

The Super Allergy Girl™ Allergy & Celiac Cookbook

By Lisa A. Lundy

www.TheSuperAllergyCookbook.com

All Recipes are free of gluten, dairy, eggs, peanuts and tree nuts and other allergens

Gluten-Free, Dairy-Free, Egg-Free WHITE CAKE RECIPE

The inspiration for this recipe goes to Gloria Tilley, a dear friend, and an amazing woman! I had given up on ever creating a white, egg-free cake until Gloria asked for help for her nieces wedding. If you change the flour mix, it will change the texture and result of the baked good. It is a delicious cake.

1 1/2 cups white rice flour (I used a mix of white and brown rice flour - half each)

1 1/2 cups of tapioca flour

2 teaspoons of xanthan gum

1 1/2 cups sugar

2 Tablespoons baking powder

Pinch of salt

1 stick of acceptable margarine

4 teaspoons of Ener-G® Egg Replacer (dry powder)

2 teaspoons vanilla

1 1/2 cups rice milk

(Extra rice milk a little bit less than 1/2 cup-see directions below)

Preheat oven to 350 degrees. Grease and flour two 9 inch round baking pans and set aside. Measure all of the dry ingredients into a large mixing bowl and set aside. Take your margarine and cut it into small pieces and add to the dry ingredients. Cut the margarine into the flour mixture until it is very, very well incorporated into the dry ingredients. Add 1 1/2 cups of rice milk and the vanilla. Start to mix the batter. Then add a little less than 1/2 cup of additional rice milk. The batter for this cake will be fairly thick. It will not drip off of a spoon. It will hold it's shape pretty well. You may need a bit less milk if you are light on your flour measurements.

Mix well, but do NOT OVER MIX your batter. You will probably see small lumps of margarine in the batter, which is fine. Place the batter into your prepared pans and bake for 25 to 30 minutes or until done. Oven temperature is very important. A hotter or cooler oven will change both the baking time and results. This recipe produced a nice, moist cake. Just wonderful. Because we used organic sugar and organic vanilla (both browner in color than clear vanilla or bleached sugar), our cake was not a pure white color. Good luck and let me know how YOU make out with this recipe!!

Bakery Frosting

Yes, you can get frosting at home that is very much like what you would get from a Bakery! I highly recommend that you consider taking a Wilton® Cake Decorating Class if you are going to be baking for a gluten-free, dairy-free family member. Through the Wilton® Cake Decorating Classes, you can learn to decorate any cake that you make and have it look just like it came from a bakery! The Wilton® Cake Decorating Classes are typically offered at crafting stores where their products are sold.

2 pounds confectioners' sugar (10 X or powdered sugar)
1 cup shortening or solid fat
2 teaspoons vanilla
Dash of salt
8 tablespoons water, more as needed

Place powdered sugar in the mixing bowl of an electric mixer. Cut up the fat or shortening into small chunks and place on top of the powdered sugar. Add the dash of salt, and vanilla. Add the water 1 tablespoon at a time evenly around the powdered sugar.

***In the Wilton® Cake Decorating Classes you are taught the proper consistency for frostings and decorative icings. You can add an additional tablespoon of water or two to make your frosting spread easier on you cake if necessary 1 tablespoon at a time.*

Gently start and stop your mixer to blend the powdered sugar, shortening and water until it is well combined. Then gradually turn up your mixer speed and mix for 2 to 3 minutes until the frosting is light and fluffy.

Texas Sheet Cake or Brownie Cake

We had used the same chocolate cake for years when my children decided that they wanted a NEW chocolate cake!! Can you imagine? After much convincing I decided, why not? I found a recipe from my mom for Texas Sheet Cake and one from Marie Glasgow for Brownie Cake from 1979. The recipes were identical except in the name of the cake. I have served this at luncheons and taken it to speaking engagements where it receives rave reviews. Enjoy!

Preheat oven to 350 degrees. This recipe uses a special sized pan and that is important. Use a jellyroll type pan which would measure approximately: 15" x 10" x 1 1/2" OR 15" x 10 1/2" x 1". Grease and flour your pan.

In a large mixing bowl, combine and then set aside:

2 cups Gluten-free flour (1 cup rice and 1 cup millet)

2 cups sugar

1/2 teaspoon salt

1 1/2 teaspoon xanthan gum

In a medium saucepan, combine and bring to a rolling boil and then set aside:

2 sticks of acceptable margarine or solid shortening

1 cup water

4 Tablespoons cocoa

Once you have completed the above two steps, mix together:
1/4 cup water combined with 1 Tablespoon Ener-G egg replacer
Then ADD:
1 teaspoon baking soda
1/2 cup non-dairy milk substitute
1 Tablespoon vinegar
1 teaspoon vanilla

Not all gluten-free flours work well in this recipe. Too much tapioca flour will yield a gummy texture. I have been playing around with the different flour combinations and while several work well, I would not use amaranth or some of the stronger tasting flours or too much of a light flour like tapioca. Mix well. Add the second two mixtures to the first flour mixture and combine until smooth. Pour into your prepared shallow baking pan. Bake in a 350 degree oven for 20-23 minutes or until done. Watch so it does not over bake. Frost the cake while it is warm. This cake freezes well.

Chocolate Frosting

1 stick of acceptable margarine or other shortening
4 Tablespoons cocoa
4-5 Tablespoons of water or non-dairy milk substitute
1-pound (16 oz.) acceptable powdered or Confectioner's sugar
1 teaspoon vanilla
Combine all ingredients and beat until smooth and creamy.

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