

BONUS

How to
BAKE
anything
**GLUTEN
FREE**

**BECKY
EXCELL**



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About this

EBOOK

If you're reading this then you must have pre-ordered my second book, *How to Bake Anything Gluten Free* - in which case, thank you! But instead of just saying 'thank you' over and over again like a grateful parrot, why not give you guys a little gift instead? (let's call it a 'gift' and not a 'pre-order bribe', ok?!) And this little ebook is exactly that.

My second book has only one mission: to show you how to turn your kitchen at home into your own personal gluten-free bakery, where nothing tastes or looks gluten-free. And of course, with the best person for the job in charge: you! After all, who else knows what you can and can't eat better than yourself?

I've always felt like gluten-free baking has an undeserved, bad reputation for being dry, dense and crumbly. But honestly, I promise you that most definitely doesn't have to be the case! But instead of just expecting you to trust me (when years of gluten-free eating experience might tell you otherwise) I thought I'd just show you instead. So in my second book, you'll find 100+ recipes that aim to banish any skepticism you might have when you think of gluten-free baking; and no, it doesn't matter whether you're a total beginner or an expert gluten-free baker.

And while it's going to be crammed with everything from croissants, cookies and desserts, right up to freshly baked bread, crumpets, savoury bakes and so much more, I *still* couldn't fit all the recipes in it that I had planned. So, instead of letting them disappear into the

void, I thought I'd share five extra recipes here instead. And they're real good'uns, too!

I hope these recipes give you a little taste of what's to come in my second book and bide you over until 30th September when it finds its way through your letterbox. This handful of recipes also serves as a checklist to make sure your cupboards are stocked with two key ingredients you'll need for a couple of the recipes here and a handful of recipes in my second book: psyllium husk powder and tapioca starch.

You might be familiar from my first book with psyllium husk powder; if so, great! If not, you can easily find this online on Amazon (ensure it's labelled 'blonde psyllium husk' or some can turn your end result purple) and it's an integral ingredient if you intend to venture into the wonderful world of gluten-free bread.

Tapioca starch is much like cornstarch in that it's a very light, white powder. However, unlike cornstarch, it adds a stretchy, tearable quality that works especially well in baking; again, especially bread. Not surprisingly, you'll also find this on Amazon, but don't forget to check health-food stores too.

Don't worry though - you won't need these for most recipes in the second book! I just thought I'd mention them as they're the only two ingredients you might not have lurking in your cupboards already. I endeavour to base my recipes around commercially available

gluten-free flour blends 99% of the time for ease and convenience, but these two wonder ingredients are too good to ignore - so make sure you're stocked up and ready!

If for some reason you can't get gluten-free self-raising (self-rising) flour where you are, remember that you can just add gluten-free baking powder to gluten-free plain (all-purpose) flour. For every 150g (1 cup plus 2 tbsps) of plain flour, simply add 2 teaspoons of baking powder. Hope that makes sense! It's all written out properly in the new book!

Lastly, I just wanted to extend another gigantic thank you to everyone for all the support and love for my first book, *How to Make Anything Gluten Free*. It became a *Sunday Times* Bestseller, gained Nigella Lawson's seal of approval and we've already sold more copies than I ever imagined was possible - I didn't do that part, you guys did!

Needless to say, my second book wouldn't be possible without all your support over the years so I hope you love it as much as I do. So, without further ado: on your marks, get set... (gluten-free) bake!

Becky x



Neapolitan

CAKE



use a (hard)
dairy-free butter
alternative



SERVES · 15

TAKES · 1½ HOURS

For the vanilla and strawberry sponge base

- 225g (1 cup) butter, softened
- 225g (1 cup plus 2 tbsp) caster (superfine) sugar
- 4 large eggs
- 225g (1¾ cups) gluten-free self-raising (self-rising) flour
- 1 tsp gluten-free baking powder
- ¼ tsp xanthan gum

For the vanilla sponge add:

- 1 tsp vanilla extract

For the strawberry sponge add:

- 1 tsp strawberry extract
- Pink food colouring gel

For the chocolate sponge

- 115g (½ cup) butter, softened
- 115g (½ cup plus 1 tbsp) caster (superfine) sugar
- 2 large eggs
- 95g (scant ¾ cup) gluten-free self-raising (self-rising) flour
- 20g (1½ tbsp) cocoa powder
- ½ tsp gluten-free baking powder
- ¼ tsp xanthan gum

For the buttercream

- 350g (1½ cups) butter, softened
- 700g (4¾ cups) icing (confectioners') sugar
- 2 tsp vanilla extract
- Gluten-free coloured sprinkles

What's got three layers, is slathered in vanilla buttercream and looks just like your favourite ice cream? There's no punchline here - it's my Neapolitan cake! With a vanilla, strawberry and chocolate layer, this dessert-meets-cake is just as pleasing to eat as it is to the eye. Best of all, anyone can make this, so what are you waiting for?

Preheat your oven to 160°C fan / 180°C / 350°F. Lightly grease the base of two 20cm (8in) round cake tins (pans) and line with non-stick baking parchment.

First make your vanilla and strawberry sponges. In a large mixing bowl, add all the ingredients for your sponge base except your vanilla/strawberry flavouring and food colouring. Mix for around 1 minute until well combined (I use an electric hand whisk or a stand mixer for this).

Split your mixture evenly between two bowls. Add the vanilla extract to one bowl and to the other bowl add the strawberry extract and enough pink food colouring gel to make a vibrant pink colour.

Pour the two mixtures into your prepared tins and bake in the oven for 25-30 minutes. Check they're done by sticking a skewer into the centre of each sponge: if it comes out clean, then they're ready. Allow to cool in the tins for a few minutes, then transfer to a wire rack to cool completely.

Clean, re-grease and line one of the tins, ready for the third sponge.

Add all the ingredients for the chocolate sponge to a large bowl and mix until well combined for around 1 minute. Spoon the mixture into your prepared tin and bake for 25-30 minutes. Then allow to cool like you did for the first two sponges.

To make your buttercream, place the softened butter in a stand mixer and mix on a medium speed for 5 minutes or until paler in colour. Add the icing (confectioners') sugar in three stages and beat for about 3 minutes between each addition. Start your mixer slowly to save your kitchen from an icing sugar explosion, but increase the speed back to medium for each of your 3-minute mixing intervals. Add your vanilla extract too and mix.

(You can of course make the buttercream using an electric hand whisk. Making buttercream by hand requires a little extra time and elbow grease, but it's more than possible!)

Once all three of your sponges have fully cooled, you can now ice and construct your cake.

Place the chocolate sponge onto a serving plate or cake stand and top with a layer of vanilla buttercream. Place the strawberry sponge on top, followed by another layer of buttercream. Lastly, add the vanilla sponge on top, then cover the top and sides of your cake with the rest of the buttercream. Top with sprinkles and enjoy!



. ROCKY ROAD .

Cookies

MAKES · 12

TAKES · 30 MINUTES

- 125g (½ cup plus 1 tbsp) butter, softened
- 100g (½ cup) caster (superfine) sugar
- 100g (½ cup) light brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 210g (generous 1½ cups) gluten-free plain (all-purpose) flour
- 25g (¼ cup) cocoa powder
- ½ tsp bicarbonate of soda (baking soda)
- 150g (generous 1 cup) milk chocolate chips
- 85g (½ cup) mini marshmallows
- 65g (2¼oz) gluten-free digestive biscuits (graham crackers)
- 50g (2oz) raisins (optional)
- 250g (9oz) milk chocolate, melted

This bakery-style cookie is not only undetectable as being gluten-free, but it's also one of my favourite creations to date. Think chewy chocolate cookie with a thick base of milk chocolate, packed with chunks of digestive biscuit, sweet raisins and gooey marshmallows. A must-try for any gluten-free cookie monster!



Preheat your oven to 160°C fan / 180°C / 350°F. Line two large baking sheets with non-stick baking parchment.

In a large mixing bowl, cream together your softened butter and both sugars until light, fluffy and well combined. Add your egg and vanilla, then mix again until combined. Next, add your flour, cocoa powder and bicarb, mixing well to ensure there are no pockets of flour.

Break up your biscuits into small chunks by placing them into a bowl and bashing with the end of a rolling pin. Then mix them in alongside the chocolate chips, mini marshmallows and raisins, if using.



use a (hard) dairy-free butter alternative, dairy-free choc chips and milk chocolate



use lactose-free choc chips and milk chocolate



Divide your dough into 12 evenly sized pieces and roll each into a ball (mine weighed around 65g/2¼oz each).

Place the balls onto the prepared sheets, ensuring you leave adequate space between them to allow for spreading - I place three on each tray and cook in two batches. Bake for about 12 minutes.

Leave to cool on trays for 15-20 minutes before transferring to a wire rack to cool completely.

Once cool you can optionally dip the backs of each cookie in melted chocolate and allow to set on a cooling rack upside down. This can be done at room temperature or in the fridge.





• **TRIPLE** •
Cheese Puffs



use dairy-free milk and dairy-free cheese that melts well



use lactose-free milk



use lactose-free milk

MAKES • 18-20

TAKES • 35 MINUTES

- 240ml (1 cup) milk
- 100ml (½ cup minus 1½ tbsp) vegetable oil
- 1 tsp salt
- 300g (scant 2½ cups) tapioca starch
- 2 large eggs, beaten
- 200g (7oz) cheese, grated (mix of parmesan, extra mature cheddar and mozzarella)

This recipe is based on the wonderful *pao de queijo* (or Brazilian cheese bread) that I've tried so many times at food markets in London. They're naturally gluten-free as they traditionally require tapioca starch (which you can easily source online), which results in a crisp exterior with a slightly chewy yet light centre and an intensely cheesy taste. I usually make mine a little larger than normal as I often like to slice them and fill them with ham or cheese for lunch, but you can also simply enjoy them plain as a snack.

Gradually mix in your beaten eggs until well combined and smooth, then stir in your grated cheese. You can use any variety of cheese, it's up to you! At this point, the mixture should be thick and very sticky.

Spoon out about 18 large balls onto your baking sheets using a tablespoon (and a second tablespoon to help ease the dollops off) – they don't need to look perfect or neat, but ensure they're similar in size. Make sure you leave space between each ball as they will puff up.

Bake in the oven for 15-20 minutes until golden, larger in size and crisp. Allow to cool briefly on a wire rack before enjoying warm or cold.

Preheat your oven to 200°C fan / 220°C / 400°F. Line two large baking sheets with non-stick baking parchment.

Place the milk, vegetable oil and salt into a small saucepan and place on a medium heat, then bring to the boil. Once just boiling, remove from the heat.

Add the tapioca starch to a large mixing bowl and then add the warm milk mixture. Mix thoroughly using a stand mixer, electric hand whisk or by hand – it is hard work but worth it!

APPLE BAKEWELL

pudding



use a (hard)
dairy-free butter
alternative



SERVES · 6-8

TAKES · 1 HOUR 10 MINUTES

For the apples

- 450g-600g (1lb 5oz) Bramley apples, peeled, cored and sliced
- 50g (¼ cup) light brown sugar
- ½ tsp ground cinnamon

For the frangipane

- 165g (scant ¾ cup) butter, softened
- 165g (¾ cup plus 1 tbsp) light brown sugar
- 3 medium eggs, beaten
- 165g (1½ cups minus 1 tbsp) ground almonds (almond flour)
- 30g (2 tbsp) gluten-free plain (all-purpose) flour
- ½ tsp gluten-free baking powder
- Handful of flaked (slivered) almonds

If an Apple Bakewell pudding has never existed before, then I absolutely need full credit for its existence! It's a cross between an Eve's pudding and a Bakewell tart that's so warming and comforting and absolutely must be served with custard. The taste of toasted almonds with gooey Bramley apple is something I've never tasted before I made this, but now it's my new favourite flavour combo. Remember, for a thicker apple layer use the higher quantity of apple listed.

Preheat your oven to 160°C fan / 180°C / 350°F. Lightly grease a 22cm/9in round ovenproof dish.

Place your sliced apples, 50g (¼ cup) of light brown sugar and the ground cinnamon into a small saucepan. Mix and then place over a low heat for around 10 minutes until just softened.

In a large mixing bowl, cream together your softened butter and sugar until light and fluffy (I prefer to do this using an electric hand whisk). Gradually add in your beaten eggs and mix again until combined. Fold in your ground almonds, flour and baking powder.

Pop your softened apple into your prepared ovenproof dish and spread out in an even layer. Then spoon your frangipane mixture on top of the apples and smooth over, scattering the flaked almonds on top to finish.

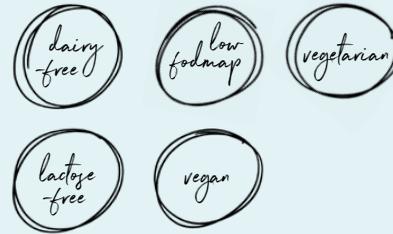
Bake in the oven for 45-50 minutes until golden and cooked through. Allow to cool slightly and then serve warm with custard.

TIP:

If you can't eat nuts you can omit the flaked almonds from the top, and switch out the ground almonds (almond flour) for 165g (1½ cups) gluten-free plain (all-purpose) flour. If you do this just remember to remove the additional 30g (2 tbsp) gluten-free plain flour in the ingredients list.

Soft Flour

TORTILLA WRAPS



MAKES · 9 WRAPS

TAKES · 30 MINUTES

- 210g (generous 1½ cups) gluten-free plain (all-purpose) flour
- ¼ tsp xanthan gum
- ½ tsp gluten-free baking powder
- ½ tsp salt
- 20g (1½ tbsp) psyllium husk powder
- 300ml (1¼ cups) warm water
- 25ml (1¾ tbsp) vegetable oil

If you've been searching for an easy gluten-free tortilla wrap recipe, then look no further. Once you've got your psyllium husk powder (source it online and ideally make sure it says 'blonde' somewhere on the listing), this recipe is simply a case of mixing it all together, rolling out the dough and frying like pancakes. I serve mine up with BBQ chicken and chargrilled peppers, but I'll leave the filling up to you!

Place your flour, xanthan gum, baking powder, salt and psyllium husk powder into a large bowl and mix thoroughly.

Add your warm water, oil and mix thoroughly. The mixture will seem quite loose at first but the more you mix the more it comes together and thickens up. An electric hand whisk will quicken this process up.

Once the mixture is more of a sticky, thicker dough, allow to rest for 10 minutes to help the dough hydrate.

Sprinkle the dough with a small amount of flour and knead briefly in the bowl using floured hands. Portion it out into balls, each about 65-70g (2¼-2½oz).

Place a ball of dough between two square pieces of non-stick baking parchment (around 20cm x 20cm/8in x 8in in size) and roll it into a circular shape, as thinly as you can. You can also use a tortilla press for this part if you have one.

Heat a large frying pan over a medium-high heat. Once heated, peel one piece of the non-stick baking parchment from your rolled dough. Transfer your flattened dough into your pan, using the remaining parchment to lower it in, tortilla-side down. After 10-15 seconds, carefully peel off the final piece of non-stick baking parchment from your wrap - use a spatula to help ease it off if needed.

The wrap should start to get little bubbles on the surface if the pan is hot enough. Cook for 1-2 minutes, until the underside starts to lightly colour, then flip the wrap and cook on the other side for a further minute or so.

Remove from the pan and place between two clean tea (dish) towels while you repeat with the rest of the dough. Wrapping them in the tea towels helps them become more flexible and soft - exactly how they should be.

Serve up with whatever you like! We love to make BBQ chicken wraps/fajitas, but these also work really well for tacos, quesadillas, enchiladas or burritos.

TIP:

Don't forget that you can also use this recipe to create big wraps simply by increasing the amount of dough you use per wrap. Bigger wraps work best for burritos and quesadillas.



‘Becky Excell is the Queen of gluten-free baking.’

NIGELLA LAWSON



Thank you for pre-ordering
HOW TO BAKE ANYTHING GLUTEN FREE

In this new book from Becky Excell, you'll find tips and advice
along with **100 Recipes for Everything from Cakes to
Cookies, Bread to Festive Bakes, Doughnuts to Desserts!**

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Hardie Grant

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