

Gluten Free Macaroni Cheese



<https://www.theglutenfreeblogger.com/gluten-free-mac-and-cheese/> - Original Recipe from The Gluten Free Blogger

Oven Dish, apron, tin foil.

No nuts or nut-based ingredients.

- 250 g gluten free macaroni
- 200 g mature cheddar cheese, (grated)
- 100 g red Leicester cheese, (grated)
- 50 g salted butter
- 60 g plain gluten free flour
- 500 ml semi-skimmed milk
- 80 ml double cream

1. Preheat the oven to 180°C.
2. Cook the macaroni as per the packet instructions while you start the sauce. Once cooked, drain and set aside.
3. In a different pan melt the butter over a low heat.
4. Add the flour, stir for 30 seconds using a wooden spoon.
5. Add the milk and double cream.
6. Stir until smooth.
7. Add the cheese to the sauce (reserving a handful for sprinkling on top later).
8. Taste and adjust the seasoning - salt / pepper.
9. Add the cooked macaroni to the sauce and stir until coated.
10. Pour into an ovenproof dish, sprinkle with the leftover cheese and cover with tin foil.
11. At home - bake at 180c, until golden on top and piping hot in the middle.

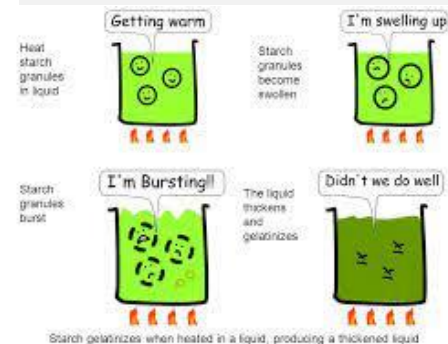


Image and original recipe idea from The Gluten Free Blogger

A little bit of Science –

When starch is mixed with water and heated, the starch granules swell and eventually rupture, absorbing liquid, which thickens the mixture.

On cooling, if enough starch is used, a gel forms. This process is used in the production of blancmange.



Images from Google Images

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Boiling, draining, making a bechamel sauce (gelatinisation), roux, grating, using the hob correctly and safely, mixing, knife skills if using vegetables – florets, jardinière, julienne, testing for readiness, following written instructions, washing and drying equipment, independence.

Gluten Free Shortbread



<https://www.olivemagazine.com/recipes/baking-and-desserts/gluten-free-shortbread/> - original recipe ide from Olive Magazine

Container with a lid, apron.

No nuts or nut-based ingredients.

- 120g unsalted butter, softened
- 70g golden caster sugar, plus extra for dusting
- 1 tsp vanilla extract – optional extra
- Rind of 1 lemon – optional extra
- 120g gluten-free flour, plus extra for cutting
- 60g cornflour or arrowroot

1. Pre-heat the oven to 60C.
2. Cream (beat) together the butter, sugar and vanilla / lemon (if using) in a bowl until light and fluffy.
3. Sift the flour, cornflour or arrowroot into the bowl.
4. Fold the mixture until it forms a soft dough.
5. Place the dough into a bag and store in the fridge for 10 minutes.
6. Once the dough has chilled - roll out on a lightly floured worksurface until roughly 4mm thick.
7. Cut out the biscuit shapes using a lightly floured 7½cm round cutter.
8. Put the dough rounds on a lined baking tray, about ½ inch apart, then sprinkle with a light dusting of sugar.
9. Bake for 15 mins or until lightly golden.
10. Allow to cool then serve before removing from the baking tray.



Image from Olive Magazine

History

Shortbread originated in [Scotland](#). Shortbread is derived from a [medieval](#) biscuit bread, which was a twice-baked, enriched [bread roll](#) dusted with sugar and spices and hardened into a hard, dry, sweetened biscuit called a [rusk](#). Eventually, yeast from the original rusk recipe was replaced by butter, which was becoming more of a staple in Britain and Ireland.

<https://kids.kiddle.co/>

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Embedding and transferring skills, Weighing, measuring, adding, mixing, even shaping, use of a rolling pin, use of pastry cutters, checking for consistency and readiness, rubbing in, baking, using the oven correctly and safely, following written instructions, washing and drying equipment, independence.

Gluten Free Rock Cakes



<https://supercoeliac.uk/2013/07/22/gluten-free-rock-cakes-baked-by-mum-eaten-by-me/> - original ingredients idea

Container with a lid, apron.

No nuts or nut-based ingredients.

- 200g Gluten Free Self-Raising Flour
- 100g butter / margarine
- 1/2tsp baking powder
- 75g sugar
- 1 egg
- 75g dried fruit
- 2tbsp milk - only if needed
- Optional Extras – 1tsp vanilla extract, 1/4tsp cinnamon / nutmeg / ginger, lemon zest.

1. Preheat oven to 180C, line a baking tray with foil.
2. Rub together the **butter** and **flour** until it looks like breadcrumbs.
3. Mix in the **dried fruit**, **sugar** and **baking powder**.
4. Crack in the **egg** and add the **vanilla / lemon / spice if using**.
5. Stir with a spoon until the mixture just comes together as a thick, lumpy dough.
6. Add a **teaspoon of milk** if you really need it to make the mixture stick together.
7. Place **golf ball-sized** spoons of the mixture onto the prepared baking tray.
8. Leave space between them as they will flatten and spread out.
9. Bake for 15-20 minutes, until golden-brown.
10. Remove from the oven, allow to cool.



Image from Free From Favourites

A little bit of Science –

The **baking powder** will produce carbon dioxide gas to raise the cakes.

'Short' means to crumble – these cakes are short because the rubbing in process prevents the protein in the flour from absorbing too much liquid.

Eggs will **coagulate** to set the cakes.

Each portion (50 grams) contains

Energy	Fat	Sat fat	Sugar	Salt
797kJ 190kcal	8.7g	2.9g	12g	0.35g
10%	12%	15%	14%	6%

of an adult's reference intake
Typical values per 100g: Energy 1623kJ / 388kcal

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	1623	797	9	8400
Energy kcal	388	190	10	2000
Fat	18g	8.7g	12	70g
Saturated fat	6g	2.9g	15	20g
Carbohydrate	55g	27g	10	260g
Sugar	25g	12g	14	90g
Fibre	2g	1g		
Protein	5.1g	2.5g	5	50g
Salt	0.71g	0.35g	6	6g

This pack contains 12 servings.
RI = Reference intake of an average adult (8400kJ / 2000kcal)

When cooking we are assessing the skills the students are using and mastering.
The skills this recipe focusses upon are –

Transferring and embedding skills, using the oven, mixing, shaping, coagulation (egg setting) testing for readiness, weighing, measuring, preheating the oven, rubbing in, using high risk ingredients, following written instructions, washing and drying equipment, independence.

Gluten Free Scones – Sweet / savoury



<https://glutenfreecupatea.co.uk/2019/03/28/gluten-free-scones-recipe-vegan-low-fodmap/> - Original Recipe from Gluten free Cuppa Tea.

Container with a lid, apron.

No nuts or nut-based ingredients.

- 340 g 2½ cups gluten free self-raising (self-rising) flour
- 1 tsp gluten-free baking powder
- 1/4 tsp xanthan gum
- 85 g butter
- 175 ml milk

Sweet Scones – 4tbsp sugar +100g Dried fruits

Savoury – leave plain (**scone-based pizza**) Cheese – 100g grated cheese, chives, oregano, basil, 40g ham / cooked bacon.

1. Preheat your oven to 180°C.
2. Line a baking sheet with parchment/baking paper.
3. Place the gluten free self-raising flour, baking powder, xanthan gum and butter in a bowl.
4. Rub it in with your fingers till it forms what looks like breadcrumbs.
5. Stir in your caster sugar / Cheese and all other flavourings - if using.
6. Make a well in the middle of your dry mixture. Pour in milk and work it in using a metal spoon. Keep working it till it forms a dough (it might be a little sticky).
7. Flour the work surface and your hands, then pour the dough onto the surface.
8. Make the dough into a round shape about 3.5–4.5cm thick.

For Scones -

9. Using a cutter cut out scones and place onto the baking tray.
10. Gather up left over dough, squeeze together and repeat.
11. Brush the tops of the scones with milk – optional.
12. Bake in the oven for about 12-15 minutes. They should be golden on top and have a golden base too.

For Scone Based Pizza –

1. Smear over sauce, sprinkle over the cheese and add toppings of your own choice.
2. Bake for 20 – 25 minutes.



Image and original recipe idea from Gluten Free Cuppa Tea



Image from The Guardian



Image from Women's Weekly Food

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, using the oven, mixing, shaping, coagulation (egg setting) testing for readiness, weighing, measuring, preheating the oven, grating, smearing, use of cutters, glazing, following written instructions, washing and drying equipment, independence.

Gluten Free Lemon Swiss Roll



<https://www.theglutenfreeblogger.com/lemon-swiss-roll/> - The Gluten Free Blogger original recipe

Container with a lid, apron.

No nuts or nut-based ingredients.

- 4 large eggs (separated)
- 110g caster sugar (plus extra for rolling)
- 90g gluten free plain flour
- 1 tsp baking powder
- ¼ tsp xanthan gum
- Zest of 1 lemon

FOR THE FILLING:

- 150ml whipping or double cream
- 200g lemon curd
- Icing sugar (to decorate)



Image and original recipe idea from the Gluten Free Blogger

1. Preheat the oven to 180°C.
2. Line a 39 x 24cm Swiss roll tin with a sheet of baking paper.
3. Separate the eggs - add the egg **whites** into a large metal bowl.
4. Whisk with an electric mixer until they start to form stiff peaks - this is the point where you could tip the bowl upside-down over your head and they won't fall out!
5. Gradually add the caster sugar while continuing to whisk, until the egg whites form glossy peaks.
6. Beat the egg yolks together in a small bowl / jug then pour into the egg whites.
7. Use a spatula to **fold** them in - streaks are fine, just make sure you don't knock the air out the mixture so go gently.
8. Mix the flour, baking powder and xanthan gum together in a bowl then sieve into the mix.
9. Add the lemon zest and then fold in using your spatula again until there are no lumps of flour.
10. Gently pour the mix into your lined tin and smooth out using a spatula.
11. Bake in the centre of the oven for 10-12 minutes.
12. Meanwhile lay out a thin tea towel and lightly dust with some extra sugar.
13. Remove sponge from the oven tip the tin upside-down onto the sugared-towel. Peel off the baking paper.
14. Roll up the sponge into a spiral, starting at the scored end. Once rolled, wrap tightly in the tea towel and leave to cool completely.
15. Whip the cream to soft peaks.
16. Very gently, unwrap the sponge and then carefully unroll it.
17. Spread an even layer of lemon curd over the sponge.
18. Spread the whipped lemon cream on top.
19. Carefully roll the sponge back the same way as before, a little more loosely this time so as not to squish the filling out everywhere. Sprinkle with a little icing sugar and serve!

Gluten Free Puff Pastry



<https://www.theglutenfreeblogger.com/gluten-free-puff-pastry/> - original recipe <https://www.youtube.com/watch?v=tuPxi1FOXkk> - 6.52 YouTube Video

Container with a lid, apron.

No nuts or nut-based ingredients.

- 250g unsalted butter (cold – freeze over night)
 - 250g plain gluten free flour
 - 1.5 tsp xanthan gum
 - 1 tsp salt
 - 150ml ice cold water
1. Mix together gluten free flour, xanthan gum and salt in a large mixing bowl.
 2. Take your butter straight from the freezer (remember, cold is key here!) and grate straight into the flour.
 3. Mix the butter through the flour – use a wooden spoon.
 4. 1 tbsp at a time add the ice-cold water to the mixture, using a wooden spoon to bring it all together as you go.
 5. Stop adding water once you have achieved a dough.
 6. Place into a food bag and chill for 15 minutes.
 7. Remove the pastry from the fridge and generously dust the work surface with gluten free flour.
 8. Place the dough in the centre and use your hands to flatten the dough into a rectangular shape.
 9. With the short end nearest you, roll the pastry out in one direction into a long rectangle.
 10. You want it to be approximately 1cm thick.
 11. Fold the bottom edge nearest you to the centre, then fold the top end over to the edge nearest you.
 12. Turn the pastry once in a anticlockwise direction – using your fingers gently indent the pastry with an arrow pointing up.
 13. Place back into the bag and chill for 15 minutes.
 14. Remove from the fridge, remove from the back – ensure the arrow is still facing up.
 15. Repeat steps 8 – 14 2 more times.
 16. Freeze or shape and cook as wanted.



Images and original recipe idea from the Gluten Free Blogger



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Gluten Free Sausage Rolls



<https://www.youtube.com/watch?v=uoMR-Zz0q0c> – Chetna veggie sausage rolls – 5.02 minutes

Container with a lid, apron
No nuts or nuts-based ingredients

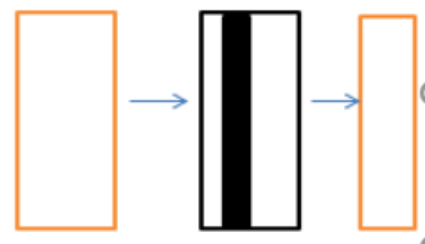
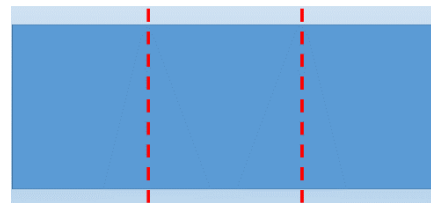
1 packet Gluten Free Puff Pastry – OR
Make your own puff pastry.
1 packet Gluten Free Sausages

Optional Extras – egg / milk to glaze, poppy seeds,
mango chutney, tomato relish, ham, bacon,
cheese, herbs

1. Preheat the oven to 200c.
2. Line a baking tray with greaseproof paper.
3. Remove the skin from the sausages and place the meat into a large bowl.
4. Separate the meat into 3 equal mounds.
5. Roll out the puff pastry into a large rectangle about 4mm thick. Trim any edges and reserve these to make decorations.
6. Slice the pastry into 3 equal rectangles.
7. Place a layer of sausage meat mixture down the middle of each pastry rectangle, then brush water onto one edge.
8. Fold the other side of the pastry over onto the watered edge.
9. Press down to seal and trim any excess.
10. Cut each pastry roll into - 2 large, 4 medium or 8 small sausage rolls.
11. Place the sausage rolls onto a baking tray and decorate with the trimmed pastry.
12. Glaze with egg or milk if using.
13. Chill for as long as you can (do this only if you are using homemade puff pastry).
14. Transfer to the oven to bake for 15-20 minutes, or until crisp and golden and the sausage meat is completely cooked through – 75c!
15. For larger sausage rolls please allow extra cooking time.



Images from the Gluten Free Blogger



Gluten Free Shortcrust Pastry



<https://www.youtube.com/watch?v=nAdrEdXegIQ> – Gluten Free Blogger original recipe is from BBC Good Food

Container with a lid, apron.

No nuts or nut-based ingredients.

- 125g unsalted butter, cold and cubed
 - 250g gluten-free plain flour
 - 1 tsp xanthan gum
 - 1 large egg yolk
1. In a large bowl, rub the butter and flour together using your hands until it resembles coarse breadcrumbs.
 2. Stir in the xanthan gum and a large pinch of salt.
 3. In a small bowl, combine the egg yolk and 1 tbsp of cold water.
 4. Add the egg mixture to the flour and, using a knife, stir to combine until it starts to come together.
 5. If still a bit crumbly, add a drop more cold water a tsp at a time.
 6. Bring together into a disc, using your hands and wrap in cling film.
 7. Place into the fridge to chill for at least 30 mins.
 8. When ready to use, **roll out** between two sheets of greaseproof paper to the thickness of a pound coin.
 9. Before cooking rest in the fridge for 30 mins to firm up.



Images from the BBC Good Food

Xanthan Gum?

1. Xanthan Gum is made by fermenting corn sugar with a bacterium, **Xanthomonas campestris**. It's the same bacteria that creates black spots on broccoli and cauliflower. The result is a slimy goo that is then dried up and ground into a fine white powder.
2. Xanthan gum is an emulsifier. It helps ingredients blend more effectively and stay blended while waiting on a shelf. For example - water and oil mixtures, as well as bits of spice in a salad dressing.
3. Xanthan gum is also used as a thickener. Add a bit to water and it becomes more viscous. Many fat free salad dressing maintain and oily viscosity by using thickeners such as xanthan gum. In pastry fillings, it prevents the water seeping out and soaking the dough, thus protecting the crispness of the crust.
4. Xanthan gum is used in ice creams as well to prevent the formation of ice crystals and keep the product "smooth".
5. Xanthan gum has become popular in the gluten free circles. It helps give the dough a sticky consistency.
6. Only a small amount of xanthan gum is necessary to achieve the desired result, usually less than 0.5% of the food product weight.

<https://www.fooducate.com/community/post/10-Facts-about-Xanthan-Gum-a-very-popular-food-additive/57A3313A-D446-9E0C-44E2->

Gluten Free Pizza



<https://www.theglutenfreeblogger.com/gluten-free-pizza-base-recipe/> - The Gluten Free Blogger original recipe

Container with a lid, apron – optional pizza tray.

No nuts or nut-based ingredients.

- 300g self-raising gluten free flour (see notes)
- 300g natural yoghurt
- 100g passata
- ½ tsp dried oregano
- ½ tsp dried basil
- 1 ball of fresh mozzarella cheese
- Handful of grated Cheddar cheese

Optional extras – Pepperoni, chorizo, salami, ham, chicken, tuna, sweetcorn, tomato, courgette, artichoke, mushroom, peppers, onion, jalapenos, pineapple, etc.

1. Preheat the oven to 220°C.
2. Add the yoghurt and flour to a large mixing bowl and mix together using a wooden spoon.
3. Lay out a piece of greaseproof paper and lightly sprinkle it with some gluten free flour.
4. Turn the dough out onto the paper and flatten into a circle shape. Lightly sprinkle with some extra gluten free flour.
5. Roll the dough out until it is approximately 1cm thick. Place a pizza tray on top of the circle and carefully flip the whole thing over, so the dough circle sits on top of the tray.
6. Peel off the baking paper.
7. Place the base in the oven and cook for 7-8 minutes until it starts to go slightly golden around the edges.
8. Remove from the oven to top.
9. Mix the dried basil and oregano with the passata.
10. Spread evenly over the part-cooked base.
11. Top with the cheese and toppings and return to the oven for a further 10-15 minutes, until the base is golden round the edges and all the toppings have cooked.



Images and original recipe idea from the Gluten Free Blogger

To raise the skill level, you could try this recipe!

<https://www.youtube.com/watch?v=Rh50Cht9tUc>

Each portion (162 grams) contains				
Energy 1353kJ 323kcal	Fat 6.8g	Sat fat 1.7g	Sugar 1.7g	Salt 0.31g
16%	10%	9%	2%	5%
of an adult's reference intake				
Typical values per 100g: Energy 840kJ / 201kcal				

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	840	1353	16	8400
Energy kcal	201	323	16	2000
Fat	4.2g	6.8g	10	70g
Saturated fat	1.1g	1.7g	9	20g
Carbohydrate	37g	59g	23	260g
Sugar	1.1g	1.7g	2	90g
Fibre	1.8g	2.9g		
Protein	6.4g	10g	20	50g
Salt	0.19g	0.31g	5	6g

This pack contains 4 servings.

RI = Reference intake of an average adult (8400kJ / 2000kcal)

Cheese & Tomato Only

Gluten Free Muffins



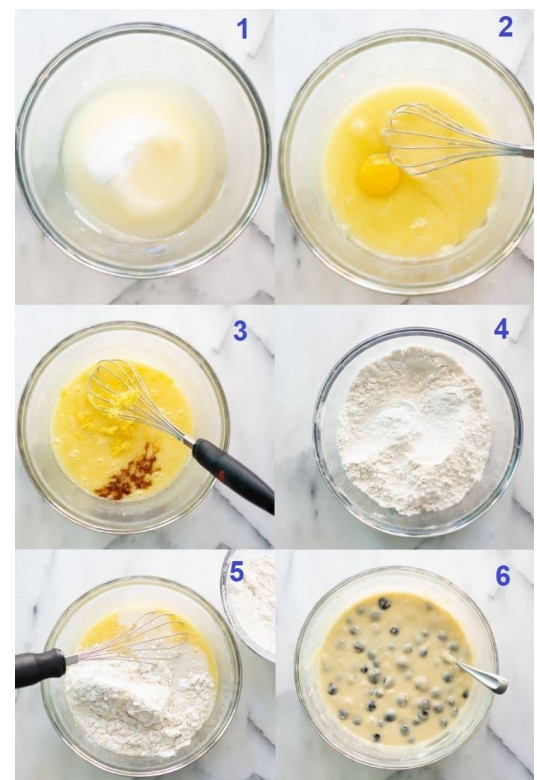
<https://www.glutenfreepalate.com/gluten-free-blueberry-muffins/> -
original recipe

Container with a lid, 12 muffin cases, apron.

No nuts or nut-based ingredients.

- 115g butter melted OR 125ml oil
- 150g sugar
- 2 eggs, room temperature
- 1 teaspoon vanilla extract
- Zest from one small lemon
- 220g gluten-free flour blend
- ½ teaspoon salt
- 2 teaspoons gluten-free baking powder
- 125g milk
- 100g cups fresh or frozen blueberries

1. Preheat the oven to 180c.
2. Line a muffin tray with 12 muffin cases.
3. In a large mixing bowl, mix together the melted butter / oil, milk and sugar with a wooden spoon.
4. Add eggs, one at a time, beating well after each egg.
5. Add vanilla and lemon zest and mix until combine.
6. In a separate medium mixing bowl, the flour, salt and baking powder.
7. Fold in the blueberries.
8. Leave the mixture to stand for 15 minutes (this allows the baking powder to activate). **DO NOT STIR!**
9. **Without stirring**, spoon the now mousse like mixture into each paper liner about $\frac{2}{3}$ full.
10. Leave for another 15 minutes.
11. Bake for 30-35 minutes, or until the centre is set.



Original recipe and images from
<https://www.glutenfreepalate.com/>

Gluten Free Apple Cake



<https://glutenfreeonashoestring.com/tender-gluten-free-apple-cake/> - Recipe from Gluten Free on a Shoe String

Cake Tin, apron, tin foil.

No nuts or nut-based ingredients.

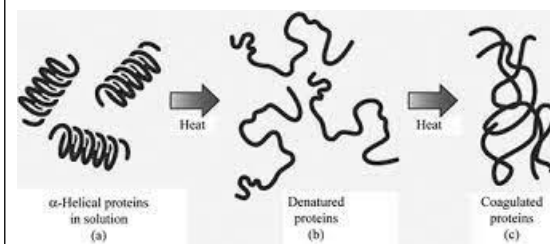


- 3 large baking apples peeled, cored and diced (a mix of Cortland, Gala, and/or Granny Smith apples works really well)
- 1 ½ teaspoons ground cinnamon
- ⅛ teaspoon freshly ground nutmeg (optional)
- 160g **Self Raising gluten free flour**
- ½ teaspoon xanthan gum
- 1 teaspoon baking powder
- 140 g butter at room temperature
- 200 g granulated sugar
- 2 eggs, beaten
- 1 tsp vanilla extract – optional

1. Preheat your oven to 180c.
2. Grease well an 8-inch or 9-inch round cake tin, and set it aside.
3. Peel, core and slice the apples and place into a large bowl.
4. Mix in the cinnamon, nutmeg, flour, xanthan gum and baking powder and set to one side.
5. In another bowl cream (beat) together the butter and sugar until thick, pale and creamy.
6. Add the sugar, eggs and vanilla, and mix until well combined.
7. Add the flour and apple mixture and mix until just combined.
8. Pour the chunky batter into the cake tin.
9. Smooth over the top.
10. Cover the pan tightly with tin foil, and place in the center of the oven and bake for 20 minutes.
11. Remove the tin foil and continue to bake for a further 40 – 50 minutes.
12. Remove from the oven and allow to cool in the tin.



Original recipe and images from – Gluten Free on a Shoe String



When eggs are heated the runny yolk and white (albumen – which is the major source of protein) turn solid. The proteins in the egg start to thicken, a process known as coagulation. Egg whites coagulate at 60°C, egg yolks 65°C, with full coagulation occurring at 70°C.

This coagulation ‘sets’ the cake mixture.

<https://www.ifst.org/>

Gluten Free Cookies



<https://mygluten-freekitchen.com/the-best-chewy-gluten-free-chocolate-chip-cookies/> - original recipe.

Container with a lid, apron.

No nuts or nut-based ingredients.

- 120g butter, softened
 - 75g light brown sugar
 - 75g granulated sugar
 - 1 medium egg
 - 1 tsp vanilla extract
 - 180g plain flour
 - ½ tsp bicarbonate of soda
 - ½ tsp Xanthan Gum
 - ¼ tsp salt
 - 150g dark chocolate, cut into chunks
1. Heat oven to 160C.
 2. Line two baking sheets with parchment.
 3. Cream the butter and sugars together until very light and fluffy.
 4. Beat in the egg and vanilla.
 5. Stir in the flour, xanthan gum, bicarb, chocolate and ¼ tsp salt.
 6. Scoop 10 large tbsps. of the mixture onto the trays, leaving enough space between each to allow for spreading.
 7. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool.
 8. Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely.



Original recipe and images from -
my gluten free kitchen



When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, using the oven, mixing, shaping, coagulation (egg setting) testing for readiness, weighing, measuring, preheating the oven, creaming method, following written instructions, washing and drying equipment, independence.

Gluten Free Pasta



<https://theloopywhisk.com/2018/02/23/homemade-3-ingredient-gluten-free-pasta-recipe/>

- Original recipe

Container with a lid, apron.

No nuts nut-based ingredients.

- 100g Gluten free Bread flour
- 1 large egg
- 1/2tsp Xanthan Gum

1. In a bowl, mix together the gluten free flour and xanthan gum until evenly distributed.
2. Make a well in the middle of the flour mixture and crack in the egg. Eventually, you will end up with a slightly sticky pasta dough.
3. *If the dough doesn't come together in a ball and feels crumbly or dry, you can add another egg at this point.*
4. *If, on the other hand, the dough feels too wet or soft, you can add a small amount of additional flour.*
5. Turn the pasta dough onto a generously floured surface and knead it for 2 - 3 minutes, until you get a smooth ball of pasta dough.
6. Cut the dough into four evenly sized pieces.
7. Wrap the three pieces of dough you won't use immediately in cling film so that they don't dry out.
8. Flatten one piece of dough and flour it generously on both sides.
9. Pass the flattened piece through the **pasta machine**, starting on the widest setting.
10. Fold the rolled-out pasta dough like a book or letter (into thirds, see step-by-step pictures in text) and dust the outsides with flour. Turn the piece by 90 degrees (so that the smooth edges are left-right, not top-bottom) and feed it again through the machine. Repeat 5 times.
11. Generously dust the pasta sheet with gluten free flour and feed it through the next narrower setting on the pasta machine. (**Note that there's no more folding!**) Keep reducing the settings until you get to a sheet about 1 mm thick.
12. Using a knife or the cutting setting on your **pasta machine**, cut the gluten free pasta sheet into tagliatelle (about 1/3 inch / 1 cm wide).
13. Toss the cut pasta in some more flour and shape it into a nest.



Original recipe and images from –
the loopy whisk



To cook the gluten free pasta:

1. To cook the **fresh** (not dried) gluten free pasta, place it in boiling water, seasoned with a pinch of salt, for 4 - 8 minutes, depending on how well-cooked you like it.
2. To cook the **dried** gluten free pasta, place it in boiling water, seasoned with a pinch of salt, for 6 - 10 minutes, depending on how well-cooked you like it.

Gluten Free Cinnamon Rolls



<https://glutenfreecupatea.co.uk/2020/04/15/gluten-free-cinnamon-rolls-recipe-vegan/> - Original Recipe Gluten Free Cuppa Tea

Container with a lid, brownie tin / baking tin with deep sides, apron.

No nuts nut-based ingredients.

For the dough –

- 580g gluten free self raising flour
- 450g plain yoghurt (natural, Greek – thicker is better)
- 1 tsp baking powder
- 1 tsp xanthan gum
- 80g sugar
- 1 egg

For the filling –

- 150g light brown sugar
- 2 tsp cinnamon
- 35g butter, melted

For the topping

- 200g icing sugar
- 2-3 tbsp water
- 1 tsp vanilla extract

1. Preheat your oven to 160C.
2. Add all the dough ingredients into a large bowl and mix together.
3. Knead the dough briefly so it's smooth and combined.
4. Lightly flour your work surface.
5. Flour a rolling pin and roll out for dough into a rectangular shape (mine is usually around 30cm x 35cm). It should be between 1cm and 1.5cm in thickness ideally.
6. Brush the melted butter onto the dough all over and then sprinkle on the mixture of light brown sugar and cinnamon.
7. Carefully roll up the dough away from you on the longest of the rectangle sides.
8. Measure an inch per roll and with a sharp knife cut down.
9. Place your cinnamon rolls into your tin, they should be the perfect size to squash 9 into a tin.
10. Place in the oven for 20-25 minutes until only slightly golden.
11. Remove from the oven and allow to cool.
12. To make the icing simply mix the topping ingredients together until you have the right thickness.
13. Drizzle over the top of the buns



Image from – Gluten Free on a Shoe String



Images from – Gluten Free Blogger

Gluten Free Brownies



<https://www.bbcgoodfood.com/recipes/gluten-free-brownies> - Original Recipe BBC Good Food

Container with a lid, brownie tin, parchment paper, apron.

No nuts nut-based ingredients.

- 250g unsalted butter, cubed, plus extra for the tin
 - 250g dark chocolate, roughly chopped
 - 4 large eggs
 - 300g sugar
 - ½ tsp vanilla extract
 - 100g gluten-free plain flour, sieved
 - 60g cocoa powder
 - ½ tsp salt
 - 150g milk chocolate, roughly cut into chunks
1. Heat oven to 160C fan.
 2. Butter a 30cm x 20cm non-stick tin with butter and line the base with non-stick baking parchment.
 3. Fill a small saucepan a third full with water.
 4. Put a snug-fitting heatproof bowl on top of the water.
 5. Add the butter and chocolate to the bowl and gently melt over a low heat, stirring occasionally. Be careful not to let it catch and burn on the bottom. (This is a double boiler)
 6. Remove from the heat and leave to cool a little.
 7. In a second bowl - beat the eggs and sugar together using a whisk until it is thick enough to leave a trail.
 8. Gently fold through the cooled melted chocolate and vanilla.
 9. Fold in the flour, cocoa and salt.
 10. Finally, fold through the chocolate chunks.
 11. Pour the brownie batter into the lined tin, place in the centre of the oven and bake for 30-35 mins.
 12. Leave to cool a little in the tin before cutting into 12 squares.



Image from – Gluten free on a shoe string



Images from – Google Images

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, how to prepare a baking tin, using the oven correctly, double boiler, chocolate work, whisking (aeration), coagulation (egg setting) testing for readiness, mixing, folding, preheating the oven, following written instructions, washing and drying equipment, independence.

Gluten Free Bread Rolls



https://www.theglutenfreeblogger.com/soft-gluten-free-bread-rolls/?fbclid=IwAR3x_pV3mx-SOKzkSQ0fMEWApEIJOU3loIfMPJzJ8bcvMb97ou1FfcebnM -The Gluten Free Blogger original recipe

Container with a lid apron, deep sided cake tin.

No nuts or nut-based ingredients.

- 300ml milk
 - 2 tbsp caster sugar
 - 7g dried yeast
 - 1 tsp xanthan gum
 - 1 tsp salt
 - 400g Gluten free white bread flour
 - 1 tsp apple cider vinegar
 - 5 tbsp vegetable oil
 - 2 large eggs
 - 20g unsalted butter (for brushing)
1. Activate the yeast - warm the milk so it's around the same temperature as your skin - i.e. when you put your finger in it, you can't feel that it's hot or cold.
 2. Once it's warm, stir in the sugar then add the yeast and stir.
 3. Cover and leave the yeast mixture for 5-10 minutes and it should form a froth on top.
 4. Crack in the eggs, add the oil and vinegar and mix.
 5. Put the flour and remaining dry ingredients into one bowl.
 6. Pour in the wet yeast mixture and stir.
 7. Traditional bread dough is kneadable and stretchy - but gluten free bread dough is very different, more of a thick batter!
 8. Using a deep round cake tin - 'dollop' the mixture into roughly 8 blobs.
 9. Dip your fingers in cold water and shape the dollops into rolls.
 10. Cover the rolls loosely with oiled clingfilm and prove in a warm place to prove (about 40-45 minutes).
 11. Brush with lots of melted butter and bake at 180c, for 20 – 25 minutes.



Images and original recipe idea from the Gluten Free Blogger

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