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## Gluten-free food everybody will want to eat

For Coeliac Awareness Week we are sharing a recipe from Sally Holland's *Goodbye Gluten* book. Sally cut her teeth in the *New Zealand Woman's Weekly* Test Kitchen under food editor Tui Flower and drew on her home science background to create delicious gluten-free dishes when her husband was diagnosed with coeliac disease. The success of the baking in the book is based around her flour mix, also featured below. Sally will be demonstrating at the Auckland Gluten Free Food and Allergy Show (May 21-22) where you can also buy the book, or look out for it at good booksellers nationwide. RRP\$55 [goodbyegluten.co.nz](http://goodbyegluten.co.nz)



### Baby sultana cakes

Makes 12  
200g butter  
¾ cup sugar  
4 large eggs  
1¼ cups gluten-free  
flour mix (see  
below)  
2 tsp baking powder,  
gluten free  
1 cup sultanas  
Finely grated zest of  
1 lemon

#### Flour mix

Makes 4 cups  
2 cups rice flour  
1 cup tapioca flour  
(also known as  
arrowroot)  
1 cup cornflour  
2 Tbsp xanthan gum

Heat oven to 170C. Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Gently mix in the sifted flour mix and the baking powder. Finally, mix in the sultanas and lemon zest. Spoon out into a 12-hole muffin tray, lined with paper cases or well greased with oil or butter. Bake for about 20-25 minutes until the cakes are golden and the tops spring back when pressed with a finger. Cool on a wire rack.

#### Gluten-free flour mix

Sift all ingredients in to a large mixing bowl. Using a wire whisk, slowly stir until well blended. Transfer to an airtight container.