

## Chapter 6

# Gluten-Free Recipes

As mentioned in previous chapters, the treatment of celiac disease is a gluten-free diet. There are numerous excellent cookbooks on gluten-free recipes available around the world. However, there are several problems with using these recipes in Pakistan. Many recipes contain ingredients which are not routinely available in our country. For example, most recipes for bread include xanthan gum that is felt to be very important in keeping the bread together and prevent it from crumbling. Xanthan gum is not routinely available in Pakistan. It is also very expensive and outside the reach of ordinary people. Furthermore, these cookbooks contain recipes mainly from Western cuisine which may not be applicable to the Pakistani taste and culture. It is important that recipes be tailor-made to the local cuisine in order to make them practical and useful. For example, pasta is a readily consumed food item in other countries but is not part of our traditional cuisine. Therefore, gluten-free pasta (corn or rice) would not be a practical choice for most families. It is also important that the recipes not involve the use of specialized equipment like electric bread machines or fancy ovens. Such tools are beyond the means of most families in our country.

It was this desire to cater to the local population that led us to include gluten-free recipes in this book. Only a small selection of dishes that are most problematic to make in a gluten-free form are included. For example, one of the food items that children with celiac disease miss the most is biscuits.

Imported gluten-free biscuits are prohibitively expensive and not readily available. Wouldn't it be great if gluten-free biscuits could be made at home, easily and cheaply, from locally available ingredients?

Furthermore, dishes made from ingredients that are naturally gluten-free are not included in this selection. Pakistan has a rich culinary tradition. Many local dishes are safe to consume as long as cross contamination with gluten-containing grains is avoided. For example, *kheer* (rice pudding) is a commonly prepared dessert that is naturally gluten free and hence would not qualify to be included in this selection of gluten-free recipes.

## **Gluten-Free Baking**

The word gluten is derived from “glue”, based on its quality of binding. No gluten-free flour can duplicate the chewy, elastic, airy qualities of gluten flours. Items baked from gluten-free flour will not be the same as those baked from gluten flours. This limitation should be accepted to avoid any disappointment.

Gluten-free baking involves using a combination of different flours blended with starches and gums (e.g. xanthan, guar, etc.) to simulate the qualities of gluten. Gluten-free bread baking is faster and easier than baking breads with gluten-containing flours because dough kneading is not required. Instead, gluten-free bread dough is mixed like cake batter and poured into loaf pans.

Premixed gluten-free flours are available in other countries but not easily found in Pakistan. They are also very expensive. For this reason baking recipes with mixtures of gluten-free flours are not included. Many such recipes are available on the internet.

## **Caution**

The recipes listed here are based on the assumption that the ingredients used are pure and uncontaminated with gluten. For example, several recipes use corn flour or gram flour (*besan/chana dal* flour). If these flours were ground in a factory that makes wheat flour (*atta*), they would most likely be contaminated with gluten and not safe to use. One should ensure that the corn or gram flour being used is uncontaminated. The safest way to do this is to grind your own.

The recipes being presented have been reproduced several times by different individuals and have been found to be useful. One hopes that as more information gets assembled, a detailed cookbook of gluten-free recipes will be published in Pakistan in the future.

# BISCUITS

## INGREDIENTS:

Gram flour ( <i>besan</i> )	2 cups
Egg	1
Sugar	1/2- 3/4 cup
Butter oil/ghee	3/4 cup
Dry milk	3-4 Tbsp
Baking powder	1 tsp
Salt	a pinch
Vanilla essence	1/2 tsp
Egg (for glazing)	1
Almonds (crushed)	for garnishing



## METHOD:

1. In a bowl, cream butter oil/ghee and sugar with a beater.
2. Add egg, salt and vanilla essence and continue to beat.
3. Sift gram flour, baking powder and dry milk. Add to the creamed mixture and knead dough by hand.
4. If the dough looks oily, place in the refrigerator for a few minutes.
5. Put a sheet of plastic wrap on a flat surface. Place the dough on top of it and cover with another sheet.
6. Roll out the dough with a rolling pin to 1/4 inch thick.
7. Remove the top layer of the plastic sheet and cut out biscuits with a biscuit cutter.
8. Grease baking tray with oil and place the biscuits at least 2 inches apart.
9. Beat egg and glaze with back of a spoon. Sprinkle crushed almonds on top of shaped biscuits.
10. Heat oven at 170<sup>0</sup> C and bake for 12-15 min till golden brown.
11. Remove tray from oven and let it cool for a few minutes before removing the baked biscuits from the tray.

**Makes 24 to 32 pieces, depending on the size of the cutter**

**NOTE:** This recipe can also be used for making coconut, chocolate chip and peanut biscuits. Add and mix with dough, shredded coconut (1/2 cup) or crushed peanuts/almonds (1/2 cup) or chocolate chips (1/4 cup) after step 3.

# BROWNIES

## INGREDIENTS:

Corn flour	1-1/4 cup
Coco powder	1/4 cup
Sugar	1 cup grinded
Salt	1/2 tsp
Baking soda	1/2 tsp
Egg	1
Oil	1/2 cup
White Vinegar	2 Tbsp
Milk	1/3 cup
Vanilla essence	few drops
Boiled water	1/3 cup



## METHOD:

1. In a bowl using a spoon; mix oil, egg, sugar, milk, vinegar, and vanilla essence.
2. Sift dry corn flour, coco powder, sodium bicarbonate and baking powder together and mix into the dough.
3. Now add boiled water and mix well.
4. Grease 9"x 9" square baking pan with oil. Cut 9"x 9" butter paper and place into the base of the greased pan.
5. Pour brownie dough into it and bake in pre-heated oven at 180<sup>0</sup> C/350<sup>0</sup> F/gas mark 4 for 30-35 minutes.
6. Take out from oven and let it cool for 5 to 10 minutes before removing brownies from the pan.
7. Invert onto a flat surface. Turn over and flatten the top by cutting out any uneven shape.

**Makes 16 if the baked square is not trimmed, 9 if it is trimmed.**

## ICING:

Cooking chocolate	100 gm
Fresh cream	100 gm or 1/2 cup

1. Melt cooking chocolate in double boiler.
2. Add fresh cream. Mix and cook for a few minutes.
3. Remove from heat and let it cool.
4. Pour this icing onto the prepared brownie base. Spread evenly with an icing knife.
5. When icing is set, cut into squares.

# BURGERS

## INGREDIENTS: (FOR 2 BUNS)

Corn flour	1/2 cup
Eggs (medium)	3
Salt	1/4 tsp
Sugar	1 Tbsp
Baking powder	1 tsp



## METHOD:

1. Separate egg whites and yolks.
2. Beat egg whites till stiff.
3. Add yolks, sugar and salt. Beat till creamy.
4. Fold corn flour and baking powder with spoon till mixture is smooth.
5. Grease two 4" diameter and 2" deep round pans and line with butter paper at the base. Pour the mixture equally in both. Bake for 15-20 minutes at 180<sup>0</sup>C/350<sup>0</sup>F/ gas mark 4.
6. Let the buns cool and then take them out of the pan.

## CHICKEN OR BEEF PATTIES

Chicken or Beef (mince)	1/2 cup or 125gm
Onion (chopped)	1/2
Potato (boiled)	1/2 medium
French mustard	1/4 tsp
Salt	1/4 tsp
Black pepper	1/4 tsp
Red chilies	1/4 tsp
Green chilies (chopped)	1/2 Tbsp

**Makes two patties.**



## METHOD:

1. In a bowl mix all the ingredients.
2. Make two equal round patties according to the size of the buns.
3. Heat 2-3 tbsp oil in a frying pan and fry the patties one at a time. Turn over and press occasionally.
4. When golden take them out and put on a plate.

### **COCKTAIL SAUCE:**

Mayonnaise	1/2 cup
French cream	2 Tbsp
Tomato ketchup	2 Tbsp
Lemon juice	1 Tbsp
Onion (chopped)	1 Tbsp
Garlic (chopped)	1/2 tsp
Parsley (optional)	1 Tbsp

Mix all the ingredients in a bowl.

### **COLESLAW:**

Cabbage (shredded)	2 cups
Mayonnaise	1/4 cup
Cream	1/4 cup
Sugar	1 Tbsp

Mix all ingredients together in a bowl.

### **ASSEMBLING THE BURGER:**

Burger Buns	2
Cheese slice	2
Tomatoes slices	6
Salad leaves	2
Onion rings	6
Cocktail sauce	2 Tbsp

1. Cut each bun horizontally in half.
2. On lower bun place patty followed by cheese slice, lettuce, tomato slices and onion rings.
3. Spread 1 Tbsp of cocktail sauce on the top bun and place over the prepared burger.
4. Serve with French fries and coleslaw.

# CHICKEN DRUM STICKS

## INGREDIENTS:

Chicken legs	6
Vinegar	1 Tbsp
Chinese salt	1 tsp

Slit chicken legs from the end and slide the meat onto one side.  
Marinate with vinegar and Chinese salt for a few hours.

## BATTER:

Gram flour ( <i>besan</i> )	1/4 cup
Corn flour	1/4 cup
Onion (chopped)	1 medium
Black pepper	1/2 tsp
Salt	1 tsp
Egg	1
Green chilies (chopped)	3-4
Baking powder	1/2 tsp
Oil	for deep frying



## METHOD:

1. In a bowl mix all the batter ingredients. It will be like a thick paste. Apply onto the marinated chicken legs. If the mixture is too dry, add 1-2 tsp of water.
2. In a wok or deep saucepan, heat oil and fry the drumsticks on medium heat till golden brown. Stir occasionally. For best results, the drumsticks should be immersed completely in oil for 15 minutes on medium heat.
3. Remove drumsticks from the oil and put them on a plate lined with a paper towel. The paper towel will help absorb extra oil. Serve hot.

The gluten-free batter listed above in this recipe can also be applied to other fried products like chicken wings, fish, etc.

# KHATAI

## INGREDIENTS:

Gram flour ( <i>besan</i> )	2 cups
Sugar (grinded)	1 cup
Butter oil/ghee	1 cup
Green cardamom	6
Egg	1
Almonds (crushed)	for garnishing



## METHOD:

1. Remove the skin of the green cardamom and grind the black seeds with 1 tsp of gram flour.
2. In a bowl using a mixer, cream sugar and butter/oil together.
3. Add gram flour along with the ground cardamoms and knead the dough by hand.
4. Cover the dough and place in the refrigerator for 15-20 min. This step is necessary to make the dough firm. Kneading with the hands causes the butter/oil to become very soft.
5. Take out the dough from refrigerator and make small balls.
6. Grease baking tray with oil and place the balls 2 cms apart and flatten the top with your thumb.
7. Beat egg and glaze the top of each khatai with back of a spoon. Sprinkle crushed almonds on top.
8. Bake in oven for 15-20 min at 170<sup>0</sup>C till golden and crisp. Do not bake for too long or they will become hard.

# MUFFINS

## INGREDIENTS:

Corn flour	1 cup
Eggs	2
Sugar	3/4 cup
Oil or ghee	1/2 cup
Baking powder	1-1/2 tsp
Orange juice or milk	1/4 cup
Vanilla essence	few drops



## METHOD:

1. In a bowl mix oil and sugar. If using ghee, use an electric beater.
2. Add eggs and mix together.
3. Now add milk or orange juice and mix well.
4. Sift cornflour and baking powder together and fold into the mixture with spoon. Do not beat
5. Grease muffin pan with oil and dust with cornflour. If using paper cups, do not grease.
6. Pour mixture into individual cups. Fill 2/3 of the cup.
7. Bake in pre-heated oven at 180<sup>0</sup>C/350<sup>0</sup>F gas mark 4 for 15-20 minutes.

**NOTE:** Large muffin pan makes 8 muffins and small makes 12-14.

# PIZZA

## INGREDIENTS:

### PIZZA BASE:

Corn flour	1/2 cup
Eggs (medium)	3
Salt	1/4 tsp
Sugar	1 Tbsp
Baking powder	1 tsp
Oil	1 Tbsp



### SAUCE:

Tomatoes (make puree)	3
Oil	1 Tbsp
Garlic paste	1/4 tsp
Salt	1/4 tsp
Red chilies (coarsely ground)	1/4 tsp
Black pepper	1/4 tsp
Oregano leaves	1/4 tsp
Tomato ketchup	2 Tbsp



**OR**

Readymade pizza sauce	1/2 cup
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### TOPPINGS:

Chicken chunks (fry in little oil)	1 cup
Capsicum (julian)	1 medium
Onions (julian)	1 medium
Cheddar cheese (shredded)	1 cup
Mozzarella cheese (shredded)	1 cup
Black olives (sliced)	2 Tbsp
Mushrooms (sliced)	2 Tbsp
Sausages (sliced & boiled)	1
Oil	1/4 tsp

## METHOD:

### PIZZA BASE:

1. Separate egg whites and yolks.
2. Beat egg whites till stiff.

3. Add yolks, sugar, salt and oil. Beat till creamy.
4. Fold cornflour and baking powder with spoon till mixture is smooth.
5. Grease pizza pan with oil and dust with a little cornflour. Pour the mixture into it. For thick crust use 10" pan and for thin crust use 12" pan.
6. Bake for 20 min in 180<sup>0</sup>C oven.
7. When a little cool, take out the baked crust from the pan by inverting on to a plate.

### **SAUCE:**

1. Heat oil in pan. Fry garlic till light brown.
2. Add tomato puree, salt, coarsely ground red chilies, black pepper and tomato ketchup. Stir well.
3. Sprinkle oregano and remove from heat.

### **ASSEMBLING THE PIZZA:**

1. Grease pizza pan again with a little oil and place the baked base into it.
2. Spread 1/4 tsp oil on top of the baked base. Mix both cheeses together.
3. Evenly spread pizza sauce and then sprinkle 1/4 cup mixed cheese on top of it.
4. Spread prepared chicken chunks along with sausages.
5. Sprinkle remaining cheese.
6. Arrange onions, sausages, olives, capsicum and mushrooms.
7. Bake in preheated oven for 15-20 min until cheese melts and turns golden.

# PLAIN CAKE

## INGREDIENTS:

Corn flour	1 cup
Sugar	3/4 cup
Eggs	3
Oil or butter	1/2 cup
Baking powder	1 1/2 tsp



## METHOD:

1. In a bowl, beat sugar and oil together.
2. Add eggs and continue to beat.
3. Sift corn flour and baking powder together and fold into the mixture with a spoon.
4. Grease 6" cake pan with oil and dust with corn flour.
5. Pour cake mixture into it and bake in 170<sup>0</sup>C oven for 40-45 min.

# ROTI

## INGREDIENTS:

Gram flour ( <i>besan</i> )	2 Tbsp
Corn flour	4 Tbsp
Water	1/2 cup
Salt	1/8 tsp



## METHOD:

1. In a saucepan, dissolve corn flour in water.
2. Cook on medium heat with constant stirring until it turns into a soft ball.
3. Remove from heat and cool a little.
4. Add gram flour and salt and knead into a smooth ball.
5. Make two equal balls using dry corn flour.
6. Sprinkle dry corn flour onto a flat surface. Place one ball onto it and roll out into 6" roti with a rolling pin.
7. Heat a clean frying pan, skillet or *tava* and place the roti onto it.
8. Cook by inverting occasionally like a normal wheat roti.

# SANDWICHES

## INGREDIENTS:

### (FOR BREAD)

Corn flour	1/2 cup
Eggs (medium)	3
Salt	1/4 tsp
Sugar	1 Tbsp
Baking powder	1 tsp



## METHOD:

1. Separate egg whites and yolks.
2. Beat egg whites till stiff.
3. Add yolks, sugar and salt. Beat till creamy.
4. Fold corn flour and baking powder with spoon till mixture is smooth.
5. Grease two 6x6" and 2" deep square pans and line with butter paper at the base. Pour the mixture equally in both.
6. Bake for 15-20 minutes at 180<sup>0</sup>C/350<sup>0</sup>F/, gas mark 4.
7. Take out of the pan when a little cool. Trim any irregular edges.

**Makes 8 slices.**

## CHICKEN FILLING:

Chicken (boiled and chopped)	1 cup
Mayonnaise	1/2 cup
Black pepper	1/2 tsp
Tabasco	1 tsp
Cream	2 Tbsp
Lemon juice	1 Tbsp



Mix all ingredients in a bowl. **Makes 4 sandwiches.**

## ASSEMBLING THE SANDWICH:

Bread slices	8
Tomatoes (sliced)	4
Lettuce leaves	4

1. Cut each baked square diagonally in four triangle slices.
2. Spread chicken mixture on four bread slices.
3. Place lettuce and sliced tomatoes on top.
4. Cover with remaining bread slices.
5. Serve with coleslaw and French fries.