

RECIPES

Gluten-free Christmas cake

This delicious moist fruit cake from the Coeliac Society means you needn't miss out on your favourite treats over the festive period.

Ingredients list

1kg mixed dried fruit
200g margarine or butter
200g dark brown sugar,
1 lemon (grated rind)
1 orange (grated rind)
4 medium eggs (beaten)
250g gluten-free mix
50g ground almonds
1 tsp mixed spice
1 tsp nutmeg
75g glacé cherries (chopped)
50g carrots (peeled and grated).

Preparation

Before you start, preheat the oven to 150°C/300°F/Gas Mark 2 and grease and line a 20cm (8in) square tin or 22.5cm (9in) round tin.

Method

- Place the fruit in a pan of boiling water and return to the boil, stirring
- Drain the fruit and rinse with cold water, and then dry thoroughly
- Cream together the butter and sugar



- until light and fluffy
- Add the grated rind, eggs, gluten-free mix, ground almonds and spices and mix in well
- Stir in the fruit, cherries and carrots. 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 cooked, wrap in greaseproof paper and foil. Store in a cool dry place.

Nutrition information

Nutrient	Per 100g	Per 51g portion
Energy kcal	323	164
Protein (g)	4.2	2.2
Carbohydrate (g)	55.8	28.5
Sugars (g)	45.5	23.2
Total Fat (g)	11.0	5.6
Saturates (g)	5.5	2.8
Fibre AOAC (g)	2.7	1.4

Brussel sprouts with bacon and almonds

(serves 6)

Special festive occasions call for the jazzing up of the humble sprout. This simple recipe will add an element of luxury to this festive staple and is ready in a flash.

Ingredients

500g brussel sprouts, halved with ends sliced off
15ml rapeseed or sunflower oil
50g smoked back rashers, diced
50g flaked almonds, toasted
25ml water
Seasoning to taste



Method

- On a low heat, add the rapeseed oil to a non-stick pan. Gently sauté the smoked rashers until crispy and set aside
- Then add the halved sprouts and water to the pan, tossing occasionally to allow them to colour slightly but being careful not to burn. After approx. 5 minutes, the sprouts should be tender but should also retain their colour and shape
- Add the crisped rashers back in and top with flaked almonds
- Season to taste and serve immediately.

Nutritional analysis	Per 100g (1 serving)
Energy (kcal)	125
Protein (g)	6.2
Total carbohydrate (g)	3.8
of which sugars (g)	2.8
Fat (g)	9.6
Saturates (g)	1.4
Fibre (g)	3.8
Sodium (mg)	143
Salt equivalent (g)	0.36