foil and bake for a further 5-8 mins until the pastry is pale golden & cooked. Set aside. Lower the oven to 180°C /160°C Fan/Gas Mark 4.

To make the filling

1. Put the cornflour, golden caster sugar and lemon zest in a pan and mix together. Gradually add the lemon juice and stir in followed by the orange juice (made up to 200ml with water).
2. Cook over a medium heat until thickened and smooth.
3. Once it starts to bubble, remove from the heat and beat in the butter.
4. Whisk the egg yolks and whole egg together and add to the pan. Keep stirring all the time and put back on the heat until it thickens enough to coat the back of a spoon. Remove from the heat and set aside.

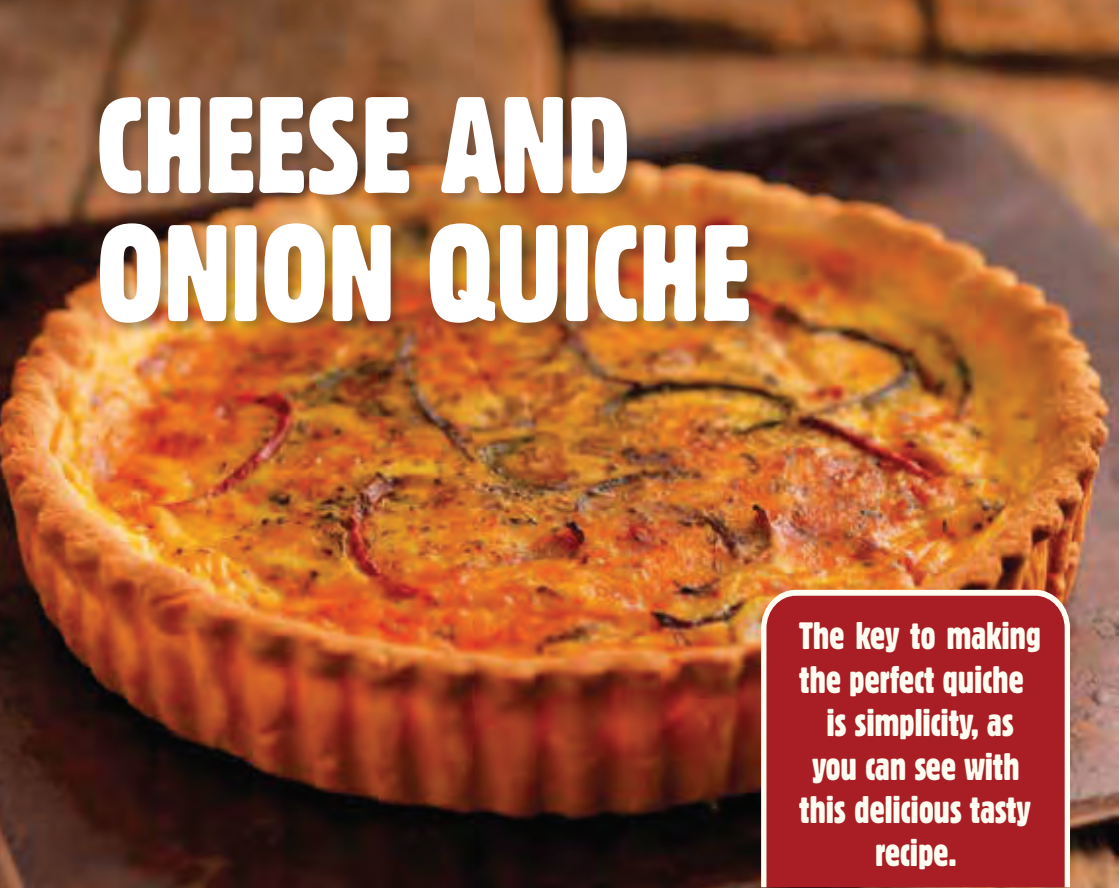
To make the meringue

1. Put the egg whites in a large bowl. Whisk to soft peaks, then add 100g of the golden caster sugar a spoonful at a time, whisking in between. Whisk in the cornflour, then add the remaining 100g of sugar as before until smooth and thick.
2. Pour the filling into the pastry case. Spoon meringue around the edge of the filling, then spread so it just touches the pastry. Pile the rest into the centre then give it all a swirl.
3. Return to the oven for 18-20 mins until the meringue is crisp and slightly coloured. Let the pie sit in the tin for 30 mins, then remove and leave for at least another 30- 60 mins before slicing.

Best eaten on the same day



CHEESE AND ONION QUICHE



The key to making the perfect quiche is simplicity, as you can see with this delicious tasty recipe.

Nutritional information

	Per slice
Energy (kcal)	428
Sugar (g)	6
Fat (g)	28
Saturated fat (g)	16
Fibre (g)	1.1
Salt (g)	0.8



The quiche can be frozen either as a complete item wrapped in foil or cut into wedges and frozen individually in foil or freezer bags for up to 2 months. For a little extra colour slice a medium to large tomato and place on top of the grated cheese before cooking.



Preparation time

20 minutes + chilling time



Cooking time

30–35 minutes



Makes

6 slices



Cooking temperature

190°C/170°C Fan/Gas 5



You will need

Glutafin Select Multipurpose White Mix

Ingredients

Glutafin Pastry

- 225g Glutafin Select Multipurpose White Mix
- Extra mix for dusting
- 110g butter (at room temperature)
- 1 medium egg
- 1 tbsp cold water
- 15g Parmesan cheese (optional)
- Extra mix for dusting

Filling

- 1 red onion, cut into fine rings
- 1 tbsp olive oil
- 2 large eggs, beaten
- 150ml milk
- 50ml sour cream
- ½ tsp dried mixed herbs
- 75g mature Cheddar cheese or Red Leicester, grated
- Cracked black pepper

Method

Pastry Method

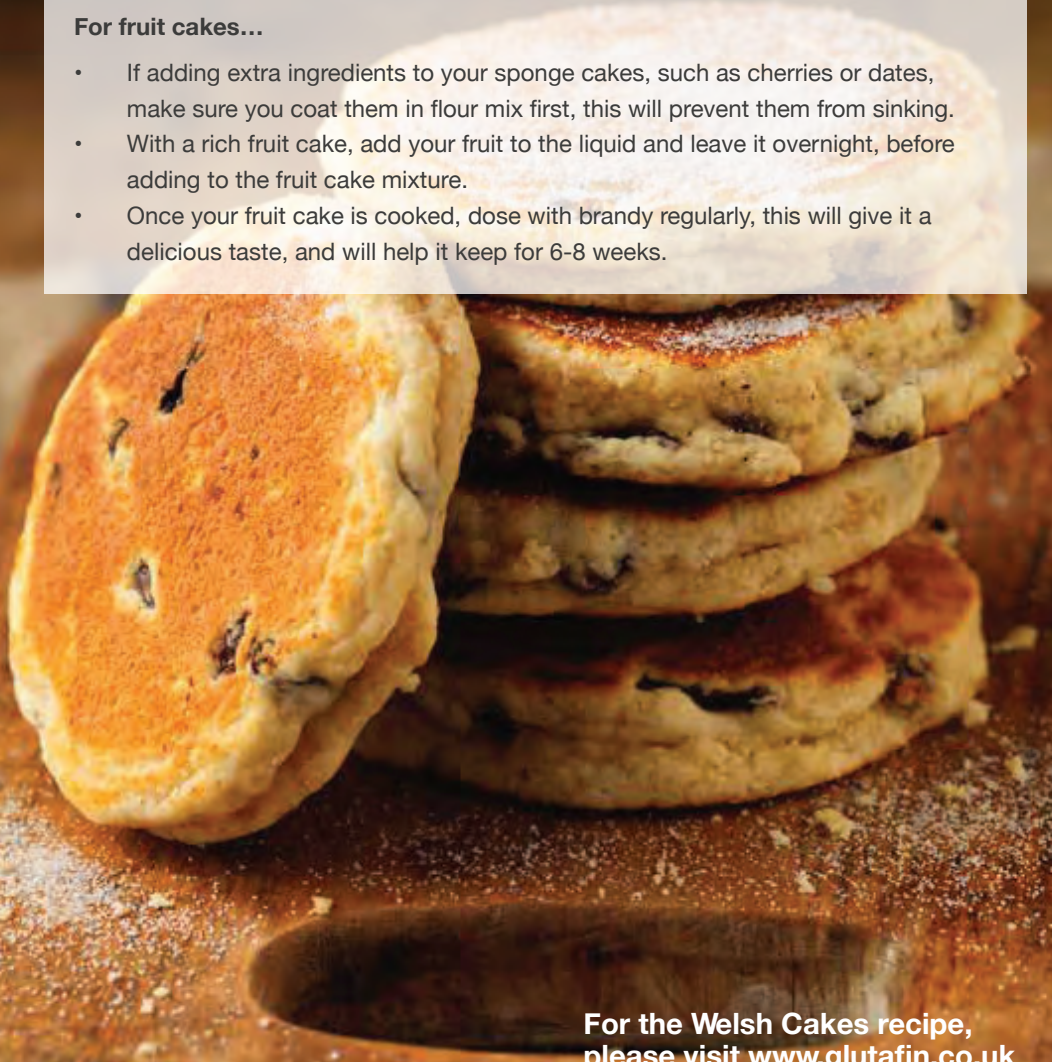
1. Prepare the pastry. Place half the flour mix into a bowl with the butter, egg and water and mix to a smooth paste with a fork. Work in the remaining flour mix and Parmesan cheese, if using, first with a fork and then by hand and bring together to make a ball.
2. Knead on a work surface lightly dusted with a little more flour mix for 1 minute. Wrap in clingfilm or greaseproof paper and chill for 30 minutes.
3. Place pastry on a work surface lightly dusted with flour mix and knead for a 1 minute until completely smooth. Roll out pastry to fit a 20cm (8 inch) flan dish. Chill pastry in dish while you prepare the other ingredients. Any remaining pastry can be used to make small tarts, sweet or savoury.
4. Heat the oil in a medium frying pan and fry the red onion rings for 3–4 minutes to soften.
5. Remove the flan case from the fridge and place the onions in the pastry case along with half the grated cheese. Beat together the eggs, milk, cream and herbs and pour into the pastry case, sprinkle over the remaining cheese.
6. Place the quiche on a baking sheet and bake in a preheated oven for 30–35 minutes or until set and golden brown
7. Leave in the tin for 10 minutes to cool slightly before serving.

CAKES TOP TIPS

- Gluten free cakes are best baked at a slightly lower temperature, this allows them time to rise before the top is set.
- To prevent your sponge from sticking, greasing your cake tins and lining the base with a circle of baking parchment should make it easier to remove them.
- To ensure your cake doesn't sink after it's been cooked, turn the cooker off and leave the cake in the warm oven with the door left slightly open for 5–10 minutes.

For fruit cakes...

- If adding extra ingredients to your sponge cakes, such as cherries or dates, make sure you coat them in flour mix first, this will prevent them from sinking.
- With a rich fruit cake, add your fruit to the liquid and leave it overnight, before adding to the fruit cake mixture.
- Once your fruit cake is cooked, dose with brandy regularly, this will give it a delicious taste, and will help it keep for 6-8 weeks.



For the Welsh Cakes recipe,
please visit www.glutafin.co.uk

Cakes & Sweet Treats

Victoria Sponge

Chocolate Cupcake Sheep

Chocolate Brownies

Lighter Carrot Cake

Scones

Chocolate Éclairs

Apple and Raspberry Crumble

Peanut Butter Choc Chip Cookies

VICTORIA SPONGE



Nutritional information

	Per slice
Energy (kcal)	360
Sugar (g)	25.6
Fat (g)	21.2
Saturated fat (g)	12.9
Fibre (g)	0.6
Salt (g)	0.55



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



Preparation time

10 minutes



Cooking time

30 minutes



Serves

12



Cooking temperature

170°C/150°C Fan/Gas 3



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
- 200g butter at room temperature
- 3 large eggs
- 1½ tsp natural vanilla essence

Filling

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

Butter icing

- 50g butter (at room temperature)
- 110g icing sugar
- 1 tsp natural vanilla essence

Topping

- 10g icing sugar, sieved

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 greased and base lined 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, leave in the tin a further 5 minutes before turning out onto a cooling tray.
5. Sandwich together with the filling of your choice. For butter icing, simply whisk the ingredients together.

Store in an airtight tin for 4–5 days. If using fresh cream keep chilled and eat within 24 hours.

CHOCOLATE CUPCAKE SHEEP



Nutritional information

	Per cupcake
Energy (kcal)	475
Sugar (g)	29.6
Fat (g)	20.1
Saturated fat (g)	12.6
Fibre (g)	1.9
Salt (g)	0.41



These cupcakes are also milk free and egg free!



Preparation time

10 minutes plus 1 hour decorating



Cooking time

20-22 minutes



Makes

12



Cooking temperature

190°C/170°C Fan/
Gas Mark 4



You will need

Glutafin Gluten Free Multipurpose Fibre Mix

Ingredients

For the Cupcakes

- 235g Glutafin Gluten Free Multipurpose Fibre Mix
- 40g cocoa powder
- 1 tsp gluten free baking powder
- 225g caster sugar
- 200ml sunflower oil
- 200ml soya milk (sweetened or unsweetened)

For the icing

- 200g icing sugar
- 75g dairy free butter/spread
- 1 tsp vanilla extract

To decorate

- Small white marshmallows
- Ready to roll icing in black and white (small amount)

Method

1. Line a 12 hole muffin tin with cupcake cases.
2. Combine the flour mix, gluten free baking powder, sugar and cocoa together in a large bowl. Make a well in the centre and add the sunflower oil and soya milk. Thoroughly combine all the ingredients.
3. Spoon the batter into the prepared cases, and bake for 20-22 minutes until well risen and firm to the touch. Leave to cool in the tin for at least one hour before decorating.

Icing

1. Sift the icing sugar into a large bowl and add the dairy-free butter and vanilla and beat with a wooden spoon until smooth and creamy. You could also use a mixer to do this. If you find the mix is too stiff add a splash of soya milk to loosen. It should be light and airy.
2. Spoon or pipe onto the top of the cupcakes then stick the marshmallows all over the icing, leaving room for a head.
3. To make the heads, mould black sugar paste into a ball and shape adding ears. Use a skewer to make nostrils and add eyes using the white and black sugar paste.

CHOCOLATE BROWNIES



Nutritional information

	Per brownie
Energy (kcal)	269
Sugar (g)	20.3
Fat (g)	17.7
Saturated fat (g)	10.4
Fibre (g)	0.3
Salt (g)	0.27



The Brownies can be frozen for up to 3 months.

Warm in the microwave or oven and serve with clotted cream or ice-cream for the ultimate indulgent dessert!



Preparation time

20 minutes



Cooking time

30 - 35 minutes



Makes

9 - 16



Cooking temperature

200°C/180°C Fan/
Gas Mark 6



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 85g Glutafin Gluten Free Select Multipurpose White Mix
- 150g butter
- 100g milk chocolate – chopped into small cubes
- 200g dark chocolate – chopped
- 150g caster sugar
- 100g white chocolate – chopped into small cubes
- 3 large eggs
- 1 tsp Vanilla extract
- 4 Schar Meltos cut into segments or your own choice of gluten free biscuits or chocolate to finish (optional)

Method

1. Grease a 20cm brownie tin and line with greaseproof paper.
2. Put the dark chocolate and butter into a bowl over a pan of simmering water until it melts. Do not let the water touch the bowl. Once melted, stir and remove from the heat to cool.
3. Meanwhile whisk the eggs and sugar on a high speed in a stand or with a hand mixer for 5 minutes until light and fluffy.
4. Fold in the flour mix, cooled chocolate/butter mixture and vanilla extract.
5. Stir through the milk and white chocolate chunks.
6. Spoon into the prepared tin ensuring the mixture is evenly spread.
7. If loading your brownie place the melto segments all over the top.
8. Bake in the oven for 30-35 minutes until it is dry on top but still has a wobble.
9. Leave in the tin to cool then cut into portions. Store in an airtight container for 5-7 days.

LIGHTER CARROT CAKE



Nutritional information

	Per slice
Energy (kcal)	211
Sugar (g)	17
Fat (g)	8
Saturated fat (g)	1
Fibre (g)	2.3
Salt (g)	0.4

GOOD TO KNOW

This recipe uses unsaturated fat and replaces some of the sugar with fruit to provide a healthier cake with extra fibre!

TOP TIP

Make sure the cake is completely cooled before topping otherwise the cream cheese will melt.

You could use cinnamon in place of mixed spice or try using different nuts such as hazelnuts or almonds.



Preparation time

20 minutes + cooling time
for carrot and apple mixture



Cooking time

40 minutes



Makes

1 x 20cm cake



Cooking temperature

180°C/160°C Fan/Gas 4



You will need

Glutafin Gluten Free Select Multipurpose Fibre Mix

Ingredients

- 275g Glutafin Gluten Free Select Multipurpose Fibre Mix
- 2 tsp gluten free baking powder
- 2 tsp mixed spice
- 75g raisins
- 100g dark brown sugar
- 150g peeled and cored cooking apples, sliced
- 250g carrot, grated
- 1 orange – 3tbsp juice, zest for topping
- 3 medium eggs, beaten
- 1 banana, mashed
- 100ml rapeseed oil

For the topping

- 200g 3% fat, light cream cheese
- 1 tbsp icing sugar
- Zest of 1 orange
- 20g walnut pieces

Method

1. Place the sliced apple, grated carrot and orange juice in a large dish, cover and microwave for 4–5 minutes until apple is just softened. Mash lightly with a fork and allow to cool.
2. Lightly grease a deep, loose bottom 20cm tin cake tin with rapeseed oil and base line with greaseproof or baking parchment.
3. In a bowl, combine the flour mix, baking powder, spice, raisins and dark brown sugar.
4. In another bowl mash the banana and add the eggs, beat well, then mix in the oil.
5. Gradually fold the banana, egg and oil mixture into the dry mixture and then fold in the apple and carrots.
6. Spoon the mixture into the cake tin and bake in a preheated oven for 40 minutes or until cooked through. Remove from the oven and allow to cool on a wire rack.
7. When the cake is cool, remove from tin. Mix together the cream cheese, orange zest and icing sugar and use to top the cake, decorate with the walnut pieces.

Eat within 5 days, can be frozen for up to 6 weeks without frosting.

SCONES



Nutritional information

	Per scone
Energy (kcal)	475
Sugar (g)	29.6
Fat (g)	20.1
Saturated fat (g)	12.6
Fibre (g)	1.9
Salt (g)	0.41

These are best eaten on the day they are made.

Store in airtight container for 3-4 days. Freeze for up to 3 months. Warm before serving.



Preparation time

15 minutes



Cooking time

16 minutes



Makes

4 scones



Cooking temperature

200°C/180°C Fan/Gas 6



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
- 40g caster sugar
- 55g clotted cream
- 85ml milk (plus extra for glazing)
- 70g sultanas or raisins

Method

1. Place the flour mix, gluten free baking powder and xanthan gum into a large bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Stir in the sugar. Add in the dried fruit.
2. Add the clotted cream and milk to the bowl to form a soft not sticky dough.
3. Turn out on to a surface lightly dusted with flour mix. Knead gently until smooth.
4. Roll out to a thickness of 3–3½cm. Cut into rounds using a 7cm cutter.
5. Place on a greased baking sheet and brush the tops with a little milk.
6. Bake in a pre-heated oven for 16 minutes until golden brown in colour.
7. Transfer to a cooling tray.
8. Serve warm, split in half and spread with jam and cream or cream and jam (depending on where you live!)

CHOCOLATE ÉCLAIRS



Nutritional information

	Per éclair
Energy (kcal)	205
Sugar (g)	7.1
Fat (g)	16.9
Saturated fat (g)	10.2
Fibre (g)	0.4
Salt (g)	0.1

The éclairs must be refrigerated once filled with cream. They are best eaten on the day they are made. The cooked éclairs can be frozen for up to 4 weeks (without topping or filling). Defrost and place in an oven 200°C/180° Fan/ Gas Mark 6 for 5 minutes to crisp. Cool and complete Method 10.

Choux pastry can be used for profiteroles. Find the recipe at www.glutafin.co.uk



Preparation time

10 minutes



Cooking time

30 minutes



Makes

16 éclairs



Cooking temperature

200°C/180°C Fan/Gas 6



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 flour mix and sugar into a bowl.
2. Melt the butter in a saucepan, add the water and bring to the boil. Remove from the heat and quickly add the combined flour 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.

APPLE AND RASPBERRY CRUMBLE



Nutritional information

	Per serve
Energy (kcal)	507
Sugar (g)	41
Fat (g)	22
Saturated fat (g)	11
Fibre (g)	3.6
Salt (g)	0.5



Portions of the crumble can be frozen for up to 1 month.

**Preparation time**

20 minutes

**Cooking time**

25 minutes

**Makes**

4–6

**Cooking temperature**

200°C/180°C fan/Gas 6

**You will need**

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 4 medium sized cooking apples (peeled, cored and sliced)
- 3 tbsp water
- 150g raspberries
- 2 tbsp raspberry jam
- 50g sugar

Topping

- 250g Glutafin Gluten Free Select Multipurpose White Mix
- 125g butter
- 25g chopped almonds
- 25g chopped hazelnuts
- 110g demerara sugar

Method

1. Place the prepared apple and water into a covered microwaveable container and microwave on full power for 3–4 minutes until the slices are just soft. Drain off the juices and combine the apple with the raspberries, jam and sugar. Place in a medium sized ovenproof dish and leave to cool.
2. Prepare the crumble. Rub the butter into the flour mix until the mixture resembles fine breadcrumbs. Stir in the chopped nuts and sugar and spoon over the cooled prepared fruit. Gently push the crumble mixture with the back of a dessert spoon to give a smooth top.
3. Bake in a preheated oven until the topping is golden. The crumble will get crispier once it has been left to stand for 10 minutes.

PEANUT BUTTER CHOC CHIP COOKIES



Nutritional information

	Per cookie
Energy (kcal)	274
Sugar (g)	19.6
Fat (g)	15
Saturated fat (g)	6.9
Salt (g)	0.44



Cookie dough can be
frozen for up to 1 month



Preparation time

10 minutes



Cooking time

12-13 minutes



Makes

12



Cooking temperature

170°C/150°C/Gas 4



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 170g Glutafin Gluten Free Select Multipurpose White Mix
- 115g unsalted butter at room temperature
- 100g caster sugar
- 100g soft light brown sugar
- 1 egg
- ½ tsp vanilla extract
- 120g crunchy peanut butter
- 1½ tsp bicarbonate of soda
- ¼ tsp salt
- 40g chopped dark chocolate (or chips)

Method

1. Cream the butter and sugar until light and fluffy.
2. Add the egg and combine, scraping from the sides of the bowl to ensure everything is included.
3. Beat in the vanilla extract and peanut butter.
4. Add the flour mix, bicarbonate of soda, and salt. Mix well until a smooth dough is formed.
5. Stir in the chocolate until evenly dispersed.
6. Shape the dough into 12 balls. Using 2 baking trays, put 6 balls on each to make sure there is plenty of space inbetween them.
Chill in the fridge for 30 minutes.
7. Bake for 12-13 minutes or until golden brown around the edges.
8. Leave to cool on the trays for 10 minutes and leave to cool on a wire rack.
9. Can be stored for 2-3 days in an airtight container.

BREAD TOP TIPS

- If you're baking in a breadmaker, we recommend using 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 in your particular machine.
- We recommend that you use measuring spoons as normal teaspoons can vary in size.
- When making an oven loaf only prove to the top of the tin, it will finish rising in the oven.
- If there is only one person in your household eating gluten free, you may wish to freeze your bread either in half or in slices, it will keep for 4-6 weeks. 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.



For our delicious
crumpets recipe, please visit
www.glutafin.co.uk

Bread

- Select Fibre Bread Machine Loaf**
- Warm Italian Flatbread**
- Fibre Falafel Wrap**
- Pizza**
- Naan Bread**

SELECT FIBRE BREAD MACHINE LOAF

Using Select Multipurpose Fibre Mix

Nutritional information

	Per 100g	Per slice
Energy (kcal)	224	134
Sugar (g)	6.8	4.5
Fat (g)	1.8	1.1
Saturated fat (g)	0.3	0.2
Fibre (g)	3.9	2.4
Salt (g)	0.6	0.3



For a smaller loaf, use half quantities, except for the liquid, where the following ratio should be used: 75ml boiling water, 50ml cold water, 75ml semi skimmed milk



Preparation time

5 minutes



Cooking time

1 hour 55 minutes



Makes

1 large loaf, 16 slices



You will need

Glutafin Gluten Free Select Multipurpose Fibre Mix

Ingredients

- 400ml liquid (125ml just boiled water, 150ml cold water, 125ml semi skimmed milk)
- 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

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 the 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 the 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. Can be frozen for up to one month.

WARM ITALIAN FLATBREAD



Nutritional information

	Per portion
Energy (kcal)	247
Sugar (g)	6.4
Fat (g)	4.8
Saturated fat (g)	0.7
Fibre (g)	1.4
Salt (g)	2.8



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 hummus or any savoury dips.



Preparation time 25 minutes,
45 minutes proving time



Makes
9 portions



You will need
Glutafin Gluten Free Select Multipurpose White Mix



Cooking time
30 minutes



Cooking temperature
200°C/180°C Fan/Gas 6

Ingredients

- 350g Glutafin Select Multipurpose White Mix
- 1 ½ tsp dried yeast (from sachet in pack)
- ½ tsp caster sugar
- ¼ tsp salt
- 300ml liquid (100ml just boiled water, 100ml cold water 100ml semi skimmed milk)
- 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 1 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 the flour mix and yeast together in a medium size bowl with a fork. Stir in the remaining dry ingredients. Add the liquid (water and milk) and oil. 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 the cling film and bake in a pre-heated oven until the bread is crisp and golden in colour.
4. Serve warm, cut into squares. Once cool, store in an airtight container for up to three days. Can be frozen for up to 1 month. Warm before eating for best results.

FALAFEL FIBRE WRAP



Nutritional information

	Per filled wrap
Energy (kcal)	447
Sugar (g)	13
Fat (g)	10
Saturated fat (g)	1
Fibre (g)	13
Salt (g)	0.4



Wraps are suitable for home freezing in a freezer bag for up to 1 month. Defrost for 1 hour before warming in the microwave.



Preparation time

15 minutes



Cooking time

30 minutes



Makes

6 wraps



You will need

Glutafin Gluten Free Multipurpose Fibre Mix

Ingredients

For the wrap (makes 6)

- 200g Glutafin Gluten Free Select Multipurpose Fibre Mix
- 175ml boiling water
- 1 tbsp vegetable oil
- 1 tsp dried yeast (from sachet in pack)
- ½ tsp xanthan gum
- ¼ tsp salt

For the filling (serves 1)

- 2 small falafel, sliced (35g)
- 1 tbsp low fat natural yogurt (15g)
- 1 tbsp chopped fresh mint
- 1 medium-sized ready-to-eat beetroot, thinly sliced (40g)
- 5cm cucumber, thinly sliced (30g)
- 1 pinch ground cumin
- Handful of iceberg lettuce, shredded. (10g)

Method

To make the wrap

1. Place the flour mix into a medium bowl, pour over the boiling water.
2. Add the oil and mix to a paste. Leave for 2–3 minutes before adding the remaining ingredients. Stir with a fork and then by hand bring together to form a ball of dough.
3. Knead on a work surface lightly dusted with flour mix. Divide into 5–6 pieces depending on the size of wrap required.
4. Roll out each piece to 20–23cm using a cut out circle of baking parchment as a template. Place one at a time still resting on the baking parchment paper in a heavy based non-stick 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.
5. Continue until all wraps are made.

To make the filling

1. Mix the yogurt, mint and cumin with a little salt and spread on to the wrap. Layer over cucumber, beetroot and falafel. Top with lettuce and roll tightly, ready to serve!

PIZZA



Nutritional information

	Per half pizza
Energy (kcal)	684
Sugar (g)	24
Fat (g)	16
Saturated fat (g)	6.8
Fibre (g)	5.3
Salt (g)	3



Base can be frozen after baked (method 2). Wait until cold and freeze for up to one month.



Preparation time

20 minutes



Cooking time

25–30 minutes



Makes

1 pizza



Cooking temperature

220°C/200°C fan/Gas 7



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 250g Glutafin Gluten Free Select Multipurpose White Mix
- 1 ½ tsp yeast (from sachet in pack)
- ½ tsp salt
- ½ tsp sugar
- 200ml liquid (75ml just boiled water, 50ml cold water and 75ml semi skimmed milk)
- 1 tbsp olive oil

Sauce

- 4-5 tbsp passata (depending on consistency)
- 2 tsp mixed fresh chopped herbs (oregano, basil or thyme)
- 1 clove of garlic (crushed)
- Pinch of salt and ground black pepper

Finishing

- 75g mozzarella cheese (thinly sliced)
- 50g baby cherry tomatoes (halved)
- Half a red onion (roughly chopped)
- Black and green olives (optional)

Method

1. Prepare pizza base. Mix dried ingredients (except for the yeast) together with a fork. Add the oil. Stir the yeast into the liquid to make a smooth, thin batter.
2. Spoon the batter onto a 30cm/12" round solid base pizza tray lined with baking parchment paper to make a 26cm/10" base. Brush a 1cm border around the base with a little extra olive oil. Bake the plain base for 20 minutes until golden brown.
3. Mix the sauce ingredients together. Spoon onto the pizza base leaving the 1cm border clear.
4. Top with the cherry tomatoes, red onion, olives and sliced mozzarella. Cook for a further 5-10 minutes until the cheese has melted and is just starting to brown.

NAAN BREAD



Nutritional information

	Per naan
Energy (kcal)	296
Sugar (g)	9
Fat (g)	8
Saturated fat (g)	4.5
Fibre (g)	2.1
Salt (g)	0.9



Preparation time

35 minutes



Cooking time

15 minutes



Makes

6



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 350g Glutafin Gluten Free Select Multipurpose White Mix
- 10g yeast (from sachet in pack)
- ¼ tsp caster sugar
- 1 tsp xanthan gum
- 1 tsp gluten free baking powder
- ¼ tsp salt
- 25g butter or ghee (melted)
- 5 tbsp warm milk
- 150ml natural yogurt
- 1 medium egg

Finishing Ingredients

- 1 tbsp melted butter or ghee for brushing

Method

1. Place all the dried ingredients into a large mixing bowl and stir with a fork. Stir in the remaining ingredients and bring together by hand into a ball.
2. Turn out on to a work surface liberally dusted with extra flour mix and knead for 2 minutes until smooth. Divide the dough into 6, then roll each piece out into a tear shape approx 18cm length x 12cm width. Then place individually on a piece of non-stick baking foil. Rest on a flat surface, cover with a loose sheet of foil, and leave to prove for 30 minutes.
3. Once proved, place the naan on its foil liner under a preheated grill. Cook for 2-3 minutes on each side. Brush with melted butter or ghee and serve warm with a curry.



For the Fish Tacos recipe please
visit www.glutafin.co.uk

Meal ideas

Crispy Battered Fish

Fresh Pasta with Cherry Tomato Sauce

Katsu Curry

Sweet & Sour Battered Prawns

Savoury Pancakes

CRISPY BATTERED FISH



Nutritional information

	Per serve
Energy (kcal)	435
Sugar (g)	3.3
Fat (g)	24.5
Saturated fat (g)	3.0
Fibre (g)	0.7
Salt (g)	0.3



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



Preparation time

40 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Select Multipurpose White Mix



Cooking time

6 minutes per fish



Cooking temperature

170°C deep fat fryer

Ingredients

Batter

- 110g Glutafin Gluten Free Select Multipurpose White Mix
- 1 tsp yeast (from sachet in pack)
- 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 for dusting
- 2–3 litres sunflower oil for deep fat frying

Method

1. To prepare the batter, place the flour 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 flour 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 any excess oil.
4. Place the battered fish in a warm oven while the other fish are cooked.
5. Serve with gluten free oven chips – refer to Coeliac UK Food and Drink Directory.

FRESH PASTA WITH CHERRY TOMATO SAUCE



Nutritional information

	Per serve
Energy (kcal)	512
Sugar (g)	14
Fat (g)	16
Saturated fat (g)	4
Fibre (g)	8.1
Salt (g)	2.5



Pasta dough can be frozen for up to 4 weeks. Defrost and kneed for 30 seconds before use.



Preparation time

30 minutes



Cooking time

25 minutes



Makes

2



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

For the pasta

- 200–225g Glutafin Gluten Free Select Multipurpose White Mix
- 2 tsp xanthan gum
- Pinch of salt
- 3 medium eggs, beaten

For the sauce

- 1 tbsp olive oil

- ½ red onion, peeled and finely diced
- 2 garlic cloves, chopped
- 150g cherry plum tomatoes halved
- 50g green olives, chunky chopped
- 4–5 stems basil
- Cracked black pepper
- Pinch of sugar
- Parmesan shavings to serve

Method

Make the pasta

1. Place 200g of flour mix, xanthan gum and salt into a large bowl and combine, make a well in the centre and add the beaten eggs. Using a fork combine together to make the pasta dough, if a little sticky add more flour mix (eggs vary in size and this will be the reason). Bring together with your hands.
2. Knead the dough on a surface lightly dusted with flour mix for approximately 1 minute.
3. Wrap the dough in cling film and allow to rest in the refrigerator for 20 minutes.

Make the sauce

4. Heat the oil in a small frying pan, add the onion and fry over a medium heat for 3–4 minutes. Add the garlic and fry a further minute before adding the tomatoes and olives. Cook over a medium heat for 10 minutes.
5. Remove the basil leaves from the stem, reserving the best for garnish, chop the remainder. Add to the sauce and season with cracked black pepper and a pinch of sugar. Cook until the tomatoes are soft.
6. Roll the dough out very thinly on a surface lightly dusted with flour mix and cut into strips for tagliatelle. You may find it easier to roll out just half of the dough as it is easier to work with.
7. Cook for 3 minutes in a pan of boiling salted water. Drain and stir through the sauce. Garnish with the reserved basil leaves and Parmesan.

KATSU CURRY



Nutritional information

	Per serve
Energy (kcal)	594
Sugar (g)	16.4
Fat (g)	29.3
Saturated fat (g)	16.6
Fibre (g)	6.2
Salt (g)	2.09



Preparation time

30 minutes



Cooking time

20 minutes



Makes

4 portions



You will need

Glutafin Gluten Free Select Multipurpose White Mix,
Glutafin White Bread

Ingredients

- 4 slices Glutafin White Bread made into breadcrumbs
- 3 tbsp Glutafin Gluten Free Select Multipurpose White Mix
- 2 tbsp sunflower oil plus extra for frying
- 2 onions chopped
- 1 large carrot chopped
- 2 cloves garlic chopped
- Thumb size piece of ginger, grated
- 1 tbsp mild curry powder
- ½ tsp turmeric
- 400ml can coconut milk
- 3 tbsp mango chutney
- 2 tbsp Gluten Free Soy Sauce
- 4 chicken breasts or 10-12 chicken mini fillets (you could also use tofu)
- 1-2 eggs beaten

To Serve:

- Rice
- Carrot, Red pepper and cucumber salad

Method

1. Heat the oil in a pan and fry off the onions and carrot over a medium heat until they are soft and just starting to colour. Add the garlic and ginger and cook for another 30 seconds.
2. Add the curry powder, turmeric and the 1 tbsp flour mix and cook for 30 secs (keep stirring).
3. Add coconut milk and 100ml of water, mango chutney and soy sauce then cook for 20 minutes. Use a hand blender or food processor to make a smooth sauce and keep warm.

While the sauce is cooking, prepare the chicken:

1. Set up 3 bowls, one containing 2 tbsp of flour mix (you can add a bit of salt and pepper if you wish), one with beaten egg, and one with the breadcrumbs.
2. Dip the chicken into the flour mix, egg and breadcrumbs then set aside on a baking tray.
3. Heat 2 tbsp oil in a frying pan and fry off the breadcrumb chicken over a medium heat until golden and cooked through. This should take 2-3 minutes on each side for mini fillets and 4-6 minutes on each side for chicken breast.

Serve the chicken katsu with the sauce and some white rice and a salad of cucumber, pepper, carrot and spring onions with a squeeze of lime if you fancy!

SWEET AND SOUR BATTERED PRAWNS



Nutritional information

	Per serve (prawns and sauce only)
Energy (kcal)	334
Sugar (g)	15
Fat (g)	12
Saturated fat (g)	1
Fibre (g)	2.8
Salt (g)	1.5



Preparation time

40 minutes



Cooking time

10–12 minutes



Makes

4



Cooking temperature

170°C deep fat fryer



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 135g Glutafin Gluten Free Select Multipurpose White Mix
- 1 tsp dried yeast (from sachet in pack)
- 1 tbsp vegetable oil
- 125ml sparkling water
- 250g raw prawns

Sauce

- 1 red pepper
- 1 large onion
- 2 tbsp oil
- 2 tbsp gluten free light soy sauce
- 1 heaped tbsp of brown sugar
- 2-3 tbsp of wine vinegar
- Sherry or rice wine to mix

Method

1. To make the batter, place 110g flour mix and yeast in a large mixing bowl. Stir together with a fork. Add the oil and sparkling water and mix with a fork to make a smooth runny batter. Set aside in a warm place for 30 minutes until frothy.
2. Meanwhile, slice the pepper into small pieces and finely chop the onion. Heat the oil in a saucepan on a high heat, add the pepper and onions. When the onions begin to turn transparent, reduce the heat.
3. Add gluten free light soy sauce, sugar and white wine vinegar and cook for 2 minutes.
4. Put 25g of flour mix in a cup and add enough sherry or rice wine to make a thick paste. Add more liquid (water, sherry or rice wine as preferred) to make up half a cup, add to the ingredients in the saucepan, stir continuously until it thickens. Remove from the heat while preparing the prawns.
5. Dip the prawns in the batter, coating them well.
6. Preheat a deep fat fryer to 170°C. Cook the prawns in small batches for 5–6 minutes until the batter is puffed and golden. Remove with a slotted spoon and drain on kitchen paper.

To Serve

Place the prawn balls on a bed of rice, pour over the sauce and serve with a side salad.

SAVOURY PANCAKES



Nutritional information

	Per pancake
Energy (kcal)	579
Sugar (g)	12.6
Fat (g)	34
Saturated fat (g)	12.9
Fibre (g)	1.8
Salt (g)	1.26

**Preparation time**

25 minutes

**Cooking time**

50 minutes

**Makes**

2 - 3 portions

**Cooking temperature**

200°C/180°C/Gas 6

**You will need**

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 130g Glutafin Gluten Free Select Multipurpose White Mix
- 250ml whole milk
- 1 egg
- 1 tbsp vegetable oil for cooking
- ½ large butternut squash in 1cm cubes
- 1 onion – finely chopped
- 3 tbsp pesto
- 60g Goats cheese
- 50g grated Mozzarella
- 50g grated Cheddar
- 1 tbsp olive oil

Method

1. Toss the chopped squash in 1 tbsp olive oil, place on a baking tray and bake in the oven for 20-25 minutes until soft and golden.
2. While the squash is cooking: Fry onion in 1 tbsp olive oil over a low heat until golden and caramelised, about 10 minutes, set aside.
3. Make the pancakes: Combine the flour mix, milk and egg in a jug and mix well.
4. Heat 1 tbsp of oil in a pan and spoon enough pancake batter in to cover the bottom. Swirl it around to coat the pan. After 1 minute or when the pancake starts to release at the edge, flip it over and cook the other side. Take out, keep warm and repeat with the rest of the batter (Makes 6).
5. When the squash is cooked, remove from the oven and mix with the onion and pesto.
6. To assemble: Take one pancake and place some squash filling in the middle, sprinkle over some goats cheese and mozzarella. Roll it up and fold in the ends like a parcel then place in an ovenproof tray.
7. Repeat with the other pancakes then sprinkle the remaining cheddar and mozzarella over the top.
8. Heat for about 15-20 minutes at 180°C/160°C/Gas 4 until the cheese has melted. Serve.



For more seasonal recipe
inspiration visit
www.glutafin.co.uk

Seasonal Treats

Pancake Batter
Christmas Cake
Mince Pies

PANCAKE BATTER



Nutritional information

	Per pancake
Energy (kcal)	116
Sugar (g)	4
Fat (g)	4
Saturated fat (g)	1
Fibre (g)	0.4
Salt (g)	0.1



Preparation time

10 minutes



Cooking time

4 minutes per pancake



Makes

6



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 110g Glutafin Gluten Free Select Multipurpose White Mix
- 1 medium egg, beaten
- 300ml semi-skimmed milk
- 1 tbsp vegetable oil

Method

1. Place the flour mix into a large bowl. Make a well in the centre and add the egg and a little milk. Whisk to form a thick paste. Gradually beat in the remaining milk to make a smooth batter.
2. Heat 1 tsp of oil in a non-stick frying pan. Pour in a little batter and tilt the pan back and forth to evenly cover the base with the batter.
3. Cook for 1-2 minutes on each side and transfer to a warm serving plate. Cover with greaseproof paper and keep warm while the rest of the pancakes are made.
5. Best eaten fresh or within 24 hours.

Serve with your favourite topping.



For a more indulgent pancake recipe, visit our website

CHRISTMAS CAKE



Nutritional information

	Per slice
Energy (kcal)	505
Sugar (g)	60
Fat (g)	19
Saturated fat (g)	9
Fibre (g)	5.6
Salt (g)	0.5



Once your fruit cake is cooked, dose with brandy regularly, this will give it a delicious taste, and will help it keep for 6–8 weeks.



Preparation time

30 mins + soaking fruit overnight



Cooking time

2–2 ½ hours



Makes

10



Cooking temperature

150°C/130°C Fan/
Gas Mark 2



You will need

Glutafin Gluten Free Select Multipurpose Fibre Mix

Ingredients

- 225g Gluten Free Select Multipurpose Fibre Mix
 - 75g ground almonds
 - 1 ½ tsp ground mixed spice
 - ½ tsp xanthan gum
 - 165g butter, softened
 - 165g dark soft brown sugar
 - 3 medium eggs, beaten
- ### Soaking mix
- 450g mixed dried fruit (200g currants, 125g sultanas, 125g raisins)
 - 85g pitted dates
 - 60g glace cherries
 - ½ tbsp black treacle
 - 1 large orange (grated zest and 125ml juice and water if necessary)

Method

1. Line the base and sides of a deep 20cm cake tin with a double layer of greaseproof paper or baking parchment ensuring the sides of the paper come up at least 5cm above the top rim of the tin.
2. Place the soaking mix ingredients into a large mixing bowl. Cover and microwave for 2 minutes, stir and cook for a further 2 minutes. Stir and set aside to soak for a minimum of 8 hours or overnight.
3. Beat the butter and sugar together until soft and creamy with an electric whisk, add all the other cake ingredients and beat together for a further 2 minutes. Stir in the soaked fruit.
4. Spoon the mixture into the prepared tin. Smooth the top of the surface with a spatula.
5. Place on the bottom shelf of a preheated oven and cook for 2–2 ½ hours.
6. Test to check if the cake is cooked by inserting a skewer. If the cake requires additional cooking retest every 20 minutes. Rest the cooked cake on a cooling tray and leave until completely cold before turning out. Store the cooled cake in an airtight tin or wrapped in foil and keep in a cool place for 6–8 weeks.
7. Marzipan and ice with fondant or royal icing as required.

MINCE PIES



Nutritional information

	Per pie
Energy (kcal)	232
Sugar (g)	24
Fat (g)	9
Saturated fat (g)	4.6
Fibre (g)	0.4
Salt (g)	0.2



Can be frozen for up to 2 months.



Preparation time

50–55 minutes



Cooking time

15 minutes



Makes

14 servings



Cooking temperature

190°C/170° Fan/ Gas 5



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 225g Glutafin Gluten Free Select Multipurpose White Mix
- 110g butter, slightly softened
- 1 medium egg, beaten
- 1 tbsp. cold water
- 25g caster sugar
- 400g sweet mincemeat, gluten free
- 10 – 15g caster sugar to sprinkle on the top of the pies
- 1 tbsp. milk (optional)

Method

1. Prepare the pastry. Place half the flour mix in a bowl with the butter, beaten egg and water, using a fork mix together.
2. Add the remaining flour mix and bring together, firstly with a fork and then bringing into a ball using your hands.
3. Knead on a work surface lightly dusted with flour mix for 1 minute. Place in cling film or greaseproof paper and chill for 30 minutes. Roll out the pastry and knead for 30 seconds to a minute. Divide the dough into two. Roll out half and cut into rounds to line the mince pie tins. Top with a generous teaspoon of mincemeat.
5. Brush around the pastry case rim with milk. Roll out the remaining pastry and cut out lids using a smaller pastry cutter. Gently press the edges together around the mincemeat filling.
6. Brush the lid of each pie with the remaining milk and sprinkle with caster sugar. Bake in preheated oven until the pastry is golden. Allow to cool in the tin for 5 minutes.
7. Store in an airtight container for up to 5 days. For best results warm gently before serving and sprinkle with caster sugar or icing sugar.



For the Steak Pie recipe please
visit www.glutafin.co.uk

For the more experienced cook

Puff Pastry

Eccles Cakes

Pork Pie

Doughnuts

PUFF PASTRY



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

Nutritional information

	Per 100g	Per sheet
Energy (kcal)	432	1256.3
Sugar (g)	5.0	14.5
Fat (g)	31.3	91.0
Saturated fat (g)	19.8	57.7
Fibre (g)	1.0	3.0
Salt (g)	1	3



Preparation time

2½–3 hours



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Ingredients

- 125g Glutafin Gluten Free Select Multipurpose White Mix
- 110g butter, straight from the refrigerator
- 1 tsp xanthan gum
- ¼ tsp fine salt
- 50g cold water
- 1 tsp lemon juice
- A small amount of mix for dusting

Method

1. Sift the flour mix, xanthan gum and salt into a large bowl. Roughly break in 35g of the butter, rub into the flour mix until the butter is in small granules. Cut the remaining butter into small chunks, add them to the flour mix and toss them around with a round bladed knife until coated with flour mix. You need to see bits of butter.
2. Pour in the cold water and lemon juice, mixing with a 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 × 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



Nutritional information

	Per cake
Energy (kcal)	326
Sugar (g)	27.2
Fat (g)	17.4
Saturated fat (g)	11.0
Fibre (g)	1.1
Salt (g)	0.5



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



Preparation time

3½ hours, including making pastry



Makes

6



Cooking time

20–25 minutes



Cooking temperature

200°C/180°C Fan/Gas 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. Cut out 6 × 12.5cm rounds from the puff pastry. Chill for 15–20 minutes.
3. 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.
4. 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.
5. Return to the fridge to chill for 20 minutes.
6. Bake in a preheated oven for 20–25 minutes until golden brown.
7. Can be stored for 2 days in an airtight container. Freeze for up to 1 month, defrost and serve warm.

PORK PIE

Made with hot water crust pastry

Nutritional information

	Per serve
Energy (kcal)	427
Sugar (g)	6
Fat (g)	18.6
Saturated fat (g)	7.0
Fibre (g)	1.3
Salt (g)	3.3



The pork pie is best eaten the next day.



Preparation time

20 minutes



Cooking time

80 minutes



Makes

4 servings



Cooking temperature

220°C/200°C Fan/Gas 7



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 or hard white vegetable fat

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 (follow manufactures instructions)

Method

Hot Water Crust Pastry

1. Sieve the flour mix and salt together and stir in the beaten egg.
2. Add the boiling water to a saucepan and add the cubed lard. Melt the lard in the water and bring to the boil.
3. Carefully combine the lard & water mix into the flour 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 (10–11cm diameter 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.

Pork Pie Filling

1. Mix the meat with the herbs and spices. Add the filling to the tin and press firmly into the mould.
2. 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.
3. Make a small hole in the top of the pie and brush with beaten egg.
4. Wrap the brown paper around the pie tin as protection.
5. 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.
6. Carefully remove the pie from the tin, brush all over with beaten egg and return to the oven for 10 minutes until golden.
7. 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.
8. 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.



DOUGHNUTS



Preparation time

90 minutes



Cooking time

12 minutes



Makes

12 doughnuts



Cooking temperature

165°C deep fat fryer



You will need

Glutafin Gluten Free Select Multipurpose White Mix

Nutritional information

	Per doughnut
Energy (kcal)	192
Sugar (g)	12.9
Fat (g)	7.0
Saturated fat (g)	2.2
Fibre (g)	0.6
Salt (g)	0.3



Can be frozen for up to one month, if frozen within 2 hours of making. Defrost and reheat in microwave for 20 seconds per doughnut.

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 sachet in pack)
- 35g caster sugar

- 35g butter
- 1 medium egg, beaten
- 100ml warm semi skimmed milk
- 2–3 litres sunflower oil for deep fat frying
- 200g caster sugar for topping

Jam Doughnuts

- 50g runny strawberry jam

Custard Doughnuts

- 100g ready-made custard

Method

1. Place all the dry ingredients in a bowl and mix together with a fork.
2. Cube the butter and rub into the dry ingredients until it's no longer visible.
3. Add the beaten egg and warm milk, mix together to form a soft but not sticky dough.
4. Sprinkle the work surface with flour mix and tip the doughnut mixture onto the surface. Gently bring together until the dough is coated. With a sharp knife, divide the 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 flour 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.

Best eaten within 8 hours of making.

Jam or Custard Doughnuts

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

Glutafin

GLUTEN FREE

Glutafin is here to help you

Our Glutafin careline team are here to answer all your calls, emails and online requests. 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.



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