
BAKED OMELETTE ROLL

Preparation time 15 minutes. Cooking time 22 minutes.
Serves 6 with salad.

INGREDIENTS

- 5 eggs (separated)
- 2 tablespoons cold water
- 1/3 cup gluten free plain flour, sifted
- 1/4 teaspoon dried oregano
- 2 tablespoons butter or salt reduced monounsaturated margarine
- 2 tablespoons maize cornflour
- 1½ cups milk
- 2 cups grated cheese
- 2 cups diced ham
- 1 tablespoon finely chopped chives

METHOD

1. Preheat oven to 180°C (350°F).
 2. Prepare a 30cm x 23cm (12" x 9") jam roll tray by spraying with cooking spray. Line base of tray with baking paper.
 3. Place egg whites into a large, dry, clean bowl. Beat until eggs are stiff.
 4. Whisk egg yolks. Stir in cold water. Stir into egg whites.
 5. Lightly fold oregano and gluten free flour into egg.
 6. Spread over base of prepared tray.
 7. Place into a moderate oven and bake for approx. 15 minutes or until golden brown and set in the centre.
 8. While omelette is cooking, prepare sauce.
 9. Place butter into a medium sized saucepan. Melt over a low heat.
- OR Place butter into a medium sized microwave-safe bowl. Cover and microwave on high for 1 minute or until butter is melted.
10. Stir cornflour into melted butter.

11. Return saucepan to heat and cook, stirring continuously for 30 seconds.
- OR Microwave on high for 30 seconds and stir.
12. Gradually stir in milk.
13. Return to heat and cook until sauce thickens, stirring continuously.
- OR Microwave on high for 30 seconds and stir. Continue to microwave on high, stirring at 30 second intervals until sauce thickens.
14. Stir in $\frac{1}{2}$ cup grated cheese, ham and chives.
15. When omelette is cooked remove from oven and allow to stand for 3 minutes.
16. Spread sauce over omelette. Roll up from wide side, as for a jam roll. Allow to remain wrapped in baking paper for 5 minutes.
17. Remove baking paper and place omelette roll onto a clean sheet of baking paper on tray.
18. Sprinkle remaining cheese over roll.
19. Bake for a further 7 minutes until cheese is melted.
20. Slice and serve hot or cold as desired.

PRAWN ASPIC MOULDS

This recipe is excellent for entertaining as it makes 15 small moulds. The moulds are delicious to serve as an appetiser or entrée. Larger moulds can be used if desired.

Preparation time 20 minutes (allow time for moulds to set, about 2 hours).

Makes 15 small moulds.

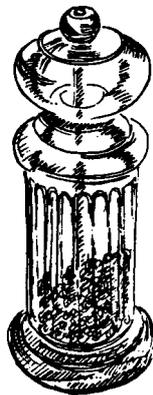
INGREDIENTS

2 tablespoons finely diced carrot
2 tablespoons finely diced pumpkin
2 tablespoons finely chopped snow peas
2 tablespoons finely chopped celery
1 x 200g (7oz) can peeled prawns
1 x 440g (1lb) can asparagus cuts
2 tablespoons cold water
2 x 10g ($\frac{1}{3}$ oz) sachets gelatine
boiling water
1 teaspoon concentrated gluten free vegetable stock
freshly ground black pepper (as desired)
lettuce leaves (for serving)

METHOD

1. Lightly steam carrot, pumpkin, snow peas and celery.
- OR Place carrot, pumpkin, snow peas and celery onto a flat microwave-safe plate. Cover with vented plastic wrap and microwave on high for 1 minute.
2. Strain liquid from prawns and asparagus and reserve liquids.
3. Pour cold water into a small bowl. Stir in gelatine and leave for 2 minutes.
4. Pour reserved liquids from prawns and asparagus into a measuring jug. Make up to 2 cups of liquid with boiling water. Add vegetable stock and stir until dissolved. Stir in freshly ground black pepper. Pour

- into soaked gelatine.
5. Place soaked gelatine into a small saucepan. Cook over a gentle heat until liquid boils and gelatine dissolves. Allow to cool slightly.
- OR Place soaked gelatine into a small microwave-safe bowl and microwave for approx. 1 minute on high or until liquid boils and gelatine dissolves. Allow to cool slightly.
6. Place 15 small moulds onto a flat tray to facilitate handling.
 7. Arrange prawns attractively in bottom of moulds. Pour a small quantity of liquid over prawns. Place moulds into refrigerator and allow to set (approx. 5-10 minutes).
 8. Remove moulds from refrigerator and arrange vegetables in moulds.
Pour remaining liquid evenly into moulds.
 9. Refrigerate moulds until firm (at least 2 hours or overnight).
 10. To serve, dip each mould in hot water for a couple of seconds and unmould onto a bed of lettuce.



SALMON PÂTÉ

This is a very tasty pâté served with rice crackers. It can be served with pre-dinner drinks or as an entrée. It is necessary to make this pâté the day before it is required. Freshly cooked salmon can be used in place of canned salmon.

Preparation time 20 minutes.

Serves 6-8 as an entrée.

INGREDIENTS

1 x 440g (1lb) can pink salmon
3 tablespoons cold water
1 x 10g ($\frac{1}{3}$ oz) sachet gelatine
 $\frac{1}{2}$ cup chopped shallots
 $\frac{1}{2}$ cup dry white wine
1 teaspoon gluten free concentrated vegetable stock
250g (8oz) light Philadelphia cream cheese
freshly ground black pepper (as desired)
1 tablespoon chopped mint
lettuce leaves (for serving)

METHOD

1. Lightly oil a medium sized mould or basin suitable for pâté.
 2. Remove bones from salmon and discard. Place salmon and liquid into the bowl of an electric food processor or blender.
 3. Place water into a small saucepan and stir in gelatine. Allow to stand for 2 minutes. Heat over a low heat to melt gelatine. Pour into blender.
- OR Place water into a small microwave-safe bowl and stir in gelatine. Allow to stand for 2 minutes. Microwave on high for 1 minute. Pour into blender.
4. Add remaining ingredients to blender and blend until smooth.
 5. Pour into prepared mould.
 6. Cover and refrigerate overnight.
 7. To serve, unmould onto a bed of lettuce leaves.

SARDINE DIP

This dip is very easy to make and is suitable to serve, with rice crackers, at a party. It needs to be made at least 2 hours before it is required. It is best made overnight to allow full development of flavour.

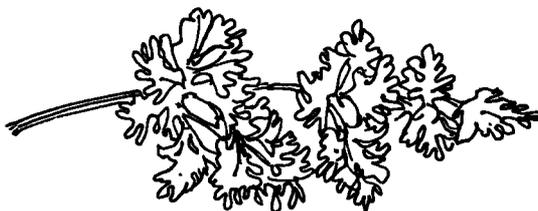
Preparation time 5 minutes + 2 hours.

INGREDIENTS

250g (8oz) light Philadelphia cheese
1 x 110g (3¹/₃oz) can gluten free sardines
finely grated rind and juice of ¹/₂ a lemon
1 clove garlic, peeled and crushed
1 tablespoon finely chopped parsley
¹/₄ teaspoon freshly ground black pepper

METHOD

1. Place ingredients into the bowl of an electric food processor or blender and mix until smooth (or beat ingredients well by hand).
2. Pour into a serving bowl.
3. Seal bowl and refrigerate overnight (or at least 2 hours) before serving.



SMOKED SALMON SUSHI

Sushi is usually made with raw fish, however this variation uses smoked salmon. It is a nice variation to the traditional recipe.

Preparation time 40 minutes (includes 10 minutes cooling time). Cooking time 15 minutes.

Serves 6.

INGREDIENTS

2 cups doongara rice (Rice must be thoroughly cooked so sushi will hold together. Doongara rice is used as it has a lower GI).

3 cups cold water

½ cup rice wine

2 tablespoons sugar

pinch salt (as desired)

6 nori sheets

1½ tablespoons gluten free lite mayonnaise

½ teaspoon wasabi paste

1 avocado

2 tablespoons lemon juice

200g (7½oz) smoked salmon

½ cup gluten free soy sauce

2 tablespoons mirin

METHOD

1. Wash rice and drain.
2. Combine rice and water in a saucepan. Cover with a lid and bring to the boil. Reduce heat and cook with lid on for 12 minutes or until all the water is absorbed and rice is tender. Remove from heat. Leave lid on and allow to cool slightly.

OR Place rice and water into a microwave rice steamer. Microwave on high for 2 minutes. Continue to microwave on medium high for approx. 5 minutes or until rice is tender.

3. Combine rice wine, sugar and salt in a medium-sized bowl. Gradually add to cooked rice and stir well. If rice mixture appears a little too wet, do not add any more liquid. Rice must be allowed to cool completely before rolling up for sushi.
4. Place a sushi mat on a clean bench. Slats must run horizontally.
5. Place a nori sheet, shiny side down on the mat. Make sure sheet is 2cm (1") from the side of the mat closest to you.
6. Using wet hands spread $\frac{2}{3}$ cup rice over the nori sheet, leaving a 3cm (1 $\frac{1}{4}$ ") boarder along the edge furthest from you.
7. Place mayonnaise and wasabi into a small bowl. Mix well to combine ingredients.
8. Peel avocado. Cut into thin slices and brush with lemon juice.
9. Spread a little wasabi mixture along the centre of the rice. Add slices of avocado and salmon.
10. Pick up the edge of the mat, closest to you. Hold filling in place while rolling the mat over to enclose the rice and filling in the nori sheet.
11. Repeat with the remaining nori sheets, rice and filling to make 5 more rolls.
12. Combine the soy sauce and mirin in a small jug.
13. Cut sushi rolls into 2.5cm (1") rolls and place onto a platter for serving.
14. Just before serving pour mirin sauce over rolls.