

Note that different brands of almond flour or almond meal will often give a different weight to volume measure. For best results weigh.
Blue Diamond Ultra Fine Blanched Almond Flour and Natural Almond Flour 4 oz equals 1+1/4 cups.
AKA ground almonds in Europe

Time Lapse of recipe available here
<https://youtu.be/mJgSaO2K9lo>

Master Almond Cake

makes 1 x 8x8 or 1 x 8" cake pan. About 1 " deep.
naturally gluten free, easily dairy free, can be made egg free.

Cake

no xanthan gum needed

1/2 stick (2oz) very soft butter – I have only used Earth Balance as a butter substitute. Now I use very soft or melted coconut oil for a far nicer taste than Earth Balance.

1/2 c (4 oz) ordinary sugar

2 large eggs.

Pinch of salt

1+1/4 cup (4 oz, 115g) of almond meal/flour

1/2 tsp gf baking powder – I use Rumfords, labeled gluten free, non GMO and aluminum free.

2 tsp gf almond extract- I use Penzey's that they say is gluten free.

Topping: powdered sugar, 1/4 - 1/2 c sliced almonds

1. Preheat oven to 350°F/ 170°C.
2. Place all ingredients in 4 c (1 ltr) mixing bowl and beat until well blended and fluffy- 2 minutes. Mix will go lighter in color as you beat it.
3. Spread mix in greased and gf floured 8x8, or one 8" cake pan. Sprinkle with sliced almonds.
4. Bake in 350* oven for about 25-30 minutes until well risen, golden brown and set but still soft in the middle. The texture should be similar to rolls of almond paste when cut, but cooked throughout.
5. Remove from oven, serve warm or cold, sprinkled with powdered sugar.

Raspberry Sauce – makes about 2 cups (16 fl oz, 500 ml)

1 x 12 oz (375g) bag of frozen raspberries

1/2 c (4 oz 125 g) ordinary sugar

1/2 c (120 ml, 4 fl oz) water

1/2 c (120 ml, 4 fl oz) Seedless raspberry jam or jelly for extra oomph of flavor

Raspberry liqueur, Amaretto, brandy, rum for Adults.

1. Melt sugar and water together, add raspberries, and simmer for just a few minutes. Stir in raspberry jam until it melts. Depending on ripeness of raspberries and your personal taste you might want to add more sugar.

I like to buy baskets of fresh raspberries in season and freeze them. Somehow they don't break up nearly as much as bought frozen raspberries when they are simmered in sugar and water.

Save the sauce for pancakes, french toast, waffles, sweet bread pudding, it freezes well.

You can sieve the sauce and make it a 'couli', so there are no seeds.

Suggestions:

Cut into wedges and serve with raspberry sauce.

Cook in 8x8 pan and cut into tiny squares for a buffet table.

Cook in 8x8 and cut into large squares and then cut large squares into 4 triangles or 2 larger triangles.

Divide mixture between 2 holes of Wilton Giant Whoopie pie pan to make thin layer cake.

Divide mixture in 12 holes of Wilton mini whoopie pie pan, watch for temperature as dark lined pan browns rapidly underneath. Use as base for individual Baked Alaska, different strawberry shortcake, ice cream sandwiches.

Top with chocolate ganache, raspberry, mango couli, fresh berries.

Spread cooked cake with Nutella and top with more almonds, make a chocolate ganache with either equal quantities of heavy cream and semi sweet chocolate or with Sodelicious vanilla or hazelnut creamer mixed with gf, cf chocolate. Serve in puddle of raspberry sauce or with a mix of fresh berries slightly sweetened, add some Amaretto.

2+1/2 x recipe i.e. 5 eggs, 5 oz butter, 10 oz sugar, 10 oz almond flour, 1+1/2 tsp baking powder, 2 tablespoons extract, in parchment paper lined 15 x 10 pan.

Whip 1 cup cream until nearly stiff, whip in 1/2 c Nutella and chill to stiffen. Use as filling or topping.

If you don't use almond extract, you really do need to add the zest of 1-2 lemons or 1-2 oranges if you eat the cake plain. You can also add 1-2 tbsp poppy seeds and make a melted lemon juice/sugar glaze to drizzle on top of baked cake.

Egg Free. I have made this egg free using the equivalent of 2 large eggs - the standard of 2 tbsp flaxseed meal mixed with 6 tbsp warm water. Let sit for 5-10 minutes until gel like substance is formed. It does make a wetter/moister cake consistency. But people who need to be egg free for health reasons are very happy. Bob's Red Mill now make a gf egg replacer made from potato starch, tapioca starch, bakng soda, psyllium husk fiber (aka metamucil - can give you heavy gas). I haven't tried it yet. I have tried Annalise Roberts egg replacer of 1+1/2 tablespoons water, 1+1/2 tablespoons oil (she says canola oil, I use light tasting olive oil), and 1+1/2 tsp gf baking ALL IN ADDITION TO ANY BAKING POWDER ETC IN RECIPE. I found it made my cornbread muffins cooked in toaster muffin/muffin top pans more like shortbread but still tasty.

Coconut Oil

The only annoying thing about coconut oil is it comes in a jar and is rock hard unless it's very warm. I got fed up trying to dig out hard coconut oil. I slowly melted the coconut oil and transferred it into a large square (Glad) tub with lid, lined with foil. Once it hardened I flipped it out and roughly cut it up into smaller pieces. Then I weigh it when I use it but store it in the square tub. I also just melt the coconut oil for some recipes. It is very difficult to get coconut oil evenly soft for beating with sugar and I find it works melting it.

CASHEW NUT AND ROASTED RED PEPPER HUMMUS adapted from 1997 Mohawk Mountain ski patrol cook book

Time Lapse of recipe available here

<https://youtu.be/q1Bu71Uy380>

Hummus, humus or hummous is a Middle Eastern dip traditionally containing ground sesame seeds which are then known as 'tahini' and usually available in ethnic aisle of supermarket. I have tried both store bought jars of tahini and also freshly made from a Lebanese grocer. Personally, I find tahini to be bitter and you have to buy at least a 1lb jar. So when I saw a recipe using ground cashews I tried it. Some recipes will also recommend using ordinary peanut butter instead of tahini. I have added a small quantity of sesame oil to give a slight sesame flavor, as too much sesame oil will overpower a recipe. Normally, sesame oil is only meant to be used sparingly as a final flavoring. I make this in my food processor. My vitamix makes it even smoother, but takes longer to make and is a pain to scrape out the hummus.

1 x 15 oz (14, 16oz) can chick peas rinsed and drained

1 c fresh parsley

1/2 c roasted cashews, roughly 2+1/2 oz. (ordinary cashews we buy for snacking - either lightly salted or just salted. I had to add salt to hummus using River Queen lightly salted cashew halves)

1/4 c lemon juice (roughly one lemon), sometimes I add more. Plus zest for more tang.

2-3 cloves of roasted garlic, optional - I don't like raw garlic

1 roasted red pepper - either raw red pepper roasted and peeled or from a jar, rinsed and dried.

2 tbsps green of green onions - about 4 green onion stalks - I don't use white stalk in this recipe
fresh pepper

pinch of cayenne or splash of liquid hot sauce such as Tabasco.

1/4 c light tasting olive oil (not a strong evo) plus 2 tbsp plain yogurt or a little over 1/3 c plain yogurt or olive oil in total. Traditionally made with olive oil but using plain yogurt reduces fat calories and adds protein and calcium.

salt to taste

2 tsp dark sesame oil (aka roasted sesame oil, not colorless sesame oil which is tasteless) - optional

1. Put above ingredients in a food processor and puree until texture is consistency of mayonnaise. Add extra lemon juice, water or olive oil to thin more if necessary. Taste. I find that the flavor mellows with sitting in fridge overnight, but be aware that water will just thin mixture, lemon juice will make it tangier, and olive oil apart from adding flavor will add to fat content, but more olive oil really makes a difference in taste.. Raw garlic will stay with you so go with as much raw or roasted garlic as you personally want. It is better to make 1/2-1 day in advance and then adjust seasoning to your own liking, including salt. Add fresh cilantro or fresh basil in addition to parsley and green onions if you want a different flavor

2.The proper way to serve hummous is upon a flat plate, with a small hollow in the center that has a little olive oil poured in hole and sprinkled (if you wish) with sweet paprika, cumin, more chopped fresh parsley and a pinch of cayenne if you desire. Serve with raw vegetables as a crudité or pieces of soft pita bread cut into pieces and baked in 350* oven for 15-18 minutes until crispy but not really brown. One pita bread can be toasted in ordinary toaster.

3.Roasted garlic: I buy container of peeled, whole garlic cloves in Costco, put peeled garlic cloves in small milk pan, cover with olive oil, and slowly cook until garlic is light brown and soft. Add salt and pepper once cooked. Transfer to container, cool and refrigerate. I find this far easier than roasting head of garlic, cutting off top of garlic and squeezing out the cooked garlic. I also puree roasted garlic with some of the oil and freeze it squished flat in 1 quart, freezer weight ziploc bags.

4.I tried using sun dried tomatoes instead of red bell pepper and I thought it wasn't tasty enough.

5.Warning: Cayenne pepper is a very hot 100% ground pepper with nothing else added. Literally a pinch is all that I used. I have taped up the holes on my jar of cayenne pepper so that only 3 out of 11 holes are open. You can always add more cayenne after making the dip but you can't remove the heat if you add too much cayenne. The heat factor does increase on standing. You could also use a liberal grinding of fresh white or black pepper for some heat instead of cayenne pepper.

6.In Greece and in Greek restaurants we have been served a selection of different appetizers known as Meze (various spellings shown) which have included Hummous, Taramosalata (a dip of smoked cods roe) Raita (a yogurt, mint and cucumber dip) all served with pitta bread, as well as stuffed vine leaves and dishes of Greek olives.

NOTE: toast individual pita bread and spread with hummus, fill with lettuce, tomato etc, even deli turkey for hearty, healthy lunch. Or I spread a Rudi's wrap with hummus and top with various shredded lettuce, carrots, cues. Wraps roll more easily if fillings are little pieces. Try with Milton gf crackers or chips, some varieties are also dairy free, easily found in local grocery stores. Great snack when you come in hungry. Easily portable for work/school.