

Chocolate nut chip skillet cookie

1/2 cup Olive Black Extra Virgin Olive Oil, lime
2 cups Bakels Gluten free flour
1 cup Fresh life Almond flour
1/2 tsp flakey sea salt
1 Tbsp baking powder
1 ¼ cup sugar
½ cup dark brown sugar
3 eggs
1 vanilla pod or 1 tsp extract
1 cups mixed white & 70% dark chocolate chips
1/2 cup white chocolate chips
1 cup chopped nuts
Ice cream to serve

Preheat the oven to 160°C and grease a 12-inch cast iron skillet with a drizzle of olive oil.

In a medium mixing bowl, whisk together the flours, baking powder, and salt. Set the bowl aside.

In another bowl mix together the oil and sugars until incorporated, Add eggs, one at a time, until mixed in, then add the vanilla and beat until combined.

Add the flour mixture into the bowl and mix until the dough comes together then add in the chocolate chips and nuts until combined. Transfer mixture into the skillet, sprinkle with salt flakes and bake for 30/35 minutes until just cooked in the centre.

Remove it from the oven and allow it to cool for 10 minutes before serving topped with ice cream.

Prawn, corn and coconut fritters

Olive oil
3 rindless bacon rashers, cut into pieces
½ red onion, cut into halves
15g fresh coriander, leaves only, plus extra for garnishing
60g milk
4 eggs
100g Bakels Gluten Free flour
30g coconut, flakes
1 tsp baking powder
250g prawn meat, roughly chopped
150g canned corn kernels, drained
lemon juice, to taste
salt, to taste

Heat a frying pan, then sauté the bacon until crispy, drain and set aside.
Make the batter by mixing together the flour, eggs, baking powder. Add in the onion, coconut, bacon, coriander, prawns and corn kernels.

Season with salt, pepper and lemon.

Fry a spoonful of fritter mix in a medium heated non stick pan or 1-2 minutes on each side until browned and cooked through.

Garnish

1 spring onion
2 courgettes, peeled into ribbons
Coriander, picked
1 red chilli, sliced
3 Tsp tamari or Lee Kim Kee GF soy sauce
1 Tbsp GF Mizkan rice vinegar*
Pinch of sugar
1 tsp sesame oil
Knob Ginger, grated
wasabi mayonnaise, to serve
lemon, cut into wedges, to serve

Make a dressing with the tamari, rice vinegar, sugar, sesame oil and ginger.
Mix through the courgette ribbons, chill, spring onions and coriander, then dress until seasoned. Serve with the fritters along with the wasabi mayo and lemon wedges.

Notes:

While rice vinegar inherently has **no gluten, the added grains to the vinegar might be problematic. Some Asian labels might not specify if they are gluten-free, so carefully read through the ingredient list using. The only vinegar that needs to be avoided is malt vinegar. Malt vinegar is not distilled, and malt is derived from barley, a grain that is not gluten-free.*

Honey soy chicken

2 Tsp honey
3 Tsp Kikkoman Gluten Free soy sauce
1 tsp sesame oil
1 Tsp apple cider vinegar
1/2 tsp chilli flakes
1/2 cup corn flour
2 Tsp brown sugar
1 egg whisked
2 Waitoa Chicken breasts
Oil
1 chilli, sliced
3 garlic cloves, crushed
1 spring onion for garnish, slices

In a small bowl, whisk the honey, GF soy sauce, vinegar, sesame oil and chilli flakes together, set aside.

Combine the corn starch and sugar in a bowl, whisk egg in a separate bowl, then add chicken to egg the coat in the flour mixture. Toss in the chilli and garlic and fry in a pan with a little oil until crispy on all sides, 2-3 minutes.

Pour over the sauce and cook until glazed then garnish with the spring onions.