



Gluten-Free Bread

Makes one small loaf

Recipe by Sally Wise

INGREDIENTS

2 eggs
¾ tsp salt
1½ tsp sugar
2 cups GF plain flour
2 tsp dried yeast
1¼ cups warm water
3 tsp olive oil

NOTES

See variations on next page, which include bread rolls, fruit bread, fruit buns, savoury bread rolls, savoury bread (loaf) and pizza base.

DIRECTIONS

- Whisk the eggs briefly with the salt and sugar. Mix in the GF plain flour, yeast, water and oil. Cover and leave to rise until bubbly (about 1 hour).
- Grease a small loaf tin 10cm x 22cm and line base with baking paper, grease over baking paper.
- When dough has risen, pour batter into the prepared tin. Allow to rise until approximately 1cm from top of tin.
- Bake at 200°C for 10 minutes, then reduce heat to 170°C and cook for 20 minutes more.
- Remove from oven, allow to cool in tin for 5 minutes, then turn out onto a cake cooler to cool completely.



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Gluten-Free Bread - Variations

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DIRECTIONS

Bread rolls

- After the first rising, grease 5 or 6 pie tins.
- Spoon the mixture into these, filling each to about two thirds full and allow to rise for 15 minutes.
- Bake at 200 degrees C for approximately 15 minutes until golden brown.

Fruit Bread

- After the first rising stir in 1 grated apple (no need to peel), 2 tsp cinnamon, 1 tsp mixed spice, the grated rind of one lemon and ½ cup mixed dried fruit (or sultanas).
- Pour into the prepared tin and bake for 10 minutes more than the regular bread.

Fruit Buns

- After the first rising, spoon the fruit bread mixture into very large, greased muffin tins., filling each muffin hole to about two thirds full.
- Allow to rise for 15 minutes, then bake for 20 minutes at 200 degrees C (fan forced).

Savoury bread

- After the first rising, stir in approximately 1 tbsp grated cheese and some chopped herbs (about 1 tbsp).
- You can also add some olives or semi-dried tomatoes.



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Gluten-Free Bread - Variations

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DIRECTIONS

Savoury Bread Rolls

- After the first rising and mixing in the savoury ingredients, grease 6 very large muffin pans.
- Spoon the mixture into these until each is about two thirds full and allow to rise for 15 minutes.
- Bake at 200 degrees C for approximately 15 minutes until golden brown.

Pizza

- Oil a large family sized pizza tray (35cm diameter).
- Spoon the bread batter onto this (after first rising), and it will level itself out almost to the edges. If it doesn't give it a little help with the back of a wet spoon.
- Spread with passata type sauce and add toppings of choice (not too many or it will weigh the crust down).
- Sprinkle with grated cheese and bake at 200 degrees C (fan forced) for 20 minutes.



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Sausage Rolls

Recipe by Sally Wise

INGREDIENTS

- 1 x quantity of GF savoury shortcrust pastry
- 300g GF sausage mince
- 300g GF beef mince
- 1 large onion, grated
- ½ cup fresh gluten free breadcrumbs or quinoa flakes
- 3 tsp GF chutney
- 2 tsp tamari sauce or GF soy sauce
- 3 tsp GF Worcestershire sauce
- 3 tsp GF tomato sauce
- ½ tsp salt (or to taste)

DIRECTIONS

- Turn oven on to 200°C (fan forced). Line 2 baking trays with baking paper.
- Mix all ingredients except pastry together, making sure that the mixture is very well combined.
- Roll the pastry out to 3mm thickness on a surface lightly floured with gluten free plain flour.
- Cut the pastry into 8cm wide strips.
- Shape the meat mixture (with damp hands) into 2cm thick sausage shape and place along each strip of pastry. Dampen one edge, then roll up lengthways and cut into 5cm pieces.
- Prick each roll twice with the tines of a fork. Place on trays and bake for 15 to 20 minutes until golden brown and cooked through.



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Little Chicken Satay Pies

Recipe by Sally Wise

Makes approx. 24 pies

INGREDIENTS

- 1 tbsp oil
- 300g chicken mince
- 1 small onion, diced
- 2 cloves garlic, crushed
- 1 heaped dessert spoon peanut butter
- 1 dessertspoon tamari or GF soy sauce
- 1 dessertspoon GF tomato sauce
- 1 dessertspoon GF chutney
- 1 dessertspoon GF sweet chilli sauce
- 1 cup GF chicken stock or coconut milk
- 2 tsp maize cornflour mixed to a paste with $\frac{1}{4}$ cup cold water
- 1 x quantity savoury pastry, chilled
- 1 egg white, lightly whisked

DIRECTIONS

- Heat the oil over medium high heat. Sauté mince and onion, stirring often, until the mince is well broken up and coloured. Add the garlic and sauté one minute more.
- Mix in the peanut butter, soy sauce, tomato sauce, chutney, sweet chilli sauce and stock or coconut milk. Bring to the boil and simmer, stirring occasionally for 10 minutes. Mix the cornflour to a paste with a little cold water and use some or all of it to thicken the mince mixture. Cool.
- Heat oven to 190°C. Grease 24 scoop patty tin holes.
- Cut pastry into two pieces. Roll out thinly to 3mm thickness and line patty tins and brush each with a little egg white, right up to the edges. Place 2 teaspoons of mince mixture in each. Cut smaller circles for the tops and put in place, pressing edges together well. Re-roll scraps of pastry to make more pies.
- Bake for approximately 15 minutes until the pastry is light golden. Allow to stand in tins for 5 minutes, then remove.



Spicy Lamb Parcels

Recipe by Sally Wise

INGREDIENTS

1 tbsp olive oil
450g lean lamb mince
1 onion, peeled and finely chopped
2 cloves garlic, peeled and crushed
3 tbsp finely diced red capsicum
4 tsp GF curry powder
3 tsp GF sweet chili sauce
1 tbsp GF chutney (any sort)
3 tsp GF tomato sauce
1 tsp seedless jam
 $\frac{3}{4}$ tsp salt
1 $\frac{1}{4}$ cups water or GF chicken stock
 $\frac{1}{4}$ cup coconut cream (optional)
3 tsp maize cornflour mixed to a paste with a little cold water
1 x quantity GF savoury pastry

DIRECTIONS

- Heat oil over medium high heat in a medium heavy based saucepan. Sauté the lamb until it changes colour, stirring constantly to break up the mince. Add the onion, garlic and capsicum and sauté one minute more. Add the curry powder and again sauté for one minute.
- Mix in the chilli sauce, chutney, tomato sauce, jam, salt and water or stock. Bring to the boil, then reduce heat and simmer for 20 minutes. Add coconut cream if using (any leftover from the tin can be frozen for later use). Thicken with some or all the cornflour paste.
- Turn oven to 200°C. Line 2 baking trays with baking paper.
- Cut pastry in half and roll out thinly on a surface that has been dusted lightly with GF plain flour. Roll pastry out to 3mm thick. Cut into 10cm squares. Place 2 scant tbsp of meat mixture in the centre of each square, dampen 2 opposite edges, then fold over to enclose filling, sealing edges well.
- Bake for 5 minutes, then reduce heat to 170°C and bake for 10 minutes more or until lightly golden. Serve with sour cream and sweet chilli sauce on the side, together with a fresh salad.

Raspberry Cheesecake Slice

Recipe by Sally Wise

INGREDIENTS

1 x quantity sweet shortcrust
pastry

Cheese filling

125g cream cheese

395g tin sweetened
condensed milk

½ cup fresh lemon juice

2 tsp gelatine

¼ cup hot water

Raspberry topping

350g fresh or frozen
raspberries

½ cup sugar, approximately

½ cup cold water

4 tsp gelatine

EDITOR'S NOTE

You can replace gelatine with agar-agar to make the cheesecake vegetarian-friendly. Generally, 1 tsp of gelatine can be replaced with ¼ tsp agar-agar. Activate agar-agar by adding to room temp water then bringing to a rolling boil for 3-5 minutes. 1 cup water to 2 tsp agar-agar is the advised ratio.

DIRECTIONS

- Turn oven to 160°C (fan forced). Grease a 2.5cm deep 18cm x 28cm slab tin.
- Cut one third from the pastry, wrap in cling film and return to fridge for later use. Press out evenly to fit the base of the tin (an easy way to do this is by breaking into several pieces and spreading each out to bring the base together).
- Bake for 12 to 15 minutes or until just light golden. Remove from oven and allow to cool.

For the cheese filling

- Whisk the cream cheese with the condensed milk and lemon juice until very smooth. Sprinkle the 2 teaspoons gelatine over ¼ cup hot water and stir to dissolve completely. Whisk into the cream cheese mixture. Allow to stand for 10 minutes, then pour over the cooled base. Place in fridge to set (this will take about 30 minutes).

To make the berry topping

- Place the berries, ¼ cup water and ½ cup sugar in a saucepan and bring to the boil. Reduce heat immediately and barely simmer for 3 minutes. Add extra sugar if needed.
- Sprinkle the 4 teaspoons gelatine over the half cup cold water and allow to stand for 1 minute, then stir into the hot berry mixture, making sure that it is completely dissolved. Set aside to cool but not set.
- Pour the cooled berry mixture over the cheese filling, return to fridge until set

Lemon Meringue Pie

Recipe by Sally Wise

INGREDIENTS

1 x quantity sweet shortcrust
pastry
1 x 395g tin sweetened
condensed milk
½ cup lemon juice
2 tsp finely grated lemon rind
4 egg yolks

For the meringue topping

4 egg whites
¾ cup castor sugar
1 tsp boiling water

DIRECTIONS

- Heat oven to 190°C (fan forced). Grease a 20cm pie dish.
- Cut two thirds off the batch of pastry. Wrap other one third in cling film and return to the fridge for later use.
- On a lightly gluten free floured surface, roll out the pastry to fit the pie dish, making sure it reaches right up to the edge. Prick in several places with a fork. Bake for 10 minutes. Remove from oven.

To make the filling

- Whisk together the condensed milk, lemon juice and rind and egg yolks. Pour into the pastry case. Return pie to the oven, reduce heat to 150°C and bake for 10 minutes more or until set.

To make the meringue topping

- Beat the egg whites until stiff peaks form. Gradually add the sugar and boiling water and beat until stiff peaks form once more.
- Reduce oven heat to 120°C.
- Remove pie from oven and spread the meringue mixture evenly and decoratively over the lemon filling, making sure it reaches right to the edge of the dish.
- Bake for 15 minutes more or until the topping is set and light golden.
- Remove from oven and allow to stand for 20 minutes at least before cutting into slices to serve.

Choc Chip and Hazelnut Cookies

Recipe by Sally Wise

INGREDIENTS

100g butter
90g brown sugar
90g white sugar
2 tsp golden syrup
2 eggs
180g GF self raising flour
150g small choc chips
80g hazelnuts, chopped

DIRECTIONS

- Heat oven to 160°C. Line 3 baking trays with baking paper.
- Cream the butter, sugars and golden syrup until light and fluffy, then whisk in the eggs. Fold in the flour, choc chips and hazelnuts. Mix well.
- Place heaped teaspoons of the mixture on trays, allowing room for spreading. Bake for 12 to 15 minutes until light golden brown. Remove from trays and cool on a wire rack. Store in an airtight container.
- Makes 28 approximately.



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Pumpkin Fruit Cake

Recipe by Sally Wise

INGREDIENTS

250g butter
1 cup sugar
2 eggs
1 tsp natural lemon essence
1 cup mashed pumpkin
1 cup gluten free plain flour
1 cup gluten free self raising
flour
375 to 500g mixed dried fruit

DIRECTIONS

- Turn oven to 150°C, fan forced
- Grease a 23cm (9 inch) deep-sided round tin and line base with baking paper.
- Cream the butter and sugar with the lemon essence, then add the eggs and beat well.
- Fold in the pumpkin and flours, together with the dried fruit.
- Spoon into the prepared cake tin and level the top of the mixture.
- Bake for 1 to 1½ hours or until a metal skewer when inserted into the middle of the cake comes out clean.
- Cool in tin, then wrap in foil. This cake is best left for 3 days before eating.



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Apricot Mousse Cake

Recipe by Sally Wise

INGREDIENTS

½ x quantity gluten free sweet shortcrust pastry
1¾ cups tinned, home stewed, or preserved apricots, pureed
5 tsp powdered gelatine
200ml hot water
250g cream cheese, softened
½ cup gluten free icing sugar
juice of 1 lemon
1 x 375ml tin evaporated milk, chilled

Topping

1¼ cups tinned sweetened stewed apricots, pureed
2 tsp powdered gelatine
100ml hot water

EDITOR'S NOTE

You can replace gelatine with agar-agar to make the cheesecake vegetarian-friendly. Generally, 1 tsp of gelatine can be replaced with ¼ tsp agar-agar. Activate agar-agar by adding to room temp water then bringing to a rolling boil for 3-5 minutes. 1 cup water to 2 tsp agar-agar is the advised ratio.

DIRECTIONS

- Heat the oven to 180°C. Grease a 20-cm springform cake tin.
- Roll out the pastry to 3 mm thick on a surface that has been lightly dusted with gluten free plain flour. Trim to form a 20-cm disc and press into the base of the prepared tin. (Wrap any excess pastry in cling wrap and refrigerate for later use.) Prick pastry several times with a fork.
- Bake for 12 minutes, or until just cooked through. Cool in the tin.
- Place the apricot puree in a bowl. Sprinkle the gelatine over the hot water in a separate bowl and whisk to dissolve the gelatine. Mix into the apricot puree, cover with cling wrap and transfer to the fridge for about 30 minutes, or until half set.
- Whisk the cream cheese and sugar until smooth, then whisk in the lemon juice.
- Pour the chilled evaporated milk into a large bowl and beat until thick.
- Gradually whisk in the apricot puree mixture, then whisk in the cream cheese mixture until combined.
- Pour over the pastry base in the tin and place in the fridge for 2 hours, or until set.

For the topping

- Pour the apricot puree into a bowl. In a separate bowl sprinkle the gelatine over the hot water and stir to dissolve. Mix the gelatine liquid into the apricot puree and pour over the set filling.
- Return the mousse cake to the fridge for about 30 minutes, until the topping is set.

GF Custard Tarts

Recipe by Sally Wise

INGREDIENTS

Sweet Shortcrust Pastry

125g salted butter, softened

125g sugar

1 egg

¼ tsp baking powder

250g gluten free plain flour

1 egg white for brushing
pastry

Custard Filling

7 tsp maize cornflour

2 eggs

2 ¼ cups full cream milk

¼ to 1/3 cup sugar

½ teaspoon vanilla essence

1 tsp (approximately) ground
nutmeg to sprinkle over tarts
before baking

DIRECTIONS

For the pastry

- Whisk the butter and sugar together until light, then whisk in the egg. Fold in the combined baking powder and flour until the mixture forms a soft dough. (You might need to get your hands into the mixture to achieve this, but it will come together.)
- Shape to a rectangle 1cm thick, wrap in cling film or similar and refrigerate for at least 30 minutes.

For the custard filling

- Whisk the cornflour, eggs and ¼ cup milk together until well combined.
- Heat the other 2 cups milk until boiling, then whisk in the egg and cornflour mixture and continue to cook over medium-low heat until it thickens. Mix in vanilla and sugar to taste.
- Cover surface with cling film or baking paper and set aside to cool completely.

Recipe continued next page...



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GF Custard Tarts

Recipe by Sally Wise

DIRECTIONS

To assemble for baking:

- Preheat oven to 200 degrees C, fan forced. Grease 8 x 150ml (approx.) capacity tarts tins and line base of each with a circle of baking paper.
- Grease again.
- Cut pastry into 8 even sized pieces and shape each into a ball. On a surface that has been dusted lightly with gluten free flour, roll each ball out to fit the tart tins and press gently into place. (Don't worry if the pastry breaks a little in the process, just press the pieces back together again, it will be fine.)
- Once in place, brush with a little of the whisked egg white.
- Fill the cases with the cooled custard, level out with the back of a spoon and sprinkle with nutmeg.
- Bake for approximately 15 minutes or until the crust is nicely browned.
- Remove from oven and leave to stand in tins for 8 to 10 minutes, after which the tarts should be carefully turned out one at a time and inverted to right way up, then left to cool on a wire rack.



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