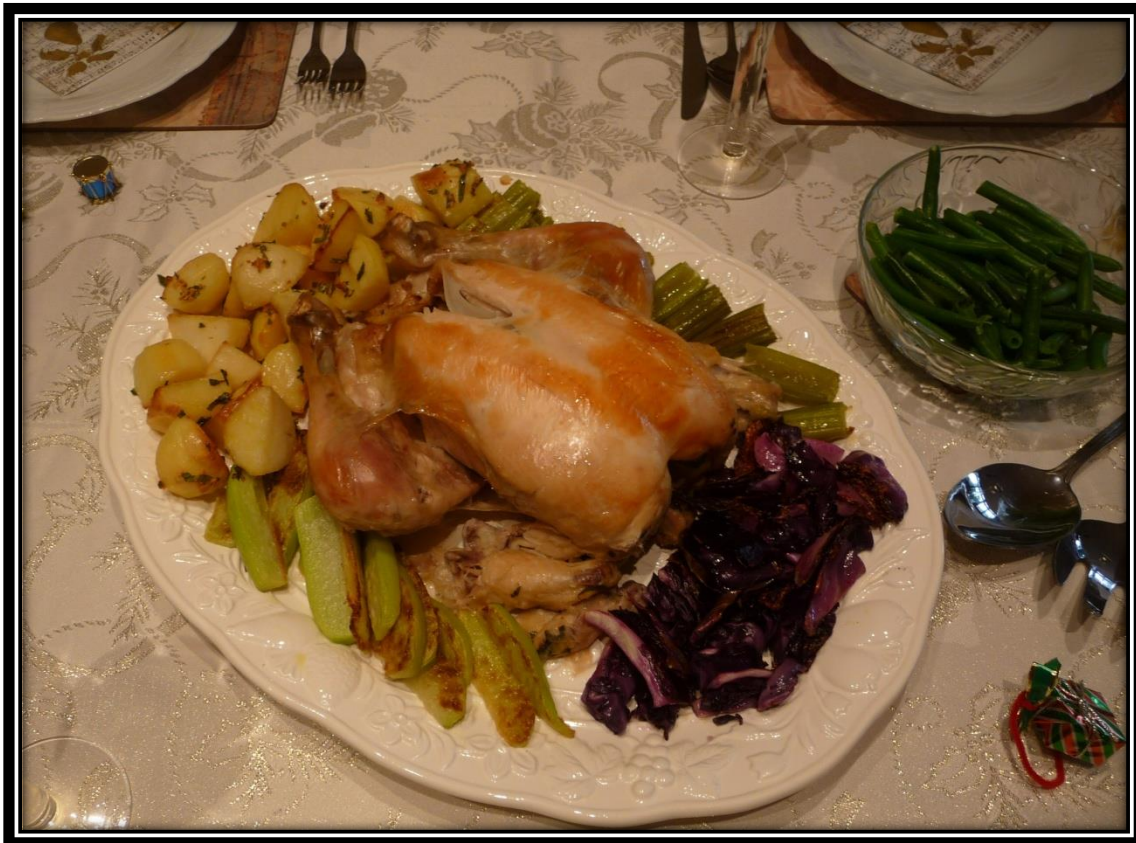


ELIMINATION CHRISTMAS DINNER GF DF Low



Gluten & Dairy free and Low Salicylate & Amine

Serves 4

Prepare your oven space and utensils.

You will need a middle shelf for the chicken tray and a tray of potatoes and one shelf below this where a tray of vegetables can slide in

Ingredients:

- | | |
|---|--------------------------------|
| 1 fresh or defrosted 2.5kg chicken | 1 choko |
| 1 oven bag to fit the chicken | 6 large white skinned potatoes |
| 1 tblsp gluten free flour | 4 long celery stalks |
| 1 leek | ½ small head of purple cabbage |
| ½ cup chopped parsley | 300g green beans |
| Allow 30 minutes cooking time per 500g chicken. | ¼ cup chopped parsley |
| This chicken will take 2 ½ hours cooking time | 2 cloves garlic |
| | Canola oil |
| | Salt |

Method:

Preheat the oven to 180°C

- Wash the chicken and pat it dry with a paper towel
- Place the gluten free flour in the oven bag and toss it around to coat the bag
- Chop the leek and parsley into small pieces and put this on the bottom of the oven bag
- Place the chicken on top of the leek and parsley & fasten the bag with the twist provided
- Poke 6 holes in the TOP of the oven bag with a skewer to prevent the bag from bursting
- Place the chicken onto an oven tray. The tray must be big enough that the chicken does not rest over the sides. The oven bag must not touch the sides or top of the oven.

While the chicken is cooking, prepare the vegetables:

Roasted celery and cabbage inspired by dietitian Kirsty Le Ray.

- Wash the vegetables and pat dry
- Peel the skin from the potatoes and cut into 4-6 pieces, depending on their size
- Sprinkle with salt & microwave, with ½ cup water, for 10 minutes
- Chop the parsley finely and crush the garlic. Combine the 2 together
- Line 2 baking trays with baking paper. One for the potatoes to fit beside the chicken and the other for the rest of the vegetables.
- Place the semi-microwaved potatoes into a bowl and toss them in oil (Or use a pastry brush to help cover them in oil)
- Place them in the smaller tray in a single layer and sprinkle them with the garlic and parsley mix. Sprinkle with a little more salt.
- Cut the celery into roughly 5cm lengths, toss in oil and place on the 2nd baking tray
- Peel and core the choko. Cut it into 8 wedges. Toss in oil and place beside the celery
- Cut the cabbage into 3cm chunks. Place on the baking tray and use the pastry brush to cover in oil. Sprinkle salt over all the vegetables on the tray
- Top and tail the green beans and cut to roughly 5cm lengths. These can be boiled, steamed or microwaved just before serving.
- Place all the vegetables into the oven 40 minutes before the chicken is due to come out
- As soon as the chicken comes out of the oven turn the oven setting to fan forced for the 10 minutes the chicken is resting before serving. This will help brown the vegetables if they are not already brown.
- Be careful with the oven bag. The escaping steam can burn you very easily. Use tongs to prise open the bag and let the steam out.
- If you wish to collect the chicken juices and make a home-made gravy from scratch (not using commercial powders and stocks), you can do this.
- Place the chicken on the serving tray to rest
- Remember to cook your green beans and put them in a serving bowl at the table
- After 10 minutes bring the vegetables from the oven
- If juices have come out of the chicken wipe them up with a paper towel before adding the vegetables to the serving tray

Serve

'LEMON' CURD SPONGE

Gluten & Dairy free and Low Salicylate & Amine

Serves 4

Utensils

18cm square cake pan
Star cutter
Piping bag and nozzle
Gold cachous for
decoration (optional*)



Ingredients:

Sponge

3 eggs
½ cup (110g) castor sugar
¼ cup (40g) gluten free plain flour
¼ cup (40g) gluten free self-raising flour
¼ cup (40g) maize cornflour
1 tsp xanthan gum

'Lemon' curd

2 eggs
1/3 cup (80g) castor sugar
30ml water
60g Nuttalex
1 tsp citric acid

Buttercream

30g Nuttalex
¾ cup pure icing sugar
OR
Orchard prepared
white fondant icing

Method:

Preheat the oven to 180°C

Making the sponge

- Grease and line the square cake pan with baking paper
- Beat the eggs and sugar together with an electric mixer for 8 minutes, or until it is thick and the sugar has dissolved
- Triple sift the 3 flours and xanthan gum together
- Fold the flours into the egg mixture one third at a time and pour into the cake pan
- Cook for 25 minutes and then turn it out to a wire rack to cool

Making the 'lemon' curd

- Combine all the ingredients into a heat proof bowl that can be placed over a saucepan of simmering water
- Stir constantly until the mixture thickens such that it coats the back of a wooden spoon (usually 8-12 minutes)
- Put into a bowl and cover, cool and then refrigerate about 1 hour before using

Making the buttercream

- Beat the Nuttalex until creamy
- Add the sifted icing sugar gradually and beat well. The mixture should be reasonably stiff
- Beat half the 'lemon' curd into the buttercream. Refrigerate until required
- Save the other half of the 'lemon' curd

Constructing the Cake

- Use the top of drinking cups in your draw as a guide to cut 4 circles, about 6 cm in diameter, from the cake.
- Cut each in half through the middle so they can be filled
- Put 1 tsp of the remaining 'lemon' curd on each side of the cut cake and spread to the edges
- Put 2 tsp of the lemon butter cream on one side of each half and spread to the edges
- Place the top half back on each bottom cake

Decorating the top

- You can pipe or spread more buttercream on the top

OR

- If you wish to use the white fondant (preservative free) then knead a small amount and roll it out on a board or bench top lightly sprinkled with pure icing sugar
- Cut your 6cm circle using the same guide as for the cake
- Place some buttercream on the top of the cake and spread to the edges
- Place the circle of fondant on top of the butter cream
- Decorate with star shapes as desired.
- Refrigerate until serving
- Put *cachous on when it comes out of the fridge otherwise the colour will melt off when they condense.
 - *NB: the gold colour is not suitable to eat for the strict elimination diet. Your choice to remove it or not to use them for decoration.
 - *Be careful as some cachous contain wheat starch. Especially important for those with coeliac disease to avoid.