

# Tadhg's Gluten & Wheat Free Cooking



## It's Pizza



### Gluten & Wheat Free Pizza Dough

#### Ingredients

- 1 Tablespoon granulated sugar
- 1 Tablespoon (one package) active dry yeast
- 1+ ½ Cups lukewarm water
- 2 Cups Gluten & Wheat Free Flour
- 2 Cups Medium Cornmeal
- 2 Teaspoons salt

#### Directions

1. Combine the sugar, yeast and water. Stir until it is dissolved.
2. Gradually add the flour mixture to the water mixture until it is fully incorporated.
3. Add the salt. You can either knead the dough by hand or with a mixer. I use a mixer with a dough hook. Knead the dough for about 5 minutes. If you are kneading by hand, use a small amount of flour to coat your hands and your work surface to keep the dough from sticking.
4. Place the dough in an oiled bowl. Cover with a clean cloth or plastic wrap and let it rise until it doubles in size. If you are making your dough in advance, stick the bowl into the refrigerator. You can even make it the night before you plan to use it.
5. Punch the dough down (I always love this bit it's fun!) after it has doubled in size and knead into a even shaped roll. Divide into 200g balls. Roll out the dough on a large floured baking sheet.

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## Pizza Sauce



- ½ litre of passata tomato sauce or sieved tomatoes
- 1 tablespoon of sugar or honey (optional)
- ¼ teaspoon salt
- 1 teaspoon dry oregano (optional)
- ½ teaspoon dry basil (optional)

### Directions

1. Add all ingredients in a bowl mix well, spread on to pizza base with the back of a spoon.
2. Top with cheese and favourite ingredients.

If you cannot have tomatoes you can always have a white pizza my favourite  
Just prick your pizza base with a fork all the way around and top with olive oil  
then pile on your favourite toppings

### Suggested toppings:

Grated mozzarella cheese, ham, sweet corn, pineapple, spinach, chicken, tuna,  
onion, mushrooms (get creative and have fun!)

3. Bake at 200oc until the dough is lightly brown, about 10-15 minutes. Eat and enjoy!

# Tadhg's Gluten & Wheat Free Cooking



## Chocolate Chip Cookies



### Ingredients

120g Butter  
150g Caster Sugar  
170g Gluten & Wheat free Flour  
1Tsp Gluten Free Baking Powder  
1 Egg  
150g Chocolate Chips (60-70%)

### Directions

1. Cream Butter & sugar (beat well together)
2. Add in egg beat very well
3. Fold in Flour & Baking Powder add chocolate chips
5. Roll into walnut size pieces
6. Bake @ 150oC for 10 to 12mins

# Tadhg's Gluten & Wheat Free Cooking



## Fishy Fingers



### Ingredients

500g Fresh Cod/Haddock

2 eggs

100ml Milk

Salt & Pepper

200g rice flour/Cornmeal

200g gluten & wheat free breadcrumbs

### Directions

1. Cut the fish into finger size pieces
2. Whisk the eggs, milk salt & pepper in a bowl.
3. Put the flour or cornmeal onto 1 bowl
4. Dredge fish fingers in flour/cornmeal
5. Dip into egg mixture
6. Put breadcrumbs into bowl/plate
7. Roll pieces in breadcrumbs (only do 2-3 at a time)
8. Have a adult shallow fry fishy fingers on both sides until fully cooked
9. Eat with favourite sauce

# Tadhg's Gluten & Wheat Free Cooking



## Xmas tree Butter cookies



### Ingredients

125g butter cubed and softened  
125g caster sugar  
2 egg yolks  
2 teaspoons finely grated lemon zest  
110g gluten & wheat free flour  
155g ground almonds  
Icing sugar to dust

### Directions

1. Preheat the oven to 160oC/315oF/Gas 2-3
2. Line a baking tray with baking paper.
3. Beat the butter & Sugar until light and creamy
4. Mix in the egg yolks, lemon zest, flour & Ground almonds until they form a ball of soft dough.
5. Roll out on a lightly floured surface to 1 cm thick.
6. Cut out Xmas tree shapes or any other shape you like best. And place on tray bake for 15-20minutes.

Cool on a wire rack and dust with icing sugar

# Tadhg's Gluten & Wheat Free Cooking



## Yummy Meatballs



- 500g minced beef
- 1 egg
- 1/2 cup gluten & Wheat free breadcrumbs
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1 tablespoon fresh parsley
- 1/2 teaspoon fresh ground pepper
- 1/4 cup grated parmesan cheese

### Directions:

- 1 Mix all ingredients in a large bowl by hand.
  - 2 Use your bare hands for best results.
  - 3 Roll meatballs to about the size of a golf ball.
  - 4 Sear off meatballs in a hot pan being very careful to brown on all sides
  - 5 Put in a baking dish in the oven with a little beef stock about 1 cup and cook at 170oC for 40mins
- You can have with Rice Spagetti or a meatball sub Yum! Or on a pizza base see other recipe

# Tadhg's Gluten & Wheat Free Cooking



## Chicken Fingers



4-5 chicken breasts  
2 eggs  
100ml Milk  
Salt & Pepper  
200g rice flour/Cornmeal  
200g gluten free breadcrumbs

### Directions

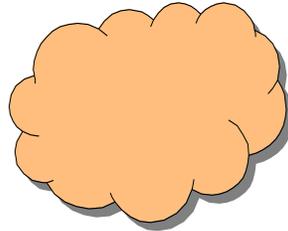
1. Cut the chicken into finger size pieces
2. Whisk the eggs, milk salt & pepper in a bowl.
3. Put the cornmeal onto 1 bowl
4. Dredge the chicken fingers in rice flour/cornmeal
5. Dip into egg mixture
6. Put gluten free breadcrumbs into bowl/plate
7. Roll pieces in breadcrumbs (only do 2-3 at a time)
8. Have a adult shallow fry chicken fingers on both sides until fully cooked
9. Eat with favourite sauce or dip

A good tip is; To buy the gluten free bread when it's got a short date and cheaper and make our own breadcrumbs then you can freeze them until you're making something nice

# Tadhg's Gluten & Wheat Free Cooking



## Chocolate Cloud Cake



Makes one 8in or 20cm single-layer cake  
226g/8 oz best quality 55% dark chocolate  
113g/4oz unsalted butter  
6 large eggs-(2 whole 4 separated)  
230g/8oz caster sugar

**Pre-heat oven to 180oC/ 350oF/Gas 4**

Line the bottom of your 8in/20cm spring-form pan with parchment paper

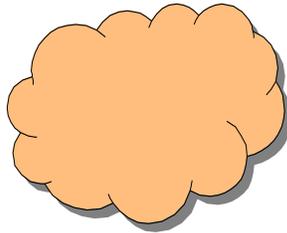
**Do not butter the pan**

1. Melt the chocolate in a double broiler or microwave for 30 seconds stir and repeat.
2. Remove from heat and whisk in the butter until it melted; **set aside**
3. In a bowl, whisk the 2 whole eggs and the 4 egg yolks with  $\frac{1}{2}$  of the sugar just until blended.
4. Whisk in the warm chocolate mixture.
5. In another bowl, with an electric mixer, it must be very clean! Beat the 4 egg whites until foamy

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## Chocolate Cloud Cake Contd;



6. Gradually add the remaining sugar until the egg whites form soft meringue like mounds. **Do not over beat!!**
7. Stir in about  $\frac{1}{4}$  of the egg whites to the chocolate mixture.
8. Gently fold in the rest of the whites.
9. Pour the batter into the pan smooth the top.
10. Bake until the top of the cake is puffed and cracked and the center is no longer wobbly, usually 35-40 minutes.

**Do not over bake!!!**

**Cool the cake on a wire rack; the cake will sink as it cools, forming a crater with high sides.**

**When it is cool remove from pan and put on a serving plate, fill with freshly whipped cream and seasonal berries, I seem to remember Tadhg eating most of this cake every time we make it!**