

The Latest Hullabaloo

Hullabaloo Food "We put in less ... so that you can have more." NEWSLETTER 28 MAY 2010

Hi all,

Looking forward to Mothers Day? Me too! It is always hard to know what to order for breakfast in bed – that won't set fire to the kitchen and still turn out edible. I'm not really a sleep-in kind of girl, so I really have to force myself to wait - no matter what grinding and screaming emanates from downstairs.

One year I was presented with a jointly prepared platter of rice biscuits and rather thickly cut carrots sticks – just what you need before your first cup of tea!

This year I am going to order pancakes and by now the kids should know how to do it by themselves. We make a lot of pancakes, for snacks, school lunches, picnics; and we love experimenting with different flavours and sizes.

This newsletter is all about the pancakes we have made - so if you leave this lying around you never know – you might get pancakes for breakfast to!

Cheers,



Breakfast Menu

*Cup of tea
Served in my
"World's Best Mum" mug.*

*Apple Crepes
topped with sliced strawberries
from the garden
& a dollop of low-fat yoghurt.*

Go to the
Hullabaloo Food
online store.

I now have one new batch of Pear Jam (Skinless) in stock for Failsafe Customers.



The last of the Vegan Fudge is now in the free stuff. Please remember to just take one!



Pancake Basics: Things you know, but the kids might not.

Pancakes are types of cakes that are cooked in a frypan instead of an oven. They are cooked on one side and then turned and cooked on the other. There are lots of variations around the world; flapjacks, griddle cakes, hot cakes.

Pikelets are just small pancakes – small enough to eat with your fingers instead of a knife and fork. (Why is this obviously an Australian invention). Crepes are made the same way but use 1 ½ cups of liquid per cup of flour – the runnier batter spreads out more in the pan making the crepe thinner.

The basic pancake recipe is easy; 1 cup self raising wheat flour, 1 cup milk, 1 egg. Most pancake recipes side with either sweet or savoury and so include either 1 tbl sugar or a pinch of salt in the recipe.

Mix to a smooth batter and spoon into a lightly oiled hot frypan. Turn over once when the bubbles first pop on the top side. As basic pancakes are fairly plain they are generally served with something sweet and flavoursome, jam, maple syrup, lemon juice and sugar.

Replacing the allergens.

Given that wheat flour, eggs and milk are some of the most widely spread allergens – where does the basic recipe leave the allergic community?

After lots of experimenting I am happy to say that allergy-aware pancakes and pikelets are very easy to make and you can safely replace the three key ingredients.

Replacing the wheat.

Self raising flour provides the bulk for the pancake and some of the flavour. You can completely replace the wheat flour with your preferred commercial gluten-free flour as it will have been calibrated to absorb the same volume of liquid as wheat flour.

Other gluten free flours, and especially those without guar or xanthan gum, will require less liquid but probably in the order of $\frac{3}{4}$ cup per cup of flour.

If replacing with your own blend of gluten-free flour be aware that too much starch (corn) will make the pancakes gluey. Make sure that you use no more than 20% starch in your mix.

GLUTEN FREE BUCKWHEAT PANCAKES:

$\frac{1}{2}$ cup Buckwheat, $\frac{1}{2}$ cup rice flour, 1 tbl brown sugar, 1 tsp Psyllium husks, 2 tsp GF baking powder, 1 cup cold water.



Replacing the milk.

The milk adds a creamy flavour, sweetness and a small amount of fat to the pancake. This can easily be replaced with another similar liquid such as soy milk or dilute coconut cream. Rice and oat milks can also work particularly if they have some fat and sugar content.

You can successfully replace the liquid with just water, but the final product is a bit harder and the bubble holes are bigger. It is better to add a teaspoon of sugar and half teaspoon of oil to the 1 cup of water.

Replacing the egg.

Eggs are the super model of pancakes. Cosmetic but not very functional. Egg whites act as a binder and raising agent – but neither function is vital. The yolk adds flavour, colour and a bit of fat. So egg can easily be replaced with a pinch more baking powder, a dash of oil or full fat milk, a few drops of orange food colour – OR not replaced at all.



Smarty Pants Central.

So we know that we can substitute each of the three key ingredients with something else, but can you replace all three? Can you make a pancake out of self-raising rice flour and water?

YES. It works. It rises, keeps its shape, its soft and bendy. It is a bit bland but you can always pile the tasty bits on top. Adding a little oil provides a better, less dry texture.

With a pinch of salt, herbs, or garlic for dips, smoked salmon, or other savory hors d'oeuvres.

- When spooning the batter pour it off the end of the spoon not the side. This will produce nice round pikelets instead of oblong ones.
- **Pancake batter improves when left to sit overnight because the flour absorbs more of the liquid. However, keep the batter cold or the raising agent will activate and you will have flat pancakes in the morning.**
- Pancakes will sweat after cooking, so place cooked pancakes on a cake rack or kitchen paper so they don't get soggy.
- **Adding more sugar makes the batter runnier, the bubbles are small and lacy and the pancakes brown more.**
- When adding fruit use hard (banana) or dry fruit (sultanas) so that it doesn't add extra liquid and effect the cooking.

APPLE CREPES

- 1 cup rice flour, 2 tsp [GF baking powder](#),
- 1 egg, ½ cup apple juice. ¼ tsp vanilla essence.
- This produces quite a thin batter. Sit for 2 hours.
- Cook in a hotter than usual pan with a bit more fat. Think ever so slightly fried crepes.



PANCAKE PIZZA BASE:

½ cup rice flour, ¼ [maize flour](#) (the yellow one), ¼ cup maize starch, 2 tsp [GF Baking powder](#), 1 tsp oil, pinch salt, 1 cup water. (1/2 tsp yeast for authentic pizza flavour is optional – but it won't help the rising).

Cook as a normal pancake but they will be stretchy and a bit gluey looking instead of fluffy.

Leave to cool on a rack, then add regular pizza toppings [this one has pasta sauce and mozzarella because that is all I had on hand] and cook at 200c for 15 minutes.

Hullabaloo Food 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.

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