

# everyday essentials

A selection of simple recipes to help you get  
the most from your gluten-free diet



**juvela**

# Essential Gluten-Free Foods

Juvela produces a range of gluten-free alternatives to everyday staple foods to help ensure your gluten-free diet is varied, balanced and above all, enjoyable.

**Bread & Rolls** - Gluten-free 'ready to refresh' loaves & rolls, part-baked loaves & rolls and fresh loaves & rolls. All have been developed to be as close to traditional bread as possible.



**All-purpose Flour Mixes** - The Mixes (available in white or fibre) can be used as traditional 'flour' substitutes in your favourite recipes. Use to make bread, pastry, cakes and biscuits. **The Harvest White Mix** is an all-purpose mix suitable for those who have multiple allergies and need to avoid one or a combination of the following: gluten, wheat, soya and milk.

**Cereals** - The Flakes and Fibre Flakes are crisp flakes of rice and corn enriched with vitamins and iron. The Pure Oats are perfect for porridge or for use in baking.



**Pizza** - Part-baked and light in texture, these 9 inch pizza bases are ready for your favourite toppings.

**Pasta** - Available in Spaghetti, Fusilli (spirals), Macaroni, Lasagne Sheets, Tagliatelle and Fibre Penne. Easy to prepare for a quick and satisfying meal.



**Crackers** - The Savoury Biscuits are cheese flavoured crackers suitable as a snack or with cheese or paté. The Swedish-style Crispbread has a crunchy texture and nutty flavour, suitable for savoury and sweet toppings.

**Biscuits** - The all-time favourites - Rich Tea, Digestive and shortbread-style Sweet biscuits. Ideal for snacking or dunking.



This booklet has been designed to help you get the most from the Juvela Foods Range and quickly master the basic techniques of gluten-free baking.

Juvela offers an extensive support service to help at every step. If you have any queries about the products, recipes or diet, please contact us (see back page for details).

The recipes and ideas provide simple and delicious substitutes to many of those staple, everyday foods we so often take for granted.

New ideas and recipes also feature in our regular newsletter -

**Juvela Feedback** - which will keep you up to date with all our activities and new products! For lots more delicious recipes, visit our website and join the **Juvela Club**.

Practical advice can be gained by attending one of our gluten-free cookery demonstrations held nationwide.



*Read on and relax... remember, there is always help at hand!*

*For any recipe ingredient highlighted with an asterisk (\*) please refer to Coeliac UK's Gluten Free Food & Drink Directory for a suitable brand.*

*For recipes using White or Fibre Mix, you can substitute with Harvest Mix if necessary.*

**F** Completed recipe suitable for home freezing



**Breadmaking with the Juvela Gluten-Free Mixes is really quick and easy. As you make a batter rather than a dough, it requires no kneading and only has to prove once.**

**A sachet of easy blend dried yeast is provided with each packet so simply add water, oil, sugar and salt!**

**The Mixes can also be used to make bread in an Automatic Breadmaker. The recipe is different to making bread by hand. Please contact us for your free copy of our Automatic Breadmaker Recipe Leaflet.**



## Basic Bread **F**

Before you start, preheat the oven to: 220°C/425°F/Gas Mark 7 and prepare your tins.  
If making loaves - lightly grease 2 x 900g (2lb) loaf tins  
If making rolls - lightly grease 10-12 Yorkshire pudding or muffin tins.

### Ingredients

1 500g packet of Juvela Gluten-Free White or Fibre Mix  
1 sachet of easy blend dried yeast (supplied with Mix)  
1-2 tsp salt  
1 tsp sugar  
2 tbsp vegetable oil  
Approx. 450ml (16floz) warm water  
If using Fibre Mix increase water to 500ml (18floz)

- **Preparation time:** 5-10 minutes
- **Cooking time:** 20 minutes
- **Oven temperature:** preheated to 220°C/425°F/Gas Mark 7
- **Nutrition info per portion (2 slices):**  
163 calories, 2.0g fat (of which saturates 0.4g), 33.7g carbohydrate (of which sugars 3.9g), 2g protein, 0.6g fibre, 63mg calcium



- 1 Place the Mix into a large bowl and stir in the sachet of yeast making sure it is evenly distributed.
- 2 Stir in the salt, sugar and oil (use a light oil like sunflower or vegetable. Olive oil is too heavy and will produce a holey uneven crumb) and then add the water (we recommend approx. 40°C, but as many of us don't have thermometers handy, it should feel pleasantly warm to touch). Beat the mixture well until a smooth batter is formed.  
The mixture should fall quickly back into place when a knife is drawn through it like a paddle. Do not be afraid to add more water if the batter is too thick.
- 3 Divide the mixture between the prepared tins. The mixture should half fill the 2 loaf tins or half fill 10-12 Yorkshire pudding/muffin tins. Ensure the surface is smooth by dipping the back of a spoon in oil and running it over the top of the mixture. Cover with a greased polythene bag or damp tea towel and place in a warm place for 30 minutes to prove.
- 4 Remove polythene bag/tea-towel and bake in a preheated oven - for Loaves, 20-25 minutes; Rolls, 15-20 minutes. Turn occasionally to ensure an even rise. The bread should be well-risen and golden brown. Allow to sit for about 10 minutes before removing from the tins. Allow to completely cool before slicing. The bread will stay fresh for 2-3 days if stored in an airtight container.



## Soda Bread **F**

A traditional Irish bread that can be made in minutes – it uses bicarbonate of soda and cream of tartar in place of yeast so requires no ‘proving’ time. It can be flavoured to be sweet or savoury but is just as good plain.

### Ingredients

1 packet Juvela Gluten-Free Fibre Mix  
1 tsp salt  
1 tsp bicarbonate of soda  
1 tsp cream of tartar  
2tbsp lemon juice  
Approx. 375ml (¾ pt) milk  
You will need: a lightly greased baking tray

- **Preparation time:** 5 minutes
- **Cooking time:** 45 minutes
- **Oven temperature:** preheated to 200°C/400°F/Gas Mark 6
- **Nutrition info per portion (1/8 loaf):** 218 calories, 1.1g fat (of which saturates 0.5g), 46.6g carbohydrate (of which sugars 7.6g), 5g protein, 6.9g fibre, 56mg calcium

- 1 Place the Fibre Mix into a bowl and stir in the salt, bicarbonate of soda and cream of tartar.
- 2 Add the lemon juice to the milk to sour it. Gradually add sufficient milk to the Mix to form a soft but not sticky dough.
- 3 Knead until smooth on a surface lightly dusted with Mix.
- 4 Shape into a round and place onto baking tray. Cut a shallow cross on the top of the dough with a sharp knife and bake in a preheated oven for 45-50 minutes.

### Flavoured Variations

**Sun-dried tomato** - add 150g (6oz) sun-dried tomatoes, drained & chopped

**Citrus** - add 50g (2oz) soft brown sugar & 6tbsp marmalade, softened

Stir in extra ingredients before adding milk. You may need slightly less milk when using these additional ingredients.

## Toasted Teacakes **F**

Makes 10-12 **F**

Delicious and light, these fruity buns are a real treat. Serve hot with butter for a perfect breakfast, afternoon tea or suppertime snack.

### Ingredients

1 packet Juvela Gluten-Free White Mix  
1 sachet easy blend dried yeast (supplied with Mix)  
1tp salt  
50g (2oz) caster sugar  
2tbsp vegetable oil  
25g (1oz) sultanas  
25g (1oz) raisins  
Approx. 400ml (14fl oz) warm water

- 1 Place the Mix into a large bowl. Stir in the sachet of yeast ensuring it is evenly distributed.
- 2 Stir in the sugar, oil and dried fruit and gradually add the water. Beat the mixture well until a smooth batter is formed.
- 3 Divide the mixture between the prepared tins. The mixture should half fill 10-12 Yorkshire pudding/muffin tins.
- 4 Cover with a greased polythene bag or damp tea towel and transfer to a warm place for 30 minutes to prove, then bake in a preheated oven for about 15-20 minutes until golden.

- **Preparation time:** 5-10 minutes
- **Cooking time:** 20 minutes
- **Oven temperature:** preheated to 220°C/425°F/Gas Mark 7
- **Nutrition info per teacake (85g):** 190 calories, 2.1g fat (of which saturates 0.4g), 40.6g carbohydrate (of which sugars 10.8g), 2.3g protein, 0.7g fibre, 66mg calcium





# Basic Pastry Making

Pies, quiches, tarts, flans, pasties - all you need is **gluten-free pastry**. The method of gluten-free pastry differs to traditional pastry but if you follow these simple steps, the choice is all yours...

## Basic Shortcrust Pastry **F**

### Ingredients

200g (8oz) JUVELA Gluten-Free White/Fibre Mix  
½ tsp salt  
50g (2oz) lard  
50g (2oz) hard margarine  
1 medium egg, beaten  
Cold water

- 1 Place the Mix and salt in a bowl, cut the fats into small pieces using a knife and add them to the Mix. **(It is important to keep the fats as cold and as hard as possible, so leave them in the fridge right up until you need to use them).**
- 2 Using your fingertips, lightly rub the fats into the Mix until the mixture resembles coarse breadcrumbs. (It is important not to over-rub the fats - any larger pieces left will be incorporated later when the pastry dough is kneaded!)
- 3 Lightly stir in the egg and then gradually add sufficient cold water to produce a soft but not sticky dough (you will probably need 2-3tbsp in total; maybe a little more if using the Fibre Mix).
- 4 Using your hands, move the mixture around the bowl allowing it to form a dough without actually forcing it together. When the dough starts to clean the bottom of the bowl, sufficient water has been added.
- 5 The dough will still be quite crumbly, so this kneading stage is crucial. **(This may seem very strange, but gluten-free pastry differs to traditional pastry as it actually benefits from being handled).** Lightly dust a surface with Mix and knead the dough 1-2 minutes. The pastry will change in texture, becoming much smoother and more pliable.
- 6 The pastry is now ready to use. (Gluten-free pastry does not need 'resting' but you may find it easier to handle if slightly chilled so you can pop it in the fridge for about 20 minutes). The pastry can be stored in the fridge for up to 3 days or frozen for use at a later date.
- 7 To roll out, lightly dust the surface and the rolling pin with Mix and roll out using smooth short strokes. Keep the pastry moving around the surface but do not turn it over. As the piece gets bigger, use your rolling pin, rather than your hands, to pick it up.



**Handy hint** adding a teaspoon of xanthan gum will improve the texture of your gluten-free baking - great for pastry and bread.

## Simple classics to make the most of your pastry...

### Cheese & Bacon Quiche Makes 4 tartlets **F**

This delicious combination of bacon, eggs, cheese and onions is ideal for picnics and light lunches and has been a firm favourite in the UK for many years!

#### Ingredients

100g (4oz) chopped bacon pieces  
1 small onion, peeled and finely chopped  
25g (1oz) grated cheddar  
2 medium eggs  
2tbsp crème fraîche  
50ml (2fl oz) milk  
Salt and pepper

- **Preparation time:** 15-20 minutes
- **Cooking time:** 25 minutes
- **Oven temperature:** preheated to 190°C/375°F/Gas Mark 5
- **Nutrition info per tartlet (185g):** 551 calories, 36.4g fat (of which saturates 16.0g), 41.9g carbohydrate (of which sugars 5.8g), 14.3g protein, 1.0g fibre, 170mg calcium

- 1 Make the pastry as per instructions on page 9. Roll out and use to line 4 x 10cm (4") tartlet tins.
- 2 Gently sauté the bacon pieces (in their own fat) with the onion until lightly browned. Set aside to cool.
- 3 Beat together the eggs, crème fraîche, milk, and seasoning.
- 4 Spoon the cooled bacon and onion mixture into the base of the tartlet tins; sprinkle over the grated cheese and carefully pour in the egg mixture.
- 5 Bake in a preheated oven for 20-25 minutes until the filling is set and the pastry is golden.



### Savoury Pasties Makes 4-6 **F**

Meat & potato or cheese & onion - pasties, the nation's favourite lunch-time bite.

#### Ingredients

##### Meat & Potato:

1tbsp vegetable oil  
150g (6oz) minced beef  
1 small onion, peeled and chopped  
1 medium potato, peeled and cubed  
2tbsp tomato ketchup

##### Cheese & Onion:

1tsp vegetable oil  
1 small onion, peeled and chopped  
150g (6oz) grated cheese  
You will need: 1 medium egg, for glazing

##### Meat & Potato

- **Preparation time:** 5-10 minutes
- **Cooking time:** 20 minutes
- **Oven temperature:** preheated to 220°C/425°F/Gas Mark 7
- **Nutrition info per pasty (120g):** 337 calories, 20.7g fat (of which saturates 8.3g), 31.9g carbohydrate (of which sugars 4.6g), 6g protein, 0.9g fibre, 63mg calcium

##### Cheese & Onion

- **Preparation time:** 5-10 minutes
- **Cooking time:** 20 minutes
- **Oven temperature:** preheated to 220°C/425°F/Gas Mark 7
- **Nutrition info per pasty (95g):** 375 calories, 25.4g fat (of which saturates 12.6g), 27.5g carbohydrate (of which sugars 3.4g), 9g protein, 0.6g fibre, 242mg calcium

- 1 For the **meat & potato filling**, heat the oil in a pan and lightly fry the onion for a few minutes, then add the minced beef and potato, and cook over a medium heat for 15 minutes. Stir in tomato ketchup and allow to cool slightly.  
OR for the **cheese & onion filling**, heat the oil in a pan and lightly fry the onion for a few minutes until golden. Allow to cool slightly and then stir in grated cheese.
- 2 Make the pastry as per instructions on page 9. Roll out the pastry on a surface lightly dusted with Mix to a ½ cm (¼ inch) thickness. Using a saucer or small plate as a guide, cut the pastry into rounds.
- 3 Brush the edges of each pastry round with beaten egg and place a spoonful of the chosen filling in each.
- 4 Fold the pastry over so that the edges meet and press together with the prongs of a fork.
- 5 Place on a baking tray and brush with beaten egg. Bake in a preheated oven for 20-25 minutes until golden brown.







## Apple Pie Makes 8 portions **F**

**The Great British classic – serve with custard or ice cream for the perfect pud!**

### Ingredients

500g (1lb) cooking apples, peeled, cored and chopped  
2tbsp water  
50g (2oz) sugar  
25g (1oz) sultanas  
1tsp cinnamon (optional)  
Milk (for brushing)

- **Preparation time:** 15-20 minutes
- **Cooking time:** 30 minutes
- **Oven temperature:** preheated to 200°C/400°F/Gas Mark 6
- **Nutrition info per portion (120g):**  
254 calories, 12.3g fat, (of which saturates 5.4g), 34.3g carbohydrate (of which sugars 16.4g), 2.3g protein, 1.4g fibre, 47mg calcium

- 1 Make the pastry as per instructions on page 9.
- 2 For the filling, place the prepared apples in a pan with 2tbsp water and sugar. Cook for approx 8 minutes until soft. Stir in the sultanas and cinnamon and allow to cool.
- 3 Divide the pastry in half and roll out one half on a surface lightly dusted with Mix to a sufficient size to fill a 20 cm (8 inch) pie plate. Use your rolling pin to pick up the pastry and lay it over the plate.
- 4 Spoon in the prepared filling.
- 5 Roll out the second half of the pastry and use to cover the filling. Press down the edges and trim off any excess pastry.
- 6 Brush the top with milk and sprinkle with caster sugar, then bake in a preheated oven for 25-30 minutes until golden.

**For an Apple & Blackberry Pie** - replace half the apples with fresh blackberries

or why not try...

**Rhubarb Pie** - simply replace the apples with rhubarb – place 500g (1lb) chopped rhubarb in a pan with 2tbsp water and 200g (8oz) sugar for a few minutes until rhubarb is soft but holds its shape.

*Many ready-made pie fillings are gluten-free. Check in Coeliac UK's Gluten-Free Food & Drink Directory for a suitable brand.*

# Basic Cake Making

A sandwich cake can be made in a matter of minutes. Using the all-in-one method you can create a delicious sponge that would be an ideal base for a birthday cake or to serve with morning coffee or afternoon tea... or both!

For perfect results every time, ensure you use a baking fat with a minimum of 70% fat content

## Basic Sponge Cake **F**

### Ingredients

200g (8oz) Juvela Gluten-Free White Mix  
1tsp baking powder\*  
200g (4oz) caster sugar  
200g (8oz) butter or 70% fat margarine  
4 medium eggs, lightly beaten

- **Preparation time:** 5-10 minutes
- **Cooking time:** 20-25 minutes
- **Oven temperature:** preheated to 190°C/375°F/Gas Mark 5
- **Nutrition info per portion (1/8 cake):** 408 calories, 23.5g fat, (of which saturates 12.2g), 46.4g carbohydrate (of which sugars 28.4g), 4.4g protein, 0.4g fibre, 63mg calcium

- 1 Place all ingredients in a large bowl and beat together well until light and fluffy.
- 2 Divide the mixture between sandwich tins or cake cases and bake in a preheated oven - for a sandwich cake, 20-25 minutes; fairy buns, 12-15 minutes.
- 3 Once the cakes have cooled, they can be filled with jam and buttercream.



This mixture can become any flavour of cake by simply adding one of the following:

- Replace 50g (2oz) White Mix with 50g (2oz) cocoa or add 50g (2oz) melted chocolate\*.
- 2tsp coffee granules blended to a paste with hot water & 50g (2oz) chopped walnuts
- 1 grated orange & lemon rind
- 2tsp ground ginger and/or 50g (2oz) chopped glace ginger
- 50g (2oz) glace cherries, finely chopped



## Swiss Roll Makes 8 portions **F**

### Ingredients

3 medium eggs  
125g (5oz) caster sugar  
125g (5oz) Juvela Gluten-Free White Mix  
**You will need:** swiss roll tin, greased and lined

- **Preparation time:** 15 minutes
- **Cooking time:** 8-10 minutes
- **Oven temperature:** preheated to 200°C/400°F/Gas Mark 6
- **Nutrition info per portion (50g):** 142 calories, 2.1g fat, (of which saturates 0.6g), 28.9g carbohydrate (of which sugars 17.7g), 3g protein, 0.2g fibre, 36mg calcium

- 1 In a large bowl, whisk together the eggs and sugar for about 10 minutes until pale and thick - the mixture should have roughly tripled in volume and will be creamy and silky.
- 2 Using a metal spoon, gently fold in the Mix, ensuring it is thoroughly combined.
- 3 Transfer into the prepared tin and spread evenly into the corners. Bake in a preheated oven for 8-10 minutes until golden.
- 4 Dust a large piece of greaseproof paper with caster sugar, and turn sponge out onto it. Peel off paper from the base of the sponge, trim off the edges and spread with jam.
- 5 Make an incision about 1cm in from the short edge (making sure you don't cut through the cake), and use this edge to make your first turn when rolling the sponge. Use the paper to help you roll the sponge tightly. Dust with icing sugar.



## Lemon Drizzle Cake Makes 8 portions **F**

Luscious and lemony – this zesty sponge is perfect with a cuppa!

### Ingredients

150g (6oz) butter  
150g (6oz) caster sugar  
150g (6oz) Juvella Gluten-Free White Mix  
2 medium eggs, beaten  
Grated rind of a lemon

**Lemon drizzle:** 100g (4oz) caster sugar combined with juice of a lemon

**You will need:** 2lb loaf tin, greased and base lined

- **Preparation time:** 10 minutes
- **Cooking time:** 30-40 minutes
- **Oven temperature:** preheated to 180°C/350°F/Gas Mark 4
- **Nutrition info per portion (80g):** 346 calories, 16.9g fat, (of which saturates 9.0g), 47.8g carbohydrates (of which sugars 34.4g), 2.5g protein, 0.3g fibre, 42mg calcium

- 1 Melt the fat and sugar together in a pan or in a large bowl in the microwave.
- 2 Add the Mix, eggs, and lemon rind. Beat well until smooth and pour into prepared tin.
- 3 Bake in a preheated oven for 30-40 minutes.
- 4 Remove from the oven, prick the cake with a skewer or fork and pour the drizzle over the top.

## Ginger Cake Makes 8 portions **F**

A classic ginger cake – with a soft dark crumb and spicy ginger tang!

### Ingredients

150g (6oz) butter  
150g (6oz) soft brown sugar  
150g (6oz) Juvella Gluten-Free Fibre Mix  
1 tsp ground ginger  
¼ tsp cinnamon  
¼ tsp nutmeg  
2 medium eggs, lightly beaten

- **Preparation time:** 10 minutes
- **Cooking time:** 45 minutes
- **Oven temperature:** preheated to 180°C/350°F/Gas Mark 4
- **Nutrition info per portion (70g):** 292 calories, 17.0g fat, (of which saturates 9.0g), 34.3g carbohydrate (of which sugars 20.7g), 2.6g protein, 0.3g fibre, 52mg calcium

- 1 Melt the butter and sugar together in a pan.
- 2 Remove from the heat and stir in the Mix, ginger, cinnamon, nutmeg and eggs. Beat well until smooth and pour into a greased and lined 2lb loaf tin.
- 3 Bake in a preheated oven for 40-45 minutes. Allow to cool, and if you wish, drizzle with glaze icing and decorate with glaze ginger.

## Carrot Cake Makes 8 portions **F**

This delicious carrot cake is a perfect teatime treat!

### Ingredients

200g (8oz) Juvella Gluten-Free Fibre Mix  
1 tsp baking powder\*  
150g (6oz) light muscovado sugar  
50g (2oz) walnuts, chopped  
125g (5oz) carrots, grated  
1 ripe banana, mashed  
4 medium eggs, beaten  
150ml (6fl oz) vegetable oil

### Topping:

200g (8oz) cream cheese  
50g (2oz) butter  
100g (4oz) icing sugar  
1 tsp vanilla essence

**To decorate:** Walnut halves

**You will need:** 1 8 inch (20cm) round cake tin, greased and base lined

- **Preparation time:** 15 minutes
- **Cooking time:** 40-45 minutes
- **Oven temperature:** preheated to 180°C/350°F/Gas Mark 4
- **Nutrition info per portion (140g):** 581 calories, 40.2g fat, (of which saturates 12.9g), 54.4g carbohydrate (of which sugars 38g), 3.4g protein, 3.5g fibre, 52mg calcium

- 1 Place all the ingredients into a large bowl and beat together thoroughly.
- 2 Turn the mixture into the prepared tin, smooth the surface and bake in a preheated oven for 45-50 minutes until well risen and firm. Allow to cool.
- 3 For the topping, place all the ingredients into a bowl and blend together until smooth. Spread over the top of the cake and decorate with walnut halves.



# Basic Biscuit Making

Simple ways to create your own delicious home-made gluten-free biscuits.

## Crunchy Cookies Makes 16-20 cookies

A quick and easy cookie dough for biscuits with a crunchy bite - great for dunking!

### Ingredients

100g (4oz) butter  
100g (4oz) soft brown sugar  
1 tsp vanilla essence  
1 medium egg, beaten  
200g (8oz) Juvella Gluten-Free Fibre Mix

- **Preparation time:** 10 minutes
- **Cooking time:** 15-20 minutes
- **Oven temperature:** preheated to 190°C/375°F/Gas Mark 5
- **Nutrition info per cookie (140g):** 100 calories, 4.9g fat, (of which saturates 2.6g), 13.5g carbohydrate (of which sugars 6.6g), 1g protein, 1.2g fibre, 6mg calcium

- 1 Cream together the butter, sugar and vanilla essence.
- 2 Beat in the egg with the Fibre Mix and bring together to form a dough.
- 3 Knead lightly until smooth on a surface lightly dusted with Fibre Mix. Cut out into desired shape using a pastry/cookie cutter and place well apart on a lightly greased baking tray.
- 4 Bake in a preheated oven for 15-20 minutes until golden brown. Allow to cool slightly before moving.

## Shortbread Fingers Makes 24 fingers

These delicious buttery fingers need no introduction!

### Ingredients

200g (8oz) Juvella Gluten-Free White Mix  
100g (4oz) butter  
50g (2oz) caster sugar  
1 medium egg, beaten  
Extra caster sugar for sprinkling

- **Preparation time:** 12-14 minutes
- **Cooking time:** 15-20 minutes
- **Oven temperature:** preheated to 190°C/375°F/Gas Mark 5
- **Nutrition info per biscuit (17g):** 71 calories, 3.7g fat, (of which saturates 2.3g), 8.9g carbohydrate (of which sugars 2.9g), 0.7g protein, 0.1g fibre, 15mg calcium

- 1 Place the Mix into a bowl and lightly rub in the butter.
- 2 Stir in the caster sugar. Lightly beat in the egg and bring together to form a dough.
- 3 Knead lightly on a surface lightly dusted with Mix.
- 4 Roll out into a rectangle and cut into fingers.
- 5 Place on a baking tray and prick the surface of each with a fork. Bake in a preheated oven for 12-14 minutes until golden.
- 6 Allow to cool before moving from the tray and sprinkle with caster sugar.

## Flapjack Makes 9 squares

Yummy, buttery flapjacks, perfect for lunch boxes, picnics or with a cuppa!

### Ingredients

125g (5oz) Juvella Gluten-Free Pure Oats  
65g (2½oz) butter  
65g (2½oz) brown sugar  
2tbsp golden syrup

- **Preparation time:** 5 minutes
- **Cooking time:** 15-25 minutes
- **Oven temperature:** preheated to 180°C/350°F/Gas Mark 4
- **Nutrition info per piece (33g):** 143 calories, 6.9g fat, (of which saturates 3.5g), 18.6g carbohydrate (of which sugars 11.0g), 1.9g protein, 1.4g fibre, 6mg calcium

- 1 In a large pan, melt the butter, sugar and syrup over a medium heat.
- 2 Add the oats, stirring to coat them with the melted mixture.
- 3 Bake in a preheated oven for 15-20 minutes until golden brown.

For any of these delicious biscuit ideas, why not add 50g(2oz) chocolate chips, raisins or chopped nuts. Alternatively, coat with melted chocolate for an indulgent treat!





# Scones, Crumble & Pancakes

## Fruited Scones Makes 6 scones **F**

**Scones, a classic served with jam and cream or simply buttered!**

### Ingredients

200g (8oz) Juvela Gluten-Free White/  
Fibre Mix  
1 tsp baking powder\*  
50g (2oz) butter  
25g (1oz) caster sugar  
75g (3oz) glace cherries, finely chopped  
or 75g (3oz) sultanas  
1 medium egg, beaten with sufficient  
milk to make 125ml (1/4pt) of liquid  
You will need: baking tray, lightly  
greased

- **Preparation time:** 10 minutes
- **Cooking time:** 10-15 minutes
- **Oven temperature:** preheated to 220°C/425°F/Gas Mark 7
- **Nutrition info per scone (70g):**  
42 calories, 8.0g fat, (of which saturates 4.8g),  
40.1g carbohydrate (of which sugars 16g),  
3g protein, 0.8g fibre, 73mg calcium

- 1 Place the Mix and baking powder in a large bowl and rub in the margarine until the mixture resembles breadcrumbs.
- 2 Stir in the caster sugar and cherries/sultanas and then add sufficient liquid to form a soft but not sticky dough.
- 3 Knead lightly on a surface lightly dusted with Mix and pat down until dough is 1 inch thick.
- 4 Cut out scones using a fluted scone cutter (re-knead any trimmings and repeat). Place onto baking tray and bake in a preheated oven for 10-15 minutes until golden brown.

## Apple & Blackberry Crumble Makes 2 portions **F**

**A classic pudding with a tangy apple and blackberry filling and a delicious crunchy topping – perfect served with custard\* or ice cream\***

### Ingredients

#### Crumble topping:

50g (2oz) Juvela Gluten-Free White Mix  
35g (1 1/2 oz) butter  
13g (1/2 oz) golden granulated sugar

#### Fruit filling:

200g (8oz) cooking apples, peeled,  
cored and chopped  
1tbsp water  
25g (1oz) sugar  
100g (4oz) blackberries

**You will need:** a 20cm (8 inch)  
ovenproof dish

- **Preparation time:** 20 minutes
- **Cooking time:** 25-30 minutes
- **Oven temperature:** preheated to 190°C/375°F/Gas Mark 5
- **Nutrition info per portion (210g):**  
337 calories, 14.7g fat, (of which saturates 9.2g), 51.3g carbohydrate (of which sugars 33.4g), 2g protein, 3.5g fibre, 70mg calcium

- 1 To make the crumble topping, place the Mix in a large bowl, rub in the butter to resemble breadcrumbs and stir in the sugar.
- 2 For the filling, place the prepared apples in a pan with water and sugar. Cook for approx 8 minutes until soft. Allow to cool.
- 3 Spoon the apple filling into the ovenproof dish and cover with the crumble topping. Bake in a preheated oven for 25-30 minutes until golden.



## Pancakes/Batter Makes 6 **F**

**This basic pancake mixture can be made up with fillings of your choice - try sugar and lemon, sliced bananas and toffee sauce\*, or strawberries and cream!**

### Ingredients

100g (4oz) Juvela Gluten-Free  
White Mix  
2 medium eggs, beaten  
250ml (1/2pt) milk

- **Preparation time:** 5 minutes
- **Cooking time:** 5-10 minutes
- **Nutrition info per pancake (35g):**  
82 calories, 1.9g fat, (of which saturates 0.6g),  
13.4g carbohydrate (of which sugars 1.5g),  
2.8g protein, 0.2g fibre, 35mg calcium

### Method

- 1 Place the Mix in a bowl, beat in the eggs and gradually add the milk, beating well to produce a smooth batter.
- 2 Heat the oil in a large pan, pour off the excess, and pour in sufficient batter to evenly coat the base of the pan.
- 3 Cook for a couple of minutes until golden, then flip pancake and cook other side. Serve with fillings of your choice.

**For a thicker batter for coating food, use 1 egg and reduce milk to 125ml (1/4 pint).**

# Basic Pasta & Pizza

**Pasta, the basic store cupboard ingredient, can produce an endless choice of delicious filling meals and light snacks.**

Gluten-free pasta is renowned for being difficult to cook, with a powdery starchy texture and taste. However, the Juvela Gluten-Free Pasta Range offers the unique quality of tasting great whilst retaining both shape and texture during cooking.

## Handy Cooking Tips

Ensure water is boiling vigorously before you add the pasta. Add a little oil to the water if you prefer. Stir pasta immediately to prevent it from setting together on the base of the pan; for the Spaghetti and Tagliatelle, use a fork to stir and separate the strands.

Stir occasionally during cooking (**continuous stirring can cause the pasta to breakdown and the water to become cloudy with starch**). Once cooked, drain and rinse thoroughly.

**Lasagne Sheets** require no pre-cooking when preparing as traditional lasagne (recipe on pack). For cannelloni, simply cook in boiling water for 5 minutes to soften and then wrap round your favourite filling (recipes available).

## Spaghetti Bolognese

 Makes 2 portions **F**

### Ingredients

1tbsp olive oil  
1 small onion, peeled and chopped  
2 garlic cloves, crushed  
250g (10oz) lean minced beef  
75g (3oz) mushrooms, chopped  
1 medium carrot, finely diced  
½ celery stick, finely diced  
400g tin chopped tomatoes  
2tbsp tomato ketchup\*  
1tsp dried oregano  
150g (6oz) Juvela Gluten-Free Spaghetti

- 1 Heat the oil in a large pan and fry the onion and garlic for a few minutes.
- 2 Add the mince and cook for a further 5 minutes until browned.
- 3 Add the remaining ingredients, stir well and cook over a medium heat for 15-20 minutes.
- 4 Meanwhile, cook the spaghetti in a large pan of boiling water. Drain and rinse thoroughly and serve with Bolognese sauce.

• **Preparation time:** 10 minutes  
• **Cooking time:** 15-20 minutes  
• **Nutrition info per portion (450g):**  
305 calories, 18.7g fat, (of which saturates 5.7g), 18.7g carbohydrate (of which sugars 12.9g), 17.7g protein, 3.5g fibre, 102mg calcium



## Chicken & Mango Pasta Salad

 Makes 2 portions

### Ingredients

150g (6oz) Juvela Gluten-Free Fusilli  
75g (3oz) cooked chicken breast, roughly chopped  
100g (4oz) fresh mango, diced  
50g (2oz) spinach leaves, finely chopped  
1tbsp sesame oil  
Pinch of ginger  
Zest and juice of ½ orange

• **Preparation time:** 10 minutes  
• **Cooking time:** 10 minutes  
• **Nutrition info per portion (200g):**  
406 calories, 8g fat, (of which saturates 1.2g), 64.6g carbohydrate (of which sugars 5.1g), 19.1g protein, 2.7g fibre, 53mg calcium

- 1 Cook the Fusilli as per instructions on pack. Drain and rinse thoroughly with cold water.
- 2 Place in a large bowl with the chicken, mango and spinach. Mix together the oil, ginger, orange zest and juice and toss with the other ingredients to coat.



## Roasted Tomato & Chorizo Penne

Makes 2 portions

### Ingredients

250g (10oz) cherry tomatoes  
75g (3oz) chorizo sausage, cut into ½cm slices & halved  
½ red chilli, deseeded and finely sliced  
200g (8oz) Juvela Gluten-Free Fibre Penne (dry weight)  
1tsp olive oil  
150ml chicken stock  
1 small onion, peeled and finely chopped  
1 garlic clove, peeled and crushed  
¼ tsp ground coriander  
2tbsp fresh basil, roughly chopped or torn

• **Preparation time:** 10 minutes  
• **Cooking time:** 15-20 minutes  
• **Nutrition info per portion (300g):**  
327 calories, 12.6g fat, (of which saturates 4.2g), 40.5g carbohydrate (of which sugars 7.6g), 16.5g protein, 8.8g fibre, 33mg calcium

### Method

- 1 Place the tomatoes, chorizo and chilli on a baking tray, season with freshly ground black pepper and bake in a preheated oven for 10-15 minutes.
- 2 Meanwhile, cook the Penne as per instructions on pack. Drain and rinse thoroughly with boiling water.
- 3 Heat the oil in a large frying pan and fry the onion and garlic for a few minutes until soft. Add the ground coriander and stock; then add the tomatoes and chorizo (to reduce the fat content further, use a slotted spoon so that any fat from the chorizo remains on the baking tray).
- 4 Stir in the basil and simmer gently for a couple of minutes, then spoon over freshly cooked pasta and sprinkle with fresh parmesan to serve.



Pizzas are one of the most popular convenience foods available, and being on a gluten-free diet certainly does not mean you can no longer enjoy pizza!

## Ham & Mushroom Pizza Makes 2 portions **F**

A classic ham and mushroom topping for a tasty meal in minutes.

### Ingredients

1 Juvela Gluten-Free Pizza Base  
5tbsp passata  
100g (4oz) ham, roughly chopped  
100g (4oz) mushrooms, sliced  
50g (2oz) black olives  
100g (4oz) mozzarella or cheddar, grated  
1tsp mixed dried herbs  
Rocket leaves

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Oven temperature:** preheated to 200°C/400°F/Gas Mark 6
- **Nutrition info per portion 1/2 pizza (265g):** 453 calories, 17.1g fat, (of which saturates 8.1g), 50.3g carbohydrate (of which sugars 7.6g), 23g protein, 4.4g fibre, 203mg calcium

- 1 Spread the passata over the pizza base.
- 2 Top with ham, mushrooms, olives and cheese, and sprinkle with mixed dried herbs.
- 3 Bake in a preheated oven for 12-15 minutes until golden brown. Sprinkle with rocket leaves.



## Raspberry Bakewell Slice Makes 2-4 **F**

Different but delicious - our pizza bases are not just for your favourite savoury toppings! Try this mouthwatering sweet topping idea!

### Ingredients

1 JUVELA Gluten-Free Pizza Base  
100g (4oz) marzipan\*  
5tbsp raspberry jam  
1 egg white  
25g (1oz) caster sugar

- **Preparation time:** 10 minutes
- **Cooking time:** 10-15 minutes
- **Oven temperature:** preheated to 200°C/400°F/Gas Mark 6
- **Nutrition info per 1/4 pizza (110g):** 309 calories, 4.3g fat, (of which saturates 0.3g), 65.5g carbohydrate (of which sugars 44.2g), 3.9g protein, 2.0g fibre, 21mg calcium

- 1 Place the pizza base on a baking tray. Roll out the marzipan into a 20cm (8 inch) circle and place on top of the pizza base. Spread the jam on top of the marzipan.
- 2 In a large bowl, whisk the egg white with the sugar until soft peaks are formed. Spoon the meringue over jam to cover the whole base.
- 3 Bake in a preheated oven for about 12-15 minutes until meringue is golden.

## Garlic Bread Makes 8 slices

The perfect accompaniment to your gluten-free pasta dish - choose between original, tangy tomato, or cheesy garlic bread.

### Ingredients

1 Juvela Gluten-Free Pizza Base  
25g (1oz) butter or margarine  
1 garlic clove, peeled and crushed  
1tbsp fresh parsley, finely chopped

- **Preparation time:** 5 minutes
- **Cooking time:** 10-15 minutes
- **Oven temperature:** preheated to 200°C/400°F/Gas Mark 6
- **Nutrition info per portion 1/4 pizza (27g):** 84 calories, 3.2g fat, (of which saturates 1.5g), 12.5g carbohydrate (of which sugars 0.1g), 0.9g protein, 0.8g fibre, 2mg calcium

- 1 Mix together the butter, garlic and parsley.
- 2 Spread evenly over the pizza base, place on a baking tray and bake in a preheated oven for 12-15 minutes until golden.

For tomato garlic bread, in spread 5tbsp passata over the buttered base.

For cheesy garlic bread, sprinkle 50g (2oz) grated cheese over the buttered base.

Making your own pizza base... if you fancy having a go at making your own pizza bases, here's our quick and easy recipe...

### Ingredients

250g (10oz) Juvela Gluten-Free White Mix  
1tsp dried yeast (supplied with Mix)  
1tsp salt  
1tbsp vegetable oil  
Approx. 125-150ml (5-6fl oz) warm water (40°C)

- **Makes:** 1 x 9 inch pizza
- **Preparation time:** 5 minutes
- **Oven temperature:** preheated to 200°C/400°F/Gas Mark 6
- **Cooking time:** 10-15 minutes
- **Nutrition info per portion 1/2 pizza (210g):** 486 calories, 6.2g fat, (of which saturates 1.3g), 100.1g carbohydrate (of which sugars 10.6g), 6.5g protein, 1.9g fibre, 190mg calcium

- 1 In a large bowl, combine the Mix, yeast and salt. Stir in the oil and sufficient water to form a soft but not sticky dough.
- 2 Knead the dough until smooth on a surface lightly dusted with Mix. Roll the dough into a 9" round, approx 1/4" in thickness.
- 3 Top with your favourite toppings and bake in a preheated oven for 12-15 minutes.



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