

Rice Flour Recipes – 40 Top Gluten Free Rice Flour Recipes For All Occasions

Sarah Stevens



Smashwords Edition

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Introduction

Rice flour is basically ground rice. Brown rice flour includes the outer fibre, while white rice flour is almost purely starch. It is naturally low in fat and contains about 6% protein. Rice flour is a good source of Vitamin E and B and some essential minerals, including manganese, iron and calcium. Brown rice flour is considerably more nutrient dense than white, but is less easily digested. Both can be used interchangeably with wheat flour.

It is not easy to find a better baking flour alternative to wheat flour than rice flour. It can be substituted for wheat flour on its own or combined with other flours. Rice flour makes lighter baking than wheat and is delicious in both savory and sweet dishes. It is readily available in health stores that stock gluten-free baking products or can be ordered online. Alternatively, rice can be ground into flour at home.

The following recipes are all gluten free. Check the labels on all sauces, cans and baking powder and choose the gluten-free options to maintain the integrity of the recipes. All the recipes are easy to follow and delicious. Rice flour is versatile and easy to use. I know you will enjoy cooking with it as I do.

Bread and Flour Mixes

Best Pie Crust

Serves: 2 x 9-inch pie crusts

Ingredients:

- 1 ½ cups rice flour
- ½ teaspoon baking powder
- 2 tablespoons sugar
- ¼ teaspoon salt
- 2 eggs
- ½ cup melted butter

Method:

1. Preheat oven to 425F
2. Grease two pie dishes
3. Whisk eggs
4. Whisk in butter
5. Sift in dry ingredients
6. Mix to a dough
7. Turn on to a grease-proof paper that has rice flour sprinkled over it
8. Use a floured rolling pin to roll out half the dough to 10-inch diameter
9. Pick up the dough and paper at one edge and roll up on to the rolling pin carefully
10. Transfer to pie pan, unroll pastry side down and remove paper. Bake until golden brown, about 20 minutes

Cooking Tips:

Be very careful transferring dough to the pie pan as the dough is soft and will probably break, just patch the pastry back together and press the edges with your fingers

Freeze spare crust for later

Just press dough flat straight on to the pie pan

Variation:

Add vanilla essence or cinnamon for dessert pies

Add a few chopped fresh herbs for savory pie

Use as a pizza base

Baking Powder Rice Bread

Serves: 1 loaf

Ingredients:

- 1/8 cup vegetable oil
- ½ cup milk
- 1 egg
- ½ teaspoon salt
- 1 ½ teaspoons baking powder
- 1 ½ tablespoons sugar
- 1 cup rice flour

Method:

1. Preheat oven to 350F
2. Grease a small loaf tin
3. Whisk egg
4. Blend in milk and oil
5. Sift in dry ingredients
6. Blend well
7. Pour batter into prepared tin
8. Bake about twenty minutes, until baked through
9. Leave to cool in the tin

Cooking Tips:

Bread mixture should be the consistency of a muffin batter

Variation:

Add grated cheese and fresh herbs

Add dried fruit and mixed spice/cinnamon

Wholemeal Bread with White Bean Flour

Serves: 1 loaf

Ingredients:

2 ½ teaspoons dried yeast
½ cup milk powder
1 ½ teaspoon salt
3 tablespoons brown sugar
2 teaspoons xanthan gum
½ cup corn starch
½ cup tapioca flour
1 cup brown rice flour
1 cup white bean flour
1 1/3 cups lukewarm water
3 tablespoons olive oil
1 tablespoon vinegar
3 eggs

Method:

1. Mix together yeast, sugar, water and oil. Leave in a warm place 10-15 minutes
2. Stir in whisked eggs
3. Sift in dry ingredients and add vinegar
4. Mix well, knead with clean floured fingers
5. Shape and put in an oiled bread loaf pan
6. Leave in a warm place to rise
7. Bake at 400F until golden brown
8. Leave to cool in pan ten minutes then turn on to a rack

Cooking Tips:

Yeast rises best about 30-45 degrees Celsius. Sixty degrees will kill the yeast.

Variation:

Add ¼ chopped fresh herbs and use as pizza dough
Double the mixture and shape into buns
Add some cumin and ½ cup grated cheese

Rosemary Rice Flatbread

Serves: 2 8-inch round loaves

Ingredients:

- 1 teaspoon salt
- 2 teaspoons xanthan gum powder
- ½ cup corn starch
- ½ cup corn flour
- 2 minced garlic cloves
- 1 egg yolk beaten with ½ teaspoon water
- 1 tablespoon fresh chopped rosemary
- 12 sliced pitted black olives
- 1 tablespoon oil
- 4 beaten egg whites
- 1 ¼ cup lukewarm water
- 2 teaspoons sugar
- 1 ½ teaspoons dried yeast
- 1 ½ cups brown flour

Method:

1. Mix together warm water, sugar, yeast and ½ cup rice flour
2. Leave ten minutes in a warm place to froth
3. Grease or line two 8-inch circle cake pans
4. Beat garlic with egg yolk (for glaze)
5. Blend rosemary, olives, oil and egg whites
6. Sift in dry ingredients
7. Pour in yeast mixture and blend smooth
8. Scoop into cake tins
9. Leave to rise one hour or until doubled in size
10. Preheat oven to 425F
11. Brush loaves with glaze
12. Sprinkle tops with extra rosemary if desired

13. Bake about twenty minutes or until golden

Cooking Tips:

Use a rubber spatula to spread bread dough

Yeast rises best at about 110F

Cover loaves with greased plastic wrap to rise

Variation:

Omit olives and rosemary

Use cheese, chopped salami and minced onion

Spread bread batter over two 12-inch round pizza trays and top with favorite pizza toppings

Banana Rice Bread

Serves: 2 small loaves

Ingredients:

1 ½ cups mashed overripe banana

2/3 cup brown sugar

½ cup butter

2 eggs

½ teaspoon salt

1 tablespoon baking powder

1 teaspoon Xanthan gum

¼ cup tapioca flour

¼ cup potato starch flour

1 cup white rice flour

1 cup brown rice flour

Method:

1. Preheat oven to 350F
2. Grease 2 small loaf tins or one large loaf tin
3. Whisk eggs
4. Blend in sugar, butter and banana
5. Sift in dry ingredients

6. Blend well
7. Divide batter in to loaf tins and bake 30-45 minutes depending on loaf size
8. Cook until springy in the center of the loaf and just brown
9. Cool on a rack

Cooking Tips:

Leave loaves in tins five minutes before turning on to a rack

Freeze brown cooking bananas until ready to use, the defrosted bananas give more moisture to the baking

Variation:

Omit salt and add 1 cup chocolate chips, teaspoon vanilla essence and frost loaves for delicious banana cake

Use pureed pumpkin or apple in place of banana and add ground cinnamon and cloves

Rice flour Baking Base

Serves: about 3 cups

Ingredients:

- 1/3 cup oil
- ¼ teaspoon salt
- 1 tablespoon honey
- 1 ½ tablespoons baking powder
- ½ teaspoon baking soda
- ½ cup milk powder
- 1 cup brown rice flour
- 1 ¼ cups white rice flour

Method:

1. Sift flours, milk powder, baking soda, baking powder and salt together
2. Cut in honey and oil or use a blender
3. Use as a base for favourite baking recipes

Cooking Tips:

Keep in an airtight container in the refrigerator

Keeps up to one month

Variation:

Use almond flour or potato starch in place of white rice flour

Add an egg and ¼ cup chopped fresh herbs for bread

Root Flour Base

Serves: 4 ½ cups

Ingredients:

½ cup tapioca flour

1 cup potato starch

3 cups rice flour

Method:

1. Mix ingredients thoroughly
2. Store in an airtight container and use within 3 months

Cooking Tips:

1 cup is equal to 1 cup wheat flour. Use as a substitute in wheat flour recipes

Variation:

Add some dried herbs or ground cumin/ garlic powder

Blend in 5 teaspoons baking powder for self-raising flour

Add ½ cup rice bran and use brown rice flour for whole-meal flour.

Ace Flour Base

Serves: 2 cups flour

Ingredients:

1 cup brown rice flour

½ cup tapioca flour

½ cup soy flour

Method:

1. Sift all ingredients
2. Mix together
3. Use as flour in baking recipes

Cooking Tips:

Store in an airtight container up to 6 months

Variation:

Use white rice flour in place of soy flour

Use for pastry, bread, cakes, biscuits

Desserts

Pistachio Fereni

Serves: 4

Ingredients:

2 tablespoons crushed pistachios

3 tablespoons rose water

3-4 pints of milk

1 1/3 cups sugar

1 cup rice flour

Method:

1. Soak rice flour in 1 pint cold milk at least half an hour
2. Heat remaining milk in heavy base pot to a simmer
3. Reduce heat and stir in milk/flour mixture
4. Stir in sugar, blend well
5. Cook about twenty minutes, stirring frequently
6. Mix in rose water and cook ten minutes
7. Serve with pistachios sprinkled on top

Cooking Tips:

Stir a lot when rice flour has been added, to stop lumps forming or burning on bottom

Serve at room temperature, cold or hot

Variations:

Use a little less rose water, add some cardamom and cinnamon

Use 1 teaspoon vanilla essence and cinnamon in place of rose water and add 2 beaten eggs at step 6

Persian Carrot Halva

Serves: 6-8

Ingredients:

3 tablespoons crushed pistachio

Water

¼ teaspoon cardamom powder

¼ teaspoon crushed saffron dissolved in 3 tablespoons hot water

3 tablespoons rose water

5 tablespoons butter

1 ½ cups sugar

1 ½ cups sifted rice flour

2 pounds grated carrots

Method:

1. Gently heat 1 ½ cups water with the sugar, stir until dissolved and leave to one side
2. Cook carrots in 1 ½ cups water in a covered pot until soft
3. Heat a large skillet, add some butter
4. Stir in the rice until it browns lightly
5. Mash the carrots and stir into skillet
6. Pour sugar syrup over rice flour and carrots
7. Stir in cardamom, rose water and saffron
8. Cover and cook slowly half an hour
9. Serve spread flat on a plate and sprinkled with plenty of crushed pistachios

Cooking Tips:

Best served at room temperature

Variation:

Use almonds in place of pistachios

Use nutmeg in place of cardamom and saffron

Sweet and Salty Rice Cups

Serves: 8

Ingredients:

1 teaspoon salt

2 x 16oz. cans coconut milk

1 cup sugar

2 cups rice flour

water

Method:

1. Blend 1 ½ cans coconut milk with 2 tablespoons rice flour and salt for the topping
2. Mix remaining coconut milk and flour with a little water to a cake-like consistency for base
3. Spoon base into 1-inch diameter cups or small ramekins. About ¾ full
4. Steam the cups about ten minutes
5. Spoon on the topping
6. Steam another ten minutes
7. Remove cups/ramekins from heat and leave to cool
8. Remove from cups with a thin spatula and serve

Cooking Tips:

To steam, place cups in a large pan with an inch or so of simmering water in the bottom and cover.

Adjust the layers to suit the size of the cups. Topping should be about ¼ - 1/3 the quantity of the base to match the salty and sweet tastes

Variation:

Add a little lemon or lime juice to the base and sprinkle a little zest on top

Berry Peach Cobbler

Serves: 8

Ingredients:

- 2 cups sliced peaches
- 2 cups sliced strawberries
- ¾ cup milk
- ¾ cup sugar
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ¾ cup rice flour
- 2 tablespoons melted butter
- 1 tablespoon sugar
- 1 teaspoon cinnamon

Method:

1. Heat oven to 350F
2. Pour melted butter in a 9-inch pan
3. Mix together salt, baking powder and flour
4. Whisk in milk and sugar
5. Pour into pan
6. Sprinkle fruit on top
7. Sprinkle tablespoon of sugar and cinnamon on top
8. Bake about 40 minutes, until golden-brown
9. Serve with custard or ice cream

Cooking Tips:

Melt butter in the pan

Variations

Use sweet potato and apple in place of peach and strawberries, add some pecans

Make in a muffin tray and cook about 20 minutes

Use coconut oil in place of butter

Cookies and Slices

Lemon bars

Serves: 12

Ingredients:

Juice of 3 lemons made up to 7 fluid ounces with water

Zest of 3 lemons

3 eggs

7 ounces caster sugar

1 ounce white rice flour

Icing sugar

1 tablespoon milk

5 ounces butter

3 ounces brown sugar

8 ounces Ace Flour Base

Method:

1. Preheat oven to 390F
2. Line a 9-inch square baking pan
3. Sift brown sugar with flour base
4. Rub in butter to a crumb texture
5. Cut in milk
6. Press into prepared pan
7. Bake until golden, about twenty minutes
8. Set oven to 330F
9. Whisk together eggs, zest and juice
10. Sift in rice flour, sugar and whisk
11. Spread over base and bake about ten minutes
12. Leave to cool
13. Sprinkle with icing sugar, cut into bars

Cooking Tips:

Topping must be poured on to a hot base, don't let it cool or the layers will not stay separate

Sprinkle icing sugar through a sieve on to slice

Store in an airtight container in the refrigerator

Variation:

Bake topping in ramekins set in a baking tray of water, to make a lemon curd

Use lime in place of lemon

Chocolate Chip Potato and Rice Flour Cookies

Serves: 36 cookies

Ingredients:

- 1 cup chocolate chips
- 1 teaspoon salt
- 1 teaspoon baking soda
- ½ cup whole potato flour
- 1 ½ cup brown rice flour
- 1 teaspoon vanilla essence
- 2 eggs
- 1 cup white sugar
- ½ cup brown sugar
- 1 cup butter

Method:

1. Preheat oven to 350F
2. Cream sugar and butter
3. Whisk in vanilla and eggs
4. Sift in dry ingredients
5. Add chocolate chips
6. Blend well
7. Cook in spoons full on a cookie tray about 10-15 minutes
8. Remove when starting to brown and cool on a rack

Cooking Tips:

Do not grease the cooking tray

Variation:

Add some chopped almonds or shredded coconut

Use ½ cup cooked, unseasoned, mashed potato, add a little extra rice flour to get right consistency

Wholemeal Rice Shortbread

Serves: 16

Ingredients:

1 ¼ cup confectioner's sugar

12 ounces softened butter

1 teaspoon salt

1 cup corn starch

1 ¾ cup Ace Flour Base

1 ¼ cup brown rice flour

Method:

1. Preheat oven to 350F
2. Grease a baking tray
3. Cream sugar and butter together in a large bowl
4. Sift in salt, corn starch and flours
5. Lightly mix
6. Turn out on to floured bench and roll ¼ inch thick
7. Cut into biscuits and bake on prepared tray 20-25 minutes
8. Remove from oven when lightly browned and leave five minutes before cooling on a rack
9. Dust with icing sugar shaken through a sieve

Cooking Tips:

Alternatively, roll dough between pieces of parchment paper

Variation:

Use white rice flour or corn starch in place of the brown rice flour

Add some chocolate chips or chopped pecans

Almond Honey Drops

Serves: 50 cookies

Ingredients:

¼ cup chopped almonds
1 teaspoon vanilla essence
1 egg
3 tablespoons soft butter
¾ cup honey
1 tablespoon baking powder
1 cup white rice flour
1/3 cup vegetable oil
1 cup brown rice flour
½ cup milk powder

Method:

1. Preheat oven to 400F
2. Grease a baking tray
3. Whisk together vanilla, egg, butter and honey
4. Add remaining ingredients
5. Blend well
6. Drop in teaspoon amounts on to the baking tray
7. Bake 5-10 minutes, until golden
8. Leave to cool 5 minutes then transfer to a rack

Cooking Tips:

Sift flours and milk powder together before adding to cookie mix

If dough is too sloppy add more rice flour, if too dry add a little more oil or butter

Variation:

Add chocolate chips and a spoon of cocoa powder

Stick cookies together with frosting

Add some cinnamon and use cranberries in place of almonds

Cakes and Muffins

Lime Cake

Serves: 2 x 8-inch cakes

Ingredients:

2 teaspoons vanilla essence

1 cup milk

2/3 cup mayonnaise

1 ¼ cups white sugar

4 eggs

1 teaspoon guar gum

1 tablespoon baking powder

1 teaspoon baking soda

1 teaspoon salt

¾ cup tapioca flour

1 ½ cups white rice flour

Juice and zest of 1 lime

Method:

1. Preheat oven to 350F
2. Line and grease two cake tins
3. Whisk mayonnaise, lime, sugar and eggs
4. Sift in guar gum, baking powder and soda, salt and flours
5. Add vanilla and milk and blend well
6. Pour into prepared tins
7. Bake about 20-30 minutes
8. Leave five minutes in tin and turn on to a cooling rack
9. Turn on to a plate and use favorite frosting

Cooking Tips:

Cooked when center springs back when lightly touched

Variation:

Put 1-2 cups sliced cooked fruit in a large tin, spread cake batter all over top and bake.
Serve with ice cream for dessert

Omit lime and flavor with cocoa, orange or lemon

Put together with whipped cream and sliced strawberries between and on top

Coconut Sticky Rice Cake

Serves: 6

Ingredients:

Topping:

3 tablespoons shredded coconut

1 ½ tablespoons sugar

Pinch salt

½ can coconut milk

Tablespoon rice flour

Cake:

1 package red bean paste

¾ - 1 cup water

Pinch salt

2 cups sticky rice flour

Method:

- 1.
2. Cut parchment paper into 3-inch squares and lightly grease with oil
3. Put aside coconut
4. Whisk remaining topping ingredients in a saucepan on medium until sugar is dissolved and topping is thick, set aside
5. In a bowl, mix together salt, flour and water to a sticky dough
6. Make balls of dough about 1 ½ inches in diameter
7. With fingers press a ball into a pancake on a floured surface
8. Add a teaspoon red bean paste to centre of 'pancake'
9. Fold dough over and seal edges, lift off bench quickly with a spatula
10. Carefully roll into a ball with filling inside

11. Set on a greased parchment paper
12. Repeat with remaining balls
13. Place cakes on their parchments in a covered container as you make them
14. Place all in a steamer
15. Coat the balls with topping and sprinkle with shredded coconut
16. Steam on high about 15 minutes
17. Serve

Cooking Tips:

Keep your hands moist while working with the sticky rice dough

If rice cake crumbles, it is dry and needs more water.

When making balls, keep remaining dough covered to prevent it drying out

Do not store in refrigerator as this dries them out, store in a covered container, eat within 3 days

Variation:

Cook on greased banana leaves or cupcake papers

Hearty Walnut and Apple Cake

Serves: 1 large cake

Ingredients:

- ½ cup chopped walnuts
- 4 chopped apples
- 3 eggs
- 1 cup cooking oil
- 1 ¾ cups white sugar
- ½ teaspoon salt
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground mace
- ¼ teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon guar gum

¼ cup tapioca flour

¼ cup rice flour

¾ cup almond flour

¾ cup sorghum flour

Method:

1. Preheat oven to 350F
2. Grease and lightly flour a 13 x 9-inch cake tin
3. Whisk eggs, oil and sugar
4. Sift in dry ingredients and mix well
5. Fold in chopped nuts and apples
6. Pour into prepared tin
7. Cook about one hour
8. Cool in the tin ten minutes then turn on to a rack
9. Serve cool with whipped cream or Greek-style yoghurt

Cooking Tips:

Sift dry ingredients together first or whisk together before sifting to blend well

Variation:

Use berries in place of apple and almonds in place of walnuts

Use banana in place of apple and vanilla in place of spices

Use coconut flour(a little less) in place of almond flour

Half fill a roasting dish with chopped apple, 1-2 cups hot water, ground cloves and ½ cup sugar, spread cake batter on top and bake until cooked and apple is bubbling

Wholemeal Molasses Muffins

Serves: 12-18

Ingredients:

2 cups rice flour

1 cup milk

1 tablespoon lemon juice

1 cup rice bran

2 eggs

¼ cup butter

¾ cup brown sugar

1 teaspoon baking soda

2 tablespoons molasses

Method:

1. Preheat oven to 375F
2. Grease a muffin tray
3. Mix lemon juice in to the milk
4. Mix molasses and baking soda together until light and foamy
5. Cream butter and sugar together
6. Whisk in eggs
7. Blend in bran
8. Add molasses and milk
9. Sift in rice flour and blend
10. Scoop in to muffin cups, about half full
11. Bake half an hour or until just cooked
12. Cool on a rack or eat hot with ice cream or Greek style yoghurt

Cooking Tips:

Half-fill empty muffin cups with water to prevent them burning.

To cream butter and sugar, place butter and sugar in a bowl. Put the bowl in a sink half filled with hot water. Without getting any water in the bowl, mix butter and sugar together until light and creamy.

Variation:

Use egg replacer, soy milk, nut butter for dairy-free muffins

Add some cinnamon, ginger or mixed spice

Use buttermilk in place of milk and lemon juice

Vegan Chocolate Rice Cake

Serves: 1 medium cake

Ingredients:

1 cup water

1 teaspoon vinegar
1 teaspoon vanilla essence
1/3 cup vegetable oil
1/2 teaspoon salt
1 teaspoon baking soda
1/4 cup cocoa
1 cup sugar
1 cup white rice flour
1/2 cup brown rice flour
1 cup chocolate chips

Method:

1. Preheat oven to 350F
2. Grease a 9-inch tin
3. Whisk water, vinegar, vanilla and oil
4. Sift in salt, baking soda, cocoa, sugar and flour
5. Whisk smooth
6. Fold in chocolate chips
7. Pour into prepared tin and bake 40 – 50 minutes
8. Remove and leave to cool
9. Frost with 1 tablespoon cocoa, 1 cup confectioner's sugar, 1/4 cup softened butter mixed with a little water

Cooking Tips:

Make a day ahead as cake tastes better

Variation:

Use 3/4 cup honey in place of sugar

Add a little balsamic vinegar, and a pinch of cayenne pepper

Buttermilk Rice Muffins

Serves: 12

Ingredients:

1 cup white rice flour

2 tablespoons oil
½ cup water
1 egg
2 tablespoons sweet cream buttermilk
2 tablespoons sugar
½ teaspoon xanthan gum
½ teaspoon salt
½ teaspoon cream of tartar
½ teaspoon baking soda
1 teaspoon baking powder
½ tablespoon vinegar

Method:

1. Preheat oven to 375F
2. Grease a 12 cup muffin tray
3. Beat together wet ingredients
4. Sift in dry ingredients
5. Mix well
6. Spoon into tray and bake about 25 minutes

Cooking Tips:

Spoon mixture up to 2/3 full in the muffin cups

Leave to cool in the muffin tray five minutes before turning out

Variation:

Add a cup of chopped fruit, nuts or chocolate chips

Bake as a cake

Sugar-Free Ace Muffin Base

Serves: 12

Ingredients:

1 cup milk
1 tablespoon oil

2 beaten eggs
1/4 cup sugar equivalent in Stevia drops
2 teaspoons baking powder
2 cups brown rice flour

Method:

1. Preheat oven to 350F
2. Grease a muffin tray
3. Whisk egg
4. Whisk in oil and milk
5. Whisk in Stevia
6. Sift in dry ingredients and mix well
7. Spoon into muffin cups, filling $\frac{3}{4}$
8. Bake about 25 minutes
9. Leave to cool five minutes before turning on to a rack

Cooking Tips:

If muffins are crumbling, use an extra egg in the next batch

Variation:

Use $\frac{2}{3}$ cup milk, $\frac{1}{4}$ cup honey and $\frac{1}{2}$ cup applesauce in place of milk/oil

Use buttermilk, stops crumbling

Use apple, cinnamon and sultanas

Blueberry Rice Muffins

Serves: 12

Ingredients:

1 $\frac{1}{2}$ cups blueberries
 $\frac{1}{2}$ teaspoon vanilla essence
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup olive oil
2 beaten eggs
 $\frac{1}{4}$ cup applesauce

¾ teaspoon salt
1/3 cup sugar
2 ½ teaspoons baking powder
2 teaspoons Xanthan gum
½ cup tapioca flour
½ cup potato starch flour
1 cup brown rice flour

Method:

1. Preheat oven to 400f
2. Fill a muffin tray with cupcake papers
3. Blend together vanilla, milk, oil, eggs and applesauce
4. Sift in dry ingredients
5. Stir until just mix
6. Fold in berries gently
7. Spoon into prepared muffin tray, sprinkle with a little extra sugar
8. Bake about 25 minutes or until just cooked

Cooking Tips:

Fill cups to ¾ high

Variation:

Replace ½ cup blueberries with white chocolate chips or slivered almonds

Add 1 teaspoon cinnamon

Add cubed feta or brie cheese

Halloween Rice Muffins

Serves: 18

Ingredients:

1 cup chocolate chips
1 1/3 cups milk
1 cup evaporated cane juice
1 ½ cups pumpkin puree

1 tablespoon vanilla essence
½ cup oil
2 eggs
½ teaspoon salt
1 teaspoon ground mixed spice
½ teaspoon ground allspice
½ teaspoon ground cloves
¼ teaspoon ground nutmeg
4 teaspoons baking powder
1 cup hazelnut flour
3 cups brown rice flour

Method:

1. Preheat oven to 375F
2. Grease and line a muffin tray
3. Whisk cane juice, pumpkin, vanilla, oil and egg
4. Sift in dry ingredients
5. Pour in milk and blend well
6. Fold chocolate chips through batter
7. ¾ fill muffin cups and bake about 25 minutes
8. When golden brown and cooked through remove from oven and leave five minutes in tin
9. Turn on to a tray to cool

Cooking Tips:

When cooking muffins in a partially full tray, fill empty cups with water to prevent them burning

Variation:

Use cranberries and pecans in place of chocolate chips

Bake as a cake or loaf

Use thick apple puree and cinnamon in place of pumpkin and mixed spice

Persian Cupcakes

Serves: 20

Ingredients:

2 tablespoons chopped pistachios
½ teaspoon vanilla essence
2 tablespoons rose water
¼ teaspoon cardamom powder
1 teaspoon baking soda
1 ½ teaspoons baking powder
1 cup plain yoghurt
¾ cup softened butter
4 eggs
1 ⅔ cups sugar
½ cup rice flour
2 cups Ace flour Base

Method:

1. Preheat oven to 350F
2. Line a muffin tray with cupcake liners
3. Beat sugar and butter until fluffy
4. Beat in each egg 1 minute
5. Mix in rose water and vanilla
6. Blend in yoghurt
7. Sift in dry ingredients
8. Mix well
9. Fill prepared cups to ⅔ full
10. Sprinkle with chopped nuts
11. Bake about twenty minutes, until cooked through
12. Remove and leave to cool

Cooking Tips:

Serve with a hot cup of tea

For rose water use a drop or two of pure rose essential oil in 2 tablespoons water

Variations:

Use sour cream in place of yoghurt

Use cocoa and vanilla in place of cardamom and rose water

Use almonds in place of pistachios

Berry Honey Muffins

Serves: 12 muffins

Ingredients:

1/3 cup water

1/3 cup berries

1 whisked egg

1/3 cup honey

2 cups Rice flour baking base

Method:

1. Preheat oven to 400F
2. Oil a muffin tray
3. Mix all ingredients together
4. Fill muffin tray, each cup $\frac{3}{4}$ full
5. Bake about twenty minutes

Cooking Tips:

If not all of the muffin cups are full, put water in them to prevent them from burning

Variation:

Use chocolate chips or nuts

Add apple and cinnamon

Cook as pancakes, add a little milk to make a batter

Stovetop Recipes

Wholemeal Rice Crepes

Serves: 4

Ingredients:

1 tablespoon melted butter

¼ teaspoon salt

1 egg

1 cup milk

1 cup brown rice flour

Method:

1. Whisk together butter, egg, salt, flour and milk
2. Grease a hot skillet with butter
3. Cook thin crepes till lightly golden on both sides
4. Serve smeared with nutella and sliced bananas

Cooking Tips:

Pour a little batter on the skillet and tilt to spread batter thinly

When the first surface is cooked the edges will lift up, Grasp with fingers and flip

Variation:

Add a little cinnamon or vanilla essence to the batter, serve with berries and Greek yoghurt

Use half brown and half white rice flour

Wholemeal Pasta with Rice Flour

Serves: 8

Ingredients:

1 cup brown rice flour

½ cup corn starch

½ cup potato starch

2 teaspoons xanthan gum

1 teaspoon salt

2 eggs

2 teaspoons oil

3 tablespoons water

Method:

1. Whisk oil and egg together
2. Sift in dry ingredients
3. Mix well
4. Add water 1 teaspoon at a time, mixing until a crumbly dough
5. Turn out and knead five minutes
6. Cover with a tea towel leave half an hour
7. Roll out to 1/8 inch on a floured board
8. Leave to dry, turning once
9. When dough feels like soft leather, slice or cut in a pasta machine
10. Dry pasta over a suspended broom handle or similar, half an hour
11. Boil salted water
12. Add pasta, cook until al dente, about eight minutes
13. Drain pasta
14. Use for lasagne or dress with pasta sauce

Cooking Tips:

To cut pasta by hand, loosely roll up the pasta sheet and cut with a sharp knife in a sawing motion

Variation:

Add 2 tablespoons finely chopped herbs

Make tiny pasta parcels, fill with cheese or diced ham

Cut large pasta sheets and use for lasagne

Baking Base Pancakes

Serves: 6

Ingredients:

1 cup water

1 egg, separated

1 tablespoon honey

2 cups Rice Flour Baking Base

Method:

1. Whisk together
2. Whisk in Baking Base
3. Cook on a hot griddle, greased with butter
4. Makes 12 medium pancakes

Cooking Tips:

Add extra liquid to make thinner batter

Whisk egg white separately and fold into batter when all else is whisked

Variation:

Add ½ cup berries and 1 teaspoon cinnamon

Add a tablespoon cocoa powder and ½ cup chocolate chips

Make a thicker batter and cook as waffles

Banana Rice Pancakes

Serves: 6

Ingredients:

1 1/2 cups white rice flour

¾ cup brown rice flour

3 eggs, separated

1 cup mashed banana

¼ cup chopped walnuts

½ teaspoon salt

¼ teaspoon cream of tartar

3 tablespoons oil

3 tablespoons palm sugar

1 cup milk

Method:

1. Whisk egg whites

2. Blend remaining ingredients together
3. Fold egg whites in to the batter
4. Grease a hot frying pan and cook batter until golden brown on both sides
5. Makes 12 medium pancakes

Cooking Tips:

Frying pan is hot enough when a drop of water skids across it

Variation:

Use pecans and berries

Use pureed pumpkin in place of banana and add a little mixed spice and nutmeg

Mexican Rice Tortillas

Serves: 4

Ingredients:

1 teaspoon Mexican seasoning

½ cup water

1 cup white rice flour

Method:

1. Mix all ingredients together to a soft dough.
2. Add extra water or flour to achieve this consistency
3. With extra flour, form four circles of dough about 6-inch diameter
4. Cook in a hot pan, dry (no oil)
5. Cook until golden brown about two minutes each side
6. Turn on to a rack to cool

Cooking Tips:

Tortillas keep in the refrigerator up to 2 weeks

Freeze up to 3 months

Reheat in a warm oven or toaster

Variation:

Replace seasoning with chopped herbs

Add sea salt and fresh cracked black pepper

Add some grated parmesan

Buttermilk Pancakes

Servings: 6

Ingredients:

2 tablespoons oil
1 ½ cups brown rice flour
1 teaspoon baking powder
1 teaspoon vanilla essence
1 tablespoon orange juice concentrate
1 teaspoon baking soda
1 ¼ cups buttermilk
1 egg

Method:

1. Whisk egg
2. Blend in all ingredients to a smooth batter
3. Cook in oil or butter
4. Serve with cooked peaches

Cooking Tips:

Add more brown rice flour or buttermilk as needed to reach right consistency
Cook in a preheated pan

Variation:

Add a cup full of fresh or frozen berries
Add chocolate chips
Add some cinnamon, honey and pureed apple

Wholemeal Rice Waffles

Serves: 4

Ingredients:

6 tablespoons oil

2 egg yolks
2 stiffly beaten egg whites
1 ¼ cups milk
½ teaspoon salt
2 tablespoons brown sugar
1 tablespoon baking powder
2 cups brown rice flour

Method:

1. Whisk together milk, oil and egg yolks
2. Sift in dry ingredients
3. Mix well
4. Fold in egg whites
5. Bake in a hot greased waffle iron
6. Serve with Greek-style yoghurt and fresh berries

Cooking Tips:

Waffles will stick if iron is not well greased

Variation:

Add vanilla, cinnamon and blueberries

Add cocoa, chocolate chips and serve with whipped cream and peaches

Add sultanas, orange juice and zest and a little mixed spice

Potato Donuts

Serves: 6

Ingredients:

Powdered confectioner's sugar
2 eggs
¾ cup milk
¼ teaspoon nutmeg
½ teaspoon cinnamon
3 teaspoons baking powder

1 cup sugar

½ cup corn starch

1 ½ cups rice flour

½ cup cold mashed potatoes

Method:

1. Blend all ingredients together to a wet dough
2. Leave for twenty minutes
3. Heat a skillet and add cooking oil
4. Cook egg sized spoons full of dough until crispy and golden
5. Drain on a paper towel-lined plate
6. Roll in confectioner's sugar mixed with a little cinnamon

Cooking Tips:

Check the first donut is cooked through by breaking it apart, rice flour needs to be cooked properly to taste good

Do not overcook or donuts will be too dry

Cook a double batch and freeze leftovers

Variation:

Roll in confectioner's sugar mixed with a little cocoa or dip in chocolate sauce

Cook in a donut maker or make into rings/different shapes with cookie cutters

Savory Meal Dishes

Garlic-Onion Rings

Serves: 4

Ingredients:

Oil for frying
¾ cup water
1 egg
1 teaspoon garlic powder
1 teaspoon baking powder
1 cup rice flour
3 large onions

Method:

1. Sift together dry ingredients
2. Blend in water and egg until smooth
3. Cut ends off onions and peel
4. Slice into rings 1/8 inch thick
5. Dip individual rings in batter
6. Cook in hot oil until golden brown
7. Drain on a paper towel-lined plate.
8. Serve warm with favorite sauce

Cooking Tips:

Heat oil before frying, as cold oil will soak into onion rings

Test oil by dropping a spot of batter in, if the batter rises and is surrounded by bubbles it is ready

Variation:

Use batter for prawns, mussels, hot dogs...

Replace garlic powder with paprika or crushed garlic cloves

Add fresh chopped parsley, chives or fennel leaves

Fish and Chips

Serves: 4

Ingredients:

2 ½ cups rice flour
4 4-ounce fillets
1 beaten egg
12 ounces soda water
½ teaspoon black pepper
1 teaspoon salt
1 tablespoon baking powder
4 large potatoes, peeled and cut into ½-inch thick chips
Cooking oil for deep frying

Method:

1. Preheat deep fryer to 325F with 3 inches cooking oil
2. Cook chips for 2 minutes, remove before properly cooked
3. Drain chips on a paper towel-lined plate
4. Turn fryer up to 375F
5. In a bowl mix pepper, salt, baking powder and 2 cups of rice flour
6. Blend in egg and soda water until smooth
7. Put remaining ½ cup rice flour on a plate
8. Roll fish fillets in flour then coat in batter
9. Put half cooked chips in frying basket with battered fish on top
10. Fry about five minutes, until golden and crispy
11. Drain on paper towels
12. Serve hot with tomato or tartare sauce

Cooking Tips:

A heavy base deep skillet will do as well as a deep fryer
Freeze cooked fillets and reheat another day

Variation:

Bake in the oven with a little oil
Use batter for prawns, mussels, onion rings, hot dogs

Spicy Thai Chicken

Serves: 2-4

Ingredients:

Flour mixture:

¼ teaspoon five spice

¼ teaspoon salt

½ teaspoon chili powder

½ cup corn starch

¾ cup rice flour

Marinade:

½ teaspoon sugar

½ teaspoon shrimp paste

3 tablespoons fish sauce

2 tablespoons oyster sauce

½ teaspoon cumin seeds

¼ teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon black pepper

¾ teaspoon chili powder

6 garlic cloves

½ cup chopped fresh coriander

2-3 cups sunflower oil for frying

8-10 pieces of chicken

Method:

1. In a blender Make a paste of the marinade ingredients
2. Put in a zip lock bag with the chicken in the refrigerator for 1-24 hours
3. Mix together flour mixture in a bowl
4. Cover chicken pieces in marinade and coat gently in flour
5. Heat 1-inch cooking oil in a large wok or heavy skillet
6. When hot enough to brown a cube of bread in 20 seconds

7. Fry chicken at least 5 minutes on each side, cut in to check it is not pink
8. When golden brown drain on paper towels
9. Serve with sweet chili sauce

Cooking Tips:

Turn temperature of pan down as oil will keep heating and start to splatter

Top up oil between batches of chicken to maintain at least 1-inch of oil in pan

Cook until dark golden to cook thoroughly

Variations:

Use pieces of fish

Cut chicken into bite size pieces

Savory Pancakes

Serves: 4

Ingredients:

Batter:

1 tablespoon fish sauce

2 beaten eggs

1 teaspoon sugar

1 cup cold water

2 tablespoons baking powder

½ cup rice flour

½ cup cornstarch

½ cup Ace flour Base

Filling:

1 can smoked oysters

Chili sauce

Fresh coriander to garnish

1 chopped tomato

1 cup cooking oil

1 chopped bell pepper

3 sliced scallions

1 ½ cups bean sprouts

Method:

1. Drain canned oysters
2. Set up prepared vegetables and oysters next to the stove
3. Sift together sugar, baking powder, flours
4. Whisk in fish sauce, eggs and water
5. Cook in a hot frying pan on Medium heat
6. Spoon batter in to pan
7. Sprinkle some filling on top of cooking pancake
8. When golden brown on bottom carefully turn it over
9. When both sides golden remove and drain on paper towel
10. Serve with chili sauce, coriander and lettuce salad

Cooking Tips:

Cooking oil is hot enough when bubbles rise up in the oil

Best to cook at just hot enough/cover pan rather than fast fry as center must be cooked properly

Fold filling in to batter and make mini pancake/fritters

Variations:

Use New Zealand ‘green Mussels’, just remove from shell and rinse

Filling – chopped nuts, scallions, fresh mint, basil, coriander

Use left-over meat and vegetables, onion, garlic, grated cheese

Chicken Nuggets in Mango Sauce

Serves: 4

Ingredients:

Sauce:

Juice and zest of 1 lime

¼ teaspoon turmeric

3 garlic cloves

½ inch ginger root, sliced

1 tablespoon brown sugar

1-2 tablespoons fish sauce

1 ½ tablespoons soy sauce

1 tablespoon vinegar

1 teaspoon chili sauce

2 cups mango

Chicken:

¼ cup fresh chopped coriander

½ teaspoon salt

1 cup rice flour

1 chopped bell pepper

4 chicken breasts

Method:

1. Cut chicken meat into 2-inch long slices and chop into nugget size
2. Sift together salt and flour
3. Roll chicken pieces in flour
4. Fry in a hot wok or pan with cooking oil
5. Turn and cook until cooked through and golden
6. Leave aside on a paper towel-lined plate
7. Put all ingredients for the sauce in a blender
8. Blend until smooth
9. Taste and adjust with extra lime juice, fish sauce, chili or sugar
10. Cook sauce in a clean pan or wok on medium-high
11. Stir in chopped bell pepper and simmer until soft
12. Add a little coconut milk or water to thin out sauce if needed
13. Stir in chicken pieces
14. (optional) Stir in ½ cup mango slices
15. Season to taste and serve with rice and sprinkle with coriander

Cooking Tips:

Best to use fresh ripe mangos, canned or frozen suitable too

Use left over coconut milk to make pineapple and coconut rice

Taste sauce frequently to get flavors balanced, if too salty add extra lime juice

Variation:

Use chicken broth to thin sauce and cook the rice

For hotter dish add paprika and curry powder

Serve in a wrap with lettuce leaves and sliced tomato

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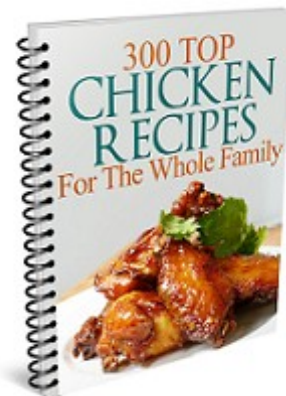
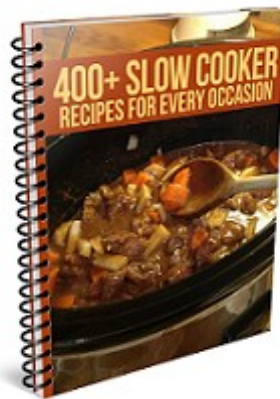
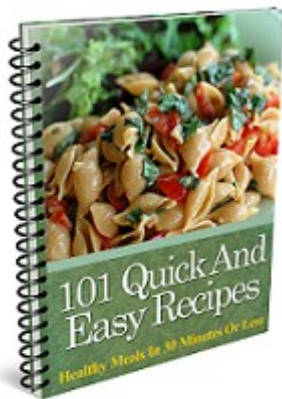
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