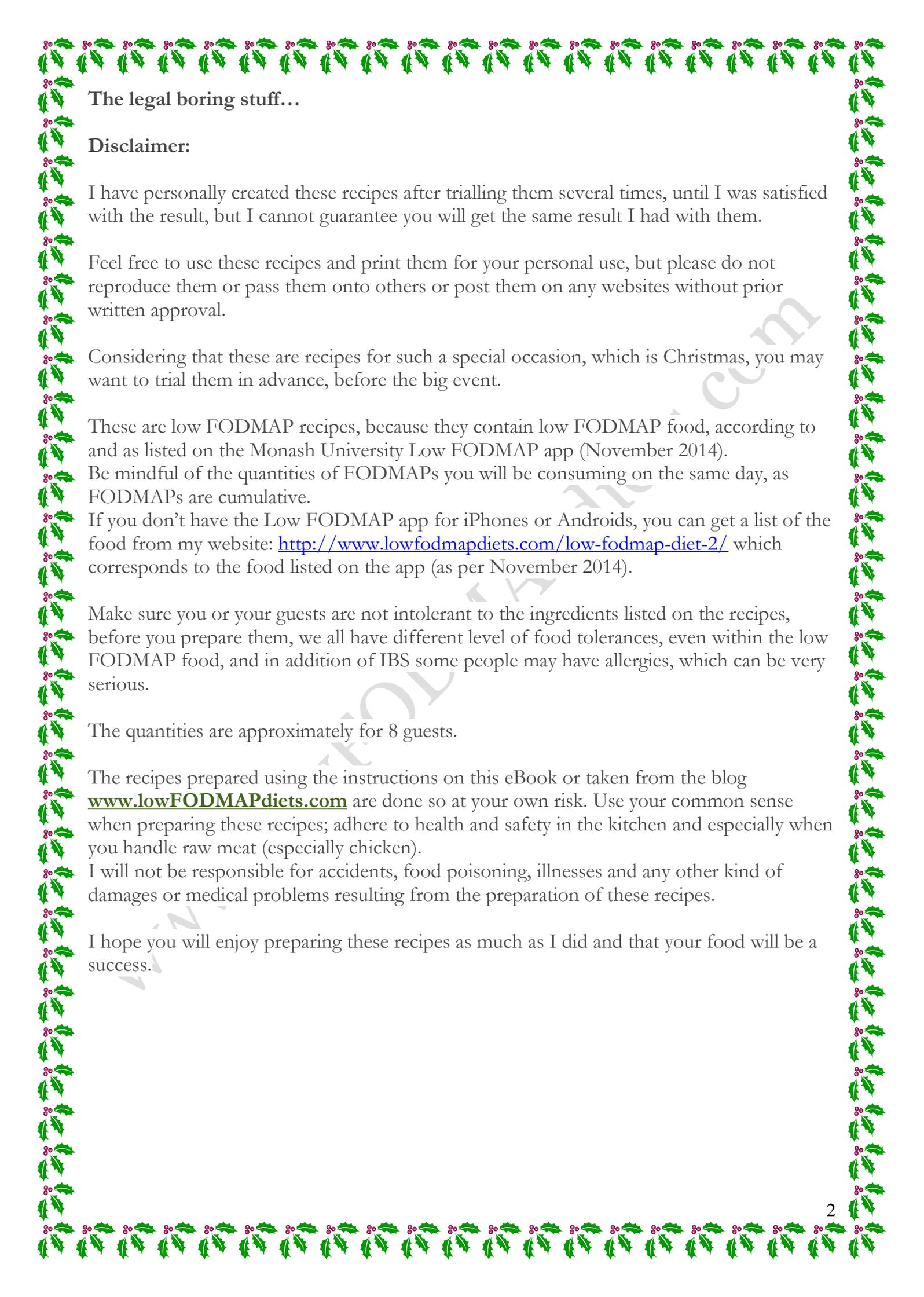


# Low FODMAP Christmas Recipes

that all family  
can enjoy!



[www.lowfodmapdiets.com](http://www.lowfodmapdiets.com)



The legal boring stuff...

**Disclaimer:**

I have personally created these recipes after trialling them several times, until I was satisfied with the result, but I cannot guarantee you will get the same result I had with them.

Feel free to use these recipes and print them for your personal use, but please do not reproduce them or pass them onto others or post them on any websites without prior written approval.

Considering that these are recipes for such a special occasion, which is Christmas, you may want to trial them in advance, before the big event.

These are low FODMAP recipes, because they contain low FODMAP food, according to and as listed on the Monash University Low FODMAP app (November 2014).

Be mindful of the quantities of FODMAPs you will be consuming on the same day, as FODMAPs are cumulative.

If you don't have the Low FODMAP app for iPhones or Androids, you can get a list of the food from my website: <http://www.lowfodmapdiets.com/low-fodmap-diet-2/> which corresponds to the food listed on the app (as per November 2014).

Make sure you or your guests are not intolerant to the ingredients listed on the recipes, before you prepare them, we all have different level of food tolerances, even within the low FODMAP food, and in addition of IBS some people may have allergies, which can be very serious.

The quantities are approximately for 8 guests.

The recipes prepared using the instructions on this eBook or taken from the blog [www.lowFODMAPdiets.com](http://www.lowFODMAPdiets.com) are done so at your own risk. Use your common sense when preparing these recipes; adhere to health and safety in the kitchen and especially when you handle raw meat (especially chicken).

I will not be responsible for accidents, food poisoning, illnesses and any other kind of damages or medical problems resulting from the preparation of these recipes.

I hope you will enjoy preparing these recipes as much as I did and that your food will be a success.

*Have a fantastic Christmas*



*XO Larah*

# Low FODMAP Christmas Menu

## Starters:

- \* 🕒 Zucchini Tartlets
- \* 🕒 Savoury Frittata Muffins with Pumpkin, Capsicum, Olives & Feta
- \* 🕒 Polenta Crostini with Gorgonzola (or your favourite topping)
- \* 🕒 Eggs stuffed with Tuna, Capers and Olives

## Main Course:

- \* Roast Chicken with Stuffing (Rice, Quinoa, Bacon and Sage)
- \* 🕒 Gravy sauce
- \* 🕒 Chicken Stock

## Side Dishes:

- \* Roasted Vegetables with Rosemary and Infused Garlic Oil
- \* 🕒 Stuffed Capsicums (Bell Peppers)
- \* Baby Spinach Salad with Strawberries and Roasted Almonds

## Desserts:

- \* 🕒 Chocolate Christmas Pudding with Raspberries Sauce
- \* 🕒 Orange and Almond Flourless Cake

🕒 - Can be prepared (or partially prepared) up to a day in advance if appropriately stored.

## Zucchini Tartlets



### INGREDIENTS:

#### For the pastry:

- 200 g (1 and 1/2 cup) gluten free self-rising flour
- 30 ml (3 tablespoons) of water
- Pinch of salt
- 100 g (almost 1/2 cup) softened butter
- 8 individual portion tartlets tins

#### For the filling:

- 2 tablespoons of extra virgin olive oil
- 2 tablespoons of garlic infused oil and 2 tablespoons of onion infused oil
- 4 medium size zucchini (courgettes) thinly sliced
- 1 teaspoon of maple syrup (optional)
- 2 teaspoons of herbs: parsley and thyme (fresh or semi dried is better)
- 2 eggs
- 100 ml (1/3 cup) lactose free cream
- 50 g (1/2 cup) freshly grated parmesan cheese
- 1 teaspoon Dijon mustard
- Salt and black pepper to taste



## METHOD

- ❖ Mix the butter, flour and salt into the bowl (if you have a food processor, you can use it) until the mixture looks like soft breadcrumbs
- ❖ Add the water one spoon at the time and keep mixing it until the mixture starts to look like dough
- ❖ Divide the mixture into eight equal parts
- ❖ Grease the tins (spray oil or butter) and line them with the pastry
- ❖ Put in the fridge all the tins with the pastry for at least 15 minutes
- ❖ In a pan heat up the olive oil and the onion infused oil
- ❖ Add the zucchini and cook them for around 20 minutes, stirring them often, until they look cooked and caramelised
- ❖ Add the salt and pepper, the maple syrup, the herbs plus the garlic infused oil and mix it all together.
- ❖ Remove from the heat and let it cool.
- ❖ Preheat the oven to 180°C (around 350°F) and put them in the oven
- ❖ Divide the zucchini between the pastry cases
- ❖ Beat the eggs with the cream, the mustard, grated parmesan cheese and pour into the cases around the zucchini
- ❖ Place the tartlets in the oven (for stability put them on an oven tray)
- ❖ You may want to turn the oven down, if the tartlets are becoming too brown
- ❖ Cook for 25 mins, or until the filling is set and has a nice golden colour
- ❖ Remove from the oven and let the tartlets cool down for 5-10 minutes before taking them from their tins and serving them warm or at room temperature

## Savoury Frittata Muffins with Pumpkin, Capsicum, Olives and Feta



### INGREDIENTS:

- 130 g (1 cup) self-raising gluten free flour (if not self-raising just add 2 teaspoons baking powder)
- 4 eggs
- 3 tablespoons butter, melted and cooled
- 1 teaspoon salt
- 200 ml (just over  $\frac{3}{4}$  cup) of water
- 450 g (2 cups) of cooked, mashed pumpkin
- 1 chopped roasted capsicum (red or yellow or a mixture)
- 100 g ( $\frac{3}{4}$  cup) black chopped olives
- 5-6 chopped basil leaves
- 5 tablespoons of garlic infused oil
- 75 g ( $\frac{1}{2}$  cup) feta cheese
- For the red decoration on top:
  - A few drops of red food colouring
  - 100 g (almost  $\frac{1}{2}$  cup) lactose free cream cheese



## METHOD:

- ❖ Preheat oven to 180° C (350 F)
- ❖ Coat a tray with 12 medium size muffin tins with butter or cooking spray
- ❖ In a large bowl, blend together flour, (baking powder if needed), salt, eggs and melted butter until the mixture is smooth
- ❖ Add the cooked pumpkin and keep blending
- ❖ Combine to the mixture by hand (no more blending) the chopped roasted capsicum, chopped feta and chopped olives
- ❖ The batter should be lumpy with the last ingredients you have added
- ❖ Divide the batter between the 12 muffin cups
- ❖ Bake for around 25 minutes or until the muffin tops are just starting to brown
- ❖ Let the muffins cool in the pan, about 15 minutes, and then remove from pan and let cool for 5 additional minutes before serving
- ❖ Can be prepared up to a day in advance and stored in a cool dry area or fridge (remove from fridge ½ an hour before serving)
- ❖ Makes 12 muffins in a medium muffin tray
- ❖ For the decoration on top, use an icing piping bag and nozzle and mix some lactose free cream cheese with a few drops of red food colouring

## Polenta Crostini with Gorgonzola



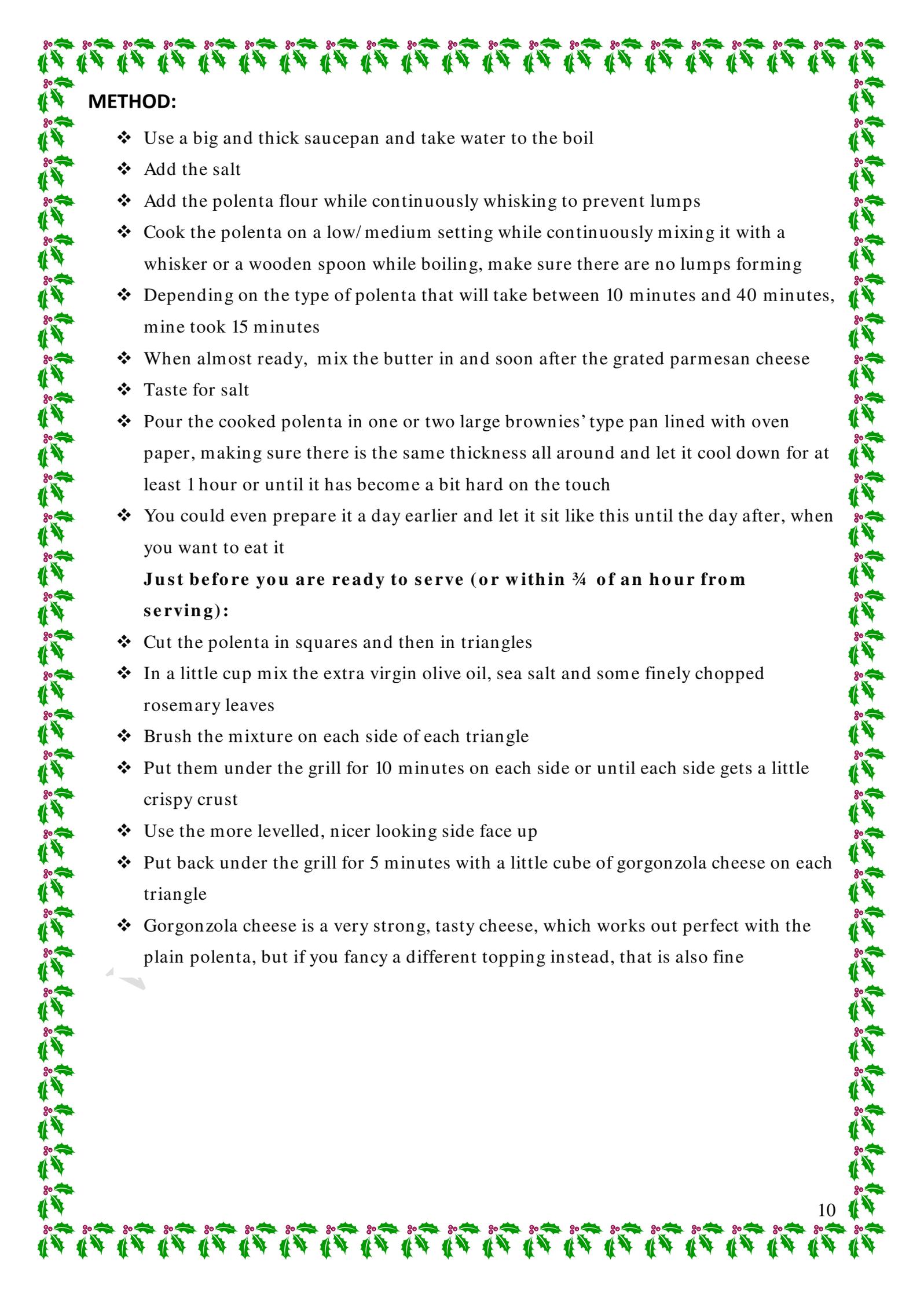
### INGREDIENTS:

**For the polenta** (cook polenta following the instructions on the packet):

- 250 g (2 cups) fine grain instant or fast cooking polenta
- Water (as per the packet instruction, usually 8 cups)
- 1 teaspoon salt
- 50-60 g (1/4 cup) butter
- 110 g (1 cup) freshly grated Parmesan

**For the topping:**

- 50 ml (1/4 cup) extra virgin olive oil
- ½ teaspoon sea salt
- 1 tablespoon chopped rosemary leaves (fresh or dried)
- 100 g (1 cup) gorgonzola cheese



## METHOD:

- ❖ Use a big and thick saucepan and take water to the boil
- ❖ Add the salt
- ❖ Add the polenta flour while continuously whisking to prevent lumps
- ❖ Cook the polenta on a low/ medium setting while continuously mixing it with a whisker or a wooden spoon while boiling, make sure there are no lumps forming
- ❖ Depending on the type of polenta that will take between 10 minutes and 40 minutes, mine took 15 minutes
- ❖ When almost ready, mix the butter in and soon after the grated parmesan cheese
- ❖ Taste for salt
- ❖ Pour the cooked polenta in one or two large brownies' type pan lined with oven paper, making sure there is the same thickness all around and let it cool down for at least 1 hour or until it has become a bit hard on the touch
- ❖ You could even prepare it a day earlier and let it sit like this until the day after, when you want to eat it

**Just before you are ready to serve (or within  $\frac{3}{4}$  of an hour from serving):**

- ❖ Cut the polenta in squares and then in triangles
- ❖ In a little cup mix the extra virgin olive oil, sea salt and some finely chopped rosemary leaves
- ❖ Brush the mixture on each side of each triangle
- ❖ Put them under the grill for 10 minutes on each side or until each side gets a little crispy crust
- ❖ Use the more levelled, nicer looking side face up
- ❖ Put back under the grill for 5 minutes with a little cube of gorgonzola cheese on each triangle
- ❖ Gorgonzola cheese is a very strong, tasty cheese, which works out perfect with the plain polenta, but if you fancy a different topping instead, that is also fine

## Stuffed Eggs with Creamy Tuna



### INGREDIENTS:

- 8 large eggs
- 200 g or medium size canned tuna in olive oil (drain it completely)
- 2 tablespoons of capers to be blended plus a few left whole for decoration
- Low FODMAP mayonnaise (see recipe)
- Salt and pepper to taste
- Fresh dill or other fresh finely chopped herbs to sprinkle on top of the eggs (optional)

## METHOD:

- ❖ Put the eggs in a small pan of cold water, bring to the boil for 10 minutes before removing the eggs
- ❖ Wait until the eggs have cooled down, peel them and cut them in half
- ❖ Remove the yolks and put them in a small blender with the tuna, capers (reserving a few to use as garnish) and enough mayonnaise to be able to make a creamy mixture
- ❖ Put the mixture and place it into each holes of the halved egg whites
- ❖ Arrange the eggs in a plate and decorate with some more mayonnaise, sprinkle some herbs and serve topped with a few whole capers

## Low FODMAP mayonnaise

Making homemade mayo can be tricky, it took me 3 goes before perfecting it, so if you have never done it before and you can find mayonnaise from the store, without high FODMAPs in it, go for the easy option, if not follow the recipe below.

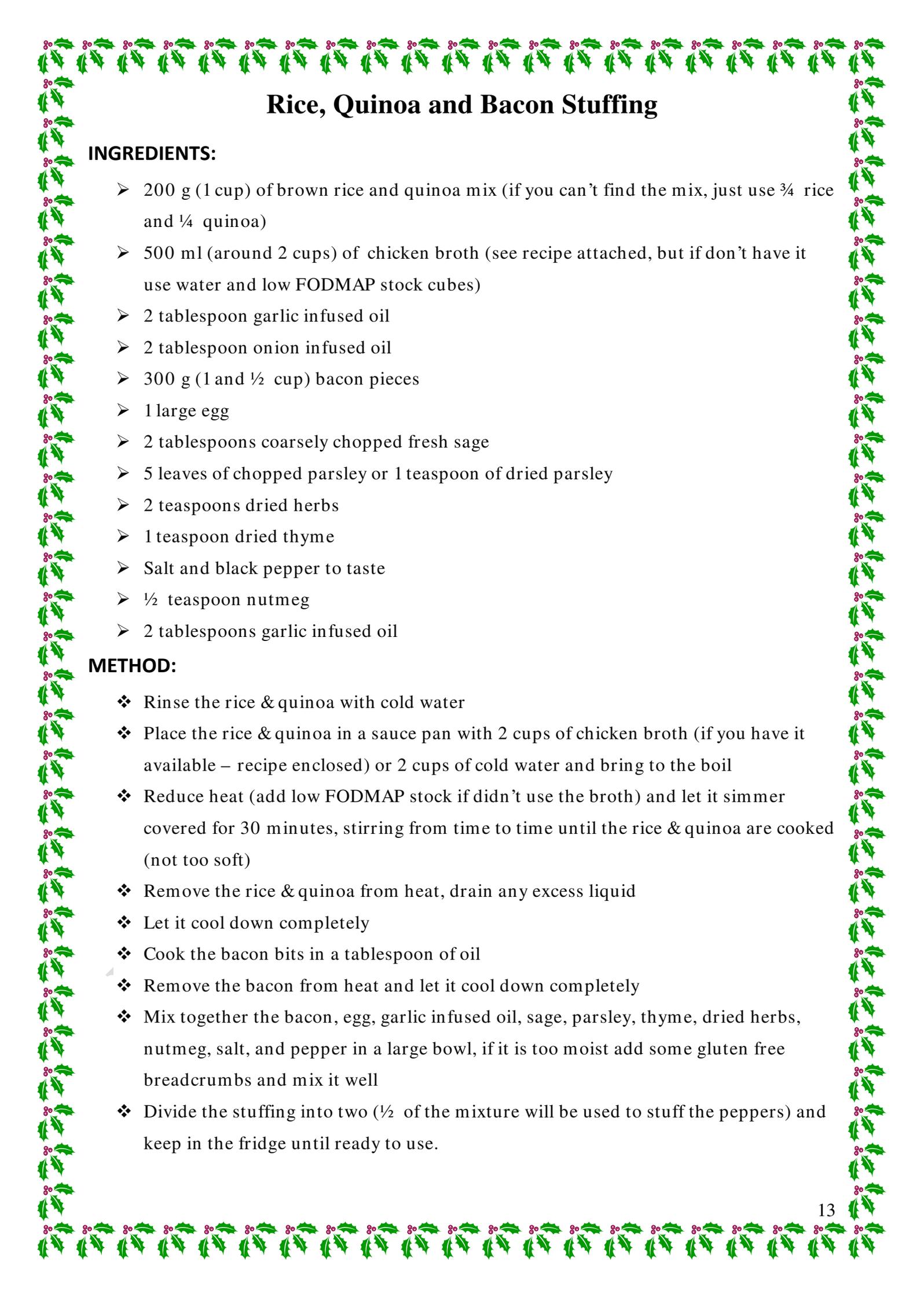
I prefer to cook the eggs, especially if children are going to eat it, which is why this recipe asks to cook the egg yolks first.

## INGREDIENTS:

- 2 egg yolks
- 2 tablespoon water
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon of salt
- 175 ml (¾ cup) oil that is not too strong in taste (olive oil, macadamia oil etc.)

## METHOD:

- ❖ Whisk the egg yolks, water, lemon juice until well blended in a small pan
- ❖ Turn on the heat very low and continue stirring it until it just starts to bubble
- ❖ Remove from heat immediately and let it cool for a few minutes
- ❖ Add the mustard, the salt and the pepper.
- ❖ If you have an electric beater use it to beat the mixture
- ❖ While beating start to slowly add the oil drop by drop
- ❖ Once you can see it looks creamy you can start to drizzle the oil while keep on beating
- ❖ Keep on slowly drizzling until all the oil is gone and the mixture is thick and smooth
- ❖ Cover and put in the fridge until needed (it can last up to 5 days if stored correctly).



# Rice, Quinoa and Bacon Stuffing

## INGREDIENTS:

- 200 g (1 cup) of brown rice and quinoa mix (if you can't find the mix, just use  $\frac{3}{4}$  rice and  $\frac{1}{4}$  quinoa)
- 500 ml (around 2 cups) of chicken broth (see recipe attached, but if don't have it use water and low FODMAP stock cubes)
- 2 tablespoon garlic infused oil
- 2 tablespoon onion infused oil
- 300 g (1 and  $\frac{1}{2}$  cup) bacon pieces
- 1 large egg
- 2 tablespoons coarsely chopped fresh sage
- 5 leaves of chopped parsley or 1 teaspoon of dried parsley
- 2 teaspoons dried herbs
- 1 teaspoon dried thyme
- Salt and black pepper to taste
- $\frac{1}{2}$  teaspoon nutmeg
- 2 tablespoons garlic infused oil

## METHOD:

- ❖ Rinse the rice & quinoa with cold water
- ❖ Place the rice & quinoa in a sauce pan with 2 cups of chicken broth (if you have it available – recipe enclosed) or 2 cups of cold water and bring to the boil
- ❖ Reduce heat (add low FODMAP stock if didn't use the broth) and let it simmer covered for 30 minutes, stirring from time to time until the rice & quinoa are cooked (not too soft)
- ❖ Remove the rice & quinoa from heat, drain any excess liquid
- ❖ Let it cool down completely
- ❖ Cook the bacon bits in a tablespoon of oil
- ❖ Remove the bacon from heat and let it cool down completely
- ❖ Mix together the bacon, egg, garlic infused oil, sage, parsley, thyme, dried herbs, nutmeg, salt, and pepper in a large bowl, if it is too moist add some gluten free breadcrumbs and mix it well
- ❖ Divide the stuffing into two ( $\frac{1}{2}$  of the mixture will be used to stuff the peppers) and keep in the fridge until ready to use.

## Stuffed Roasted Chicken with Vegetables



My family and I are not big fans of turkey, we prefer chicken. For this reason I have created this recipe using chicken instead of turkey, if you prefer to cook the traditional Christmas turkey, you can pretty much use the same instructions, the main difference is that being bigger, turkeys have to cook longer and their meat is leaner, so it require more moisture in order not to get dry. A large chicken could serve 6-8 people, depending on how much other food has been prepared for the occasion; you may decide to use two chickens instead of one.

### INGREDIENTS:

- 1 large family chicken, free range preferred (the one in the photo was 2.5 kg)
- salt and pepper to taste
- 2 tablespoons softened butter
- 2 tablespoons garlic infused oil
- 2 tablespoons extra-virgin olive oil
- 1 lemon (organic if you can)
- 1 tablespoon chopped fresh rosemary
- 5 roughly chopped carrots
- 5 large potatoes chopped in 6-8 parts
- 2 medium size zucchini (courgettes) chopped
- A quarter pumpkin roughly chopped (same size as potatoes)

## METHOD:

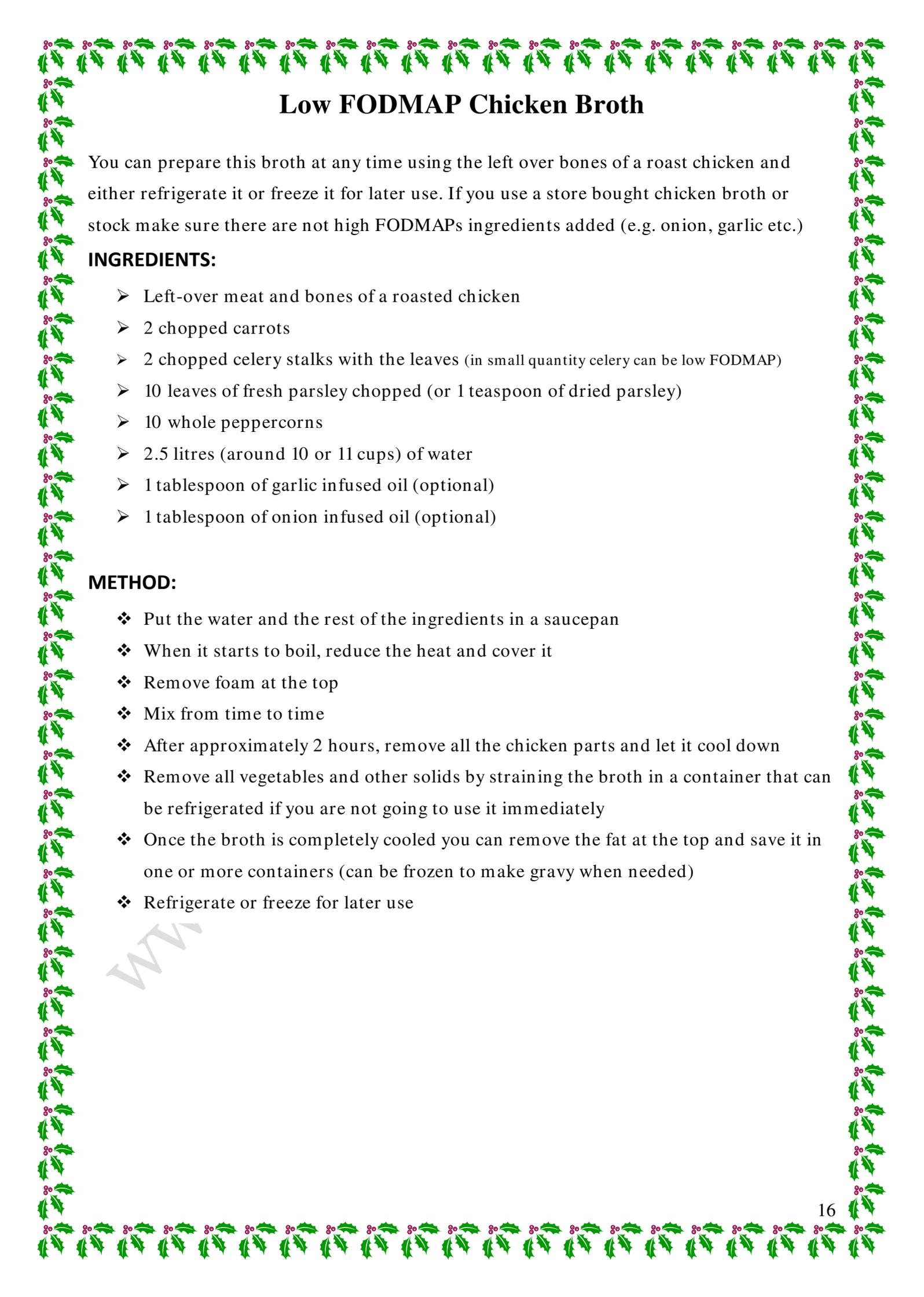
### Preparation and notes:

Remove the chicken from the fridge and keep it covered in a cool place half an hour before cooking.

Always wash well your hands, utensils, chopping boards, surfaces etc. with antibacterial soap, when working with raw chicken. Avoid cross contamination between raw chicken and cooked food at all cost.

Always put the chicken into a preheated (200° C – 400 F) oven and cook to the correct temperature. Usually a chicken should cook 25-30 minutes for each 500; to make sure it is cooked properly, pierce the chicken with a skewer, between the body and the legs and if the juices run clear, the chicken should be nice and ready.

- ❖ Rub the butter all over the chicken skin, also the legs and wings, that will help to create a crisp golden skin
- ❖ Prepare a seasoning mix of salt, pepper, rosemary and garlic infused oil
- ❖ Cut the lemon in half and cover both halves with the mixture
- ❖ Put the lemon halves inside the chicken cavity rubbing it around inside
- ❖ Use the same mixture and rub it everywhere on the chicken skin (yes on top of the butter rub)
- ❖ Carefully lift the skin from the meat and insert some of the stuffing previously prepared. Use the remaining stuffing mixture to make little stuffing balls and set aside (remember to save some for the stuffed capsicums – bell peppers)
- ❖ Tie the chicken legs together with a kitchen twine - if you don't have some around, you could use unflavoured dental floss string ;-)
- ❖ Place chicken with the breast side up, on top of the vegetables in the roasting pan, put the stuffing balls all around the chicken
- ❖ After 15-20 minutes turn the temperature down to 180° C or 350 F.
- ❖ Check the chicken halfway through cooking and if the chicken and the vegetables look a bit dry, baste them with the pan juices or add a couple of tablespoons water to the roasting pan
- ❖ Once the chicken and vegetables are ready, remove them from the oven and cover in tinfoil, while you get the gravy ready
- ❖ Cut the chicken into pieces using kitchen shears



## Low FODMAP Chicken Broth

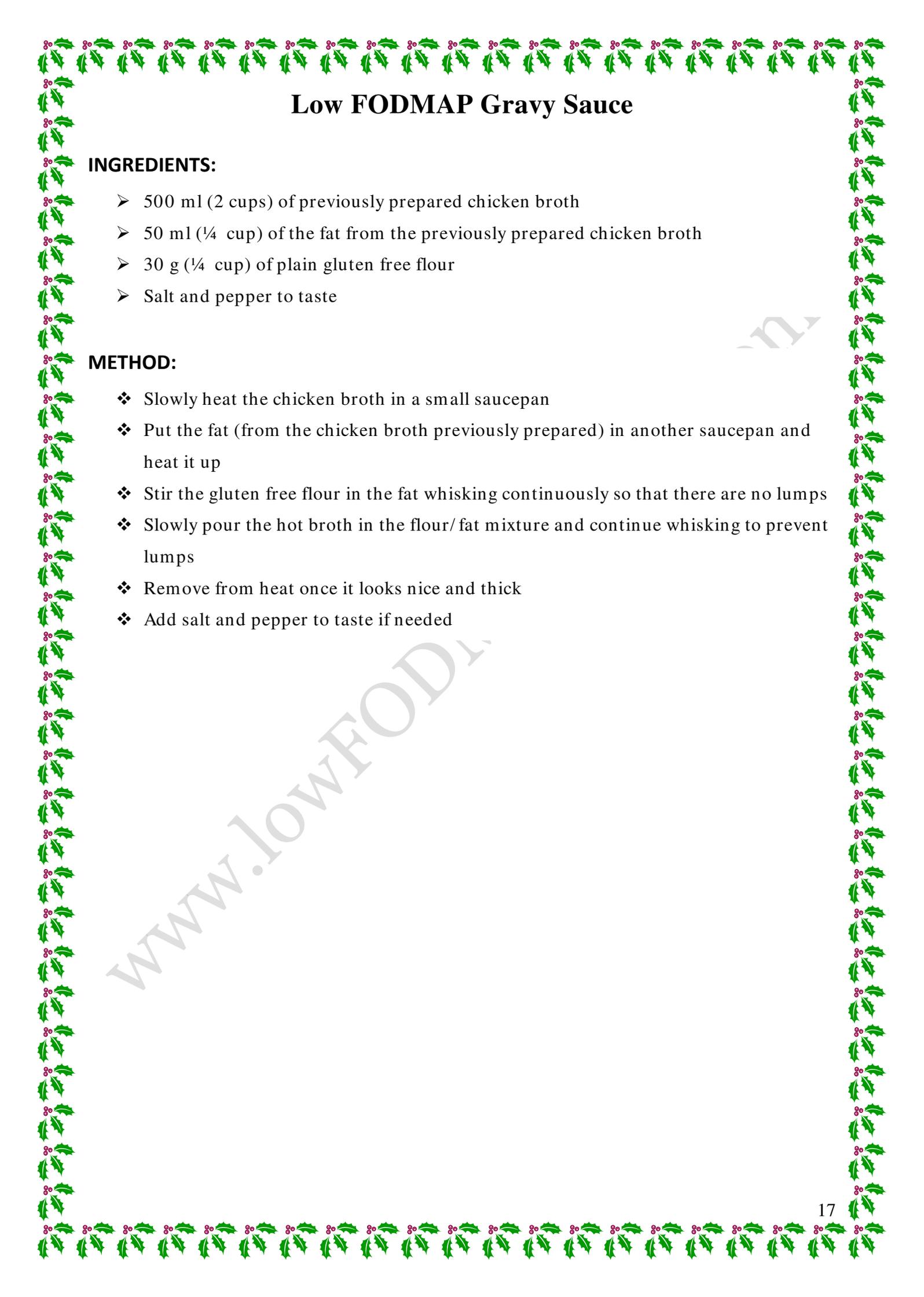
You can prepare this broth at any time using the left over bones of a roast chicken and either refrigerate it or freeze it for later use. If you use a store bought chicken broth or stock make sure there are not high FODMAPs ingredients added (e.g. onion, garlic etc.)

### INGREDIENTS:

- Left-over meat and bones of a roasted chicken
- 2 chopped carrots
- 2 chopped celery stalks with the leaves (in small quantity celery can be low FODMAP)
- 10 leaves of fresh parsley chopped (or 1 teaspoon of dried parsley)
- 10 whole peppercorns
- 2.5 litres (around 10 or 11 cups) of water
- 1 tablespoon of garlic infused oil (optional)
- 1 tablespoon of onion infused oil (optional)

### METHOD:

- ❖ Put the water and the rest of the ingredients in a saucepan
- ❖ When it starts to boil, reduce the heat and cover it
- ❖ Remove foam at the top
- ❖ Mix from time to time
- ❖ After approximately 2 hours, remove all the chicken parts and let it cool down
- ❖ Remove all vegetables and other solids by straining the broth in a container that can be refrigerated if you are not going to use it immediately
- ❖ Once the broth is completely cooled you can remove the fat at the top and save it in one or more containers (can be frozen to make gravy when needed)
- ❖ Refrigerate or freeze for later use



## Low FODMAP Gravy Sauce

### INGREDIENTS:

- 500 ml (2 cups) of previously prepared chicken broth
- 50 ml (¼ cup) of the fat from the previously prepared chicken broth
- 30 g (¼ cup) of plain gluten free flour
- Salt and pepper to taste

### METHOD:

- ❖ Slowly heat the chicken broth in a small saucepan
- ❖ Put the fat (from the chicken broth previously prepared) in another saucepan and heat it up
- ❖ Stir the gluten free flour in the fat whisking continuously so that there are no lumps
- ❖ Slowly pour the hot broth in the flour/ fat mixture and continue whisking to prevent lumps
- ❖ Remove from heat once it looks nice and thick
- ❖ Add salt and pepper to taste if needed

## Low FODMAP Roasted Stuffed Capsicums (Bell Peppers)



### INGREDIENTS:

- 1 tablespoon butter
- ¼ teaspoon Saffron powder
- Quinoa & rice & bacon mixture prepared for the chicken stuffing
- 60 g (½ cup) of gluten free breadcrumbs
- 2 teaspoons finely chopped fresh parsley (or partially dried parsley)
- 125 g (1 cup) grated Parmesan cheese
- Salt and pepper to taste
- 1 tablespoon extra-virgin olive oil



## METHOD:

- ❖ Preheat the oven 180° C (around 350 F)
- ❖ Melt the butter gently in a saucepan
- ❖ Add the saffron
- ❖ Mix the quinoa & rice & bacon mixture and cook it on low for a couple of minutes
- ❖ Cool it down for 10 minutes
- ❖ Combined half of the parmesan cheese in the mixture
- ❖ Wash 4 small/ medium size capsicums (peppers), cut them in half including the green stalk part so that it seals the hole; remove the seeds and white ridges with a teaspoon
- ❖ Stuff each half of the capsicums (peppers)
- ❖ Mix together the remaining parmesan cheese, breadcrumbs and parsley
- ❖ Sprinkle the mixture on the top of the stuffing
- ❖ Salt and pepper to taste
- ❖ Put the capsicums (peppers) in an oven dish which has been covered with oven proof paper
- ❖ Drizzle the capsicums with extra virgin olive oil
- ❖ Bake for around 30 minutes or until you see a golden brown colour at the top

## Baby Spinach Salad with Strawberries and Toasted Almonds



This is a lovely summery feel salad, which is perfect for Australia, where I live, but if in your country it is not summer and you can't find strawberries, you could replace them with another low FODMAP fruit (like mandarins and oranges) or make it with roasted pumpkin and toasted pine-nuts instead.

### INGREDIENTS:

- 150-200 g (5-7 cups) baby spinach (washed and dried)
- 8 fresh sliced strawberries
- 2 whole fresh strawberries
- 40 g (just over ½ cup) of flaked or slivered almonds
- 1 tablespoon of balsamic vinegar (if can't tolerate balsamic replace with suitable vinegar or lemon juice)
- 4 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard (check ingredients – in Australia Masterfoods one seems to be ok)
- 1 teaspoon of pure maple syrup
- Salt and pepper to taste



**METHOD:**

**To toast the flaked or slivered almonds:**

- ❖ Preheat oven at 180°C (around 350 F), in a baking dish covered with oven proof paper spread in a single layer (without overlapping) the almonds, stir them after five minutes and toast until the edges are golden brown, then remove from oven and let them cool down

**To make the dressing:**

- ❖ In a blender mix a couple of strawberries with the vinegar, olive oil, mustard, maple syrup and salt and pepper
- ❖ Taste the dressing if ok for salt and pepper
- ❖ Put the spinach in a salad bowl, add the sliced strawberries, sprinkle the almonds around and drizzle the dressing all over the salad

## Low FODMAP Steamed Chocolate Christmas Pudding



### INGREDIENTS:

- 200 g (1 and ½ cups) gluten-free self-rising flour or plain gluten-free flour plus 2 tsp baking powder
- 60 g (½ cup) pure cocoa powder
- 50 g (½ cup) almond meal
- 100 g (just under ½ cup) brown sugar
- ½ cup or 110 gm butter, melted and cooled
- 160 g (just over 1 cup) dark choc chips (dairy free)
- 2 eggs, lightly whisked
- 4 tablespoons vanilla essence
- 200 ml (1 cup) lactose free milk
- For dusting: icing sugar, sieved
- 6 whole raspberries for decoration on top (can use the frozen type)
- 250 g (2 cups) frozen raspberries to make the puree, to be poured all around the base of the pudding



## METHOD:

- ❖ Heat a large saucepan half filled with water
- ❖ Sift gluten free flour, cocoa powder and almond meal into a large bowl, add 100g brown sugar and stir to combine.
- ❖ In another bowl whisk the eggs, then add the melted butter, vanilla essence and 250 ml of your favourite lactose free milk in a jug, then whisk into flour mixture until smooth and combined.
- ❖ Butter the sides of the steam pudding pot and cut a round oven paper and butter it.
- ❖ Spoon half of the mixture into the buttered steam pudding pot, put the choc chips inside the middle of the mixture and cover it with the remaining mixture, smooth top and sift together 1 tablespoon of cocoa and 1 tablespoon of sugar on top
- ❖ Close the steam pudding lid and put it in the boiling water cook for 1h 30 minutes, topping up with hot water every time it gets too low.
- ❖ Once ready, turn it upside plate on a flat plate.
- ❖ If you are preparing the pudding one day in advance, store it in a cool dry place or if you live in a hot country, you can put it in the fridge and continue the following instruction half an hour or 1 hour before serving (if you have stored it in the fridge, take it out a couple of hours before)
- ❖ Dust with icing sugar
- ❖ Position a few raspberries on top for decoration
- ❖ Melt in the microwave 2 cups of frozen raspberries, after they have cooled down and look like a chunky raspberry sauce, pour it all around the base of the pudding

## Orange and Almond Flourless Cake



### INGREDIENTS:

#### For the cake:

- 2 oranges (organic if possible) and very well washed for the cake
- 200 g ( $\frac{3}{4}$  cup) caster sugar
- 250 g (2 cups and  $\frac{1}{4}$  ) almond meal
- 6 eggs
- 1 tablespoon vanilla essence
- 1 teaspoon baking powder

#### For the icing:

- 100 g (a bit less than  $\frac{1}{2}$  cup) softened butter
- 200 g (1 cup and  $\frac{3}{4}$  ) sifted icing sugar
- 2 teaspoons fresh orange juice
- 1 teaspoon finely grated orange zest
- $\frac{1}{2}$  cup flaked toasted almonds



## METHOD:

- ❖ Heat a large saucepan filled with water
- ❖ Put the washed oranges into the boiling water and cook for 1.5- 2 hours
- ❖ Remove oranges from the pot and wait to cool down
- ❖ Cut the rim of most of one orange (the cake will be a bit less bitter), but leave the other one on
- ❖ Cut the orange in two and remove any seeds
- ❖ Mash the oranges in a food processor
- ❖ Preheat the oven to 170° C (around 340 F)
- ❖ Grease and line a medium size cake (20 cm) tin with baking paper
- ❖ Beat the eggs with the sugar
- ❖ Add the mashed oranges, the vanilla essence, the almond meal and baking powder and mix well
- ❖ Pour the mixture into the cake tin
- ❖ Cook for approximately 50-60 minutes and insert the skewer in the middle to see if it comes out clean
- ❖ Let it cool down in the tin
- ❖ Remove from tin

## Prepare the cake topping:

- ❖ Toast the almond's flakes in the oven at 170° C (around 340 F) preheated oven, single layer of flaked almond on a baking sheet, check after 4-5 minutes and mix them around if needed, remove from oven when the flakes are a light golden colour, pay attention because it takes only a couple of minutes more to burn them)
- ❖ Let the almonds cool down completely
- ❖ Beat the butter until fluffy using an electric whisker
- ❖ Slowly add the icing sugar and keep on beating until it becomes a soft cream
- ❖ Add the orange zest and orange juice and beat until well mixed, you want a spreadable consistency, not too soft nor too hard
- ❖ Spread the icing over the cake
- ❖ Sprinkle the toasted flaked almonds on top of the icing
- ❖ If it's hot outside (as it is in Australia during Christmas) put in the fridge and remove ½ hour before serving