

## Gluten Free Foods - Product of the Month

### BARKAT SAGE & ONION STUFFING MIX

Free from Gluten, wheat, milk and soya.

Price £2.49



Its not too late to order your BARKAT gluten and wheat free Sage & Onion Stuffing Mix. Orders placed before the Friday 16th December for deliveries before Christmas. Don't be left out this Christmas, order now, avoid delay and disappointment ! If you do not eat Turkey, you can still enjoy the sage & Onion Stuffing Mix as with all the BARKAT products they are manufactured to a Vegetarian standard and dedicated gluten and wheat free!

On behalf of all at Gluten Free Foods Ltd we wish you a very Merry Christmas

For more info : [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) or email : [info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)

## Gluten Free Foods - Recipe of the Month

### Mince Pies

150g/6oz	Barkat Flour Mix
75g/3oz	Margarine
25g/1oz	Sugar
1	Egg
2 or 3	Tablespoons of water
1 jar	Gluten Free Mincemeat

1. Rub margarine into Barkat Flour Mix until mix resembles fine breadcrumbs.
  2. Stir in sugar, add egg and enough water to form a dough
  3. Knead the dough until it leaves the bowl clean.
  4. Turn pastry onto a floured board and knead until dough is pliable
  5. Roll pastry out to about quarter inch thick.
  6. Cut Out discs and place onto a bun tin
  7. Put 1 teaspoon of mincemeat into each disc
  8. Gather scraps of pastry together and knead again. Roll pastry out and cut out the tops and place on pies.
  9. Bake for 20 mins
- Delicious served warm, sprinkled with icing or casting sugar.

#### Variations:

- Make 1 large pie instead of small pies.
- Mincemeat flan-line a flan case with pastry and fill with mincemeat.

Bake for about 30 mins. When cold make a water icing (icing Sugar and water) Flavoured with rum or brandy and pour over top of flan.

### Barkat Flour Mix

Flour Mix for Bread and Cakes

Free from Gluten, wheat, egg and yeast  
 (yeast sachet included in box)

Price £5.50



For more info : [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) or email : [info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)

## Gluten Free Foods - About us

Since 1994, we have been manufacturing a wide range of foods suitable for Gluten and Wheat free diets, to the high standards using ONLY the finest ingredients.

Choose from over 50 products, available from all leading health food stores, pharmacies, selected supermarkets and on our dedicated order page delivered direct to your home or office

For more info : [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) or email : [info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)