

GLUTEN FREE APRICOT STUFFING

With The Apple Tree Restaurant well known for its gluten free provisions and regular visits from the regional branch of the coeliac society to both the restaurant and The Apple Tree Farm Shop, we felt duty bound to share a few of head chef Zoey's superb recipes with you.

Ingredients (serves 6)

450g gluten free bread, made into fine breadcrumbs
1tbsp butter
1 onion
1 handful of dried apricots
1tsp fresh sage
1tsp fresh rosemary
Cracked black pepper
1tsp dried thyme

Method

- 1) Pre-heat the oven to 175°C
- 2) Prepare your ingredients, dicing the onion, roughly chopping the dried apricots and finely chopping the fresh herbs
- 3) Melt the butter in a pan then add the diced onions, allowing them to cook off for five minutes before stirring in the sage, rosemary and thyme
- 4) Add your gluten free breadcrumbs to the pan and mix well, followed by the chopped apricots and a sprinkling of black pepper
- 5) Line an oven proof dish with greaseproof paper
- 6) Transfer the mixture to your prepared dish and cover with foil
- 7) Bake in the oven for 30 minutes.
- 8) Once cooked through, remove the foil and place the dish back in the oven for a further 10 minutes, allowing the stuffing time to crisp up before serving

Top Tip

Swapping the apricots for cranberries works just as well, or for a savoury alternative, red onion and garlic mushrooms is a hard combination to beat.