

Summer Lovin'

Going wheat (or gluten) and dairy-free doesn't have to be dull and boring. **Emma Galloway**, who created My Darling Lemon Thyme blog, shares some of her delicious recipes that are perfect for summer.

FLOURLESS CHOCOLATE LOVE CAKE WITH RASPBERRIES AND CREAM

This cake is gluten-free, and to make it dairy-free all you need to do is use dairy-free margarine in place of the butter, use a good quality dark dairy-free chocolate (I use trade aid dark chocolate) and omit the huge pile of whipped cream I served on the top! Instead, simply dust with cocoa powder and serve. Serves about 16 and as this is a super-rich cake, a little goes a long way.

½ cup/50 g cocoa powder
 ½ cup/125 ml hot water
 1½ cups/330 g muscovado sugar
 (or use brown sugar)
 220 g butter, roughly chopped
 200 g dark chocolate (the best quality you can afford), roughly chopped
 1½ cups almond meal/ground almonds
 6 eggs, lightly beaten
 softly whipped cream and fresh/frozen raspberries, to serve

Instructions

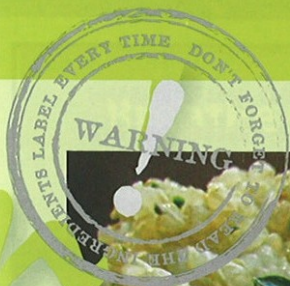
STEP 1: Preheat oven to 170°C/338°F. Grease a 23cm/9 inch round tin and line the base with baking paper.

STEP 2: Put cocoa into a medium-sized saucepan and slowly whisk in the hot water to form a smooth paste. Add sugar, butter and chocolate. Stir over low heat until melted and smooth.

STEP 3: Remove from heat and set aside for about 15 minutes to cool. Stir in the almond meal and eggs. Pour into tin and bake for about 50-60 minutes or until cooked when tested with a skewer. Cool cake in the tin, or cover and refrigerate until needed, or overnight.

STEP 4: To serve, pile softly whipped cream on top, layering with raspberries as you go. Cut into thin slices and enjoy! Would keep for up to one week in the fridge... ours barely made it to the second day.





How to cook quinoa

Put 1 cup of water on to boil, rinse $\frac{1}{2}$ cup quinoa well (to remove the saponin, a bitter protective coating) and drain. The easiest way to do this is to put the raw grain into a fine mesh sieve and rinse under running water, then set aside to drain while the water is coming up to the boil. When your water's boiling, add the rinsed quinoa, cover and turn down to a gentle simmer and cook for 15 minutes until the grains become translucent and an unusual outer white ring shows. Remove from the heat and fluff up with a fork. Half a cup raw = 2 cups cooked quinoa.

QUINOA WITH ROAST KUMARA AND CHIMICHURRI

This recipe is gluten-free, dairy-free, vegetarian and vegan. Lemons could be used in place of the lime juice at a pinch, but do try to get your hands on limes. Pre-ground cumin could also be used in place of the whole seeds if you are pushed for time, or only have ground, but make sure it's fresh. Get to know your chillies, I only used 3 slices of green chilli as mine are super-fiery and this was almost too much. This can be served warm, at room temperature, or even cold the next day. Serves 2 as a main meal or 4-6 as a side dish.

2 cups cooked quinoa (*see above*)
 2 medium-sized kumara/sweet potato
 olive oil
 sea salt and freshly ground black pepper
 1 cup flat leaf parsley
 1 cup mint leaves
 1 tsp finely chopped green chilli (less or more if you want)
 2 cloves garlic, crushed or finely chopped
 1 tsp cumin seeds, toasted and coarsely ground
 3 Tbsp fresh lime juice
 3 Tbsp extra virgin olive oil
 sea salt and freshly ground pepper

Instructions

STEP 1: Wash and chop kumara into slices about 1cm thick, place on baking tray, drizzle with a little olive oil and season with sea salt and freshly ground pepper.

STEP 2: Roast in preheated 200°C/400°F oven for 25-35 minutes, or until golden and tender. Remove and set aside.

STEP 3: To make chimichurri: place flat, parsley, mint, chilli, garlic, cumin, lime juice and olive oil into a food processor (you need a mini processor for this small amount, or do as I did and finely chop the herbs by hand, then mix in the rest of the ingredients). Blitz till smooth, season well with salt and pepper.

STEP 4: Combine quinoa, roast kumara, chimichurri and a few sprigs of extra flat, parsley and mix to combine. Turn out into a serving bowl and eat. I ate it at room temp, but you could eat it warm, or even cold the next day (just add an extra squeeze of lime juice and some salt and pepper as the flavours mellow a little as leftovers). Enjoy!

My Darling Lemon Thyme blog

This is where Emma Galloway writes about the things she loves, her family, food and recipes, her veg garden, and how her family copes living with food allergies. She is a lifelong vegetarian who now eats mostly gluten and dairy free.

www.mydarlinglemonthyme.blogspot.com

