

# INTRODUCTION

## ***What is the Difference between Food Intolerance and Food Allergy?***

Usually food intolerance means that a person has symptoms related to a food that is consumed or eaten, that is *not* allergic. An example would be the burning sensation in the mouth that one feels when one eats hot peppers. Another example would be feeling a stomach upset after hot spicy food.

An allergy implies that there is an immune reaction triggered by the food when it enters the body.

## ***What is Wheat and Gluten Intolerance?***

In the case of wheat allergy and gluten intolerance, most people use the terms interchangeably. i.e. They do not make a distinction between allergy and irritation (intolerance). Many people who are actually gluten intolerant actually DO have a gluten allergy. The allergy is just not severe enough to be labeled as “Coeliac Disease”.

## ***What is wheat allergy?***

Wheat “allergy” is a specific type of immune response. Some people may have “gluten intolerance type allergy” as well as true allergic type symptoms such as rashes, hay fever, asthma or anaphylactic shock, usually occurring within 30 minutes after eating wheat. Anaphylactic shock is the most severe and life threatening true allergic reaction.

## ***Diagnosis and Testing of Adverse Wheat Reactions***

If you suspect you have a problem with wheat or other grains you should **consult your health care practitioner**. Gluten intolerance (allergy), is measurable by a blood test. The allergy is just not severe enough to be labeled as “Coeliac Disease”... Testing for wheat allergy, wheat & gluten intolerance and Coeliac Disease is specific. This is crucial in the case of Coeliac Disease, as all gluten-bearing grains need to be avoided to prevent the development of serious health problems.

## ***What do I Eat?***

Most people have problems with their diet and cooking, once wheat allergy or gluten intolerance is diagnosed. This Recipe book is your starter book or your “**Dr Andrew’s Coeliac Heaven**” There is a large selection of cook books on the market that offer recipes that are wheat or gluten free. A good source of recipe books is your local library. The local health food shop may have a supply of 'healthy' recipes books and some helpful information on alternatives.

## ACKNOWLEDGEMENT TO OUR RECIPE TESTERS



Joan (above ) and  
Dorothy (right) have  
done a Tremendous  
Job testing and  
sampling the majority  
of the recipies  
in this book



## Lemon Coconut Biscuits

- 125 g of Omega 3 enriched Margarine
- ½ cup Sugar
- One Egg
- 1 ½ cups of gluten free self-raising flour
- One cup of coconut

### For Lemon Icing

- One teaspoon of Lemon Essence
- One cup of Icing Sugar

Preheat oven to 200 degrees Celsius

Lightly grease a flat biscuit tray with a thin layer of margarine

Combine margarine and sugar, then mix in the egg.

Beat until the mixture is smooth and creamy

Mix in the remaining ingredients: (gluten-free flour & coconut)

Roll into balls and then flatten with a fork

Bake in oven, until just starts to turn brown, approx 20 minutes

Ice with Lemon Icing as desired



## Shortbread Biscuits

200g of Omega 3 enriched margarine

2/3 cup of sugar

1 ½ cups of rice flour

1 cup of potato flour

½ cup of cornflour

2 eggs



Preheat oven to 200 degrees Celsius

Lightly grease a flat biscuit tray with a thin layer of margarine

Combine margarine and sugar

Beat until the mixture is smooth and creamy

Gradually mix in eggs

Gradually mix in flours

Roll into a log, wrap in baking paper and chill for about 1 hour in cold part of fridge.

Slice into biscuit dough buttons, place on biscuit tray

Cook about 20 minutes at 180 degrees Celsius.

Instead of slicing use shaped cutters for effect

## Chicken Stir Fry

- 750 g of chicken pieces (Leave skin on for best flavour)
  - 2 teaspoons Canola oil
  - 1 large onion
  - 2 cloves garlic or garlic powder to equivalent quantity
  - 1 teaspoon virgin olive oil
  - 2 teaspoons lemon juice
  - 1 teaspoon grated lemon rind
  - 1 cup of gluten free tomato sauce
  - 1 teaspoon brown sugar
  - 1 teaspoon gluten free dry mustard
  - 2 teaspoons gluten free vinegar
  - 1 teaspoon gluten free soy sauce
  - 1 teaspoon gluten free curry powder: if desired
  - Salt and pepper as desired
1. Lightly brown chicken in hot Canola oil in frypan until starting to brown
  2. Remove chicken from pan and pour off oil
  3. Add all other ingredients into pan, combine under light heat
  4. Add chicken back to frypan
  5. Cook on low heat until tender

*Serve with rice – “salad” or “dinner” vegetables*



## Vegetable Bake: (No white sauce)

- ¼ cauliflower
- 3 eggs
- Grated cheese
- Cheese sauce or gluten free pasta sauce or tomato salsa

Preheat oven to 200 degrees Celsius  
Break cauliflower into bite sized pieces  
Steam until tender  
Place in a flat oven proof dish  
Cover with one of: cheese sauce or gluten free pasta sauce or tomato salsa

*(You can make tomato salsa yourself by cooking chopped onions with tomatoes in a little omega 3 enriched margarine)*



Beat the egg whites until they are stiff  
Spread over the cauliflower + sauce mixture  
Make a number of holes (3) in the top of the beaten egg white and drop in an egg yolk into each of the "holes"  
Sprinkle with grated cheese to personal taste

Bake in oven at 200degrees Celsius until top is puffy and golden

## Cheese sauce

- 1 cup of grated cheese: if using Parmesan use this in addition to usual mozzarella / cheddar cooking cheese perhaps
- 1 tablespoon of wheat free corn flour
- ½ teaspoon gluten free mustard powder
- 1 cup of skim milk

Combine with a wooden spoon in a mixing bowl : the cheese, flour and mustard, so that the corn flour coats all the cheese

Warm the milk in a saucepan

Add the cheese mix from the mixing bowl slowly into the warmed milk

Stir in gently until all the cheese melts and the sauce thickens

Adjust the desired consistency of the sauce by adding or reducing milk used

This sauce can be used over: vegetables, rice pasta or fish or chicken dishes.



## Microwave Potatoes In Jackets

For each person scrub 1-2 medium potatoes and pierce several times  
Do not peel potatoes: cook in their jackets  
Microwave on high for 4-5 minutes

Potato skin needs to be scored or spiked when in a micro wave oven to prevent exploding.

Cooking varies with different ovens prod with skewer to test for cooking.

To serve: cross score the top of the potato and open up / split open the potato

For medium or large potatoes, after microwaving for several minutes, they will feel firm. Then leave them to stand for 2-3 minutes longer. They will continue to cook from the retained heat / steam

### Fillings for the Potatoes:

- Gluten free baked beans, onion, and cheese
- Bacon, onion and cheese
- Cooked mince, onion and gluten free taco mix, mint or parsley
- Salmon OR tuna, onion and chives
- Prawns, garlic and cheese sauce
- Bought or home made pesto



## Sweet Potato & Corn Casserole

- 1 large or several small sweet potatoes (Kumera)
- 1 small tin size quantity (approx 400g) of corn kernels: fresh, frozen or canned (drained)
- 2 cups of gluten free cornflakes
- ½ cup of chopped onion
- ½ cup of chopped red / green capsicum
- 2 tablespoons of omega 3 enriched margarine
- 1 cup of grated low fat cheese
- ¼ cup of grated Parmesan
- Some sprigs of lemon grass
- Salt & pepper or seasoning herbs as desired

Preheat oven to 180 degrees Celsius

Prepare a lightly greased casserole dish

Boil the sweet potatoes in water with the sprigs of lemon grass

When the potatoes are cooked, remove lemon grass and excess water

Mash the potato

Combine onions, capsicums and the tablespoons of margarine over a mild heat in a medium saucepan, do not brown. Cook till softening.

Stir in the corn, sweet potatoes and half the cornflakes, mix well

Spoon the mixture into the prepared casserole dish

Sprinkle over the top of the mixture:

1. Cornflakes
2. Parmesan Cheese
3. Grated Cheese: e.g. tasty Cheddar

Bake in oven until lightly browned on top.

Healthv serves for 4 people. Reheats well.



## Soufflé with Salmon & Rice

- 200g tin of salmon, drained
- 2 eggs
- 1 cups of cooked rice
- ½ cup milk
- ½ onion
- ½ tablespoon omega 3 enriched margarine
- 1 teaspoon lemon juice
- Salt & pepper or seasoning herbs as desired

Preheat oven to 190 degrees Celsius

Prepare a lightly greased flat baking dish

Separate the eggs

Beat the yolks

Beat the egg whites till stiff: keep separate

Over a mild heat, melt the margarine

Then combine the salmon, cooked rice, milk, onion, and lemon juice

Fold in the egg yolks to the mix

Fold in the stiff beaten egg whites to the mix

Place the mixture in the baking dish

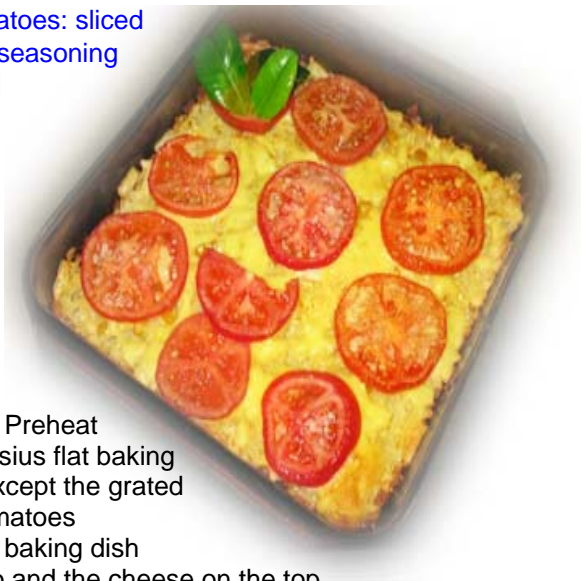
Bake at 190 degrees Celsius, until firm, approximately 25 minutes: longer for deeper baking dishes.

The soufflé is a bit heavy, but on the obverse it will not collapse as readily as many soufflés often do before serving.



## Savoury Rice Bake

- 3/4 cup of rice: prepare by boiling till at ready to eat stage, drain and wash
- 2 beaten eggs
- 250 g of cottage cheese
- 120 grams of chopped mushrooms
- 1 large onion chopped
- 2-3 medium tomatoes: chopped
- 1 cup of grated low fat cheese: cheddar or mozzarella
- 1 tablespoon of Parmesan
- 3 rashers of lean bacon: chopped: used raw in recipe
- 120 g of corn kernels: frozen
- 1 ½ medium tomatoes: sliced
- Salt & pepper or seasoning
- herbs as desired



Prepare a lightly greased Preheat oven to 200 degrees Celsius flat baking dish Mix all ingredients except the grated cheese and the sliced tomatoes Spoon into a greased flat baking dish Layer the slices of tomato and the cheese on the top Bake in oven 200 degrees Celsius for about 50 minutes or until cooked through Serve with green salad or vegetables

(I prefer to serve with a following dessert!)

Reheats reasonably well. If frozen, the meal will become soggy.

## Cheesy Potato & Ham Casserole

- 3 medium potatoes: peeled and sliced thinly
- 1 onion: sliced
- 2 hard-boiled eggs: sliced
- $\frac{3}{4}$  cup of grated cheese: cheddar or mozzarella
- $\frac{1}{4}$  cup of cooked ham: chopped
- $\frac{1}{2}$  cup milk
- 2 tablespoons of gluten free chutney: check the label on the jar
- $\frac{1}{4}$  teaspoon of Paprika
- Salt & pepper or seasoning herbs as desired : use as seasoning mix.

Preheat oven to 180 degrees Celsius

Lightly grease with margarine or oil a baking dish

Place half the potato slices and half the onion slices in the bottom of the baking dish

Sprinkle with Seasoning Mix

Layer over this base with :Cheese, ham, chutney, eggs

Pour milk over the mixture

Place final layers of potato and onion on the top of the baking dish preparation

Sprinkle with Paprika or other seasoning

Bake in oven 180 degrees

Celsius for about

25 minutes, more for

deeper baking

dishes, until the

potatoes have

become tender..



## Festive Pork with Cherry Almond sauce

- 4 pork chops
- ½ tin (1/2 of 400g) of glace cherries
- 2 level tablespoons of golden syrup
- 2 level tablespoons of slivered almonds
- 2 level tablespoons of red wine vinegar
- Pinch of salt and or pepper as desired
- Pinch of nutmeg (approximately 1/8 teaspoon)
- Pinch of ground cloves
- Pinch of cinnamon

Combine all the ingredients except the pork chops in a saucepan over a medium heat until boiling

Fry the chops

Pour about 1/3 over the sauce over the frying chops

When liquid is reduced again add another 1/3 of the sauce and cook until reduced

When serving the chops, pour the last 1/3 of the sauce over the top of the chops

Serve with salad or vegetables



## Stuffed Capsicums

- 2 large Capsicums
- ½ cup of rice
- 2 teaspoons gluten free beef stock (powder)
- 125 g (4 ozs) of mince
- 350ml of gluten free pasta sauce
- 
- 1/3 cup of grated cheese: mozzarella or cheddar
- 2 level tablespoons of Parmesan cheese

Preheat oven to 180 degrees Celsius

Boil the rice in water, drain and wash

Cook the mince (Fry in a frypan)

Add in the mince, beef stock, and half the pasta sauce to the rice

Stir over a medium heat on a frypan till excess liquid reduced

Half the capsicums: Remove the seeds

Stuff the Capsicum halves with the rice & mince mixture

Pour gluten free pasta sauce on top, to taste preference

Sprinkle with grated cheese and then the Parmesan

Bake till the cheese is melted and golden

Alternately, bake for 15 minutes at high: this has a better taste but takes more time and effort



## Thai Style Prawns on Noodle Salad

- Gluten free thin Rice noodles
- Cooked peeled Prawns
- Chopped Snow peas: chunky
- Chopped tomatoes: small chunks
- Chopped shallots: very small chunks
- Some fresh herbs: coriander, dill, parsley, or lemon grass

### Sauce Components

- More fresh herbs: as above: One tablespoon
- ¼ cup of mild sweet chilli sauce (gluten free)
- ¼ cup of limejuice
- ¼ cup of apple cider vinegar

Mix these to form a sauce

Let rice noodles stand in hot boiled water for ten minutes.

(If not soft, boil for a little longer. Too much boiling will make the rice gluggy).

Combine cooked prawns, snow peas, shallots, tomatoes, and herbs in a large mixing bowl

Drain rice noodles.

Layer salad and sauce over the mixture

### Microwave Beef Stroganoff

- 250 g of beef mince
- 1 packet of gluten free onion soup mix
- 3 cups of gluten free rice noodles
- ¼ teaspoon ground ginger
- 3 cups of hot boiled water
- 1 cup of sliced fresh mushrooms
- ½ cup sour cream
- Cornflour

Fry Mince in a frypan (coated with hot oil) for about 5 minutes, making sure the mixture is free of lumps

Add the packet of onion soup mix, noodles, ginger, and hot water: stir in with mince.

Cook for about 10 minutes in the medium frypan.

Add mushrooms and cream

Thicken with maize cornflour if too watery

Microwave for about one more minute

## Bacon, Potato & Onion

- 2 large potatoes: sliced thinly
- 2 large onions: thinly sliced
- 8 rashers of bacon
- 2 eggs
- 1 cup of milk
- Margarine: one teaspoon
- Pepper, salt, or herb seasoning

Preheat oven to 190 degrees Celsius

Trim the bacon and fry lightly over a moderate flame till slightly brown  
Prepare a baking dish by smearing with omega-3 enriched margarine

Place layers of onion, bacon, potato in the baking dish  
Repeat the layering into the baking dish: top layer Potato  
Beat the two eggs with a mixer, add milk, Pepper/ Salt or herbs to taste  
Pour the egg / milk mixture over the baking dish contents.

Bake in oven until top browns: about 15-20 minutes



## Spicy Pea and Ham Soup

- 1 cup of fine shredded ham pieces
- ½ packet of split peas
- 1 chopped onion
- 1 small whole onion
- 6 whole cloves
- ½ teaspoon garlic powder or equivalent of fresh garlic cloves
- 1 teaspoon marjoram
- 1 teaspoon fresh mint: chopped
- 1.5 litres of water

Push cloves deep into substance of the small whole onion  
Combine all ingredients in a saucepan, bring to boil and allow to simmer for about an hour (keep lid covered)  
Cook until split peas have turned to mush  
Remove whole onion with cloves



## Pumpkin Soup with Ginger and Coconut flavour

- ½ medium pumpkin
- 1 can of coconut cream
- 2 chicken stock cubes (check gluten free) dissolved in about 1/2 cup of water
- 1 tablespoon sugar
- 1.5 litres of water
- 1 level dessertspoons of ginger or equivalent
- 1 large brown onion
- ½ clove garlic crushed
- Mixed herbs and spices: 1 level teaspoon
- Plain Rice Crackers

Boil a pot of water on the stove: 1.5 litres  
Peel pumpkin, remove seeds and cut into moderate cubes  
Sautee the pumpkin  
Add chicken stock cubes dissolved in about ½ cup of water

Bring to boil and simmer until pumpkin cooked (about 10-15 minutes)  
Put into blender

Sautee chopped onion, ginger, sugar and crushed garlic till caramelized  
Place this (onion, ginger, sugar, crushed garlic) in the blender also  
Combine with pumpkin in blender  
Pour this mixture into the water boiling in the stovetop pot  
Add the coconut cream, herbs, salt, pepper as desired

Serve with crumbled rice  
crackers as garnish.  
(Like croutons)



## Chocolate Macadamia Roll

- 125g of plain sweet rice biscuits
- ½ cup of raisins
- ¼ cup of macadamia nuts
- ¼ cup of hazelnuts
- 80g of dark chocolate
- 30 g of margarine: omega 3 enriched
- 1 egg
- 2 tablespoons Amaretto or other flavored liqueur
- Icing Sugar
- Fruit syrup: of choice

Crush cookies into a rough lumpy mixture

Beat the egg whites till stiff then add in the egg yolks beat further

Melt chocolate and the margarine and liqueur over low heat

Food process the nut mixture into a powder

Combine chocolate margarine into the egg mixture

Combine the crushed cookies into the mixture

Combine all the other ingredients into the mixture, with coarse mixing to preserve the texture of the lumpy ingredients

Roll into a log

Wrap into aluminium foil

Chill well

Once chilled: cut into slices

Serve dusted with icing sugar and or fruit syrup



## Rum Balls without Rum

- 100 g of gluten free sweet rice cookies
- 200g of sweetened condensed milk
- $\frac{3}{4}$  cup of desiccated coconut
- $\frac{1}{4}$  cup of hazelnuts or almonds
- $\frac{1}{2}$  cup of mixed dried fruit
- 30g of chopped glace cherries
- 1 tablespoon cocoa
- 1 tablespoon rum essence
- Extra desiccated shredded coconut or dark chocolate

Food process nuts into a “meal” (flour like mix).  
Add cookies to nut meal, Crush cookies in a food processor  
Add other ingredients to the food processor except  
condensed milk

Pour “dry” mix into a bowl

Combine with condensed milk in the bowl

(If too sloppy, chill in fridge before rolling into mixed size  
balls)

Roll balls into extra coconut or dip into warm melted  
chocolate

Chill

Tastes better if allowed to stand in fridge for a few days to  
allow flavours to blend.



## Chocolate Rum Balls

- 125 g of dark chocolate
- 2 tablespoons omega 3 enriched margarine
- 2 tablespoons sweetened condensed milk
- 2 tablespoons Rum
- 2 teaspoons vanilla essence
- Cocoa

Melt margarine and chocolate over hot water

Stir in condensed milk and mix

Stir in remainder ingredients (excluding cocoa)

Chill until firm enough to handle

Roll into balls, and then dip into cocoa as an external coat layer



## Apricot Orange Balls

- Rind from  $\frac{1}{4}$  orange
- $\frac{1}{4}$  cup castor sugar
- 2 heaped tablespoons glucose
- 125 g of dried apricots, chopped finely
- 4 tablespoons fresh orange juice or 1 teaspoon orange essence
- 1-2 tablespoons of liqueur for taste
- $\frac{3}{4}$  cup of desiccated shredded coconut
- Extra shredded desiccated coconut

In a food processor, combine all ingredients except extra coconut.

Take the mixture and form into small balls, chill (If Mixture is too sloppy, chill, then roll into balls).

Roll balls in extra coconut

Chill.



## Tuna & Potato Bake

- 200 g tin of Tuna
- 250 g of Potatoes: Boiled and sliced
- 30 g of Omega 3 enriched margarine (One big teaspoon)
- 3 tablespoons of cornflour
- $\frac{3}{4}$  cup of milk
- $\frac{1}{4}$  cup of cream
- $\frac{1}{2}$  small onion: finely chopped
- 1 teaspoon of gluten free dry mustard
- $\frac{1}{4}$  cup of grated cheese: cheddar or mozzarella
- $\frac{1}{4}$  cup of gluten free corn flakes
- $\frac{1}{4}$  teaspoon Paprika
- Greased Baking dish

Preheat oven to 180 C

Combine margarine, the cream, and milk over a mild heat  
 Add the cornflour and bring gently to the boil, constantly stirring until the sauce thickens  
 Remove from stove  
 Add the mustard, half the cheese, and finally the tuna to the pot from the stove

In the baking dish, place alternate layers of potato slices  
 Next, add the tuna mixture layer.  
 Sprinkle cornflakes over the top, then the remaining cheese and paprika  
 Bake in oven for about 30 minutes or until golden brown on top  
 Serve with green Vegetables or salad.



## Potato & Sweet Potato Wedges

- 3 potatoes
- 1 large Kumera (sweet Potato)
- 1 Parsnip
- 3 carrots
- 1 tablespoon of extra virgin olive oil
- 1 teaspoon paprika
- 1 teaspoon of gluten free curry powder
- Fresh ground pepper, salt, or herbs as desired.

Preheat oven to 210 C

Prepare a baking dish by smearing with some of the olive oil

Clean and peel vegetables as desired

Cut into wedges: thin

Place in baking dish

Brush the Veges with remainder of the oil

Mix the paprika, curry powder and herb / salt / pepper seasoning

Sprinkle this seasoning mix over the vegetable wedges

Stir well to cover the wedges with oil / seasoning mix

Bake for 20 – 30 minutes until the wedges are brown crunchv. Turn them over during



## Fruit Chews

- 1 cup of Tofu
- 2 tablespoons of orange juice
- ½ teaspoon orange essence
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 cup shredded coconut
- 1 tablespoon of chopped raisins
- 1 tablespoon chopped prunes
- 1 tablespoon almond meal
- 1 tablespoon of Liqueur (your choice)
- Grated rind of one lemon and grate rind of one orange
- ½ cup coconut

Food process the Tofu, then combine with oil and fruit juice

Add all other ingredients except about half the coconut,

Food process till well mixed

If too dry, add some fruit juice

Roll into balls of varying sizes, roll in coconut and chill before serving



## Muesli Macaroons

- 1 egg
- 150 g of sweetened condensed milk
- 1 ½ cups of shredded coconut
- 2 cups of gluten free muesli
- 40 g of glace cherries chopped
- 1 teaspoon almond meal

Preheat oven to 150 C

Margarine line a baking tray

Beat egg whites till firm then blend in egg yolk

Mix all ingredients in together: first adding the condensed milk then the other ingredients

Place spoonfuls of the mix onto paper cups on the baking tray,

Bake until golden brown, should be about 15 minutes.

Place a dab of dark chocolate on top after cooking (optional)



## Home Made Caramel Muesli Bars :

- 2 cups of gluten free cornflakes
- ½ cup gluten free self-raising flour
- ½ cup shredded coconut
- ½ cup brown sugar
- 200g of sweetened condensed milk
- 60g omega-3 enriched margarine
- 2 teaspoons lemon juice

### Topping

- 200g of sweetened condensed milk
- 2 tablespoons of golden syrup or glucose syrup

Preheat oven to 200 C  
Smear margarine to line a rectangular cake tin  
Boil the 400 g tin of sweetened condensed milk in a saucepan full of boiling water (while still in the tin) for about 90 minutes

Mix together all the ingredients in the bars list using half the condensed milk from the caramelized tin  
Press into the lined rectangular cake tin  
Bake for 15 minutes

Mix golden syrup into remainder of the sweetened condensed milk to make the Topping  
Remove cake tin from oven  
Pour the warm Topping over the biscuits base in the cake tin  
Allow to cool before cutting into squares



## Pancakes with Jam & Fruit

### Pancake:

- 2 cups of rice flour (brown, white or mixed)
- 1 ¼ cups of water
- 2 eggs

### Topping:

- 30 g of omega 3 enriched margarine
- ¼ cup of fruit jam e.g. raspberry or strawberry or "fruit of the forest" jam
- 2 teaspoons arrowroot
- ½ cup of fruit juice: apple juice preferred
- 1 tablespoon brown sugar
- ¼ chicken stock cube

### Topping:

Combine margarine and jam in a saucepan over low heat  
 Add remainder of ingredients and stir well while cooking  
 Heat gently until sauce thickens



### Pancakes:

Blend everything except eggs in a food processor  
 Allow mixture to stand for at least two hours  
 Beat egg whites till fluffy  
 Then add in the egg yolk beating further  
 Finally blend in the Pancake mixture (that has been standing for 2 hours)  
 Pour some mixture into a fry pan on a low heat, put lid on fry pan while cooking  
 Turn when one side starting to go brown

Serve with Topping, perhaps a side of fresh fruit or low fat ice cream.

## Strawberry Cheesecake

- 1 packet of sweet gluten free rice cookies
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- 90g of omega 3 enriched margarine

Blend all ingredients in a food processor  
Press into a margarine smeared cake tin, allow to set in the fridge

### Topping

- 2 tablespoons of fruit liquor or ¼ teaspoon Amoretto essence or ¼ teaspoon rosewater essence
- 150 ml of cream
- 150 g of sweetened condensed milk
- ½ cup of lemon juice
- 500 g punnet of strawberries

Combine the topping ingredients in a food processor  
Pour onto the biscuit base and chill in fridge until set.



## Kahlua Cheesecake.

- 1 packet of sweet gluten free rice cookies
- 90g of omega 3 enriched margarine

Blend all ingredients in a food processor  
Press into a margarine smeared cake tin, allow to set in the fridge



### Filling

- 2 teaspoons gelatin
- 2 tablespoons hot water
- 125 ml of whipped cream
- 375 g of low fat cream cheese
- 2 tablespoons of castor sugar
- 200 g of sweetened condensed milk
- 60 ml Kahlua

If a fancy topping desired, 30 g of melted dark chocolate

Dissolve the gelatin in hot water  
Whip the cream until stiff:  
Blend the cream cheese, sugar and Kahlua until smooth  
To this mix, Continue to blend in the condensed milk, gelatin  
Finally combine the whipped cream  
Pour the mixture onto the crust that has been setting / chilling in the fridge

For a fancy touch, brush some melted dark sweet chocolate over the top of the cheesecake.

## Apricot Mousse

- 400 g of apricots in syrup
- 200 g small tub of low fat apricot yoghurt.
- ½ fat no fat milk (Skim)
- 2 level tablespoons gelatin dissolved in 1/4 cup of hot water
- 3 tablespoons castor sugar: a little more if desired

Blend apricots and yoghurt in a food processor  
Add other ingredients and blend again till frothy

Pour into serving glasses and chill



*Some Various ways  
Of  
Presentation*

## Apricot Fudge

- 100 g of brown sugar
- 125 g of omega 3 enriched margarine
- 200 g tin of sweetened condensed milk
- 1 cups of very finely chopped dried apricots (food process if you don't like chunks)
- 1 packet of sweet gluten free rice cookies

In a saucepan over low heat, combine sugar, margarine and condensed milk until smooth

Add the dried apricots and rice biscuit crumbs

Mix until smooth

Pour into a margarine smeared cake tin

Keep in fridge until sets.



## Cheese Scones

- 1 egg
- 3 cups of gluten free flour mix
- 5 teaspoons of baking powder (Gluten free)
- 2 cups of grated low fat cheese: cheddar
- 1 tablespoon grated Parmesan cheese
- $\frac{3}{4}$  cup milk

Preheat oven 230 C

Margarine smear a baking tray

Beat the egg white until stiff, add in egg yolk and then beat further  
Mix the flour, baking powder and cheese, and then add in milk while  
mixing until a smooth paste is formed

Add in the beaten eggs to this mix

Roll onto a flat surface

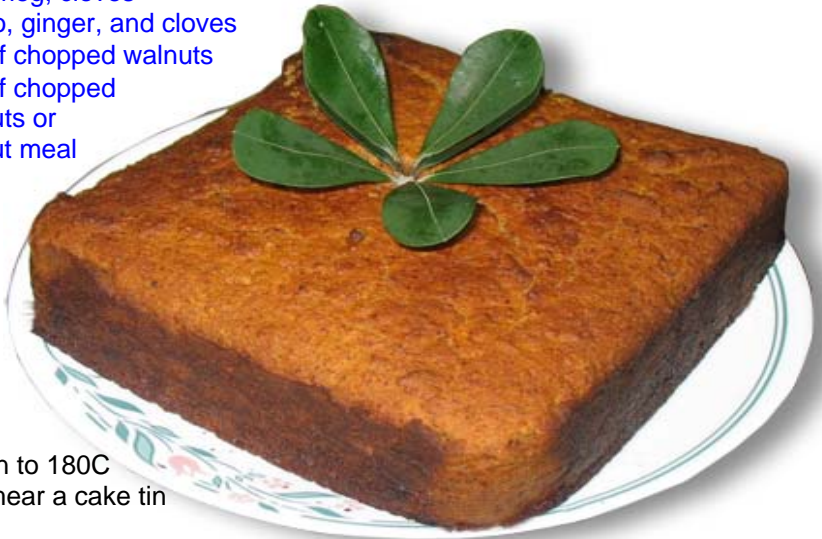
Place thick little dollops onto a margarine smeared baking tray

Cook in oven until beginning to turn golden brown



## No Eggs Carrot Cake

- 2 cups of finely grated raw carrot
- 1 cup of orange juice: prefer pure OR juice one large orange
- 2 teaspoons vanilla extract
- ¼ cup of extra virgin olive oil
- 1 cup of honey
- ½ cup of crushed drained pineapple
- 2 ½ cups of rice flour
- 2 teaspoon of Bicarb Soda
- 1 teaspoon of cream of tartar
- 1 teaspoon cinnamon
- ½ teaspoon ground mixed spices
- e.g. nutmeg, cloves  
pimento, ginger, and cloves
- ¾ cup of chopped walnuts
- ¼ cup of chopped hazelnuts or hazelnut meal



Preheat oven to 180C  
Margarine smear a cake tin

Blend the nuts in a food processor to form nut “meal”  
Combine while mixing:  
Carrots, orange juice, vanilla essence, olive oil, honey, pineapple

In a separate bowl, combine the remaining dry ingredients  
(Rice flour, Bicarbonate, Cream of tartar, Cinnamon, Spices)  
Fold the dry mixture into the first mixture  
Pour into the cake tin  
Bake for 50-60 minutes or until starting to turn brown  
Remove the cake from the oven and allow to cool for about ten minutes  
before turning the cake out of the cake tin.  
Cover and keep in cake tin.

# Frozen Food Information

Foods in the freezer -- are they safe? Every year, thousands of callers to Health Authorities occur because people aren't sure about the safety of items stored in their own home freezers. The confusion seems to be based on the fact that few people understand how freezing protects food. Here is some information on how to freeze food safely and how long to keep it.

## ***What Can You Freeze?***

You can freeze almost any food. Some exceptions are canned food or eggs in shells. However, once the food (such as a ham) is out of the can, you may freeze it.

Being able to freeze food and being pleased with the quality after defrosting are two different things. Some foods simply don't freeze well. Examples are mayonnaise, cream sauce and lettuce. Raw meat and raw poultry maintain their quality longer than their cooked counterparts, because moisture is lost during cooking.

Chicken keeps its quality longer than beef when frozen. Chicken has a higher risk of built in (natural) bacterial contamination than other meats. So it is inadvisable to refreeze any poultry.

## ***Is Frozen Food Safe?***

Food stored constantly at 0 °F (-17.8 °C) will always be safe. A good average domestic freezer will operate at this temperature or lower. Only the quality suffers with lengthy freezer storage. Freezing keeps food safe by slowing the movement of molecules, causing microbes to enter a dormant stage. Freezing preserves food for extended periods because it prevents the growth of microorganisms that cause both food spoilage and foodborne illness.

## ***Does Freezing Destroy Bacteria & Parasites?***

Freezing to 0 °F inactivates any microbes -- bacteria, yeasts and molds - - present in food. Once thawed, however, these microbes can again become active, multiplying under the right conditions to levels that can lead to foodborne illness. Since they will then grow at about the same rate as microorganisms on fresh food, you must handle thawed items as you would any perishable food.

Trichina (tapeworms) and other parasites can be destroyed by sub-zero freezing temperatures. However, very strict government-supervised conditions must be met. It is not recommended to rely on home freezing to destroy trichina. Thorough cooking will destroy all parasites.

## ***Freshness & Quality***

Freshness and quality at the time of freezing affect the condition of frozen foods. If frozen at peak quality, foods emerge tasting better than foods frozen near the end of their useful life. So freeze items you won't use quickly, sooner rather than later. Store all foods at 0° F or lower to retain vitamin content, color, flavor and texture.

## ***Nutrient Retention***

The freezing process itself does not destroy nutrients. In meat and poultry products, there is little change in nutrient value during freezer storage.

## ***Enzymes***

Enzyme activity can lead to the deterioration of food quality. Enzymes present in animals, vegetables and fruit promote chemical reactions, such as ripening. Freezing only slows the enzyme activity that takes place in foods. It does not halt these reactions which continue after harvesting. Enzyme activity does not harm frozen meats or fish and is neutralized by the acids in frozen fruits. But most vegetables that freeze well are low acid and require a brief, partial cooking to prevent deterioration. This is called "blanching." For successful freezing, blanch or partially cook vegetables in boiling water or in a microwave oven. Then rapidly chill the vegetables prior to freezing and storage. Consult a cookbook for timing.

Bacterial enzymes (coming from bacteria contaminating the food), can be active even if the foods are frozen. This can cause degradation of the quality of the food even though the bacteria are unable to grow. Handle your food with care and with clean equipment to minimise spoilage and the risk of bacterial food poisoning.

## ***Packaging***

Proper packaging helps maintain quality and prevent "freezer burn." **It is safe to freeze meat or poultry directly in its supermarket wrapping** but this type of wrap is permeable to air. Unless you will be using the food in a month or two, over wrap these packages as you would any food for long-term storage using airtight heavy-duty foil, (freezer) plastic wrap or freezer paper, or place the package inside a (freezer) plastic bag. Use these materials or airtight freezer containers to repackage family packs into smaller amounts. It is not necessary to rinse meat and poultry before freezing. Freeze unopened vacuum packages as is. If you notice that a package has accidentally been torn or has opened while food is in the freezer, the food is still safe to use; merely over-wrap or rewrap it.

## ***Freezer Burn***

Freezer burn does not make food unsafe, merely dry in spots. It appears as grayish-brown leathery spots and is caused by air reaching the surface of the food. Cut freezer-burned portions away either before or after cooking the food. Heavily freezer-burned foods may have to be discarded for quality reasons.

## ***Color Changes***

Color changes can occur in frozen foods. The bright red color of meat as purchased usually turns dark or pale brown depending on its variety. This may be due to lack of oxygen, freezer burn or abnormally long storage.

Freezing doesn't usually cause color changes in poultry. However, the bones and the meat near them can become dark. Bone darkening results when pigment seeps through the porous bones of young poultry into the surrounding tissues when the poultry meat is frozen and thawed.

The dulling of color in frozen vegetables and cooked foods is usually the result of excessive drying due to improper packaging or over-lengthy storage.

## ***Freeze Rapidly***

Freeze food as fast as possible to maintain its quality. Rapid freezing prevents undesirable large ice crystals from forming throughout the product because the molecules don't have time to take their positions in the characteristic six-sided snowflake. Slow freezing creates large, disruptive ice crystals. During thawing, they damage the cells and dissolve emulsions. This causes meat to "drip"--lose juiciness. Emulsions such as mayonnaise or cream will separate and appear curdled.

Ideally, a food 2-inches thick should freeze completely in about 2 hours. If your home freezer has a "quick-freeze" shelf, use it. Never stack packages to be frozen. Instead, spread them out in one layer on various shelves, stacking them only after frozen solid.

## ***Refrigerator – Freezers***

If a refrigerator freezing compartment can't maintain zero degrees or if the door is opened frequently, use it for short-term food storage. Eat those foods as soon as possible for best quality. Use a free-standing freezer set at 0° F or below for long-term storage of frozen foods. Keep a thermometer in your freezing compartment or freezer to check the temperature. This is important if you experience power-out or mechanical problems.

## ***Length of Time***

Because freezing keeps food safe almost indefinitely, recommended storage times are for quality only. Refer to the freezer storage chart at the end of this document, which lists optimum freezing times for best quality.

If a food is not listed on the chart, you may determine its quality after defrosting. First check the odor. Some foods will develop a rancid or off odor when frozen too long and should be discarded. Some may not look picture perfect or be of high enough quality to serve alone but may be edible; use them to make soups or stews. Cook raw food and if you like the taste and texture, use it.

## ***Safe Defrosting***

Never defrost foods in a garage, basement, car, dishwasher or plastic garbage bag; out on the kitchen counter, outdoors or on the porch. These methods can leave your foods unsafe to eat.

There are three safe ways to defrost food: in the refrigerator, in cold water, or in the microwave. It's best to plan ahead for slow, safe thawing in the refrigerator. Small items may defrost overnight; most foods require a day or two. And large items like turkeys may take longer, approximately one day for each 5 pounds of weight.

For faster defrosting, place food in a leak proof plastic bag and immerse it in cold water. (If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food. Tissues can also absorb water like a sponge, resulting in a watery product.) Check the water frequently to be sure it stays cold. Change the water every 30 minutes. After thawing, cook immediately.

When microwave-defrosting food, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving.

## **Refreezing**

**Once food is thawed in the refrigerator, it is safe to refreeze it without cooking, except if the food has been held at a temperature of more than 40 °F (or 6°C) for longer than two hours.** There may be a loss of quality due to the moisture lost through defrosting. After cooking raw foods which were previously frozen, it is safe to freeze the cooked foods. If previously cooked foods are thawed in the refrigerator, you may refreeze the unused portion.

If you purchase previously frozen meat, poultry or fish at a retail store, you can refreeze if it has been handled properly.

## **Cooking Frozen Foods**

Raw or cooked meat, poultry or casseroles can be cooked or reheated from the frozen state. However, it will take approximately one and a half times the usual cooking time for food which has been thawed. Remember to discard any wrapping or absorbent paper from meat or poultry.

When cooking whole poultry, remove the giblet pack from the cavity as soon as you can loosen it. Cook the giblets separately. Read the label on frozen meat and poultry products. Some, such as pre-stuffed whole birds, **MUST** be cooked from the frozen state to ensure a safely cooked product.

## ***Power Outage in Freezer***

If there is a power outage, the freezer fails, or if the freezer door has been left ajar by mistake, the food may still be safe to use. As long as a freezer with its door ajar is continuing to cool, the foods should stay safe overnight. If a repairman is on the way or it appears the power will be on soon, just don't open the freezer door.

A freezer full of food will usually keep about 2 days if the door is kept shut; a half-full freezer will last about a day. The freezing compartment in a refrigerator may not keep foods frozen as long. If the freezer is not full, quickly group packages together so they will retain the cold more effectively. Separate meat and poultry items from other foods so if they begin to thaw, their juices won't drip onto other foods.

When the power is off, you may want to put dry ice, block ice, or bags of ice in the freezer or transfer foods to a friend's freezer until power is restored. Use an appliance thermometer to monitor the temperature.

When it is freezing outside and there is snow on the ground, it seems like a good place to keep food until the power comes on; however, frozen food can thaw if it is exposed to the sun's rays even when the temperature is very cold. Refrigerated food may become too warm and foodborne bacteria could grow. The outside temperature could vary hour by hour and the temperature outside will not protect refrigerated and frozen food. Additionally, perishable items could be exposed to unsanitary conditions or to animals. Animals may harbor bacteria or disease; never consume food that has come in contact with an animal.

To determine the safety of foods when the power goes on, check their condition and temperature. If food is partly frozen, still has ice crystals, or is as cold as if it were in a refrigerator (40 °F), it is safe to refreeze or use. It's not necessary to cook raw foods before refreezing. **Discard foods that have been warmer than 40 °F for more than 2 hours. Discard any foods that have been contaminated by raw meat juices.** Dispose of soft or melted ice cream for quality's sake.

### ***Frozen Cans***

Accidentally frozen cans, such as those left in a car or basement in sub-zero temperatures, can present health problems. If the cans are merely swollen -- and you are sure the swelling was caused by freezing -- the cans may still be usable. Let the can thaw in the refrigerator before opening. If the product doesn't look and/or smell normal, throw it out. **DO NOT TASTE IT!** If the seams have rusted or burst, throw the cans out immediately, wrapping the burst can in plastic and disposing the food where no one, including animals can get it.

### ***Frozen Eggs***

Shell eggs should not be frozen. If an egg accidentally freezes and the shell cracked during freezing, discard the egg. Keep an uncracked egg frozen until needed; then thaw in the refrigerator. It can be hard cooked successfully but other uses may be limited. That's because freezing causes the yolk to become thick and syrupy so it will not flow like an unfrozen yolk or blend very well with the egg white or other ingredients

# Know Your Oven

When you are out in your boat it is important when navigating a course to know what the deviation ( That is how much error your compass is reading ) is on your compass otherwise you will end up in a different spot as to where you intended.

When working from a recipe it is important to measure out the ingredients to ensure that the end product is a success. Also on the very important list is to know your oven. Does it read high or low?(temperature )

This can be easily found out by purchasing an oven thermometer, and running a test ( cost under \$5.00). Just stick it in the oven and compare your oven settings to the thermometer's. The cost is well worth the knowledge this gives you when cooking those special treats.



SOME PRODUCTS  
THAT ARE  
AVAILABLE  
IN  
SOME  
SUPERMARKETS  
AND  
HEALTH FOOD SHOPS

**ORGRAN**  
GLUTEN FREE

**All Purpose  
Plain Flour**

Farina ogni uso senza glutine  
Farine tout usage sans gluten

Versatile in everyday cooking and baking

- ✓ gluten free
- ✓ wheat free
- ✓ dairy free
- ✓ egg free
- ✓ yeast free
- ✓ GMO free
- ✓ soy free
- ✓ vegan
- ✓ no added cane sugar

Net 500g e / 17.5 oz

serving suggestion  
for best before see end of pack

**KOSHER  
PARVE**

**Allergen Free International (A.F.I.)**

GLUTEN FREE WHEAT FREE	DAIRY FREE	EGG & ANIMAL BYPRODUCT FREE

ALIMENTO DIETETICO SENZA GLUTINE

**ORGRAN**  
GLUTEN FREE  
*Easy Bake*  
**Bread Mix**  
Mix per pane senza glutine  
Mix pour pain sans gluten

Makes 800g  
baked loaf  
5.7% dietary fibre

- ✓ gluten free
- ✓ wheat free
- ✓ dairy free
- ✓ egg free
- ✓ yeast free
- ✓ GMO free
- ✓ soy free
- ✓ vegan
- ✓ no added cane sugar

KOSHER  
MIDWEST BAKERS  
AUSTRALIA  
PARVE

Allergen Free International (A.F.I.)  
GLUTEN FREE WHEAT FREE  
DAIRY FREE  
EGG & ANIMAL DERIVATIVE FREE

Net 450g e / 15.8 oz  
for best results see egg of pack

ALIMENTO DITETICO SENZA GLUTINE













# Notes