



Wholesome Free From Food

# SIMPLE GLUTEN FREE RECIPES

*Simple recipes to get you started on a gluten free diet*



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Hi I'm Vicki, I'm scientist, mum and owner of the Free From Fairy.

I started The Free From Fairy after my daughter had been diagnosed with egg and milk protein allergies at 9 months and then coeliac (celiac) disease at the age of 2.

I never wanted her to miss out on food so I vowed to use my love of experiments and cooking to create delicious food that we could all enjoy together.

I believe that everyone can enjoy a healthy gluten free diet with the right recipes and support. It doesn't need to be difficult or expensive but you do need to know what you're doing.

Now I share all of my experience so that you don't have to struggle. You'll find loads of free recipes on my blog, a tried and tested wholesome flour blend that will work with all your baking and online programmes to support you every step of the way.

You'll find everything you need at <https://freefromfairy.com>.

You can also find me across social media as @freefromfairy.

I hope you find these recipes useful in getting you started on your new gluten free adventure.

If you have any questions please do get in touch.



**Gluten-free and dairy-free shortcrust pastry**  
**Gluten-free, Dairy-free, Nut-free, soya-free (check margarine)**

**Ingredients**

200 g plain gluten-free flour I use my free from fairy blend  
50 g Trex solid margarine  
50 g dairy-free margarine I use Tesco or Sainsburys own soft spread but it does say may contain traces of milk...  
OR 100g butter not dairy-free  
50 g white sugar optional if you want sweet pastry  
1 egg

**Instructions**

- 1) Place the flour and margarines into a large bowl and, using a knife or fork, mash the fats into the flour until you have fine breadcrumbs
- 2) Add the sugar and mix through if using
- 3) Add the egg to the mix and bring together to form a dough. If you need to, add a tiny bit of cold water to bring it together. I didn't need to but it will depend on the flour you use
- 4) Wrap in cling film and chill for 20 minutes before using



**Wholegrain Gluten Free Sandwich Loaf**  
**Gluten-free, Dairy-free, Nut-free, Soya-free, Sugar-free**  
Makes 1 2lb loaf

**Ingredients**

375 g Free From Fairy Plain Gluten-Free Flour  
2 tsp fast acting yeast  
1 tsp psyllium powder  
1/2 tsp finely ground sea salt optional  
1 tbsp ground flax seeds or chia - I grind mine in a coffee grinder  
1/4 tsp balsamic vinegar  
3 tbsp extra virgin olive oil  
2 medium free-range eggs  
250 ml warm water around 38 degrees C if you want to test it ( I use filtered to get consistent results)

**Instructions**

- 1) Place the dry ingredients into a large mixing bowl and mix together well (I use my stand mixer with the K attachment)
- 2) Next add the wet ingredients and beat well until smooth
- 3) Pour the mixture into a 2lb non-stick loaf tin - ideally one with tall sides
- 4) Place the tin into a cold oven
- 5) Add a baking tray to the shelf below and pour one cup of boiling water into it (this speeds up the rising process if you have a cold house like me). You could just leave covered with cling film at room temperature.
- 6) Leave to rise for 30 minutes if using the quick method (at least an hour if at room temperature), until the dough has reached the top of the tin, then remove from the oven and, leaving the tray of water in there, turn the oven on to 200 degrees C (180 degree fan, gas mark 6)
- 7) Once up to temperature place the bread dough into the oven, close the door quickly (be careful of the steam when you open the door) and leave to bake for 45-50 minutes until golden
- 8) Turn onto a wire rack and leave to cool completely before using  
If you want to eat it straight away, be aware that the texture will not be so good.



## Free From Frying Pan Pizza

Gluten-free, Egg-free, Nut-free, Soya-free, Sugar-free, Can be Dairy-free (omit the cheese)

Makes 4 small pizza's

### Ingredients

#### FOR THE BASE:

350 g plain Free From Fairy flour  
1 1/2 tsp psyllium husk powder or 2 tsp xanthan gum  
1 tsp fast acting dried yeast  
1/2 tsp sea salt  
1 tbsp virgin olive oil  
270 ml warm filtered or bottled water

#### FOR THE TOPPING

Your choice from pesto tomato sauce, vegetables, ham, chorizo, cheese etc etc!

### Instructions

- 1) Place the dry ingredients into a large bowl and stir to combine
- 2) Add the wet ingredients then with a clean hand bring the ingredients together until a soft dough forms. Keep kneading until smooth and no longer sticky
- 3) Cover the bowl with clingfilm and put in a warm place for around 1 hour
- 4) Cut the dough into four pieces
- 5) Remove one piece, roll into a ball, then flatten into a circle on a piece of tin foil until around 15cm in diameter. Repeat with all other pieces of dough
- 6) Pre-heat a small frying pan on a medium heat
- 7) Turn one of the pizza bases onto the palm of your hand then peel the foil off and place it into the pre-heated frying pan
- 8) Cook for around 3 minutes then flip over
- 9) Top with your choice of toppings (if using cheese, cover with a saucepan lid) and cook for a further 2 - 3 minutes
- 10) If the cheese hasn't melted, remove from the heat but leave covered to allow the cheese to melt fully
- 11) Repeat with the other three pizza bases and serve



## Gluten Free Yorkshire Puddings

Makes 12

### Ingredients

80g gluten free tapioca starch

90g full fat milk

3 medium eggs

Pinch salt

6 tsp coconut oil

### Instructions

- 1) Turn the oven on to 230 degree c (210 degree fan, gas mark 8)
- 2) Place 1/2 tsp fat into each hole of a 12 hole muffin tray and place into the warming oven. Once the oven is up to temperature heat the oil for 5 minutes
- 3) Meanwhile, place the tapioca starch in a large jug and add the milk. Whisk to combine then add the eggs and salt and whisk well until frothy on top
- 4) Once the oil has been heated for 5 minutes at full temperature quickly remove from the oven, close the door and pour an even amount of batter into each hole. Quickly replace in the oven
- 5) Bake for 20 - 25 minutes until puffed up and golden



## Gluten-Free Scones

Gluten-free, Egg-free, Nut-free, Soya-free, Refined Sugar Free

Makes 6 small scones

### Ingredients

230 g Free From Fairy self-raising flour

1 tsp psyllium powder or xanthan gum

20 g coconut sugar I used the ginger one from Coconut Merchant plus extra for sprinkling

75 g butter cubed (I used goats)

70 g plain full fat yoghurt I used goats

70 g full fat milk I used goats plus extra for rubbing on top

### Instructions

- 1) Turn your oven on to 220 degrees C/200 degree C fan/ gas mark 6 and place a large baking tray inside to heat up
- 2) Place the dry ingredients into a food processor and blend until well mixed. Alternatively place in a large bowl and mix well by hand
- 3) Add the butter into the dry ingredients and either blend until the mixture looks like fine breadcrumbs, or rub the butter into the flour by hand
- 4) Add the yoghurt and milk and combine into a dough that just holds together
- 5) Flour a clean dry work surface and empty the dough onto it
- 6) Knead until you have a rough ball then press out with your hand until around 2cm thick
- 7) Using a floured straight edged circular 7cm diameter cutter, cut out your scones. You should get four before bringing the dough back together to make another, then repeating with the final piece of dough
- 8) Rub the tops of the scones with milk and sprinkle with a little sugar if you desire
- 9) Carefully remove the hot baking tray from the oven and quickly place the scones onto it
- 10) Bake the scones for around 15 minutes until golden on top
- 11) Allow to cool for around 5 minutes (or fully) before cutting
- 12) Eat on the day of baking or freeze and re-heat in the microwave



## Victoria Sponge Cake Recipe

Gluten-Free, Dairy-Free, Nut-Free, Soya-Free (check margarine)

### Ingredients

150 g dairy-free non-soya margarine or butter if not dairy-free, softened  
150 g white sugar  
3 medium free range eggs  
175 g Free From Fairy self-raising flour  
1 tsp vanilla extract  
3 - 4 tbsp jam of your choice

### Instructions

- 1) Turn your oven on to 180 degrees C/160 degree fan/ gas mark 4
- 2) Line and grease 2 20cm round cake tins (I use re-usable baking paper for the bottom of my tins)
- 3) Place all the ingredients except the jam into a large bowl or the bowl of a stand mixer (you can sift the flour if you want to, but I don't usually)
- 4) Beat well until you have a smooth batter (you could do this with a wooden spoon, electric whisk or stand mixer)
- 5) Divide the batter into the two tins and smooth to the edges of the tin giving an even layer of batter
- 6) Bake in the pre-heated oven for 15-25 minutes depending on your oven. When it's done it will be soft to the touch but not sloppy!
- 7) Allow to cool in the tins before turning out onto a wire rack and leaving to cool completely
- 8) Finally, spread jam across one cake before topping with the other cake



## Easy Pancakes in a Jar

Gluten-free, Dairy-free, Soya-free, Nut-free, Sugar-free

### Ingredients

Half a jam jar of Free From Fairy plain or self raising gluten-free flour depending upon whether you want crepe style or American style pancakes

1 free range medium egg

Approx. half a jam jar dairy or dairy free milk

Sugar optional

Coconut oil or butter for cooking

### Instructions

#### FOR CREPE STYLE:

- 1) Place a frying pan on a medium heat to get hot
- 2) Half fill a clean dry jam jar with Free From Fairy gluten-free plain flour
- 3) Crack in the egg and top up with milk until 1 cm from the top of the jar
- 4) Screw the lid on TIGHTLY, turn the jar on its side and shake vigorously up and down and side to side
- 5) If flour gets stuck on the bottom of the jar, dislodge with a knife and shake again
- 6) Once the pan is very hot, add a knob of coconut oil or butter and leave to melt
- 7) Pour a little batter into the pan and swirl quickly to cover the base of the pan
- 8) Cook until the edges start to come away from the side of the pan, then flip and cook for around 1 minute more
- 9) Repeat with the remaining mixture

#### FOR AMERICAN STYLE:

- 1) Heat the pan as before
- 2) Half fill the jam jar with self raising flour
- 3) Crack in the egg and add milk until the jar is 3/4 full
- 4) Put the lid on tightly, turn the jar on its side and shake up and down and side to side vigorously
- 5) Once the pan is hot add some coconut oil or butter and swirl around to coat
- 6) Place tablespoonfuls of mixture into the pan and leave until lots of bubbles appear on the surface
- 7) Flip and cook for around a minute more
- 8) Repeat with remaining mixture



## Healthier Gingerbread

Gluten-free, Dairy-free, Egg-free, Nut-free, Soya-free, Low sugar, Low FODMAP

### Ingredients

- 170 g Free From Fairy plain gluten-free flour blend
- 50 g gluten-free oat flour or more gluten-free plain flour
- 2 tsp ground ginger
- 1 tsp ground mixed spice pumpkin pie spice
- 1/2 tsp bicarbonate of soda
- 25 g brown sugar or coconut sugar if you prefer, but not for those on low FODMAP diet
- 50 g coconut oil
- 50 g banana
- 1 tbsp molasses or maple syrup if low FODMAP
- 1 tbsp ground flax seeds mixed with 3 tbsp water (chia seeds if low FODMAP)
- Zest half lemon optional

### Instructions

- 1) Mix the ground flax seeds (I do mine in my coffee grinder) with the water and set aside
- 2) Place the dry ingredients into a food processor and blend well
- 3) Add the coconut oil and process until you have a texture like fine breadcrumbs
- 4) Add the molasses, banana, lemon zest, if using, and flax mixture
- 5) Blend again until you have a sticky dough
- 6) Remove from the bowl and wrap in cling film
- 7) Place in the fridge for around 20 minutes before rolling out on a well floured clean surface
- 8) Cut out whatever shapes you like and place on a lightly greased or lined baking tray
- 9) Bake your shapes for 10 - 12 minutes in a pre-heated oven at 180 degrees C (160 fan)



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