

Gluten-free sweet & savoury recipes / G.F. Dietary Group of Companies.

Contributors

G.F. Dietary Group of Companies.

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Vegetarian Scotch Eggs
 1 egg (hard boiled)
 10g/1oz Jovella Stuffing Mix
 1 egg
 1 tablespoon cold water
G.F. Dietary Cooking Crumbs
 Oil for deep frying
 Remove egg shells from hard boiled eggs and roll in a little cornflour. Mix stuffing with raw egg and water to make a firm manageable consistency. Leave to stand for 5 mins. Wrap around hard boiled eggs and seal well. Dip into beaten egg and roll in cooking crumbs. Shake off excess crumbs and deep fry in pre-heated oil for approx. 10 mins. until golden brown. Drain on absorbent paper and serve, hot or cold. **Serves 1**

Tagliatelle Italiane
 22g/1oz Aglio e Olio Tagliatelle
 2 tablespoons oil
 1 medium onion (chopped)
 1 tin (400g) tomatoes
 1 clove garlic (crushed)
 2 teaspoons dried basil
 1/2 teaspoon dried oregano
 sea salt and black pepper
 10g/1oz grated Parmesan or mature Cheddar Cheese
 Heat oil in a saucepan and sauté onion and garlic until golden brown. Add tomatoes and herbs and seasoning. Simmer for about 25 minutes until sauce thickens. Cook pasta as instructed on the packet. Add hot sauce to pasta with half of the cheese. Serve topped with remaining cheese. **Serves 1**

Cheese and Sesame Biscuits
 10g/1oz G.F. Dietary Hot Breakfast Cereal
 10g/1oz sesame seeds
 1/2 teaspoon G.F. Dietary Gluten-free Malted
 10g/1oz cheddar cheese (grated)
 1 egg
 2 tablespoons milk
 7g/1oz margarine (melted)
OVEN TEMPERATURE: 150°F/160°C/Gas No. 4.
 Beat the egg and milk together and add to melted margarine. Add remaining ingredients to form a soft dough. Roll out between sheets of greaseproof paper, lightly dusted with cornflour. Cut into small rounds and place on a greaseproof sheet. Bake in a pre-heated oven for approx 20-25 minutes until golden brown. Cool and store in an airtight tin.

G.F. Dietary Crackers
 The ideal accompaniment to serve with cheese, for packed lunches and snacks.

Pasta and Vegetable Bake
BASE:
 10g/1oz Aglio e Olio Tagliatelle
VEGETABLE MIXTURE:
 1 medium onion (chopped)
 1 carrot (sliced)
 1/2 red pepper (sliced)
 1/2 green pepper (sliced)
 10g/1oz mushrooms (sliced)
 1/2 courgettes (sliced)
 1 packet vegetable soup (gluten-free), made up with half the recommended water
OVEN TEMPERATURE: 150°F/160°C/Gas No. 4.
 Heat oil in a saucepan. Sauté onion until transparent. Add remainder of vegetables and keep mix and gently cook until carrots are tender. Cook Tagliatelle as directed on the pack. Drain and transfer to a greased ovenproof dish. Cover alternately with layers of vegetables and dry stuffing mix, finishing with a layer of stuffing and grated cheese. Bake in a pre-heated oven for 10 minutes. **Serves 4**

Fish Fingers
 10g/1oz approx. black frozen cod or haddock strips
 1 egg (beaten)
 10g/1oz G.F. Dietary Cooking Crumbs
 vegetable oil for frying
 Allow fish to thaw and cut into finger portions. Dust with Corn Mix and season to taste. Dip into egg and cover well with cooking crumbs. Shake off excess crumbs. Shallow fry on both sides, cook until golden brown, and serve.

Nut Burgers
 10g/1oz Jovella Stuffing Mix
 7g/1oz chopped nuts (almonds or hazel nuts)
 10g/1oz red split lentils
 2 1/2 mls/1/2 oz water
 1 onion (chopped)
 2 teaspoons Worcestershire sauce
 1 tablespoon tomato paste
 1 egg
 2 teaspoons chopped parsley
 sea salt
 ground black pepper
 oil for frying
 Wash the lentils and boil gently with chopped onion and water for about 30 minutes until the liquid is absorbed. Add remaining ingredients to form a firm consistency. Season to taste. Divide mixture into 4 and shape burgers, flattening with a palette knife. Shallow fry for approx 5 minutes on each side. Drain on absorbent paper and serve with salad in a gluten-free homemade bag, or as a main meal with a rich tomato sauce. **Makes 4**

This mixture can also be placed in a tin, covered with tin foil and baked in a moderate oven for approx 40 minutes to make a nut roast.

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Southern-Style Chicken
 Dip chicken drumsticks or quarters into oil and then into G.F. Dietary Cooking Crumbs, seasoned with paprika and gluten-free onion salt. Place on tin foil and bake in a pre-heated oven, 400°F/200°C/Gas No. 6, until cooked and crispy. Serve hot with pineapple or tangy sauce or use cold for buffers, packed lunches and picnics.

Stuffed Courgettes
 1 tin (400g) chopped tomatoes
 4 medium courgettes
 1 onion (chopped)
 1 tablespoon vegetable oil
 10g/1oz Jovella Stuffing Mix
 1 tablespoon chopped red and green peppers
 10g/1oz sweetcorn
 1 small tin tuna (fish) (drained)
 7g/1oz grated cheddar cheese
 sea salt and black pepper
OVEN TEMPERATURE: 150°F/160°C/Gas No. 4.
 Cut courgettes lengthways in half and scoop out centre with a spoon. Gently sauté chopped onion in hot vegetable oil. Add chopped peppers and courgette centres, cook to soften for a few minutes. Combine stuffing, sautéed vegetables, sweetcorn and tuna. Season to taste. Fill courgette halves. Place chopped tomatoes and juice into a base of a heat-proof dish. Arrange stuffed courgettes on top. Cover with foil and bake in a pre-heated oven for 25 minutes. Remove foil and cover with grated cheese. Bake for a further 10 minutes until the cheese bubbles and browns. **Serves 4**

Similarly this recipe can be used to make stuffed peppers, mushrooms, tomatoes or aubergines.

G.F. Dietary Adds Variety



Gluten-free
Sweet & Savoury
Recipes



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