



A Fructose Free Christmas

Last year it was our turn for Lizzie’s family’s Christmas. This meant 14 adults and 22 children to entertain and feed and we don't have a pool!!! Wanting to be true to the fructose free lifestyle without compromising the taste of our feast (for our guests) we hit upon the idea of afternoon drinks and fructose free nibblies - supplemented with a case of water pistols (to keep the kids busy and hopefully happy).

We had heard a caterer once suggest that 8 pieces of food per person was the ideal for a cocktail hour event. We decided to work on 6 savoury and 2 sweet pieces. We made the mini-cheesecakes and the mini Ascot tarts which appear below. But to avoid repetition (and guests dying of boredom) we had to come up with a whole bunch of new recipes this year. Our two originals and our new inventions are set out in full below. For savoury treats, use your imagination and the dextrose based tomato sauce that appears with the savoury treats in the Birthday menu. – Merry Christmas!

Menu

- Sandwich Biscuits..... 3
 - Ingredients - Icing 3
 - Method - Icing..... 3
 - Ingredients - Biscuits..... 3
 - Method - Biscuits 3
 - Notes from Lizzie..... 4
- Mini Cheese Cakes 5
 - Ingredients – No Bake Cheesecake Filling..... 5
 - Method – No Bake Cheesecake Filling 5
 - Notes from Lizzie:..... 5
- Mini Ascot Tart 6
 - Ingredients Base 6
 - Method - Base..... 6
 - Ingredients - Filling 6
 - Method - Filling..... 7
 - Assembly..... 7
 - Notes from Lizzie:..... 7
- Vanilla Cheesecake with Mango Gel..... 8
 - Ingredients - Base 8
 - Method - Base..... 8

<i>Ingredients - Filling</i>	8
<i>Method - Filling</i>	8
<i>Ingredients - Mango Gel</i>	8
<i>Method – Mango Gel</i>	9
<i>Notes from Lizzie</i>	9
<i>North American Macaroons</i>	10
<i>Ingredients</i>	10
<i>Method</i>	10
<i>'Bounty' Bites (and Notes from Lizzie)</i>	10
<i>Chocolate Glaze</i>	11
<i>Ingredients</i>	11
<i>Method</i>	11
<i>Notes from Lizzie:</i>	11

Sandwich Biscuits



Makes about 10 (double layered) Biscuits that look like this

Ingredients - Icing

1 cup dextrose

1 tablespoon cornflour

1 tablespoon butter

hot water

flavouring as desired (Lizzie uses 1 teaspoon of Vanilla essence)

colouring as desired

Method - Icing

1. Grind up dextrose and cornflour (Lizzie uses a mortar and pestle). The aim is to produce a fine powder that looks and feels like icing sugar
2. Place in bowl and mix with butter and enough hot water to give a **wet sand** appearance and consistency. This is different to an icing sugar mix, which will normally create a pouring consistency.
3. Add flavour and colour as desired. This is not strictly necessary, but if the plan is to feed the end product to sugarholics, then Lizzie has found that a bit of Vanilla effectively masks the slightly different flavour of dextrose.



Ingredients - Biscuits

150gm butter

$\frac{3}{4}$ cup dextrose

1 egg

2 teaspoons vanilla extract

1 $\frac{1}{2}$ cups plain flour sifted

Method - Biscuits

1. Cream butter and dextrose
2. Add egg and vanilla beat well

3. Add flour, beating until smooth dough
4. Divide in two, refrigerate until firm
5. Preheat oven to 180°C (350°F)
6. Roll out each piece of dough between sheets of baking paper
7. Use round biscuit cutter to cut out tops and bottoms for your sandwiches (you can even get clever cutting a hole or shape in the top biscuit if you wish)
8. Bake for 10-12 minutes until colouring
9. Cool
10. Sandwich top and bottom together with icing or cooled chocolate glaze mixture (see below)

Notes from Lizzie

These biscuits were a great find. They are quite versatile. You can cut and ice them to any shape. Also you can cut out a base biscuit and a "lid" biscuit (using a smaller cutter cut out a shape like a star from the lid) and ice them together for Celebratory biscuits. Or you can roll them a little thinner and cut them as the base for single serve cheesecakes (or other such deserts) – see the next recipe.

I originally made these as sandwich biscuits and iced them with chocolate glaze (I hadn't as yet successfully made hard icing). But now I can ice them any colour and they look very festive. I have a recipe in my old Home Economics text book for Pusher Biscuits and this recipe is similar. I have seen recently for sale a pusher apparatus for said pusher Bikkies and I reckon these might also work with it which would make them quicker and easier to make.



The important thing seems to be to not overwork and therefore warm the dough as then it is harder to cut it out and keep it in the shape you wish. The amount made will vary dependent upon what you plan to do with them. But one batch made about 10 of the double layered variety. See how you go!

Mini Cheese Cakes



An no-bake cheesecake that uses the biscuits from the the previous recipe as a base.

Ingredients – No Bake Cheesecake Filling

3 teaspoons powdered gelatine

250 grams cream cheese

1/3 cup lemon juice

1 teaspoon lemon rind

¾ cup dextrose (or ½ cup if you prefer less sweetness)

250 grams cream, whipped

Method – No Bake Cheesecake Filling

- 1. Heat some water in a small saucepan on the stove, then place a heat-proof bowl on top of the saucepan. Place two tablespoons hot water in the bowl.*
- 2. Sprinkle gelatin over hot water in bowl and stir to dissolve. Remove from saucepan and cool.*
- 3. Beat cream cheese, lemon juice, rind and dextrose for 4–5 minutes.*
- 4. Add cooled gelatin.*
- 5. Using a large metal spoon, fold whipped cream into cream cheese mixture.*

Notes from Lizzie:

I made up the filling poured it into a silicone mini muffin tray to set in the fridge. Meanwhile I made up a batch of single sandwich biscuits cut round to the shape required to support the little cheesecakes. For ease (and fridge space) when set, I simply carefully turned out the little cheesecakes onto the lid of a plastic cake container, then attached the base and placed them safely into the fridge.

When ready to assemble, gather base, place adollop of unsweetened whipped cream onto the biscuit base, place a cheesecake, another dollop of the cream to hold a small strawberry (or slices of strawberry) to finish them off.

Mini Ascot Tart



Makes 24 Tartlets

Ingredients Base

1 punnet raspberries (or any other berries you like, but raspberries look very festive)

½ cup flaked almonds

½ cup dextrose

1/3 cup plain flour

2/3 cup coconut

50 grams butter, melted (plus extra if needed)

Method - Base

1. *Preheat oven to 180°C/350°F.*
2. *Mix dry ingredients together in a bowl.*
3. *Rub in melted butter until mixture has a crumbly appearance and will just hold together.*
4. *Push the mixture into the base of greased patty pan tins (you'll need two trays like the one pictured above).*
5. *Bake until brown (approximately 10 mins but be careful – see note below); cool.*

Ingredients - Filling

¾ cup dextrose

2 tablespoons cornflour

1 tablespoon powdered gelatine

2 eggs plus 1 egg yolk

350 ml milk

Vanilla essence (optional)

150 ml thickened cream

Method - Filling

1. Combine dextrose, cornflour and gelatine in medium saucepan.
2. Whisk together the egg, egg yolk and milk.
3. Stir egg mix into gelatine mix.
4. Allow to stand for 5 minutes (to let gelatine soften).
5. Cook over a low heat, stirring constantly until the mixture thickens (this will happen suddenly).
6. Stir through vanilla essence if desired.
7. Once thickened, pour filling into a large bowl and refrigerate.
8. Stir the filling occasionally, waiting for it to cool and mound slightly when dropped from a spoon.
9. Whip the cream to stiff peaks.
10. Whisk or fold the cream into the filling.

Assembly

1. Spoon the filling into the cases (about a heaped desert spoon in each one).
2. Top with raspberries.
3. Refrigerate until filling is completely set (about one hour).

Notes from Lizzie:

Keep a really good eye on the bases as they can catch and overcook quickly, then cool before storing in an airtight container (I did this the day before). On the morning of the party I made up the Ascot tart filling mixture (adding an extra ¼ cup of dextrose for the people used to sugar), placed a heaped desert spoon in each tart (which I replaced in the patty pan tin for filling and setting) and place a fresh raspberry on top. It made about 24 tarts and they looked really pretty, festive and were all eaten!

Vanilla Cheesecake with Mango Gel



Makes 4 Small (12 cm Diameter) Cheesecakes (made in a loose bottomed flan tin)

Ingredients - Base

½ cup flaked almonds

½ cup dextrose

1/3 cup plain flour

2/3 cup coconut

extra melted butter (approx 50 grams)

Method - Base

1. *mix dry ingredients*
2. *rub in melted butter until mixture has crumble appearance and will just hold together*
3. *push into base and sides of tin*
4. *bake until just colouring in a moderate oven (approx 10 mins)*

Ingredients - Filling

250grams cream cheese

½ cup dextrose

1 tablespoons vanilla essence

½ cup thickened cream (whipped)

Method - Filling

1. *Beat cream cheese and dextrose until smooth*
2. *Add vanilla essence*
3. *Fold in whipped cream*
4. *Set in fridge*

Ingredients - Mango Gel

1 cup mango pieces (about half a mango)

Stalk of mint leaves (optional)

50mls water

1 tablespoon arrowroot

Method – Mango Gel

1. Place the mango pieces and mint leaves in a saucepan over a low heat
2. Cook down into a puree removing mint leaves
3. In a separate container blend arrowroot and water
4. Stir arrowroot mix into warm puree whisk until smooth
5. Set aside to cool slightly (will thicken as it cools)
6. Smooth over the cheesecake and return it to the fridge to set

Notes from Lizzie

This cheesecake looks like sunshine and tastes lovely, and it has no gelatin so is great for vegetarians.

This recipe makes four small cheesecakes, which when sliced into eights produces delicious bite sized treats. Double the filling would be two much mix for a 23cm flan tin, but a springform tin has higher sides and so is perfect for a full sized version.

We made the cheesecake in the morning of the day before the party. This gave it time to set properly (in the fridge) before we made the mango gel in the afternoon. Once the gel cools we poured it over the cheesecake and then let the gel covered cheesecake set further in the fridge overnight.

The gel is not a jelly. It makes a firm puree that will not run down the sides of the cheesecake. If you want a firmer result, then just add a little more arrowroot.

North American Macaroons



Makes 20

Ingredients

2 eggs whisked

$\frac{3}{4}$ cup dextrose

2 cups coconut (kids prefer desiccated)

1 $\frac{1}{2}$ teaspoon vanilla essence

Pinch of salt

Method

1. Preheat oven to 180°C (350°F)
2. Stir coconut, dextrose, vanilla and salt into whisked eggs, ensuring that all coconut is moistened
3. Place mounds (Lizzie uses her fingers to scrunch together approx a heaped dessertspoon of mix) on lined baking tray
4. Bake for 15-20 mins or until just colouring (note: you don't want these too golden as they will be too dry)
5. Cool out of oven on tray (theses harden as they cool so they will crumble if you try to move them when warm)

'Bounty' Bites (and Notes from Lizzie)



For a chocolate treat that tastes just like a Bounty Bar (and a great alternative to the traditional Rum Ball), dunk the macaroon balls (when cooled) into some warm chocolate glaze (recipe below) and drain on a wire rack placed over lined baking tray (to catch any drips)

Allow to harden and set at room temperature, then store in an airtight container

I have found these can be made the day before, but whilst they will last a few days (if the kids don't gobble them on sight) the taste does suffer as they do get a bit dry and as you know chocolate glaze does go a little milky looking.

Chocolate Glaze

Makes enough to ice up 40 Bounty Bites

Ingredients

2 tablespoons cocoa

3 tablespoons water

1 cup dextrose

Method

1. Boil a saucepan of water and then turn off the heat.
2. Place the cocoa and the 3 tablespoons water into a different saucepan over a moderate heat and stir until it becomes a thick paste. Take the pan off the heat and stir in some of the dextrose.
3. Stand the saucepan containing the mixture over the saucepan of hot water (no longer boiling) on the stove to warm the mixture up again, but be careful not to boil it.
4. As the dextrose melts and combines with the cocoa mix, add more dextrose, a little at a time, until all the dextrose is used.
5. Once all the dextrose is blended, take the saucepan off the heat, where the mixture will thicken and set.

Notes from Lizzie:

Once the glaze has cooled a little, you can spread it on cakes or dunk Bounty Bites in it. You can thicken it up by adding in more dextrose (it works like flour in gravy). If it thickens too much, just put it back over the heat and warm it to melt the dextrose again. This glaze dries to a hard, sweet and chocolaty finish that is especially good for cupcakes (and Bounty Bites). It is a dull chocolate colour, not glossy, but it tastes great and gives a satisfying crack when bitten into.