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## PANTRY

- 12 Gluten free flour mix
- 14 Gluten free self-raising flour
- 16 Gluten free baking powder
- 18 Shortcrust pastry
- 20 Rough puff pastry
- 22 Pasta
- 24 Simple herb gravy
- 25 Worcestershire sauce
- 26 Barbecue sauce

## BREAKFAST

- 30 Coconut and cinnamon teff porridge
- 32 Warming amaranth porridge
- 33 Açai berry bowl
- 34 Breakfast cereal clusters
- 36 Carrot poppy seed muffins
- 38 Spinach and feta muffins
- 40 Fruit and nut loaf
- 42 Breakfast pizza
- 44 Waffles with maple bacon
- 46 Ricotta pancakes with fruit compote and yoghurt
- 48 Mushroom ragu with polenta toast
- 50 Dukkah eggs with asparagus and feta

## BREADS

- 54 Buckwheat bread
- 56 Mediterranean bread
- 58 Gluten free sourdough
- 60 Pita bread
- 62 Tortillas
- 64 Flatbreads

## DIPS & STARTERS

- 68 Black tahini and beetroot hommus
- 70 Rosemary and sea salt crackers
- 72 Brazilian cheese puffs
- 74 Sausage rolls
- 76 BBQ chicken winglets
- 78 Steamed rice balls with spicy lime dipping sauce
- 80 Sweetcorn fritters with chilli jam and avocado cream
- 82 Parmesan baskets with goat's cheese mousse
- 84 Saffron arancini
- 86 Buckwheat mushroom tartlets
- 88 Baked salmon cheesecake

## MAINS

- 92 Black bean tomato soup with coriander lime cream
- 94 Mushroom soup
- 96 Steamed coconut and prawn soup
- 98 Coq au vin blanc with polenta madeleines
- 100 Creamy honey mustard chicken
- 102 Crispy Japanese chicken with pickled cucumbers
- 104 Rice salad with warm mustard dressing
- 106 Chicken and leek pies
- 109 Quinoa crumbed fish with slaw
- 112 Coconut fish curry
- 114 Spring frittata
- 116 Warm Caesar salad with polenta croutons
- 118 Duck and cherry salad
- 120 Lupin with broad bean salad
- 122 Dosa with spiced potato filling
- 124 Spinach and lemon pasta
- 126 Hearty vegetarian lasagne
- 129 Moroccan lamb with pilaf
- 132 Lamb kleftiko
- 134 Vindaloo pork
- 136 Southern-style chilli with cornbread
- 138 Baked bacon and cranberry stuffing

## DESSERTS

- 142 Hazelnut meringue roulade
- 144 Lemon ice cream torte
- 146 Coconut crêpes with apricot sauce
- 148 Watermelon and raspberry ice cream sandwiches
- 150 Rhubarb and strawberry fool
- 152 Berry and red wine trifle
- 154 Raspberry and vanilla marshmallows
- 156 Nougat

## BAKING

- 160 Birthday sponge cake
- 162 Easy coconut cake
- 164 Spinach and lemon cream cake
- 166 Lemon tart
- 168 Poppy seed and apple cake
- 170 Chocolate halva cake
- 172 Chocolate cake with lime cream
- 174 Sticky date puddings
- 176 Warm berry cobbler
- 178 Grand Marnier® soufflé
- 180 Chocolate self-saucing pudding
- 182 Chocolate brownie
- 184 Choux puffs with Swiss meringue
- 186 Fresh fruit and cream cheese tarts
- 188 Gluten free lamingtons
- 190 Scones
- 192 Hot cross buns
- 194 Gluten free ANZAC biscuits
- 196 Almond biscotti
- 198 Shortbread
- 200 Chocolate and nut biscuits
- 202 Brutti ma buoni
- 204 Christmas fruit cake
- 206 Fruit mince pies
- 208 Gingerbread cookies
- 210 Gingerbread house