

The Latest Hullabaloo



Hullabaloo Food "We put in less ... so that you can have more." NEWSLETTER 25 DEC 2009

Hi all,

I know that Christmas is still 20 days away, but we have been getting into the spirit of things for ages. Jemima asked weeks ago if we could put the Christmas tree up – and although it seemed completely wrong to do it so soon – I couldn't actually think of a reason why not. They are only little and gullible for a few short years so I decided that I might as well make the most of it for them.

So out came the tinsel, baubles, broken lights and candles. On went the Christmas CDs while we hunted for the Christmas plates.

It has been kind of nice making the festive season last so long, maybe we could start in October next year!!

Cheers

Jane

Go to the
Hullabaloo Food
online store.

The latest new product is ...



....liquid gold. Check it out.

CHRISTMAS TREATS



Olivia and I had lots of fun making these simple chocolate freckles. We melted some milk chocolate, spooned out generous serves onto an alfoil covered chopping board. A quick bang of the board in the bench makes the melted chocolate spread evenly and flat. Leave for a few minutes and then sprinkle with colour-free hundreds and thousands. Place somewhere cool and very safe so that the chocolate can set.

Shop freckles use coloured hundreds and thousands but I particularly like the look of white ones. If you are talented in that department you could even try to use a stencil and make patterns.

Or – what about using a Beados dispenser to draw patterns on them! Will let you know how that idea goes.

Ready-to-cook frozen pastry

Many of you have wished over the years for ready to cook pastry. Because shipping frozen product was not something that my business was set up to do, it was one wish that I couldn't grant. But I am delighted that some other clever people at the Pastry Pantry have been able to.

They have product four varieties, rough pastry, sweet shortcrust, savoury shortcrust, and rich chocolate shortcrust. Each packet contains 3 sheets and is available in Coles for \$9.95.



I have experimented with the Rough Pastry, which is made from Flour [Lentil, Rice, amaranth, besan] Vegetable fat, starch (maize, tapioca) xanthan gum, sugar, sodium bicarbonate, water.

The sheets need to be defrosted at room temperate for 3 hours. They held together well and I didn't need to roll between baking paper as recommended. The sheets are reasonably thick and if cooked at that thickness are a bit oily. When rolled thinner they came up crispy. The taste was great.

Mini Christmas Cakes



Because most of the people I cater for at Christmas don't need gluten-free or egg-free cakes it is easier to make individual cakes for those that really need them.

This recipe is incredibly easy. Like most of my creations, they start off complicated and get whittled down by haste and a lack of ingredients. I also like to use as few utensils as possible – less washing up.

In a medium sized saucepan place 200g mixed fruit, seeds or nuts and 1 ½ cups of liquid. I use approximately ¼ c sherry, ¾ c apple juice ½c water but you can vary according to taste.

Simmer on low heat for 30 minutes until fruit is soft. Add ½ c brown sugar and ½ c vegetable oil and bring the mixture to the boil for about 5 minutes.

Set aside for another 5 minutes, then stir in 1¾c (about 250g) self-raising gluten free flour. Spoon into 12 patty pans and cook at 165C for 40 minutes. Leave them to cool completely before eating.

Hullabaloo Food is a real business that understands the needs of, and caters for, a growing number of health-conscious people with multiple food allergies & intolerances. All our products are free from tree nuts, peanuts, preservatives and artificial additives. If you would prefer not to receive this newsletter please email admin@hullabaloofood.com

If you read the small print and would like to earn some in-store credit as a Hullabaloo Food referee then [EMAIL US](#).

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