



## **Barkat Gluten Free & Wheat Free Flour Mix Recipes**

### **Bread Rolls**

#### **Ingredients**

- 500g/1lb Barkat Flour Mix
- 200ml/7fl oz Warm Water
- 200ml/7fl oz Milk
- 1 Sachet dried yeast
- 20g/1oz Margarine
- Pinch of salt

#### **Method**

1. Rub fat into the flour and salt.
2. Dissolve yeast in water and milk.
3. Add yeast mixture to flour mix until a stiff dough is formed.
4. Divide the dough into 15 pieces. Shape as required and place on a greased baking tray.
5. Cover with a plastic bag and leave in a warm place for 40-45 mins.
6. Brush with egg and bake at 210 C Gas Mark 7 for 20-25 mins or until golden brown.

### **Bread-maker Recipe**

#### **Ingredients**

- 500g/1 lb Barkat Flour Mix
- 500ml Tepid water
- 2 Pinches of salt
- 7g of Dry yeast or 25g of fresh yeast
- 2 Tablespoons of vegetable or sunflower oil

#### **Method**

1. Dissolve the yeast in 500ml of tepid water.
2. Fill the baking tin with the water and yeast, then add the oil.
3. Mix in the 500g of Barkat Flour Mix.
4. Sprinkle the salt over the mix.
5. Fast bake by following the breadmaker instructions.

### **Soda Bread**

#### **Ingredients**

- 225g/8oz Barkat Flour Mix
- 25g/1oz Margarine
- 1 level tsp Bicarbonate of soda
- 170ml/6fl oz Sour milk or buttermilk
- Pinch of salt

#### **Method**

1. Rub the margarine into the Barkat Flour Mix and add salt.
2. Dissolve the bicarbonate of soda in the milk and add the Barkat Flour Mix.
3. Knead lightly and form into a round loaf.
4. Place on a baking sheet and bake in the centre of the oven at 475 F/240 C or Gas Mark 8 for 15 mins.
5. Lower heat to 375 F/190 C Gas Mark 5 and bake for a further 10-15 mins.

### **Cheese & Tomato Quiche**

#### **Ingredients**

- 225g/8oz Barkat Flour Mix
- 100g/4oz Margarine or white shortening
- 150-200ml/7fl oz Water
- Salt and pepper to taste
- Pinch of salt

#### **Filling**

- 325g/12oz Grated cheese
- 2 Tomatoes
- 3 Eggs
- 275ml/10fl oz Milk
- Salt and pepper to taste

#### **Method**

1. Rub fat into Barkat Flour Mix and salt until mix resembles fine breadcrumbs.
2. Add water gradually until a dough is formed. This dough should leave the bowl clean.
3. Roll out pastry to fit 9 to 10 inch quiche dish.
4. Bake the case "blind" in an oven set at 400 F/200 C Gas Mark 6 for approx 10 mins.  
There is no need to use baking beans as Barkat pastry does not shrink or rise in the oven.
5. Put grated cheese into pastry cases and slices of tomato on top of cheese.
6. Whisk together eggs and milk until a smooth mix is obtained. Add salt and pepper to taste and pour over cheese and tomatoes.
7. Bake in an oven set at 375 F/190 C Gas Mark 5 for 40-45 mins until quiche is set and golden brown.



## Apple Pie

### Ingredients

- 225g/8oz Barkat Flour Mix
- 110g/4oz Margarine
- 50g/2oz Caster Sugar
- 1 Egg
- 2 or 3 tbsp Water
- 450g/1lb Cooking apples
- 50-75g/2-3oz Caster sugar

### Method

1. Rub margarine into the Barkat Flour Mix until mix resembles fine breadcrumbs.
2. Add sugar and stir, add egg and enough water to form a soft dough. This dough should leave the bowl clean. Divide dough into 2 pieces, using 1 piece to line the bottom of a greased pie dish.
3. Peel, core and chop apples and place in pie dish. Sprinkle with sugar to taste.
4. Roll out pastry to fit top of dish. Moisten edge of base pastry and place top pastry onto dish. Flute edge and trim.
5. Out of the trimmings, make 4 leaves for the centre of the pie. Make 2 holes in pastry to allow steam to escape.
6. Bake in oven set at 350 F/180 C Gas Mark 4 for 40-45 mins, until apples are tender and pastry is golden.

## Victoria Sandwich

### Ingredients

- 100g/4oz Barkat Flour Mix
- 100g/4oz Margarine or butter
- 100g/4oz Caster sugar
- 2 Eggs (Lightly beaten)
- ½ tbsp Jam
- Icing sugar

### Method

1. Grease 2 18cm/7inch sandwich tins.
2. Sieve together Barkat Flour Mix and baking powder.
3. In a separate bowl cream the margarine and sugar until light and fluffy.
4. Gradually beat in the eggs adding a little of the Barkat Flour Mix each time to prevent curdling
5. Fold in the remaining Barkat Flour Mix.
6. Divide the mixture between 2 tins and level the tops.
7. Bake in a pre-heated oven at 350 F/180 C Gas Mark 4 for 20-25 mins, or until the cakes are springy, firm to the touch and golden in colour.
8. Turn out and cool on a wire rack.
9. When cold, sandwich the 2 cakes together with the jam and dust with icing sugar.

## Scones

### Ingredients

- 450g/1lb Barkat Flour Mix
- 6 level tsp Baking powder
- 100g/4oz Margarine
- 50g/2oz Sugar
- 2 Eggs
- 150ml/5fl oz Water
- 100g/4oz Sultanas (Optional)
- Pinch of salt

### Method

1. Mix Barkat Flour Mix, baking powder and salt together and rub in margarine until mix resembles fine breadcrumbs.
2. Add sugar and mix to soft dough with egg and water.
3. Add sultanas if required.
4. Turn on to a lightly dusted work surface (with Barkat Flour Mix) and roll out to approx ½ inch thick.
5. Using a 2 inch cutter, cut scones out of the dough and place on a greased baking tray
6. Brush top of scones with beaten egg and bake near the top of the oven at 450 F/220 C Gas Mark 8 for 10-12 Mins.

## Carrot Cake

### Ingredients

- 225g/8oz Barkat Flour Mix (Sieved)
- 225g/8oz Butter or margarine
- 225g/8oz Soft brown sugar
- 4 Eggs
- ½ tsp Baking powder
- ½ tsp Salt
- 1 tsp Grated nutmeg
- 3tsp Mixed spice
- 350g/12oz Grated carrots

### Method - Cake

1. Line and grease a deep 20cm/8inch round cake tin.
2. Cream the butter or margarine and sugar until light and fluffy.
3. Add the eggs gradually, adding a little Barkat Flour Mix after addition to prevent the mixture from curdling
4. Fold in the remaining Barkat Flour Mix, salt spices and baking powder and finally the grated carrot.
5. Spoon mix into cake tin, level the top and bake at 325 F/160 C Gas Mark 3 for 1 hour 30 mins or until a skewer, inserted in the centre comes out clean.
6. Cool in the tin for 5 mins before turning the cake out on to a wire rack to cool completely.

### Icing and decoration

- 225g/8oz Icing sugar
- 2 tbsp Water
- Chocolate or walnuts

### Method - Icing

1. Beat the icing ingredients
2. Pour over the top of cake and spread with a palette knife