



## NICK COFFER'S IN THE AFTERNOON

*Living a gluten-free life... with Jenny Tschieche*

### *Quinoa Pilaff with apricots and pine nuts*

130g Quinoa  
30g pine nuts  
1 bunch coriander, finely chopped  
250ml stock  
2 spring onions  
30g olive oil  
Pinch ground cinnamon  
Pinch cumin powder  
Pinch ginger powder  
Pinch coriander powder  
Pinch turmeric powder  
50g chopped unsulphured apricots

- Place the quinoa in a sieve and rinse thoroughly. Pop into a saucepan with 250ml stock. Bring to the boil then turn down the heat.
- Cover and leave to simmer for 15-20 minutes, until the quinoa is tender and stock is absorbed. Place in a bowl to cool.
- Meanwhile, toast the pine nuts by dry frying them until they brown.
- Gently sauté the spices, herbs, and spring onions in the oil until soft.
- Add to the quinoa all the ingredients. Stir then serve.

### *Dairy and gluten free quiche*

#### **For the Pie crust:**

100g almonds  
40g sesame seeds  
200g rolled gluten free oats  
Pinch sea salt

120g water

**For the filling:**

1 onion, finely chopped  
2 large leeks, finely chopped  
3 cloves garlic, crushed  
1 red chilli, finely chopped  
40g olive oil  
100g roasted, salted cashews  
150g water  
2 tsp sea salt  
40g cornflour  
250g silken tofu

- Whizz seeds, oats, almonds and salt in a food processor or coffee grinder. Pop into a bowl then mix in the water. Once mixed place into a spring form pan or pie dish.
- Preheat the oven to 160°C.
- Crush cashew nuts to a powder in a food processor or coffee grinder. Mix with water until thoroughly blended. Add salt, cornflour and tofu and mix or whizz again.
- Meanwhile pop olive oil in a frying pan and sauté onion, leeks, garlic and chilli until soft.
- Add the sautéed vegetables to the mix. Pour this mixture into the pie crust. Bake for 45 minutes.

***Slow roast tomato salad***

- 6 tomatoes, halved
  - 2 garlic cloves, finely sliced
  - 1 tsp runny honey
  - 1 tbsp balsamic vinegar
  - 1 tbsp olive oil
  - Salt and pepper.
  - 1 tbsp chopped flat-leaf parsley, extra balsamic vinegar and olive oil to drizzle.
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- Preheat oven to 150°C. Place tomato halves cut side up in an oven tray. Place garlic slice on each half.
  - Drizzle over honey, vinegar and oil.
  - Sprinkle with salt and pepper.
  - Roast until very soft. This might take up to an hour.
  - Take out and sprinkle with parsley and drizzle with oil and vinegar.

### ***Cashew Sour Cream***

1 bunch chives  
120g raw cashews  
1 cup water (check)  
1 tsp salt  
1 clove garlic  
½ onion  
Juice 1 lemon

- Chop chives. Place all other ingredients into a food processor and pulverise. Pop the ingredients into a saucepan and heat very gently for 5 minutes. Add the chopped chives. Serve.

### ***Beetroot Hummus***

Place 1 clove of garlic in processor and whizz then add:

400 gram can chickpeas  
1/3 cup beetroot juice  
juice of a lemon  
2 tablespoons tahini  
2 tablespoons oil  
Salt and pepper

- Blend until desired consistency

### ***Guacamole***

2 ripe avocados, peeled and stoned  
1 chilli  
5g fresh coriander, leaves and stems  
70g red onion, finely diced  
10g lime juice  
1 plum tomato, peeled and deseeded  
40g extra virgin olive oil  
Salt and pepper to taste

- Mince chilli and coriander by dropping into food processor with blade running. Add red onion and then final ingredients and blend to desired consistency. Season.
- Alternatively all ingredients can be mashed together by hand.

### ***Berry and Tahini Flapjack with Cashew cream***

5 cups Gluten Free porridge oats

250g Dairy Free spread (margarine substitute)

1 heaped cup rapadura sugar

1 heaped tbsp tahini

1 heaped cup frozen berries

- Place the dairy free spread, chopped into lumps, in a pan and pour over the rapadura sugar
- Heat slowly without stirring on a low heat until bubbles appear in the centre of the pan. Continue heating for another minute then stir in tahini and remove from heat. This is your toffee mixture.
- Pour the toffee mixture over the oats and mix well. Stir in the berries.
- Press into an oiled baking tray and bake at 200°C for 15-20 minutes until the top is golden brown. Cool and cut up.

### ***For the Cashew cream***

250g cashews, soaked in 1 litre water for four hours minimum, and then drained.

250g water for blending

1 tsp vanilla extract

1 pinch sea salt

2 tsp natural sweetener

- Blend drained cashews with all remaining ingredients for 1 minute in food processor.

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