

# The Latest Hullabaloo

Newsletter of Hullabaloo Food: *We put in less ... so that you can have more.*

Go  
Hullabaloo  
Shopping

## INSIDE ISSUE 11: JUNE 2008

THE GLUTEN FREE EXPO AND WHERE TO BUY HULLABALOO FOOD IN QLD.  
ALL ABOUT PASTRY: HOW TO MAKE IT AND WHAT TO PUT IN IT.  
NORTH AND SOUTH: NEW SHOPS IN HOBART AND DARWIN.

Hi all,

*I was in Brisbane 12 months ago when the last Gluten-free and Food Allergy Expo was on, and I spent quite a bit of time looking around to see how it worked, who exhibited and what exactly was involved. Although I thought that one day there would be a Hullabaloo Food stand – I really never imagined that it would be happening 12 months later.*

*Having made the decision in March this year to go (a large proportion of my customers are based in Queensland and I had no QLD outlets) everything else just had to fall into place. I apologise if my last newsletter told you all to "GO AWAY" but I was just trying to warn you that things were going to get very busy. Sorry!*

*For this years Expo, I was very lucky to have a great network of supporters here in Hobart who gave their advise and assistance; Martin Turmine, Charlie Scarafiotti and Fransina Barns and in Queensland Karena Menzies (who also lent me her parents Shirley and David for the weekend).*

*About 10,000 people passed through the centre over the two days. It was exciting and vibrant, and great to finally put some faces to customers I know by name or via email – and of course good for business to spread the word to hundreds of new customers.*

*One of the main aims of going to the Expo was to introduce the Hullabaloo Food concept to health food, organic and child friendly shops. The frustration of people suffering from multiple food allergies is that so much product is gluten-free or nut-free but then replaces those ingredients with something equally life threatening. For those who found something in my range which solved your multiple food allergy dilemma, you will be pleased to know that there are now a couple of Queensland outlets, and many more to come. ....*



From left: Karena Menzies, Me, Shirley Menzies at the Gluten-Free Expo May 2008.

**Coeliac Supplie:** 38 Macaulay Road,  
Cooparoo, QLD 4151.

**Gluten Free Bakery:** Hellium Street,  
Narabangba, QLD 4504.

**Mrs Flannery's:** Shop 5/1 Bryants Road,  
Loganholme, QLD 4129.

*A number of other health food shops are keen to become Hullabaloo Food stockists and these will be announced in the next newsletter.*

*Cheers until next time,*

Jane

## FIRST OUTLET IN THE TERRITORY

### Heavenlee Deli

17-90 Francis Bay Drive, Stuart Park, Darwin, 0820.

## NEW IN HOBART

### My Goodness Health Foods

8-10 Gregory Street, Sandy Bay 7005

## **GLUTEN FREE PASTRY: It's sooo easy.**

Before I explain just how easy making gluten-free pastry is I thought I would give you a little background on how gluten works and how 'normal' pastry is made. Gluten is formed from a composite of two proteins, gliadin and glutenin. In wheat these two represent about 80% of the total available protein.

The gluten is developed once water is added and the flour kneaded and worked. At a microscopic level, the glutenin molecules cross-link with the gliadin molecules and they form long stringy strands. As more water is added or the mixture worked, stirred or kneaded the more strands form. These strands are vital to making bread and pizza bases work and so bakers spend hours kneading dough.

Puff pastry uses the gluten. Thin layers of pastry are repeatedly rolled out with fat in between to produce a matt of thin firm sheets, which separate and 'puff' when cooked because of the fat in-between.

Choux pastry is kind of like sweet bread balls and uses the gluten to create a network to trap the air bubbles created by heating the egg. The constant stirring of the choux mix in the saucepan works the gluten very hard and makes it stronger..

Gluten formation is less when more fat is used instead of water, the mix is handled as little as possible, and it is kept cold. Does this sound familiar? All the traditional methods we employ to make normal sweet crust or plain pastry are designed to STOP the gluten working. So what could be easier than not having any gluten there in the first place?

There are lots of recipes around for gluten free pastry, some require boiling, or an egg, or a special mix – but the trick is to keep it simple. You will quickly learn what suits you.

**300g self raising GF flour mix OR your own blend of flours plus 1 tsp Xanthan Gum, ½ tsp Bicarb.  
1 tsp salt for savory pastry OR ½ tsp salt & 1 tbl sugar for sweet.  
150g margarine or butter.  
Approximately ¼ cup water.**

Rub the fat into the dry ingredients. You should end up with a very light crumble – if it is sticky then you need to add more flour.

Very slowly sprinkle the water onto the mix and stir with a spoon. Add just enough to make it just stick together when squeezed. Knead into a ball and then roll out on a sheet of baking paper. Dust with flour as required. Bake at 165 C for 15-20 minutes.

You can cut and lift smaller pieces like normal pastry but for larger slabs transfer to the dish on the baking paper. Although you can use thicker pastry it cooks crisper if you keep it thin – about ½ cm. It is great for the kids because they can build, and rebuild, and rebuild because it doesn't go hard.

BUT. While GF pastry is easy to make, it is not great to keep. Like all gluten-free products it dries out and stales very quickly so if you can't use it all at once, roll, cut and place in disposable foil tins and pop in the freezer.

## **FILLINGS**

You can make open tarts or closed pies. Tarts are good when; the ingredients boil over easily, the ingredients are delicately flavoured and you don't want too much pastry or they are for smaller children who want a smaller serve.

Closed pies have a lid and are good for goopy fillings, when the pies are going to roll around in a lunch box, if you are going to freeze them, or if you are hiding veggies under the lid. Make sure you put a decent sized hole in the top and pinch the top and bottom together well.

### **Jam Coracles**

Cut a large circle of pastry and place in pie tray. Drop in 1 tsp of jam [not too much or it will boil over] and then curl the edges over to create a little boat.

### **Party Pie Filling**

I make a quite a big batch so I put 400g of good mince in a large saucepan. Add 3 cups beef stock (or water and some dried stock) and break the mince up into a slurry. Now grate 2 good size zucchini/corquettes and toss them in. Boil until the zucchini is cooked or reduced. Mix 3tbl of potato starch with 1 cup tomato juice and slowly add to mix - stirring all the time.

### **Fruit Pie Filling**

Any soft fruit will work in a pie, apple, apricot, peaches, pears, but –  
Cook the fruit before it goes into the pie casing and keep the mixture very thick. You must add extra sweetener in some form and finally, resist the urge to overfill – it might seem stingy but halfway is more than enough.

### **Egg and Ham Tart**

Drop a small handful of chopped ham into the bottom of the tart casing. Crack one egg on top (or share with two holes. Season with salt and pepper.

### **Blind Bake**

This pastry will blind bake very easily without using beads or beans to settle it down. I don't even prick it with a fork. 165c for 15 mins. You can then make house cakes or custard pies.

"SORRY THAT I CAN'T SHOW YOU WHAT THEY LOOK LIKE BUT MY DIGITAL CAMERA HAS MYSTERIOUSLY STOPPED WORKING" (Ryyyaannn)

[www.hullabaloofood.com](http://www.hullabaloofood.com)

Hullabaloo Foods are all pea-nut and tree nut free and manufactured in a nut-free kitchen.

We exclude preservatives, artificial colours & flavours from all products and various other allergens from the rest.

If you would prefer not to receive this newsletter please contact [admin@hullabaloofood.com](mailto:admin@hullabaloofood.com).