

Gluten-free dessert recipes

made from
sorghum
flour,
grist and
pearls





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About Sorghum

Would you like to eat healthy and gluten-free baked goods, pastries, cakes and delicacies that taste just like wheat flour? Would you like to continue with a 'normal' diet, but simpler, healthier, richer in fibre and vitamins, and with slow-release carbohydrates?

If your answer to the above questions is YES, then sorghum flour is for you!

Sorghum is a naturally gluten-free grain. Its nutritional value is extremely high: a rich source of protein, slowly absorbed starch, fibre, vitamins and minerals.

Known to Hungarian farmers for more than 100 years, sorghum fell into oblivion and in recent years has been used almost exclusively for livestock feed.

However, its high nutritional value makes it an excellent food for humans and much healthier than wheat. According to the National Association of Hungarian Dieticians, sorghum is a perfect substitute for wheat in a balanced gluten-free diet.

It can be consumed by people on a gluten-free diet, coeliacs, athletes, people with digestive problems who have been advised to follow a gluten-free diet by their doctor.

Pasta, bread and pancakes made with sorghum flour have the taste and texture of usual wheat flour-based foods and are much healthier.

What can you use sorghum flour for? For example

- for baking bread,
- to bake cakes,
- to thicken food,
- for dumplings,
- for pancakes,
- for pizza, etc.

SORGHUM flour is a healthy alternative to wheat flour as it has almost the same taste and texture, but is suitable for gluten-free diets.

Magic Mills flour blends can be used in the same way as normal wheat flour. We recommend adding gluten-free starch to the natural sorghum flour to achieve the desired consistency. We would like to simplify the method: you don't have to experiment when preparing traditional pastries, baked goods and cakes with sorghum flour, instead we show you tried and tested recipes.

The ingredients of some delicacies are listed in two ways: you get a gluten-free version, and we also show a completely 'free' ingredient list.

Brownie



gluten-free

Brownie

INGREDIENTS

- Butter - 12 dkg
- Gluten free dark chocolate - 15 dkg
- Sugar - 10 dkg
- Magic Mills Sorghum Flour - 7 dkg
- Unsweetened cocoa powder - 2 dkg
- Eggs - 2 pcs

PREPARATION

1. Melt the butter and mix it with the sugar and chocolate.
2. Then, remove it from the heat and line a roughly 20×20 cm baking pan with parchment paper.
3. Into the slightly cooled mixture, add the eggs, flour, and cocoa, and mix until smooth.
4. Bake in a preheated oven for 20 minutes at 180°C, and serve with ice cream.

Sorghum Soufflé



gluten-, dairy- and sugar-
free

Sorghum Soufflé

INGREDIENTS

- Magic Mills Sorghum Grist - 100 g
- Sugar or equivalent sweetener - 100 g
- Milk or vegetable milk - 500 g
- Egg size L - 3 pcs separated
- Vanilla flavouring - 5 g
- Grated orange and lemon zest - 1 g
- Butter or vegetable oil - 10 g to grease the pan
- Jam - 300 g

PREPARATION

1. Separate the eggs.
2. Cook the sorghum grist with all the other ingredients, except the eggs, on low heat until thick, stirring continuously.
3. Stir the egg yolks into the hot grist. Whip the egg whites into a foam and gently fold them into the hot mixture.
4. Spread the mixture into a buttered dish and bake at 120°C with the lower-upper heat setting for 50 minutes.
5. Allow it to cool to room temperature before slicing. Serve with jam or fruit sauce.

Chef's tip: The low baking temperature is important to prevent the soufflé from rising too much and collapsing upon removal from the oven.



Emperor Crumbs (Kaiserschmarren)



gluten-, dairy- and sugar-
free

Emperor Crumbs (Kaiserschmarren)

INGREDIENTS

- Magic Mills Sorghum Flour - 300 g
- Granulated sugar or erythritol or equivalent sweetener - 120 g
- Vanilla sugar or vanillin sugar - 10 g
- Egg size L (about 180-200g) - 3 pcs
- Milk - 200 ml
- Salt - 1 teaspoon
- Butter/oil/fat - 50 g
- Lemon zest - 1 g
- Orange zest - 2 g
- Raisins - 50 g

PREPARATION

1. Separate the eggs. Put the whites in the fridge.
2. Whisk the yolks with 120g of sugar or erythritol, vanilla sugar, and milk. Gently fold in the sorghum flour, raisins, salt, grated lemon and orange zest with a spatula.
3. Whip the egg whites to stiff peaks and carefully fold them into the batter, trying not to deflate the foam.
4. In a large, non-stick skillet at least 28cm in diameter, heat the butter and pour in the batter. Shake the pan while stirring constantly with a wooden spoon until it becomes crumbly.
5. Serve with maple syrup, raspberry syrup, jam, vanilla, chocolate, caramel sauce, or caramelized apples.



Waffles



gluten-, dairy- and sugar-
free

Waffles

INGREDIENTS

- Magic Mills Sorghum Flour - 300 g
- Sugar or erythritol or equivalent sweetener - 120 g
- Vanilla sugar or vanillin sugar - 10 g
- Egg size L (approx. 180 - 200 g) - 3 pcs
- Milk - 200 ml
- Salt - 1 g
- Butter/oil/fat - 50 g
- Lemon zest - 1 g
- Orange zest - 2 g
- Raisin - 50 g

PREPARATION

1. Separate the eggs. Put the whites in the fridge.
2. Whisk the yolks with 120 g of sugar or erythritol, vanilla sugar, and milk. Gently fold in the sorghum flour, raisins, salt, and grated lemon and orange zest with a spatula.
3. Whip the egg whites to stiff peaks and carefully fold them into the batter, being careful not to deflate the foam.
4. Generously butter the waffle iron and pour the batter into it. Cook until done.
5. Serve dusted with powdered sugar or drizzled with a little maple syrup, and top with fruit, whipped cream, or a drizzle of chocolate.

Potcake



gluten-, optionally sugar-
free

Potcake

INGREDIENTS

- UniMix Universal Flour Mix - 300 g
- Egg - 5 pcs
- Sugar or eritrit - 200 g
- Butter - 160 g
- Lemon peel - from 1 pc lemon
- Baking powder - 1 package
- Milk - 20 ml
- Vanilla extract - 1 teaspoon
- Sugar-free cocoa powder - 3 tablespoons

PREPARATION

1. "Preheat the oven to 160°C.
2. Separate the eggs, then whip the whites until stiff peaks form.
3. Beat the yolks with sugar until foamy, then mix in the butter, milk, and vanilla extract. When the mixture is smooth, sift in the flour and baking powder, and add the lemon zest. As the last step, gently fold in the beaten egg whites, being careful not to deflate them.
4. Butter and flour the bundt cake mold, then pour half of the batter into it. Mix the cocoa powder with the remaining batter and pour it over the first layer in the mold. With a spoon, you can also gently swirl the layers to create a marbled effect.
5. Bake in the preheated oven for 50 minutes, which can be checked with a skewer or cake tester inserted into the center of the bundt cake.

Plum Dumplings



gluten-, optionally sugar-free

Gluten-free Plum Dumplings

INGREDIENTS

- Potatoes - 7 medium potatoes, about 1.2 kg raw
 - Magic Mills Sorghum Grist - 3 tablespoons
 - Salt - 2 teaspoons
 - Eggs - 3 pcs
 - Magic Mills UniMix Universal Flour Mix - 350 g
 - Gluten-free breadcrumbs - 150 g
- For the filling:
- Plum - about 15 pcs (small or medium size)
 - Cinnamon powder with icing sugar - 100 g

Elkészítés

1. Boil the potatoes in their skins until soft. Peel them and mash them with a potato masher, then let them cool thoroughly.
2. Once the potatoes have cooled, mix in all the other ingredients and knead the dough for a few minutes, then let it rest for 5 minutes. Knead it again briefly afterward.
3. Dust the rolling board with a thin layer of flour. Roll out the dough to a thickness of 0.5-1 cm. Cut it into approximately 10x10 cm squares. Any leftover dough can be re-kneaded and rolled out, so there is no waste.
4. Sprinkle a little cinnamon sugar on the squares and place a washed, halved plum (pit removed) on top. Then, take the four corners of the square and gently pinch the dough together, making sure the dough completely covers the plum to prevent it from boiling out during cooking. Carefully shape the dough into dumplings, ensuring the plum does not protrude.
5. Meanwhile, bring about 4 liters of lightly salted water to a boil. Once boiling, add the dumplings. After the water returns to a boil and the dumplings float to the surface, they are cooked. Do not stir the water while cooking as the dumplings might break apart. Once cooked, carefully drain off the hot water. Remove the dumplings with a slotted spoon and let them drain well.
6. While the dumplings are draining, heat oil in a pan. Toast the breadcrumbs in the oil over low heat until golden brown, which takes a few minutes.
7. Roll each drained dumpling in the toasted breadcrumbs. Do not shake them; instead, roll them by moving the pan. Place the breadcrumb-coated dumplings in a serving dish.

Hungarian Cottage Cheese Dumplings



gluten-, egg- and optionally
sugar-free

Hungarian Cottage Cheese Dumplings Made From Sorghum Grist

Hozzávalók

- Magic Mills Sorghum Grits - 15 dkg
- Milk - 500 ml
- Sugar to taste
- Cottage cheese - 15 dkg
- Chopped walnuts/ - 15 g
- Mixed forest fruits - 10 dkg

Elkészítés

- 1."Boil the milk, then add the sugar and the grist. Stir constantly until it thickens, then add the cottage cheese and mix well. Shape into dumplings and roll them in walnuts.
- 2.Make a sauce from the forest fruits and serve the dumplings with this sauce.

Tip: If you don't like fruity dressing, serve with liquid sour cream.