

Hungry & Fussy

Easy & delicious gluten free baking for everyone

by Helen Tzouganatos

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Hungry and Fussy shows that gluten free baking does not need to be characterised by flat, crumbly or rock-hard dishes and can produce dishes to surpass non-gluten free baking.

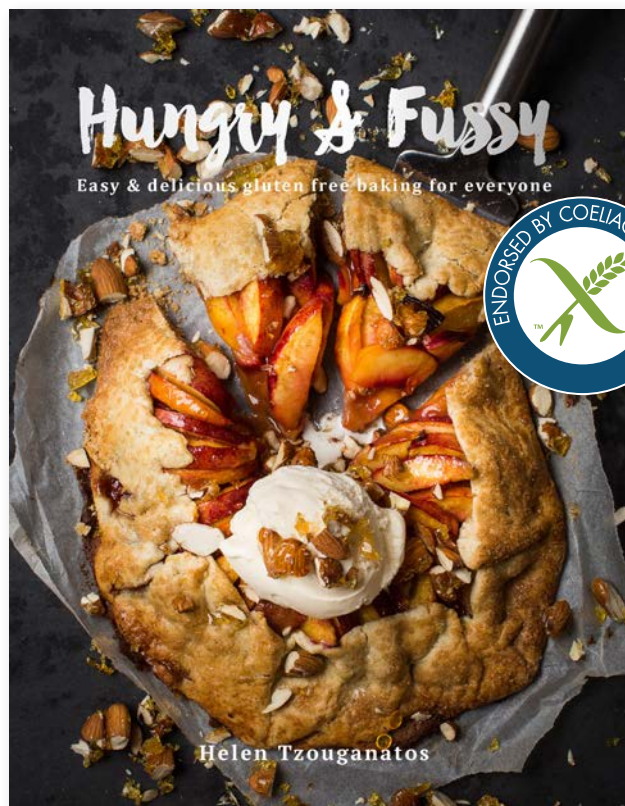
Helen Tzouganatos has developed and refined **more than 100 new recipes** that are brought together in her debut cookbook. Her recipes have been developed to fit busy lives and all skill levels. No recipe is longer than a page and, where necessary, they each contain comprehensive Thermomix® alternatives that make the dishes even easier to make for those who have this popular appliance.

This book also contains baking tips and substitution ideas for a variety of dietary needs including allergies to dairy, rice or xanthan gum. These recipes not only cater for all levels of gluten intolerance but promise to be the most delicious gluten free dishes available, in a market hungry for gluten free cookbooks that offer real alternatives.

Recipes include everything from custard tarts and coffee pecan slice to fluffy Victorian sponge cakes, and even has instructions for perfect, gluten free basic pastry. They're accompanied by Helen's beautiful photography and styling, all of which she does herself.

'After many years of experimenting with various gluten free ingredients, I can confidently say the recipes in this book will deliver the bounciest bread and yummiest chocolate cake you have ever tasted. Anyone who loves crispy, chewy molten cookies and 'you must give me the recipe' cakes will enjoy this book — gluten allergy or not.'

— From Hungry & Fussy 'Introduction'



The Author

Helen is a passionate cook, food stylist and photographer. She discovered she was a coeliac while undergoing IVF in 2007. She quickly became fed up with having to drive ten kilometres and pay over ten dollars for a dense loaf of gluten free bread. She was determined not to let her gluten intolerance get in the way of her love of baking. She started developing gluten free recipes of her own



and has built a rapidly-growing following on Instagram that currently stands at over 14,000 for the simplicity, quality and beautiful presentation of her food. She is part of the new generation of cookbook authors who have built a devoted fan base that eagerly await her new posts on Instagram and on her website at www.hungryandfussy.com.



Soft Bouncy Bread

Prep 15 min + 1 hr rest;
Cook 55 min; Serves 1 loaf

1½ cups lukewarm water
1 tsp caster sugar
1 x 7 g yeast sachet
1 cup or 120 g tapioca flour
1 cup or 120 g sweet rice flour (also known as glutinous rice flour)
¼ cup or 120 g potato starch
½ cup or 70 g sorghum flour
2 tsp sea salt flakes
½ tsp xanthan gum
2 eggs lightly whisked, room temperature
3 tsp extra virgin olive oil
1 tsp apple cider vinegar

Tips

Allow the bread to cool completely before slicing to complete the cooking process. If you cut the loaf when it is hot, it may be gummy inside.

Brush your cling wrap with oil so the dough does not stick to it when rising. Store in an airtight container once completely cool.

Variation

Rosemary and Olive Bread: Add 2 cups of pitted kalamata olives and 2 tablespoons of chopped rosemary to dough mixture and mix to combine. Prior to baking, sprinkle rosemary and sea salt flakes on loaf and drizzle with olive oil. This loaf requires an extra 5 minutes baking time due to extra moisture and volume from the olives.

Five Seed Bread: Add 1 tablespoon of each of the following seeds to dough mixture and mix to combine: poppy seeds, sunflower seeds, sesame seeds, linseeds and chia seeds. Prior to spooning the dough into the tin, sprinkle sesame seeds on the base and sides of tin to create a seeded crust.

Finally! A great gluten free bread recipe that delivers a delicious, soft, moist loaf that bends and bounces and does everything normal bread does. I tested every imaginable gluten free flour combination and consumed copious amounts of bread during the 'production phase' to perfect this recipe. I can proudly say my kids devour this beautiful bouncy loaf once it hits the kitchen bench.

My favourite variation on the basic white loaf is rosemary and olive bread. The combination of plump juicy olives and fragrant rosemary reminds me of bakery bread in Greece. A drizzle of olive oil and a sprinkling of sea salt flakes on the dough prior to baking results in the most beautiful golden crust, so ensure you don't skip this step. You are now officially a gluten free baker!

Method

1. Add sugar and yeast to lukewarm water. Whisk together and let it stand for 15 minutes until mixture foams.
2. Sift flours, salt and xanthan gum together in a mixing bowl. Thermomix variation: Add flours, salt and xanthan gum to Thermomix bowl and blend 3 sec/speed 5.
3. Add eggs, olive oil, vinegar and yeast mixture and beat to combine, scraping down sides halfway. Thermomix variation: Add eggs, olive oil, vinegar and yeast mixture and combine 15 sec/speed 4, scraping down sides halfway.
4. Spoon mixture into a 20 x 10 centimetre loaf tin and cover with cling wrap. Allow bread to rise in a warm place for 1 hour until it doubles in size.
5. Preheat oven to 200°C. When oven is ready, drizzle olive oil on dough to create a golden crust when baked.
6. Bake for 50–55 minutes or until golden and a skewer comes out dry.
7. Remove from oven and immediately transfer to a wire rack to cool. This helps your crust stay crispy. Cool before slicing.

Bread & Breakfast Items

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Cinnamon Scrolls

Prep 15 min + 1 hr rest;
Cook 25 min; Serves 12

Dough

1 x 7 g sachet dry yeast
1 cup lukewarm milk
¾ cup or 50 g caster sugar
3½ cups or 450 g plain gluten free flour, sifted
2 tsp baking powder
½ tsp xanthan gum
½ tsp sea salt flakes
100 g butter, melted
2 eggs, lightly whisked
1 tsp vanilla extract

Additional

60 g butter, melted
¼ cup or 56 g raw sugar
3 tsp cinnamon

Cream Cheese Glaze

1 cup or 150 g pure icing sugar, sifted
100 g cream cheese, softened
3 tsp milk

Tips

For a neat scroll, slice the dough with string or dental floss. Place the string under the dough, cross the two ends of string over the top of the dough and pull them in opposite directions to slice.

Variation

Cinnamon Pecan Scrolls: Sprinkle 1 cup chopped pecans over cinnamon sugar before you start rolling the dough.

Cinnamon is my all-time favourite spice. It adds depth and complexity of flavour to just about everything. These buttery, fluffy cinnamon scrolls are absolutely delicious and will make your house smell like a bakery. Traditionally, cinnamon scrolls are only leavened with yeast but since we are working sans-gluten I have added xanthan gum to help stretch the dough and baking powder to help them 'pop' in the oven. The mouthwatering cream cheese glaze complements the scrolls perfectly.

Method

1. Combine yeast, milk and sugar in a small bowl and sit for 15 minutes until yeast starts to foam.
2. Add dry sifted ingredients to a mixing bowl with paddle attachment and mix to combine. Thermomix variation: Add dry sifted ingredients to Thermomix bowl and combine 3 sec/speed 3.
3. Add yeast mixture, eggs, butter and vanilla to the dry ingredients and beat until combined. Thermomix variation: Add yeast mixture, eggs, butter and vanilla to the dry ingredients and mix 30 sec/speed 5 scraping down sides of bowl halfway through mixing.
4. Place dough in a lightly-oiled bowl and cover tightly with cling wrap. Set aside in a warm place for 1 hour until dough almost doubles in size.
5. Preheat oven to 180°C.
6. Turn dough onto a well-floured surface. At this point, your dough will be sticky so sprinkle with extra flour and knead into a smooth rectangle. Place dough between two sheets of baking paper and use a rolling pin to roll dough into a 40 x 30 centimetre rectangle.
7. Brush dough with melted butter. Combine sugar and cinnamon and sprinkle over dough.
8. Starting with the long end, tightly roll dough into a log ending with seam side down. Slice dough into 12 equal parts using a string to avoid squashing the dough. Place scrolls into a greased 20 centimetre round cake tin lined with baking paper. Brush scrolls with melted butter.
9. Bake for 25 minutes or until golden.
10. Prepare glaze by beating sugar, cream cheese and milk until smooth. If glaze is too dry add more milk, if it is too wet add icing sugar. Drizzle warm buns with glaze and sprinkle with extra cinnamon. Thermomix variation: Prepare glaze by adding sugar, cream cheese and milk to bowl and mixing 5 sec/speed 6. If glaze is too dry add more milk, if it is too wet add icing sugar. Drizzle warm buns with glaze and sprinkle with extra cinnamon.

Bread & Breakfast Items

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Best Ever Gluten Free Pizza

Prep 10 min; Cook 15 min + 10 min;
Serves 4 large pizzas

Dough

4 cups or 520 g plain gluten free flour, sifted
2 tbs baking powder
2 tsp caster sugar
2 tsp sea salt
1 tsp xanthan gum
3 cups water
2½ tsp extra virgin olive oil

Napolitana Sauce

700 g bottle tomato passata
2 tsp dried oregano
1 tsp salt
1 garlic clove, crushed
Mozzarella cheese as desired

To Serve

Basil

Tips

You can store the pre-baked bases in an airtight container in the fridge for one week or freezer for one month. Separate the bases with a sheet of baking paper and thaw as required.

My journey developing a fantastic gluten free pizza recipe was a long and challenging one. I tried every combination out there — cauliflower, polenta, packet mixes. They were all horrible and immediately binned. Eating out, the situation was even more dire because most restaurants serve the same bland, frozen gluten free pizza base that requires a chainsaw to slice through.

The good news is your search for delicious gluten free pizza ends here. I guarantee this is the best, tastiest, crispiest most insanely delicious gluten free pizza you will ever try. It honestly tastes better than regular pizza, even my gluten-enabled friends request it.

The secret is in the unique preparation. Unlike conventional pizza recipes which require you to roll out a stretchy ball of dough to form the base, in this recipe your base will look like thick cake batter. We eat homemade pizza regularly so I pre-bake a batch of bases, freeze them and then conveniently thaw them for pizza night. Belissimo!

Method

1. Preheat oven to 200°C. Line four 30 centimetre round pizza trays with baking paper.
2. Add flour, baking powder, sugar, salt and xanthan gum to a mixing bowl and blend for a few seconds to combine dry ingredients.
Thermomix variation: Add flour, baking powder, sugar, salt and xanthan gum to a Thermomix bowl and blend 3 sec/speed 5.
3. Add water and oil and mix on medium speed for 3 minutes. Your dough will look like a thick cake batter, not a firm ball.
Thermomix variation: Add oil and water and mix 1 min/speed 6. Your dough will look like a thick cake batter, not a firm ball.
4. Divide batter among 4 pizza trays by placing a large dollop of batter in the centre of each tray. Using a spatula, spread the batter in a circular motion until a thin, round pizza base is formed.
5. Pre-bake bases for 15 minutes until crisp. Remove bases from oven and cool. At this point you can store bases that you won't be cooking with this time in the fridge or freezer.
6. Prepare the Napolitana sauce by combining all ingredients in a bowl. Spread sauce over bases and sprinkle with mozzarella or your favourite toppings.
7. Bake for 10 minutes in a 240°C conventional or pizza oven.
8. Garnish with basil to serve.

Bread & Breakfast Items

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Madeleines with Vanilla Bean Custard

Prep 10 min + 30 min rest;
Cook 10 min; Serves 12

Vanilla Bean Custard

250 ml, full cream milk
Vanilla bean pod, seeds scraped
2 eggs
40 g caster sugar
25 g cornflour, sifted

Madeleines

3 eggs room temperature
110 g or ½ cup caster sugar
1 tsp vanilla bean extract
130 g or 1 cup plain gluten free flour, sifted
½ tsp baking powder
Pinch of salt
120 g unsalted butter, melted

Additional

½ tsp cinnamon, for dusting
1 tsp icing sugar, for dusting

Tips

You can start this recipe the day prior by resting the batter in the fridge. Resting the batter helps the madeleines puff into a light, fluffy cake.

Ensure your custard is cold prior to filling. If you inject warm custard into warm madeleines the sponge will absorb the custard and the custard will disappear.
Don't overfill the madeleine moulds because the batter will rise and spread. Simply spoon the batter into the centre of each shell allowing room on the sides for the cakes to rise.

Variation

Almond Madeleines with Lemon Curd: Omit the custard and fill the madeleines with zesty lemon curd. Garnish with a spruce of lemon zest and sprinkling of flaked almonds.

I love baked goods with delightful little surprises inside — puddings oozing with lemon curd, cookies dripping with melted chocolate chunks and madeleines with a creamy custard filling. These exquisite gluten free madeleines are elevated to the next level with an injection of creamy homemade vanilla bean custard. Buttery French scallop shells never tasted so good. You could say they are truly *magnifique!*

Method

1. To make custard, place the milk and vanilla in a saucepan over medium heat and simmer.
Thermomix variation: To make custard, place sugar in mixing bowl and mill 10 sec/speed 9. Add vanilla beans, eggs, cornflour, sugar and milk and cook 6 min/90C/speed 4. Pour custard into a bowl, cover with plastic wrap and refrigerate to cool.
2. Whisk the eggs, sugar and cornflour in a separate bowl. Slowly stir the warm milk into the egg mixture. Return to the saucepan and stir over low heat for a few minutes until custard thickens and coats the back of a wooden spoon. Pour custard into a bowl, cover with plastic wrap and refrigerate to cool.
3. To make madeleines, combine eggs, sugar and vanilla in mixing bowl and beat for 3–4 minutes.
Thermomix variation: To make madeleines, add eggs, sugar and vanilla to clean Thermomix bowl and mix 2 min/speed 6.
4. Fold in flour, baking powder and salt. Then fold in cooled butter.
Thermomix variation: Add flour, baking powder and salt to mixing bowl and mix 10 sec/speed 3. Slowly pour in cooled butter mixing speed 3 until incorporated.
5. Cover and refrigerate for at least 30 minutes or overnight to firm the mixture.
6. Preheat oven to 180°C. Grease a madeleine pan with butter and lightly dust with flour to prevent cakes from sticking. Tap out the excess. Spoon in cake mixture with the batter mounded in the centre of each shell.
7. Bake for 8–10 minutes or until a skewer comes out clean. Release the madeleines onto a wire rack.
8. While madeleines are still warm, use a piping bag to inject the flat side with cold custard. Twist madeleine as you inject the custard to prevent it from bursting.
9. Combine cinnamon with icing sugar and use to dust. Serve warm.

Small Cakes

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Raspberry Bundl Friends with Raspberry Pizzle

Prep 10 min. Cook 20 min.
Serves 12

Cake
3 cups or 450 g pure icing sugar, sifted
2 cups or 200 g almond meal, sifted
1½ cups or 195 g gluten free plain flour, sifted
1 tsp baking powder
8 egg whites
250 g unsalted butter, melted
250 g fresh raspberries
Raspberry Royal Icing
50 g fresh raspberries
1 tsp water
1½ cups or 250 g pure icing sugar, sifted
1 egg white

Tips
Never fill a bundt cavity more than ¾ full or it will overflow.

The mini swirl pan used for this picture is the Nordicware brand available at Williams Sonoma or nordicware.com.au.

What do you get when you cross a friend, the most adorable mini bundt pan you have ever seen and juicy red raspberries? Insanely moist and delicious raspberry bundt friends that present beautifully. French cuteness factor — extreme!

If you have a specific nut allergy you can use different nut meals such as hazelnut or pistachio and replace raspberries with any berry of your choice. These friends have been taken to a new level of decadence with a drizzle of raspberry royal icing. If you prefer to go naked, simply omit the icing: they are equally delicious.

Method

- Preheat oven to 180°C.
- Combine icing sugar, almond meal, flour and baking powder in a bowl. Stir to combine.
Thermomix variation: Melt butter in Thermomix bowl 40 sec/50C/speed 4.
- Add egg whites and butter and mix to combine.
Thermomix variation: Add icing sugar, almond meal, flour, baking powder and egg whites and mix 30 sec/speed 5.
- Grease two 6-hole mini swirl bundt pans or one 12-hole regular friend pan. Place raspberries evenly into the base of each bundt cavity. Spoon cake mixture on top.
- Bake for 20 minutes until golden or until a skewer comes out clean. Cool.
- To make the royal icing, simmer the raspberries and water in a small saucepan for 5 minutes. Press raspberry mixture with a fork to create a puree. Cool.
Thermomix variation: Place icing sugar, egg white and 2 tablespoons of raspberry puree in Thermomix bowl and mix 5 sec/speed 7. If icing is too dry, add more juice. Pour over friends immediately, before icing sets.

Small Cakes

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Chocolate Toasted Coconut Cake

Prep 10 min. Cook 40 min.
Serves 12

Cake
250 g unsalted butter, chopped
100 g 70% cocoa dark cooking chocolate, chopped
280 g or 1½ cups caster sugar
180 g or 2 cups organic desiccated coconut
130 g or 1 cup plain gluten free flour, sifted
55 g or ½ cup Dutch process cocoa
2 tsp baking powder
¼ cup milk
2 eggs

Chocolate Sour Cream Frosting
150 g 70% cocoa dark cooking chocolate, finely chopped
¼ cup sour cream
2 tbsp glucose syrup

To Serve
1 cup shredded organic coconut to decorate

Tips

Ensure you dust your greased bundt tin with cocoa to stop the cake from sticking to the grooves. The cocoa dusting also creates a beautiful dark chocolate crust on the cake when turned out.

I have used Dutch process cocoa because I love the dark intensity and richness of it, but if you only have natural cocoa or raw cacao in the pantry it's fine to use these instead.

If you only bake one chocolate coconut cake in your lifetime this must be it! Imagine super moist gluten free chocolate cake, smothered in a glossy rich chocolate sour cream frosting, topped with toasted shredded coconut that adds the most exciting textural crunch to every bite. What makes it even more appealing is that this cake is incredibly easy to make; you can quickly whip it up in one bowl.
Glossy, rich, moist, chocolatey, crunchy. You in?

Method

- Preheat oven to 180°C.
- Grease a 25 centimetre bundt tin with butter and dust with cocoa to prevent cake from sticking.
- Place butter and chocolate in a heatproof bowl and melt in the microwave. Add all remaining ingredients and beat to combine with electric mixer.
Thermomix variation: Place butter and chocolate in Thermomix bowl and melt 4 min/50C/speed 4. Add all remaining ingredients and mix 30 sec/speed 5. Scrape down sides of bowl halfway through mixing.
- Pour cake batter into bundt tin and bake for 40 minutes or until skewer comes out clean.
- Toast coconut chips for 5 minutes in the oven until golden.
- To make chocolate frosting, place sour cream in a saucepan and heat until it simmers. Remove from heat and add chocolate and glucose syrup. Sit for 5 minutes. Stir until just combined to avoid splitting.
Thermomix variation: To make chocolate frosting, place chocolate, sour cream and glucose syrup in Thermomix bowl and mix 3 min/50C/speed 3. Scrape down sides of bowl halfway through mixing.
- Pour frosting over cake and sprinkle with toasted coconut.

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Large Cakes

