




*Gluten  
Free  
Recipes*



## About Us

Eurostar Commodities is a leading importer and supplier of commodities and ingredients since 1994. A family run business, Eurostar Commodities supply manufacturers, wholesale, foodservice, retailers and direct to consumers. Eurostar supplies the UK and Ireland, northern Europe, the middle east, and Iceland. Eurostar has relationships with trusted suppliers and food producers all over the world.

Recognising the increasing need for high quality gluten free food products, Eurostar Commodities has invested significantly in a new Yorkshire manufacturing facility allowing production of gluten free flours in a safe and allergen free environment. Eurostar Commodities is the first UK manufacturer to create, and bring to market a range of gluten free, clean label, chapati flours. This is a breakthrough product that has enabled people who have gone without bread for years to have the freedom to eat what they want. This product was awarded a great taste award in 2021.

Eurostar Commodities is based in Yorkshire and has an on-site technical development team responsible for innovation championing outstanding quality, performance and handling in gluten free foods. Eurostar Commodities mission is to create products for the food industry made from 100% natural ingredients, that are gluten and wheat free and produce high quality, tasty food products.

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# Gluten Free Range



# Gluten Free

*Light Meals And Savouries*

Gluten  
Free

## Cauliflower Tacos With Cashew Nut Mole



### For the Tortillas (makes 6)

- 300g **Eurostar Gluten Free Tortilla Flour**
- 200ml tepid water, enough to make a dough (do not use hot water as this will make the dough too sticky)
- ½ teaspoon salt (optional)

### For the filling

- 240g black beans (drained)
- 2 tbsp cashew butter (**Cashews**)
- 1 cauliflower
- 1 red chilli (use half)
- 1 handful of fresh coriander (use half)
- 3 garlic clove
- 1 lime
- 1 brown onion
- 1 spring onion
- 1 handful of fresh flat-leaf parsley (use half)
- 1 handful fresh tarragon (use half)
- 150g sweetcorn (drained)
- 2 tsp apple cider vinegar (**Sulphites**)

**\*\*Please note allergens in bold\*\***

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## Cauliflower Tacos With Cashew Nut Mole

### Method

1. Preheat the oven to 240C / fan 220C / gas mark 9. Remove the leaves from the cauliflower and discard; cut into florets. Place on a lined baking tray and drizzle with 1/2 tbsp oil; season with sea salt and black pepper. Roast for 15-20 mins, until soft and beginning to char.
2. Finely dice the brown onion. Finely chop the garlic. Heat a medium frying pan with 1 tbsp oil on a medium heat and cook the onion for 5-7 mins, stirring occasionally, until softened. Add the garlic and cook for another 2 mins. Split the onion and garlic into 3 placing 1/3 in a small mixing bowl and 1/3 in a small saucepan and leaving the remaining 1/3 in the frying pan. Drain the beans, rinse, then add to the small saucepan with the onion and garlic. Add 100ml water and simmer for 10 mins, until the liquid has evaporated. Roughly mash, transfer to a bowl and keep warm.
3. Finely chop all the herbs, saving a little coriander back for garnish. Add the herbs to the mixing bowl with the cooked onion and garlic, then stir in the cashew butter, vinegar, juice from half the lime, 1/2 tbsp olive oil and 1-2 tbsp water. Season with sea salt and stir well.
4. Drain the sweetcorn and add to the frying pan with the onion and garlic cook on a medium heat. Season with sea salt and black pepper, squeeze in lime juice (to taste), for 3-4 mins, until heated through.
5. Meanwhile, toast 3 tacos for 30 seconds per side in a fry frying pan then remove and keep warm in a clean tea towel. Repeat with the remaining tacos.
6. Finely dice the chilli (remove the seeds for less heat). Thinly slice the spring onion. Garnish the beans with the chilli, remaining coriander and spring onion. Halve the remaining half lime and serve with the cauliflower, salsa and tacos.

# Gluten Free

## Vegan Spiced Chickpea & Sweetcorn Fritters With Vegan Garlic Mayo



### Ingredients

- 80g **Eurostar Premium Gluten Free Plain Flour**
- 1.5 tsp salt
- 1/4 tsp gluten free baking powder
- 1.5 tsp curry powder
- 1.5 tsp chilli powder
- 1 tsp cumin powder
- 1/2 tsp black pepper
- 30g garlic roasted or raw
- 1tbsp lemon juice
- 80ml water
- 400g time chickpeas (drained and rinsed)
- 100g sweetcorn (drained and rinsed)
- 1/2 red onion chopped
- Hand full of chopped coriander
- Oil for frying

### Method

1. In a bowl, mix together the flour, salt, baking powder and spices.
2. Pour in the water and lemon juice and mix to combine.
3. Add the chickpeas, sweetcorn, onion, garlic and coriander.
4. In a frying pan, add enough oil to cover the bottom on a medium-high heat. Add about 1 tbsp of the mixture and cook for a few minutes on each side.

### For the Vegan Garlic Mayo

1. 1 garlic bulb
2. 15g of Aquafaba (1 whole tin of the liquid from drained chickpeas)
3. 1tsp salt
4. 1/2 tbsp white wine vinegar
5. 1tbsp olive oil
6. Rapeseed oil

# Gluten Free

## Spiced Chicken Wings



### Ingredients

- 2 tbsp **Eurostar Premium Gluten Free Plain Flour**
- 2 tbsp red chilli paste
- 2 tbsp ginger garlic paste
- 1 tsp soy sauce
- ½ tsp chilli vinegar
- 1 tsp salt
- 2 tbsp corn flour
- 1 tbsp kashmiri chillies – chopped (can use powder)
- 1 tbsp red chilli powder
- ½ tsp black pepper powder
- Pinch salt
- 3 tablespoon water adjust as needed

Makes 15 chicken wings

### Method

#### 1st Marination

1. Mix red chilli paste, ginger garlic paste, soy sauce, chilli vinegar, and salt.
2. Add chicken wings, coat the chicken with the marinade, and let the chicken marinate in the spice mix for 15-20 minutes (or longer).

#### 2nd Marination

1. In a bowl, mix corn flour, rice flour, gluten free flour, red & kashmiri chillies, salt & pepper, and add the mix to the marinated chicken wings, along with some water, and mix everything together. Adjust the quantity of water required little by little as there will be some moisture from the earlier marinade.
2. Create a thick paste-like marinade, and cover the wings .
3. Heat oil in a pan and add chicken wings (ensuring to spread the marinade evenly), a few at a time, don't overcrowd the pan, and fry for 5-7 minutes on medium flame, till the chicken has cooked, and has turned crisp and golden brown.

Serve fried chicken wings with a dip of your choice

# Gluten Free Thin Crust Pizza from Usha's Very Own



## Preparation time

Total preparation and baking time- 50- 60 minutes

- dough making- 10 minutes plus resting time of at least two hours.
- vegetables- 10 minutes plus roasting time of 15- 20 minutes
- rolling dough- 5 minutes
- baking minutes- 30 minutes (to include blind baking)

## Ingredients for the gluten free pizza dough

- 250g gluten free pizza flour (I used **Eurostar Food Della Terra Gluten Free Pizza flour**)
- 240ml warm water
- 5g of instant yeast (I used Allinsons Yeast Easy Bake)
- 1 tablespoon vegetable oil
- 7g salt

## Topping - use whatever combination of vegetable you prefer. I used the following

- 200g courgettes, sliced
- 1 green pepper, sliced
- 150g sweetcorn, tinned (drained) or frozen (thawed)
- 300g shiitake mushrooms, wiped and sliced
- 2 small red onions, sliced
- 1 green chilli, roughly chopped
- 2 tablespoons of vegetable oil plus extra for brushing over the blind baked pizza base and for sauteing the mushrooms
- salt and pepper
- 2 tablespoons of vegetable oil plus some for brushing on the blind baked pizza bases
- 400g tin of pizza sauce (I used Mutti Pizza sauce)

# Gluten Free

## Thin Crust Pizza from Usha's Very Own

### Method

1. Sift the flour and the salt into a bowl, Stir to blend. Add the oil and rub into the flour/ salt mixture.
2. Add a small amount of warm water to the dried yeast and blend to make a runny paste. Add c. 200ml of the remaining water to the yeast paste and stir to combine fully without it going lumpy.
3. Add the yeast water to the flour and mix to form a firm dough adding more of the remaining warm water as needed.
4. Knead the dough for a few minutes. Place back in the bowl (if you used a work surface to knead the dough), and cover with clingfilm.
5. Rest the dough at room temperature for at least two hours until it doubles in size. If the dough is not going to be used straight away, it can be stored in the fridge (in the clingfilm covered bowl) until needed.
6. Once the dough has doubled in size, preheat the oven to 180°C-200°C/375°F/Gas Mark
7. Knead it again for a couple of minutes, then divide it into two equal portions.
8. Roll out each portion to approximately 11 inch/28 cm diameter and place in a perforated pizza trays.
9. Prick the surface of the bases with a fork and place in the oven for 10- 15 minutes until the edges start to turn up an turn very slightly brown.
10. Whilst the bases are being blind baked (as in No. 9 above) place all the vegetables except for the mushrooms and sweetcorn in a bowl, add the oil and combine. Sprinkle with salt and pepper, mix this through the vegetables.
11. Spread the vegetables on a baking sheet and roast in the oven for 15- 20 minutes (same temperature as for the bases) turning them over half way through.
12. Place a small amount of olive oil in a pan and sauté the mushrooms. When almost done, add the sweetcorn and allow to cook through.
13. Combine the roasted and sauteed vegetables together once cooked and keep aside.

### Putting it all together

1. Brush all of the top side of the pizza bases (including the edges) lightly with vegetable oil.
2. Spread 200g (half the tin) of the pizza sauce evenly over each base.
3. Spread the vegetable evenly over the pizza sauce, then arrange the slices of mozzarella cheese over the top.
4. Bake in the oven for c. 15 minutes.
5. Remove and enjoy!

# Gluten Free

## Neapolitan Pizza With Tomato, Mozzarella & Basil



### Ingredients

- 500g **Della Terra Gluten Free Pizza Flour**
- 500ml water
- 20g olive oil
- 10g Alisons Easy Bake Yeast
- 14g salt

### Method

1. Dissolve the yeast in the water.
2. Mix the gluten free pizza flour with the yeast and the water.
3. Add the olive oil and lastly the salt. Mix well.
4. Let it rise for approximately 3 hours until the volume has doubled.
5. Sprinkle the worktop with flour and cut dough into balls of approx. 250g.
6. Roll out and add pizza ready or tomato sauce, mozzarella and basil for an authentic Neapolitan pizza.
7. Cook in a pre-heated oven at 220°C for 6-8min.

# Gluten Free

## Puri



### Ingredients

- 300g (approx. 3 cups) **Eurostar Gluten Free White Chapati Flour** (N.B. You can also substitute for **Eurostar Commodities Gram Flour**)
- 200ml (¾ cup) water
- 5ml (1 tbsp) milk
- 3g (½ tsp) salt
- vegetable oil, for frying

### Method

1. **Dough:** Place the flour in a large bowl.
2. Slowly drizzle in the water, while stirring the mixture to make it bind.
3. Knead the dough for 5 minutes so that everything sticks together well if it's too sticky and you can't knead add a little more flour.
4. Add the milk and salt.
5. Knead for another 5 minutes.
6. **Preparing the Puri Dough:** Wrap the ball of dough in cling film, and leave it to stand, in a warm spot, for at least 1 hour.
7. Divide the dough in 12 equal pieces.
8. Roll each piece into a ball then flatten, making it as round as you can. For best results, use a rolling pin I also used a small cup to cut out the perfect size and shape any cutter will do.
9. **Cooking the Puri:** Heat the oil in a large stainless-steel pot or fryer It shouldn't smoke. Test to see if the oil is hot enough by dropping a small piece of dough into the oil. The dough should fry up immediately and come to the surface. You know the oil is not hot enough when the puri does not puff up, is flat and instead is also soaking up oil.
10. Now drop the puri into the oil. While the puri is slowly coming to the surface, make sure to keep ladling in the hot oil on the surface. This helps the puri to puff up. Turn it so that it gets evenly reddish brown or golden yellow. Place it on a paper towel to drain off any oil. If fried correctly, it won't retain oil.
11. Fry the puri in batches.
12. You can make Prawn Puri and serve the prawns on top of the puri to make this a great Indian starter or just eat that with some yummy dips.

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## Aloo Paranthas from Usha's Very Own



### Makes 6

Total cooking and preparation time: around 65 minutes (potato boiling 20- 25 minutes, making the filling 15 minutes, making the paranthas approximately 25 minutes)

NB: The preparation of spring onions, garlic, chillies and the roti dough can be carried out whilst the potatoes are boiling.

Suitable for: Vegetarians, Vegans (use vegetable oil, not ghee, to brush/fry each side of parantha)

Serve piping hot with any curry and mint and coriander chutney.

Make one portion of gluten free roti dough using Eurostar Foods Gluten Free Flour.

### Gluten free roti (Chapati) Dough

Makes one portion sufficient for 6 rotis or 6 paranthas

Preparation time: 5 minutes. Resting time: 15 minutes

Suitable for: Vegetarians Vegans (use a vegetable oil instead of ghee or butter in the recipe) and those on a gluten free diet.

### Ingredients

- 200g **Eurostar Gluten Free Chapati Flour**
- 1 tablespoon of plant based milk
- 40- 60ml water (more if necessary)

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## Aloo Paranthas from Usha's Very Own

### Method

1. Add the milk to the flour in a bowl and mix until combined
2. Pour a small amount of water to the flour at a time to form a pliable dough.
3. Knead for a few minutes until the dough feels smooth, dipping your fingers in the water to add additional water if needed.
4. Cover the bowl with cling film and allow it to rest for 15 minutes or so.
5. Use as required.

### Rest of ingredients

300g waxy potatoes such as new potatoes, charlotte potatoes

- 1 bunch of spring onions, chopped
- 2 tablespoons rapeseed oil
- 1 teaspoon of whole cumin
- 1 clove garlic, finely grated/crushed
- ½ green chilli, finely chopped
- 1 teaspoon salt
- ¼- ½ teaspoon of haldi (turmeric)
- ¼ teaspoon garam masala
- ¼ teaspoon of amchoor (dried mango powder)
- Half a handful of chopped coriander leaves
- Butter/ghee/vegetable oil to brush each side of the parantha



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## Aloo Paranthas from Usha's Very Own

### Method

#### Potato Filling

1. Wash the potatoes and place them in a pan. Add enough water to just cover the top of the potatoes. Bring to the boil, turn down the heat to simmering, cover the pan and simmer until the potatoes can be 'pierced' readily with the tip of a knife. Should take about 20-25 minutes.
2. Drain the water and peel the potatoes, lightly mash with a potato masher or fork. Set aside.
3. Heat the oil in a frying pan, add the cumin and let it rise until it splutters.
4. Add the chopped onions, fry on medium heat for 5 minutes or until softened.
5. Add the garlic, chillies and spices. Stir for a few minutes.
6. Add the mashed potatoes and stir until the onion mixture and potatoes are evenly mixed.
7. Continue to cook on low to medium heat, stirring occasionally until the potato mixture easily comes away from the frying pan.
8. Add the chopped coriander and mix it through the potato filling above. Cook for a further two minutes.
9. Remove the potato filling from the pan and spread out on a plate to cool down.

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## Aloo Paranthas from Usha's Very Own

### Making the Paranthas

1. Place the tawa or frying pan on the hob and place on a medium to hot setting.
2. Knead the gluten free roti dough once again for a couple of minutes.
3. Divide the dough into 12 equal pieces.
4. Using two pieces of the divided dough, knead each one again using the palm of one hand and the fingers of the other hand to form two balls. Flatten each ball slightly with your fingertips then roll out each piece to form two circles roughly 2½ inches in diameter.
5. Place approximately 45g of potato filling in the centre of one of the circles. Place the second piece over the filling. Seal the edges by pinching along the whole circumference.
6. Press down lightly with your fingertips to flatten further.
7. Dust each side with dry flour and use a rolling pin to create a thin circle of about 7 inches in diameter.
8. Place the parantha on the hot tawa and allow it to cook on one side for a couple of minutes. Turn the parantha over and allow the still-raw side to cook for a few minutes, checking a couple of times and pressing lightly around the edges if needed.
9. Turn the parantha back over once the second side is fully cooked and coat the cooked side of the parantha with some ghee (c. ¼ teaspoon). Turn the parantha over once again and repeat the ghee coating process on this other side. Turn over once more and gently cook for a further 30 seconds or so. The parantha should be crisp on both sides, but soft in the middle.
10. Remove from the tawa and place the parantha on a clean tea towel folded over on a warm plate.
11. Repeat steps 4 to 10 until all paranthas have been made.
12. Serve hot.

# Gluten Free

## Garlic Bread Knots from Poppy



### For the garlic bread knots

- 225g of **Eurostar Premium Gluten Free Plain Flour**
- 1 full cup of Greek Yoghurt (fat free)
- 1 teaspoon of salt
- 50g of Mozzarella cheese
- 3 teaspoons of baking powder
- 2 cloves of garlic
- 30g butter

### For the dip

- Tin of chopped tomatoes
- Ground garlic
- Basil
- Black pepper
- Ground chilli
- ¼ teaspoon of **Eurostar Gluten Free Plain White Flour** to thicken

## Method

1. Mix all dry ingredients together.
2. Add yogurt.
3. Mix in food mixer.
4. Add cheese.
5. Mix again until in a dough ball.
6. Knead by hand (10-20 times).
7. Cut into 12 pieces.
8. Roll pieces into balls, then into snakes & knot them.
9. Brush with oil.
10. Bake 20-25 minutes 180°.
11. Cool for 10 minutes.
12. Melt butter & garlic in pan and add knots, turning for 2 minutes.
13. Sprinkle with Parmesan & parsley.
14. Add all ingredients for the dip into a pan and heat, add gf plain flour to thicken.

# Gluten Free

## Chapatis



### Ingredients

- 3 mugs / cups **Eurostar Gluten Free Chapati Flour** (around 300g)
- Enough cold/tepid water to make a dough (around 200ml)- ensure not to use hot water as this will make the dough sticky
- 1 tablespoon milk (optional)
- ½ teaspoon salt (optional)



*This is a traditional family recipe for chapatis, adapted to get the most from our gluten free chapati flour.*

## Method

1. Put the chapati flour into a large bowl
2. Add the water to the flour in small amounts to bind it – keep in mind that you are adding milk later, so be careful not to make the dough too wet.
3. Knead the mixture together properly so that its sticks together – for around 5 minutes
4. Add the milk and salt if using and knead it in for another 5 minutes.
5. Roll the mixture together and leave it to stand in a warm spot for at least one hour. Then form the dough into small balls and flatten down.
6. Dust plenty of flour over your rolling pin and work surface, make sure the flour is dry, this will stop your dough from sticking.
7. Roll out with a rolling pin into shape. Make the rotis thicker, if too thin they may fall apart.
8. Put the chapati flour into a large bowl.

# Gluten Free Tortillas



## Ingredients

- 300g **Eurostar Gluten Free Tortilla Flour**
- 200ml tepid water, enough to make a dough (do not use hot water as this will make the dough too sticky)
- ½ teaspoon salt (optional)

## Method

1. Put the flour and salt into a large bowl and add the water to the flour in small amounts to bind it, be careful not to make the dough too wet.
2. Knead the mixture together properly so that it sticks together – for around 5 minutes.
3. Roll the mixture together and leave it to stand in a warm spot for at least one hour. Then form the dough into small balls and flatten down.
4. Dust plenty of flour over your rolling pin and work surface to stop your dough from sticking.
5. Roll out gently with a rolling pin, be aware it is easy to tear the dough when rolling thinly.
6. Heat the pan, then cook the tortilla for 2 mins each side on a medium heat, until cooked through.



*The tortillas can be kept in the fridge for a couple of days but will dry out a little. Stack them on a plate with some baking parchment in between to stop them sticking together, or alternatively wrap in cling film. Can also be frozen.*

*This flour contains buckwheat flakes which will be visible in the cooked tortillas.*

# Gluten & Wheat Free Soft Flour Tacos from Sobia Bashir



## Ingredients

- 2 cups of **Eurostar Gluten Free Chapati Flour**
- 1 tsp xanthan gum
- 1/2 tsp gluten free baking powder
- Pinch of salt
- 1 heaped tbsp softened butter
- 2 cups boiling water

*Serves: 4-5 Prep Time: 15 Minutes*

## Method

1. Mix all the dry ingredients into a bowl.
2. Rub in the butter with your fingers until combined with the flour.
3. Pour in the boiling water and mix carefully with a wooden spoon until reasonably combined.
4. Once dough is cool enough to handle, knead thoroughly until smooth.
5. Leave to sit for ten minutes.
6. Place a frying pan or skillet on a medium heat.
7. Form into 12 even dough balls and roll each one to a 12-15cm diameter.
8. Cook each taco on the skillet for approx. 1 minute each side or until cooked.
9. Stuff with your favourite Mexican filling, dip in sriracha and eat.



*You can keep any unused tacos wrapped up for another day. They'll keep for a day or two if wrapped well enough. Make them vegan by using veg fat instead of the butter.*

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## Vegan Focaccia Bread



### Ingredients

- 250g **Gluten Free Della Terra Pizza Flour**
- 7g Alisons Easy Bake Yeast
- 2 tsp caster sugar
- 250ml warm water
- 1 tsp salt
- 3-4 tbsp olive oil (plus extra for drizzling/greasing)
- Fresh rosemary sprigs
- Pinch of mason sea salt

### Method

1. Place the warm water in a jug (it should be around skin-temperature) and stir in the caster sugar until dissolved. Add the yeast, stir and then cover with a tea towel and leave in a warm spot for 7-10 minutes. It should form a head like on beer- when it does it's ready to use.
2. Add the gluten free flour, 1 tsp salt to a large mixing bowl and stir.
3. When the yeast mixture is ready, form a well in the centre of the flour mix and pour in. Mix together with a wooden spoon until it forms a thick batter.
4. Add 3 tbsp olive oil to the mixture and fold in with the wooden spoon until mixed well.
5. Use 1 tbsp olive oil to generously grease a 20cm-diameter round tin. Pour the bread mixture in and use oiled fingers to spread it out evenly in a flat layer. Cover loosely with oiled clingfilm and place in a warm, draft-free spot for around an hour to prove.
6. Once the dough has proved, it should have expanded in size. Heat the oven to 220°C / Fan 200°C / Gas Mark 8. Use an oiled thumb or finger to poke dimples into the top of the focaccia dough and press sprigs of rosemary into these at random then sprinkle some Malden sea salt on top.
7. Drizzle with extra oil (around 1 tbsp) and bake in the oven for 20-25 minutes. The focaccia should be golden and crisp on top and sound hollow when tapped.
8. Remove from the oven. Allow to cool for 10-15 minutes before turning out of the tin and slicing up to serve.

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## Naan Bread



### Ingredients

- 150g **Eurostar Premium Gluten Free Plain Flour** plus extra for dusting
- 140g coconut yoghurt (or other yoghurt)
- 1tsp olive oil (or try flavoured olive oil) plus extra for drizzling
- sea salt
- chopped fresh herbs, such as coriander and flat leaf parsley (optional)

### Method

1. Add 150g flour, 140g yoghurt, 1 tsp olive oil and a pinch of sea salt to a bowl and mix with a fork, until it starts to clump together.
2. Dust your hands, work top and rolling pin with flour.
3. Press the dough into a large ball and then divide in half and shape into 2 balls.
4. Gently roll out each dough ball until roughly 5mm thick. Press round any edges that have split, to give a smooth edge.
5. Add the naan to a VERY HOT, DRY flat pan
6. Cook on both sides, for a couple of minutes, until the bread is just starting to blacken (this adds a lovely flavour).
7. Melt some butter and drizzle over the naan with chopped herbs and sea salt.

# Gluten Free Onion bhaji



## Ingredients

- 150g **Eurostar Premium Gluten Free Plain Flour**
- 2 tsp Turmeric
- 2 tsp Garlic Powder
- 2 tsp Cumin Powder
- 1 tsp Paprika
- 1 tsp Ginger Powder
- 4 red onions
- 400ml sunflower oil to fry

## Method

1. Peel and slice the onions into half moons.
2. Mix batter ingredients together in a mixing bowl. Whisk in 180 ml of water and mix until a thick, gloopy, smooth batter.
3. Add red onion and mix well.
4. Scoop a 2-inch ball of bhaji batter out of the mixing bowl and shape into a rough flat patty with your hands. Place the patty onto your tray or board. The patty should be about 4 – 5 cm in width.
5. Add bhajis to VERY HOT oil in a large heavy pan over a medium-high heat just covering the bhajis.
6. Fry for 3 minutes or until the underside side begins to crisp and take on a lovely golden brown colour. Flip the bhajis and cook the opposite side for 3 minutes more until evenly crisp and golden brown.
7. Remove from the pan onto kitchen paper to drain and salt to taste.

# Gluten Free Samosas



## Ingredients Samosa Pastry

- 225g **Eurostar Premium Gluten Free Plain Flour**
- 1 tsp xanthan gum
- Pinch of salt
- ½ tsp cumin seeds
- 75g natural yogurt
- 50ml vegetable oil, plus oil
- Water

## Ingredients Samosa Filling

- 2 medium potatoes, chopped and boiled
- 2 tsp Garam masala or spices of your choice (optional)
- Salt to taste
- 2 tbsp chopped coriander leaves
- 50g/2 oz frozen peas, defrosted

## Method

1. Mix gluten free flour, xanthan gum, salt, and cumin seeds.
2. Mix yogurt and oil with flour to create a dough. Add enough water to bring it together to a smooth dough.
3. Rest dough.
4. Prep filling by shallow frying oil, Garam Masala. Add boiled potato, peas, salt and coriander and cook for 4 mins. Leave to cool.
5. Roll small amounts of dough into a ball. Roll out a thin chapati. There are different ways to do this but our quick cheat is to cut the circular chapati in half. Fold into a triangular shape and fill the triangle carefully closing the top using a drop of water.
6. Heat oil in a pan and deep fry the samosas on a slow flame until golden brown. Drain on kitchen paper and allow to cool before serving.

# Gluten Free Flatbreads



## Ingredients

- 350g **Eurostar Gluten Free Mediterranean Style Flatbread Flour**
- 2tsp gluten free baking powder
- 600 ml natural/plain Greek yoghurt
- 1 tsp table salt
- 2tsp water if needed

## Method

1. Mix flour, salt, yoghurt, and baking powder together with a plastic spatula until mixed into a dough (use a little water if too dry).
2. Knead with hand until into a dough.
3. Separate into six pieces (for palm size bread).
4. Roll out to approx. 1cm thick.
5. Cook in a pan (spray with oil if you want toasted appearance or dry non-stick pan).
6. Cook 3 to 5 mins each side, may bubble whilst cooking.

# Gluten Free Vegan Cheese And Vegemite Scones



## Ingredients

- 225g **Eurostar Premium Gluten Free Self-Raising Flour**
- 50g dairy-free block margarine
- 125g vegan cheese
- ½ tsp salt
- 1 tbsp Gluten Free Vegemite
- 1 tbsp chives, finely chopped
- 60ml unsweetened almond milk plus a little extra for glazing

## Method

1. Preheat the oven to 200°C (fan) / 400°F / Gas Mark 6. Line a baking tray with baking paper and leave in the oven to get hot.
2. Tip the flour into a large bowl. Cut the margarine into small squares or chunks and add to the bowl.
3. Rub the margarine in to the flour with your fingers until the mixture resembles bread-crumbs.
4. Grate the cheese into the bowl and add the salt, and chives, mix to combine evenly. Add the Vegemite into the milk mix to combine then slowly add the milk mixture to your flour mixture and combine if it's too dry you can, then add cold water little by little (just a tsp at a time) until the mixture comes together into a dough. Try to work it as little as possible, just bring it together then leave it alone!
5. Tip the dough out onto a floured surface, then gently roll it with a rolling pin until it is about 1.5cm thick.
6. Use a small pastry cutter to cut out as many scones as you can from the dough and place them on the baking tray. Then re-roll the offcuts and keep going until all the dough has been used up.
7. Brush the tops of the scones with a little almond milk. (don't brush the sides as this will stop them rising), then bake for 15-20 minutes until golden brown. These are at their best still warm from the oven, but also freeze well so why not make a double batch and keep some for a rainy day!

*Gluten  
Free  
Sweet Treats*

# Gluten Free Victoria Sponge Cake



## Ingredients for the cake

- 125g **Eurostar Premium Gluten Free Self-Raising Flour**
- 125g Unsalted butter
- 125g Granulated sugar
- 3 eggs- large free range if possible
- Little extra butter for the tin

## Ingredients for the filling

- Jam- 6 tbsps
- Double cream- 50g
- Icing sugar-1 tsp

## Method

### Sponge Cake

1. Pre-heat the oven.
2. Take a little butter and rub it's around the edges and a little on the base of your cake tins, then cut out 2 circular pieces of parchment paper and place them on the bases of the tins.
3. Sieve the flour into a large bowl.
4. Cut the butter into small cubes and put them into a mixing bowl.
5. Break the eggs into the bowl, add the sugar and beat well.
6. Divide the mixture equally between the prepared baking tins.
7. Bake for around 25-30 mins or the cakes are just brown and start to come away from the side of the tin.
8. Turn the cakes out on to a wire rack, peel off the paper and leave to cool.

### Filling

1. Spread jam onto one cold sponge.
2. Whip the cream and spread it over the jam.
3. Place the second sponge on top.
4. Sieve the icing sugar over the cake.
5. If you want, you can always decorate it with a few fresh strawberries.

# Gluten Free Pancakes



## Ingredients

- 100g **Eurostar Premium Gluten Free Plain Flour**
- 2 large eggs
- 300ml milk
- Your choice of lemon wedges, caster sugar, honey, Nutella or a Hazelnut spread
- A little butter for frying

## Method

1. Put 100g Eurostar gluten free plain white flour, 2 large eggs, and 300ml milk into a bowl or large jug, and then whisk together into a smooth batter.
2. Tastes best if you let it settle for 30 mins but start cooking straight away if you don't have time.
3. Use a flat frying (or crepe pan) and use a little butter or oil wiped over the surface with kitchen paper.
4. Cook your pancakes for around 1 min on each side until golden, keeping them warm in a low oven as you go.
5. Serve with your favourite filling!



# Gluten Free Dosa



## Dosa batter ingredients

- 130g **Eurostar Gram flour**
- ½ tsp cumin seeds
- ½ tsp bicarb soda
- 300ml water

## Other Ingredients

- 1 tbsp butter (or ghee)
- 80g korma curry paste
- 1 red onion finely chopped
- 2 large tomatoes
- 1 aubergine cut in 1 cm pieces
- 1 handful chopped coriander leaves
- 500g beef mince
- 70g low fat Greek yoghurt
- Mango chutney to serve

## Method

1. Make the batter by mixing flour, bicarb, and cumin in a bowl until smooth. Season. Rest.
2. Add oil to pan and fry onions, aubergine for 5 mins, add beef for 5 mins and stir in curry paste for 1 min then add tomatoes for a further 2 mins. Remove from heat and cool.
3. Use a large flat bottomed pan to create a large 'pancake' shaped dosa – butter the pan first and cover the base with batter filling any holes, cook for 2 to 3 minutes and transfer to a plate – repeat for more dosas.
4. Spoon beef mixture into the centre of the dosa. Roll up loosely to enclose. Serve with extra coriander, yoghurt, and chutney – yum!

# Gluten Free Vegan Scones



## Ingredients

- 340g **Eurostar Premium Gluten Free Self-Raising Flour**
- 175ml almond milk
- 1 tsp gluten-free baking powder
- 3 tsp lemon juice
- 85g stork margarine
- 1 1/2 tsp vanilla extract
- 4 tbsp caster sugar
- A little almond milk for glazing

## Method

1. Preheat your oven to 220°C/200°C fan/425°F. Line a baking sheet with parchment/baking paper.
2. Place your gluten free self-raising flour, and baking powder in a bowl. Chop your stork margarine into cubes and add that to the flour. Rub it in with your fingers till it forms what looks like breadcrumbs.
3. Stir in your caster sugar.
4. Gently warm your milk (I pop it in the microwave for about 35 seconds, don't let it get really hot, just lukewarm). Then add your lemon juice and vanilla extract. Put to one side to cool briefly.
5. Place your baking sheet in the oven whilst you make your scones. It helps that the baking sheet is hot when you place your scones on it.
6. Make a well in the middle of your dry mixture. Pour in milk and work it in using a metal spoon. Keep working it till it forms a dough (it might be a little sticky).
7. Flour (gluten free!) your work surface and your hands. Get the dough out of your bowl and fold it over a few times to bring the dough together. Then bring the dough into a rounded shape about 3.5–4.5cm (1¼–1¾in) thick. The taller, the better!
8. Using a cutter (about 45–55mm/1¾–2in wide) push down into the dough and bring out your scones with the cutter. Push them out of the cutter and put to one side till you have used up all the dough (keep re-rounding the dough).
9. Brush the tops of the scones with an almond milk.
10. Place the scones onto the hot baking sheet and pop them into the oven for about 12–15 minutes. They should be golden on top and have a golden base too.
11. Serve up warm with whatever you fancy.
12. You can rewarm them up later, eat them cold, or even freeze them for another day.

Gluten  
Free

## Mini doughnuts



### Dough Ingredients

- 270g **Eurostar Premium Gluten Free Plain Flour**
- 1.5 litres vegetable oil for frying
- 70g caster sugar
- 2.5 tsp gluten free baking powder
- 2 eggs
- 120ml milk
- 2 tbsp unsalted butter (melted to be totally liquid- it took 15 seconds in my microwave)

### Method

1. Start by heating up 1.5l of vegetable oil in a saucepan to 170-180c. It should be around 1.5 inches deep- the smaller the saucepan, the less oil you'll need. Make sure the oil isn't too close to the top of the saucepan! Equally you can use a deep fat fryer if you have one.
2. While that's heating up, create your batter. In a large mixing bowl, add your gluten free flour, baking powder and sugar.
3. In a smaller mixing bowl. Crack in your eggs, add your milk and your melted butter spread. Whisk by hand until all incorporate nicely.
4. Add your wet mixture to your dry mixture and whisk by hand until smooth. The consistency should be nice and thick. The runnier it is, the worse it will be to work with. If it just constantly streams off your whisk when you lift it, it's too runny so you can add a little more flour if it's too firm add a little more milk.
5. Hopefully your oil has now reached 170-180c. I test the temperature using a digital cooking thermometer. If you don't have one, simply drop in a little batter. If it sizzles, it's probably about right to start cooking. There should be no oil spitting at any point!

Gluten  
Free

## Mini doughnuts

6. If your dough is firm you can roll out a ball by hand just simply roll it in your palms very gently if it's a little looser consistency Scoop a nice level ice-cream scoop of your batter and drop it into your oil from an inch or so above the oil. The key to getting a nice round shape is to not let it drip out of the scoop for too long after it's plopped into the oil. This can take some practise to get the right shape.
7. Cook each doughnut for around 1-2 minutes, making sure you turn them over if they keep floating on one side. Occasionally check that your oil is still within the 170-180c temp range if you can. When they're nice and tanned/golden, remove them from the oil and allow them to drain on some kitchen roll.
8. Finally, roll your doughnuts around in a bowl of sugar once cooled and enjoy! Serve up with a little jam to dip them in- it's divine. If you fancy it you can always use a piping bag and fill them with a filling of your choice.



*These doughnuts are best enjoyed hot, fresh and eaten ASAP, but you can always warm them up again in the microwave to restore them to their full glory too. Enjoy!*

# Gluten Free Iced Buns



## For the buns

- 230g **Eurostar Premium Gluten Free Plain Flour**
- 100g butter melted
- 275g Greek yoghurt
- 2 1/2tsp gluten free baking powder
- 1/2tsp xanthan gum (this is optional)
- 100g caster sugar

## For the icing

- 200g icing sugar
- 1tsp vanilla extract
- sprinkles- ensure they are gluten free

## Method

1. Preheat your oven to 160C Fan / 180C.
2. Line a small baking tray with baking paper.
3. Mix all your bun ingredients together in a bowl until a dough is formed.
4. Rest dough for 25 minutes – we find that if you let the flour soak up liquid then it becomes less sticky and easier to work with.
5. Measure out 100g of dough per iced bun and roll it into an iced finger shape (10cm)
6. Place each bun on the baking tray.
7. Bake for 25-30 minutes.
8. Remove to cooling rack.
9. Mix together icing sugar, vanilla extract and gradually add a tsp of water at a time until you get to the right consistency. You don't want it to be too thin or it will drip off. You want it to be almost spreadable.
10. Dip your buns into the icing sugar and sprinkle prettily!

# Gluten Free Mince Pies



## Ingredients

- 320g **Eurostar Premium Gluten Free Plain Flour**
- 160g chilled butter
- 3 dessert spoons icing or caster sugar
- 1 egg
- Cold water to mix
- Mincemeat for the filling

## Method

1. Sift the flour into a bowl and then chop up the cold butter and add to the flour. Using the butter cold makes it easier to rub in. Rub the butter into the flour until it forms a breadcrumb like mix. Add in the sugar. The mix can feel quite 'short', where you can feel the butter initially, but adding in the sugar dries out the mix a little. Whisk the egg and slowly add to the mixture until it binds, using a spoon or your hand, making sure you don't add too much and the mixture becomes sticky. Roll the mixture into a rough ball. If you need more liquid to combine the mixture, slowly add in a little cold water. Wrap or cover the pastry and leave in the fridge for 30 minutes to chill.
2. Heat your oven to 170° fan and grease your pie tin.
3. Gluten free pastry does not handle in the same way as pastry made with wheat flour – it does not have the same suppleness and elasticity, as it is gluten which gives this to regular pastry. Roll the pastry out gently, using plenty of dusting flour as it sticks easily. Don't try to roll it too thinly.
4. Cut out your mince pie bases and put into the tin. Add in a teaspoon full or so of mincemeat, and top with a lid of whatever shape you prefer. You can brush with milk or egg to give the pastry a darker colour on top as it cooks if you wish.
5. Cook in the preheated oven for 10-15 minutes – keep an eye out as the pastry can burn more easily. Turn out onto a wire rack to cool.

# Gluten Free

## Mini croissants



### Dough Ingredients

- 250g **Eurostar Premium Gluten Free Plain Flour**
- 14g Alisons Easy Bake Yeast
- 50g unsalted butter (cold)
- 120ml milk
- 50g caster sugar
- 2 tsp xanthan gum
- Pinch salt
- 1 egg (for brushing)
- Extra gluten free flour (for dusting)

### Butter Packet

- 25g unsalted butter (cold)
- 1-2 tbsp plain gluten free flour



*We made mini croissants which helps with the stretch of the dough.*

### Method for the dough

1. Heat milk in a saucepan over a low heat until it reaches 40°C.
2. Remove from heat and stir in 20g sugar and then add yeast and stir. Cover with a tea towel and leave in a warm spot for 5-10 minutes until it forms a lovely froth.
3. Add the remaining caster sugar, gluten free flour, xanthan gum and salt to mixing bowl. Stir well.
4. Cut the cold butter into chunks and add to the flour mix. Using your fingers, rub the flour mixture into the butter pieces, until it looks like fine breadcrumbs. Do this until there are no big lumps of butter left.
5. Pour frothy yeast into the flour/butter mix. Stir together using a wooden spoon until it becomes thick. Use hands to form a smooth, slightly sticky dough. Wrap in clingfilm and place in the fridge.

# Gluten Free

## Mini croissants

### Make the butter packet

1. Place a sheet of baking paper out on the worktop and dust with ½ tbsp gluten free flour. Cut the cold block of butter into two rectangles and place down on the sheet next to each other.
2. Sprinkle another ½ tbsp gluten free flour over the top of the butter then cover with another sheet of baking paper. Use a rolling pin to press- and then roll- the butter and flour out into a rectangle shape, approximately 18cm x 10cm.
3. Remove the top sheet of baking paper and wrap the butter packet in the bottom sheet. Place in the fridge (on a flat surface so it keeps its shape) until both the dough and the butter are the same temperature for an hour.

### Folding

1. When the dough and butter are chilled, remove the dough from the fridge. Place a large piece of clingfilm on the worktop and lightly dust with flour.
2. Place the ball of dough onto the floured clingfilm then roll into a rectangle around 6mm thick. Keep the edges as straight as possible.
3. Remove the cold butter packet from the fridge and carefully unwrap it. Place it towards one of the short ends of the rectangle of dough. It should have a small border around the edges and then a length of dough to one side of it.
4. Roll the dough with no butter on it towards the centre and over the dough.
5. Then carefully roll the uncovered piece of dough and butter back over the top of the first fold.
6. Chill it again for 30 minutes. Mark one end with an x so you can remember which way to roll it when you take it out.

Gluten  
Free

## Mini croissants

### Roll, Fold, Chill & Repeat

1. Remove chilled dough from the fridge. Place it back down on lightly floured clingfilm in exactly the same position it was before (using the X to guide you). Turn the dough 90 degrees clockwise, then cover with a piece of clingfilm.
2. Carefully roll the dough out in ONE DIRECTION so it forms a long rectangle, again around 6mm thick. Try to keep the edges as straight as possible. You may find it helps to press the dough out a little with the rolling pin, before rolling.
3. Once you have a rectangle, repeat the exact same folding process as before. Mark the end further from you with an X and wrap and place back in the fridge for another 30 minutes. When rolling, try to brush off any excess flour with a pastry brush so you don't end up adding a lot of extra flour to the mix.
4. Repeat this process a further two times, and then wrap the dough and place in the fridge for an hour. If at any point you start to notice the dough splitting and exposing the butter, you can gently pat a tiny dusting of flour over the top then brush off any excess.

### Shape

1. Once your dough has chilled, remove it from the fridge and place it down onto a sheet of clingfilm. Place another sheet of clingfilm out on top. Carefully roll the rectangle out, as before, into a rectangle around 6mm thick.
2. Using a sharp knife or pizza cutter, trim the edges so that you have a rectangle of dough.
3. Use a ruler to measure the longest side and then cut the dough into three rectangular pieces.
4. Next place your ruler diagonally across each rectangle, from corner-to-corner, and cut each piece in half into two triangle shapes.
5. Carefully lift each triangle up from the clingfilm and lay it back down onto a fresh, lightly floured surface. Roll the dough loosely from the larger end of the triangle in a swirl.
6. Place the croissants onto a lined baking tray with plenty of space between them, with the smallest end of the roll on top. Repeat until you have rolled all of the dough.

Gluten  
Free

## Mini croissants

### Prove

1. Once you have shaped all the croissants, loosely cover them with a lightly oiled piece of clingfilm and place in a warm spot to prove.
2. These croissants will need to prove for at least one hour. They will puff up a little and become marshmallow-y to the touch, and you may start to see some layers on the cut edges. It will only be a small change in size.

### Chill then bake

1. Once the croissants have proved, place the tray back in the fridge for an hour. DO NOT SKIP THIS STAGE. It is super important to ensure they are nice and cold when they go in the oven! You can also leave them overnight at this point and then bake them fresh in the morning.
2. When the croissants have had at least an hour in the fridge, heat the oven to 200°C / Fan 180°C / Gas Mark 4.
3. Once the oven had reached temperature, remove croissant tray from the fridge. Gently brush the tops of each croissant with a beaten egg (egg wash).
4. Place the tray into the oven. Bake for 15-20 minutes until they puff up and become flaky and golden. Keep an eye on them- if they turn brown too quickly turn the oven down a little, or place a little foil loosely on top.
5. Cool on a cooling rack.

# *Acknowledgements*

Page 11, Gluten Free Thin Crust Pizza

Recipe from Usha Gupta

[www.ushasveryown.com](http://www.ushasveryown.com)

Page 17, Gluten Free Aloo Paranthas – from Usha’s very own

Recipe from Usha Gupta

[www.ushasveryown.com/content/aloo-potato-paranthas](http://www.ushasveryown.com/content/aloo-potato-paranthas)

Page 18, Gluten Free Garlic Bread Knots

Recipe from Poppy-Pilkington-Binns

Page 21, Gluten & Wheat Free Soft Flour Tacos

Recipe from Sobia Bashir

[www.sobiabashir.com](http://www.sobiabashir.com)



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