

Gluten Free Recipes

(Source: free.itmatters.com.au)

Version 2.0 – Release date: 22 July 2025

This publication was prompted by the people who enjoyed and asked for the enclosed recipes. They are all based on existing recipes but underwent so many changes during our experiments to get reasonable Gluten Free results that they ended up somewhat quite different. Enjoy!

Note that there is no guarantee that a recipe will remain in its original state over the years. If you really like it, keep your own copy.

Version History

Ref.	Version Date	Version Details
v2.0	22.07.2025	Added: Almond base
v1.0	28.01.2021	The initial release includes: Basic Pastry, Bacon Quiche, Lemon Pie

Table of Contents

Version History.....	1
Almond Base Pastry.....	2
Basic Pastry.....	3
Bacon Quiche.....	4
Lemon Pie.....	5

Almond Base Pastry

Ingredients – for a 21cm base (small dish)

- 85g almond meal
- 30g brown sugar
- 1/3 beaten egg
- oat flour – as much as needed to make the dough pliable
- vanilla essence, or rum or whatever flavour fancies you (1/2 tsp)
- ground cinnamon (enough to sprinkle over the almond flour combination or as you see fit)
- olive oil (to grease the dish)

Method

- Pre-heat your gas oven at 180C (150C in our wood oven. All ovens are different. Be prepared to experiment).
- In a large mixing bowl, combine sugar and egg. Beat until the mixture whitens.
- In another bowl combine almond flour, essence, and cinnamon.
- Gradually mix into the beaten egg-sugar mixture.
- Add oat flour as you are kneading the dough in the bowl, until it is pliable.
- Turn into a ball; cover with a tea towel and leave to mature for 15mins.
- Grease a 21cm pie dish with some olive oil.
- Once the dough is ready, press into the dish.
- Bake for 30 to 40mins, or until golden.
- Let the dough cool down if indicated in your main recipe.

Basic Pastry

Ingredients

- 150g lupin flour
- 50g brown rice flour
- 100g chopped butter, room temperature
- 1 egg

Method

- Pre-heat your gas oven at 210C (170C in our wood oven. All ovens are different. Be prepared to experiment).
- Sift the two flours.
- Incorporate the butter until the dough gets crumb like.
- Add the whole egg and form a ball.
- Grease a 27cm pie dish with a little butter.
- To further prevent the dough from sticking to the dish and to add a little more flavour:
 - For a **savoury** dish, use the salt shaker to spread some salt at the bottom and on the sides of the dish.
 - For a **sweet** dish, use a teaspoon of white sugar to spread some sugar at the bottom and on the sides of the dish.
- Work the dough in the dish, bottom and sides.
Use a fork to pierce the bottom of the dough in random places.
- Cover with baking paper and broad beans for example to prevent the dough from rising.
Cook at the above pre-heated temperature.
- Remove the baking paper and beans and cook for another 7mins or until the dough is slightly brown and firm (but not burnt) so it doesn't become soggy in contact with the filling.
- Let the dough cool down as indicated in your main recipe.

Bacon Quiche

Filling Ingredients:

- 200g bacon or leftover cooked meat
- 5 eggs
- 300ml sour cream
- pepper
- grated cheese (as much as you like to melt on top of the quiche. Experiment as little.)

Method

- Cut the bacon in small strips. Fry the bacon. Let it cool whilst your prepare the rest.
- Prepare the pastry as per recipe.
- Grate enough cheese to lightly cover the top of the quiche.
- Beat the eggs then add and beat in the sour cream.
- Add pepper. Beware of adding salt if you use bacon as the bacon may be salty enough.
- Lay the bacon or meat on top of the dough.
- Pour the filling in the dish, spread the cheese over the top.
- Cook for about 40mns at 190C in a gas oven (30mns at 150-160C in wood oven) or until the top is nicely brown and the filling is cooked.

Lemon Pie

Ingredients for the filling:

- 65g white sugar
- 60g cornflour
- 1 1/2 teaspoon grated lemon rind
- 185ml lemon juice
- 375ml water
- 60g chopped butter, room temperature
- 3 egg yolks, beaten

Ingredients for the meringue:

- 50g white sugar
- 3 egg whites

Method

- Make the dough as per enclosed pastry recipe. Let it cool.
- Filling making:
 - Combine the sugar, cornflour, and lemon rind in a pan. Blend in the lemon juice and 375ml water. Stir until smooth.
 - Stir over medium-high heat until the mixture becomes very thick and starts boiling.
 - Add the butter and stir over the heat until the butter has melted (usually within 1 min).
 - Remove from the heat, quickly add the egg yolks and stir until combined.
 - Place a piece of baking paper over the surface of the filling so it doesn't harden and leave to cool.
- Meringue making:
 - Place the egg whites in a dry bowl. Beat until soft peaks form.
 - Add the sugar gradually, beating until the mixture is thick and glossy and the sugar has dissolved.
- Final step:
 - Evenly spread the filling on the pastry in the dish. Spread the meringue over the filling. Bake for 20mins at 180C or until the meringue is brown and dry to the touch. Cool before serving.