



**POMPOM**  
**PADDOCK**  
Our favourite  
**RECIPES**







## INTRODUCTION

# POMPOM PADDOCK

Food and life have an intimate connection.

So pervasive is this universal truth that every culture around the world recognises and celebrates the relationship between food and life in their own unique way.

One of my favourite examples is an Irish proverb which reminds us that laughter is brightest, where food is best. The wisdom in that simple, pithy saying is profound – you eat well, you laugh well; you laugh well, you eat well – and the virtuous cycle continues.

In the recipes that follow, we hope to be able to bring as much laughter into your household as possible. Whether it be mixing up, baking and indulging in our scrumptious, indulgent brownies or letting your kids' imagination run wild in creating our nutrient rich, delectable pizzas (all gluten free of course) we hope we have given you some inspiration for you and your family to live, laugh and love during every stage of the cooking process.

PomPom Paddock was created with the unique goal of allowing you to create simple, delicious and nutritious, plant-based products that promote health and wellbeing. We are a family owned business committed to bringing you wholesome delicious food using simple, fresh and naturally gluten free ingredients.

We sincerely hope that our signature gluten-free cauliflower flour mix together with the ideas in this ebook, give you and your family the opportunity to laugh as brightly as possible.

Lorraine



SWEET







**SWEET**

## **BANANA BREAD**

### **INGREDIENTS**

1 ½ cups PomPom Cauliflower Flour

1 ½ cup mashed banana

½ cup vegetable oil

3 eggs

1 ½ cups brown sugar

1 teaspoon vanilla extract

1 ½ teaspoons baking powder

1 teaspoon ground cinnamon

1 banana extra

Maple syrup for serving

### **INSTRUCTIONS**

Pre-Heat oven to 180C.

Place the mashed banana in a large bowl, add the oil, eggs, sugar and vanilla and stir to combine. Add the PomPom flour, baking powder and cinnamon and stir to combine.

Pour into a 25cm x 10cm lightly greased and lined loaf tin. Slice the extra banana in half and place cut side up on top of the mixture. Bake for 1 hour. Brush the top with maple syrup.

Cool in the tin before turning out.

### **SERVES 10-12**

The banana bread can be served with whipped ricotta and extra maple syrup as a lovely brunch or a perfect lunchbox treat.





SWEET

## PUMPKIN SPICE WAFFLES

### INGREDIENTS

200g PomPom Paddock Cauliflower Flour  
1 tablespoon baking powder  
3/4 teaspoon salt  
1/4 teaspoon allspice  
1 ½ teaspoons cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon nutmeg  
3 large eggs  
2/3 cup plain unsweetened almond milk (or any milk of choice)  
1/2 cup melted coconut oil or 7 tablespoons unsalted butter, melted  
1/2 cup pumpkin puree  
3 tablespoons maple syrup  
1 tablespoon vanilla extract

### INSTRUCTIONS

In a large mixing bowl, mix through and combine the PomPom Flour, baking powder, salt, cinnamon, ground ginger, nutmeg and all spice.

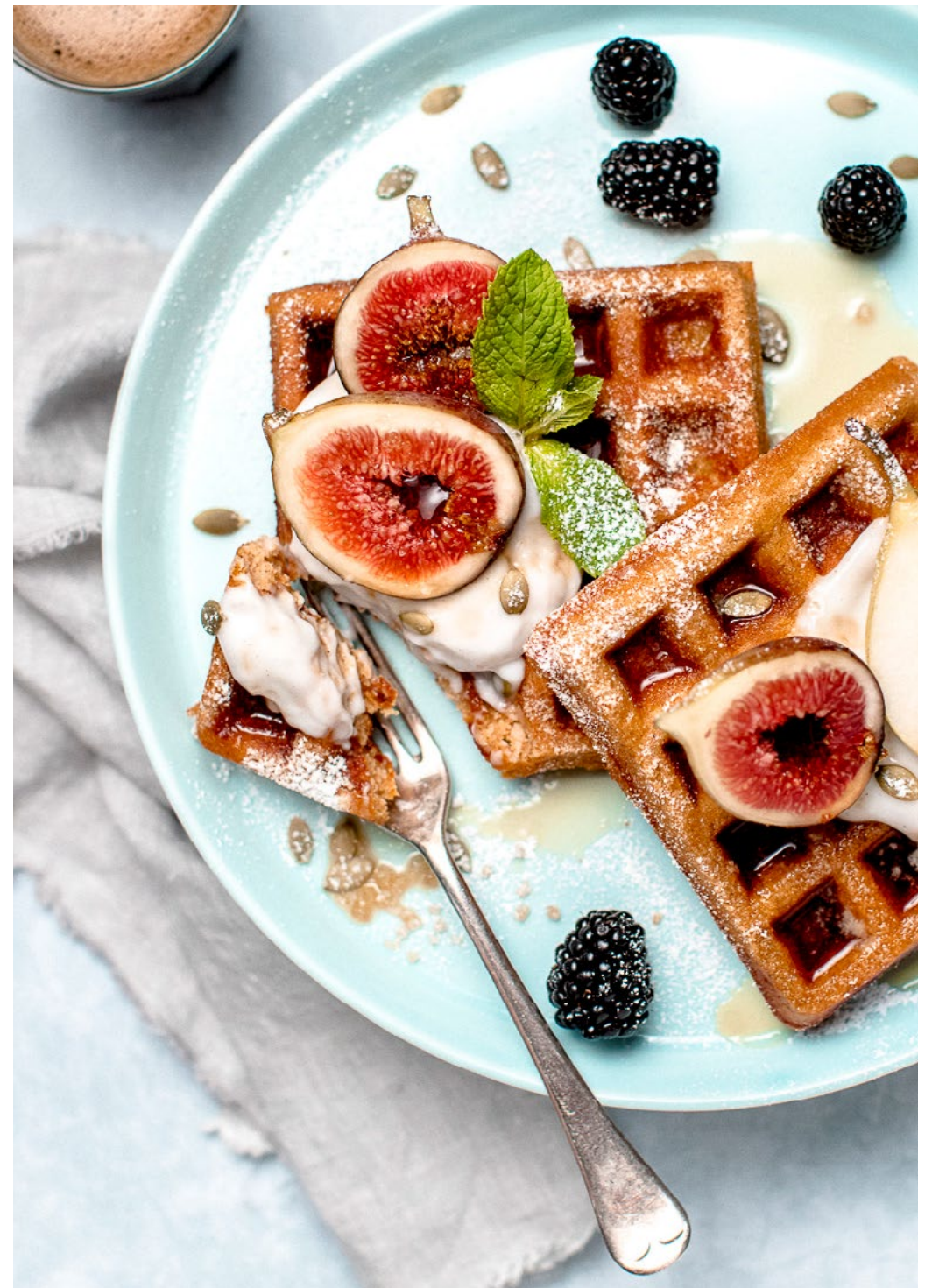
In a medium mixing bowl, whisk the eggs. Then add the milk, coconut oil or butter, pumpkin purée, maple syrup and vanilla extract. Whisk until the mixture is thoroughly blended.

Pour the liquid mixture into the PomPom Flour mixture. Stir with a large spoon until just combined (the batter will still be a little lumpy). Let the batter rest for 10 minutes so the PomPom Flour has time to soak up some of the moisture. Plug in your waffle iron to preheat now.

Once 10 minutes is up, give the batter one more, gentle swirl with your spoon. Pour batter onto the heated waffle iron, enough to cover the centre and most of the central surface area, and close the lid.

Once the waffle is deeply golden and crisp, transfer it to a cooling rack or baking sheet. Don't stack your waffles on top of each other or they'll lose crispness. Repeat with remaining batter and serve with desired toppings on the side.

Toppings we like: more maple syrup, nut butter and/or toasted nuts, coconut whipped cream.







**SWEET**

## BERRY TART

### INGREDIENTS (PASTRY)

230g PomPom Paddock Cauliflower  
Flour Mix  
80ml water  
4 ice cubes  
2 teaspoons apple cider vinegar  
65g coconut sugar  
1 teaspoon ground cinnamon  
2 tablespoons raw cacao powder  
1/4 teaspoon finely ground sea salt  
125g cold unsalted butter, cut into cubes

### INGREDIENTS (FILLING)

2 cups coconut yoghurt  
150g strawberries, sliced  
100g raspberries  
50-100g blueberries  
Maple syrup

### INSTRUCTIONS

To make the pastry: Mix together water, ice cubes and apple cider vinegar. In a large bowl combine PomPom Flour, coconut sugar, cinnamon, raw cacao powder and sea salt in a bowl and mix.

Add flour and using clean hands, rub the butter into the flour mix to create a crumbly dough. Make a well in the middle, and add a small amount of the icy apple cider vinegar water and mix with hands, continue working the liquid in until the pastry comes together and forms a dough. Shape into a disc, cover with plastic wrap and pop in fridge for 2 hours. Once the pastry is ready, heat the oven to 200C.

Dust a clean surface with flour, place pastry disc in the middle and roll out using a floured rolling pin until it is approximately 32cm in diameter. Line the pastry into a 28cm tart tin (with removable base), allowing pastry overhang. Then using your fingers, pinch the overhang to cut and shape it into the tin gently.

Place a piece of greaseproof paper over the top of the pastry, weigh it down with some pastry weights or dried lentils and bake in oven for 20 minutes. Remove the pastry weights and bake a further 5 minutes. Cool completely before filling

To fill the tart: Remove pastry from the tart tin. Spread coconut yoghurt around the pastry base, top with berries, drizzle with maple syrup and serve.



**SWEET**

## **BROWNIES**

### **INGREDIENTS**

1/3 cup PomPom Cauliflower Flour  
125g unsalted butter  
1 cup caster sugar  
2 large eggs, lightly beaten  
1/4 cup cocoa powder  
1 teaspoon vanilla essence  
1/4 teaspoon salt  
200g chocolate, coarsely chopped  
3/4 cup pecan nuts, coarsely chopped

### **INSTRUCTIONS**

Pre-Heat oven to 180C.

Lightly grease and line a 24cm square cake pan with baking paper. Melt the butter in a saucepan over a low heat.

Remove from the heat once melted, stir in the sugar, eggs, cocoa and vanilla.

Stir in PomPom Flour and salt, and add chopped chocolate and pecans, and stir through.

Pour into prepared tin and bake for 30 minutes.







**SWEET**

## VEGAN TIRAMISU

### INGREDIENTS (CAKE)

3/4 cup PomPom Paddock Cauliflower Flour Mix  
1/3 cup granular sweetener (we used Lankanto Australia monk fruit sweetener)  
1 teaspoon baking soda  
1/2 cup plant-based milk  
1 teaspoon vanilla essence  
3 tablespoons coconut oil, melted  
1/2 tablespoon apple cider vinegar

### INGREDIENTS (FILLING)

1/3 cup plain coconut yoghurt  
1 squeeze lemon juice  
1 teaspoon rice malt syrup  
1 can of Minor Figures cold brew

### INSTRUCTIONS

Preheat oven to 180C

Combine all cake ingredients and whisk or blend until an even batter forms.  
Place into a lined square or rectangular cake tin and bake for 30mins, until golden.

Once cool, slice cake into 3 even rectangles.  
Combine coconut yoghurt, lemon juice and rice malt syrup.

Place one slice of cake into a small rectangular dish.  
Pour over one tablespoon of the cold brew.

Spoon over 1-2 tablespoons of the filling.  
Repeat these layers with the remaining two slices of cake, finishing with a layer of filling.

Place in the fridge for 1-2 hours to allow the cake to absorb the coffee

Remove and dust with a sprinkle of cacao powder.  
Slice into two large or three smaller portions and enjoy!









**SAVOURY**

## **CHEDDAR & ZUCCHINI MUFFINS**

### **INGREDIENTS**

- 1 ¼ cup PomPom Paddock Cauliflower Flour
- 2 ½ cups grated zucchini
- 2 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried oregano
- 8 Eggs, beaten
- 2/3 cup melted butter
- 2 cups grated cheddar cheese

### **INSTRUCTIONS**

Mix zucchini, salt, pepper, oregano in a bowl with the melted butter.

Add the PomPom Flour and baking powder, eggs and mix well, stir in grated cheese.

Spoon into muffin cases in muffin tin, bake at 180 degrees for 25-35 minutes.





SAVOURY

## HERB FLATBREAD CRACKERS

### INGREDIENTS

1 ½ cups PomPom Paddock Cauliflower Flour  
2 teaspoons chopped rosemary  
1 teaspoon salt  
1 teaspoon caster sugar  
1 teaspoon store bought dukkah mix  
2 tablespoons olive oil  
¼ cup chilled water

### INSTRUCTIONS

Pre-Heat oven to 180C.

Place the PomPom Flour, rosemary, salt, sugar and dukkah in the bowl of a food processor.

Process until just combined. Add the oil and process until it resembles fine breadcrumbs.  
Gradually add the water until the mixture just comes together.

Turn out on to a work surface and bring together to form a dough. Divide the dough in half.  
Roll each half out into a rough oval shape, 1-2mm thick.

Place each half on a tray lined with baking paper. Bake for 5 minutes. Turn the dough over and cook for a further 5 minutes. Turn off the oven, open the door and allow to cool and crisp.

Break into pieces and serve with dips or as part of a cheese plate

### TO SERVE

You can substitute the rosemary and dukkah for your favourite herbs or flavours.  
Try lemon thyme or oregano.

Substitute dukkah for cajun spices for a spicy cracker, or garlic salt or just cracked black pepper. The options are endless!







**SAVOURY**

## CAULIFLOWER PIZZA BASE

### INGREDIENTS

300g PomPom Cauliflower Flour Mix

214g water (tepid)

1/4 teaspoon caster sugar

5g yeast dry

22g olive oil

### INSTRUCTIONS

Pre-Heat oven to 220C, fan forced.

Add the sugar to the yeast, and add around 20gm of the tepid water and mix with a spoon. Leave for a few minutes.

Add the PomPom Flour to a mixing bowl of an electric mixer with the paddle attachment. Mix on a low speed.

Add the yeast mixture, oil and the rest of the tepid water, and set the mixer to a medium speed and mix for 5 minutes.

Form the dough into a ball and put it back into the mixing bowl, it maybe a little wet, but don't worry, the PomPom Flour will soak up the water. Cover with a damp tea towel and leave in a warm place for 30 minutes.

After 30 minutes, divide the dough in two. Roll both dough balls out to an 11inch disc (you can roll it out between two sheets of baking paper, top to bottom).

Put the pizza base onto a baking tray (you can leave the baking paper on the bottom). Add your chosen toppings and put into a pre-heated oven and cook for 10 minutes.





SAVOURY

## TURMERIC PANCAKES WITH AVOCADO CREAM

### INGREDIENTS (PANCAKES)

5 tablespoon PomPom Paddock Cauliflower Flour Mix  
1/2 cup natural almond meal  
1/2 teaspoon baking powder (gluten & aluminium free)  
1/4 cup coconut or plant-based milk  
1 tablespoon mashed cooked pumpkin\*  
2 teaspoons organic dried herbs  
1 spring onion, chopped  
Pinch salt & black pepper  
Pinch organic turmeric & nutmeg  
Olive oil for frying

### INGREDIENTS (AVOCADO CREAM)

1/2 avocado  
1 tablespoon unsweetened coconut  
yoghurt  
1 teaspoon lemon juice

### INSTRUCTIONS

In a small mixing bowl combine dry ingredients; almond meal, PomPom Paddock Cauliflower Flour mix, baking powder, dried herbs, pepper, salt, nutmeg and turmeric. Mix to combine.

Add milk and mashed pumpkin. Mix to combine well. (If your mixture is too wet, allow to stand for a few minutes).

With your hands gently shape tablespoon portions of the mixture into 6 mini patties.

Cook on a heated and oiled frying pan for approx. 2 minutes each side or until lightly golden.

To make avocado cream, mash avocado with coconut yoghurt and lemon juice until combined.

Serve avocado cream on top of warm pancakes.

SERVES 6







**SAVOURY**

## **BUTTERMILK FRIED CAULIFLOWER CHICKEN**

### **INGREDIENTS**

300g Pompom Paddock Cauliflower Flour Mix  
800g Free range Chicken breast cut length ways into schnitzel  
600ml Buttermilk  
Vegetable Oil for deep frying  
1 teaspoon Sea salt  
1/2 teaspoon Cracked black pepper  
1 teaspoon Oregano leaves dry  
2 teaspoons Coriander seeds ground  
2 teaspoons Cumin ground  
1 teaspoon Fennel seeds ground  
1 teaspoon Paprika smoked

### **INSTRUCTIONS**

Place the chicken schnitzel into the buttermilk, toss to coat then cover and refrigerate for at least 30 minutes or even better over night, but no longer or the chicken can break down too much.

Mix the PomPom Flour with the salt, pepper, oregano, coriander, cumin, fennel and paprika in a large tray

In a large pot add vegetable oil until the pot is two-thirds full.

Place on a medium heat until it gets to 180°C . If you don't have a deep-frying thermometer take a small amount of the flour mix into the hot oil. If it floats to the top quickly then it's ready to cook.

Drain off some of the excess buttermilk from the chicken and then press into the flour mix and coat it in the flour

Cook the chicken in batches for 4 to 6 minutes or until golden brown, lower the heat if it is browning to fast.

Drain on paper towel and keep warm in the oven preheated to 160°C

### **SERVES 4-5 PEOPLE**

For a thicker coating after coating the chicken with the flour mix drop it back in the buttermilk then put it back into the flour mix and coat for a second time.





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