

Baking for the Coeliac Diet

Coeliac disease is a common digestive condition where a person is *intolerant* (gets a reaction) to the protein *gluten*. If a person with coeliac disease eats gluten, they may experience a wide range of symptoms and adverse effects, including: diarrhoea and bloating.

What is gluten?

Gluten is a protein found in wheat or related grains (rye, spelt and barley), and is found in many types of food. Gluten can be found in breads, biscuits, cakes, pastries, pasta, some cereals and certain soups and sauces. People with coeliac disease have to follow a strict gluten-free diet.

Many food manufacturers in Ireland now produce gluten-free products. Most of the major supermarkets in Ireland stock gluten-free breads, biscuits, pastas, cereals, flour and other products.

If a product is gluten free, it will carry this symbol (check your food labels at home):



Gluten-free Symbol

Can you list examples of baked goods you could make that would be gluten free? Why not try the following recipe.....

GLUTEN-FREE COCONUT MACAROONS

List of Equipment

Apron 	Electric Whisk 	2 x Mixing Bowl 
Tablespoon & Fork 	Measuring Jug 	2 Flat Tins 
Wooden Spoon & Spatula 	Baking Parchment 	Cooling/Wire Tray 

Ingredients

1 tin of Sweetened Condensed Milk



2 egg whites



25g margarine



200g Desiccated Coconut



50g chocolate



Pinch of salt



Method

1. Wash and dry hands



2. Put on apron to protect your clothes



3. Preheat oven to 180°C



4. Line 2 flat baking trays with a good quality baking parchment



5. Clean table and set up equipment

6. Weigh and measure out ingredients



7. Put the coconut and condensed milk into a bowl and mix well with a wooden spoon



8. Carefully crack the eggs off the side of the jug and separate the white from the yolk (yellow part). Keep the yolk aside to make an alternative dish, e.g. custard. If not using the yolk straight away, store in a cup with a little water. **Remember wash your hands after handling raw egg!**



9. Pour the egg whites into a clean dry bowl, add a pinch of salt and beat with the electric whisk until soft peaks are formed



10. Using a spatula, gently fold the egg whites into the coconut mixture



11. Using a tablespoon, drop spoonfuls of the mixture (keeping them a distance apart) on the lined tins



12. Place the tins in the preheated oven and bake for 15 minutes
13. Using oven gloves, remove the tins from the oven once the macaroons are baked. Remove macaroons from trays and place on the wire tray to cool



14. Break the chocolate into pieces and place in a bowl with the butter. Put the bowl in the microwave and melt the chocolate and butter (will take about 1-2 minutes). Mix with a fork to ensure fully combined, be careful as the bowl may be hot!






15. Using a fork/knife, drizzle the chocolate over the macaroons. Eat and enjoy!!



Activity

Complete the following table. You may use visuals or you can use the words that are in the word bank that follow. Ask an adult for help if you need it!

Colour 	
Taste 	
Texture (how it feels when I eat it) 	
Changes to make next time	

Bright	Dull	Shiny	Golden	Brown
Burnt	Bland	Sweet	Savoury	Salty
Crumbly	Hard	Soft	Brittle	Buttery
Bitter	Smooth	Rough	Crunchy	Colourful

Use your dictionary or go to www.dictionary.com to look up the meaning of the words above.

You might like to try our wordsearch with these words which is on our website here: <https://ncse.ie/wp-content/uploads/2020/05/Baking-Wordsearch.pdf>