



## Gluten free and Wheat free recipes...



Gluten Free Wheat Free Gluten Free Wheat Free Gluten Free Wheat Free Gluten Free Wheat Free

PLEASE NOTE: The photos shown are for reference ONLY and are NOT serving suggestions.

### BREAD

Ingredients: 500g Barkat Bread Mix, 400ml Tepid Water

Method:

1. Pre-heat the oven to 180°C/350°F, Gas Mark 4.
2. Place all 500g of Barkat bread mix into a mixing bowl and add water.
3. Beat slowly at first using an electric mixer or by hand; first slowly and then at a moderate speed until a smooth dough is obtained.
4. Divide the dough into either two greased 1lb loaf tins or one 2lb loaf tin.
5. Bake in a pre-heated oven for approximately 40 minutes.



### PIZZA BASE PASTRY

Ingredients: 175g/6oz Barkat Bread Mix, 1 Egg (size 3), 50g/2oz Hard lard or Margarine, Pinch of Salt

Method:

1. Pre-heat the oven to 220°C/425°F, Gas Mark 7.
2. Place Barkat Bread Mix and salt into a mixing bowl.
3. Rub lard or margarine into the mix until mixture resembles fine breadcrumbs.
4. Add beaten egg and cut in with a knife until mixture forms a dough.
5. Roll out dough to 1/4 inch thick and line an 8 inch greased pizza dish and top with filling of your choice.
6. Bake in oven for 12mins.



### YORKSHIRE PUDDING

Ingredients: 100g/4oz Barkat Bread Mix, 8 tablespoons Milk, Pinch of Salt, 2 tablespoons Water, 1/2 teaspoon Gluten Free Barkat Baking Powder, 2 Eggs (size 3)

Method:

1. Pre-heat oven to 180°C/350°F, Gas Mark 4.
2. Place all the ingredients into a mixing bowl. Mix well and spoon into a bun tin.
3. Bake on top shelf of oven for 20minutes.



### CHAPPATI

Ingredients: 2 tablespoons Barkat Bread Mix, 1 1/2 tablespoon Water

Method:

1. Mix water and Barkat Bread Mix together
2. Roll out and fry





## Gluten free and Wheat free recipes...



Gluten Free Wheat Free Gluten Free Wheat Free Gluten Free Wheat Free Gluten Free Wheat Free

PLEASE NOTE: The photos shown are for reference ONLY and are NOT serving suggestions.

### HOT CROSS BUNS & FRUIT LOAVES

Ingredients: 500g Barkat Bread Mix, 1 teaspoon Gluten Free Baking Powder, 1 teaspoon Mixed Spice, 100g/4oz Currants, 50g/4oz Mixed Peel, 50g/4oz Caster Sugar, 2 Eggs (size 3) 8 drops Vanilla Essence, 400ml/14oz Tepid Water

For glaze: 1 Egg, 2 tablespoons Caster Sugar

Method:

1. Pre-heat oven to 180°C/350°F, Gas Mark 4
2. Place all dry ingredients into a mixing bowl and mix well.
3. Add beaten eggs and vanilla essence and mix until mixture resembles fine breadcrumbs.
4. Add the water slowly and beat well.
5. Place mixture into the bun tins using a wooden spoon.
6. Level mixture with the back of a spoon.
7. Make crosses on the top by cutting with a sharp knife.
8. Fill cross with paste made from 2 oz of Barkat Bread Mix and 2 tablespoons of water mixed together.
9. Glaze with beaten egg and 2 tablespoons of caster sugar mixed together.
10. Leave tins in warm place until mixture doubles in size.
11. Bake in oven for 20-25 minutes.
12. Remove from oven.



For fruit loaf, follow the same recipe but use single loaf tin and bake for 25-30 minutes.

### BASIC SPONGE MIX- all in one

Ingredients: 225g/8oz Barkat Bread Mix, 100g/4oz Sugar, 100g/4oz Soft Margarine 4 Eggs (size 3)

Optional: Add 1 level tablespoon Gluten Free Cocoa Powder or add 100g/4 oz of any Dried Fruit

Method:

1. Preheat oven to 180°C/350°F, Gas Mark 4.
2. Place all ingredients into a mixing bowl and beat well until mixture is a soft dropping consistency.
3. Place mixture into a greased loaf tin and bake for 30 minutes.
4. Remove cake from tin and place on cooling rack.
5. Dust with icing sugar-optional.



### DOUBLE CHOCOLATE MUFFINS

Ingredients: 175g/6oz Barkat Bread Mix, 50g/2oz Cocoa Powder, 110g/4oz Soft Margarine 4oz of Castor Sugar, 4 Eggs (size 3), 50g/2oz Chocolate Chips

Method:

1. Pre-heat oven to 180°C/350°F, Gas Mark 4.
2. Mix all the ingredients together for 2 minutes.
3. Divide the mixture into muffin cases (should make 10 muffins).
4. Bake for approx 20 minutes

