



Apple & Blackberry Crumble (Serves 2) **F**

With blackberries growing in abundance on hedgerows, what better way to use them than in a comforting homemade crumble? Tangy apple and blackberry filling and a delicious crunchy topping - great served with custard* or ice cream*.

INGREDIENTS

Crumble topping:

50g (2oz) JUVELA Gluten-Free Mix/Fibre Mix

35g (1½oz) butter

13g (½oz) golden granulated sugar

Fruit Filling:

200g (8oz) bramley apples, peeled, cored and chopped

25g (1oz) caster sugar

100g (4oz) blackberries



PIP CODES:

All-Purpose Mix: 035-2161

All-Purpose Fibre Mix: 023-6042

20cm (8inch) ovenproof dish, lightly buttered

Oven temperature: 190°C/350°F/Gas Mark 5

METHOD

To make the crumble topping, place the Mix in a large bowl, rub in the butter to resemble breadcrumbs and stir in the sugar.

To make the filling, place the apples in a pan with 1tbsp water and sugar. Cook for about 5 minutes until soft; add the blackberries and cook for a further 3 minutes until fruit is soft.

Spoon into the prepared dish and top with crumble topping. Bake in a preheated oven for 25-30 minutes until golden.

Nutrition Information - per serving (200g): Calories 348, Fat 14.8g (of which saturates 9.2g), Carbohydrate 53.6g (of which sugars 36.3g), Fibre 3.8g, Calcium 80mg

We'd love to hear from you!

At Juvela, we're here to help you and would welcome your feedback. If you've got any ideas, questions or suggestions you'd like to make - from sharing your favourite recipe, to an idea on a new or existing product - we'd love to hear from you. Whatever your suggestion, simply...

 Freephone 0800 783 1992

 info@juvela.co.uk

 www.juvela.co.uk (just click on 'Suggestion Box')

 19 De Havilland Drive, Liverpool L24 8RN

juvela[®]
supporting the coeliac community

What's in Season?

September is a great time of the year to make the most of seasonal British produce and enjoy food which is fresher, tastier and more nutritious...



Spinach & Ricotta Cannelloni (see recipe inside)

...read on for delicious recipe ideas using a range of seasonal foods for September...

(All seasonal ingredients are highlighted in pink)



Potato, Onion & Brie Tart (Serves 4-6) **F**

A tasty tart packed with lots of gorgeous seasonal flavours - great served hot or cold with a crisp green salad and a glass of chilled white wine.

INGREDIENTS

200g (8oz) JUVELA Gluten-Free Mix/Fibre Mix

50g (2oz) hard margarine

50g (2oz) lard

1 medium egg, lightly beaten

Cold water to mix

150g (6oz) waxy potatoes, unpeeled and thickly sliced

1tbsp olive oil

1 medium red onion, thinly sliced

2 garlic cloves, peeled and crushed

2tbsp fresh thyme, roughly chopped

2tbsp wholegrain mustard

100g (4oz) Brie, roughly chopped

1 medium egg, lightly beaten

5tbsp half-fat crème fraîche

Oven temperature: 200°C/400°F/Gas Mark 6



PIP CODES:
All-Purpose Mix: 035-2161
All-Purpose Fibre Mix: 023-6042

METHOD

To make the pastry, place the Mix in a bowl and rub in the fats until the mixture resembles coarse breadcrumbs. Stir in the beaten egg and sufficient water to form a soft but not sticky dough. Knead well on a surface lightly dusted with Mix. Roll out the pastry into a rectangle to fit a swiss roll tin, pushing the edges up the sides of the tin.

Place the potatoes in a pan of cold water, bring to the boil and cook for 5 minutes (until almost cooked through); drain and set aside to cool. Heat the oil in a large pan; add the onions, garlic and half the thyme and cook for a few mins.

Spread the mustard evenly over the pastry base, layer the onions on top and then scatter the potatoes and Brie over the top. Beat the egg with the crème fraîche, season well, and pour over the tart. Sprinkle with the remaining thyme and bake in a pre-heated oven for 30-40 minutes until golden brown and set. Allow to cool in the tin for a few minutes before carefully transferring to a chopping board or serving plate.

Nutrition Information - per serving (135g): Calories 367, Fat 24.3g (of which saturates 8.9g), Carbohydrate 32.2g (of which sugars 4.8g), Fibre 1.0g, Calcium 174mg

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

F Suitable for freezing

Spinach & Ricotta Cannelloni (Serves 2)

A classic Italian cannelloni, combining fresh spinach leaves, creamy ricotta cheese and crunchy pine nuts.

INGREDIENTS

Small knob of butter

1 small onion, peeled and finely chopped

125g (5oz) fresh spinach, finely chopped

125g (5oz) ricotta cheese

50g (2oz) pine nuts, lightly toasted

Salt and freshly ground black pepper

Pinch freshly grated nutmeg

For the white sauce:

12g (½oz) butter

12g (½oz) JUVELA Gluten-Free Mix

½ pint (287ml) milk

6 JUVELA Gluten-Free Lasagne Sheets

250g (10oz) passata

Oven temperature: 190°C/375°F/Gas Mark 5

METHOD

To make the filling, heat the butter in a large pan and gently fry the onion until soft. Add the spinach and cook for a few minutes until wilted. Allow to cool slightly; stir in the ricotta, nutmeg and pine nuts, and season well.

To make the white sauce, place the milk in a pan and bring to just below the boil. In a separate pan, melt the butter and add the Mix, stirring well with a wooden spoon. Gradually add the milk, stirring constantly until the sauce thickens.

Cook 2 lasagne sheets at a time in a pan of boiling water for 5 minutes until softened. Place a spoonful of the filling down the centre of each sheet, roll up and place in an oven-proof dish. Spoon the passata over the cannelloni followed by the white sauce. Bake in a pre-heated oven for 35-40 minutes.

Nutrition Information - per serving (500g): Calories 590, Fat 28g (of which saturates 12g), Carbohydrate 80g (of which sugars 17.8g), Fibre 4g, Calcium 493mg



PIP CODE:
Lasagne Sheets: 280-7972



Crunchy Fish Goujons (Makes 6) **F**

For the perfect fish finger butty, try this simple recipe for making your own breadcrumb coating for fish. There's lots of different fish in season now – try cod, haddock, halibut, plaice, or even salmon. Top with seasonal peppery rocket leaves for a tasty tea!

INGREDIENTS

200g (8oz) thick cod/haddock/salmon fillets, cut into strips 2cm wide

25g (1oz) JUVELA Gluten-Free Mix

1 tsp paprika

1 medium egg, lightly beaten

50g (2oz) JUVELA Gluten-Free

White Bread, made into breadcrumbs

50g (2oz) rocket leaves

To serve: 2-4 slices JUVELA Gluten-Free White Bread (or try our Gluten-Free Fresh Bread)



PIP CODES:
White Sliced: 074-8590
White Unsliced: 031-4781

METHOD

Add the paprika to the Gluten-Free Mix. Dip each strip of fish in the Mix, then into the egg, and then coat evenly with the breadcrumbs. Place on a lightly greased baking tray and bake in a pre-heated oven for 15 minutes, turning frequently until golden. Top with rocket and sandwich between slices of Juvela Gluten-Free Bread.

Nutrition Information - per serving (230g): Calories 304, Fat 6.1g (of which saturates 1.8g), Carbohydrate 37.3g (of which sugars 4.8g), Fibre 2.9g, Calcium 134mg

