

## Rice cakes with a twist

A boon for dieters, rice cakes have become increasingly popular in recent years owing to their inherently low calorie content.

Heron Quality Foods, a manufacturer of gluten-free products located in West Cork, Ireland, is capitalising on the trend with a new range of rice cakes – with a twist.

Besides conventional plain and multi-grain rice cakes, the range includes more unusual chocolate- and yoghurt-coated varieties such as Milk Chocolate with Caramel, Yoghurt with Lemon and Dark Chocolate with Orange.

www.glutenfreedirect.com

## New brand

Windmill Organics has launched a range of organic crispbreads, grissini, biscuits, snacks and cereals for people following special diets.

Marketed under the Amisa brand, the range includes lines like dairy-, wheat- and gluten-free Wholegrain Buckwheat Organic Crispbreads and dairy-free Organic Spelt Ginger Cookies.

www.amisa.co.uk



## North African heat

As adventurous consumers warm to North African cuisine, Norfolk and Suffolk Speciality Foods has turned up the heat on its gluten-free harissa sauce with a new 'extra hot' version.

Harissa is a North African sauce made from chilli, peppers, garlic, olive oil and spices, such as coriander, cumin and caraway. It is used as both a condiment and an ingredient in Tunisian, Moroccan and Algerian cuisine. As a kitchen ingredient, harissa can be added to casseroles and soups to give a fiery kick, or stirred into natural yogurt to make a marinade for chicken and pork dishes.

www.nssfoods.co.uk



## New look tofu

Yorkshire company R&R Tofu has treated its range of tofu products to a packaging revamp.

Products such as Sesame Burgers and Sea Cakes, both of which contain the company's Clear Spot branded tofu, are sporting the new packaging.

R&R's tofu is made by hand in small batches and uses no emulsifiers, stabilisers or gums. R&R says by using 'nigari' to coagulate the soya milk, its curd holds together extremely well, so its burgers need no emulsification. All the company's products are gluten-, wheat- and dairy-free, organic and suitable for vegans.

www.clearspottofu.co.uk

## Let them eat cake

Kate's Cakes has branched out into free-from foods with the creation of its 'You Can' brand.

All the products in the range are either low in fat or designed for people with organ intolerances.

The Chocolate Orange Brownie, for example, is gluten-free, while the Skinny Banana and Raisin Loaf contains less than 5% fat.

All slices are individually packaged, 20 per case, with You Can-branded u-cards and point-of-sale boxes.

www.katescakes.com

## Green and gluten-free

Honeyrose, the London-based supplier of organic baked goods, has switched to a biodegradable film for all its flow-wrapped products.

Lines such as gluten-free



Organic Walnut Brownies, wheat-free Ultimate Organic Oat Bars and gluten- and dairy-free Organic Almond Orange Cake Slices now come in the environmentally-friendly 'SuperEco' film.

www.honeyrosebakery.com



## From farm to fork

It often seems there are plenty of free-from cakes and bakes to choose from, but not much in the way of savoury foods.

Spotting this gap in the market, Pure Flavours is marketing gluten-, wheat-, dairy- and soya-free ready-meals. The meals are made by Nicci and Jules Gurr and many of the ingredients grown on their smallholding in Cranbrook, Kent.

Three new meals-for-two – Roasted Vegetable Lasagne, Seasonal Vegetable & Chickpea Tagine and Turkey in Asparagus Sauce with Globe Carrots – are being added to the range this month.

www.pureflavour.co.uk

## The best thing since...

Yorkshire company Wellfoods says that its new sliced loaf is the best thing since...the launch of its whole loaves.

The 600g gluten-free white loaf is made from rice starch, maize starch, yeast, sugar and salt and has a 21-day shelf life thanks to gas-flushed packaging. While it doesn't profess to taste the same as a loaf made with wheat flour, Wellfoods says it comes 'pretty close'.

www.wellfoods.co.uk

## Diabetic ice

Marshfield Farm Ice Cream has developed a vanilla ice cream specifically to suit most types of diabetics. Very Vanilla Diabetic ice cream is made with fructose instead of sucrose (which diabetics need to avoid) and has the added benefit of being 95% fat free.

Made from milk from the farm's own herd of cows and cream from neighbouring farms, the ice cream comes in 120ml, 1 litre, 4 litre and 5 litre tubs.

www.marshfield-icecream.co.uk

## Pastries no longer pie in the sky

Two new savoury pastries from Scottish producer Cookroom mean pies and sausage rolls are no longer off limits for those on wheat- and gluten-free diets.

Homemade pastry, apple, onion, cheddar cheese and gluten-free sausage sourced from an organic beef farm on the shores of Loch Lomond are the key ingredients in the Aga-baked Sausage & Apple Pie with Cheddar. Two sizes are available: a 4 inch individual pie and a 6 inch pie to share. In making its Thai Chicken Sausage Roll, Cookroom says chicken breast is minced together with pancetta, combined with a blend of garlic, spring onions, chillies, fish sauce, egg and ginger, and formed into a sausage. The sausage is rolled in handmade flaky pastry, sprinkled with sesame seeds and baked.

www.cookroom.co.uk