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presents

Gluten Free-Easy

Second Edition

***Easy Recipes
that are Gluten-Free
(not Taste-Free)
Sample Recipes***

HOW TO USE THIS EBOOK

To search

Look for a box with "find" in it at the top of the screen

Type in the main ingredient you want to cook

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Click on headings or recipes you wish to jump to.

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**YOU MAY PASS THIS SAMPLER ON TO ANYBODY YOU THINK WILL
FIND IT USEFUL**

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BASICS

Pie crust 2

350g (12 oz) yellow maize meal ('polenta')

½ tsp salt

3 tblsp oil

about 150 ml (5 fl oz) hot stock

Mix the dry ingredients with enough stock to make a stiff batter.

Pat into a 22.5 cm deep pie dish.

Add your preferred filling and continue with recipe.

Panbread/pan pizza base

1 cup gluten free flour (I used Doves Farm)

1 small egg

a pinch of salt (optional)

one third cup of water (more or less as required)

Break egg into flour and salt, and knead together into rather sticky "breadcrumbs".

Add water, sufficient to make a sticky dough.

Break into 3 pieces.

Flour the worktop and flatten the dough into the size required. You will probably need to re-flour a couple of times before you have finished this step.

Cook one at a time in an oiled pan over a low to medium heat, turning once.

Serve immediately or leave to cool and serve same day, the fresher the better.

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SOUPS AND STARTERS

Lentil soup

6 Servings

175g (6 oz) lentils
1 clove garlic, crushed
175g (6 oz) cooking bacon, diced
1 onion, chopped
1 large carrot, diced
1 litre (2 pints) water

Put all the ingredients into a large cooking pot. Bring to the boil, cover and lower heat to a simmer.

Cook for about 20 minutes, stirring occasionally until the lentils have become completely soft and easy to mash.

Allow to cool for a few minutes, then transfer in batches to a food processor or blender and blend until smooth.

Return to pan, reheat, check seasoning and serve.

RECIPES KIDS LOVE

Chicken and bamboo shoot soup

8 Servings

8 large or 16 small mushrooms
1 tblsp oil
1 clove garlic, crushed
2 tsp fresh ginger, peeled and finely chopped
2 raw chicken breasts, thinly sliced
1.5 litres (2½ pints) chicken stock
125g (4 oz) bamboo shoot, thinly sliced
salt and pepper
125g (4 oz) uncooked Kenya (needle) beans, whole
2 spring onions, sliced

If you can get dried Chinese mushrooms, these are the best. Alternatively, use straw mushrooms (available in tins from Chinese supermarkets), oyster mushrooms or ordinary mushrooms (in order of preference).

If using dried mushrooms, put them into cold water to cover and soak for 1 hour. Squeeze dry.

Slice mushrooms thinly, removing hard parts, if present.

Heat oil in pan, fry garlic and ginger together for 1 minute until browning. Add mushrooms and cook for a further 1-2 minutes.

Stir in chicken. Add stock and bamboo shoot. Season, bring to the boil and simmer for 2-3 minutes.

Top and tail the beans and add to the soup. Simmer for another 3-5 minutes.

Stir in onions and serve hot.

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MAIN COURSES: MEAT BASED

Country lamb

6 Servings

2 kg (4 lb) shoulder of lamb
3 tblsp oil
150g (6 oz) onion, chopped
100g (4 oz) mushrooms, washed and sliced
400g (13½ oz) can peeled tomatoes
1 level tsp paprika
1 clove garlic crushed (optional)
1 sprig rosemary
300 ml (1 pint) cider

Heat the oil in a large ovenproof casserole. Brown the lamb all over. Remove and put aside.

Fry onion until soft, add mushrooms, tomatoes, paprika, garlic, rosemary and cider. Check seasoning. Cook together for 6-7 minutes.

Return meat to pan.

Cover casserole and cook at 180°C (350°F, gas mark 4) for 2 hours. Remove cover and cook for a further 30 minutes.

RECIPES KIDS LOVE

Barbecue-style spare ribs

4 Servings

4 spare rib chops
1 tblsp oil
salt and pepper
2 level tsp cornflour or arrowroot
¼ tsp Worcestershire sauce
1 tsp yeast extract
1 tblsp vinegar
2 tblsp gluten free tomato ketchup
1 level tsp curry powder
1 level tblsp brown sugar

Brush chops with oil, season and grill on each side for about 7 minutes. Transfer to a casserole dish.

Pre-heat oven to 180°C (350°F, gas mark 4) .

Blend remaining ingredients together and heat in a small pan, stirring continuously until thickened.

Bake for 1 hour. Serve chops on a bed of rice, rice noodles, or mashed potato. Pour remaining sauce over, and add a serving of salad or sweetcorn on the side.

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MAIN COURSES: FISH BASED

Mackerel casserole

4 Servings

4 mackerel fillets
1 garlic clove, crushed
125g (4 oz) mushrooms, chopped
100g (3 oz) sweet corn
100g (3 oz) peas
1 large onion, chopped
400 ml (13½ oz) can chopped tomatoes
½ tsp dried fennel
1 tblsp fresh parsley, chopped
salt and pepper

Pre-heat oven to 180°C (350°F, gas mark 4).

Cut fillets into 2cm (1") wide strips, place in casserole. Add garlic and vegetables. Mix tomatoes with fennel, parsley and seasoning. Add to casserole, stirring to mix.

Cover and bake for 1 hour.

Poached trout

4 Servings

4x250g (8 oz) rainbow trout, cleaned
4 stuffed green olives, cut in half
3 bay leaves
1 small onion, quartered
4 strips lemon rind
2 sprigs parsley
4 cloves

Put the bay leaves, onion, lemon rind, parsley and cloves into a litre (2 pints) of water and bring to the boil. Simmer for 5 minutes. Strain into a shallow pan.

Place the washed trout into the pan, cover with lid and bring slowly back to the boil. Reduce heat and simmer for 10 minutes.

Remove from heat and allow to cool in the liquid. When cool, lift out and drain.

Place each trout on a serving dish, with a slice of olive over each eye. Serve chilled.

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RECIPES KIDS LOVE

Sweet and sour fish

8 Servings

2 kg (4 lb) fresh whole bream, mullet or bass
3 cloves garlic, sliced
8 slices fresh root ginger
2 tblsp gluten-free soy sauce
1 tblsp rice wine or dry sherry (optional)
3 large or 6 small mushrooms
2 spring onions
125g (4 oz) bamboo shoots
1 carrot
1 tblsp peas, fresh or frozen
60g (2 oz) cornflour
oil for frying
300 ml (½ pint) gluten free sweet and sour sauce

If you can get dried Chinese mushrooms, these are the best. Alternatively, use straw mushrooms (available in tins from Chinese supermarkets), oyster mushrooms or ordinary mushrooms (in order of preference).

If using dried mushrooms, put them into cold water to cover and soak for 1 hour. Squeeze dry.

Clean fish, scraping off the scales with sharp knife. Rinse well.

Make diagonal slits into the flesh on both sides of fish, insert garlic and half of the ginger into the slits.

Place fish in dish and pour over gluten-free soy sauce and rice wine or sherry. Leave to marinade for at least 30 minutes.

Pat fish dry and coat with cornflour. Heat oil until very hot and fry fish on both sides until crisp, about 4 minutes. Drain on kitchen towel and transfer to serving dish.

Chop vegetables and remaining ginger.

Reheat sweet sour sauce in a pan, add vegetables and cook for a further 2 minutes. Pour over fish and serve immediately.

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MAIN COURSES: VEGETABLE BASED

Korean-style rice and vegetables

4 Servings

2 cups brown rice
1 cup mushrooms
2-3 sliced onions
2-3 crushed cloves garlic
2 tbslp dark gluten-free soy sauce
1 tbslp sesame or olive oil
1 tbslp Kaey-Garu or sesame seeds
1 tsp salt
pepper
2 cups of sliced vegetables to taste, eg carrots, courgettes, diced potato, leeks etc.
4 cups water

Wash rice and drain.

Mix mushrooms, onions, garlic, gluten-free soy sauce, oil and sesame seeds, salt and pepper. Fry mixture for 2 minutes in a large pan.

Add rice, vegetables and water and stir. Cover tightly and bring to the boil.

Reduce heat to lowest and cook for about 30 minutes until rice is dry and fluffy.

When cooked, turn onto a hot platter and serve at once.

Alternatively, using a metal casserole dish instead of a pan, the dish can be transferred to a fairly hot oven once it has come to the boil and served, once cooked, from the cooking dish.

Frittata (Italian omelette)

6-8 Servings

250g (8 oz) courgettes
1 red onion
1 green pepper
6 cherry tomatoes
6 free range eggs
Salt and pepper
3 oz grated cheese
Butter or olive oil

Core green pepper and slice finely. Peel and slice onion finely. Clean courgettes and slice thinly. Quarter tomatoes.

In the omelette pan, heat oil or butter and add prepared vegetables. Sauté gently together until softened.

Beat eggs with salt and freshly ground black pepper. Pour over vegetables and stir in cheese.

As the egg cooks, loosen the sides and allow the uncooked part to flow to the bottom of the pan, then lower heat and cover pan with lid.

After 10 minutes remove lid and slide pan under grill to brown.

Loosen sides and turn out onto plate.

Cut into wedges to eat hot or cold with salad.

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MAIN COURSE ACCOMPANIMENTS: SIDE DISHES

Pulao (Pakistani pilau rice)

4 Servings

2 cups brown rice
2 tblsp oil
salt and pepper
4 cups boiling water
yellow food die (optional)

Fry rice gently in the oil, stirring all the time. Add plenty of salt and pepper, and when the rice begins to look translucent, slowly add the liquid. When all the water has been added, stir, cover and cook over a very low heat until all the water has been absorbed. Add several drops of food die to the cooked rice, and serve.

RECIPES KIDS LOVE

Potato latkes

2-3 Servings

Half an onion, chopped finely
1 large potato, peeled and chopped finely
1 small can sweetcorn, drained (optional)
2 tblsp rice flour
2 tblsp chopped parsley
2 eggs, beaten
Salt and pepper
5 tblsp dried milk powder
Oil for frying

Mix all ingredients except oil together and fry like pancakes in hot oil. Brown both sides well and drain on kitchen towel before serving.

Egg fried rice

2-3 Servings

2 eggs
1 cup cooked rice
1-2 cloves of garlic
2 spring onions
1 tblsp gluten-free soy sauce
oil for frying

Chop spring onions, crush and chop garlic finely. Beat eggs lightly.

Heat oil and pour in eggs, cook until set, turn over to set the other side, then remove from pan and chop.

Put the spring onions, garlic and rice into the pan and fry until popping slightly. Stir and continue to cook until all the rice is well heated on all sides.

Put the egg back into the pan and pour over the gluten-free soy sauce. Continue to cook, stirring to distribute the gluten-free soy sauce evenly. Serve immediately.

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MAIN COURSE ACCOMPANIMENTS: SAUCES

Sweet and sour sauce with pineapple

6-8 Servings

1 clove garlic, crushed
250g (8 oz) can pineapple
2 level tblsp castor sugar
4 tblsp cider vinegar
4 tblsp gluten-free soy sauce
2 level tblsp cornflour

Fry garlic in a little oil and drain on kitchen paper.

Drain pineapple, reserving juice. Cut fruit into chunks and put in a pan over a medium heat with garlic, sugar, vinegar and gluten-free soy sauce.

Make juice up to 200ml (½ pint) with water. Use a little of this to blend with the cornflour to make a smooth paste. Stir into pan along with the remaining juice and water.

Bring to the boil, stirring continuously. The liquid will start to thicken and change colour, becoming translucent when completely cooked.

Season to taste and serve hot.

RECIPES KIDS LOVE

Hot tomato sauce

4 Servings

1 kg (2 lb) fresh tomatoes, skinned
1 medium onion, sliced
30g (1 oz) butter
1 level tblsp olive oil
2 cloves garlic, crushed
2 level tsp fresh basil
1 bay leaf
2 level tsp fresh rosemary
1 level tsp fresh parsley
150 ml (¼ pint) stock
salt and black pepper
1 level tblsp tomato puree

Put all the ingredients into a large saucepan and season to taste.

Cover and simmer for about 30 minutes.

Blend until smooth. Return to pan and reheat.

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VEGETABLE DISHES

Peas with lettuce

6-8 Servings

About 10 lettuce leaves
750g (1½ lb) shelled or frozen peas
1 level tsp mint, chopped (optional)
1½ tblsp butter
salt and pepper

Wash the lettuce leaves and use half to line a large saucepan.

Put in the peas, sprinkle with the mint, if used, and the butter cut into small pieces.

Cover with remaining lettuce. Put lid on pan, and cook on low heat for 20 minutes, shaking now and then to prevent the peas from sticking.

Season, turn into a warmed serving dish. Serve hot.

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DESSERTS AND PUDDINGS

Apple lemon mousse

6 Servings

1 packet lemon jelly
300ml (½ pint) unsweetened apple puree
2 eggs, separated
1 lemon

Dissolve the jelly and make up to 250ml (½ pint) with boiling water.

Mix apple puree and egg yolks with the grated rind of half a lemon. Stir in the jelly and put in a cold place to cool.

When the jelly mixture is almost set, stiffly whisk egg whites.

Whisk the jelly until thick and pale, then fold in egg whites. Pour into a serving dish.

Decorate with lemon slices from the remaining half of the lemon and serve chilled.

RECIPES KIDS LOVE

Chocolate pots

Makes 6

3 eggs, separated
180g (6 oz) plain chocolate
300 ml (½ pint) whipping cream

Whisk egg whites until stiff.

Melt chocolate in microwave or in a bowl over a pan of hot water. Stir in 2 tblsp cream.

Beat in the egg yolks and fold in the whites.

Divide mixture between 6 individual ramekins. Chill.

Top with whipped cream and serve.

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DESSERTS AND PUDDINGS: ACCOMPANIMENTS

Butterscotch rum sauce

6-8 Servings

3 tblsp golden syrup
3 level tblsp brown sugar
45g (1½ oz) butter
600 ml (1 pint) milk
2 level tblsp cornflour or arrowroot
1 tblsp lemon juice
2 tblsp rum

Heat syrup, sugar and butter together in a small thick saucepan until it starts caramelising.

Blend the milk and cornflour or arrowroot to a smooth cream. Add to the saucepan, stirring continuously and stir until thickened.

Stir in lemon juice and rum. Serve hot.

RECIPES KIDS LOVE

Chocolate sauce for ice cream

8 Servings

60g (2 oz) dark chocolate
375ml (12 fl oz) water
225g (7 oz) castor sugar
1 tblsp cornflour or arrowroot
a pinch of salt

Break chocolate into pieces. Put in a small saucepan with the water and stir over a low heat until smooth.

Add sugar, cornflour and salt. Cook until sugar is dissolved and sauce thickened.

Bring to the boil and cook for 3 minutes.

Serve hot with ice cream.

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CAKES, BAKES AND SWEETIES

Banana cake

1 ripe banana.
60g (2 oz) softened butter
1 large egg
120g (4 oz) demerara sugar
½ tsp vanilla extract
30g (1 oz) rice flour
90g (3 oz) potato flour
30g (1 oz) ground almonds
¼ tsp bicarbonate of soda
1 tsp gluten free baking powder

Pre-heat oven to 180°C (350°F, gas mark 4).

Liquidise the first five ingredients together.

Add to remaining ingredients and mix well.

Turn into a greased and lined loaf tin and bake for 30-35 minutes.

Turn out and cool on a wire tray.

Can be stored in the freezer for up to 3 months.

RECIPES KIDS LOVE

Sponge sandwich

Makes a 20cm cake

120g (4 oz) potato flour
60g (2 oz) rice flour
6 eggs, separated
6 oz castor sugar
1 tsp vanilla extract

Preheat oven to 180°C, (350°F, gas mark 4).

Whip yolks and sugar together until the mixture resembles mayonnaise. Add vanilla and a generous tablespoonful of egg whites.

Whisk remaining egg whites very stiff. Fold in the egg yolk mixture.

Sieve flours together and fold in.

Turn into 2 prepared loose bottomed 20cm (8") cake tins.

Bake for about 30 minutes until cakes have shrunk around the sides of the tin.

Turn out, cool on a wire tray and sandwich with whipped cream, jam or both.

Will freeze for 3 months.

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TERRINES AND PATÉ

RECIPES KIDS LOVE

Farmhouse paté

375g ($\frac{3}{4}$ lb) belly pork rashers
500g (1 lb) lean stewing beef
250g ($\frac{1}{2}$ lb) pigs' liver
1 small onion, peeled
2 level tsp salt
 $\frac{1}{2}$ tsp pepper
2 tblsp wine vinegar
1 tblsp brandy or white Vermouth
1 level tsp dried basil
1 egg, beaten
2 bay leaves

Pre-heat oven to 180°C (350°F, gas mark 4).

Trim meat and cut into pieces, then mince with a medium cutter, or chop as small as you can. Season with salt, pepper, vinegar and brandy. Mix well and leave to stand for 2 hours.

Add egg and basil to the mixed meat and mix well. Spoon into a large (2 lb) loaf tin, smoothing the surface. Top with bay leaves.

Set in a roasting tin and add water to half-way up the sides. Bake for 2½-3 hours.

Remove from oven and leave to cool. When cool, place a weight on top and refrigerate.

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SALADS: MAIN COURSE SALADS

Seven layer salad

lettuce
sliced hard boiled eggs
chopped onion
sliced olives
crumbled bacon
mayonnaise
grated cheese

Build up in layers in single serving size or family size. Can be made ahead and refrigerated.

RECIPES KIDS LOVE

Warm turkey salad

1-2 Servings

250g (½ lb) minced turkey
a good handful of mixed salad leaves
1 tomato
4 or 5 Kalamata olives
salt and pepper
1-2 tblsp olive oil
1 clove crushed garlic
1 tsp basil paste (or a few leaves of finely chopped fresh basil)

Dice the tomato and place in a small bowl. Add chopped olives, olive oil, garlic, basil, and salt and pepper to taste.

Brown the turkey mince in a saucepan. Add the tomato mix to the turkey and mix together.

Serve over a bed of mixed salad leaves.

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SALADS: MAIN COURSE - VEGETARIAN

Mexican egg salad

4 Servings

6 large hard boiled eggs
1 small red pepper, chopped
3 ounce can green chilli peppers, finely chopped
2 tbsp mayonnaise
1 tsp American mustard
a pinch of cayenne pepper

Quarter eggs, mix all together and serve.

Great served with roasted red peppers.

RECIPES KIDS LOVE

Monaco salad

1 Serving

half a cos lettuce
half a head of pak choi
4-5 leaves endive
250g (½ lb) spinach, stems removed
1 slice of cup red cabbage
one third of a cucumber
2 sticks celery
125g (¼ lb) mushrooms
1 small jicama or carrot, peeled
1 tsp poppy seeds
300 ml (½ pint) vinaigrette dressing

Shred lettuce, pak choi, spinach and endive coarsely and cabbage finely. Slice cucumber, celery and mushrooms. Grate jicama or carrot.

Mix vegetables together, pour over dressing and mix again. Sprinkle with poppy seeds before serving.

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SALADS: SIDE SALADS (MOSTLY VEGETARIAN)

Achar timun (Malaysian cucumber salad)

4 Servings

1 small cucumber
1 tblsp cooked prawns or shrimps
½ cup thick coconut milk
1 small sliced onion
1 chopped red chilli
little anchovy essence
salt

Wash and peel cucumber and cut into 2 inch lengths. With a small knife cut thinly round and round towards the centre. Roll up the strip and thinly slice.

Wash and pound the prawns.

Mix all the ingredients together, chill and serve.

RECIPES KIDS LOVE

Chunky tomato salad

1-2 Servings

250g (½ lb) fresh tomatoes
60 ml (2 fl oz) scallions
125g (¼ lb) mushrooms
1 tblsp olive oil
1 tblsp vinegar
1 tblsp water
1 tsp dried basil
a pinch of dried oregano
½ tsp sugar
salt and pepper to taste

Cut tomatoes into 2cm chunks. Slice onions and mushrooms.

In a large bowl mix oil, vinegar, water, herbs and seasoning. Mix well and add chopped ingredients. Stir gently until spices are evenly spread throughout. Chill overnight.

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SALADS: DRESSINGS AND DIPS

Creamy Italian dressing

Makes 250 ml

175 ml (5 fl oz) plain yogurt
60 ml (2 fl oz) mayonnaise
2 tblsp double cream
1 tblsp red wine vinegar
½ tsp oregano – dry
½ tsp basil – dry
½ tsp sugar
a pinch of garlic powder
salt and pepper

Combine all and mix well. Chill several hours or overnight.

RECIPES KIDS LOVE

Cheesy Thousand Island dressing

Makes 300 ml

250g (½ lb) cottage cheese
60 ml (2 fl oz) gluten free tomato ketchup
1 tsp paprika
¼ tsp salt
1 tblsp relish
a pinch of pepper
½ stick celery
½ green pepper
2 spring onions
2 tblsp olive oil

Dice celery, green pepper and onions finely.

In a blender combine cheese, ketchup, oil and spices. Blend till smooth. Stir in remaining ingredients.

Chill several hours.

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PRESERVES AND PICKLES

Winter chutney

Makes 1 kg

1 kg (2 lb) cooking apples, peeled and chopped
3 green peppers, deseeded and chopped
60g (2 oz) raisins
juice of 1 lemon
½ tsp paprika

Mix ingredients together, blend until smooth. Store in an airtight jar.

RECIPES KIDS LOVE

Cranberry relish

Makes about 1 kilo

300 ml (½ pint) dark rum or water
1 tsp grated lemon rind
185g (6 oz) sugar
250g (½ lb) walnuts, pecans or almonds – chopped
750g (1½ lb) cranberries

Put sugar substitute and rum in saucepan, heat to boiling. Add cranberries and lemon zest. Bring back to the boil and immediately lower heat so that the mixture is on a low, rolling boil, just above a simmer. Cover and cook for 10 minutes, stirring occasionally.

Add chopped nuts, mixing in thoroughly. Cook for a further 1-2 minutes, then

Remove from heat, cover and leave to cool completely.

The alcohol content all boils off during cooking, but if you would rather leave it out, just substitute an equal amount of water.

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DRINKS AND SMOOTHIES

Mango smoothie

5 Servings

750ml mango nectar, chilled

500ml plain yogurt

1 tblsp honey

¼-½ tsp mixed spice

Blend all ingredients together until smooth.

RECIPES KIDS LOVE

Chocolate ice cream soda

1 Serving

2 tsp drinking chocolate (gluten free)

2 tblsp milk

2 tblsp vanilla ice cream (gluten free)

1 cup lemonade

1 ice cube

Blend drinking chocolate, milk and half the ice cream together. Stir into lemonade.

Pour into a glass, add the ice cube and the remaining ice cream. Serve with a straw.

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CELEBRATION AND PARTY SPECIALS: SAVOURY

Chinese rice dumplings (T'ang-t'uan)

Makes 24

250g (½ lb) minced pork
2 tblsp gluten-free soy sauce
½ tsp sugar
½ tsp sherry or Chinese rice wine
1 scallion or large spring onion, chopped very fine
1 tblsp cornflour
½ tblsp sesame oil
500g (1 lb) glutinous rice flour
150 ml (¼ pint) warm water

Mix pork, gluten-free soy sauce, sugar, sherry, scallion, cornflour and sesame oil together.

Knead the flour into a dough with warm water and divide into 24 portions. Make them into hollow thimbles, put 1 heaped tsp of the stuffing into each, pinch together and roll to form a ball.

Bring 1.5 litres (3 pints) of water to boil in a large pot. Drop the dumplings in and boil for 5 minutes, timing from when the water starts to boil again.

When the dumplings float to the surface, add 300 ml (½ pint) of cold water and boil for a further 3 minutes.

Serve a minimum of four to a bowl of clear soup. The juice inside will be very hot, take care not to scald yourself when eating them.

RECIPES KIDS LOVE

Roast duck

4-6 Servings

A 2-3 kg (4-6lb) duck

Pre-heat oven to 200°C (400°F, gas mark 6).

Remove the tail and discard. Prick the bird all over. Stuff and weigh to calculate cooking time. Sprinkle with salt and cover with foil. Put the bird on a rack in a roasting tin.

Roast for 45 minutes per kilo (20 minutes per lb), adding potatoes around the joint about 1¼ hours before the end of cooking. There is no need to add any oil, as the duck will have provided sufficient grease.

Half an hour before the end of cooking, remove foil and return to the oven to brown.

Traditional stuffing is sage and onion (not suitable for gluten-free or low-carb diets). Alternatively use apricot and rice stuffing.

Traditionally accompanied by a sweet sauce, such as apple, cranberry or Bigarade sauce.

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CELEBRATION AND PARTY SPECIALS: ACCOMPANIMENTS

Apricot and rice stuffing

Makes Enough for a 2-3kg bird

100g (4 oz) cooked long grain rice
25g (1 oz) currants
25g (1 oz) nib almonds
25g (1 oz) onion, finely chopped
1 level tblsp chopped parsley
duck or goose liver, chopped (optional)
100g (4 oz) canned apricot halves
25g (1 oz) butter

This stuffing goes well with roast duck or roast goose, or indeed any fatty meat. Obviously, if using the stuffing with, for example, pork, you should omit the liver.

Mix rice, currants, almonds, onion, parsley and liver. Chop the apricots (the remainder of the can contents and the juice can be reserved to put into the gravy, if liked), and add with the butter. Mix well.

RECIPES KIDS LOVE

Game chips (Home made crisps/potato chips)

1-6 Servings

500g (1 lb) potatoes, peeled
deep fat to fry

Using a mandolin or other fine slicer, cut potatoes into very thin slices.

Pat dry on kitchen towel.

Heat oil, test by dropping a cube of fresh bread into the oil. If it browns quickly, the oil is ready to use.

Fry the chips a few at a time, so that they do not stick together.

Sprinkle with salt and drain well on kitchen towel.

Serve hot.

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CELEBRATION AND PARTY SPECIALS: SWEET

Café crème gâteau

8 Servings

125g (4 oz) ground almonds
250g (8 oz) castor sugar
2 level tblsp instant coffee
4 egg whites
300 ml (½ pint) double cream, whipped
icing sugar

Preheat oven to 190°C (375°F, gas mark 5).

Dissolve coffee in the least amount of boiling water possible. Stir in almonds and sugar and mix well.

Whisk egg whites until stiff, fold in the almond mixture.

Divide between two 18cm (7") loose bottomed cake tins. Level off.

Bake for ¾-1 hour.

Cool. Sandwich together with the cream, sprinkle with icing sugar and serve.

RECIPES KIDS LOVE

Easter truffle eggs

Makes 20

180g (6oz) plain chocolate
1 egg yolk
30g (1oz) butter
1 tsp coffee essence
1 tblsp cocoa

Melt the chocolate in a bowl over a pan of hot water.

Add the egg yolk, butter and coffee essence and mix well.

Leave in a cool place for 30-40 minutes.

Mould into small egg shapes and roll in the cocoa to coat evenly.

Put each 'egg' into a sweet case.

**Interested in food and nutrition?
Here are some pages you may find interesting:**

[The Health Site ==> Healthy Food](#) [Gluten Factsheet and Recipes](#)
[Are You Gluten Intolerant? 5-question multiple choice quiz](#)

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