

A Day in the Life of Julie

or

“Beyond the Stir-fry”

NOTE: specific advice should be sought from a health care professional regarding individual food intolerances

Gluten Free Bread

Makes one loaf

2 eggs, whisked
3 teaspoons dried yeast
1 ½ teaspoons salt
2 cups gluten free plain flour
1 teaspoon honey or 1 ½ teaspoons brown sugar
1 ½ cups warm water
2 teaspoons gluten free baking powder
2 teaspoons olive oil

In a large bowl whisk together the eggs, yeast, salt, honey or sugar and water, mixing until there are no lumps. Cover the bowl with a plastic bag or cling wrap and allow to rise until doubled (about 1 to 1 ½ hours).

Whisk in the baking powder and oil.

Grease a loaf tin (1.5 litre capacity) by brushing the inside with olive oil. Pour the mixture into the tin and level out. Allow to rise until almost to the top of the tin, then bake at 200 degrees C for 35 minutes. Turn out onto a wire rack to cool.

1.

Variations of Gluten Free Bread

Bread rolls – half fill oiled muffin pans with the mixture, allow to rise almost to the top of the muffin holes, then bake at 200 degrees C for 12 to 15 minutes. Turn out and cool on a wire rack.

Pizza – pour the mixture out onto a large oiled pizza tray. With damp hands, press out to a round about 8mm thick. Add pizza style toppings as allowed. Bake at 200 degrees C for 15 to 20 minutes.

Flavoured bread – add $\frac{1}{2}$ to 1 cup chopped olives or semi-dried tomatoes etc, as allowed after first rising.

Fruit bread – add 1 cup chopped dried fruits, along with 1 chopped apple and 2 teaspoons of mixed spice plus 2 teaspoons ground cinnamon and the finely grated rind of 1 lemon (Ingredients as allowed)

Blinis – heat olive oil in a frying pan (6mm deep) over medium-high heat. Spoon tablespoonfuls of risen dough (i.e. after first rising and addition of baking powder and oil) into the oil and cook until bubbles appear on upper surface, then turn with a spatula or egg flip and cook until golden on the other side. Serve with dips.

2.

Mushroom and Herb Quinoa Pilaf

1 tablespoon olive oil
1 cup diced onion
2 cups chopped mushrooms
1 clove garlic, crushed
1 cup quinoa
 $\frac{1}{2}$ cup chopped fresh coriander
 $\frac{1}{2}$ cup chopped spring onion
2 tablespoons lemon juice
 $2\frac{1}{2}$ cups vegetable stock

In an oven and stovetop safe casserole dish, heat the olive oil over medium heat and then sauté the onions and mushrooms over medium heat for 5 minutes. Add the garlic and cook for one minute more. Add the quinoa and stir to combine, cook one minute, then add the remaining ingredients.

Bring to the boil, stirring, then place a lid on the dish and bake for 15 minutes at 170 degrees C. Remove from oven, stir, then return to oven and bake for 10 to 15 minutes more or until all the liquid has been absorbed. Fluff up with a fork and add salt to taste.

3.

Basic Curry Paste

1 cup coriander seed
½ cup fennel seed
1 tablespoon olive oil
2 cloves garlic, crushed
1 tablespoon finely grated green ginger
1 teaspoon finely grated lemon rind
¾ teaspoon salt
½ cup water
1 cup cider vinegar
Pinch saffron
¼ teaspoon cayenne
1 cup olive oil
1 teaspoon brown sugar

Heat a frying pan over medium heat and dry roast the coriander and fennel seeds until fragrant. Heat the tablespoon oil over medium-high heat. Grind to a powder in a spice grinder or mortar and pestle.

Heat the one tablespoon oil over medium heat in the same frying pan and sauté the garlic, ginger and lemon rind for one minute. Add the salt, water, vinegar, olive oil, saffron, cayenne and brown sugar and bring to the boil. Reduce heat and cook until most of the liquid has evaporated, then spoon into heatproof jars and refrigerate. Use as required.

4.

Vegetable Curry

1 tablespoon olive oil
1 large onion, diced
2 cups chopped vegetables
2 tablespoon curry paste (see recipe page 4)
1 cup vegetable stock
½ bunch fresh coriander, chopped
3 bok choy leaves, sliced

Heat the oil over medium heat and then sauté the onion for 3 minutes. Add the 2 cups chopped vegetables and sauté with the lid on for 5 minutes. Remove lid and add the curry paste, stir to combine. Add the vegetables stock and bring to the boil, then reduce heat and simmer until the vegetables are almost tender.

Add the coriander and bok choy and simmer 2 minutes.

If preferred thicken the mixture made by mixing 2 teaspoons of plain gluten free flour with about 2 tablespoons water.

Add salt and pepper (f allowed) to taste.

5.

Mayonnaise

1 egg
½ teaspoon salt
1 tablespoon cider vinegar
3 teaspoons lemon juice
¾ to 1 cup light olive oil

Place the egg, salt, vinegar and lemon juice in the bowl of a food processor and process until well combined. With motor running, gradually pour in the olive oil until the mixture thickens.

Aioli – add 1 clove finely grated or crushed garlic

Beetroot Dip – after mayonnaise has thickened, chop 3 small cooked beetroot and process the mixture until well combined.

6.

Olive oil pastry

Enough for 2 x 20 to 23cm tart bases

2 cups gluten free plain flour
½ teaspoon salt
½ teaspoon gluten free baking powder
1 egg, lightly whisked
½ cup water

Mix together the dry ingredients, then mix in the egg and water and mix to a dough. Wrap in cling film and place in the fridge for 20 to 30 minutes before using.

7.

Salmon Pasties

Olive oil pastry (½ batch)
200g salmon fillets (approximately)
2 tablespoons chopped herbs of choice
1 tablespoon lemon juice
80g goat's cheese (or other as allowed)

Roll the pastry out to 6mm thick and cut into 2 to 4 rounds.

Cut the salmon into 2 to 4 portions and place on rounds (centred). Place a spoonful of the herbs on top of each along with a little goat's cheese.

Dampen around one edge of pastry with just a smear of water then fold over pastry to make a pastie. Press the edges together well. If the pastry breaks a little, just patch it up again, it really doesn't matter.

Cut a small slit in the top or prick once with a fork and then place the pasties on a baking paper lined tray.

Bake at 200 degrees C for 10 minutes, then reduce heat to 170 and cook for 10 minutes more.

8.

Zucchini and Salmon Slice

5 eggs, lightly whisked
1 cup gluten free plain flour 2 teaspoons gluten free baking powder
180g fresh salmon, diced
2 cups grated lactose free cheese
3 tablespoons chopped parsley
2 onions, grated (large grater surface)
2 tablespoons lemon juice
½ cup olive oil
¾ teaspoon salt

Mix all ingredients together well, then pour into a greased (brushed with olive oil) 18cm x 28cm x 3cm deep slab tin.

Bake at 170 degrees C until set (about 40 minutes).

9.

Frittata

1 tablespoon olive oil
2 cups chopped vegetables (include at least one diced onion and a clove of garlic) – e.g. zucchini, sweet potato, carrot, spring onions, sliced mushrooms, cooked kidney beans
½ cup chopped herbs
125g diced feta
1 tablespoon mayonnaise (as per recipe page 6)
8 eggs, lightly whisked
½ teaspoon salt
¼ cup diced goat's cheese

Heat oil over a medium heat and add vegetables, sauté with lid on for 5 minutes. Remove lid and then add the rest of the ingredients (saucepan should be off the stove now).

Brush a n 18cm x 28cm x 4cm deep dish with olive oil (or use a large round pie dish or patty paper lined muffin tins) and pour in the mixture. Bake at 160 degrees C until set.

Variations – add cooked or diced fresh fish if liked.

10.

Sweet Potato Cakes

500g sweet potato (peeled weight), chopped roughly
1 egg
¼ cup gluten free plain flour
1 tablespoon rice flour (or extra 1 tablespoon gf plain flour)
½ teaspoons salt
½ cup grated lactose free cheese
1 spring onion, diced
Olive oil (about ½ cup) for cooking

Place the sweet potato and egg in the food processor and process until smooth, then mix in the rest of the ingredients (except oil) until smooth.

Heat the oil in a frying pan over medium-high heat and cook mixture in tablespoonfuls until golden on one side, then turn with an egg flip or spatula until cook until golden on the other side. Drain on absorbent paper.

11.

Quiche

½ portion of olive oil pastry (see recipe page 7)
8 eggs, lightly whisked
4 spring onions, diced
2 tablespoons chopped parsley
2 cups cooked vegetables as per frittata recipe (page 10)
½ teaspoon salt
½ cup lactose free cream
125g diced feta

Roll pastry out on a lightly floured (gf flour) surface to fit a 23cm tart plate that has been brushed with olive oil.

Combine the rest of the ingredients and pour into the pastry case.

Bake at 200 degrees C for 10 minutes, then reduce heat to 160 degrees and bake for about 20 minutes more until filling is set.

Leave to stand for 10 minutes before cutting.

12.

Choco-Nut Bars

4 eggs. Lightly whisked
Rind 2 large lemons
1 large apple, cored and diced
2 pears, cored and diced
1 cup quinoa flakes
3 ½ cups gluten free plain flour
1 teaspoon ground nutmeg (optional)
1 cup walnuts, chopped
1 cup almonds, finely chopped
1/3 cup honey
1 tablespoon olive oil
60 to 90g lactose and gluten free chocolate

Combine all ingredients well (except chocolate) and then spoon into a slab tin 18cm x 28cm x 4cm deep that has been brushed with oil and the base lined with baking paper.

Bake for 25 to 30 minutes at 160 degrees. Allow to cool in tin.

Melt the chocolate by placing in a bowl and heating on medium for about 2 minutes in the microwave. Drizzle over slice and leave to set, before cutting into squares to serve.

13.

Poached Pears with Honey

4 pears, peeled but stalks left on

$\frac{1}{2}$ cup honey

1 cup boiling water

1 cup cold water

juice 2 lemons

3 slices fresh ginger

Place in a saucepan that is just large enough to hold them.

Make a syrup by mixing the honey with the boiling water and stirring to dissolve. Add the cold water, lemon juice and ginger. Pour over pears.

Bring to the boil, then reduce heat and simmer until pears are just cooked. Remove from the pot with a slotted spoon and keep warm.

Place the pot of syrup back on the hotplate and increase heat to high and cook until reduced by half.

Place a pear on a serving plate and spoon some syrup over.

14.

Crumble Topping for Stewed Fruit

$\frac{1}{2}$ cup gluten free flour

$\frac{1}{2}$ cup almond meal

1 teaspoon baking powder

90g lactose free margarine

$\frac{1}{2}$ cup firmly packed brown sugar

Place all ingredients into a food processor and process until the mixture resembles breadcrumbs.

Sprinkle over stewed fruit and bake at 180 degrees C until crisp and golden.

Hint – any leftover mixture can be stored in a jar in the fridge for 2 weeks or freezer for 3 months.

15.

Quinoa Chocolate Cake

2/3 cup quinoa
1 ½ cups water + ½ cup water, extra
¾ cup olive oil
½ teaspoon vanilla extract
1 ½ cups brown sugar, lightly packed
1 cup almond meal (or almond/quinoa packaged mix)
1 cup gluten free cocoa powder
½ teaspoon bicarbonate of soda
½ cup gluten free plain flour
2 teaspoons gluten free baking powder
4 eggs

Place the quinoa in a saucepan and 1 ½ cups water in a saucepan, bring to the boil the reduce heat and simmer 10 minutes, drain and cool.

Place in the bowl of a food processor and process until smooth.

Grease 2 x 18cm tins by brushing with olive oil and line the base with baking paper.

Pour mixture evenly between the tow tins, then bake for about 40 minutes at 160 degrees C until cooked through. Leave to stand in tins for 10 minutes before inverting onto a wire rack to cool completely (turn right way up).

16.

Ganache

90ml lactose free cream
100g lactose free, gluten free chocolate, chopped
1 tablespoon gluten free cocoa

In a small saucepan, heat the cream until boiling, then remove from heat and stir in the chocolate until melted. Immediately whisk in the cocoa powder until smooth.

Hint – to make icing, allow to cool (it should almost solidify) and then beat with electric beater until thick.

17.