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# British Cooking: Gluten-Free

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## Gluten-free Sundried Tomato Bread

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### Ingredients:

200g gluten free flour  
1 tsp salt  
3 tsp gluten free baking powder  
284ml buttermilk or whole milk with a dash of lemon juice  
6 Tbsp ground flax or 3 large eggs  
1 tsp tomato puree  
2 Tbsp olive oil  
50g sundried tomatoes in oil, chopped (6-8 pieces)  
25g parmesan



1. Heat oven to 180C/350F. Mix the flour, salt and baking powder in a large bowl. In a separate bowl, whisk together the buttermilk, eggs, tomato purée and oil. Fold the wet ingredients into the dry, then add the sundried tomatoes and half the Parmesan.
2. Grease a 900g loaf tin and pour in the mixture. Sprinkle the remaining Parmesan on top and bake for 50-60 mins until a skewer inserted into the middle comes out clean. Turn out onto a wire rack to cool.

## Curried Chickpeas

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### Ingredients:

2 tbsp vegetable oil  
1 tsp cumin seeds  
1-2 red chillies, deseeded and chopped  
1 [clove](#)  
1 small cinnamon stick  
1 bay leaf  
1 [onion](#), finely chopped  
½ tsp ground turmeric  
2 [garlic cloves](#), finely chopped  
400g can chickpeas, rinsed and drained  
1 tsp [paprika](#)  
2 tsp ground coriander  
2 small tomatoes, chopped  
1 tbsp chopped coriander



1. Heat the oil in a heavy-bottomed pan. Fry the cumin, chillies, clove, cinnamon and bay leaf together until the cumin starts to crackle. Tip in the onion, turmeric and a pinch of salt. Cook for 2 mins until starting to soften, then add the garlic.
2. Continue cooking 4-5 mins until the onion is soft, then add chickpeas, paprika, black pepper and ground coriander. Give everything a good stir so the chickpeas are well coated in the spices.
3. Add the tomatoes and 2 tbsp water. Cook on a medium heat until tomatoes are soft and the sauce is thick and pulpy. Take off the heat and sprinkle on the coriander.

## Shepherd's Pie

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### *Ingredients:*

- 700g [potatoes](#)
- 400g lean [lamb](#) mince
- 1 tsp [cinnamon](#)
- 200g each: chopped celery, and carrots
- 250g green beans (more if you like)
- 1 medium chopped onion
- 1 Tbsp crushed red peppers
- ½ tsp pepper
- 1 tsp salt
- 3 cloves garlic or more to taste, save one clove for the potatoes



1. Preheat oven to 200C/400F
2. Cut potatoes into just larger than bite sized pieces, boil until a fork goes through easily.
3. Mix spices, veggies, and meat in a bowl. Take the mixture and put it into a pan, even out the top, cover with foil and bake for 45 minutes.
4. Mash the potatoes in a bowl, add the garlic and a dash of red pepper flake.
5. Take the bake out of the oven, you may need to CAREFULLY drain out some but not all of the juices (which can be used in the potatoes if they are dry).
6. Cover the bake with a layer of the potatoes, bake for 15 minutes or until the potatoes are golden brown on top.