



We always work better if we have a theme to play with. So we thought we'd have a pop at a few Portuguese recipes. So far - So good!

Ingredients:-

Pastry:-

475ml of Almond Milk
4 Tbsp of Olive Oil Based Margarine
1 Tsp of Salt
275g of Gluten Free Plain Flour

Filling:-

2 Tbsp of Olive Oil Based Margarine
1 Onion, diced
240ml of Almond Milk
1 Tbsp of chopped Coriander
2 Tsp of Chilli Sauce
Salt & White Pepper to season
¼ Tsp of Nutmeg
2 Tbsp of Cornflour with 2 Tbsp of Water
300g of Cooked Prawns, chopped

Coating:-

2 Eggs, beaten

Gluten free Bread Crumbs

Method:-

- (1) On a medium heat add the Milk, Margarine and Salt.
- (2) Bring to a gentle simmer and add the Flour.
- (3) Reduce the heat it a simmer and stir until you form a dough.
- (4) Remove and turn out onto a Floured surface.
- (5) Gently kneed and then divide into two balls.
- (6) Cover with a bowl and allow to rest at room temperature for a hour.
- (7) Over a medium heat the Margarine cook the Onions until softened.
- (8) Add the Milk and allow to simmer.
- (9) Remove from the heat and add the Coriander, Chilli Sauce, Salt & Pepper and Nutmeg.
- (10) In a bowl mix the Cornflour and Water.
- (11) Add to the sauce and over a low heat stir until the sauce thickens.
- (12) Add the cooked Prawns and cook for a further minute.
- (13) Remove from the heat and set aside.
- (14) Roll out the pastry and use a bowl to cut circles.
- (15) Fill each with the filling and seal with Egg Wash.
- (16) Dip in Egg Wash and dredge in Breadcrumbs.
- (17) Fry at 170c until golden brown and drain over kitchen paper before serving.

Using Gluten free Flour these were a bit of a pain to fry to be honest. Next time we?ll add Xanthan Gum perhaps? But the flavour of the filling was outstanding.