

Feedback

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from

JUVELA[®]

INSTEAD OF BREAD!

Are you tired of toast for breakfast?

Are you bored of butties for lunch?

Do you walk around the bakery section at the supermarket and think

“WHY CANT I HAVE THOSE...”

We'll do not fear - **JUVELA** is here!

Recipe shown: Potato Cakes

We've put together a whole selection of sensational but simple recipes for all those alternative bread products! Crumpets, potato cakes, wraps and more- all of which would beat the pre-packed supermarket varieties on taste & texture any day! All quick and easy to make; all suitable to freeze!

Instead of tea & toast, how about hot buttered potato cakes?

Our perfect pittas can pocket your favourite filling at lunchtime.

Try rolling a wrap around a tasty bite or dunking a Naan on a Saturday night!

Read on and tuck in!



All of the following recipes use the JUVELA All-purpose Gluten-Free Mix or Fibre Mix. As with the entire JUVELA Gluten-Free Range, they are available on prescription. They both come in 500g packs and the PIP codes for your pharmacist are:

JUVELA Gluten-Free Mix: 035-2161

JUVELA Gluten-Free Fibre Mix: 023-6042



Naan Bread **F** Makes 6-8

What could be more perfect to accompany a curry on a Saturday night than these squidgy gluten-free naan breads - great for mopping up!

INGREDIENTS

250g (10oz) JUVELA Gluten-Free Mix
1 tsp easy blend yeast (supplied with Mix)
4tbsp milk
25g (1oz) butter, melted
1 medium egg, beaten
4tbsp natural yogurt
1 egg yolk
4tbsp fresh coriander, finely chopped

Oven temperature: 220°C/425°F/Gas Mark 7

METHOD

Place the Mix and yeast in a bowl. Heat the milk until it is lukewarm and combine with the melted butter, egg and yogurt. Gradually add the milk mixture to the dry ingredients and bring together to form a dough. Knead until smooth on a surface lightly dusted with Mix. Place in a bowl, cover with cling film and leave in a warm place for about 45 minutes to prove. Place 2 baking trays in a pre-heated oven to warm through. Divide the dough into 6-8 balls and flatten each one into a teardrop shape with your hands, keeping the centre thinner than the rim. Brush with egg yolk and sprinkle with coriander. Place the naan breads on the warmed baking trays and return to the oven for 10 minutes until golden brown and puffed. Serve warm.

Nutrition Information – per naan (75g): Calories 159, Fat 3.9g (of which saturates 2.2g), Carbohydrate 27.0g (of which sugars 5.4g), Fibre 0.3g, Calcium 114mg

Pitta Bread **F** Makes 12

A great alternative to sliced bread for sandwiches – these delicious soft pittas can be filled with an array of sweet or savoury fillings. They're also perfect sliced and served with dips!

INGREDIENTS

1 packet JUVELA Gluten-Free Mix
1 sachet easy blend dried yeast (supplied with Mix)
2tbsp vegetable oil
250ml (½pt) warm water approx.

Oven temperature: 220°C/425°F/Gas Mark 7

METHOD

Empty the packet of Mix into a large bowl. Stir in the sachet of yeast ensuring it is evenly distributed. Add the oil and sufficient warm water to make a soft but not sticky dough. Knead until smooth on a surface lightly dusted with Mix.

Divide dough into 12 pieces, cover and allow to stand for approx 40 mins. Re-knead each piece and then roll out thinly into an oval shape. Place on a baking tray and bake in a pre-heated oven for 7-8 minutes until golden.

Stack in a polythene bag whilst still warm (this ensures that the pittas stay soft as they cool).

Nutrition Information – per pitta (44g): Calories 165, Fat 2.3g (of which saturates 0.4g), Carbohydrate 33.4g (of which sugars 4.6g), Fibre 0.4g, Calcium 80mg



For all ingredients marked with an asterisk () check in Coeliac UK's Food & Drink Directory for a suitable brand

F Suitable for freezing

Spicy Mexican Wraps **F** Makes 8

Ole ole!! Its Tex Mex the JUVELA Way! Delicious gluten-free tortillas filled with sizzling tender chicken and crunchy peppers with a spicy Cajun kick. On the side, try a dollop of fresh salsa, guacamole and soured cream. (This basic recipe can also be used to make chapatis. Simply replace the Gluten-Free Mix with Fibre Mix.)

INGREDIENTS

Wraps: 300g (12oz) JUVELA Gluten-Free Mix
½tsp salt

Approx. 300ml (12fl oz) water

Filling: 1tbsp olive oil

1 red onion, sliced into strips

1 garlic clove, peeled and crushed

300g (12oz) chicken breast, sliced into strips

1 red and green pepper, sliced into strips

1tsp Cajun seasoning*

METHOD

To make the wraps, place the Mix and salt in a bowl and add sufficient water to form a soft but not sticky dough. Knead the dough until smooth on a surface lightly dusted with Mix. Divide the dough into eight equal pieces, shape each piece into a round, and roll out thinly. Dust off any excess Mix and cook in a heavy-based frying pan for about one minute each side. Stack cooked tortillas in a polythene bag to retain softness.

To make the filling, heat the oil in a large pan and fry the onion and garlic for a couple of minutes. Add the chicken and Cajun seasoning and simmer gently for 10-15 minutes until chicken is cooked. Add the peppers and season to taste. Spoon the filling down the centre of each tortilla and roll up.

Nutrition Information – per serving (250g): Calories 385, Fat 6.9g (of which saturates 1.7g), Carbohydrate 59.5g (of which sugars 14.8g), Fibre 9.3g, Calcium 238mg



Crumpets **F** Serves 20-24

Crumpets – the versatile snack which can be enjoyed at any time of the day! Topped with sweet or savoury toppings, the choice is yours ... try this simple savoury idea of classic cheddar cheese & fresh tomato, lightly grilled to create a delicious bite in minutes.

INGREDIENTS

300g (12oz) JUVELA Gluten-Free Mix

1 sachet easy blend yeast (supplied with Mix)

½tsp salt

½tsp bicarbonate of soda

200ml (8fl oz) tepid milk

250ml (10fl oz) tepid water

Vegetable oil

METHOD

In a large bowl, mix together the Mix, yeast, salt and bicarbonate of soda. Combine the water and milk and add to the dry ingredients. Mix thoroughly for 4-5 minutes to form a thick batter. Cover and leave in a warm place for 1 hour.

Place a large non-stick frying pan on a high heat, pour a drop of oil into pan and carefully rub around the surface with kitchen roll. Grease inside crumpet rings or metal scone cutters and place in pan to heat through. Pour batter ½ inch in depth into each ring. Reduce heat and cook for 5-7 minutes until surface of crumpet appears dry and holey. When set, remove ring and flip crumpet over. Cook for 1 minute to colour the top. Carefully remove from pan and allow to cool on a wire rack.

Nutrition Information – per crumpet (24g): Calories 52, Fat 0.6g (of which saturates 0.1g), Carbohydrate 10.5g (of which sugars 1.9g), Fibre 0.1g, Calcium 36mg





Potato Cakes **F** Makes 10-12

Hot, cold, plain or topped, potato cakes go with absolutely anything...try them lightly toasted, spread with butter, and served with a cooked breakfast – divine!

INGREDIENTS

200g (8oz) mashed potato
1 medium egg, lightly beaten
2tbsp JUEVELA Gluten-Free Mix
2tbsp olive oil

METHOD

In a large bowl, mix together the mashed potato, egg and Mix. Heat the oil in a large frying pan, place metal pastry cutters into the pan and spoon 1tbsp of mixture into cutters. Allow to cook for 1 min before moving cutters, then cook for another couple of mins until golden brown. Flip potato cakes to cook other side. (If you don't have metal cutters simply place the spoonfuls of mixture into the pan).

Nutrition Information – per potato cake (25g): Calories 47, Fat 3.1g (of which saturates 0.7g), Carbohydrate 3.9g (of which sugars 0.3g), Fibre 0.2g, Calcium 8mg

Tortilla Triangles

A fab idea for a tasty alternative to sandwiches! These chunky triangles make a great lunchbox treat and are also perfect for picnics and parties. To make them, simply follow the basic wrap recipe on the previous page. For the filling, place a thick slice of mozzarella in the centre of the tortilla, then add a thick slice of ham and finally a slice of tomato. Fold the tortilla around the filling to make a square. Place on a baking tray and bake in a pre-heated oven (190°C/375°F/Gas Mark 5) for about 15 mins. Cut in half to make triangles.

Nutrition Information – per serving (2 triangles): Calories 113, Fat 6.2g (of which saturates 2.5g), Carbohydrate 15.7g (of which sugars 2.8g), Fibre 0.4g, Calcium 93mg



JUEVELA BULLETIN

JUEVELA Enthusiasts!

Our team of nationwide JUEVELA Enthusiasts are now fully trained and raring to go! 40 strong, expect to see a happy, helpful coeliac on a JUEVELA stand near you! Pictured opposite is Enthusiast, Carol Carpenter with Claire & Jo from Juvela at a Coeliac UK meeting in Leeds.



JUEVELA Website

To keep up-to-date with all the JUEVELA events, visit our website at www.juvela.co.uk. Jam packed with product information, recipes and helpful advice, there's something on it for everyone!

Do you have any coeliac friends who do not currently receive Feedback and would like to do so? Ask them to contact us by calling our Advice Line or e-mailing us so that we can ensure that they receive this issue and all future Feedback mailings.

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