



Cooking up a storm... with Vicky Dunbar

Huntly mum Vicky Dunbar has been treating readers to some mouthwatering recipes over the last few months, which are all ideal for children with food allergies. In this Christmas special, Vicky shares with you some great festive dishes

As always, step by step pictures are available via the links posted today on Jacks Free-From Cook Book facebook page. These recipes are enough to feed 12 people but don't be scared to halve the quantities if that's too much for your table. Cooking temps and times will still be the same but I've added the cooking time for a smaller turkey.

Sauce



Vicky's bread sauce.
Preparation time is 30 minutes, serves 12.

Ingredients

650ml full fat coconut milk
1 onion, chopped
50 grams Stork block margarine
6 whole black peppercorns

6 cloves
2 sprigs of fresh thyme
1 bay leaf
100g gluten-free breadcrumbs
pinch of ground nutmeg
salt & pepper to taste

Method

■ Put the first six ingredients in a

small saucepan and simmer for 20 minutes.

■ Strain, reserving the liquid and getting rid of the solids.

■ Put the liquid back in the pan and stir in the breadcrumbs, simmering for five minutes.

■ Season to taste.

Cream

Vicky's brandy cream sauce.
Preparation time is 10 minutes, serves 12.

Ingredients

110g Stork Margarine Block
110g gluten-free plain flour
2 pints full fat coconut milk
8 tbsp Brandy
110g caster sugar

Directions

- Melt the butter in a saucepan over a medium heat and stir in the flour
- Whisk the milk in a bit at a time to avoid getting lumps and let gently simmer for 2 minutes to cook out the floury flavour
- Add the brandy and sugar, stirring until the sugar is dissolved and the custard is thickened
- Pour into a jug and serve hot with the Christmas pudding

Stuffing

Vicky's oatmeal stuffing. Preparation time is 15 minutes, serves 12.

Ingredients

180g gluten-free pinhead oatmeal
2 onions, finely chopped
240mls milk - I like rice milk for this
A good glug of oil
Salt & pepper to taste

Directions

- The stuffing is easy. Start it at the same time you put the sprouts on to boil, 15 mins before the potatoes are due out of the oven.
- In a large microwavable bowl, put the oatmeal, onion, milk, a good glug of oil and a tsp each salt & pepper.
- Mix well then cover and vent. Cook on high for 10 minutes stirring halfway through.
- Stir again then micro for a further 2 - 4 minutes if required and season to taste.

Roast

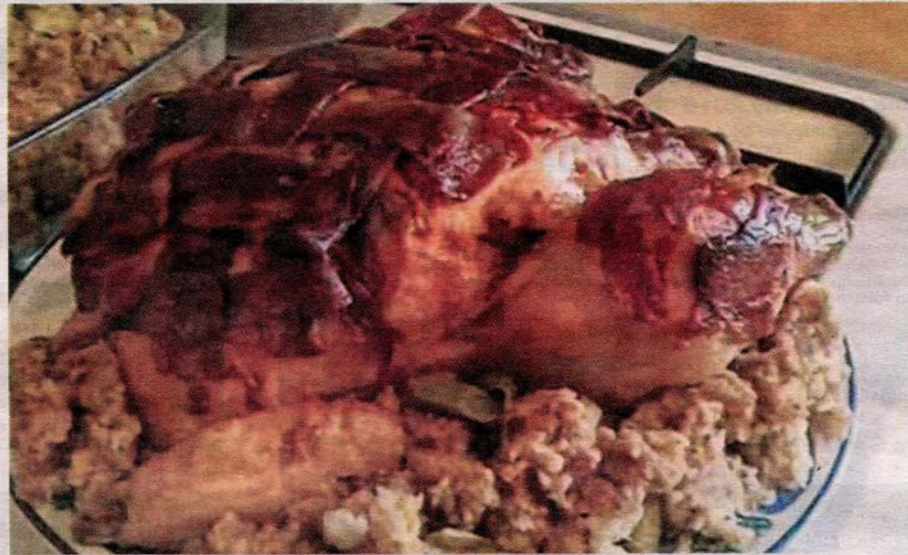
Vicky's maple roast turkey with gravy.
Preparation time is 300 min, serves 12.

Ingredients

1 large turkey, 6kg
14lbs
2 lemons, halved
100g Stork block margarine
2 medium onions, peeled and quartered
4 sprigs of fresh thyme
12 slice streaky bacon
6 tbsp maple syrup
1 tsp ground cinnamon
1 tbsp cornflour
400 ml hot chicken
turkey stock

Directions

- Preheat the oven to gas 6/200C
- Mix the juice of one of the lemons with 75g of the Stork, melted. Keep the squeezed lemon halves.
- Fry the onion quarters in the rest of the Stork on a low heat for 5 minutes then set aside to cool.
- Fill the turkey cavity with the onions, the squeezed and unsqueezed lemon shells and the thyme sprigs. Close and secure with a cocktail stick.
- Loosen the skin around the neck and over the breast meat and spoon some of the lemon butter into the pockets you've made. Rub the rest over the skin, not forgetting the legs and wings.
- Slice the bacon in half lengthwise if it's wide and arrange over the breast in a lattice pattern. It will shrink back a bit during cooking. Cover loosely with foil.
- Cook it for 20 minutes at the preheated temp, then reduce the oven down to gas 4/180C and cook for another three-and-a-half hours (for a 3kg/7lb turkey cook for 20 mins at 200C then



one-and-a-quarter hours at 180C before the next step).

- Mix the maple syrup with the cinnamon, remove the foil and brush the syrup mixture over the bird. Return to the oven uncovered for the final 30 minutes.
- Pierce the thickest part of the thigh with a skewer. If the juices are clear, it's cooked. If they're pink, return it to the oven for another 15 minutes and keep checking until cooked. Once cooked, tilt the tray gently so any juices run out into the corner and collect there.
- Transfer the roast to a platter and cover in foil. Put a tea towel on top to keep it warm and leave to rest for at least 20 minutes while you get on

with the gravy.

- To make the gravy, skim the fat from the juices in the roasting tin and discard, then stir in the flour. There will be quite a lot of fat because of the butter. Cook on the stove top for 4 minutes, stirring, then gradually stir in the stock until thickened. Heat until simmering, stir, then serve.

Vegetable allowances

I suggest serving 75g per person of brussel sprouts, carrots and parsnips along with the rest of this Christmas dinner. Based on my turkey feeding 12 people, you'll need 2lbs of each of these vegetables to fill everyone up plus 6lbs of potatoes to roast.

Pudding

Vicky's lighter Christmas pudding. Preparation time is 190 minutes, serves 10-12.

Ingredients

(as needed) of Stork block margarine for greasing the tin
100g gluten-free plain flour
1 tsp baking powder
100g Stork block margarine
100g raisins
100g sultanas
100g currants
100g caster sugar
100g fresh gluten-free breadcrumbs
1 tsp mixed spice
150ml light coconut milk
2 tbsp brandy

Directions

- Grease a two pint pudding basin very well with some Stork.
- Sift the flour and baking powder into a

mixing bowl and add the Stork, rubbing it in with your fingertips to create 'breadcrumbs'.

- Mix in the raisins, sultanas, currants, sugar, breadcrumbs and mixed spice.
- Stir in the milk and brandy to make a really thick batter. You may need more milk if using gluten-free flour, around 2 tablespoons or so.
- Spoon into the greased pudding bowl. Cover with baking paper or foil with a pleat in the middle to allow space for the pudding to rise. Secure the paper/foil under the rim of the bowl.
- Get a large pan of water simmering and put the pudding bowl inside. The water should sit two-thirds of the way up the side of the bowl.
- Put the lid on the pan and let the pudding steam for 3 hours. Take care removing the hot bowl from the pan.
- You'll need to invert the pudding basin to get it out so put a plate over the top.
- Carefully flip the plate and bowl over. The pudding will release easily.
- Slice into wedges and serve.

