



Naked Baking

By Susanne Wells



INTRODUCING NAKED BAKING!

A new concept in recipe books that is keeping pace with the electronic age and the gluten free eating revolution!

As more and more people are being encouraged, either by necessity or choice, to omit gluten from their diets, up have sprung many products and recipe books that cater for this need.

As a private baker, in my business *Godiva's Naked Fare*©, in Brisbane, my customers would ask me about helping them to expand their thinking and creativity in baking gluten free. So if you are new to baking Welcome! The recipe instructions are all clear and there are many tips and explanations to help you along the way. Being on 'old-fashioned cook', I use only pure ingredients. If you have an intolerance to anything other than gluten - like dairy, sugar or egg you may substitute the other ingredients that you would already use in place of these.

Naked Baking is distinctive because it not only offers simple and practical recipes but also variation tips and how-to hints that I have gathered over many years of baking. Though there are some different ingredients that are used in gluten free baking, the methods are the same as they have always been. And just by substituting the gluten containing component in a recipe from a magazine or book, you can expand your thinking and take charge of your well-being.

What also sets this book apart from the crowd is that it is available as a downloadable PDF document. It is very appealing as it encourages an eco-friendly approach to a published recipe book through the use of technology that we all use every day.

So go on, download this affordable and informative recipe book. Use it as a paperless recipe book in your kitchen via your computer or one of the many forms of technology that are hand held. Or if you prefer, you can print your favourite recipes for your own personalised *Naked Baking* book, thus doing your bit to help the environment. If you would like to give this book as a gift for a friend, please resist the temptation to copy it and buy another copy for them.

It's all up to you ... that's NAKED BAKING!



PANTRY STAPLES

Removal of all wheat, oats, barley and rye from your pantry and replacing them with different flours is the first step in getting ready to bake for your good health. The following ingredients are the most commonly used in a gluten free diet. Even though these are safe to use, *you must always read the labels* to ensure that there has been no contamination during production. Do this for as long as you need to, to reassure yourself about the quality of ingredients that you are purchasing.

The list below is brief. There are new products coming on the market all the time and it always pays to be vigilant whenever it involves nutrition. Most sauces and marinades will contain wheat and also take care with some small goods and sausages. Butchers are more aware of the problem of gluten in some products so there are many gluten free foods out there than ever before.



BECOME FAMILIAR WITH THE BRANDS THAT ARE SAFE. SO **ALWAYS READ THE LABELS.**

SAFE PANTRY ITEMS

ACTIVE DRY YEAST available at supermarkets
 BAKING POWDER gluten free is widely available or see my recipe
 BESAN chickpea flour
 BUCKWHEAT FLOUR not a wheat at all
 CORNFLOUR maize flour
 GUAR GUM or XANTHAN GUM
 LSA a mix of ground linseeds, sunflower seeds & almonds
 MILK POWDER
 PLAIN FLOUR (GNF PLAIN FLOUR) see my blend
 POLENTA cornmeal
 POTATO FLOUR
 PURE ICING SUGAR not icing sugar mixture, which contains wheat
 RICE BRAN
 RICE FLOUR brown and white
 SUGAR
 TAPIOCA FLOUR or ARROWROOT
 WHITE VINEGAR not malt vinegar



ORANGE AND POPPY SEED MUFFINS

1 cup white rice flour
½ cup potato flour
½ cup tapioca flour
2 teaspoons guar gum
2½ teaspoons baking powder
½ cup caster sugar
2 large oranges, washed, grated and squeezed to juice (in that order)
125g butter
1 tablespoon honey
2 eggs
¼ cup poppy seeds

METHOD

Preheat oven to 200°C and line a 12-hole cupcake tin with baking paper. The size of the tin you use will determine the length of baking.

Melt the butter and honey together in a pot on the stove and set aside. Add ¾ cup of orange juice to the bowl with the poppy seeds.

Lightly beat the eggs in a separate small bowl.

Combine the well sifted dry ingredients in a large bowl. Make a well in the centre of the dry ingredients and pour all the wet ingredients in. Using a large spoon, stir and barely combine the mixture (*see tip below*).

Place mixture into muffin tins and bake in the oven for 15-20 minutes.

NOT BLUFFIN! MUFFIN PERFECTION!

Muffins can be tricky to make and can turn out to be rock cakes if you over mix them. So don't!

The secret is to have all the dry ingredients in the bowl combined and ready, and the wet ingredients in another bowl combined and ready. Then all you need to do is count to 8 with your spoon, using large scoop-stirs. Don't panic if all the dry ingredients are not incorporated. That will happen as you scoop more batter into the tins.