

CHRISTMAS RECIPES

The JUVELA WAY



*A selection of quick
and easy gluten-free recipes
for the festive season*

juvela[®]

Introduction

It's that time of year again to indulge yourself and being on a gluten-free diet doesn't mean that you have to miss out during the festive season. We've put together some gorgeous recipes in this booklet - all of which are bound to ensure that you'll certainly have your fair share of goodies over Christmas and New Year!

From superb starters for Christmas Day, to mouthwatering meals for a chilly Boxing Day, to creative canapés for New Year parties, there's a recipe to fit all occasions.

If you have any queries regarding the products or recipes within the booklet, please call the JUVELA Freephone Advice Line on: 0800 783 1992 or email us at info@juvela.co.uk

Enjoy the recipes and have a fabulous Christmas from the Juvela Team.

**For any recipe ingredient marked with an asterisk (*), please refer to Coeliac UK's Gluten-Free Food & Drink Directory or Coeliac Society of Ireland Food List for a suitable brand.*

F *Completed recipe suitable for freezing*

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Starters & Canapés...

Pizza Spago Serves 4 - 8

A perfect canape or starter idea for the festive season! (Recipe shown below).

INGREDIENTS

1 JUVELA Gluten-Free Pizza Base
1tbsp olive oil
200g (8oz) cream cheese
Grated rind and juice of a lemon

100g (4oz) smoked salmon, sliced
Freshly ground black pepper
1tbsp fresh dill, roughly chopped

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

Method

Place the pizza base on a baking tray, drizzle with olive oil and bake in a pre-heated oven for 10-12 minutes until golden brown. Allow to cool.

Blend together the cream cheese with the lemon juice and rind and spread over the pizza base. Top with pieces of smoked salmon and season well with freshly ground black pepper. Cut into slices and sprinkle with fresh dill.

Nutrition Information - per 1/8th pizza (60g): Calories 144, Fat 6.2g (of which saturates 2.9g), Carbohydrate 11.3g (of which sugars 1.4g), Fibre 0.6g, Calcium 27mg



Turkey Pesto Toppers *Serves 1*

A tasty topping idea for the part-baked rolls - ideal for a light lunch.

INGREDIENTS

For each JUVELA Gluten-Free Part Baked Roll
allow:

1 tsp olive oil

100g (4oz) cooked turkey breast, chopped

½ small red pepper, roughly chopped

1 tbsp fresh basil, roughly chopped

2tbsp fromage frais

Salt and freshly ground black pepper

25g (1oz) pine nuts

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

Method

Slice the Part Baked Roll in half and brush each half with olive oil. Combine the chicken, red pepper, basil and fromage frais and season well.

Divide mixture between each half of the roll. Sprinkle with the pine nuts and bake in a pre-heated oven for 10-12 minutes.

Nutrition Information - per serving (250g): Calories 372, Fat 15.2g (of which saturates 2.8g), Carbohydrate 52.8g (of which sugars 9.0g), Fibre 2.3g, Calcium 151mg

Smokey Haddock Toppers *Serves 1*

Chunks of fresh smoked haddock mixed with butter and dill for another tasty topping.

INGREDIENTS

For each JUVELA Gluten-Free Part Baked Roll
allow:

Knob of butter

Pinch of dried dill

50g (2oz) smoked haddock, cut into bite-size pieces

25g (1oz) cheddar cheese, grated

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

Method

Slice the Part Baked Roll in half. Combine butter and dill and spread over each half of the roll. Top with pieces of smoked haddock and sprinkle with grated cheese (press down lightly). Place on a baking tray and bake in pre-heated oven for 10-12 minutes, until golden brown.

Nutrition Information - per serving (170g): Calories 306, Fat 14.3g (of which saturates 9.5g), Carbohydrate 48.2g (of which sugars 4.5g), Fibre 1.4g, Calcium 306mg

Starters & Canapés...

Smoked Mackerel Paté *Serves 4*

This smooth and creamy paté is delicious spread onto JUVELA Gluten-Free Crispbread, Savoury Biscuits or hot buttered Part-Baked Rolls.

INGREDIENTS

2 large smoked mackerel fillets, skinned and boned
200g (8oz) cream cheese

1 tbsp lemon juice
Freshly ground black pepper

Method

Place all the ingredients in a food processor or blender and mix until smooth.

Nutrition Information - per serving (80g): Calories 289, Fat 20.7g (of which saturates 10.1g), Carbohydrate 0g (of which sugars 0g), Fibre 0g, Calcium 40mg

Santa's Steak Stackers *Makes 12 canapés*

Freshly baked chunks of soda bread smothered with a cool creamy red onion salsa topped with strips of steak. Ideal as canapés, a starter, or a light lunch. The soda bread will stay fresh for a few days and is suitable for freezing.

INGREDIENTS

Soda bread

1 box JUVELA Gluten-free Fibre Mix
1 tsp salt
1 tsp bicarbonate of soda
1 tsp cream of tartar
3tbsp wholegrain mustard*
2tbsp lemon juice
375ml (¾pt) milk approx.

Salsa

50g (2oz) red onion, finely chopped
25g (1oz) watercress, finely chopped
1 tsp red wine vinegar
Pinch of sugar
1tbsp wholegrain mustard*
1tbsp fromage frais
125g (5oz) frying/sandwich steak

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

Method

To make the soda bread, mix together the dry ingredients and stir in the mustard. Add the lemon juice to the milk to sour it. Gradually add milk to the mixture to form a soft but not sticky dough. Knead until smooth on a surface lightly dusted with Mix. Shape into a round and place on a greased baking tray. Cut a shallow cross on top of the dough with a sharp knife and bake in a pre-heated oven for 45-50 minutes.

To make the salsa, combine all the ingredients together. Cut the steak into strips and dry fry for about a minute each side. To serve, cut 12 small chunks from the soda bread, spoon the salsa onto the bread and top with a slice of steak. Alternatively, serve between slices of JUVELA Gluten-Free bread or rolls.

Nutrition Information - per serving (60g): Calories 82, Fat 1.2g (of which saturates 0.4g), Carbohydrate 15.9g (of which sugars 1.2g), Fibre 2.3g, Calcium 88mg

Goats Cheese & Cranberry Stacks *Serves 2*

A divine starter suggestion combining tangy cranberry sauce, creamy goats cheese and peppery rocket, piled high on a lightly toasted JUVELA Gluten-Free Roll.

(Recipe shown below).

INGREDIENTS

1 JUVELA Gluten-Free Roll, sliced in half
2 x 1cm thick slices French goats cheese
4tbsp cranberry sauce

Small handful of rocket leaves
1tbsp balsamic vinegar

Method

Lightly grill the underside of each half of the roll. Spread the cranberry sauce on the non-toasted side, top with the slice of goats cheese and return to the grill for a few minutes until cheese is bubbling and golden. Top with rocket leaves and drizzle with balsamic vinegar to serve.

Nutrition Information - per serving (130g): Calories 258, Fat 9.9g (of which saturates 5.3g), Carbohydrate 37.3g (of which sugars 15.9g), Fibre 0.7g, Calcium 160mg



Lunches & Main Meals...

Turkey & Asparagus Tarts **F**

Makes 4x12.5cm (5 inch) tarts or 12 tartlets

What better way to use up some of that left over turkey than these tasty tarts!

INGREDIENTS

Pastry

200g (8oz) JUVELA Gluten-Free
White or Fibre Mix
50g (2oz) hard margarine
50g (2oz) lard
1 medium egg, lightly beaten
Cold water to mix

Filling

150g (6oz) cooked turkey, chopped
75g (3oz) asparagus, trimmed and chopped
2 medium eggs
125ml (¼pt) milk
Salt and freshly ground black pepper

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

Method

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 and use to line the tart tins. Divide the turkey and asparagus between the pastry cases. Beat together the eggs, milk and seasoning and divide into each case. Bake in pre-heated oven for 25 minutes until golden brown (15-20 minutes for tartlets.)

Nutrition Information - per tart (200g): Calories 432, Fat 26.3g (of which saturates 10.7g), Carbohydrate 42.5g (of which sugars 7.9g), Fibre 0.8g, Calcium 172mg

Parmesan & Sun-Dried Tomato Crusted Salmon **F**

Serves 2

A simple yet impressive fish dish which can be assembled in advance and refrigerated. Serve on a bed of asparagus with lots of fresh vegetables and baby potatoes. (Recipe shown opposite).

INGREDIENTS

25g (1oz) JUVELA Gluten-Free Loaf/Fibre Loaf
12g (½oz) parmesan cheese, grated
12g (½oz) drained sun-dried tomatoes

1tbsp fresh basil
2 x 150g (6oz) salmon fillets

Method

Place the bread, parmesan, tomatoes, and basil in a food processor and pulse until finely chopped. Place salmon on a baking tray and press breadcrumb mixture onto top of each fillet. Bake in a pre-heated oven for about 15 minutes until crust is golden.

Nutrition Information - per serving (170g): Calories 345, Fat 18.9g (of which saturates 5.3g), Carbohydrate 6g (of which sugars 0.7g), Fibre 0.2g, Calcium 131mg

Creamy Christmas Cannelloni Serves 2

Succulent flakes of salmon and tiger prawns bound in a creamy dill sauce - a delightful Christmas Eve supper.

INGREDIENTS

200g (8oz) cream cheese
50ml (2fl oz) milk
1tbsp fresh dill, finely chopped
Freshly ground black pepper

150g (6oz) salmon fillet, cut into small chunks
100g (4oz) tiger prawns
6 JUVELA Gluten-free Lasagne sheets
Parmesan cheese, grated

Oven temperature: 180°C/350°F/Gas Mark 4

Method

Place the cream cheese and half the dill in a bowl and whisk in the milk until smooth. Season with freshly ground black pepper.

Combine the salmon, prawns, and remaining dill, and add a little of the cream cheese mixture to coat the fish.

Cook two lasagne sheets at a time in a pan of boiling water for 4-5 minutes until softened.

Place a spoonful of fish mixture down the centre of each lasagne sheet, roll up and place in an oven-proof dish. Pour the remaining cream cheese sauce over the cannelloni, sprinkle with parmesan and cook in a pre-heated oven for about 25 minutes.

Nutrition Information - per serving (200g): Calories 412, Fat 12.8g (of which saturates 3.4g), Carbohydrate 40.6g (of which sugars 2.6g), Fibre 0.6g, Calcium 172mg



Lunches & Main Meals...

Turkey & Leek Lasagne *Serves 2*

This tasty and warming lasagne is an ideal supper for Boxing Day and you can use up any left over turkey from your Christmas dinner!

INGREDIENTS

25g (1oz) butter
2 medium leeks, thickly sliced
75g (3oz) mushrooms, thickly sliced
100g (4oz) left over cooked turkey pieces
25g (1oz) JUVELA Gluten-Free White Mix

568ml (1pint) milk
Salt and freshly ground black pepper
200g (8oz) JUVELA Gluten-Free Lasagne sheets
75g (3oz) Gruyere cheese, grated

Oven temperature: 180°C/350°F/Gas Mark 4

Method

Melt the butter in a large pan and saute the leeks and mushrooms for about 10 minutes until soft. Allow to cool slightly and then add the cooked turkey.

To make the white sauce, place the milk in the 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. Season well with salt and freshly ground black pepper.

In an oven-proof dish, alternate layers of the turkey mixture and lasagne sheets, finishing with a layer of turkey mixture on top. Sprinkle with Gruyere cheese and bake in a pre-heated oven for 35-40 minutes until golden brown.

Nutrition Information - per serving (500g): Calories 601, Fat 21.9g (of which saturates 14.2g), Carbohydrate 98.6g (of which sugars 17.7g), Fibre 2.4g, Calcium 175mg

Turkey Pesto Pasta Salad *Serves 2*

A quick pasta salad combining pesto sauce with crunchy pine nuts - and, of course, any left over turkey!!

INGREDIENTS

150g (6oz) JUVELA Gluten-Free Fusilli
100g (4oz) cooked turkey, sliced
5tbsp pesto sauce*

25g (1oz) pine nuts
Parmesan cheese, grated
Salt and freshly ground black pepper

Method

Cook the Fusilli as per instructions on pack. Drain and rinse thoroughly with cold water. In a large bowl, combine turkey and pesto sauce with the freshly cooked pasta and season well. Sprinkle with pine nuts and parmesan to serve.

Nutrition Information - per serving (160g): Calories 439, Fat 19.3g (of which saturates 4.5g), Carbohydrate 59.5g (of which sugars 2.3g), Fibre 1.1g, Calcium 195mg

Thai Turkey Pasta Salad Serves 2

A tasty pasta salad with a Thai twist - a lovely light lunch after all the hearty meals over the festive season! *(Recipe shown below).*

INGREDIENTS

150g (6oz) JUVELA Gluten-Free Spaghetti
1 bag coleslaw mix OR finely shredded salad
150g (6oz) left over cooked turkey pieces

Dressing

1 small onion, finely sliced
2tbsp fish sauce

2tbsp rice vinegar
½ red chilli, deseeded and finely chopped
1 garlic clove, peeled and crushed
Juice of a lime
Pinch of sugar

Method

Cook the Spaghetti as per instructions on pack. Drain and rinse thoroughly with cold water. Transfer to a large bowl and add the coleslaw mix and turkey.

To make the dressing, combine the onion, fish sauce, rice vinegar, chilli, garlic and lime. Add to the bowl and toss together to coat all other ingredients with the dressing.

Nutrition Information - per serving (260g): Calories 397, Fat 3.0g (of which saturates 0.8g), Carbohydrate 64.4g (of which sugars 6.6g), Fibre 2.1g, Calcium 53mg



Christmas Cake

You needn't miss out on your favourite treats over the festive period with this delicious moist gluten-free Christmas cake.

Ensure you boil the fruit and then dry it thoroughly; this will stop it sinking to the bottom of the cake (a common problem in gluten-free fruitcakes). The ground almonds and grated carrot also provide extra structure. (*Recipe shown opposite*).

INGREDIENTS

1kg mixed dried fruit
200g (8oz) butter
200g (8oz) dark brown sugar
1 lemon, grated rind
1 orange, grated rind
4 medium eggs, beaten
250g (10oz) JUVELA Gluten-Free
White or Fibre Mix
50g (2oz) ground almonds

½tsp mixed spice
¼tsp nutmeg
75g (3oz) glace cherries, chopped
50g (2oz) carrots, peeled and grated

You will need:

20cm (8inch) square tin or 22.5cm (9inch) round tin, greased and lined

Oven temperature: 150°C/300°F/Gas Mark 2

Method

Place the fruit in a pan of boiling water and return to the boil, stirring occasionally. Drain and rinse with cold water and then dry thoroughly.

Cream together the butter and sugar until light and fluffy. Add the grated rind, eggs, Mix, ground almonds and spices, and mix together well. Stir in the fruit, cherries and carrot. Place the mixture in the prepared tin, leaving a slight hollow in the centre.

Wrap a double piece of foil around the outside of the tin and bake in a pre-heated oven for 3½-4 hours. (A fine skewer, when inserted in the cake, should come out completely clean when cooked).

When completely cooled, wrap well with foil and store in an airtight container. Feed with rum or brandy as desired. This will help preserve the cake for longer.

Nutrition Information - per serving (200g): Calories 461, Fat 18.6g (of which saturates 6.4g), Carbohydrate 114.7g (of which sugars 97.4g), Fibre 2.8g, Calcium 168mg

Mince Pies Makes 12 **F**

Christmas just wouldn't be the same without mince pies! For a really rich pastry, try using butter in place of the hard margarine and lard. *(Recipe shown on front cover).*

INGREDIENTS

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

50g (2oz) hard margarine

50g (2oz) lard

1 orange, grated rind and juice

1 medium egg, beaten

Mince*meat*

Glaze

1 medium egg, beaten

Icing sugar

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

Method

To make the pastry, place the Mix in a bowl and rub in the fats to resemble coarse bread-crumbs. Stir in orange rind, beaten egg and sufficient orange juice to form a soft dough. Knead pastry well on a surface lightly dusted with Mix, then roll out $\frac{3}{8}$ and cut out rounds to line tartlet tins. Place a spoonful of mincemeat in each. Roll out remainder of pastry and cut out desired shapes e.g. stars for top of pies. Brush with beaten egg and bake in a pre-heated oven for 15-20 minutes until golden brown. Serve warm dusted with icing sugar.

Nutrition Information - per tartlet (40g): Calories 145, Fat 7.9g (of which saturates 3.5g), Carbohydrate 19.6g (of which sugars 8.1g), Fibre 0.3g, Calcium 38mg



Classic Festive Puds...

Christmas Pudding Serves 8

A deliciously moist Christmas pudding, perfect served warm with rum sauce!

INGREDIENTS

50g (2oz) JUELA Gluten-Free White or Fibre Mix	1 small cooking apple, peeled, cored and grated
100g (4oz) breadcrumbs (made from JUELA Gluten-Free Loaf)	1 small carrot, peeled and grated
100g (4oz) vegetable suet* or butter, grated	1 orange, grated rind and juice
½tsp ground mixed spice	1 lemon, grated rind and juice
½tsp ground cinnamon	2 medium eggs
150g (6oz) soft brown sugar	125ml (¼pint) orange juice
500g (1lb) mixed dried fruit	3tbsp rum or brandy
25g (1oz) chopped mixed nuts	You will need:
	1 litre pudding basin or 2 x ½litre pudding basins.

Method

In a large bowl, combine all ingredients except the rum/brandy, cover and leave in a cool, dry place for 1 hour (or overnight if possible). Transfer the mixture into the prepared basins, smooth the tops and cover with greaseproof paper and foil. Place in a large pan and pour in boiling water approx $\frac{3}{4}$ up the side of each basin, cover and steam for 7-8 hours (or 4 hours for smaller puddings). Check the water level halfway through cooking and top up if necessary.

Allow to cool, then spoon over the rum or brandy and cover with fresh greaseproof paper and foil. Leave in a cool, dry place until required.

To reheat, either steam for a further 2 hours or remove foil and microwave on FULL power for 5 minutes. Allow to stand for a further minute before serving.

Nutrition Information - per serving (125g): Calories 348, Fat 11.4g (of which saturates 6.1g), Carbohydrate 60.8g (of which sugars 53.4g), Fibre 1.7g, Calcium 77mg

Stollen F

Stollen is traditionally a German bread-like cake - we've adapted a recipe to make this delicious gluten-free version.

INGREDIENTS

1 box *Juvela Gluten-Free White Mix*
1 sachet dried yeast (supplied with Mix)
1 tsp salt
25g (1oz) caster sugar
150g (6oz) mixed dried fruit
1 tsp mixed spice
25g (1oz) butter, melted
250-300ml (10-12fl oz) warm milk
150g (6oz) marzipan

Icing
100g (4oz) icing sugar
1 tbsp lemon juice
25g (1oz) flaked almonds, toasted

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

Method

In a large bowl, mix together the Mix and yeast. Add sugar, mixed fruit and mixed spice. Stir in the melted butter and warm milk to form a soft but not sticky dough.

Knead the dough until smooth on a surface lightly dusted with Mix. Roll the dough into a rectangle (approx 1" thick).

Roll the marzipan into a sausage shape and lay it down the middle of the dough. Roll the dough around it and squeeze the ends to neaten the shape. Place on a non-stick baking tray and leave to prove in a warm place for approx 30 minutes and then bake in a pre-heated oven for about 20-25 minutes until golden brown. Allow to cool slightly.

Make the icing by sifting the icing sugar into a bowl and mix with enough lemon juice to form a stiff icing. Spread over the top of the stollen whilst still warm. Decorate with toasted flaked almonds.

Nutrition Information - per serving (95g): Calories 265, Fat 5.2g (of which saturates 1.6g), Carbohydrate 53.8g (of which sugars 25.0g), Fibre 1.1g, Calcium 131mg

Sweet Treats...



Mincemeat Muffins Makes 12 large or 30 mini muffins **F**

A simple muffin recipe with a festive twist - easy to make, bake and freeze!

INGREDIENTS

200g (8oz) JUVELA Gluten-Free White Mix
1 tsp baking powder*
1 tsp vanilla essence
100g (4oz) butter
100g (4oz) caster sugar

4 medium eggs, beaten
6 tbsp mincemeat*
½ tsp mixed spice

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

Method

Mix together all the ingredients until light and fluffy. Divide between muffin cases and bake in a pre-heated oven for approx 15-20 minutes (10-15 minutes for mini muffins) until golden and firm to touch.

Nutrition Information - per serving (60g): Calories 196, Fat 9.3g (of which saturates 2.9g), Carbohydrate 25.3g (of which sugars 13.8g), Fibre 0.2g, Calcium 45mg

Chocolate & Orange Roulade Serves 6 **F**

A moist chocolate sponge wrapped around a cool creamy orange centre. Made in minutes, gone in seconds... and thirds and fourths! (*Recipe shown opposite*).

INGREDIENTS

3 medium eggs, beaten
75g (3oz) caster sugar
50g (2oz) JUVELA Gluten-Free White Mix
25g (1oz) cocoa powder
200g (8oz) extra light cream cheese
1 tbsp icing sugar

Grated rind of an orange
50g (2oz) chocolate orange*

You will need:
Swiss roll tin, greased and lined

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

Method

Whisk together the eggs and sugar until pale and thick (this will take about 10 minutes - the mixture should have tripled in volume and will be creamy and silky).

Using a metal spoon, lightly fold in the Mix and cocoa. Place the mixture into the prepared tin and bake in a pre-heated oven for 8-10 minutes until springy to touch.

Turn out onto a piece of greaseproof paper lightly dusted with icing sugar. Remove the greaseproof paper from the sponge and trim off the edges. Allow to cool.

To make the filling, mix together the cream cheese, icing sugar, and orange rind. Spread the mixture over the sponge and carefully roll the sponge up. To serve, drizzle or sprinkle with chocolate orange.

Nutrition Information - per serving (60g): Calories 180, Fat 6.8g (of which saturates 3.2g), Carbohydrate 25.4g (of which sugars 18g), Fibre 0.6g, Calcium 54mg

Maple Syrup & Nut Cake F

A lighter alternative to a rich fruit Christmas cake...

INGREDIENTS

Cake

200g (8oz) butter
200g (8oz) soft brown sugar
4 medium eggs, beaten
200g (8oz) JUVELA Gluten-Free White or Fibre Mix
5tbsp maple syrup
1tsp mixed spice
4tbsp mixed chopped nuts

Decoration

Selection of whole mixed nuts, i.e pecans, almonds, hazelnuts

Glaze

4tbsp apricot jam, warmed and sieved

You will need:

20cm (8inch) round cake tin, greased and base lined

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

Method

Mix together all the ingredients (except the chopped nuts) until light and fluffy. Fold in the chopped nuts, transfer mixture into the prepared tin and bake in a pre-heated oven for 1½hours until golden brown.

When completely cool, decorate with whole mixed nuts and brush with apricot glaze.

Nutrition Information - per serving (95g): Calories 353, Fat 18.7g (of which saturates 6.1g), Carbohydrate 43.3g (of which sugars 28.3g), Fibre 0.4g, Calcium 67mg

Tangy Tinsel Tart *Serves 4*

Sumptuous mincemeat sat uniquely on a versatile JUVELA Gluten-Free Pizza Base. Delicious served hot or cold with a generous dollop of sweet brandy crème fraiche. A quick, easy and healthier alternative to mince pies!

INGREDIENTS

1 JUVELA Gluten-Free Pizza Base
250g (10oz) mincemeat*
8tbsp half fat crème fraiche

1tbsp icing sugar
2tbsp brandy

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

Method

Place the Pizza Base on a baking tray and bake in a pre-heated oven for 5 minutes. Remove from the oven and spread mincemeat evenly over the base. Return to the oven for about 10 minutes.

To serve, combine the crème fraiche with the icing sugar and brandy and spoon over pizza slices.

Nutrition Information - per quarter pizza base (150g): Calories 280, Fat 7.0g (of which saturates 3.2g), Carbohydrate 62.5g (of which sugars 40g), Fibre 2g, Calcium 102mg

Chocolate Cherry & Pecan Crunch *Makes 10 - 12 slices*

A deliciously moreish traybake using Juvela Gluten-Free Tea Biscuits combined with cherries, honey and pecan nuts, generously topped with chocolate!

INGREDIENTS

150g (6oz) milk chocolate*

50g (2oz) butter

1 packet of Juvela Gluten-Free Tea Biscuits,
crushed

2 tbsp runny honey

75g (3oz) chopped pecans

50g (2oz) glace cherries, chopped

150g (6oz) white chocolate*, melted

Method

Place milk chocolate in a pan with the butter and honey and melt over a gentle heat. In a large bowl mix together the crushed biscuits, chopped pecans and glace cherries. Pour the melted mixture over the dry ingredients and mix well. Press into the tin and cover with the melted white chocolate. Chill for 2 hours until well set.

Remove from tin and cut into 10-12 pieces.

For a delicious alternative, replace the honey with golden syrup, the chopped pecans with chopped roasted hazelnuts and top with melted milk chocolate* in place of the white chocolate*

Nutrition Information - per serving (50g): Calories 253, Fat 12.9g (of which saturates 7.3g), Carbohydrate 30.4g (of which sugars 21.1g), Fibre 0.8g, Calcium 69mg



Orange & Cranberry Cheesecake

A simple cheesecake idea using the JUVELA Gluten-free Digestives - a perfect light pudding suggestion.

INGREDIENTS

Base

1 packet JUVELA Gluten-Free Digestives, crushed
½tsp mixed spice
75g (3oz) butter, melted

Filling

1 orange jelly, chopped
250ml (½pt) boiling water
1 sachet Dream Topping

125ml (¼ pt) milk
450g (1lb) cream cheese, softened
100g (4oz) cranberries (de-frosted if frozen)

Decoration

Mandarin segments
Cranberries
20cm (8inch) loose bottomed cake tin

Method

Mix together the crushed biscuits, mixed spice and melted butter. Press into the base of the tin and chill well. Dissolve the jelly in the boiling water.

Make up the Dream Topping in a bowl with the milk as directed on the packet. Add the cream cheese and whisk in the jelly until smooth. Pour onto the biscuit base and sprinkle in the cranberries. Chill for at least 2 hours to set.

To serve, remove cheesecake from the tin and decorate with mandarin segments and cranberries.

Nutrition Information - per 10th (100g): Calories 330, Fat 22.8g (of which saturates 16.3g), Carbohydrate 15.7g (of which sugars 7.4g), Fibre 0.6g, Calcium 71mg

Star Cookies *Serves 16 - 20*

This recipe is a quick and easy way to create your own delicious gluten-free cookies.

INGREDIENTS

100g (4oz) butter
100g (4oz) soft brown sugar
1tsp vanilla essence

1 medium egg, beaten
200g (8oz) JUVELA Gluten-Free Fibre Mix

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

Method

Cream together the butter, sugar and vanilla essence. Beat in the egg with the Fibre Mix and bring together to form a dough. 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 baking tray. Bake in a pre-heated oven for 15-20 minutes until golden brown. Allow to cool slightly before moving.

Nutrition Information - per cookie (28g): Calories 105, Fat 4.6g (of which saturates 3.5g), Carbohydrate 15.3g (of which sugars 8.0g), Fibre 1.3g, Calcium 42mg

Simple suggestions with Juvela Sweet Biscuits

Dip, drizzle, coat, crush, sprinkle or sandwich... Just some of the many ways to use your JUVELA Gluten-Free Biscuits! (*Recipe suggestions shown below*).

- Coat generously in melted white* dark* or milk chocolate* for an indulgent treat. Colour the melted white chocolate with food colouring to create your own colourful design.
- Before the chocolate sets, sprinkle with desiccated coconut*, chopped nuts & raisins, chocolate drops*, or sugar strands*.
- Once the chocolate has set, drizzle with contrasting chocolate* (for example, dark on white, white on milk or colours of your choice).
- Fun ideas for children could include making faces, initials or patterns with jelly tots* or coloured chocolate drops*.
- Try sandwiching them together with vanilla or chocolate buttercream for your very own custard creams or chocolate bourbons!

To make the Buttercream

Cream together 25g (1oz) butter with 50g (2oz) icing sugar until light and fluffy. For vanilla, add a few drops of vanilla essence. For chocolate, replace 15g (½oz) of icing sugar with 15g (½oz) cocoa powder.



Sage & Onion Stuffing *Makes 10-12 stuffing balls*

A classic accompaniment to serve with your turkey dinner!

INGREDIENTS

<i>1tbsp vegetable oil</i>	<i>2 tbsp dried sage</i>
<i>2 large onions, peeled and chopped</i>	<i>2 medium egg, lightly beaten</i>
<i>175g (7oz) breadcrumbs (made with JUVELA Gluten-Free Loaf)</i>	<i>Salt and freshly ground black pepper</i>

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

Method

Heat the oil in a pan and gently fry the onions until golden brown. Remove from the heat and stir in the breadcrumbs and sage. Stir in the eggs and season well. Shape mixture into 10-12 balls, place on a baking tray and bake in a pre-heated oven for 15-20 minutes until golden and crisp.

Nutrition Information - per stuffing ball (30g): Calories 43, Fat 1.4g (of which saturates 0.5g), Carbohydrate 7.2g (of which sugars 1.5g), Fibre 0.4g, Calcium 24mg

Chestnut & Cranberry Stuffing *Makes 10-12 stuffing balls*

For a change from traditional stuffing, try this delicious combination...

INGREDIENTS

<i>50g (2oz) streaky bacon, finely chopped</i>	<i>75g (3oz) peeled and cooked chestnuts, chopped</i>
<i>1 small onion, finely chopped</i>	<i>4 tbsp cranberry sauce</i>
<i>200g (8oz) breadcrumbs (made with JUVELA Gluten-Free Loaf)</i>	<i>Salt and freshly ground black pepper</i>

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

Method

Fry the bacon and onion until cooked. Place in a bowl and mix together with remaining ingredients until thoroughly combined. Shape into 10-12 balls and place on a greased baking tray. Bake in a pre-heated oven for 15-20 minutes.

Nutrition Information - per stuffing ball (50g): Calories 120, Fat 5.3g (of which saturates 1.9g), Carbohydrate 13.8 (of which sugars 3.5g), Fibre 0.7g, Calcium 36mg

Gravy

For instant gravy granules, refer to Coeliac UK's Food & Drink Directory for a suitable brand. If you would prefer to make your own, simply...

INGREDIENTS

<i>Juices from the meat</i>	<i>568ml (1 pint) stock (made from stock cube* and/or vegetable water)</i>
<i>2 tbsp JUVELA Gluten-Free White Mix</i>	

Method

Pour off the juices from the meat into a pan. Blend in the Mix to form a paste and heat gently. Gradually add the stock, stirring all the time until the gravy thickens. Season to taste and serve.

Nutrition Information - per serving (100g): Calories 133 Fat 2.4g (of which saturates 0g), Carbohydrate 2.9g (of which sugars 0g), Fibre 0g, Calcium 0mg

Basic White Sauce

This basic white sauce can be served plain or flavoured to make a cheese or parsley sauce, or a sweet sauce for puddings.

INGREDIENTS

40g (1½oz) butter

568ml (1 pint) milk

40g (1½oz) JUVELA Gluten-Free White Mix

Method

Melt the butter in a saucepan, stir in the Mix and cook for 1-2 minutes. Gradually add milk, beating well after each addition. Bring to the boil and cook gently for 2-3 minutes, stirring all the time.

For a sweet sauce, add 1tbsp caster sugar & a few drops of vanilla essence.

For a savoury sauce, add 75-100g (3-4oz) grated cheese and seasoning or 2tbsp fresh chopped parsley and seasoning.

Nutrition Information - per serving (100g): Calories 147, Fat 8.4g (of which saturates 4.6g), Carbohydrate 15.3g (of which sugars 8.4g), Fibre 0.1g, Calcium 196mg

Rum Sauce

The perfect accompaniment for your gluten-free Christmas Pud!

INGREDIENTS

2 tbsp JUVELA Gluten-Free White Mix

Knob of butter

2 tbsp caster sugar

3tbsp rum

375ml (¾pt) milk

Method

Mix together the Mix and sugar. Add a little milk and mix to a smooth paste. Heat the remaining milk, pour over the paste and return to the pan. Gently heat the sauce until thickened, stirring continuously. Stir in the butter and rum and simmer for 1-2 minutes.

Nutrition Information - per serving (100g): Calories 113, Fat 2.4g (of which saturates 1.6g), Carbohydrate 23.2g (of which sugars 1.8g), Fibre 0.1g, Calcium 127mg

How to contact us

Whatever your query, whether it's product, recipe or diet related, simply:

 Freephone **0800 783 1992**

 **info@juvela.co.uk**

 **www.juvela.co.uk**

 **19 De Havilland Drive,
Liverpool L24 8RN**