

PIZZA

CRUST: Whiz in processor until fine

1/3 c almonds

1/3 c sesame seeds

Add 1/3 c soy flour

1 1/2 c gluten free flour eg rice

1 t Celtic sea salt

1/2 - 3/4 c water

Mix well and roll out.

TOPPING:

tomato paste

2 finely sliced onions

1 finely sliced capsicum

1/2 c black pitted olives

1-2 c pineapple pieces (or crushed pineapple)

Spread tomato paste over uncooked base. Place rest of the topping ingredients on base. (Adjust quantity of ingredients if needed)

CASHEW SAUCE:

1 c water

3/4 c raw cashews

1 t Celtic sea salt

3/4 t garlic powder

2 T lemon juice

Blend raw cashews in water until very smooth. Add all ingredients. Cook slowly to thicken. Drizzle thickened cashew topping over pizza. Place in moderate oven and cook. (25-35 mins)

HOLIDAY ALMOND ROAST

1/2 c almonds

1 c soft gluten free breadcrumbs or rice crumbs

1/2 c sunflower seeds

1/2 c chopped celery

1/2 c cooked soybeans (or other cooked beans)

1/2 - 3/4 c hot water

1 c chopped onions

1 t Celtic sea salt

1 c brown rice flour (or any gluten free flour)

1 t marjoram

1 c tomato puree

1 diced capsicum

Whiz the almonds, then the sunflower seeds in a dry food processor. Blend the soybeans in the hot water. Mix these with the remaining ingredients in a large mixing bowl. Let the mixture stand for a few mins, and then bake as a roast or as patties. Mixture must be no thicker than 5 cm. Bake at 200° for 50-60 mins for the roast. This slices well, freezes successfully, and is ideal for sandwich fillings.

SAVOURY FLAT BREAD

Quantity of mashed potatoes

Quantity of gluten free flour

Sea salt to taste

Mix thoroughly. Sprinkle with herbs, salt or Herbamare if desired. Fry off in frypan or bake in oven.

GLUTEN FREE SAVOURY ROLLS

1¼ c tapioca flour
1¼ c besan flour
⅔ c potato flour
2 t fine Celtic sea salt
2 T olive oil
2 T freshly ground golden linseed (can use brown linseed)
1½ c water

To prepare pastry: Sift flours as they may contain lumps, then mix flours together in a mixing bowl. Add salt and oil. Add the ground linseed to a small saucepan with the water and bring to the boil. This mixture will gel slightly. Add this mix into the flours while it is still hot and stir until well mixed. You may need a extra little flour (tapioca or besan) if needed. Knead this lightly for about half a minute. While still warm, cut this in half and roll out each piece between two sheets of glad wrap to make a shape about 25cm x35cm. Once rolled, place in the freezer for about 10 minutes to chill. Roll out the other piece of dough in like manner.

To shape into rolls: Cut pastry lengthwise in half. Place prepared tofu sausage roll filling on middle of each pastry half. Form into one long roll. Place long rolls into freezer for a few minutes to chill. Then cut into desired lengths. Place on greased baking tray. Sprinkle with sesame or poppy seeds if desired. Bake in 190° for 25-30 minutes or until cooked.

Variation: Other flours may work quite well. It is the hot linseed mix that binds the dough together. Any vegan sausage roll filling can be used.

SAVOURY ROLL FILLING

1 c tofu (or use 1 tin drained beans)
1 - 1½ c breadcrumbs
1 c well cooked brown rice
1 onion finely chopped
1-2 t Celtic sea salt
2 t brown miso
½ c tomato puree
1 t mixed herbs or sweet basil

Mix all together. Using the pastry recipe above, roll out as directed and cut the pastry in half lengthwise. Lay mixture in the centre of each half of the pastry working lengthwise. Roll pastry around mixture, then cut the pastry into rolls at the length required. Bake at 180° for 25 minutes.

CHICK PEA A LA KING

3 c cooked chick peas (cooked in salted water – reserve water)
½ c chopped onions
½ c finely chopped red capsicum
½ c raw cashews
2 T sesame seeds
2 T cornflour
2 T chicken style seasoning (see recipe p 85 in recipe book)
¾ t garlic powder
1 t onion powder
3 c water and/or chick pea liquid
2 c frozen green peas
1 t vegetable salt
1 t Celtic sea salt

Sauté onions and capsicum in a little water until cooked. Set aside. Blend all ingredients except chick peas and vegetables in the 3 cups of liquid until creamy. Pour sauce into saucepan and cook over heat until thickened, stirring constantly. Place frozen peas in colander and rinse with hot water for 20 seconds. Add all ingredients to saucepan. Continue stirring while cooking two more minutes. Serve over brown rice, flat noodles or toast.

CAROB PIE

CRUST:

1½ c coconut

2 T corn flour

Pinch Celtic sea salt

Nut milk to bind (or use any juice or combination of ¼ c dates with ½ c water)

Mix ingredients well and press into a pie dish. Bake for 12-15 mins at 180°. This tends to burn easy.

FILLING:

1 c water

½ c raw cashews

1 t vanilla

¼ t Celtic sea salt

¾-1 c dates soaked in 1 extra cup water

2 T cornflour

2 T light carob powder

Blend cashews and water together. Add vanilla, salt, dates and extra water and blend until very smooth. Place mixture in saucepan and bring to boil. Meanwhile mix carob and cornflour with a little cold water. Pour this into the hot mixture and stir until thickened. Pour into prepared pie crusts and allow to cool. Serve cold.

WHIPPED TOPPING (for icing or desserts)

1 c water

2 t agar agar powder (slightly heaped)

½ raw cashew nuts

¼ - ⅓ honey

½ Celtic sea salt

1 t vanilla

½ t guar gum (optional, but especially nice in icing)

1 can coconut milk (or 2 cups soy milk)

Stir together the agar and water, bring to boil and simmer for 1 -2 minutes. Place remaining ingredients in blender and blend thoroughly until very, very smooth. Add agar mixture and add enough extra water to make a total mixture of 3½ - 4 cups. (3½ c for icing, 4 c for whipped topping). Pour into container, or leave entire mix in the blender, place in the fridge and allow to chill for several hours. (Since this recipe needs blending twice, you can leave the blended mixture in the blender to save the work of washing the blender twice). The set mixture is almost sliceable. Place the chilled mixture back in the blender (if your blender is lightweight, use only half the mix at a time). Cut the mixture with a knife so it will turn easier. Blend until it is the consistency of a thick cream. Try not to add more liquid when blending. The mixture will eventually be turned by the blades and become quite creamy if you carefully push it towards the blades with a spatula. This whipped topping can be frozen and used without re-blending. Variation: Add 1 T lemon juice to each 1 cup to make a nice mayonnaise.

PECAN-DATE SLICE (OR BALLS)

½ c pecans

1 c pitted dates or 1 c dried apricots

1 c raisins or sultanas

2 c coconut

Place nuts in whiz and process until fine. Add dates and raisins and continue to process until it forms a ball. Place mixture in a bowl and add ½ cup coconut. Mix until coconut is distributed through. Sprinkle ¾ c coconut on base of slice tin. Spread mixture over and smooth out. Sprinkle remaining coconut over top and press into mixture. Place in fridge to harden. Cut into slices and serve. Variation: Form into small balls and roll in coconut.

WALNUT MAPLE COOKIES

2½ c walnuts – ground
⅔ c rice flour
1 t sea salt
⅓ c flax seeds – ground
⅓ c carob chips
½ c maple syrup (or honey)
2 t vanilla

Preheat oven to 180°C. Spray large cookie tray or use baking paper on tray. In a small bowl add all the ingredients in the given order. Mix well. Drop dough on tray with a spoon and flatten with a fork. Bake for 10 to 15 minutes or until golden brown, checking often to prevent burning.

Let cool before removing from tray.

Makes 1 dozen cookies.

SUNFLOWER PATE

1½ c sunflower seeds
⅓- ½ c lemon juice
1 t Celtic sea salt
1 clove garlic
½ t miso
2 t dried marjoram

Blend all ingredients together. Add a little water if needed.

Variations: Add a small ripe avocado and process with other ingredients. Or add finely chopped celery to finished product, stirring through.

A-B-C SALAD

1 part slithered almonds
2 parts beetroot, grated
3 parts celery, finely chopped

Combine ingredients together in bowl.

Sprinkle with Celtic sea salt to taste.

Squeeze a little lemon juice over and mix thoroughly.