



Bin Inn
Wholefoods and Specialty Groceries

Gluten Free Recipes





Gluten Free?

WHAT IS A GLUTEN FREE DIET?

A gluten free diet involves excluding foods that are made from gluten containing grains. Foods made from wheat, rye, triticale, barley and oats contain large amounts of gluten so they must be permanently removed for a gluten free diet. Gluten is the main protein in the cereal grains, wheat, rye, triticale, barley and oats. These grains are present in staple foods such as breads, breakfast cereals, pasta, biscuits, cakes etc. Whilst gluten is easy to detect in these foods, many processed foods contain 'hidden gluten'. This 'hidden gluten' refers to the additives, stabilisers, starches and preservatives that may contain gluten. Despite these restrictions, people with coeliac disease can eat a well-balanced diet with a variety of foods, including gluten free bread and gluten free pasta.

WHAT IS COELIAC DISEASE?

Coeliac disease is a condition where the lining of the small intestine is damaged due to a sensitivity to a protein in food, called gluten. Gluten is found in wheat, rye, triticale, barley and oats. Coeliac disease is a permanent intestinal intolerance to dietary gluten. This intolerance to gluten causes the body to produce antibodies which damage the lining of the small bowel and make it impossible for the body to absorb vitamins, minerals and other nutrients from food. Coeliac disease affects about one person in 100, although it is estimated that four out of five who have the condition don't know they have it.

WHY IS A GLUTEN FREE DIET NECESSARY?

It is important that those with coeliac disease maintain a gluten free diet. If coeliac disease is left untreated, the chance of developing other medical problems increases. Untreated, it can result in severe diarrhoea and malnutrition and increased risk of other diseases including lymphoma and osteoporosis. Villi damage can occur if a gluten free diet is not followed. Severe villi damage can lead to a general malabsorption of nutrients from food. By adhering to a gluten free diet, sufferers are able to decrease symptoms of their coeliac disease.

HOW IS COELIAC DISEASE TREATED?

Removing gluten from the diet is currently the only known treatment for coeliac disease. Adhering to a gluten free diet is a life long commitment. Foods to avoid include wheat, rye, barley, spelt, oats, kamut, bulghur and couscous.

WHAT IS GLUTEN?

Gluten is the protein aspect of wheat (including spelt, triticale, and kamut), rye, barley, and oats. Gluten holds bread together and makes it rise.

FOOD ADDITIVES

It is important that coeliac sufferers are meticulous when checking product labels to ensure that food is completely gluten free. Look out for the following food additives. Modified starches or thickeners are numbers 1400 - 1450. In New Zealand these are usually derived from maize, tapioca and potato so most are gluten free (**except 1400**).

GENERALLY GLUTEN FREE

1401-1450

Usually Maize, tapioca and potato starch derived.

GENERALLY NOT GLUTEN FREE

1400

Usually Wheat based.

For more information see www.coeliac.org.nz. For more gluten free recipes see www.bininn.co.nz

*Ingredients available at most Bin Inn Stores

Gluten Free Flours

Amaranth Flour:	Amaranth flour has a pleasant, nutty taste. It is high in protein (15%). It combines well with other flours to make good tasting bread, muffins and other baking.
Arrowroot:	Arrowroot thickens to a fine, clear gel so it is good for thickening fruit sauces. It is very bland so is best used in combination with other gluten free flours.
Buckwheat Flour:	Contrary to its name, it does not belong to the wheat family, but actually the rhubarb family. It is used to make pancakes and muffins and is often blended with other flours to bake bread.
Chana Flour:	Also known as besan or chick pea flour, it is commonly used in Indian cooking to make breads and pancakes. It is also used as a thickener.
Cornmeal:	Also referred to as polenta, it is often used with other flours when baking. It is handy for cereals and batters. It can be used to replace breadcrumbs in standard recipes. It is also great for cornbread.
Maize Cornflour:	Also called cornstarch, it gives a smooth, clear thickening to sauces and is popular in Asian cooking. It is great for baking when a fine texture is desired e.g. shortbread.
Pea Flour:	This is similar to chick pea flour (chana flour), it has a coarse texture and strong flavour. It is best mixed with other flours. It is good to use as a coating mixture for batters and fritters.
Potato Flour:	This is made from grinding dried potatoes. It is a good flour to mix with other flours and is a handy thickener for gravies, soups, stews and casseroles. It is good for rolling food in before baking e.g bread rolls, meatballs etc. 1 teaspoon to 1 tablespoon can be added to 1-2 cups of rice flour for a better texture.
Quinoa Flour:	Derived from the ancient super grain of the Incas, quinoa flour provides a unique nutritional profile reflective of the mother grain. This smooth, ivory coloured flour has a mild, slightly nutty flavour. Quinoa flour may be used alone or in combination with other flours in baking everything from cookies to muffins and cakes. It makes baked goods moister. It may also be used as a thickener in sauces, soups and other liquid based dishes.
Rice Flour:	Made from brown or white rice, it has a silky texture. It is very bland so it is best mixed with other flours. Used alone rice flour tends to result in heavy, dense baking. Be careful when using rice flour for baking as it burns easily. It is great for shortbread, melting moments and pikelets.
Soya Flour:	As the name suggests, it is made from soya beans. It is a creamy yellow colour. It has a strong nutty flavour which can overpower some recipes, so it is best mixed with other flours. Soya flour is a good flour to use in recipes using chocolate or spices.



Bin Inn Gluten Free Flour*

INGREDIENTS:

1 Cup Maize Cornflour*

2 Cups Rice Flour*

*Ingredients available from most Bin Inn stores

2 Cups Soya Flour*

3 Cups Potato Flour*

METHOD:

Thoroughly mix all of the above flours together. Use in the same way as normal wheat flour, use with gluten free baking powder. When adapting a standard recipe with gluten free ingredients, try reducing the oven temperature by 20°C and slightly increasing the cooking time. Always store gluten free flour in a sealed container in a dry area. This is especially important during summer.

GLUTEN FREE FLOUR ALTERNATIVES:

- Also include 2/3 cup of arrowroot.
- The cup of maize cornflour can be replaced with a cup of cornmeal.
- If the flavour is too strong, slightly reduce the amount of soya flour.
- 400g Chana Flour* (Chickpea Flour) 400g Maize Cornflour*
- 200g Potato Flour* 200g Fine Cornmeal*
- 100g Ground Almonds*

Stir together all the above except ground almonds. Sift into a large airtight container. Lastly stir through the ground almonds.

NOTE:

Bin Inn stores sell Gluten Free Flour, however the above recipes can be used to make your own gluten free flour. Recipes have all been tested using the Gluten Free Flour sold at Bin Inn Stores.

Gluten Free Baking Powder

INGREDIENTS:

85g Maize Cornflour*

100g Baking Soda*

60g Cream of Tartar*

60g Tartaric Acid*

METHOD:

Sift all of the above ingredients together. Sift several times. Use in the same way as standard baking powder. Store in a sealed jar. Always shake jar well before using. When substituting gluten free flour for wheat flour, increase the amount of gluten free baking powder.

Gluten Free Pizza Base

INGREDIENTS:

225g Bin Inn Gluten Free Flour*

1/2 tsp Salt*

60g Butter*

2 tsps Gluten Free Baking Powder*

140ml Milk*

METHOD:

Mix gluten free flour, salt and gluten free baking powder in a bowl. Rub butter into dry ingredients until crumbly. Mix to a dough with the milk. Roll the dough out on a floured board to a 1cm thickness. Add your favourite gluten free toppings and cook at 200°C for approximately 20 minutes or until cooked (time may vary depending on toppings).

Gluten Free Vanilla Cupcakes

INGREDIENTS:

1 Cup Bin Inn Gluten Free Flour*
1/2 Cup Margarine*
1 tsp Vanilla Essence*
Splash of Milk*
Few Drops Pink or Red Food Colouring*

2 tsps Gluten Free Baking Powder*
1/2 Cup Caster Sugar*
2 Eggs*
2 Cups Gluten Free Icing Sugar*
Knob of Butter*

METHOD:

Cream margarine and sugar until pale, light and fluffy. Add eggs, one at a time, beating very well after each addition. Beat in vanilla essence. Sift in gluten free flour and baking powder. Stir into mixture, beating to smooth out lumps. Beat in a splash of milk until mixture resembles dollop like consistency. Add more milk if needed. Place paper cups into muffin tin, and fill with mixture. Bake at 180°C (160°C fan bake) for 18-20 minutes or until golden. Mix icing sugar with a few tablespoons of boiling water, adding 1 tablespoon at a time. Add food colouring and butter. Ice once cupcakes have cooled.

Marg Watkins - Christchurch

Gluten Free Fruit Muffins

INGREDIENTS:

1 1/3 Cups Bin Inn Gluten Free Flour*
125g Brown Sugar*
1 Egg*
1/2 tsp Baking Soda*
2/3 Cup Milk*

50g Butter*
1/2 tsp Salt*
1 tsp Gluten Free Baking Powder*
1 tsp Cocoa*
1 Diced Apple or Mashed Banana

METHOD:

Cream butter and sugar, then beat in egg. Dissolve baking soda in milk. Mix the dry ingredients in a bowl. Add the baking soda and milk alternately with the dry ingredients to the creamed butter mix. Add diced apple or mashed banana. Spoon into greased muffin tins. Bake at 215°C for 12-15 minutes.

Gluten and Sugar Free Fruit Cake

INGREDIENTS:

3/4 Cup Bin Inn Gluten Free Flour*
3 Oranges - Grated Rind
1 Cup Pitted Dates*
1 Cup Cherries*
1 Cup Sultanas*
1/2 tsp Salt*
3/4 Cup Orange Juice*
1 tsp Almond Essence*
1 tsp Brandy Essence*

1 tsp Cinnamon*
2 Cups of Walnuts*, Brazils* & Almonds*
1/2 tsp Gluten Free Baking Powder*
1 Small Cup Mixed Peel*
1 tsp Nutmeg*
1 tsp Curry Powder*
3 Eggs*
1 tsp Lemon Essence*

METHOD:

Line the bottom of a 20cm cake tin with cardboard and baking paper. Preheat oven to 125°C. Grate orange rind and finely chop dates. Chop most of the nuts and cherries, leaving a few to decorate the top of the cake. Place sifted gluten free flour and gluten free baking powder in a large bowl. Mix all of the dry ingredients together. Beat eggs and orange juice together, add to mixture. Place into the lined baking tin, press down firmly. Decorate with cherries and nuts. Bake at 125°C for 2 - 2 1/2 hours. Leave to cool for 10 minutes in the oven.



Gluten Free Brownies

INGREDIENTS:

3/4 Cup Bin Inn Gluten Free Flour*
100g Olivio Margarine (dairy free)
1 tsp Gluten Free Baking Powder*
1 Cup Sugar*

100g Chocolate Chips*
2 Eggs,* beaten
1/4 Cup Gluten Free Cocoa Powder*

METHOD:

Melt chocolate chips and margarine for 1 minute in the microwave then stir mixture until the chocolate has melted. Add beaten eggs and sugar and mix well. Fold in the gluten free flour, sifted cocoa powder and baking powder. Cook in the microwave on high for 5-7 minutes depending on the strength of your microwave or bake in an 8 inch cake tin in an 180°C oven for about 15 minutes. I double the recipe as it never lasts long!

Gillian

Gluten Free Gingerbread

INGREDIENTS:

2 Cups Bin Inn Gluten Free Flour*
6 Tbsps Soft Butter*
2/3 Cup Golden Syrup*
120mls Milk*
2 Eggs*

1/2 Cup Brown Sugar*
Pinch Salt*
2 tsps Ground Ginger*
1 tsp Cinnamon*
1 1/2 tsps Gluten Free Baking Powder*

METHOD:

Preheat oven to 160°C. Lightly grease and line a cake tin. In a small saucepan, heat sugar, butter and golden syrup gently until melted and blended, stirring occasionally. Remove from the heat and leave to cool slightly, then mix in the milk and eggs. Mix the gluten free flour, salt, ground ginger, cinnamon and gluten free baking powder in a large bowl. Make a well in the centre. Pour in the liquid mixture and beat well. Pour the mixture into the lined cake tin and bake for about 1 1/2 hours or until firm to touch and lightly golden brown.

Gluten Free Almond Fruit Loaf

INGREDIENTS:

250g Dates,* chopped
1 Cup Red and Green Cherries*
1/2 Cup Raisins*
1/2 Cup Mixed Peel*
1 1/2 Cups Brazil Nuts,* chopped
1 Cup Walnuts*

1 Cup Ground Almonds*
1/2 tsp Gluten Free Baking Powder*
3 Eggs*
2 Tbsps Honey*
1 tsp Vanilla Essence*
2 Tbsps Rum

METHOD:

Preheat oven to 150°C. Place chopped dates, cherries, raisins, mixed peel, Brazil nuts and walnuts into a bowl. Stir in the ground almonds and baking powder. In another bowl, beat the eggs until thick and then mix in honey and vanilla essence. Add the egg mixture to the dried fruits. Spoon into two loaf tins lined with baking paper or use a lined ring cake tin. Bake for 1 1/2 to 2 hours. Once cooked, brush rum over the loaf whilst it is still hot. Leave to cool in the loaf tins.

Gluten Free Biscuits

INGREDIENTS:

1/2 Cup Oil*	25g Butter*
2 Tbsps Brown Sugar*	1/2 Cup Desiccated Coconut*
1 Cup Roasted Unsalted Peanuts,* chopped	1/2 Cup Honey*
2 Tbsps Crunchy Peanut Butter*	1 1/2 Cups Rice Bran*
1/4 Cup Skim Milk Powder*	1 1/2 Cups Dates*, chopped
1 Egg*, lightly beaten	

METHOD:

Combine oil, honey, butter, peanut butter and sugar in a pan. Stir over heat until melted and well blended. Combine remaining ingredients in a bowl, stir in honey mixture. Refrigerate for 30 minutes. Roll 2 level teaspoons of mixture into balls. Place on a greased tray 5cm apart. Bake at 180°C for 12 minutes or until lightly browned. Stand on trays for 5 minutes before putting on wire racks to cool.

Gluten Free Date Shortbread Fingers

INGREDIENTS:

100g Butter* (1)	40g Caster Sugar*
100g Brown Rice Flour*	100g Maize Cornflour*
150g Dates*, chopped	100g Honey*
50g Butter* (2)	1 Orange, rind and juice
40g Gluten Free Cornflakes*	2 Tbsps Desiccated Coconut*
75g Dried Apricots*, chopped	2 Tbsps Sliced Almonds*
2 Tbsps Sunflower Seeds*	

METHOD:

Preheat oven to 200°C. Line a 28cm x 18cm tin with baking paper. Cream butter (1) and caster sugar. Add rice flour and maize cornflour and gently fold together. Press into tin. Bake for 6-8 minutes. Boil together dates, orange juice and orange rind until pulpy. Leave to cool. Spread evenly over baked shortbread base. Combine honey, butter (2), cornflakes, coconut, apricots, almonds and sunflower seeds. Spread over date mixture and press down gently. Bake for a further 12 - 15 minutes until slightly golden. Allow to cool in the tin completely before slicing into fingers.

Gluten Free Peanut Butter Biscuits

INGREDIENTS:

125g Butter* chopped	1 Cup Brown Sugar*
1/2 Cup Crunchy Peanut Butter*	1 Egg,* beaten
1 Cup Rice Flour*	1 tsp Gluten Free Baking Powder*
1/3 Cup Chocolate Buttons* finely chopped	1/4 Cup Peanuts, very finely chopped

METHOD:

Preheat oven to 180°C. Line two oven trays with baking paper. Using a cake mixer, beat butter and sugar together until light and fluffy. Add peanut butter and egg and beat until combined. Sift in rice flour and baking powder, stir into creamed mixture until thoroughly combined. Spoon tablespoonfuls of mixture into balls and place on baking trays, allowing room for spreading. Bake for 8-10 minutes then remove to add topping. Combine the chopped chocolate buttons and peanuts, sprinkle over each biscuit and bake for a further 3-4 minutes until biscuits are golden. Store in an airtight container.



Gluten Free & Wheat Free Sponge

INGREDIENTS:

4 Eggs*

1/2 Cup Caster Sugar*

1 Cup Maize Cornflour*

1 tsp Gluten Free Baking Powder*

METHOD:

Line and grease two 20cm round cake tins. Preheat oven to 180°C. Using a cake mixer, beat eggs until very thick. Very gradually add the caster sugar and beat until dissolved. Sift maize cornflour and baking powder twice, then sift over egg mixture. Fold in gently with a metal spoon. Pour into prepared tins and bake for 20-25 minutes or until cooked. Leave to cool for a few minutes before removing from cake tins. Sandwich together with cream. Add sliced strawberries or drained peaches with the cream. Dust with gluten free icing sugar for the perfect finishing touch.

Gluten Free Shortbread

INGREDIENTS:

250g Butter* softened but not melted

1 1/2 Cups Maize Cornflour*

1/2 Cup Rice Flour*

3/4 Cup Gluten Free Icing Sugar*

METHOD:

Mix all ingredients in a food processor until well combined. Roll dough out on a floured (maize cornflour) surface to 1cm thick. Use a cookie cutter to cut into shapes or roll into balls. Place on a tray lined with baking paper and prick with a fork. Bake at 150°C for 25-30 minutes so pale but crisp. Cool on wire rack.

Gluten Free Chocolate Almond Macaroons

INGREDIENTS:

4 Egg* Whites

1 Cup Ground Almonds*

1 Tbsp Maize Cornflour*

2 Tbsps Caster Sugar*

2 Cups Gluten Free Icing Sugar*

1 Cup White Chocolate Buttons*

METHOD:

Line a baking tray with baking paper. Beat egg whites until stiff then, while continuing to beat, slowly add the caster sugar. Stir in the remaining dry ingredients. Place tablespoons of mixture on tray. Bake in a preheated 160°C oven for 18-20 minutes or until golden brown. Do not open the oven door while cooking. Remove from oven and cool on the tray. Melt chocolate and use this to join two macaroons together.

Chewy Peanut Butter Chocolate Cookies

INGREDIENTS:

1 Cup Peanut Butter*

3/4 Cup Brown Sugar*

85g Dark Chocolate Buttons*, chopped

1 Egg*

1/2 tsp Baking Soda*

METHOD:

Preheat oven to 180°C. Combine peanut butter, egg, sugar and baking soda in a bowl. Mix well. Add in chocolate. Stir to combine. Using hands, shape teaspoonfuls of mixture into balls and place about 5cm apart onto a tray lined with baking paper. Bake for 10-12 minutes until lightly golden. Leave on tray to cool.

Gluten Free Almond Biscuits

INGREDIENTS:

100g Butter*
100g Sugar*
100g Ground Almonds*
50g Rice Flour*

50g Maize Cornflour*
1 Egg*
Sliced Almonds*

METHOD:

Cream butter and sugar, then work in the ground almonds, rice flour and maize cornflour. Separate the egg yolk and white and keep a little of the white for the topping. Beat the rest of the egg and add a little at a time to the mixture. Roll the mixture into balls and place on a tray lined with baking paper. Flatten with the back of a fork and then brush with the remaining egg white and decorate with sliced almonds. Bake at 180°C for approximately 10-12 minutes.

Gluten Free Chocolate Chippies

INGREDIENTS:

75g Soft Butter* or Margarine*
50g Brown Sugar*
1/4 Cup Caster Sugar*
1 Egg* beaten
Few drops Vanilla Essence*

75g Rice Flour*
75g Cornmeal*
1 tsp Gluten Free Baking Powder*
Pinch Salt*
2/3 Cup Chocolate Chips*

METHOD:

Preheat oven to 190°C. Beat butter, caster sugar and brown sugar until light and fluffy. Beat in egg and vanilla essence. Fold in rice flour, cornmeal, baking powder and salt, then fold in chocolate chips. Place spoonfuls on a greased baking tray. Bake for 10-15 minutes or until cooked. Leave to cool on a wire rack.

Gluten Free Chocolate Cake

INGREDIENTS:

1 Cup Diced Dates*
1/2 tsp Baking Soda*
3/4 Cup Ground Almonds*
1 Cup Rice Flour*
5 Eggs*
1 tsp Vanilla Essence*
Gluten Free Icing Sugar*

1 Cup Boiling Water
1/2 Cup Cocoa Powder*
1/2 tsp Salt*
150g Dark Chocolate Buttons*, melted
1 Cup Low Fat Plain Yoghurt
1 Cup White Sugar*

METHOD:

Preheat oven to 170°C. In a microwave proof bowl, place diced dates, water and baking soda. Microwave on high for 3 minutes. Leave to cool then blend to a smooth paste. In a bowl, mix together the date mixture, yoghurt, cocoa powder, ground almonds, melted chocolate, rice flour, salt and vanilla essence. Separate the eggs and mix in egg yolks. Mix thoroughly to a smooth batter. In another bowl, beat egg whites to a white foam, keep beating and slowly add in the sugar. Beat until egg whites are stiff and glossy like meringues. Fold the egg whites in with the other mixture until just combined. Pour into a lightly oiled or lined 26cm spring-form cake tin. Bake for about 55-60 minutes or until an inserted skewer comes out clean. Leave in the tin to cool for 5 minutes before turning out. Dust with gluten free icing sugar once cake is cold.



Gluten Free Louise Cake

INGREDIENTS:

150g Butter,* softened
1/3 Cup Caster Sugar*
1 tsp Vanilla Essence*
1 Egg*
3/4 Cup Rice Flour*
3/4 Cup Arrowroot*

1/2 Cup Ground Almonds*
1 tsp Gluten Free Baking Powder*
3/4 Cup Raspberry Jam*
2 Egg* Whites
1/2 Cup Caster Sugar*
1/2 Cup Desiccated Coconut*

METHOD:

Place butter, caster sugar and vanilla essence in a bowl. Beat with a cake mixer until pale and creamy. Beat in egg, stir in rice flour, arrowroot, ground almonds and baking powder. Put the mixture into a 17cm x 27cm tin lined with baking paper. Spread jam over the top. In a bowl, beat egg whites until soft peaks form, then beat in sugar. Mix in coconut. Spread topping over jam. Bake at 170°C for 35 minutes. Cut into slices once cool.

Gluten Free Flourless Hazelnut Cake

INGREDIENTS:

150g Butter,* chopped
6 Eggs,* separated
1 1/2 Cups Hazelnut Meal* (Ground hazelnuts)
2/3 Cups Cream* (Icing)

200g Dark Chocolate Buttons*
2/3 Cup Caster Sugar*
300g Dark Chocolate Buttons* (Icing)
Raspberries and Blackberries to decorate

METHOD:

Stir chocolate and butter in a small pot over low heat until melted. Leave to cool. Use a cake mixer to beat egg yolks and sugar until thick and creamy. Add chocolate mixture, beat to combine. Add hazelnut meal and beat again. In another bowl, use a cake mixer to beat egg whites until soft peaks form. Using a metal spoon, stir 1/3 of egg whites into the chocolate mixture. Gently fold in remaining egg whites. Pour in a greased and lined 20cm round tin. Bake in a preheated 170°C oven for 1 hour or until a skewer inserted into centre has moist crumbs clinging. Leave in tin for 10 minutes then put on a wire rack. Icing; Stir dark chocolate and cream in a pot over low heat for 3-4 minutes or until smooth. Spread icing over cake. Decorate with berries.

Gluten Free Mini Carrot Cakes

INGREDIENTS:

1/3 Cup Rice Flour*
1 1/2 Tbsps Mixed Spice*
1 tsp Baking Soda*
4 Eggs*
1 Cup Brown Sugar*
250g Cream Cheese (at room temperature)
1 Tbsp Orange Juice*

1/3 Cup Maize Cornflour*
2 tsps Gluten Free Baking Powder*
2 Cups Ground Almonds*
2/3 Cup Walnuts,* chopped
2 Carrots, peeled and finely grated
1/2 Cup Gluten Free Icing Sugar*
Sliced Almonds (to decorate)

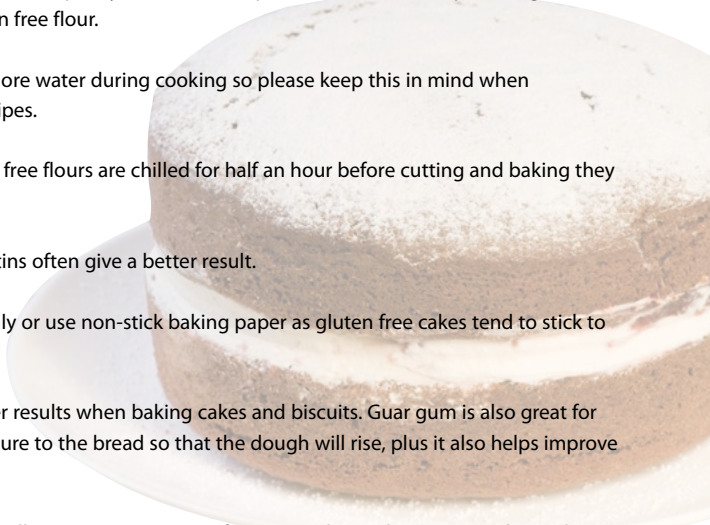
METHOD:

Preheat oven to 160°C. Sift rice flour, maize cornflour, mixed spice, baking powder and baking soda into a bowl. Mix in ground almonds, brown sugar, grated carrots and walnuts. Separate eggs, add egg yolks. Using a cake mixer, beat egg whites until stiff peaks form. Lightly fold egg whites into mixture. Spoon into a 12 hole muffin tin lined with paper cases. Bake for 20-25 minutes or until cooked. Leave in tin for 5 minutes before placing on a wire rack. Icing; In a bowl, beat cream cheese, icing sugar and orange juice. Spread over cooled cakes, sprinkle with sliced almonds. Or bake a carrot loaf in a 10cm x 20cm loaf tin for 50-60 minutes.



Gluten Free Handy Hints

- When using a combination of gluten free flours, it is essential to mix them well before adding other ingredients. It is best to sift the flours together. When making cakes and biscuits, sift flour twice and fold in very gently.
- When substituting wheat flours, recipes containing no more than two cups of wheat flour tend to be more successful than recipes needing larger quantities of flour.
- When baking cakes and biscuits, combining a few types of gluten free flours tends to give better results than simply using one type of flour. Even though it is more time consuming to blend and sift the flours, the extra time is usually well worth the effort.
- When adapting cake, pudding or sponge recipes, use two level teaspoons of gluten free baking powder per 250g of gluten free flour. For biscuit, pastry and batter recipes, use one level teaspoon of gluten free baking powder per 250g of gluten free flour.
- Some gluten free flours absorb more water during cooking so please keep this in mind when experimenting with adapting recipes.
- If biscuit mixes made with gluten free flours are chilled for half an hour before cutting and baking they will be easier to handle.
- Gluten free cakes cooked in ring tins often give a better result.
- Always grease cake tins thoroughly or use non-stick baking paper as gluten free cakes tend to stick to the baking tin.
- Guar gum can be added for better results when baking cakes and biscuits. Guar gum is also great for making bread, it helps give structure to the bread so that the dough will rise, plus it also helps improve the keeping qualities of the loaf.
- When making gluten free pastry, roll it out on grease-proof paper or plastic cling wrap as this makes it easier to lift it onto a flan case or pie top without breaking. If gluten free pastry is very crumbly, press it over the base and up the sides of the baking tin rather than trying to roll it out.
- If vinegar is included in a recipe, never use malt vinegar, use white vinegar instead.
- If a recipe uses milk powder and you are lactose intolerant, substitute with soy milk powder, or leave it out altogether. In bread recipes, note that soy milk powder may result in a heavier loaf.
- Use left over bread as gluten free breadcrumbs. Use a food processor to make breadcrumbs for stuffing, coating meatballs, crumbed schnitzel, frying fish etc. For dried breadcrumbs, spread them on a large oven tray and bake at 150°C until golden.





Gluten Free Scones

INGREDIENTS:

500g Bin Inn Gluten Free Scone Mix*

2 - 2 1/2 Cups Water



METHOD:

Place scone mix in a bowl. Gradually add in water and mix until combined. Mix into a soft dough. Cut into scones. Place on a greased or floured (gluten free) baking tray. Bake at 200°C for about 10 minutes or until lightly golden.

VARIATIONS:

Cheese Scones – Add 1 cup of grated cheese when mixing together and sprinkle grated cheese on top.

Savoury Scones – Add a teaspoon of gluten free green herb stock with grated cheese as above.

Date or Sultana Scones – Add 3/4 of a cup of diced dates or sultanas when mixing.

Gluten Free Savoury Scones

INGREDIENTS:

1 Cup Arrowroot* or Tapioca Flour*

4 tps Gluten Free Baking Powder*

1/2 tsp Salt*

1 Cup Grated Cheese*

Extra Grated Cheese* for topping

1 Cup Rice Flour*

1 tsp Guar Gum*

75g Butter,* chilled

1 Cup Milk*

METHOD:

Into a food processor, sift tapioca flour, rice flour, guar gum and salt. Cut the chilled butter into cubes and add to the food processor and process until the mixture is thoroughly combined and resembles fine breadcrumb. Add the grated cheese and process again. Very slowly pour in just enough milk until the mixture forms a soft dough. Remove from the food processor onto a floured (rice flour) surface and shape into a rectangle. Cut the dough into scones. Place scones onto a tray lined with baking paper. Sprinkle over the extra grated cheese. Bake scones in an oven preheated to 200°C for 12-15 minutes or until golden brown.

VARIATIONS:

Cheese & Herb Scones – Add a teaspoon of gluten free green herb stock when blending in the food processor.

Gluten Free Lemonade Scones

INGREDIENTS:

1 1/2 Cups Bin Inn Gluten Free Breadmix*

1 tsp Guar Gum*

2 Eggs*

200ml Lemonade Soft Drink*

1 1/4 Cups Bin Inn Pancake & Waffle Mix*

3 tps Gluten Free Baking Powder*

150ml Cream*

METHOD:

Preheat oven 230°C. In a bowl mix together Gluten Free Breadmix, Pancake and Waffle Mix, guar gum and baking powder. In another bowl, whisk eggs and cream together, then add the lemonade. Pour these liquids into the dry ingredients and mix well. Place on a floured (gluten free) surface and shape into a rectangle, then cut into scones. Brush the tops with milk or water to stop them drying out. Bake for about 15 minutes.

Gluten Free Lemon Loaf

INGREDIENTS:

1 1/4 Cups Bin Inn Gluten Free Cake & Biscuit Mix*	100g Butter* softened
3/4 Cup Sugar*	2 Eggs*
3 level tsp Gluten Free Baking Powder*	1/4 Cup Desiccated Coconut*
150ml Milk*	2 tsp Lemon Rind, finely grated
1/4 Cup Sugar* (Topping)	1/4 Cup Lemon Juice



METHOD:

Cream butter, sugar and lemon rind. Add eggs one at a time, beating well after each egg. Add Gluten Free Cake & Biscuit Mix, coconut, baking powder, milk and mix well. Line the bottom of a loaf tin with baking paper and grease sides. Pour mixture into loaf tin. Bake at 180°C for 45-60 minutes, until firm and golden brown. Remove from oven. Mix together topping of sugar and lemon juice and immediately pour on while the cake is still hot. Leave to cool in the loaf tin then transfer to a wire rack or plate.

Gluten Free Almond Biscuits

INGREDIENTS:

175g Bin Inn Gluten Free Cake & Biscuit Mix*	125g Sugar*
1 1/2 tsp Gluten Free Baking Powder*	1 Egg*
Sliced Almonds* to decorate	125g Butter*

METHOD:

Cream the butter and sugar. Add egg and mix well. Add Gluten Free Cake & Biscuit Mix and baking powder and mix well. Allow to stand for a few minutes to let the mixture firm up a little. Roll into balls, flatten slightly with the back of a fork and place on a baking tray lined with baking paper. Place sliced almonds on top of each biscuit and press in a little. Bake for 20 - 25 minutes at 180°C.

Gluten Free Christmas Cake

INGREDIENTS:

480g Bin Inn Gluten Free Cake & Biscuit Mix*	1 tsp Gluten Free Baking Powder*
1 tsp Cinnamon*	1 tsp Mixed Spice*
1 tsp Ground Ginger*	1/2 tsp Ground Nutmeg*
225g Butter*	1 Cup Sugar*
1 Lemon,* grated rind	1 tsp Vanilla Essence*
6 Eggs*	1.5Kg Fruit Mix*
1/4 Cup Sherry or Brandy (optional)	Whole Blanched Almonds*
1 Cup Crushed Pineapple*	

METHOD:

In a bowl mix together Gluten Free Cake & Biscuit Mix, baking powder and spices. In another bowl, cream butter, sugar, lemon rind and vanilla essence. Add eggs into the creamed mixture, add one egg at a time, beating well after each egg and adding a little Gluten Free Cake & Biscuit Mix each time to prevent the mix curdling. Drain pineapple and add to the fruit mix in another bowl and add with the dry mix to the creamed mixture. Mix well. Put into a 25cm tin lined with baking paper. Top with almonds. Bake at 150°C for 1 1/2 hours, then turn down to 130°C for 2 more hours or until a skewer comes out clean. Pour sherry or brandy over the hot cake (optional). Leave to cool.



Gluten Free Chocolate Slice

INGREDIENTS:

240g Bin Inn Gluten Free Cake & Biscuit Mix*
2 tsps Gluten Free Baking Powder*
3/4 Cup Sugar*
1 1/2 Cups Desiccated Coconut*

1/4 Cup Grated Dark Chocolate*
175g Melted Butter*
2 Tbsps Cocoa Powder*



METHOD:

Mix all ingredients together in a bowl. Place in a 24 x 30 cm swiss roll tin lined with baking paper, press mixture in firmly. Bake at 180°C for 15 - 20 minutes. Ice with chocolate icing, or dust with icing sugar.

Gluten Free Cheese Muffins

INGREDIENTS:

360g Bin Inn Gluten Free Cake & Biscuit Mix*
70g Butter*, melted
1 1/4 Cups Milk*
1/2 tsp Salt*
1 Cup Grated Tasty Cheese*

5 tsps Gluten Free Baking Powder*
3 Eggs*
1/2 - 1 tsp Curry Powder*
1 Small Onion, very finely chopped

METHOD:

In a bowl, melt butter, then whisk in milk and eggs. Add dry ingredients, cheese and onion and mix well. Placed in greased muffin tins. Bake at 230°C for 15 to 20 minutes until firm and golden brown. Leave to cool in the muffin tin for 10 minutes then place on a wire rack.

Gluten Free Gingernuts

INGREDIENTS:

400g Bin Inn Gluten Free Cake & Biscuit Mix*
1 Tbsp Golden Syrup*
3/4 Cup Sugar*
1 Egg*

100g Butter*
1 tsp Baking Soda*
3 tsps Ground Ginger*

METHOD:

In a bowl, melt butter, add golden syrup and warm to soften. Add sugar and egg, then beat together. Add Gluten Free Cake & Biscuit Mix, baking soda and ground ginger, mix well. Roll into balls and flatten slightly. Place on baking trays, allow room for spreading. Bake at 180°C for about 10-15 minutes or until lightly browned. Allow to cool on the baking tray then transfer gingernuts to a wire rack.

Gluten Free Lemon Biscuits

INGREDIENTS:

300g - 325g Bin Inn Gluten Free Cake & Biscuit Mix*
125g Sugar*
1 tsp Lemon Rind, finely grated
175g Butter*

METHOD:

In a bowl, cream butter, sugar and grated lemon rind. Add Gluten Free Cake & Biscuit Mix. Roll out to 2cm thick and cut into shapes with a cookie cutter. Dip the tops of the biscuits in sugar and place on a tray lined with baking paper. Bake at 180°C for 15-20 minutes or until lightly browned. Leave to cool on a wire rack.

Gluten Free Banana Cake

INGREDIENTS:

320g Bin Inn Gluten Free Cake & Biscuit Mix*
125g Butter*
1/2 Cup Sugar*
3 Eggs*
1 Cup Mashed Bananas (about 2 large bananas)

1 tsp Cinnamon*
1/2 Cup Milk*
1/2 tsp Baking Soda*
2 tsps Gluten Free Baking Powder*
1 tsp Vanilla Essence*



METHOD:

In a bowl, melt butter. Add sugar, eggs and vanilla and mix well. Add all other ingredients, whisk thoroughly together. Pour into a lined 23cm round tin. Bake at 180°C for 40 – 50 minutes or until a skewer inserted into the cake comes out clean. Stand cake in the tin for 10 minutes before removing to a wire rack to cool.

Gluten Free Jam Biscuits

INGREDIENTS:

480g Bin Inn Gluten Free Cake & Biscuit Mix*
3/4 Cup Sugar*
2 Eggs*
Jam*

75g Butter*
1 tsp Vanilla Essence*
3 tsps Gluten Free Baking Powder*
Sugar* (For Dipping)

METHOD:

In a bowl, cream butter, sugar and vanilla essence. Add eggs one at a time, beating well after each egg. Add Gluten Free Cake & Biscuit Mix and baking powder and mix to a firm dough with your hands. Roll into balls, dip the tops in sugar. Place on baking trays. Make a depression in the top of each with your finger or the handle of a wooden spoon. Fill holes with jam. Bake at 200°C for 15-20 minutes or until firm & lightly golden.

Gluten Free Chocolate Brownies

INGREDIENTS:

120g Bin Inn Gluten Free Cake & Biscuit Mix*
5 Tbsps Cocoa Powder*
3 Eggs*
1/4 Cup Chopped Walnuts or Macadamia Nuts*
Gluten Free Icing Sugar*

100g Butter*
1 tsp Vanilla Essence*
1 tsp Gluten Free Baking Powder*
150g Sugar*

METHOD:

In a bowl, thoroughly beat melted butter with vanilla, cocoa, eggs and sugar. Mix in Gluten Free Cake & Biscuit Mix, baking powder and chopped walnuts or macadamia nuts. Pour into a 20cm tin lined with baking paper. Bake at 180°C for 20-30 minutes or until cooked. When cool, cut into squares. Dust with icing sugar.

Gluten Free Friands

INGREDIENTS:

1 1/2 Cups Bin Inn Gluten Free Cake & Biscuit Mix*
5 Egg* Whites, beaten to a froth

1 1/2 Cups Gluten Free Icing Sugar*
125g Butter,* melted

METHOD:

In a bowl, mix Gluten Free Cake & Biscuit Mix and icing sugar together. Mix in melted butter and beaten egg whites. Put in lightly greased muffin tins. Bake at 210°C for 15-20 minutes or until lightly browned.



Gluten Free Carrot Cake

INGREDIENTS:

- | | |
|--|-----------------------------|
| 320g Bin Inn Gluten Free Cake & Biscuit Mix* | 3 Eggs* |
| 1/2 Cup Canola Oil* | 2 tsps Cinnamon* |
| 2 tsps Vanilla Essence* | 3 Cups (350g) Grated Carrot |
| 1 Cup Desiccated Coconut* | 2 tsps Baking Soda* |
| 2 tsps Gluten Free Baking Powder* | |
| 1 1/2 - 2 Cups Raw Sugar* (use 2 cups for a sweet cake) | |
| 1/2 Cup Apple Juice (or water - if you use water, use the full 2 cups of raw sugar*) | |



METHOD:

Whisk the eggs, oil, sugar and vanilla essence together thoroughly, in a large bowl. Add grated carrots and fold in gently. Add all dry ingredients and mix, adding the juice or water as you go. If the mix looks too wet, don't add the last 1 or 2 tablespoons of liquid - it can vary with the type of carrots you use. Pour the mix into a 25cm tin lined with baking paper. Bake at 180°C for 45 to 60 minutes or until a skewer inserted into the cake comes out clean. Ice with lemon butter icing, cream cheese icing, or dust with icing sugar.

Gluten Free Chocolate Cake

INGREDIENTS:

- | | |
|--|-----------------------|
| 360g Bin Inn Gluten Free Cake & Biscuit Mix* | 1/2 Cup Cocoa* |
| 1/2 Cup Boiling Water | 150g Softened Butter* |
| 1 1/4 Cups Sugar* | 3 Eggs* |
| 1 Tbsp Vanilla Essence* | 1/2 tsp Baking Soda* |
| 3 tsps Gluten Free Baking Powder* | 1 Cup Milk* |

METHOD:

In a bowl mix cocoa and boiling water thoroughly and leave to cool while preparing the rest of the cake. Line the bottom of a 23cm tin with baking paper, or grease and flour the base of a large glass baking dish (20cm x 30cm). The cake can be baked in and served from this dish. Cream butter and sugar with the vanilla essence. Add eggs, one at a time, beating well after each egg. Add Gluten Free Cake and Biscuit Mix, baking powder, baking soda and milk. Mix thoroughly. Add cocoa and mix in and beat well. Bake at 180°C for 45 to 60 minutes, or until a skewer inserted into the cake comes out clean. Sift icing sugar over the cooled cake before serving.

Gluten Free Apple Muffins

INGREDIENTS:

- | | |
|--|--|
| 360g Bin Inn Gluten Free Cake & Biscuit Mix* | 1 1/2 Cups Apples, peeled, cored and diced |
| 1/2 Cup Sultanas* | 1/2 Cup Sugar* |
| 2 Tbsps Sherry | 2 Eggs* |
| 3/4 Cup Milk* | 100g Butter* melted |
| 1 tsp Mixed Spice* | 5 tsps Gluten Free Baking Powder* |

METHOD:

In a bowl, melt butter and use a little to grease the muffin pan. Add eggs, milk and sugar to the melted butter, mix well. In another bowl, mix together apples, sultanas and sherry. Add the apple mixture together with the Gluten Free Cake and Biscuit Mix, baking powder and mixed spice to the egg mixture. Pour into the muffin tin (mix will look wet). Bake at 210°C for about 20 to 25 minutes.



Gluten Free Afghans

INGREDIENTS:

175g Bin Inn Gluten Free Cake & Biscuit Mix*
75g Sugar*
50g Gluten Free Cornflakes,* crushed

175g Butter,* softened
4 level Tbsps Cocoa Powder*



METHOD:

In a bowl, cream butter and sugar. Mix in all other ingredients using your hands or a spoon. Leave the mixture to stand for a few minutes. Roll into balls and flatten slightly. Place on trays lined with baking paper. Bake at 185°C for 15-20 minutes. Carefully remove to racks to cool. Once cold, ice with chocolate icing.

Gluten Free Fruit Cake

INGREDIENTS:

350g Bin Inn Gluten Free Cake & Biscuit Mix*
400ml Warm Water or Gingerale
4 tps Gluten Free Baking Powder*

750g Fruit Mix*
3 Eggs,* beaten
1 tsp Mixed Spice*

METHOD:

Soak the fruit mix in water or gingerale overnight. Mix in the Gluten Free Cake & Biscuit Mix, beaten eggs, baking powder and mixed spice. Place in a 23cm round cake tin lined with baking paper. Bake at 165°C for about 1 1/2 hours or until cooked. To check if cake is ready, insert a knife, it should come out clean.

Gluten Free Fruit Flan

INGREDIENTS:

1 Cup Bin Inn Gluten Free Cake & Biscuit Mix*
125g Sugar*
1 tsp Vanilla Essence*
Any fruit - sliced apples, drained peaches or assorted fruits

125g Butter,* melted
3 Eggs*
2 tps Gluten Free Baking Powder*

METHOD:

In a bowl, mix melted butter, sugar, eggs and vanilla essence and beat well. Mix in Gluten Free Cake & Biscuit Mix and baking powder. Pour into a buttered and floured (gluten free) flan dish. Place fruit on top and sprinkle with cinnamon and sugar. Bake at 180°C for 45-60 minutes.

Gluten Free Chocolate Chip Cookies

INGREDIENTS:

2 Cups Bin Inn Gluten Free Cake & Biscuit Mix*
125g Butter*
1/4 Cup Brown Sugar*
1 Egg*
100g Chocolate Chips*

1 1/2 tps Gluten Free Baking Powder*
1/4 Cup White Sugar*
1 tsp Vanilla Essence*
1 tsp Cocoa Powder*

METHOD:

In a bowl, cream butter sugar and vanilla essence. Add egg and beat well. Add Gluten Free Cake & Biscuit Mix, baking powder and cocoa and mix well. Mix in chocolate chips. Roll into balls and slightly flatten. Bake at 200°C for 15-25 minutes or until firm and golden brown.





Gluten Free Pikelets & Pancakes

INGREDIENTS:

- | | |
|--|---------------------|
| 1 1/4 Cups Bin Inn Gluten Free Pancake & Waffle Mix* | 25g Butter,* melted |
| 3 tps Gluten Free Baking Powder* | 2 Eggs* |
| 1/4 Cup Sugar* | 200ml Milk* |
| 1/2 tsp Vanilla Essence* (optional) | |



METHOD:

In a bowl, beat eggs, sugar and vanilla essence together until thick and frothy. Add Bin Inn Gluten Free Pancake & Waffle Mix, baking powder, melted butter, 150ml of milk and mix well. Let the mixture stand for 5 minutes. Mix in the rest of the milk. Pour mixture into a hot fry pan, turn once pancakes or pikelets bubble. Serve warm with your favourite topping. Use recipe also for gluten free pancakes, just use more milk. Just thin the above recipes as desired with milk or water to give a thin, pouring consistency, and cook as usual.

Gluten Free Waffles

INGREDIENTS:

- | | |
|--|---------------------|
| 2 Cups Bin Inn Gluten Free Pancake & Waffle Mix* | 2 Eggs,* separated |
| 2 tps Gluten Free Baking Powder* | 90g Butter,* melted |
| 3/4 Cup Milk* | 1 Cup Water |
| 1/4 Cup Sugar* | |

METHOD:

Preheat waffle maker. In a large bowl, combine Gluten Free Pancake & Waffle Mix, baking powder, egg yolks, milk, water and melted butter. Using a cake mixer, blend until smooth. With clean beaters, beat the egg whites until they form stiff peaks, then gradually add the sugar. Fold the egg white mixture into the rest of the batter. Brush the waffle maker plates with melted butter or oil. Place about 1/2 a cup of the mixture on the lower plate, close the lid and cook for about 2 1/2 minutes, or until waffles are golden brown. Serve warm and drizzle over maple syrup.

SAVOURY CHEESE WAFFLES:

Follow above recipe but use 2 tablespoons of sugar rather than 1/4 Cup of sugar. Add 1/2 Cup of grated tasty cheese after folding in the egg mixture.

Gluten Free Corn Fritters

INGREDIENTS:

- | | |
|---|-----------------------------|
| 1/2 Cup Bin Inn Gluten Free Pancake & Waffle Mix* | 2 Eggs* |
| 1 1/2 tps Gluten Free Baking Powder* | 50g Grated Tasty Cheese* |
| 25g Butter,* | Pinch Pepper* |
| Pinch Salt* | Canola Oil* or Cooking Oil* |
| 300g – 400g Sweetcorn Kernels (lightly cooked or thawed in microwave if frozen) | |

METHOD:

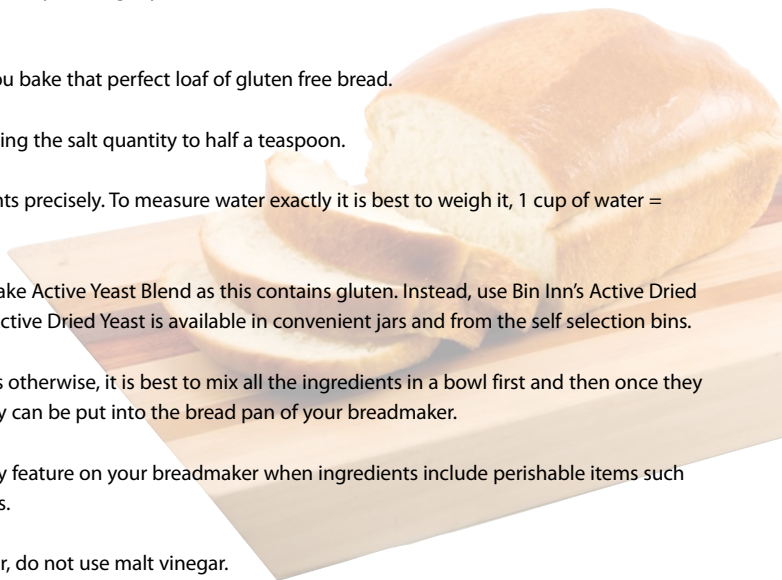
In a bowl, whisk the eggs with a pinch of salt and pepper. Add Gluten Free Pancake & Waffle Mix and baking powder and whisk thoroughly. Add sweetcorn and cheese and blend well. Cook the mixture in a tablespoon of butter and cooking oil until the fritters are well risen and browned on both sides.

Gluten Free Bread Baking Hints

Baking homemade, fresh gluten free bread is both an art and a science. It is an art in that some experimentation is needed before baking that perfect loaf and it is a science in that ingredients need to be measured precisely and the liquids and dry ingredients need to be in the exact proportions. It is normal for gluten free bread to be rather heavy and slightly dense in texture.

Here are a few hints to help you bake that perfect loaf of gluten free bread.

- For a lighter loaf try reducing the salt quantity to half a teaspoon.
- Always measure ingredients precisely. To measure water exactly it is best to weigh it, 1 cup of water = 250ml = 250grams.
- Do not use Bin Inn SupaBake Active Yeast Blend as this contains gluten. Instead, use Bin Inn's Active Dried Yeast, this is gluten free. Active Dried Yeast is available in convenient jars and from the self selection bins.
- Unless the recipe specifies otherwise, it is best to mix all the ingredients in a bowl first and then once they are thoroughly mixed they can be put into the bread pan of your breadmaker.
- Do not use the timer delay feature on your breadmaker when ingredients include perishable items such as butter, cheese and eggs.
- If a recipe includes vinegar, do not use malt vinegar.
- Do not expect a gluten free bread mixture to look or act the same as wheat bread doughs - gluten free bread tends to look more like a batter than a dough. As it can not be kneaded or shaped in the same way as wheat bread, pour the gluten free bread batter into muffin or pie tins to bake gluten free bread rolls.
- It is best to remove the bread pan from the breadmaker as soon as it is ready, otherwise condensation may form and leave the loaf damp and soggy. Leave the bread in the bread pan for about 10 minutes before turning out onto a cooling rack.
- A blend of gluten free flours gives a better result and helps to brown the loaf. When using only rice flour the loaf tends to have a pale crust on top, regardless of the cooking time. Also loaves made using only rice flour tend to go stale more quickly than gluten free bread made using a combination of flours.
- Slice the bread once it has completely cooled. Wrap a few slices of bread in plastic wrap and place in freezer. Put straight into the toaster for breakfast. Freezing a few slices is a good idea where there may only be one coeliac in the house.
- Gluten free bread need not be bland and boring, be adventurous - add nuts, seeds, dried fruit, cheese, spices etc.





Gluten Free Bread - Breadmaker

1Kg LOAF INGREDIENTS:

730g Bin Inn Gluten Free Bread Mix*
605ml Water
1 level tsp (5g) Active Dried Yeast*

4 Tbsps Cooking Oil*
1 tsp Cider Vinegar*
4 Eggs*



700g LOAF INGREDIENTS:

500g Bin Inn Gluten Free Bread Mix*
400ml Water
1 tsp Active Dried Yeast*

3 Tbsps Cooking Oil*
1 tsp Cider Vinegar*
3 Eggs*

METHOD: BREADMAKER MACHINE

Place Bin Inn Gluten Free Bread Mix into a large bowl. Add Active Dried Yeast (DO NOT use SupaBake Active Yeast Blend). In a separate bowl, whisk together eggs, cider vinegar, oil and luke warm water. Be very precise in measuring ingredients. For best results, use water between 20 - 30°C. The warmer the water, the more open the texture of the final product (go too high and the bread will overflow the pan!). Mix the wet and dry ingredients thoroughly with a wooden spoon and transfer into the breadmaker bread pan.

Select the standard setting, and set to dark crust if your machine allows this. Refer to your breadmaker machine manual. Check the bread after a few minutes mixing. If the surface looks rough, slowly add 20-30mls of extra water as the mixing continues, until the surface looks smooth. You may find that at the end of the standard cooking time, the top of the loaf is still quite pale. With some breadmakers it is possible to select an additional 'bake only' function. If your breadmaker allows this, a period of 15 - 20 minutes should help to brown the top crust. Or remove loaf from the pan and finish the browning in the oven.

Once cooled, remove from the pan at once. With an electric knife, slice while it is still warm, otherwise allow the bread to cool completely. Wrapping it in a clean tea towel helps to reduce moisture loss. Once cooled, slice and eat on the same day, or freeze for later toasting. The "Delayed Start" function on breadmakers should not be used for gluten free loaves. If the loaf over-rises and collapses in the middle, use cold tap water to prepare the mix. If it is insufficiently risen, you may need to go to warmer water than recommended.

NOTE:

Different breadmakers and models vary so you may need to experiment to fine-tune your loaf of gluten free bread. Preferably use a breadmaker with a 'gluten free' setting.

Gluten Free Bread - Oven Baking

1KG LOAF INGREDIENTS:

730g Bin Inn Gluten Free Bread Mix*
605ml Water
3 level tsps (12g) Active Dried Yeast*

4 Tbsps Cooking Oil*
1 tsp Cider Vinegar*
4 Eggs*

METHOD: OVEN BAKING

Place Bin Inn Gluten Free Bread Mix into a large bowl. Add Active Dried Yeast (DO NOT use SupaBake Active Yeast Blend). In a separate bowl, mix together eggs, cider vinegar, oil and water (use hot but not boiling water). Add the wet ingredients to breadmix. Using a cake mixer, beat for several minutes on medium speed. The mixture will be quite sticky. Fold the mixture into a greased 30cm x 25cm baking dish (5cm-7cm deep). Cover with a large bowl or roasting dish to prevent air crusting the dough. Proving should take about two hours in a warm environment. Bake in a preheated oven at 210°C for about 25 minutes. Allow the loaf to cool, then slice. This loaf is best eaten on the same day, otherwise put any leftovers in the freezer.

Gluten Free Breads

INGREDIENTS:

- | | |
|--|---------------------------|
| 1 1/2 Cups Bin Inn Gluten Free Breadmix* | 2 tps Active Dried Yeast* |
| 3 Tbsps Sugar* | 1/3 Cup Sesame Seeds* |
| 1/2 Cup Rice Flour* | 1 tsp Guar Gum* |
| 2/3 Cup Potato Flour* | 1/2 tsp Salt* |
| 2 Tbsps Margarine* or Butter* | 1 1/2 Cups Warm Water |



METHOD:

Place all ingredients into breadmaker in the order listed. Follow breadmaker instructions. This makes a lovely loaf, very nice toasted.

Shelley Griffiths - Hastings

Bren's Best Brown Bread

INGREDIENTS:

- | | |
|--|------------------------------|
| 500g Bin Inn Gluten Free Bread Mix* | 2 Tbsps Ground Linseed* |
| 1 Tbsp Ground Cornmeal* | 1 Tbsp Pumpkin Seed* |
| 1 Tbsp Sunflower Seeds* | 1 Tbsp Sesame Seeds* |
| 1 Tbsp Poppy Seeds* or Chia Seeds* | 3 tps Guar Gum* |
| 1 1/4 tps Active Dried Yeast* | 1/2 tsp Salt* |
| 2 Cups Warm Water | 1 rounded Tbsp Golden Syrup* |
| 2 Medium Eggs* | |
| 1/2 tsp Gluten Free Gravy Browning (more if you like dark bread) | |



METHOD: OVEN BAKING

Mix all the dry ingredients in a large bowl. Measurements should be accurate or too much might overflow the bread pan. Mix the wet liquid ingredients in large jug (1 litre or more). Pour liquids into the centre of the dry mix, and mix it together until all the dry ingredients are absorbed. Spoon mixture into the bread pan. Set the bread on the longest (multigrain setting) and cook. My breadmaker takes 5 hours. As soon as it is cooked, tip the bread onto a rack to cool until just warm. Cut the loaf into slices, and wrap them in two's immediately with glad wrap. I cut my loaf in half longways first, and this lessens the chance of the paddle damaged areas at the bottom being so noticeable. Put the wrapped sliced together as if it is a loaf and wrap it all, or place them in an airtight freezer bag. Cool until cold then freeze. This keeps well.

Brenda Crocker

Gluten Free Loaf

INGREDIENTS:

- | | |
|--------------------------|---------------------------|
| 2 Cups Rice Flour* | 1 1/2 tps Salt* |
| 1/2 Cup Potato Flour* | 2 tps Active Dried Yeast* |
| 1/2 Cup Maize Cornflour* | 2 Tbsps Whole Linseed* |
| 1/3 Cup Soya Flour* | 3 Eggs* |
| 3 tps Guar Gum* | 350ml Warm Water |
| 2/3 Cup Milk Powder* | 4 Tbsps Safflower Oil* |
| 1/4 Cup Caster Sugar* | 1 tsp Cider Vinegar* |

METHOD:

In a large bowl, mix all the dried ingredients together. Mix the liquids together and then combine with dry ingredients. Spoon into breadmaker pan. Dip hand or spatula in water and press down the mixture to smooth it out and to remove air bubbles. Bake on a normal setting - refer to your breadmaker manual.

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- Gluten Free Pizza Bases
- Gluten Free Cake
- Gluten Free Lamingtons
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- Gluten Free Crumpets
- Gluten Free Donuts
- Gluten Free Hot Cross Buns
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- Gluten Free Baby Rusks
- Gluten Free Focaccia
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- Gluten Free Shortcrust Pastry
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- ☒ Just add water
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- ☒ Long life freshness (2-3 days) without the use of any preservatives

These mixes are specifically formulated to produce top quality baked goods without the use of wheaten flour, gluten, dairy products or yeast. Easy Bakers Breadmixes are made from a variety of gluten free flours for added texture, nutrition and taste. Now you can enjoy the real baking appearance, performance and flavour of authentic bakery products without the use of wheaten flour. Bread rises perfectly, stays fresh for days, makes sandwiches, toast, whatever you like. Use a fry pan or baking tray to make bread wraps, dinner rolls, long rolls, pizza bases and so much more. Gluten free baking is so easy with Laucke and Bin Inn!

Easy Bakers Gluten Free White Loaf

INGREDIENTS: 750g Loaf

500g Easy Bakers Gluten Free White Breadmix*

380ml Water

METHOD:

1. Measure or preferably weigh cool/tepid water (see note) and pour into a mixing bowl.
2. Add Easy Bakers Gluten Free White Breadmix to bowl (over water).
3. Using an electric mixer with beater attachments, mix on the lowest speed for 20 seconds (may be mixed by hand). Stop mixing then use a rubber spatula to scrape down the sides of the bowl.
4. Mix on medium to high speed for 2 minutes (if mixing by hand, mix until the batter is smooth and free from lumps).
5. Pour or spoon the batter into a well greased bread pan with a capacity of at least 1800ml to contain the proofed batter. Non stick pans must also be greased. Do not exceed half full to allow the batter to rise. Use a muffin pan to bake rolls if there is left over batter.
6. Place pan in a warm 30°C draught free place to rise (proof) for 20 – 25 minutes, to almost double in size. If not double in volume within 30 minutes, bake off at that point.
7. Place in a pre-heated 215°C (fan forced 195°C) oven. Bake for 35 minutes or until golden brown.
8. Remove from oven. Gently turn out onto a cooling wire.
9. Allow to cool completely (several hours) before cutting or it will stick to the bread knife.
10. To keep the bread fresh it should be stored in a plastic bag or airtight container.

NOTE:

Water temperature should be adjusted for warm or cool conditions such that once mixed, the batter feels neither warm nor cold.

Easy Bakers Gluten Free Multigrain Loaf

INGREDIENTS: 750g Loaf

500g Easy Bakers Gluten Free Multigrain Breadmix*

360ml Water

METHOD:

1. Measure or preferably weigh cool/tepid water (see note) and pour into a mixing bowl.
2. Add Easy Bakers Gluten Free Multigrain Breadmix to bowl (over water).
3. Using an electric mixer with beater attachments, mix on the lowest speed for 20 seconds (may be mixed by hand). Stop mixing then use a rubber spatula to scrape down the sides of the bowl.
4. Mix on medium to high speed for 2 minutes (if mixing by hand, mix until the batter is smooth and free from lumps).
5. Pour or spoon the batter into a well greased bread pan with a capacity of at least 1800ml to contain the proofed batter. Non stick pans must also be greased. Do not exceed half full to allow the batter to rise. Use a muffin pan to bake rolls if there is left over batter.
6. Place pan in a warm 30°C draught free place to rise (proof) for 20 – 25 minutes, to almost double in size. If not double in volume within 30 minutes, bake off at that point.
7. Place in a pre-heated 215°C (fan forced 195°C) oven. Bake for 35 minutes or until golden brown.
8. Remove from oven. Gently turn out onto a cooling wire.
9. Allow to cool completely (several hours) before cutting or it will stick to the bread knife.
10. To keep the bread fresh it should be stored in a plastic bag or airtight container.

NOTE:

Water temperature should be adjusted for warm or cool conditions such that once mixed, the batter feels neither warm nor cold. Note that the multigrain loaf uses slightly less (20ml) of water than the white loaf.



Easy Bakers Gluten Free Rolls

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix* 380ml Water

OR

500g Easy Bakers Gluten Free Multigrain Breadmix* 360ml Water

METHOD:

1. Follow the Easy Bakers Gluten Free Loaf recipe (see page 23), but at step 4 mix on low speed for 30 seconds, then medium speed for 2 minutes.
2. Using a greased muffin pan, half fill with batter. For a standard muffin tray this will be approximately 50g.
3. Allow to rise in a warm place (free from draughts) for 20 - 30 minutes (until doubled in size). If you wish to sprinkle with certain toppings such as sesame seeds now is the time.
4. Bake in a pre-heated 225°C (fan forced 205°C) oven for 12 - 15 minutes. Allow to cool on a wire rack.

NOTE:

Reduced mixing time in this recipe does not affect the end result. However, the reduced mixing time is only suitable for production of bread rolls and not bread loaves.

Easy Bakers Gluten Free Hamburger Buns

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix* 380ml Cold Water

Sesame Seeds* (optional)

METHOD:

1. Mix Easy Bakers Gluten Free White Breadmix and water until batter is smooth.
2. Pour mixture evenly into 6 large rings. You will need to get 6 large rings made. The easiest way is to obtain a length of 10cm aluminium tubing. This will need to be cut into 2.5-3cm rings, similar to egg rings. These should be well greased and placed onto a flat papered or greased baking tray.
3. Sprinkle with sesame seeds.
4. Place the tray straight into the oven pre-heated to 210°C and bake for about 15-20 minutes.
5. Remove rings from rolls when cool enough. Place rolls on a wire rack to cool.

Easy Bakers Gluten Free Pizza Bases

INGREDIENTS:

175g Easy Bakers Gluten Free White Breadmix* 150ml Water

METHOD:

1. Accurately weigh or measure water and Easy Bakers Gluten Free Breadmix.
2. Follow the standard Gluten Free White Loaf recipe (see page 23).
3. Deposit the batter into the greased pizza pan. This recipe is for a standard large 28cm (11 inch) pizza pan.
4. Allow to rise in a warm place for 15 to 20 minutes.
5. Bake at the bottom of a pre-heated conventional oven at 230°C (446°F) or fan forced at 210°C (410°F) for 10 minutes (the base will shrink slightly from the sides of the pan), remove and allow to cool slightly.
6. Spread the base with tomato paste, and top with your favourite toppings. Finish the pizza with grated cheese and perhaps an extra squirt of olive oil. Finally bake at 230°C (446°F) toward the top of your conventional oven or 210°C (410°F) for fan forced until baked.

Easy Bakers Gluten Free Cake

INGREDIENTS:

250g Easy Bakers Gluten Free White Breadmix*
3 Eggs*

100ml Water
75g Sugar*

METHOD:

1. Into a mixing bowl add eggs, water, Easy Bakers Special White Breadmix and sugar, and blend on slow speed for 1 minute using a whisk. If you wish to add flavourings such as vanilla, lemon, orange or chocolate add during this step.
2. Whisk on high speed for approximately 5-8 minutes.
3. Pour into a well greased cake tin (a 18cm round tin is ideal).
4. Place in a pre-heated oven (190°C or 375°F) for about 30 minutes or until fully baked.
5. Turn out onto wire rack and allow to cool before cutting or icing. Store in an airtight container.

Easy Bakers Gluten Free Lamingtons

INGREDIENTS:

250g Easy Bakers Gluten Free White Breadmix*
3 Eggs*
1 tsp Vanilla Essence*
1 1/4 Cups Gluten Free Icing Sugar*
1 tsp Vanilla Essence*

100ml Water
75g Sugar*
Desiccated Coconut*
1/4 Cup Cocoa*
1/4 Cup Boiling Water

METHOD:

1. Follow the gluten free cake recipe above, adding vanilla essence. Bake in a lined bread tin for 35 minutes. Turn out and cool on a wire rack and allow to cool.
2. Slice off all sides of the cake and cut cake into 5 or 6 even slices.
3. Spread a bed of coconut on a plate or tray.
4. Sift icing sugar and cocoa into a bowl.
5. Add boiling water and vanilla essence and stir.
6. Dip each slice into icing and coat thinly and evenly (allow excess icing to run off slightly), then immediately roll in coconut. (If making a larger quantity, place the bowl of icing over a saucepan of hot water to keep the icing thin). Place on a wire rack to dry.

Easy Bakers Gluten Free Brownies

INGREDIENTS:

1/2 Cup Easy Bakers Gluten Free White Breadmix*
200g Butter* softened
3 Eggs*
1 Cup Cocoa*

1 1/2 Cups Brown Sugar*
150g White Chocolate Buttons* chopped
3/4 Cup Walnuts* chopped
Gluten Free Icing Sugar*

METHOD:

1. Place butter, sugar and cocoa in a bowl and beat until creamy (about 5 minutes).
2. Add eggs one at a time beating well after each one.
3. Stir in Easy Bakers White Breadmix and chopped white chocolate buttons.
4. Transfer mixture into a 20cm greased square baking tin.
5. Place in oven preheated to 150°C, bake for 1 hour. The centre should appear almost under-cooked.
6. Leave to cool in tin. Cut into squares and before serving dust with icing sugar.



Easy Bakers Gluten Free Biscuits

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix*
200g Butter* softened
1 tsp Canola Oil*

2 Eggs* beaten
1 1/2 tsps Vanilla Essence*
1/2 Cup Brown Sugar* (firmly packed)

METHOD:

1. Place butter and sugar in a bowl. Using electric beaters, beat butter and sugar until pale and creamy.
2. Add beaten eggs, vanilla essence and canola oil, beat well.
3. Sift Easy Bakers Gluten Free White Breadmix over the butter mixture. Stir gently to combine.
4. Refrigerate for 30 minutes or until firm.
5. Roll tablespoons of mixture into balls. Place onto two baking trays lined with baking paper. Allow room for the biscuits to spread. Flatten with the back of a metal spoon.
6. Bake in a pre-heated oven at 170°C for 15 minutes or until golden brown, swapping the trays around once. Leave to stand for 5 minutes before placing on a wire rack to cool.

BISCUIT VARIATIONS:

Variations can be done after step 2 before adding the Easy Bakers Gluten Free White Breadmix.

Chocolate Biscuits

Melt 250g of chopped chocolate* and then stir into butter mixture.

Optional - add 1/2 cup of roughly chopped chocolate* for extra flavour.

Chocolate Chippie Biscuits

Add 1 cup of chocolate chips*.

Nutty Biscuits

Add 1 cup of unsalted mixed nuts*, roughly chopped.

Sultana Biscuits

Add 1/2 cup or 100g of sultanas*.

Raisin Biscuits

Add 1/2 cup or 100g of raisins*.

Easy Bakers Gluten Free Fruit Loaf

INGREDIENTS:

250g Easy Bakers Gluten Free White Breadmix*
100g Butter*, softened
2 tsps Mixed Spice*
2 Large Eggs*
50g Sour Cream

3 Cups Fruit Mix* or Sultanas*
1/3 Cup Brandy
1/3 Cup Brown Sugar*
1 tsp Vanilla Essence*
1 Tbsp Apricot Jam,* melted

METHOD:

1. Combine dried fruit mix or sultanas with brandy in a bowl and allow to soak for at least 2 hours or preferably overnight.
2. Pre-heat oven to 160°C (320°F) conventional or 150°C (300°F) fan forced.
3. Cream softened butter, brown sugar and mixed spice for 1 minute.
4. Add eggs, vanilla essence and sour cream and beat for a further minute.
5. Mix in Easy Bakers White Breadmix with a wooden spoon.
6. Fold in the soaked fruit until evenly distributed.
7. Pour batter into a bread pan lined with greaseproof paper and leave to rest at room temperature for 10 minutes.
8. Place tin in the centre of the oven and bake for 60 minutes.
9. Remove from the oven and leave in the tin until completely cool.
10. Glaze cake by lightly brushing the top with melted apricot jam.

Easy Bakers Gluten Free Crumpets

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix*

380ml Milk*

METHOD:

1. Use milk instead of water (the standard Easy Bakers gluten free white loaf uses water).
2. Put an egg ring onto a skillet or frying pan and heat the frying pan to a low heat.
3. Pour the milk and breadmix mixture into the egg ring and cook on a low heat.
4. The crumpet may need to be turned over once to achieve an evenly baked crumpet. Delicious with jam.

Easy Bakers Gluten Free Donuts

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix*
Canola Oil*

380ml Water
3 tsps Sugar* (optional)

METHOD:

1. If you have a deep fryer heat the oil to 180°C (350°F). If you do not have a deep fryer you can use a deep frying pan or a wok and fill until 3cm deep with standard canola oil or deep-frying oil.
2. Make a batch of the Easy Bakers White Breadmix batter using the standard Gluten Free White Loaf recipe (see page 23). Adding up to 3 teaspoons of sugar is optional. Do not wait for the batter to rise.
3. If you have a cake donut dispenser, add the batter to the donut dispenser and deposit the batter into the hot oil. If you do not have a cake donut dispenser you can still make donuts. Just put the batter into a piping bag (or even a plastic bag with a 1cm hole cut in the corner), and then squirt the batter from the bag into the oil in a circular motion to make small 5-10cm diameter circles.
4. Fry on both sides until brown. Remove from the oil to drain and cool (donuts are best eaten warm).
5. Add your favourite topping or jam filling as required. We recommend dipping the top half of the donuts into cinnamon sugar and eating the donuts while warm. To make cinnamon sugar just mix ground cinnamon with sugar.

Easy Bakers Gluten Free Hot Cross Buns

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix*
200g Fruit Mix*
1 Tbsp Sugar*
1 Cup Water (Bun Glaze)

340ml Cool Water
1 Tbsp Oil*
1-2 tsps Mixed Spice*
1/2 Cup Sugar* (Bun Glaze)

METHOD:

1. Set aside 50g of the Easy Bakers Gluten Free White Breadmix to use for the cross mixture.
2. Add the rest of Easy Bakers Gluten Free White Breadmix, sugar, oil, mixed spice and water into a mixing bowl. Mix thoroughly with a cake mixer for about 1 minute on high speed or 2 minutes if hand mixing.
3. Half fill the well greased muffin pans with mixture. Leave in a warm place to rise while preparing crosses.
4. In a small bowl, add remaining 50g of Easy Bakers Gluten Free White Breadmix, and just enough water to make a smooth paste. Put in a piping bag with a small diameter nozzle. Pipe a cross on top of each bun.
5. Bake in a pre-heated oven at 210°C for about 15-20 minutes. Remove from the oven and turn onto a rack for cooling.
6. While still hot they can be brushed with the bun glaze.
7. Add water and sugar to saucepan and bring to the boil. Once cooled brush onto hot buns.



Easy Bakers Gluten Free Wraps

INGREDIENTS:

200g Easy Bakers Gluten Free White Breadmix*

250ml Water

METHOD:

1. Accurately weigh or measure water and Easy Bakers Gluten Free White Breadmix.
2. Combine ingredients in a bowl and whisk together until a smooth paste is formed.
3. Heat a skillet or fry pan over a medium to low heat. Once warm, grease lightly.
4. Pour about 1/3 cup of batter onto the skillet or pan and spread thinly to cover the base. Makes 5 wraps.
5. Once wrap has finished bubbling and the bottom turns golden brown, turn it over and fry the other side.
6. Cover and allow to cool in the pan. Once cool, use as a 'flat bread' to 'wrap' your favourite vegetables, salads and meats.

Easy Bakers Gluten Free Baby Rusks

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix*

330ml Cold Water

METHOD:

1. Add cold water to Easy Bakers Gluten Free White Breadmix and mix until batter is smooth and lump free.
2. Fill a piping bag with the mixture and pipe fingers of batter onto flat baking trays that have been well greased or covered with baking paper. Note; you will require a piping bag with a 1cm round nozzle. A strong plastic bag may be used with one of the bottom corners cut off. The fingers should be about 10cm long x 1.5cm wide. Leave room between each finger to allow for spreading in the oven. Makes 18 rusks.
3. Place trays into a pre-heated oven (200°C) as soon as possible and bake for 40 – 45 minutes or until dried right through.
4. Allow to cool thoroughly before storing in an airtight container.

Easy Bakers Gluten Free Focaccia

INGREDIENTS:

375g Easy Bakers Gluten Free White Breadmix*

1 Egg*

1 Cup Water

1/4 Cup Garlic Infused Olive Oil

1/4 Cup Onion Flakes*

1 Tbsp Rosemary*

1 Tbsp Olives Sliced (optional)

Pinch Sea Salt

METHOD:

1. Place Easy Bakers White Gluten Free Breadmix, egg, water and onion flakes in a bowl.
2. Using an electric mixer, beat on low until well mixed. Increase speed until mixture is smooth and elastic.
3. Brush a 26cm x 16cm slice pan with olive oil.
4. Pour batter in pan, smooth the surface, sprinkle with rosemary and olives. Cover loosely with greased foil.
5. Bake in a preheated oven (200°C or 180°C fan forced) for 20 minutes.
6. Remove foil, brush with olive oil and sprinkle with sea salt.
7. Bake for a further 10 - 15 minutes or until crusty and golden brown. Cool on wire rack. Slice, serve warm.

VARIATIONS:

Cut strips of baked focaccia thinly and place on a baking tray. Bake at 200°C for a further 10 minutes until crisp. When cool, the strips can be used on a cheese platter or with dips instead of crackers.

Easy Bakers Gluten Free Pancakes

INGREDIENTS:

200g Easy Bakers Gluten Free White Breadmix*

190ml Water

20g Sugar (For Sweet Pancakes)

METHOD: Savoury or Sweet Pancakes

1. Accurately weigh or measure water and Easy Bakers gluten free breadmix and sugar (for sweet pancakes). Tip; Add water for thinner pancakes and reduce for a thicker style.
2. Combine ingredients in a bowl. Whisk together by hand (may use machine) until it is a smooth paste.
3. Heat a skillet or fry pan over low to medium heat, once warm grease lightly.
4. Pour approximately ¼ cup of batter at a time for each pancake, makes 5 to 8 pancakes.
5. Once pancake begins to bubble and the bottom turns golden brown, turn over and fry the other side.
6. Serve warm or cold, topped with your favourite condiments such as maple syrup.

Easy Bakers Gluten Free Pastry

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix*

200g Butter* or Margarine*

4 Eggs*

Rice Flour*

METHOD:

1. Mix Easy Bakers White Breadmix, butter or margarine and eggs in a bowl until dough has come together.
2. Place the dough on a floured surface. Rice flour is ideal to use as a gluten free dusting flour.
3. Roll the dough out to the desired thickness, once again using rice flour to prevent sticking.
4. This pastry does not need resting, but care must be taken when handling, as it will tear easily.
5. Rolling the dough between two sheets of plastic wrap or baking paper will help to prevent tearing.
6. Form, fill and bake as with any standard shortcrust pastry.

Easy Bakers Gluten Free Batter

INGREDIENTS:

500g Easy Bakers Gluten Free White Breadmix*

380ml Water

Canola Oil*

METHOD:

1. If you have a deep fryer, heat the oil to 180°C (350°F). If you do not have a deep fryer you can still fry by using a deep frying pan or a wok, simply fill the pan or wok until 3cm deep with canola or cooking oil.
2. Make a batch of the Easy Bakers Gluten Free White Breadmix batter using the standard recipe (see page 23), but do not wait for the batter to rise. For a tempura style batter, it should be cold and thinner so add more water (iced) until it is the desired consistency.
3. Dip the gluten free vegetables, seafood or fruit into the batter and immediately place it in the hot oil.
4. Cook until golden brown. Turn the gluten free vegetables, seafood or fruit if necessary.
5. Remove from the oil to drain and cool. Serve with favourite choice of rice, tofu, soy sauce or chips.

NOTE:

This batter is ideal for gluten free tempura, fried fish, fried prawns, potato cakes and pineapple fritters.



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Gluten, Dairy & Wheat Free Almond Cake

INGREDIENTS:

125ml Rice Bran Oil*

3/4 Cup Sugar*

1/2 tsp Almond Essence*

2 Large Eggs*

1/2 Cup Rice Milk* or other dairy replacer

1/2 Cup Ground Almonds*

1/2 Cup Rice Flour*

1/2 Cup Buckwheat Flour*

2 tsps Gluten Free Baking Powder*

1/2 tsp Salt*

1 heaped tsp Guar Gum*

METHOD:

Grease and line a loaf tin. Preheat oven to 180°C. In a bowl, mix rice bran oil, sugar, eggs, almond essence and rice milk. Sift flours into another bowl and mix with ground almonds, baking powder, salt and guar gum. Fold in dry ingredients to wet mixture. Pour into a lined tin. Bake for 45-55 minutes until the sides shrink away from the tin and a skewer comes out clean. Cool in tin for 10 minutes, then put on a wire rack.

Judith Chaffe - Kerikeri

Gluten Free Honey & Cornflakes Cookies

INGREDIENTS:

150g Butter*

2 Cups Gluten Free Self Raising Flour*

1/2 Cup Honey*

2 1/2 Cups Gluten Free Cornflakes*

METHOD:

Preheat oven to 180°C. Combine butter and honey in a small pot and melt over a low heat. Combine flour and cornflakes in a bowl and add to melted mixture, stirring to combine. Roll into balls and place on a tray lined with baking paper. Flatten with a fork and bake for 10 minutes or until golden. Allow to cool on tray.

Jennie Rountree - Warkworth

Gluten Free Flourless Chocolate Cake

INGREDIENTS:

4 Eggs*

200g Butter*

200g Dark Chocolate,* chopped up

1 Cup Caster Sugar*

METHOD:

Preheat oven to 180°C. Separate eggs. Add half a cup of caster sugar to egg yolks and beat well with a cake mixer. In another bowl, beat the egg whites until fluffy and then add the other half a cup of caster sugar, gradually beating until stiff peaks form (like meringue mixture). Slowly melt butter and dark chocolate together in a bowl placed over another bowl of boiling water. Pour chocolate into egg yolk mixture and fold together. Then fold in egg whites mixture. Pour into a tin lined with baking paper. Place in the lower level of the oven. Bake for 40 minutes. This is a rich, dense torte style cake. Before serving dust with icing sugar.

Gluten Free Pear & Coconut Cake

INGREDIENTS:

3 Pears
1/2 tsp Gluten Free Baking Powder*
150g Xylitol or Sugar*

250g Desiccated Coconut*
3 Medium Eggs*

METHOD:

Preheat oven to 180°C. Line a 20cm cake tin with baking paper and grease the sides with a little oil or butter. Core pears and puree in a blender. Mix the coconut and baking powder in a bowl. Stir in the blended pears. Beat the eggs and xylitol or sugar in a clean mixing bowl until they become pale and creamy and start to thicken slightly - the whisk should leave a trail when lifted out of the mixture. Gradually fold the pear and coconut mixture into the beaten egg, using a large metal spoon and taking care not to knock all of the air out of the egg. It's easy to do this if you draw a figure 8 shape with the spoon as you fold. Quickly pour the cake mix into the prepared tin and bake for around 50 minutes. The cake is so soft and squidgy that a skewer inserted may not come out clean, but when it is done the top should be golden and fairly firm to touch. Store in an airtight container.

Carmen Brown

Gluten Free Almond & Orange Or Lemon Cake

INGREDIENTS:

2 small or 1 large Orange or Lemon
6 Eggs*
1/2 tsp Baking Soda*

1 heaped tsp Gluten Free Baking Powder*
250g Ground Almonds*
250g Caster Sugar*

METHOD:

Put the whole oranges or lemons in a pot with cold water, bring to the boil and simmer for 1 hour. Drain and cool. Put in a food processor and pulp. Then add eggs, baking powder, baking soda, ground almonds and caster sugar into the food processor and blend until mixed. Pour into a spring-form tin. Bake at 180°C for an hour. Check after 45 minutes as it may need to be covered with tin foil to stop the top from burning. Insert a skewer to see if cooked. Leave to cool in the tin. Once cold, remove from tin. I like to sprinkle sliced almonds on top before baking for decoration as it doesn't need icing. Or decorate with slices of fruit.

Fiona

Gluten Free Almond and Date Cake

INGREDIENTS:

1 1/4 Cups Ground Almonds*
1 Cup Diced Dates*
4 Egg* Whites
1 Lemon
Gluten Free Icing Sugar*

1/4 Cup Dried Cranberries*
1 Tbsp Cocoa Powder*
1/2 Cup Caster Sugar*
1 Tbsp Rice Flour*

METHOD:

Preheat oven to 180°C. Use a cake mixer to beat egg whites with a few drops of lemon juice until soft peaks form. Gradually add caster sugar, beating until glossy. Fold in ground almonds, cocoa and half of juice from lemon. Coat dates and cranberries with rice flour and fold into mixture. Spoon into a 20cm spring-form tin lined with baking paper. Bake for 30-35 minutes until cake begins to come away from the sides of tin. Leave to cool in the tin then transfer to a wire rack. Dust with gluten free icing sugar before serving.



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