



BFree

**Gluten Free
Holiday Recipes**



BFree

In a world where people want great tasting healthy food as part of a lifestyle that is about living better, BFree exists to inspire and empower living free! When we opened our doors in 2011, our goal was to bring customers gluten and wheat free alternatives for their everyday favourite baked goods.

We are led by our customers who inspire us to be the leading free from food company in the world, constantly innovating and making products accessible to every dietary requirement. We challenge the norm, challenge the process, challenge the ingredients. We always aim to be innovative, thinking outside the box in everything we do and never sacrifice on taste and quality.

Eating is one of the great pleasures in life and it's at the centre of good times with friends and family. Our team here at BFree are driven by a desire to create, innovate and live better. We want the food we craft to make the world in which we live and eat more filled with fun and energy. We want the world to live free!

Gluten Free Holiday Recipes

Make ahead Breakfast Strata

Mixed Christmas Crostini

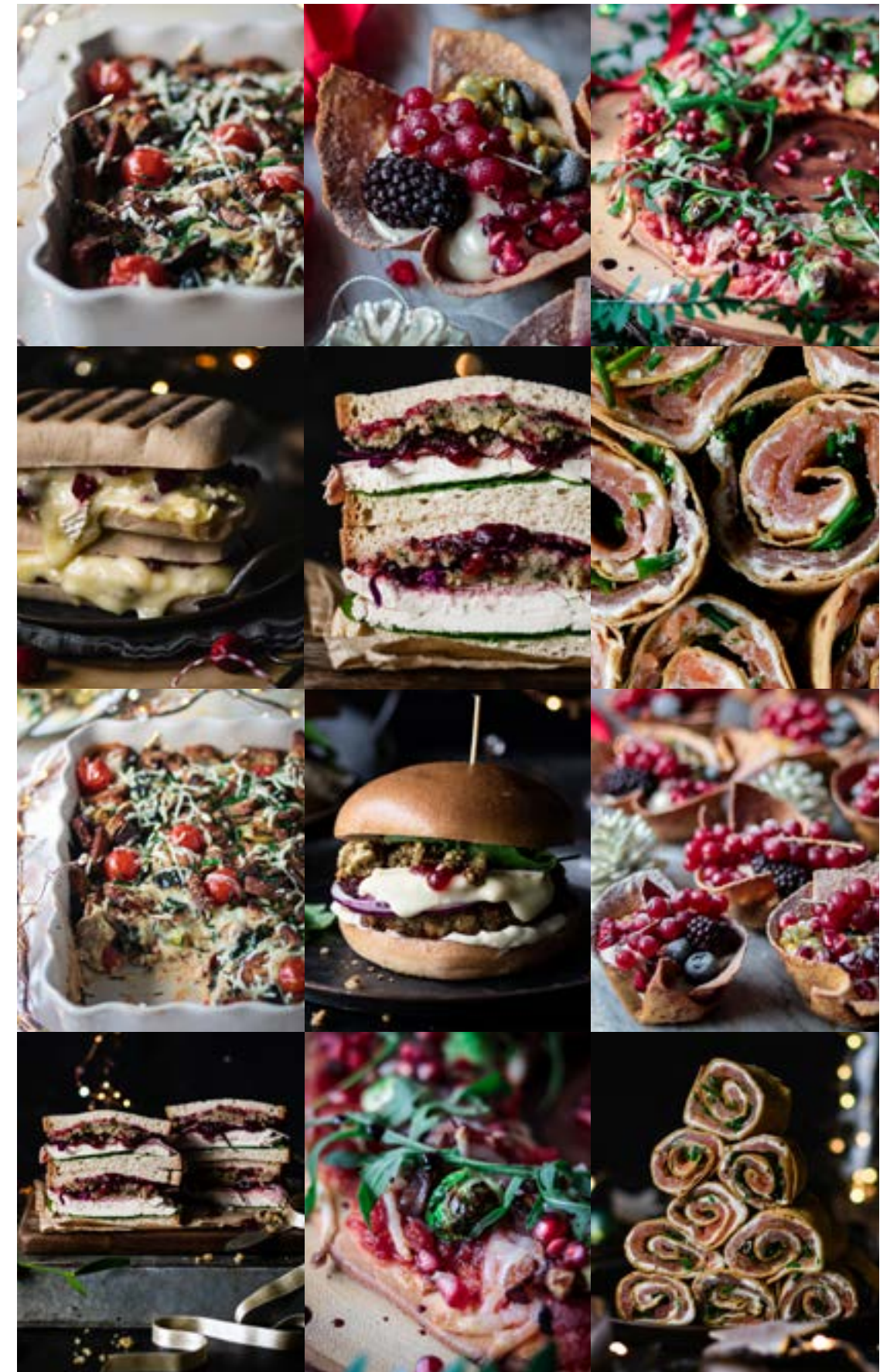
Salmon Pinwheels

Leftover Sandwich

Christmas Sprout and Chestnut Pizza Wreath

Sausage Stuffing Burger with Brie & Cranberry

Cheesecake Dessert Cups



Ingredients

1 Loaf of BFree Brown Seeded Loaf

- 150g cherry vine tomatoes
- 1 leek trimmed and sliced
- 150g Chestnut mushrooms halved
- 1 cupful of kale sliced
- 1 cup of vegan cheese grated
- Small bunch fresh chives finely sliced about 2 tbs
- 1 tbs extra virgin olive oil

Egg' Mix

- 600ml oat milk or alternative
- Heaped 1/4 cup of cornflour
- 1/4 cup nutritional yeast
- 2 tbs chickpea/gram flour
- 1 tsp kala namak/black salt (optional)
- 1 tsp sea salt
- Good grind of black pepper
- 1/4 nutmeg finely grated

To prepare

Pre heat the oven to 356F

Lightly toast the slices of bread and cut into chunks. Place in the baking dish.

In a pan add the sliced leeks and 1 tbs light oil, Sautee until soft and buttery. Remove from the heat and add to the bread.

Using the same pan sautee the mushrooms on high until seared, add to the baking dish.

Add in the cup of kale, 1 tbs chives, 2/3 of a cup of cheese and the tomatoes, stir to combine and make sure all the vegetables are evenly distributed.

In a high-speed blender add all the ingredients for the 'egg' mix. Blitz until silky smooth. Pour over the bread and vegetables, finish with the remaining cheese. Allow to sit for about 5-10minutes until the bread has soaked up some of the 'egg' mix. This can be made ahead or the night before, if so cover and place in the fridge until ready to cook.

Drizzle with the extra virgin olive oil and place in the oven for about 30-40 minutes until the top is golden and crispy and its bubbling around the edges.

Remove from the oven and allow to rest for 10-15 minutes before serving.

Just before serving sprinkle over another tablespoon of chopped chives.



Make ahead Breakfast Strata

Prep time 20 minutes ~ Cooking time 40 minutes



Mixed Christmas Crostini

Prep time 20 minutes ~ Cook time 20 minutes



Ingredients

2 BFree Part Baked White Baguettes

Pomegranate, Cranberry and Orange

- ½ pomegranate deseeded
- ½ orange zested
- 1 heaped tbs dried cranberries roughly chopped
- Juice ½ orange
- 1 tbs pomegranate molasses
- 1 tbs chopped coriander leaves
- 1 tbs chopped mint leaves
- 2-3 freeze dried oranges sliced (optional)
- Extra mint leaves to finish
- 1 tbs extra virgin olive oil
- Salt and pepper

Roasted Fig Rocket and Pine Nut

- 3 fresh figs sliced
- A drizzle of light oil
- A drizzle of maple syrup
- Salt and pepper
- Small handful rocket leaves
- 2 tbs toasted pine nuts

Beet, Orange and Dill

- 150g cooked beetroot diced
- Zest ½ orange
- 1 orange segmented
- Juice ½ orange
- 1 tbs chopped dill
- 4-5 toasted walnuts
- Drizzle of extra virgin olive oil
- 1 tsp balsamic vinegar
- Salt and pepper
- Extra dill to serve



To prepare

Place the sliced figs on a lined baking tray and drizzle with oil and maple syrup, season with salt and pepper. Roast for about 20 minutes until jammy.

In two bowls divide the cream cheese, 200g in one bowl and 100g in another. In the 200g bowl add the mustard and season. In the other bowl just season. Set aside

In a bowl add everything for the pomegranate topping except the orange slices if using and extra mint leaves. Stir to combine and taste for seasoning. Set aside.

In a bowl combine all the beetroot ingredients except the walnuts and extra dill, stir to combine and set aside.

When the figs are ready remove from the oven.

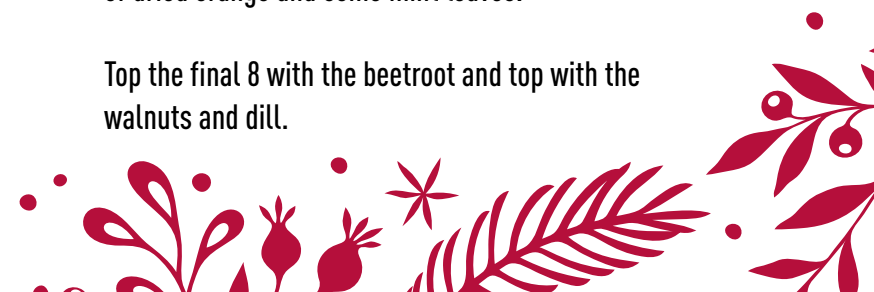
Slice the baguettes into 24 slices and place on a lined baking tray, bake in the oven for a few minutes, turn the slices over and cook for a further minute or two.

When you're ready to serve, top 16 slices with the mustard cream cheese and 8 with the plain.

Top 8 with some rocket leaves, a slice of baked fig and some toasted pine nuts.

Top 8 with the pomegranate mix, finish with a ¼ piece of dried orange and some mint leaves.

Top the final 8 with the beetroot and top with the walnuts and dill.



Salmon Pinwheels



Ingredients

3 - 4 BFree Sweet Potato Wraps

- Smoked Salmon
- Cream Cheese
- Spinach



To prepare

Spread cream cheese on a BFree Sweet Potato Wrap. Add smoked salmon and spinach on top of the cream cheese.

Roll the wrap with ingredients inside. Slice the wrap into small wheels



Leftover Turkey Sandwich



Ingredients

8 slices of BFree White Sourdough Loaf

- Turkey
- Stuffing
- Lettuce
- Cranberry Sauce



To prepare

Take one slice of BFree White Sourdough Loaf and begin to layer with lettuce, sliced turkey and stuffing.

Top with cranberry sauce.

Place another slice of bread on top and enjoy.





Christmas Sprout and Chestnut Pizza Wreath

Pre time 20 minute ~ Cook time 15 minutes



Ingredients

2 BFree Pizza Bases

Tomato Sauce

- 150g diced onion
- 3 large garlic cloves
- 2 tins chopped tomato or 1 tin and 500g passata
- 2 tsp tomato ketchup or 2tsp sugar
- 1 tbs olive oil
- Salt and pepper to taste
- Small handful basil leaves roughly chopped

Toppings

- 2 cups vegan mozzarella or regular
- 100g Brussel sprouts halved
- 6 cooked chestnuts
- 1/2 cup pomegranate seeds
- Fresh rocket
- Balsamic vinegar
- Extra virgin olive oil



To prepare

Heat a large pan with 1 tbs olive oil, add the onions and cook for 5-10 minutes until translucent and starting to caramelise. Do not let them catch and burn, so keep on a low heat.

Once the onions are cooked down add the garlic and cook for a further minute or two. Add in the tomatoes, 1 tsp salt and a good grind of pepper, the tomato ketchup or sugar. Stir to combine, turn the heat up to a simmer and then reduce to a low heat to cook down, stirring occasionally. Cook for about 15minutes.

Pre heat the oven to 392F

Remove from the heat. You can either blend to make a smooth sauce using a stick blender or leave chunky.

When you're ready to serve, cut a whole out of the middle of the pizza base and place the bases and the holes on a baking tray, or pizza tray.

Spread them with the tomatoes sauce, top with the cheese, sprouts and crumbled chestnuts. Drizzle with the oil and place in the oven until the cheese is bubbling and bases cooked and crisp.

Remove from the oven and place on serving plates, top with rocket leaves, pomegranates and a drizzle of balsamic vinegar.



Sausage Stuffing Burger with Brie & Cranberry

Pre time tbc minute ~ Cook time tbc minutes



Ingredients

4 BFree Burger Buns

- 4 veggie sausages
- 100g GF dried stuffing mix
- 175ml boiling water
- 2 tbs light oil

To serve

- Wedge of brie
- Cranberry sauce
- Rocket
- Mustard
- Mayo



To prepare

Mix the stuffing mix with the water and set aside.

Pre heat the oven to 356F Fan.

In a bowl add the sausage and mash using the back of a fork, add half the stuffing and mix well.

Line a tray with baking parchment.

Using a pastry cutter add $\frac{1}{4}$ of the sausage mix and form into a pattie, repeat with the remaining sausage mix. Set aside.

In a small baking tray lined crumble, the remaining stuffing and place in the pre heated oven until crisp and lightly golden.

When you are ready to serve pre heat your buns and cut in half.

Fry the sausage patties until crisp and golden on each side in a non-stick pan with light oil.

Spread the buns with mayonnaise, the burger, slices of brie, cranberry sauce, extra crumbled stuffing and rocket leaves.





Cheesecake Dessert Cups

Prep time 20 minutes ~ Cook time 10 minutes



Ingredients

1 Packet BFree Wraps

- ¼ cup caster sugar
- 1½ tsp ground cinnamon
- 2 tbs melted plant based butter
- 400g vegan cream cheese
- ½ cup vanilla soya yogurt
- ¼ cup maple syrup
- 1 tbs vanilla bean paste
- Approx. 300g mixed berries
- 2-3 passion fruit (optional)
- 125g redcurrants (optional)
- Sparkly icing sugar or regular



To prepare

Pre heat the oven to 356F

Melt the butter in a small saucepan or in the microwave, set aside

Combine the caster sugar and cinnamon in a small bowl and set aside

Brush both sides of the wraps with butter and sprinkle evenly with the cinnamon sugar and pile them on top of each other.

Cut the wraps into quarters.

Take two quarters of the wraps and overlap the pointy ends, push into the muffin holes to form a cup. Repeat until all done.

Place in the preheated oven for about 10 minutes until golden and crisped up. Try not to let them catch or burn.

While they are in the oven whisk together the cream cheese, yogurt, maple syrup and vanilla bean paste together until smooth. Place in the fridge until needed.

When the cups are cooked remove from the oven and allow to cool completely in the tin.

Just before you want to serve them, remove the cups from the tray and place on a serving dish or individual plates. Fill with the cream cheese mix, and top with a mix of berries and passionfruit if using. Finally dust with icing sugar and serve immediately.





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