

HOW TO THICKEN A SAUCE

1. Make a paste with 2-3 tsp FREEE Tapioca Flour and 2-3 tbsp cold liquid. **2.** Stir some warm stock or milk into the paste and immediately pour everything back into the pan. **3.** Boil gently, stirring to thicken.

SWEET CHILLI SAUCE

3	Red chillies
3	Garlic cloves
2cm/¾"	Ginger
150ml	Water
50ml	Rice vinegar
100g	Sugar
¼ tsp	Salt
2 tsp	FREEE Tapioca Flour
2 tbsp	Water

1. De-seed, peel and chop the chillies, garlic & ginger. **2.** Blitz in a blender with the water and vinegar until finely diced. **3.** Pour into a saucepan, add the sugar and salt, heat and stir. **4.** Boil for a minute then remove from the heat. **5.** Mix 2 tsp tapioca flour and 2 tbsp water to form a paste. **6.** Pour most of the warm liquid onto the paste, stir and immediately return it to the pan. **7.** Stir and cook gently until glossy. **8.** Pour into a warm sterilised jar and seal.



FREE FROM GLUTEN

tapioca flour



HOME
BAKING &
COOKING

Sweet chilli sauce recipe on reverse. Gives sauces and pie fillings a clear, glossy finish. Sauces thickened with this starchy flour also freeze well.



GLUTEN FREE
CUK M-144
CUK G-017



GLUTEN FREE
Tapioca Starch Flour
Ingredients: tapioca starch.
Best before: see base.
Storage: replace lid & store in a cool dry place.
Packaging material: PP tube, PS lid, paper label.
Packed in the UK.
Always cook flour before consumption.

NUTRITION

Typical values	Per 100g
Energy	1508kJ 355kcal
Fat	0.1g
of which saturates	0.1g
Carbohydrate	88g
of which sugars	0.1g
Fibre	0.3g
Protein	0.5g
Salt	0.03g

100g e V1

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