



ESSENTIAL FATE RECIPES



By

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A selection of basic Fate recipes to get you started



I'm a mom with two daughters, Faye and Kate, who both have PKU and like any parent, I've always wanted to do the very best I can to make them healthy and happy. Having PKU brings many challenges, to all those with PKU and their carers, but I have always believed that they would be more likely to stay on track with their diet treatment if they really enjoyed their food.

I have been cooking low protein food and developing new recipes for over 30 years. Now Faye and Kate are young adults, they cook a lot for themselves and enjoy making and discovering new low protein foods.

At Fate Special Foods, we produce 3 Low Protein Baking Mixes, and I continue to develop many different recipes to help make great low protein food.

The mixes are:

Fate Low Protein All Purpose Mix

Fate Low Protein Cake Mix

Fate Low Protein Chocolate Flavour Cake Mix

The Fate recipes in this booklet are just a small selection of the many recipes that I have devised; just to give you a taste of what can be achieved using the Fate mixes.

TIPS FOR SUCCESS

As with all my recipes, the key to success is:

- 1. Read the recipe and have all the correct ingredients ready before you start.*
- 2. Measure or weigh the ingredients carefully. Use electronic scales for dry ingredients and a baby's bottle for liquids.*
- 3. Follow the method closely ~ basically, just do what it says!*

We have a YouTube channel with some 'how to' cookery videos. Many of these recipes are there. The link is:

www.youtube.com/user/fatespecialfoods

Please check with your dietitian if you are unsure about using any ingredients in these recipes

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TIPS FOR MAKING FATE BREAD

Just to help you the first time you have a go. It'll be easy after that.

Fate Low Protein Bread can be made in a machine or by hand. Either way, the things to watch out for are the same.

When making bread, think 'cosy' warm. ~ bread needs warmth to mix, prove and bake properly.

Don't store the Fate mixes in a really cold place. When using a bread maker, be sure to warm the bread pan with hot water at the start. When making bread by hand it's best to use a plastic mixing bowl as metal and crockery bowls can be very cold. You can use a wire balloon whisk to mix or an electric hand mixer.

Make sure to use 2tsp salt unless stated otherwise in the recipe (e.g., Ciabatta Rolls). Salt controls the action of the yeast and helps form the structure of the bread. If you do not use salt, the bread will rise too much and will have an uneven texture with holes.

Use a baby's bottle to measure the oil and the water ~ A baby's bottle is far more accurate.

You can use any oil that you like. For general use, Vegetable oil such as Rapeseed or Sunflower oil is good, as it doesn't add a strong flavour. If you prefer a stronger flavour, use an Olive oil. Also, other oils like Walnut oil can be used. In most recipes you can use up to 120mls oil, but for a lower fat version we use 50mls.

To give the inside of the bread a more natural colour I use a browning made by Sarson's. It is freely allowed and available in most supermarkets. You need just a couple of drops.



The temperature of the water in bread recipes is especially important. The warm water dissolves all the ingredients and is essential to the action of the yeast. If the water you use is not warm enough, the bread will take longer to prove and will have large holes once baked. If the water is too warm it will kill some or all the yeast, the bread will not rise, and it will be very heavy with a honeycomb open texture. You need to aim for something like the temperature of very warm bathwater. It's a good idea to pour a full jug of warm water (not hot), straight from the tap and test the temperature by placing your hand inside. If you feel a sting, it's too hot, and if you feel the water is cooler or the same temperature than your fingers, it is too cold.

If the bread is not going to be used up straight away, it is best frozen. Any large loaves can be sliced before putting into a freezer bag. Rolls and all other shapes can be just placed into a freezer bag and put straight into the freezer.

To defrost and reheat the bread, take what you need from the freezer and wrap it in a piece of kitchen towel. Place in the microwave on high for a few seconds (this will depend on the power of your microwave) until defrosted and just warmed through. Do not overheat. Leave it to cool on the work surface, still wrapped in the kitchen towel, until cool enough to fill with a suitable filling. This way, the bread will feel really fresh and stay soft for the day. Sliced bread can be toasted from frozen, in a toaster or under a grill.



TIPS FOR PROVING AND OVEN BAKING FATE BREAD

When making bread with yeast, the mixture is shaped then left to rest, (or prove) for a short while before baking. This is so that the yeast has a chance to work, to make the mixture rise and give the bread a light texture.

You can make many different shapes of bread. Follow the step-by-step instructions in each recipe for shaping.

Always cover the shaped bread when leaving to prove. You can use a piece of lightly oiled cling film, simply placed loosely on top of the bread, or you can use a large polythene bag ~ you can buy large bags for proving bread, or you can use new swing bin liners. Place the tray of bread carefully into the base of the bag, pull the top opening of the bag up and fold it over a few times to trap air inside the bag. Tie it so that the air doesn't escape. This will protect the bread from draughts, help keep it warm and prevent it from drying out whilst proving.



Always leave the shaped bread to prove, place it in a warm place such as on top of the cooker while the oven is preheating or on a sunny windowsill, or on a shelf above a warm radiator.

Proving can take anything from 15 mins to 50 mins. It just depends on how warm the proving place is, and how large the pieces of bread are.

The proved bread will be ready to go into a preheated oven when it has risen. It usually needs to be about ½ the size again. Never any more than double its size.



It can be difficult to know when it has proved enough, but if it has tiny holes over the surface of the bread, this is usually a sign that it has been proved for too long. For whole large loaves such as Fate Continental style loaf, it is better not to over prove it. The bread always rises a little in the oven anyway.



Remove the cling film cover or take the tray of proved bread from the polythene bag and place into a preheated oven.

The baking time will depend on the type of bread you have made. Whole loaves can take anything from 35-50 mins, and rolls, baguettes etc can take around 20-40 mins depending on their size.

Baking times also depend on the type of oven you use. An electric fan oven for example cooks a lot faster than a gas oven. You may need to turn a fan oven down 20°-30°C lower than the temperature stated.



It's always best to check on the bread every 5 or 6 mins at first, but don't keep the door open for long! ~ you'll let all the heat out. If the bread starts to go quite brown in the first 10 mins, the oven is too hot, simply turn the temperature down a little. The bread should start to take on a little colour after about 15-20 mins in the oven. If after 25 mins the bread is still quite pale, you will need to turn the oven up a little. You will quickly learn how to control your oven when baking; all you need to do is to watch it! When cooked, take it out of the oven, out of the baking tins or off the trays, and place it onto a wire rack to cool.

FATE CONTINENTAL STYLE LOAF

This is such an easy way to make a Fate loaf. Baked on a tray, it makes a very large circular loaf, which looks fantastic when baked. It cuts easily for sandwiches or toast. The loaf freezes very well.

500g Fate Low Protein All Purpose Mix
 Sachet yeast (enclosed with the Fate Mix)
 2 tsp salt
 120mls oil, or 50mls for a lower fat version
 2-3 drops suitable gravy browning
 450mls warm water
 Extra Fate All Purpose to shape



Preheat the oven Gas 6 200°C 400°F
 Place the Fate All Purpose Mix into a mixing bowl.
 Add the sachet of yeast and the salt. Stir.
 Using a baby's bottle, measure the oil and warm water and place into a separate jug.
 Add a couple of drops of browning.
 Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, or an electric hand whisk, quickly mix well to get everything blended.
 Continue to mix for about 1 minute.



Turn the whole lot onto a large greased baking tray and sprinkle lightly with a little Fate All Purpose Mix.
 Gently pat the mixture into a smooth round shape.

Place the baking tray into a large polythene bag and tie the ends up, trapping enough air so that the polythene is lifted well above the bread.
 Leave in a warm place to prove until just under double in size. Do not over prove.



Bake for around 40-45 mins until golden brown. Transfer to a wire rack to cool.



Note: If you prefer, you can mark the top of the continental loaf with a knife dipped in warm water just before it goes into the oven.

FATE SCOOP BREAD ROLLS

This must be the quickest and easiest way to make low protein rolls. The thing that makes them so quick, is that we use an ice cream scoop to shape them. The one I use is the old-fashioned kind with a spring release. Many supermarkets sell them, or you will find them in kitchen departments of large stores. Just be aware that they vary in size, so remember the scoop will give you a roll that is probably more than double the size of the scoop when it is baked.

500g Fate Low Protein All Purpose Mix
 Sachet yeast (enclosed with the Fate Mix)
 2 tsp salt
 120mls oil, or 50mls for a lower fat version
 2-3 drops suitable browning
 450mls warm water



Preheat the oven Gas 6 200°C 400°F

Place the Fate All Purpose Mix into a mixing bowl.

Add the sachet of yeast and the salt. Stir.

Using a baby's bottle, measure the oil and warm water and place into a separate jug. Add a couple of drops of browning.

Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, or an electric hand mixer, quickly mix well to get everything blended. It will be runny to begin with but will soon thicken a little. Then continue to mix for about 1 minute. Use a rubber spatula to scrape down the mixture in the bowl.



Half fill a jug with warm water, and dip the scoop into it, shake it and then, take a scoop of bread mixture and place it onto a lightly greased baking tray. Dip the scoop again into the water, (don't worry if the scoop has bread mixture on it) and continue to scoop the rest of the mixture.

Use your hands, or a small spoon dipped into the water to neaten the rolls if needed. Take a piece of cling film just a little larger than the tray, and brush or spray it with a little oil. Gently place this on top of the rolls.



Leave in a warm place to prove until almost double in size. Place into a pre heated oven for around 30 mins until golden brown.

Transfer to a wire rack to cool.

The rolls freeze very well.

When needed, wrap a frozen roll loosely in kitchen paper and place into the microwave for a few seconds to defrost and warm through (time depends on the strength of your microwave). The roll should be soft and warm but not steamy.

Serve warm or leave to cool still wrapped in paper and use as required.



FATE BAGUETTES

This recipe makes 3 or 4 baguettes. For baking, I use 2 swiss roll tins about 32cms x 21 cms, or you could use baguette trays, which will give the baguettes a really professional look. The tray is rounded and perforated, which gives the baguette a crispy crust with a round base, just like ordinary ones you buy.

500g Fate Low Protein All Purpose Mix
 Sachet yeast (enclosed with the Fate Mix)
 2 tsp salt
 120mls oil, or 50mls for a lower fat version
 2-3 drops suitable gravy browning
 450mls warm water
 Extra Fate All Purpose to shape



Preheat the oven Gas 6 200°C 400°F

Place the Fate All Purpose Mix, yeast and salt into a mixing bowl. Stir.

Using a baby's bottle, measure the oil and warm water and place into a separate jug.

Add a couple of drops of browning.

Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk or an electric hand mixer quickly mix well to get everything blended well. Continue to mix for about 1 minute.



Place a piece of cling film onto your scales and sprinkle it with a little extra Fate All Purpose Mix. Also, dip your hands in All Purpose to dust well.

Using a large spoon or spatula, take a heaped spoonful of the bread mixture, and using just one finger, push it onto the cling film on the scales.

For a nice sized baguette, you need around 250g. (You do not have to be too precise, just as long as they are within about 20g of each other)

Using the cling film to help you, transfer the mixture into your other (dusted hand), and gently pass the mixture from one hand to the other, once or twice, until the surface is smooth and a round ball is made. You do not have to press or knead the mixture at all. Dust the work surface with a little Fate All Purpose mix, and lightly roll the dough into a long sausage shape, the length of your baking tray.

Gently roll off the work surface onto the baking tray. Continue with the remainder of the mixture.



Lightly oil a piece of cling film and place gently on the top of the baking tray. Leave in a warm place to prove until double in size.

Just before they are ready to go into the oven, dip a knife into water and press down into the surface of the

baguette to mark it in the traditional style. Bake for around 35 mins until golden brown. Transfer to a wire rack to cool. They freeze well.



FATE MACHINE BREAD

The following recipe is suitable for most Panasonic Bread makers. The latest models are the SD2500 and SD2501.

- 500g Fate Low Protein All Purpose Mix
- Sachet yeast (enclosed with the Fate Mix)
- 2 tsp salt
- 120mls oil, or 50mls for a lower fat version
- 2-3 drops suitable gravy browning
- 450mls warm water



Take the bread pan out of the machine and place the kneading blade (paddle) onto the shaft in the base of the pan. Warm the bread pan by filling it about halfway with hot, not boiling water (from the warm tap is fine).



Leave the pan to warm while you collect all the ingredients.



Plug the machine in and select the Basic, Bake Rapid programme. On the new machines, this is programme 2. (you need to press the Menu button twice for programme 2) Also select the XL size of loaf, and Light, Medium or Dark crust. It should show 1:55 (for light and medium) or 2:00(for dark) on the display.



Empty the warm water from the bread pan.

Measure the oil in a baby's bottle and pour it into the warm bread pan. Measure the warm water and pour it onto the oil. Add a couple of drops of browning if liked, to lightly colour.



Next, add 2 tsp salt.

Empty the full pack of Fate All Purpose Mix into the pan, and then pour the sachet of yeast onto the top. Do not stir or mix in.



Place the pan into the machine and press start.

If necessary, use a non-metal spatula to carefully scrape down the excess Fate All Purpose mix from the inside of the pan, to prevent a ring of uncooked mix being on the outside of the loaf. Close the lid. Leave the machine. **DO NOT LIFT THE LID.**

When the machine beeps at the end of the cooking time, switch off the machine. Using a cloth, carefully take out the bread pan, and turn the loaf out onto a wire rack to cool.



If the paddle is still inside the base of the loaf, leave it until the bread is cold and remove it by just gripping it with your fingers and pulling it out. Do not use anything that will scratch the paddle.

When the loaf is cold, wrap it in foil, cling film, or place it into a plastic bag or suitable container. It will stay fresh for a couple of days.



Alternatively, the loaf can be sliced or cut into chunks and stored in the freezer. The fresh loaf is very soft, so you will need an electric knife or a sharp serrated bread knife to cut the loaf into thick or thin slices. Use a cutting guide to help you if you need it.



Place into a freezer bag and store in the freezer. Be careful the bread does not get squashed! Give it plenty of room until it is frozen, this will allow you to easily take out individual slices as needed.



When needed, slices can be defrosted by wrapping in kitchen paper and placing in the microwave for a few seconds on high, depending on the power of your microwave. The bread should be defrosted and warmed through, but not steamy (if it is too warm, it will make the bread dry).

Take out of the microwave and leave on the worksurface, still wrapped in the paper until its cold. It won't take long, and then it will be ready to use for sandwiches. Slices can be toasted from frozen.



FATE EASY ROLL WRAPS

These wraps are based on my original recipe. I have changed it, just slightly, by using just a little less water. This makes them so much easier to roll out and transfer them to your pan.

I have also cut down the quantities of ingredients so that they are very much quicker to do at the last minute.

Perfect for when you want to make something fresh and quick for dinner.

The recipe makes 2- 3 wraps depending on the size. They keep well in the fridge for a day or two. Just warm them up quickly in a dry pan.

100g Fate All Purpose Mix
 1/3 tsp salt
 1/3 tsp baking powder
 3 tsp oil
 50mls cold water + a little more
 1-2 drops browning
 Extra Fate All Purpose Mix to roll out.



Mix the Fate All Purpose Mix, salt, and baking powder together in a bowl. Use a baby's bottle to measure the 50mls of water and add the browning. Pour this into the bowl and add the oil.

Use a large metal spoon and quickly mix it together. At this stage it will look dry and won't come together. So add just a little more water, but only 1 tsp at a time (you shouldn't need much more water so don't add much). At this stage you might be best using your hands to bring it together into a dough. It should be quite firm.



Place it onto the work surface and knead it a few times until smooth. It shouldn't stick at all, but if it does, just use a tiny dusting of Fate All Purpose Mix to help.

Heat a heavy frying pan over a medium heat. Do not put in any oil.



Take about a third of the mixture and make it into a ball with your hands. Place it down on to the work surface. Dust very lightly with Fate All Purpose Mix (you won't need much at all). Use a rolling pin to roll out the dough into a circle, about 2-3 mm thick and about 17-18cms in diameter.

If you want to, trim the edges with a knife or use a saucepan lid or bowl to cut it into a perfect circle.



You should be able to lift the wrap up easily to place it into the hot frying pan.



Turn the heat up to cook the wrap. You should see bubbles form on the surface within a few seconds.

Leave to cook for 20-30 seconds then turn over to cook for another 20-30 seconds. It is important that you don't overcook the wraps so that they are soft and supple. They should easily fold without breaking.



When cooked, wrap loosely in kitchen paper or foil. Use as required.

They are lovely served lightly spread with a suitable mayonnaise and filled with Fate Fajita vegetables.

They freeze well, just defrost and heat through in a warm, dry pan. Be careful not to overheat them.



FATE FAJITA VEGETABLES

This is a basic vegetable dish that goes well with the wraps. The vegetables I use are a really good combination, and they taste good with the Fajita spice mixture.



- 2 -3 Mushrooms
- 1 small Red pepper
- 1 small Onion
- Little oil for cooking
- Handful of suitable green salad leaves
- 2-3 tsp suitable Fajita spice mix
- 2-3 tbsp water

Slice the mushrooms, red pepper and onion.

Heat a wok or frying pan over a gentle heat until hot. Add a little oil.

Add the sliced vegetables and stir fry for a couple of mins. Do not overcook. Add the Fajita spice and stir well. Add a couple of tbsp of water if the mixture seems dry or is burning. Do not add any more oil. Stir in the salad leaves quickly. Serve straight away as a filling for the Fate Easy Roll Wraps. Spread the wrap with a little mayonnaise, place some Fajita vegetables in the middle and roll up.

FATE TORTILLA CHIPS

Simply roll the easy roll wrap dough out onto a piece of non-stick baking paper or foil. Roll it very thinly, (about 1 mm thick) Use the blunt edge of a knife to cut the dough into wide strips, then into squares. Cut the squares diagonally in half to create triangles.

Slide the paper (with the triangles still on) onto a baking tray. Place in a preheated oven Gas 5, 180°C 375°F for about 10-15 mins. Turn them over halfway so that they cook evenly and crisp all the way through. Take care they don't brown too much. Serve with a suitable dip. The chips keep well for a few days in an airtight container. They can also be frozen. Add a little spice to the basic mixture to flavour it if you like, Fajita mix or a Cajun spice mix works well.



FATE PIZZA

As a guide, a 500g pack of Fate All Purpose Mix will make 3 or 4 x 20cm (8½ inch) round pizzas, depending on how thick you like the bases. You can use pizza baking trays or flan tins. The pizzas freeze well.

For the base:

500g Fate Low Protein All Purpose Mix
 Sachet yeast (enclosed with the Fate Mix)
 2 tsp salt
 120mls oil, or 50mls for lower fat version
 2-3 drops suitable gravy browning
 450mls warm water
 Extra Fate All Purpose to shape



Place the Fate All Purpose Mix, yeast and salt into a mixing bowl. Stir. Using a baby's bottle, measure the oil and warm water and place into a separate jug. Add a couple of drops of browning. Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk or an electric hand mixer, quickly mix well for about 1 minute to get everything blended.

Place some mixture onto a greased baking tray, or into a flan tin. Using your hands, dusted with All Purpose Mix, gently pat the mixture out into the shape and thickness that you want for the pizza base.

Remember that the finished pizza will be at least double the thickness when it cooked.

Place in a large bag or cover with oiled cling film and prove until nearly doubled in size. Then top the pizza.



For each pizza use:

Approx 2-3 tbsp of tomato passata mixed with 2tsp tomato puree.

Or 2- 3 tbsp of suitable tomato pasta sauce, or pizza topping. (check label for the protein level)

A sprinkling of herbs, such as basil and oregano



Then, a selection of some, or all of these:

Sliced or chopped peppers, onion, mushrooms and courgettes.

Pitted black olives.

Suitable low protein cheese

First, spread a layer of tomato sauce onto the base, then, add a sprinkling of basil and oregano. Then add the vegetables and cheese.

Bake in a preheated oven, Gas 6, 200°C 400°F for about 25 mins, depending on how much topping is used.



FATE CHEESE OMELETTE

This is a lovely recipe. I add a little light mayonnaise to the mixture. It sounds strange, but it really brings out the taste of the low protein cheese. I use Violife original, but you can use your favourite, just take into account the protein level. I add a few cooked mushrooms too, which help make this a really tasty, quick dinner. Serve simply with a fresh mixed salad.

For the filling:

80-100g mushrooms, chopped
1 tsp butter
1 tsp oil
40g suitable Low Protein Cheese, grated



For the Omelette:

50g Fate All Purpose Mix
¼ tsp baking powder
Salt and pepper to taste
10g butter (room temperature)
30g suitable light mayonnaise
40mls water



First prepare the filling:

Place the 1 tsp butter and 1 tsp oil into a small warm frying pan. Wait until the butter has melted and add the mushrooms. Cook over a high heat for a few minutes until lightly brown. Keep the heat up so that any moisture evaporates. Place into a dish and put the grated low protein cheese on top. Do not stir it in.

Next prepare the Omelette:

Place the Fate All Purpose Mix, baking powder, salt and pepper into a small mixing bowl. Add the butter and mayonnaise.

Measure the water in a baby's bottle and pour it into the bowl. Use an electric hand mixer to mix for about 1 minute until it forms a thick and light mixture like creamy mayonnaise.

Place the pan back on the heat (no need to wash it) and before it gets hot, add the



omelette mixture to the middle of the pan. Use a spoon to spread it out to about 16cms diameter. You can dip the spoon into water to help you spread the mixture easily.

Leave it to cook gently until the underside is golden, and the top is beginning to look dry. Add the mushroom cheese mixture to the middle of the omelette. Use a pallet knife or spatula to lift the edge of the omelette to fold in half in the pan. Gently press it down a little and leave to cook over a low heat for a couple of minutes until the filling is warmed through. Turn the omelette over to cook evenly. Serve hot.



FATE ORIENTAL BAKE

This recipe is one of my first recipes that I devised. I remember that we needed something that would be good served hot or cold, and something that could be served with a salad or a soup as a light lunch. It's also good for dinner served with a suitable vegetable stew.

I had to include it in this collection of recipes because I know it has been a very popular recipe with lots of families.

- 1 tbsp oil
- 150g onion, finely chopped (you could use frozen diced onion if available)
- 150g Fate Low Protein All Purpose Mix
- 75g block margarine
- Pinch salt
- Pepper to season
- 1 tsp baking powder
- 1 tsp curry powder
- 75g carrot, grated
- 90mls water
- 6 – 8 slices fresh tomato for garnish



Preheat oven Gas 6. 200°C 400°F

Heat the oil in a frying pan. Add the onion. Cook for 5 – 10 mins until golden brown. Place into a small dish and cool.

Place the Fate Low Protein All Purpose Mix into a mixing bowl. Rub in the margarine until the mixture resembles breadcrumbs. Stir in the salt and pepper to season. Add the baking powder and curry powder. Stir in the grated carrot.

Add the water and mix with a large metal spoon until blended well.

Place the mixture into a greased shallow round cake tin about 15 cms (6 inches) diameter.



Use a large spoon to spread the mixture to the edges. There is no need to make the top smooth, it looks good if it has a rough surface.

Mark the surface into 6 portions.

Bake in the preheated oven for about 30 mins, but about 10 mins before the end of the cooking time, place a slice of tomato onto each portion.

Continue to cook until golden brown.

The oriental bake freezes well. Defrost when needed, wrap loosely in foil and place in a warm oven to heat through.



FATE LEEK AND MUSHROOM PUDDING

This is another one of my very first recipes that I developed. It must be about 30 years old, and we are still making it regularly. This is lovely served with suitable vegetables and gravy for a perfect traditional roast dinner.

It's also good served with a low protein vegetable stew.

100g leeks
 100g mushrooms
 300g Fate Low Protein All Purpose Mix
 150g block margarine
 3 tsp baking powder
 1 tsp salt
 Pepper to season
 180mls water



Preheat the oven Gas 4 175°C 350°F

Use a sharp knife to chop the leeks and mushrooms quite finely. (do not use a food processor as they will be too fine)

Place the Fate All Purpose Mix into a mixing bowl. Rub in the margarine until it resembles fine breadcrumbs.

Stir in the baking powder, salt and pepper.

Add the chopped leeks and mushrooms and stir well.

Add the water, and using a large metal spoon, stir well until it forms a stiff mixture.

Place into a greased 1 kg loaf tin and level the surface with the back of a spoon.

Bake in a preheated oven for 30-40 mins until it is risen and firm. A skewer pushed into the centre should come out clean.

Leave it in the tin for a few mins then tip it out.

Slice it thickly and serve hot.



The remainder can be frozen, just defrost and reheat in the microwave, or in an oven, loosely wrapped in foil.

FATE SPICY VEGETABLE STEW

This vegetable stew is rich and tasty. It is also very easy and quick to make.

The paprika gives it a rich spicy flavour without being "spicy hot" If you like it hot, just add a pinch or two of cayenne pepper to taste.

The vegetable stew is perfect to serve with Fate Rolls, Baguette, Flat Breads or Wraps. Or try it with Fate Baked Onion and Herb dumplings.

Quantities are approximate

100g onion
100g carrots
100g mushrooms
100g peppers, red, green, or a mixture
100g courgettes
1 tbsp oil
2-3 tsp paprika
2 tsp dried oregano
400g tin tomatoes
Salt and pepper to season
Cayenne pepper to taste
1-2 tsp cornflour mixed with a little water.

Chop or thickly slice the onions. Chop the carrots, mushrooms, courgettes and peppers into medium sized pieces. Heat a pan and add the oil. Put in the vegetables and cook with a lid on for about 5 mins until they begin to soften. Stir in the paprika and oregano. Cook over a gentle heat for a couple of minutes to cook the paprika.

Pour in the tin of tomatoes, breaking them up with the spoon. Season with salt and pepper, and also add cayenne to taste for a little heat. Stir well and bring to the boil.

Cook gently for about 30-40 mins until the flavours develop and the vegetables are tender.

If you like the stew thickened, just stir in the cornflour mixed with a little water. Simmer for a minute or so until thickened, stirring continually.

The stew can be frozen.



FATE BAKED ONION AND HERB DUMPLINGS

These dumplings are delicious served with any low protein soup or stew. Normally dumplings are cooked in the soup or stew, but these are baked in the oven which gives them a different texture.

They can still be dropped into the stew at the last minute.

You can vary the flavour, by using different herbs, just use whatever is available.

This recipe makes about 24 bite sized dumplings, ~ just eat what you want, and freeze the rest for another day.

200g Fate Low Protein All Purpose Mix

75g block margarine or butter

1 tsp baking powder

½ tsp salt

Generous grinding of black pepper

2 tsp dried parsley

2 tsp dried onion granules

120mls water

Little extra Fate All Purpose Mix to shape

Little paprika to sprinkle if liked

Preheat the oven Gas 7. 220°C 440°F

Place the Fate Low Protein All Purpose Mix into a mixing bowl

Rub in the margarine or butter until the mixture looks like breadcrumbs.

Stir in the baking powder, salt and pepper, parsley and onion granules.

Add the water and stir well until a creamy mixture is made.

Using a teaspoon, take a little of the dumpling mixture and shape it into a ball (you may need to lightly dust your hands with just a little Fate All Purpose mix, to stop it sticking, but try not to use much).



Place the dumplings onto a greased baking tray and bake in a preheated oven for 10-15 mins until firm, risen and lightly browned.

For a change, you can sprinkle the top with a little paprika or other spice before baking.

Serve them warm as they are, as an alternative to low protein bread. Or drop them into a low protein soup or stew to warm through before serving.



FATE ORIGINAL SAUSAGES

Made from store cupboard ingredients, these sausages look just like ordinary sausages. The mixture is made in minutes and is very easy to shape. You could make round balls instead of sausages to create a low protein 'meat ball', or flat patties to serve as burgers or as part of a roast dinner. You can add more or less of the herbs to suit your taste.

I also have a recipe for sausages using fresh vegetables. See youtube video: www.youtube.com/user/fatespecialfoods



- 200g Fate Low Protein All Purpose Mix
- ½ tsp salt
- Ground black pepper to season
- 1 tsp dried sage
- 1 tsp oregano
- ½ tsp dried minced onion or onion granules
- 3 tsp suitable tomato ketchup
- 50ml oil
- 100ml water
- Extra Fate Low Protein All Purpose Mix for shaping
- Oil for shallow frying



Place the Fate Low Protein All Purpose Mix, salt, pepper, sage, dried onion, and oregano into a mixing bowl or jug. Mix well. In a separate jug, stir together the ketchup, oil and water.

Add the liquid to the dry ingredients all in one go. Mix with a large metal spoon for about 30-50 seconds until smooth. Leave to rest for about 1 - 2 minutes.



Dust your hands lightly with Fate Low Protein All Purpose mix. Knead the mixture just a couple of times to make sure the ingredients are well blended. Take a spoonful of mixture, around 35g-50g and roll it into a sausage shape on the worksurface, using a little extra Fate Low Protein All Purpose Mix to prevent sticking. The sausages can be shallow fried in a little oil until golden brown or brushed with oil and cooked under a grill or on a barbeque.



Fate Sausages freeze well. Freeze them uncooked, soon after shaping.

Defrost before cooking.



FATE CAJUN KIDDIN CHIKKIN

This has absolutely nothing to do with meat of course, just something to take its place in a meal. Add variety to your diet by using different herbs and spices. Curry, Tandoori, or Moroccan spices all work well. I have used Cajun spice blend here and they are really delicious. They can be made into large Chikkins or cooked 'nugget' style.

Don't worry about the mixture blackening in the pan, ~ it's just the tomato puree in the mixture giving the whole dish a delicious, chargrilled look and flavour.

Makes 5 or 6 large Chikkins, or 25-30 Nuggets.

250g Fate Low Protein All Purpose Mix

1 tsp salt

Pepper to season

2 tsp dried onion granules

1½ tsp oregano

5 tsp Cajun spice plus extra for sprinkling

2 tbsp tomato puree

50mls oil

200mls water

200g grated carrot

Little oil for cooking if needed



Place the Fate All Purpose Mix, salt, pepper, onion granules, oregano and 5 tsp Cajun into a mixing bowl. Stir. In a separate jug or dish, place the tomato puree and add the measured oil and water. Stir just a couple of times. Add this liquid mixture to the dry ingredients and use a wire whisk to blend well until thick and smooth. Stir in the grated carrots.



Place a frying pan onto heat. When it is really hot, for large Chikkins, take a large spoonful of the mixture and place it into the pan (add a little oil only if you know the pan will stick). Flatten and spread the mixture with the back of a wet spoon to about 1cms thick. Sprinkle a little extra Cajun spice on top. Cook for about 2-3 mins until the underside is cooked and slightly blackened. Turn over and cook for a further 3-5 mins until cooked through.



Alternatively make 'Nuggets', by placing just a teaspoonful of the mixture into the pan, flatten them slightly with the back of a wet spoon, add a sprinkle of Cajun, and leave to cook in the same way.

Place onto a plate or tray and continue with the rest of the mixture. Serve hot with a Fate wrap or roll, a squeeze of lemon, and a suitable dip. Try it served with shallow fried sweet potato slices, and a suitable salad. They freeze well, reheat in a pan, grill or barbeque.



FATE VEGE BURGERS

This recipe was one of the first low protein recipes that I developed, and it is one that we still make regularly.

They are great for dinner served with Fate Bread Rolls, a suitable salsa and a fresh salad. This recipe makes about 10 burgers. They freeze well, just defrost and reheat in the oven, under the grill or in the microwave. They are also great for the barbeque.

- 150g carrot
- 150g courgettes
- 50g onion
- 1 tbsp chopped fresh parsley
- 1 tsp dried sage
- Pinch dried thyme
- 150g Fate All Purpose Mix
- 1 tsp baking powder
- Salt and pepper to season
- Extra Fate All Purpose Mix for shaping
- Oil for cooking



Grate the courgettes, including the skin. Grate the carrots and finely chop the onion. Place them all together into a mixing bowl with the parsley, sage and thyme. Stir well.

In a separate bowl, place the Fate Low Protein All Purpose Mix and baking powder and stir in the salt and pepper. Add about half of this dry mixture to the vegetables in the bowl and stir well so that the vegetables are coated. Then add the remainder and mix well. At this point you might think the mixture is too dry but keep mixing and it will all come together. (you might find it easier if you use your hands).

Take about a tablespoon of the mixture and using a little extra All Purpose Mix shape into balls and then press down to flatten it into a burger shape.

Heat a little oil in a frying pan and add some burgers – do not overload the pan. Cook over a gentle heat for a minute or so and then turn them over. Cook until they are golden brown and slightly risen.



Remove to a plate while you cook the rest. Serve hot with Fate Bread Rolls and a suitable salsa and mixed salad.



To freeze the burgers, just leave to cool, wrap well and store in the freezer.

FATE SAVOURY PASTRY

A really essential recipe ~ use savoury pastry for low protein vegetable pasties, pies and tarts, and sweet pastry for jam tarts, apple pie and other sweet recipes like mince pies. Low protein pastry made with Fate Low Protein All Purpose Mix is exceptionally easy. It is important that you measure the water accurately so that the pastry is soft and creamy when first mixed. This will make the pastry easy to roll out.

250g Fate All Purpose Mix
 ½ tsp salt
 125g block margarine
 50mls water
 Little extra All Purpose Mix to roll out

Preheat oven Gas 7 220°C 425°F
 Place the All Purpose Mix into a mixing bowl and stir in the salt.

Rub in the margarine until the mixture resembles fine breadcrumbs, then continue until it resembles coarse breadcrumbs.

Add the water and mix quickly with a metal spoon until smooth. Do not worry if you think it is very soft, just leave to rest for a couple of minutes.



Lightly dust the work surface with a little extra Fate All Purpose Mix and knead the pastry for a couple of minutes until it is smooth.

Roll out and use as desired for savoury pies and tarts. It does not need to be chilled before using.



FATE SWEET PASTRY

For recipes that require a sweeter pastry for puddings, fruit pies or tarts, just reduce the amount of salt to a pinch, and stir 30g of caster sugar into the water before adding to the rubbed-in mixture.

FOR JAM TARTS:

Roll out the pastry and cut out using a cutter about



75mm in diameter, place into a patty tin.

Add a little jam and bake in a preheated oven for 10-15 mins. Remove to a wire rack to cool.



FATE FAIRY CAKES

Delicious and so quick and easy to prepare.

For fairy cakes, just place 12 paper cases into a patty tin.

The cakes freeze well even when decorated. Just protect them in the freezer and be sure to unwrap before leaving to defrost.

The cakes are made with pure fruit juice, the kind you get in a carton. Orange, Apple and Pineapple juice all work well. I like to use Orange juice as it gives a lovely colour to the cakes.

1 x 250g packet Fate Low Protein Cake Mix
65g soft tub margarine
125mls pure orange juice, or other fruit juice

Preheat oven, Gas 5, 190°C 375°F

Place the Fate Cake Mix into a mixing bowl. Add the margarine and orange juice. Mix for 1 minute with a wire whisk. Divide the mixture into the paper cases.

Bake for about 20 mins until risen and browned. Remove from the tin and place onto a wire rack to cool.

Decorate with Glacé icing, cherries or suitable sprinkles:

Place about 75g icing sugar into a bowl and stir in about 4tsp of water or fruit juice. It should be thick enough to stick to the back of a spoon. Alter the consistency if necessary, by adding more sugar or more liquid. Add a tiny amount of food colouring if you wish.

Quickly spoon onto the tops of the cooled cakes. Add a piece of cherry or suitable sprinkles before the icing sets.



Or, make Butterfly cakes:

When the cakes are cool, cut a slice off the top of each cake and cut each slice in half.

Spread a little jam onto the cake and pipe or spread a little buttercream on top.

To finish the cakes, replace the two halves to look like butterfly wings. Sprinkle a little icing sugar on top.

To make the buttercream:

50g butter
125g icing sugar
1 tbsp water or pure fruit juice

Mix the butter and icing sugar together until it is creamy. Add the water or fruit juice and beat well until light and fluffy.

Note: Fairy cakes and Butterfly cakes can also be made using Fate Chocolate Flavour Cake Mix

FATE CHOCOLATE TRAY BAKE SPONGE CAKE

This recipe is so quick and easy to make. I use a greased and lined baking tin measuring 26cms x 17cms x 3cms deep. For the topping, I use a suitable chocolate spread or chocolate buttercream.

I like to use 1 exchange of a suitable chocolate spread, which is enough to cover the cake. There are quite a few different brands of chocolate spread that you can buy. Consult your dietitian for suitable ones to use, as different brands will have different protein values.

The cake freezes well.

1 x 250g pack Fate Low Protein Chocolate Flavour Cake mix

65g soft tub margarine

125mls water

Suitable chocolate spread or chocolate buttercream.



Preheat the oven Gas 5, 190°C 375°F



Place the Fate Chocolate Cake mix into a mixing bowl. Add the margarine and water. Mix quickly for 1 minute with a wire whisk, until blended well.



Place the mixture into the greased and lined tin and use a spoon to gently spread the mixture to the edge of the tin. Bake for 30 – 35 mins until risen and firm. Turn the cake out onto a wire rack and if possible, turn the cake over so that the top is at the top. If you like, you can cut the top level with an electric knife to give it a professional finish.



Whilst the cake is still warm, measure the chocolate topping, and place onto the top of the cake. Wait a few seconds, and the heat of the cake will warm the chocolate and make it easier to spread to the edges. Leave to cool completely, before cutting into squares.



Note: You can also make a Tray Bake using Fate Cake Mix

FATE VICTORIA SANDWICH CAKE

The all-time traditional teatime cake. Serve simply on its own with a cup of tea, or with a few fresh summer berries. It is delicious. For a change, substitute the Fate Cake Mix for Fate Chocolate Flavour Cake Mix to make a classic chocolate sandwich cake.

This recipe makes a good sized cake. Use a cake tin about 22cms diameter x 6cms deep. (8½ in diameter x 2½ in deep). You need to make two cakes, one for the base layer and one for the top. Be sure to use pure orange juice when making the cake (the kind you get in a carton).

For the base layer of cake:

1 x 250g Fate Low Protein Cake Mix
65g soft tub margarine
125mls pure orange juice

For the top layer of cake:

1 x 250g Fate Low Protein Cake Mix
65g soft tub margarine
125mls pure orange juice

For the filling:

2-3 tbsp raspberry or strawberry jam
50g butter at room temperature
125g icing sugar
1 tbsp water or vanilla essence

For decorating the top:

Icing sugar

Preheat oven Gas Mark 4 180 °C 350° F

First make the base layer of the cake. Place the Fate Low Protein Cake mix into a mixing bowl. Add the soft margarine and the orange juice. Use a wire whisk and mix well for one minute, until well blended. Place in to a greased and lined round cake tin. Bake for about 15 mins until risen, golden brown and firm to the touch. Turn out onto a wire rack to cool. Make the top layer of the cake in exactly the same way.



While the cake is baking, make the buttercream; mix the butter and the icing sugar together until it is creamy. Add 1tbsp water or vanilla essence and beat well until light and fluffy.

When the cakes are cool, if the paper is still on the cake, take this off, and then using a sharp knife, cut off the top surface of the cakes to make them level. Spread the surface of the base cake with jam. Place it onto a cake card or a pretty plate. (You can put a little buttercream on the middle of the card or plate first to secure the cake). Take the other cake and spread it with buttercream. Then sandwich them together. Decorate by sprinkling the top with icing sugar.



FATE MUG CAKE

This is perfect for those times when you fancy something sweet. It is cooked in the microwave, so its very quick and easy to make. You'll need to use a microwave safe mug that holds about 350mls. Use medium power to cook (about 600w). Timings will vary slightly depending on the shape of the mug and what you add to the basic cake mixture. On average it will take 1 ½ -2 mins to cook. To get a soft and fluffy cake, do not overcook.

For a basic jam cake:

50g Fate Low Protein All Purpose Mix
 ¼ tsp baking powder
 20g light soft brown sugar
 20g soft tub margarine
 40mls water
 2 tsp suitable jam, any flavour

Place the Fate All Purpose mix, baking powder, sugar and margarine into the mug and add the water. Use a fork and quickly mix for about 1 minute until smooth. Don't forget to mix right down to the bottom corners of the mug.

Put 2 tsp jam in the middle. Do not stir in. Microwave on medium power (600W) for 1 ½ -2 mins or until the top is just dry. Remove from the microwave and leave for 2 mins before topping with anything suitable, then grab a spoon!



Make it your own!

There are endless variations and lots of ingredients that you can add to the cake mix before cooking. The choice is yours. Here are some suggestions:

Keep it simple

Replace the jam with 2 tsp of suitable lemon curd or syrup.

Make it fruity

Flavour the cake mix with 1 tsp grated lemon or orange rind.

Replace the water with 40mls of pure fruit juice.

Add about 1 tbsp of chopped fruit (fresh, tinned or frozen), or 1 tbsp of dried fruit to the mixture.

Spice it up

Add ½ tsp of spice such as ginger or cinnamon.

Add 3 tsp of suitable mincemeat.

Make it chocolatey

Add 2-3 tsp chopped low protein chocolate to the mixture.

If you have exchanges add Sweet Freedom Choc Shot or a suitable chocolate spread to the mug or to the top of the cooked cake (ask your dietitian if you are unsure about using either of these in your diet).

Enjoy topping the cake with suitable sprinkles, pieces of fruit, or suitable low protein cream or ice cream.

FATE FRUIT SCONES

These Scones are perfect to serve as part of a traditional afternoon tea, as a snack or pudding, or to take in a lunch or picnic box. This recipe makes about 6. They freeze perfectly.

200g Fate Low Protein All- Purpose Mix
 50g butter or block margarine
 Pinch salt
 30g caster sugar, or light soft brown sugar
 1 tsp baking powder
 100g mixed dried fruit
 150mls water
 Little extra Fate All Purpose Mix to shape



Preheat the oven Gas Mark 7. 220°C. 425°F
 Place the Fate Low Protein All Purpose Mix into a bowl. Rub in the butter or margarine. Stir in the salt, sugar, baking powder and dried fruit. Add all the water and stir well, using a metal spoon, for about 30 seconds. The mixture will be very soft but leave it for about 2-3 mins and it will thicken.



Turn the mixture onto a work surface lightly dusted with Fate All Purpose mix. You do not have to knead the mixture at all. Just dip your hands in a little extra Fate All Purpose Mix, and gently pat the scone mixture into a piece about 3-4 cms thick. Do not pat the mixture out too thinly.
 Cut into 6 rough squares or use a biscuit cutter and cut into 6 rounds. Place onto a greased baking tray, and bake for about 12-15 mins until risen and golden brown.

Cool on a wire rack.



FATE PLAIN SCONES

To make Fate Plain Scones use the same method as above but use the following ingredients:

200g Fate Low Protein All Purpose Mix
 50g butter or block margarine
 Pinch salt
 50g caster sugar or light soft brown sugar
 1 tsp baking powder
 120mls water

This recipe makes 5 plain scones. They freeze well.



FATE SHROVE TUESDAY'S PANCAKES

As time goes by, I've changed some of the original Fate recipes. This pancake recipe is one of them. I have added a small amount of custard powder to the Fate All Purpose Mix to give the pancakes a richer colour. Fate pancakes are very versatile, you can serve them at any time of day, hot or cold.

Also, just because I've called these Shrove Tuesday's pancakes. it doesn't mean that you can only eat them once a year! ~ they are delicious at any time.

*Makes 6 – 8 depending on the size.
They freeze well.*

300g Fate All Purpose Mix
30g custard powder (not instant custard mix)
½ tsp salt
80g caster sugar
75mls oil
450mls water

Place the Fate Low Protein All Purpose Mix into a jug, and stir in the custard powder, salt and caster sugar. Using a baby's bottle, measure the oil and water and place into a separate jug.

Then pour about half of the liquid onto the dry ingredients. Using a fork or a wire whisk, quickly stir until smooth, thick and creamy, then add the remaining liquid, and mix until blended well.

Place a frying pan over a gentle heat. Do not add any oil.

Add about 2-3 tbsp of pancake mixture to the pan. Use the back of the spoon to gently spread the mixture to the edge of the pan. Do this gently without lifting the spoon away from the mixture.

It is important that you do not have the pan too hot to begin with, as the mixture will cook before you have time to spread it! Turn the heat up and leave the pancake to cook for about 1 minute over a high heat, until the top is dry and the base is golden brown. Turn the pancake over and cook for a further minute or so.

Place onto a plate or wire rack while you cook the remaining pancakes.

Serve and eat as you wish. Our favourite way is to sprinkle them with sugar and lemon juice and roll them up.



FATE SHORTBREAD

A traditional biscuit which is so easy to make. Rolled out or pressed into a tin, 22cm x 32cm, marked into fingers or squares before baking.



375g Fate Low Protein All Purpose Mix
 75g custard powder (not instant custard mix)
 150g caster sugar
 300g block margarine, at room temperature.
 Little extra Fate Low Protein All Purpose Mix for kneading
 Little extra caster sugar to sprinkle.

Preheat the oven. Gas Mark 3/160°C/325°F

Place the Fate Low Protein All Purpose Mix, custard powder and sugar into a bowl and stir. Add the margarine and rub in. Keep mixing either with your hands or using a spoon, until it comes together into a dough, this can be done easily in a mixer or food processor. Lightly dust your hands with Fate Low Protein All Purpose Mix and knead the dough until it is smooth and pliable.

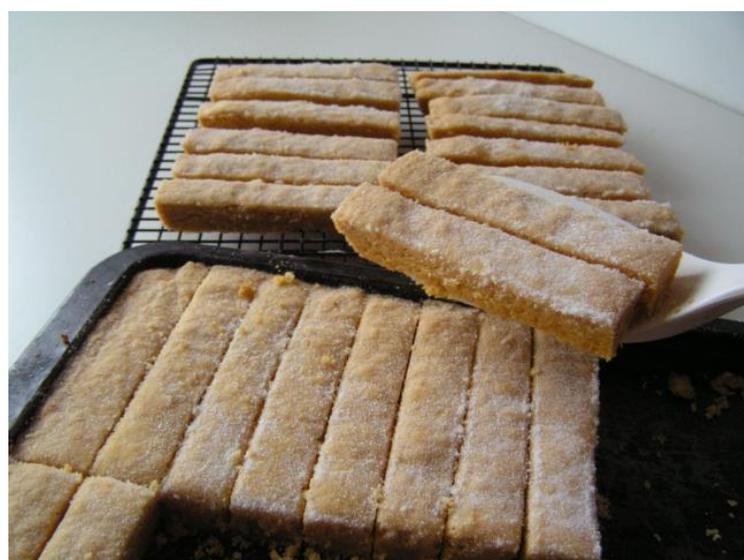


Lightly dust the worksurface with extra Fate Low Protein All Purpose Mix and roll out the dough to the shape and size of the tin, then lift it into the tin and trim the edges to fit. Or, instead of rolling the dough, you can press the mixture into the tin with your hands and then use the back of a spoon to level the surface. Mark into squares or fingers, and then lightly prick the surface with a fork.



Bake in a preheated oven for 45-50 minutes until lightly browned. Take out of the oven. Recut the portions, and then sprinkle with a little caster sugar. Leave in the tin for about 5 minutes and then remove to a wire rack to cool.

Store in an airtight container or in the freezer.



FATE SHORTBREAD THINS

They taste delicious on their own or served with a suitable low protein ice cream to make a great pudding. The amount in this recipe makes quite a lot of biscuits, but they store very well in an airtight tin, or even in the freezer.

It is exactly the same recipe as Fate Shortbread but rolled out until very thin – about an eighth of an inch, or 3mm thick. Cut into shape with a biscuit cutter. Cut the mixture into any shape but try big hearts or stars – they look great. Place onto a baking tray (there is no need to grease it).

Bake for about 10 minutes until lightly browned. Take out of the oven and sprinkle with a little caster sugar. Leave them on the tray for a few minutes, then remove them to a wire rack to cool.



FATE CHOCOLATE CHIP COOKIES



I have tried to make a low protein cookie many times before, but I have never had the results I wanted - until now!!

I wanted a cookie that not only looked and tasted just like ordinary cookies, but they had to be crisp on the outside but still have a chewiness in the middle. These are exactly that. Also, they are delicious, so please be warned, they are extremely moreish!!

They are easy to do, but there are just a few points to remember when making these:

**Golden syrup can be tricky to weigh, but if you use a metal spoon and dip it into very hot water first, it will make it easier as the syrup will just slide off.*

**For best results, weigh the cookie dough pieces to make sure they are the same size, then all your cookies will look the same and bake evenly.*

**Do a test bake with one cookie before you shape all the mixture. This will tell you how much to flatten it before baking. The cookies will spread during baking, so the more you flatten them, the thinner they will be. A test bake will also tell you if you need to alter the baking time. If your cookies are too crisp when cooled, you know not to cook them as long next time, or don't make them as flat.*

Makes 12. Total 1 exchange for 12 cookies.

225g Fate Low Protein All Purpose Mix

75g block butter

1 tsp baking powder

35g soft dark brown sugar

85g golden syrup (the old-fashioned kind in a tin)

1 exchange of dark chocolate chips (I use The Pantry brand from Aldi which are slightly lower in protein than most-see note at end)



Preheat the oven Gas 4. 180 °C 350°F



Place the Fate All Purpose Mix into a mixing bowl. Rub in the butter until it resembles breadcrumbs.

Stir in the baking powder and dark brown sugar.



Carefully weigh the golden syrup into a small dish and then scrape it into the bowl. Mix well, then using your hands, bring it all together into a dough.

Be careful to incorporate any syrup that sticks to the spoon.



Turn the dough out onto a work surface and knead it a little until it is an even colour. The dough will be smooth but still slightly crumbly.

Grease two baking trays very lightly with butter. Divide the mixture into 12 even sized pieces, this is best done by weighing pieces of 35-36g. Weigh 1 exchange of chocolate chips, then divide them into 12.



Take a piece of dough and mix in the allowed number of chocolate chips. Press it a little to keep it together and to keep the chocolate in place. Put it onto the baking tray. Flatten it slightly. It doesn't have to be a perfect round shape.

It should be about 5cms in diameter and 2cms deep.

If you like you can do a test bake with

this one, to see how it turns out.



Then shape the rest of the dough pieces, adding the correct number of chocolate chips to each one. Place onto the baking trays, keeping a space of about 3cm between them.

Bake in a preheated oven for about 12 mins. The cookies should be light golden brown and very soft to the touch, although a little firmer at the edges.

Leave on the tray to cool for at least 5 mins, in which time they will firm up. Carefully remove to a wire rack to cool completely.

Cookies can be frozen. Or kept in an airtight container for 3-4 days (if you can resist them that long)



Note: Use dark chocolate chips (dark ones give a stronger flavour). You only need 1 exchange in the total recipe of 12 cookies. Shop around for different brands with the lowest protein content.

If you are unsure about using the chocolate chips in your diet, ask your dietitian for advice.

FATE COOKIE VARIATIONS

Instead of making chocolate chip cookies, why not try one of these variations instead.

Just omit the chocolate chips from the previous recipe and swap them for the ingredients and quantities below.

For Vitabite Cookies:

Use 1 x25g bar of Vitabite instead of chocolate chips, (just chopped into small chunks) Add after the dough is kneaded. Then use 37g of dough for each cookie.

For Cinnamon & Raisin Cookies:

Add 85g raisins, and 2-3tsp cinnamon with the sugar, before the dough is kneaded. Then use around 42g of dough for each cookie.

For Cranberry & Lemon Cookies:

Add 75g dried cranberries, and the rind of 1 lemon with the sugar, before the dough is kneaded. Then use 41g of dough for each cookie.

For Ginger Cookies:

Add 2 tsp ground ginger with the sugar before the dough is kneaded. Then use 35g of dough for each cookie.



For Ginger and Chocolate Sandwich Cookies:

Make up the recipe for Ginger Cookies, and weigh 10g for each cookie. Bake for 9-10 mins. When cool, weigh 1 exchange of suitable chocolate spread or buttercream and sandwich the biscuits together. You might not need the full exchange; it will depend on what brand you use. If you are unsure, ask your dietitian.

For Cookies with Skittles or other suitable sweets:

(Do not mix the sweets into the cookie dough)
Weigh 35 or 36g for each cookie and bake until fully cooked. Take them out of the oven and gently press a few Skittles or other suitable low protein sweets into the surface of the cookie. Take care as they will be hot!

Leave to cool on the tray for about 5 mins till firm then gently remove and place on a wire rack to cool.



FATE RASPBERRY MUFFINS

It is best to use frozen raspberries in this recipe. Break them up when they are frozen by putting them in a bag and roughly crushing them with something heavy like a rolling pin. Then put them back into the freezer until they are needed. The muffins are easy to make and are ready for the oven in just a couple of minutes. This recipe is enough to make 12 large muffins, or about 36 mini muffins. Be sure to use soft light brown sugar in the recipe.

300g Fate Low Protein All Purpose Mix
150g soft light brown sugar
1 tsp baking powder
120g soft tub margarine
1 tsp vanilla essence
240mls water
120g frozen raspberries



Preheat the oven Gas 6, 200°C 400°F

Weigh the raspberries and place them into a plastic bag. Using your hand, or a rolling pin, break them up so that they are in small pieces. Put them back into the freezer.

Place the Fate All Purpose Mix into a bowl. Add the soft brown sugar, and the baking powder. Stir well.

Add the margarine, water and vanilla essence. Then using a wire whisk, beat for just one minute until smooth.

Add the frozen raspberry pieces, and using a metal spoon, quickly stir them in until evenly distributed. Do not over mix, or you will have bright pink muffins as the juice comes out of the fruit.

Place paper muffin cases into your tins and divide the mixture evenly between them.

Place in the preheated oven for 30-40 mins for large muffins, or about 20 mins for small ones. They should be risen and golden brown.

Place on a wire rack to cool.

Store for a couple of days in an airtight container, or place in the freezer.





All recipes devised by Eileen Green © Fate Special Foods

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