

GLUTEN-FREE RECIPES from Croydon Branch Take and Share Evening April 2013

Pancetta & Cheese Muffins

Makes 12

1 teaspoon olive oil
200g gluten-free pancetta, chopped finely
4 spring onions, sliced thinly
175g gluten-free self-raising flour)
55g polenta) or 230g gluten-free self-raising flour
75g grated pizza cheese (¾ cup)
160 ml milk
2 eggs
60g butter, melted (or 60g sunflower oil)

Preheat oven to 200°C/180°C fan-assisted. Line 12-hole muffin pan with paper cases.
Heat oil in medium frying pan; cook pancetta, stirring, about 3 minutes or until browned lightly.
Add onion; cook, stirring, until soft. Cool.
Combine flour, polenta and ½ cup of the cheese in medium bowl; stir in combined milk and eggs, melted butter and pancetta mixture.
Divide mixture among paper cases; sprinkle with remaining cheese. Bake about 20 minutes. Stand muffins in pan for 5 minutes then turn, top-side up, onto wire rack to cool.

Muffins can be stored in the refrigerator in an airtight container for up to 2 days or freezer for up to 3 months.

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Chocolate Éclairs/Profiteroles

75g Gluten-free flour mix
50g margarine
150 ml water
2 eggs (beaten)
150 ml whipped double cream
Gluten-free cooking chocolate (melted) **Preheat oven: 400°F/200°C/Gas No.6**

Weigh the flour mix and have ready on a plate. Beat eggs together in a small basin.
Bring the margarine and water to the boil in a saucepan. Remove from heat and add all the flour beating it well until the mixture comes together, leaving the sides of the pan.
Allow it to cool slightly before adding a little egg at a time. Beat well after each addition to form a smooth, glossy paste.
For profiteroles; put teaspoonfuls on a greased baking tray, (spaced well apart), or for éclairs; pipe with a large nylon bag and ½" plain nozzle into 2½" lengths.
Bake in the upper half of the preheated oven until well risen and brown. **DO NOT OPEN THE OVEN DOOR** for at least 20 minutes. Reduce heat and cook until crisp at the sides. Slit open with a sharp knife, and leave to cool on a rack.
Fill with whipped cream and dip the tops in melted chocolate for éclairs, or serve with hot chocolate sauce for profiteroles.

For a tasty savoury version add a pinch of cayenne pepper and 25g grated cheddar cheese to the mix. Pipe 1" shells onto baking sheet. When cool, fill with a mixture of cream cheese and chopped smoked salmon and dill with a dash of lemon juice.

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Cherry, Choc and Coconut Tray Bake

200g desiccated coconut
85g caster sugar
2 eggs, beaten
200g bar white gluten-free chocolate, roughly chopped
85g glace cherries, halved

Heat oven to 180°C/160°C fan/Gas 4. Line a 20 x 30cm baking tray with baking parchment.
In a large bowl mix the desiccated coconut, sugar, eggs, white chocolate and glace cherries until combined. Cook for 20 mins until golden brown and set, then cool in the tin before slicing into bars.

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Gluten-free Banana Loaf

140g butter, softened, plus extra for lining the tin
140g caster sugar
2 large eggs, beaten
140g gluten-free self-raising flour
1 tsp baking powder
2 very ripe bananas, mashed

Heat oven to 180°C/160°C fan/Gas 4. Butter a 2lb loaf tin and line the base and sides with baking parchment.
Cream the butter and sugar until light and fluffy then slowly add the eggs with a little flour.
Fold in the remaining flour, baking powder and bananas.
Pour into the tin and bake for about 30 mins until a skewer comes out clean.
Cool in the tin for 10 mins, and then remove to a wire rack.

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Basic Sponge Cake

200g Gluten-free flour mix
1 tsp Gluten-free baking powder
150g caster sugar
200g soft margarine or butter (min 70% fat content)
4 medium eggs, beaten

Place all ingredients into a large bowl and beat well until light and fluffy. Turn the mixture into 2 x 20cm (8") sandwich tins which have been greased and base lined or for fairy cakes, divide between approx. 18 paper cases. Bake in a preheated oven for: Sandwich cakes – 20 mins;
Fairy cakes: 12-15 mins.

For **Strawberry Sponge Bites**

Add 2 tsp vanilla extract, 2 dsp milk and sliced frozen strawberries to the Basic Sponge Cake mix.
Cook for 20-25 mins in little loaf tins.

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Belgian Fudge Cake

4 oz butter/sunflower spread
2 tbsp Golden Syrup
5 oz Dark Gluten-free Cooking Chocolate
8 oz crushed Gluten-free Biscuits (Digestive or Rich Tea)
1 oz raisins
2 oz Glacé Cherries (quartered)

Grease and base line a 1lb loaf tin.
Melt butter and syrup together in a saucepan.
Stir in broken up chocolate, fruit and biscuits.
Press firmly into prepared tin and place in fridge to set.
Turn onto a board to ice.

Fudge Icing

1 oz butter
2 oz Dark Gluten-free Cooking Chocolate
6oz Icing sugar

In a saucepan, melt butter and chocolate, plus 3 dtps of water.
Stir in sifted icing sugar.
Beat until cool and thick.
Spread over cake and dust with more icing sugar.

Decorate with halved glace cherries. As this is quite rich it is suggested you slice the loaf then halve the slices!

Auntie Jooolah's Cake

150g Dark Gluten-free chocolate
35g cocoa powder
80 ml water
100g ground almonds
100g soft brown sugar
4 medium eggs, separated
Icing sugar for dusting

Preheat the oven to 180°C/Gas 4. Line a 20cm/8" round, loose-based cake tin that is 6cm/2½" deep with baking paper.
Place the chocolate in a heatproof bowl and set over a pan of gently simmering water, ensuring the water doesn't actually touch the bowl. Stir the chocolate until it melts.
Meanwhile, put the cocoa powder and water in a large mixing bowl and whisk until smooth. Add the melted chocolate, ground almonds, sugar and egg yolks and whisk well to combine.
In a separate bowl, whisk the egg whites until soft peaks form. Gently fold them into the cake mixture.
Pour the batter into the prepared tin and bake for 35-50 mins or until a skewer inserted at the middle of the cake comes out clean. Remove the cake from the oven and set aside to cool in the tin for about half an hour, then turn out on to a wire rack to cool completely.
Dust with icing sugar or grated chocolate.

Chocolate Olive Oil Cake

150ml regular olive oil, plus extra for greasing
50g cocoa powder, sifted
125 ml boiling water
2 tsp vanilla extract
150g ground almonds
½tsp bicarbonate of soda
Pinch of salt
200g caster sugar
3 eggs

Preheat the oven to 170°C/325°F/Gas 3. Grease a 23cm/9" spring form cake tin with a little oil and line the base with baking parchment.

Measure and sift the cocoa powder into a bowl or jug and whisk in the boiling water until you have a smooth, chocolaty, still runny paste. Whisk in the vanilla extract, then set aside to cool a little.

In another smallish bowl, combine the ground almonds with the bicarbonate of soda and a pinch of salt.

Put the sugar, olive oil and eggs into a bowl and beat together vigorously (preferably using an electric mixer) until you have a pale-primrose, aerated and thickened cream.

Pour in the cocoa mixture beating as you go then slowly tip in the ground almonds mixture.

Fold in gently and pour the batter into the prepared tin.

Bake for 40-45 minutes or until the sides are set and the very centre, on top, still looks slightly damp.

Let it cool for 10 mins on a wire rack in the tin, then ease out of tin to cool completely.

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Rock Cakes

250g butter
250g caster sugar
1kg plain Gluten-free flour
3 tbsps Gluten-free baking powder
50 ml milk
3 eggs
500 ml water
1tsp finely grated orange or lemon rind
300g sultanas (or mixed peel)
Demerara sugar for added crunch

Preheat oven to 200°C/Gas 6. Grease two large baking trays.

Cream butter and sugar together using an electric mixer

Add flour and baking powder. Mix in well.

Add milk, eggs, water and zest. Continue to mix. Add sultanas or peel and mix well.

Dollop even portions of dough onto greased baking trays (not too close together).

Sprinkle with Demerara sugar. Bake for 15 mins or until cooked through.

Cool on rack and serve warm.

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Welsh Cakes

8 oz Gluten-free flour mix
3 oz margarine
3 oz caster sugar
3 oz currants
1 egg
Milk to mix

Sift flour into basin and rub in fat. Add sugar and currants. Beat egg and use with a little milk to mix to a dough-like pastry.

Roll out to ¼" thick and cut into rounds.

Cook in hot lightly greased pan for a few minutes each side.

Dredge with caster sugar. (they give the appearance of still being uncooked in centre but once completely cold they are fine)

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Gluten-free Scones

450g Gluten-free flour mix, sifted
3½ tsps Gluten-free baking powder
1 tsp xanthan gum
150g ground almonds
125g golden caster sugar
½ tsp salt
150g dairy-free margarine
150g sultanas
4 large free-range eggs, beaten, plus extra for glazing

Preheat the oven to 220°C/425°F/Gas 7 and cover a baking sheet with baking parchment.

Place the flour and baking powder in a large mixing bowl, then stir in the xanthan gum, ground almonds, sugar and salt. Rub in the margarine with your finger tips until the mixture resembles fine breadcrumbs. Stir in the sultanas.

Make a well in the centre and pour in the beaten eggs. Mix with a wooden spoon, starting from the centre of the well and stirring outwards until you have sticky dough. Wrap in clingfilm and chill in the refrigerator for at least 1 hour.

Lightly dust a work surface with flour, roll out the dough to approximately 3.5 cm (1½") thick and use a 6 cm (2½") fluted cutter to cut out the scones, rerolling the trimmings as necessary.

Place on the prepared baking sheet and brush with beaten egg.

Bake in the preheated oven for 12-15 minutes until deliciously golden brown.

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