

AUNTY LIL'S RECIPE BOOK

For people with food
intolerances ...

... or anyone who enjoys
tasty cakes and pastries



Free From:
Gluten, Dairy, Corn, Sugar Beet
& Soya

Introduction

Having a family with various food intolerances, I thought it would be a good idea to write down the cakes and pastry recipes I've perfected over the years.

It's so depressing being told you can't have certain ingredients any more and when you read the labels on food, it seems, if it doesn't have one of the foods you shouldn't have, it has another.

I myself, don't have any food allergies or intolerances but love the Cakes and pastries in this book so much, I would never go back to eating these things made with wheat. The pastry just melts in your mouth and I defy anyone to tell the difference between my sponge cakes and what they would consider the 'real thing'. All the recipes in this book are free from Wheat, Gluten, Corn, Soya and Dairy Products. I also only use cane sugar in the recipes as one of our family members is allergic to Sugar beet.

The main ingredients you will need to follow these recipes exactly are as follows:

'Wessex Mill' Gluten Free Bread flour

Made from rice flour, potato flour, tapioca flour and Xanthan Gum

'Pure' Sunflower margarine – Not soya or organic (they don't seem to taste as nice

Made from Sunflower oil, water, vegetable oils, sale, emulsifier (Mono and diglycerides of vegetable fatty acids) Vitamin E, Vitamin A, Natual Colours (from carotene) Vitamin D2 and Vitamin B12 NO Dairy, Genetically modified, hydrogenated oils, artificial additives, Soya or gluten.

'Flora White'

Made from Vegetable oils (80% seed oils) Water, emulsifiers, (Mono and diglycerides of vegetable fatty acids) Vits E, A and D



Caster sugar (Tate and Lyle products are made from cane sugar)

I have tried using other ingredients but the above seem to work the best.

You might want to experiment with your own favourites.

Basic Pastry Mix

Ingredients

8 oz Wessex Mill Gluten free bread Flour

4 oz Pure Margarine or White flora, or 1/2 & 1/2

1 egg – lightly beaten

Water to mix into dough

Method

Put the Flour and Flora in a mixing bowl. Using a hand mixer on the lowest speed, beat until mixture resembles bread crumbs, getting as much air in the mixture as possible. Stir in the beaten egg then add enough water to make a nice pliable dough.

Most gluten/wheat free recipes will tell you to make the dough as dry as possible but I haven't found this the case at all. I make it to the same consistency I used to make ordinary wheat flour short-crust pastry.

Place in an air tight container, put in a plastic bag or wrap in cling film until needed and store in the fridge.

The beauty of this pastry is, you can keep kneading and rolling it out again until used up, whereas wheatflour pastry can only be rolled out twice otherwise it ends up hard and chewy when cooked.



This mix is used for all the pastry recipes in this book

Wheat free pastry seems to last longer in the fridge as well

Bakewell Tart

Half iced, half flaked almonds

Ingredients

Quantity of basic pastry dough

(Page 3)

Jam (I use organic jam made with cane sugar)

Frangipan:

2 ozs caster sugar,

2 oz Pure sunflower spread,

A couple of drops of vanilla essence

2 ozs ground almonds,

1 tablespoon Wessex Mill flour

1 small egg.

Topping: 2 ozs icing sugar mixed with a little water to make Glacé Icing



Method

Roll out the pastry to a circular shape. Grease an 8 inch diameter baking tin. Upturn the tin on top of the Pastry and cut round the edge to make a perfect circle of pastry. Now, the tricky bit. I use a pallet knife to gently ease the pastry away from the work surface.

Apparently, it's possible to buy a very thin metal sheet to lift pastry.

This would be ideal as wheat-free pastry is difficult to pick up, especially as a large piece.

Lay the pastry into the tin, making sure it comes up the sides like a flan case. Don't worry if it does fall apart. Another great thing with this dough is that you can patch it up without losing any of the quality and flavour.

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Spread jam over the base of the pastry to your own personal taste.

Make the frangipan:

Beat the eggs and margarine together until fluffy and add in vanilla.

Then gradually stir in the flour and almonds.

If you make a larger quantity than you need, then you can freeze or keep in the fridge for a few weeks.

Spread the frangipan mixture over the jam, sprinkle flaked almonds over the top.

Place in oven at 180°C for approx 30 mins until golden brown on top.

When cool, drizzle glacé icing over the other half of the tart.

Store in an air tight container and enjoy.

If you prefer, you can make mini bakewells instead.

The above quantity should make about 12 small tarts

Note: Frangipan will keep for a long while in the fridge, or you can freeze it to be used at a later date.

Some people prefer their Bakewell without icing or almonds.

I'll leave that for you to decide.

Plain but Yummy Scones

Ingredients

8 ozs Wessex Gluten free bread flour
3 tspns Gluten free baking powder
Pinch salt
2 ozs 'Pure' Margarine
1 oz Caster Sugar (Tate & Lyle Cane)
¼ pt Rice Milk or whichever milk you prefer
1 large egg – lightly beaten



Method

Sift the flour, baking powder and salt into a bowl.
Add the margarine and give it a gentle whisk with a hand held food mixer to get a bit of air into the mixture and turning it to fine breadcrumbs.
Stir in the sugar.
Add the beaten egg to the milk, then gradually add the liquid to the dry ingredients until it forms a nice easy to roll dough.
Roll out to about 1.5cm thick, cut out rounds with a pastry cutter and lay on a baking tray. Keep re-rolling the dough and cutting new rounds until used up. Brush with milk or egg to glaze and place in a hot oven (220°C) for 10–12 minives until golden brown.

Suggested flavours to add to the mix

Leave out the sugar and add 1tspn driedherbs. If you can have dairy, add some grated cheese.

Or, add dried mixed fruit to make fruit scones.



Scone with organic
Strawberry

Jam and Dairy free cream – Mmm!

Cooks tip: Leave out the sugar and cook these on top of a beef stew in the oven to make Beef Cobbler. Add for the last 20 mins of cooking time.

Scrumptious Chocolate or Carob Sponge cake



3 Eggs

6 ozs Tate & Lyle Caster Sugar (Cane sugar)

6 ozs 'Pure' Dairy Free Margarine

6 ozs Wessex Mill Gluten free bread flour

2 tspns Gluten free baking powder

1 tblspn cocoa power or carob powder if you are avoiding caffeine.

Method

Put all the ingredients in a mixing bowl and beat with an electric mixer until you have a lovely light and fluffy batter.

Lightly grease and flour 2 sandwich tins. Divide the mixture in half and put into each tin.

Bake at 180°C for approx 25 mins until springy to the touch.

For the Filling:

4 ozs Cane icing sugar

2 ozs 'Pure' Margarine

2 tspns Carob or Cocoa Powder

Beat all the above ingredients together until fluffy, then use to sandwich the cakes together.

Dust the top with sieved icing or caster sugar



So simple to make but
utterly delicious

S'Lovely Swiss Roll



Ingredients:

3 Eggs

4 ozs Caster Sugar

3 ozs Flour

Organic Jam for filling

Method:

Put the eggs and sugar in a mixing bowl and, using an electric hand mixer, beat until it resembles melted thick cornish ice cream.

Sieve the flour into a separate bowl and taking a large spoonful at a time, gently fold into the frothy mixture, with a metal spoon.

I fold it in by stirring slowly round the outside with the edge of the spoon and then gently through the middle alternately.

Grease a swiss roll tin and line it with greaseproof paper. DON'T grease the paper on top, it will ruin the mixture.

Pour the mixture into the tin and tilt it around to make sure it's nice and even, into the corners.

Bake in a preheated oven at 180°C for approx 10–12 minutes. It should just be a pale golden colour and springy when cooked. Don't over cook it or you'll have trouble rolling it up. Then you could cut it down the middle and make a sandwiched sponge cake instead.

Lay out a piece of cling film on a work surface, larger than the cake tin. Sprinkle caster sugar on to the cling film, then carefully, turn the cake over laying it face down on the cling film. Gently remove the greaseproof paper which is now on top of the cake.

Spread jam over the entire surface of the sponge and then lift one end of the cling film up, gradually rolling the swiss roll underneath the film. Lifting the cling film away from the cake as you go.

Mouth-watering Muffins

These delicious muffins are really simple to make and
very very tasty



A selection of muffins – Blueberry on the left, Lemon on the right
along with Coffee and Mixed chopped nuts.

Ingredients for basic muffin mix – Makes 12 large muffins or 24 mini muffins

10ozs Wessex Gluten free bread Flour

2 tspns Gluten free baking powder

7 ozs Caster Sugar

175mls Rice milk or your own choice of milk

2 large eggs lightly beaten

100 mls Sunflower Oil

Method:

Mix all the dry ingredients together. Then stir in the eggs and milk until thoroughly combined into a stodgy dropping consistency.

Put 12 muffin cases into a bun tin and share out the mixture.

Alternatively, 24 fairy cake cases in two bun tins to make mini muffins.

Bake in a preheated oven at 170°C for approx 20 mins, less if making mini muffins.

Suggested fillings:

Coffee (25g instant coffee dissolved in a little hot water – ordinary or decaff)
and 75g Chopped nuts

75g choc chips or carob chips for caffeine free

75 g Blueberries or Blueberry jam.

Lemon zest and a few drops of Lemon flavouring

Disappearing Jam Tarts



Once you've tasted these 'melt in the mouth' jam tarts, you'll never want to have any others. They're usually gone within a short while in our house. Hence the name.

Ingredients

Basic Pastry mixture as on Page 3

Filling such as Organic Strawberry Jam,
Apricot, Blueberry etc.

Method:

Roll out the pastry on a floured surface to about 1/8th inch thick.

Lightly grease a bun tin and cut into circles with a pastry cutter.

This pastry is a bit delicate to handle, so I use a cake slice dusted with flour to slip under the pastry circles, so as to lift them up without them falling apart. If they do fall apart you can patch them together.

The good thing about this pastry is, you can keep kneading it and rolling it out until it's all used up, which you can't with wheat flour pastry as it becomes hard when cooked.

Once the pastry circles are pressed into the bun tin, spoon your chosen filling into each of them and bake at 180°C for approx 15-20 mins.

Then try not eating them all at once

Fatless but never tasteless Sponge



Ingredients:

3 eggs
6 ozs Caster Sugar
6 ozs Wessex Mill gluten free bread flour
Few drops vanilla essence

Suggested Fillings:

Strawberry, Apricot or
other organic Jam
Jam and Butter Cream Ic-
ing (Recipe page 14)

Method:

Beat the eggs and sugar together with an electric hand mixer until it resembles melted Cornish ice cream and also add the vanilla essence. Sieve the flour then sprinkling about a tablespoon at a time into the mixture, gently fold in with a metal spoon. Either go round the outside then through the middle alternately, or do a gentle figure of eight, trying to keep the spoon slicing through the mixture like a knife with a gentle turning over movement as you go round the bowl. You don't want to lose the air you've beaten into the egg mixture.

Lightly grease and flour two sandwich tins. Share out the mixture between them and place in the oven for approximately 15–20 minutes, until the top is golden and springy to the touch.

Leave the cakes to cool for 5 minutes, then gently lift out of the tins, using something like a bendy spatula or cake slice. Having tins with removable bases is very handy and you don't need to grease them either.

Spread your favourite filling on one of the cakes and sandwich together. Then sprinkle a little sugar over the top to make it sparkle.

White loaf



Ingredients:

1lb Wessex Mill flour

1 egg

90mls Sunflower oil

350mls water (approx)

1 tspn Dried yeast

1 Desertspn Sugar

1 tspn salt

Method:

I make this bread in a bread machine. You can either do it on a Rapid Bake program or some machines have a gluten free setting. It only needs one proving.

Put the egg into a measuring jug with 90mls of sunflower oil. Stir up this mixture to break up the egg. Top up the jug to 450ml with water. Put this into the machine. Put in the flour, then the yeast, sugar and salt. Turn the bread machine on and when it is mixing, take a look to make sure it's not too wet or too dry. It mustn't be as dry as wheat bread dough or it won't rise properly but too wet and it will be sticky inside. It should be of a thick batter consistency. When the bread is cooked, turn out onto a wire rack and leave to cool before putting into a plastic bag or airtight container.

If you want to make it by hand. Just beat all the ingredients together, put in a greased bread tin and put in a warm place (eg. airing cupboard) to prove until doubled in size. Approximately 1 hour. Bake in the oven at 180°C for approx 1 hour

Best eaten within a couple of days as it dries out quite quickly. But then you can use it to make breadcrumbs for the treacle tart recipe in this book.

To change the flavour, I sometimes use 10 ozs Wessex mill, then add a couple of ozs. of Buckwheat flour, Quinoa flour & Gram Flour. But you can try your own variations. Poppy seeds or garlic granules add another Dimension.

Gloriously Scrummy Gingerbread



Ingredients

8 ozs Wessex Mill flour + 3 tspns gluten free baking powder
(Tesco and Supercook do gluten free)
2 tspns Ground Ginger
8 fl ozs Golden Syrup (Tate & Lyle is made from Cane sugar)
3 ozs 'Pure' Sunflower spread
2 ozs Brown cane sugar
2 fl ozs Rice milk or other milk as preferred
1 large egg

Directions:

Preheat the oven to 180°C

Sieve the flour, ground ginger and all dry ingredients into a basin.
Gently melt the fat in a saucepan with the golden syrup and sugar
but don't let it get too hot.

Beat the egg and add it to the milk, then stir all the ingredients
together.

Put the mixture into a greased loaf tin and bake for 45 minutes on
the middle shelf.

Store in an air tight container to stop it drying out.

Lemon Sponge 'To die for'

Ingredients

4 ozs Pure Margarine

4 ozs Wessex Mill bread flour

2 tspns Gluten free Baking Powder

2 eggs

4 ozs Cane Sugar

1 tspn lemon oil/essence or lemon juice

For the topping mix some icing sugar with a little water, lemon juice and a drop of yellow colouring until it is almost pouring consistency but a bit firmer. You don't want it running straight off the top of the cake

Method

Put all the ingredients into a bowl and beat until light and fluffy.
Similar consistency to Cornish Ice Cream

Put into a small non stick loaf tin, or one 8" round sandwich tin and
Bake for approx 25-35 mins at 180°C depending on your oven.

To see if it's cooked, either put a skewer into the middle of the cake and pull it back out again. If the skewer is clean, then it's cooked.
Or, push on the top of the cake gently with your finger, and if it feels springy without leaving a dent, it is cooked.

Leave to cool for a few minutes, then run a knife round the outside of the tin. Gently ease the cake out of the tin and leave on a plate to cool.

Once cooled, spread the lemon topping over the cake and let it run over the edges a little.

Non-Dairy 'Butter' cream Icing

Tastes just like the real thing

Ingredients:

4 ozs Cane Icing Sugar

2 ozs 'Pure' Dairy free spread

Few drops vanilla essence

Method:

Best to use an electric hand mixer but can be beaten by hand with a wooden spoon. Just takes a bit more effort and I like to make as little effort as possible when baking.

Mix all the ingredients together gently until the flour is blended in, or the mixer will shoot most of it all over your kitchen!

Then beat with your mixer or wooden spoon until it is very pale and fluffy. Now it's ready to use to sandwich cakes or pipe onto fairy cakes etc.

Final Word

I hope you've found these recipes inspiring. Once you have all the Basics of pastry, cakes and bread mixes, you can invent your own Variations, adding ingredients that you particularly like.

I make these cakes all the time and never mention to visitors that they are free from wheat and milk etc. And they never notice.

Apparently, my lemon cake is to 'die for' Or, so I was told by one of my friends who tasted it one day.

What a compliment!

I hope to be adding more recipes in the future, so please visit the Website again soon.

I've been working on some savoury recipes, so hope to have another PDF book out shortly for those.

If you have your own recipes you would like to share or want some Advice, please get in touch.