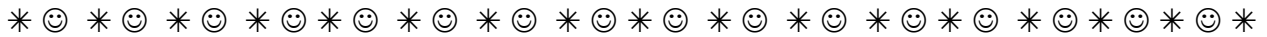


Allergy Buddies

Egg-free Lunchboxes

Recipes and Ideas

Compiled by Alice Willitts



Dear Allergy Buddies,

Thank you for helping us to help Zachary learn how to manage his allergy in a new environment. You are providing him with a buffer-zone while he and his classmates learn to be allergy aware. He is a sensible little fellow and knows not to swap, share or touch anyone else's food. The class all wash their hands before and after a meal and the classroom will be checked for stray foodstuffs before afternoon classes. Gradually Zac will gain the maturity and confidence to manage his allergy by himself. He is very lucky to be able to do this in the company of friends.

Zachary is severely allergic to egg and he and we have to watch what he eats carefully. Egg *can* crop up in odd places but with labelling on shop-bought products as good as it is, shopping is much simplified. All manufacturers are by law required to declare the major allergens (the things people are allergic to) however tiny an ingredient. Already this is making a huge difference to our ease of shopping.

My hope is that this booklet will make your task as easy as possible with lists of suggested lunchbox foods, where you can find them and what the pitfalls can be. It also contains some of the egg-free recipes I use at home. Writing them down has been an interesting process as I rarely use a recipe myself, so working out exactly how much of this or that I put in may have led to some anomalies – so if it doesn't taste good or is not to your taste adjust the ingredients and quantities to suit your family. All these dishes have been enjoyed by the children in my house and our many visiting children, so they should taste great and be fun to make together. Be bold and creative, get messy and have fun cooking!

Last but not least, thank you from the bottom of my heart for caring enough to help make Zac's lunchtimes safer and more friendly than we could have imagined possible.

Warmest thanks,

Alice Willitts

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Egg-free lunchbox ideas

Egg-free Sandwiches	Sandwich alternatives	Egg-free cakes & biscuits	Egg-free treats
Cheese Ham Jam Marmite Chicken Turkey <i>Tuna filling</i> Marmite and iceberg lettuce Cheese and pickle Cheese slices Cheese and salads Stilton and marmalade (trust me, yum!) Cream cheese with salad Cream cheese and ham Cream cheese and red pepper slices Mashed avocado and a squeeze of lemon with ham, marmite, cheese or bacon Cold sliced meats: - Lamb and mint jelly - Lamb and redcurrant jelly with lettuce - Pork with freshly sliced apple or apple sauce - Chicken with cranberry jelly - Chicken with <i>mock-mayo</i> and lettuce - Chicken with cream cheese and tomato - Ham with mock-mayo and lettuce - Beef / pastrami with mock-mayo Smoked salmon or smoked mackerel with cream cheese <i>Fishy pâtés</i> <u>Bread</u> Wholemeal, brown or white sliced tin, baguette, rolls, baps, pitta, bagel	Cold sausages <i>Falafel</i> Chicken drumsticks Chicken strips Soup Salads with egg-free dressings - Rice salad - Pasta salad - Potato salad - Couscous salad - Tabouleh - Quinoa salad Wraps Cold pizza slice Pitta pockets Cubed cheese, ham etc with breadsticks or Ricecakes Chapatti and dhal Potato cake English Muffin <u>Dippers</u> Plain breadsticks Pitta breads Tortillas Vegetable sticks Tortilla chips Crisps <u>Dips</u> <i>Creamy chickpea</i> <i>Mock-hummus</i> <i>Peas please Mr Malease</i> <i>Squashed sunshine</i> <i>Barbie beetrooty dip</i> <i>Dhalibub</i> Tzatziki Cream cheese in a pot Dairylea dunkers Cheez dippers	<u>Cakes</u> Mrs Crumble's Apple Mrs Crumble's Ginger Mrs Crumble's Caramel Soreen Malt loaf M & S apple fruit loaf Fruit bread and buns Dutch Honey cake Sunmaid Raisin Swirl <i>Chocolate cake or cupcakes</i> <i>Scones</i> <i>Orange and lemon cupcakes</i> <i>Grannie's cinnamon cake</i> <i>Fruit cake loaf</i> <i>Chocolate sponge cake</i> <i>Golden Crispies</i> <i>Grannie Anne's crackalacks</i> <i>Chocolate fridge cake</i> <u>Sweet Biscuits</u> <i>Gingerbread men</i> Digestives Rich Tea Bourbon Custard Creams Jammy Dodgers Shortcake Malted milk Party rings Hobnobs Oatcakes: ginger, mixed berries Garibaldi Shortbread <u>Savoury Biscuits</u> Cream crackers Water biscuits Breadsticks (+ mini) Ryvita, plain Oatcakes (+ mini) Cheese thins Poppy seed thins Mini-rice cakes Rice cakes (not sesame) Plain tortilla chips Matzos	Crisps Pringles Olives Pretzels Pepperoni minis Cheesetrings Dairylea strip cheese Humzingers Square of plain or milk chocolate KitKat Chocolate penguin Cereal bar (nut & sesame-free) Hobnobs, milk chocolate or plain Blue Riband Waferbreaks <hr/> Egg-free puddings Fruit – fresh and dried Yoghurts Petit Filous Frubes Ambrosia rice pudding Ambrosia custard Jelly Egg-free cakes or biscuits KEY <i>Italics</i> = recipe in this booklet

These lunchbox foods WILL contain egg

Eggs, mayonnaise, quiche, Scotch-eggs, mini lunch-eggs, Jaffa cakes, egg custard tarts, meringues, cakes, trifles, flan, sausage rolls, lemon curd, croissants, pain au chocolat and brioche, Ritz crackers.

These lunchbox foods MAY contain egg

Cake, savoury or sweet biscuits, pâté, sausages, sauces and dressings, pork-pies, pasta.

What should I avoid in the lunchbox?

Always contain egg:

- × Boiled egg
- × Mayonnaise
- × Quiche
- × Egg sandwiches
- × Scotch egg and mini lunch eggs
- × Cake (unless egg-free)
- × Flan
- × Egg Custard / trifle /egg custard tarts
- × Meringue
- × Lemon curd
- × Croissants, pain au chocolat and brioches
- × Ritz crackers and Jaffa cakes
- × Sausage rolls
- × Egg dressings: salad cream, thousand island, tartare sauce

Sometimes contain egg:

- ? Sausages and cocktail sausages
- ? Sauces and dressings
- ? Pâté
- ? Sweet or savoury biscuits
- ? Pork pies
- ? Pasta

On ingredients labels egg is called:

Albumen
Dried egg
Egg (all bird eggs)
Egg Powder
Egg Protein
Egg white
Egg yolk
Frozen egg
Globulin
Lecithin (egg)
Livetin
Ovalalbumen
Ovoglobulin
Ovomucin
Ovovitellin
Pasteurised egg
Vitellin
Whole egg

Cut out, purse-sized reference

albumen, dried egg, egg (all bird eggs), egg powder, egg protein, egg white, egg yolk, frozen egg, globulin, livetin, lecithin (egg), ovalalbumen, ovoglobulin, ovomucin, ovovitellin, pasteurised egg, vitellin, whole egg.

✂...

Shopping for egg-free lunchbox foods

The two rules to use when shopping are: 1) read the ingredients list every time as manufacturers do alter their recipes and 2) if there's no label, be absolutely sure the producer or retailer has told you what *all* the ingredients are.

The quickest and easiest foods to shop for are those which have no added ingredients, such as fresh fruits and vegetables, unadulterated cuts of meat or fish, milk, cheese, butter and flour etc, the raw ingredients. Pretty soon, you will have learnt which types of food to pay special attention to (see list above) and which you can count on to be free of egg which speeds things up. Label reading is important for all processed foods, which includes things we may not think of as 'processed' like biscuits, spreads, pizzas and even bread.

Cross-contamination is far more likely to occur in a bakery or on the delicatessen counter because the foods which are safe, are handled and placed alongside foods that are not. As a result, these present more danger than packaged food for severely allergic children and the risk of buying these loose goods would be too high if Zac were eating them. I think that for Allergy Buddy lunchboxes, as long as the item your child likes does not actually contain egg it should be fine.

‘May Contain...’

We have been advised to wait until Zac is five before introducing nuts because of the very strong link between egg and nut allergy. The approach we have taken is to keep him off nuts but to ignore judiciously the ‘May Contain Nuts’ warnings. So, if the manufacturer produces predominantly nutty foods and one product that is nut-free I wouldn’t buy it. However for lunchboxes, as Zac is not going to be actually eating your child’s food, my view is that any product that does not list nuts on its ingredients is ok.

If a label says **‘May Contain Egg’** it is **definitely not safe** for Zac to eat.

‘This Product Contains...’ or **‘Allergy information...’** boxes are a fantastic, first-glance check for allergens. You can confidently put back on the shelf any product that claims to contain egg or nuts. However, they are not failsafe, so if a product appears to be egg-free and nut-free it is essential to check through the ingredients list to be sure.

Egg-free product lists are available for all the major supermarkets, so if you would like a comprehensive list of own-brand products from your chosen supermarket let me know and I will order one for you. They can be very useful if you buy a lot of readymade foods, like to plan your shopping in advance or if you shop over the internet.

Here is a list covering some of the lunchbox problem foods, to try and make your shopping easier. Please be aware that manufacturers do change their ingredients from time to time and checking the label is the only way to be sure a product is safe.

BISCUITS

SAVOURY BISCUITS that don’t contain egg

- | | |
|---|---------------------------|
| ✓ Cream crackers: Jacob’s, Waitrose | ✓ Cheese thins |
| ✓ Water biscuits | ✓ Poppy seed thins |
| ✓ Plain breadsticks by Kallo, Goodies, Waitrose, ASDA | ✓ Mini-breadsticks |
| ✓ Parmesan breadsticks by Kallo | ✓ Mini-rice cakes |
| ✓ Ryvita, plain | ✓ Rice cakes (not sesame) |
| ✓ Oatcakes and mini-oatcakes | ✓ Plain tortilla chips |
| | ✓ Matzos |

More savoury biscuits contain egg than sweet biscuits so please check labels carefully.

SWEET BISCUITS that don’t contain egg

- | | |
|------------------------------|-----------------------------------|
| ✓ Digestives | ✓ Jam sandwich or Jammy Dodgers |
| ✓ Rich Tea | ✓ Malted milk |
| ✓ Garibaldi | ✓ Gingernut |
| ✓ Shortbread | ✓ Oatcakes: ginger, mixed berries |
| ✓ Shortcake, fruit and plain | ✓ Party rings |
| ✓ Hobnobs | ✓ Custard creams |
| ✓ Bourbon | |

This is just a selection, I’m sure there are more plain biscuits that are safe, and more coming onto the market all the time. Ingredients lists are short and easy to check.

CHOCOLATE BISCUITS that don’t contain egg

- | | |
|---------------------------------------|--|
| ✓ Milk and plain chocolate Digestives | ✓ Blue Riband |
| ✓ Penguin | ✓ Milk and plain chocolate Hobnobs |
| ✓ Kit-Kat | ✓ Waitrose Waferbreaks, milk and plain |

A tiny selection here but again, just check the packets of your favourites for eggs and nuts.

CAKES

Not a lot of variety on the supermarket shelves for egg-free cakes but here are the ones we like plus some seasonal treats.

CAKES that don't contain egg

- ✓ Mrs Crumble's Apple, Ginger or Caramel cakes (n.b. the Fruit Cake contains nuts) from supermarkets and health food shops
- ✓ Dutch Honey Cakes/loaves available in some supermarkets and health food shops. Yummy spread with butter.
- ✓ Soreen malt loaf
- ✓ M & S apple fruit loaf
- ✓ Raisin and cinnamon swirl loaf
- ✓ Flapjacks (always egg-free but can contain nuts or sesame seeds so check the ingredients)
- ✓ Apple pies, Waitrose, Mr Kipling's
- ✓ Caramel shortcake slices, Waitrose
- ✓ Fruit / Raisin buns, Waitrose
- ✓ Mini fruit buns, Waitrose (ideal lunchbox size)

SEASONAL

Hot cross buns are usually egg-free. **Mince pies** often contain eggs and nuts but Waitrose do a shortcrust mince pie which is egg-free and nut free. For home-made mince pie, brush with milk instead of egg. **Pancake** batter can be made without egg (Shrove Tuesday - pancake day). **Simmel cake** and **Christmas cake** contain egg and nuts.

FRUIT BARS

Fruit bars are great for lunchboxes - try **Humzingers** from supermarkets and **fruit strips** from health food shops. Sadly for us, most muesli and cereal bars are loaded with nuts – Jordans Frusili 6 Wild Berries bars are safe and maybe others too, just check the packet carefully.

A word about... custard

Bird's Eye and Ambrosia custards are egg-free. So are some ready-made puddings containing custard. As a general rule the more 'authentic' custard puddings are the more likely it is they'll contain proper egg custard. Products aimed at children tend to be made with Bird's Eye type custard, so it's just a case of checking each product I'm afraid. Trifle contains custard and sponge and while the custard may be egg-free, the sponge will always contain egg. Custard tarts always contain egg.

A word about... sausages and sausage rolls

I have yet to find any shop-bought **sausage rolls** without egg either in the sausagemeat or as a glaze. Home-made can be brushed with milk instead of egg and made with one of the egg-free, shop-bought sausagemeads. **Sausages** fall about half and half into those that contain egg and those that don't. Please check the ingredients list or ask the butcher. NB horseradish sauce contains egg so avoid horseradish sausages please. **Cocktail sausages** are a good size for lunchboxes and again about half of those on the shelves do not contain egg. Egg-free **hot dogs (frankfurters)** are available, the American style tend not to contain egg and the German ones do. The overall message with sausages is always check the ingredients.

A word about... bread

Most savoury breads are egg-free: brown and white tin loaves, baps and rolls, pitta breads, tortilla and flat breads, baguettes, bagels and pizza dough but always check the label or ask the baker. Egg is sometimes used to glaze speciality breads. Sweet breads almost *always* contain egg or are brushed with egg.

A word about... pasta and noodles

100% Durum wheat semolina dried pasta is egg-free, which is most of the dried pasta and spaghetti on offer. There are some dried, egg pasta and they often say so on the packet eg egg vermicelli and on the ingredients label. Fresh pastas and gnocchi all contain egg. Rice noodles are usually egg-free but other noodles aren't, again checking the ingredients is the only way to be sure.

A word about... batter

Fried foods, coated in batter or made entirely with batter often contain egg if made fresh. However there are plenty of foods where you might expect to find egg in the coating that are actually egg-free. This is because batter can be made without egg, particularly now that manufacturers can replace the properties of egg with cheaper alternatives that have a longer shelf life. However, foods made entirely with batter like doughnuts and pancakes usually contain egg.

Sandwich fillings

For most of us the sandwiches in lunchboxes will be pretty standard and dictated by what our children like best. There are loads of egg-free sandwich fillings so this is just a safe selection to give you ideas on those 'oh, not another lunchbox' days...

Cheese

Ham

Jam

Marmite

Chicken

Turkey

Tuna fillings (see Recipes)

Creamy chickpea dip or mock-hummus (see Recipes)

Marmite and iceberg lettuce

Cheese and pickle

Cheese slices

Cheese and salads: lettuce, tomato, cucumber

Stilton and marmalade (trust me, yum!)

Cream cheese with salad bits

Cream cheese and ham

Cream cheese and red pepper slices

Mashed avocado with a squeeze of lemon with ham, Marmite, cheese or bacon.

Cold sliced meats

- lamb and mint jelly
- lamb and red currant jelly with lettuce
- pork with freshly sliced apple or apple sauce
- chicken with cranberry jelly
- chicken with mock-mayo and lettuce
- chicken with cream cheese and tomato
- ham with mock-mayo and lettuce
- beef / pastrami with mock-mayo

Smoked salmon with cream cheese

Smoked mackerel with cream cheese

Fishy pâtés (see Recipes)

Mayonnaise - Mayo the big NO

Mayonnaise is bad news for Zac as it is made almost entirely with egg and is a common addition to sandwiches, sauces, salad dressings etc. Here are the alternatives that we use.

What can I use instead?

Shop-bought mayonnaise alternatives are:

Cream cheese

Quark or other whey cheeses

Thick plain yoghurt seasoned with salt and pepper

Crème fraiche seasoned with salt and pepper

Egg-free mayonnaise (we think this is disgusting but I know others who like it)

Mock-mayo (homemade)

We use this a lot for potato salad and other dressings that call for mayo.

6 tsp fromage frais

1 tsp Dijon mustard

½ tsp soya sauce

3 tsp olive oil

pepper to taste

Blend until smooth. Store in a jar in the fridge.

Don't like sandwiches? Try these

Dips and dippers – a great way for children who hate sandwiches to get the carbo/protein balance in a lunchbox. See dip ideas in this booklet. Add dippers like **plain breadsticks**, **pitta breads** cut into strips, **tortillas** cut into triangles, **tortilla chips** or **savoury biscuits**. Add in some **vegetable sticks** too.

Falafel – see recipe in this booklet or buy ready-made from the supermarket. We like Waitrose Organic Falafel.

Soup – hot soup in a flask for winter is a great warmer. Add in mini pasta shapes (egg-free), lentils or barley for a more filling meal. If your child doesn't like the texture of lentils blend the soup to a smooth consistency after cooking and add a splash of milk or cream. If you make it pretty thick they can spoon the soup out without risking spills. Buy a wide-neck flask so they can eat the soup directly from the flask without pouring.

Salads with egg-free dressings – try vinaigrette or yoghurt dressing or mock-mayo.

- **Rice, Couscous, Pasta, Potato, Buckwheat and Quinoa all make filling salads**

Chicken drumsticks or chicken strips – home cooked or ready-cooked. Or to jolly up leftovers from a roast, cut into chunky strips, roll around in a baking tray with some ketchup and soya sauce and blast for 10 mins in a hot oven. Other good mixes are honey, grain mustard, olive oil; honey, soya sauce, olive oil, mustard; yoghurt, honey, oil, herbs; lemon juice, oil, herbs. Mix quantities to your own taste.

Slice of cold pizza – shop-bought are usually fine, just check the ingredients.

Cold sausages – sausages occasionally contain egg to bind the sausagemeat. We use packets of Waitrose own brand or Duchy Originals sausages. Cocktail sausages can be bought ready-cooked from Waitrose chiller section or in packet of 20 Pork Cocktail Sausages fresh or frozen from ASDA (530g). To be honest I usually buy chipolatas and then twist them in the middle and cut them before cooking – nicer sausages and more economical.

Sausage rolls – use your own recipe with egg-free sausagemeat and remember to brush with MILK not egg. Ready-made sausage rolls always contain egg, either brushed onto the pastry or in the sausagemeat. Deli or bakery sausage rolls will almost certainly contain egg too, so steer clear of those.

Wraps – make a wrap by using a tortilla/flat bread and folding a filling up in it. Looks more interesting than a sandwich but essentially the same thing in disguise.

Fruit bread sandwiches – make up a cream cheese sandwich using fruit bread such as M & S apple fruit loaf.

Pasties – traditional Cornish Pasties and the like are glazed with egg which gives them that authentic brown crust. You can make your own and brush them with milk instead – look just as good. There may be shop-bought alternatives but I haven't found an egg-free one yet. Puff-pastry pasties are sometimes egg-free but not so nice cold.

Pitta pockets – pittas filled with chicken or falafel or whatever your child likes best.

Cubing - Cubed cheese, ham etc with breadsticks / ricecakes / oatcakes

Chapatti and dhal – include some vegetable sticks too.

English Muffin – good with creamy cheeses, goats cheese, Marmite etc. Doesn't look like a sandwich but of course it is!

Be Allergy Friendly

Don't put nuts, peanuts or sesame seeds in your salads or breads.
Try pumpkin seeds or sunflower seeds instead.

Remember not to buy crackers or breadsticks containing nuts or sesame.

RECIPES

Vinegar is called for in many egg-free cake recipes. I use **clear distilled malt vinegar** as it is inexpensive and has no added flavours but any plain wine, cider or malt vinegar will do.

Cakes made without egg have a more bready texture so don't think you're doing it all wrong! They are not as light as egg sponges but have the advantage of being less rich and are just as delicious in their own way.

Baking. Egg is so widely used in baking because it makes cakes and biscuits richer tasting, it helps cakes to rise and binds ingredients together. So if you are replacing egg in a recipe these are the factors to consider. Adding richness to a cake can be achieved with a little more fat and sugar, raising agents like bicarbonate of soda and baking powder can be used to leaven cakes, and binding can be aided with a little more moisture and longer cooking time.

Tahini is made from sesame. Crops up in hummus.

Ingredients:

Any recipe that calls for the following fresh ingredients could be replaced with these store cupboard alternatives:

lemon juice – Easy-squeeze lemon juice (pasteurised lemon juice in a plastic bottle)

garlic – good quality, ready-chopped in a jar.

fresh ginger – ready-chopped in a jar or Top Tip – peel fresh root ginger, freeze and grate from frozen as needed.

fresh herbs – use dried if you don't have fresh or try the herb purées in a jar. Fresh is always best in uncooked dishes.

fresh chilli – dried chilli can nearly always be substituted.

Unless otherwise specified:

butter is unsalted

margarine is cooking margarine, like block Stork

milk is full-fat

herbs are fresh

olive oil is not extra virgin

Oven temperatures:

I have given temperatures in °C so please convert for gas and **reduce by 20°C for fan assisted**. So where I say 200°C, it would be 180°C for fan assisted ovens for example.

Tuna sandwich filling

100g tin tuna in olive or sunflower oil
2 tsp Quark or cream cheese
salt and pepper to taste

Plus one or more of the following:

2 tbsp of tinned sweetcorn
3 cocktail gherkins, finely chopped
1 tomato, chopped roughly
1 tsp capers, chopped roughly
squeeze of lemon juice

Drain tuna and tip into a bowl.

1. Add the cream cheese or Quark and mix until smooth.
2. Stir in any other ingredients and season.

Keeps for a day or two in the fridge in an airtight container.

For more adult tastes (or indeed if you're going to have it for lunch too) add a good splash of Tabasco and some finely chopped red onion.

Fishy pâtés

Waitrose do a yummy smoked mackerel pâté or make your own:

150g (approx 1 packet) Smoked mackerel fillets
2 tbsp cream cheese
Generous squeeze of lemon juice, to taste
Pepper

★ **TOP TIP** Add a little water to make a dip consistency.

Blend all the ingredients in a food processor until smooth. Keeps well in the fridge and freezes too. Defrost overnight in the fridge.

If your children don't like smoked fish but love **sardines, tuna or tinned mackerel** – substitute these to make equally great pâtés and dips.

Falafel

Shop bought falafel are good, just check on packet that they contain no added nuts or sesame (tahini).

400g tin of chickpeas
generous handful of parsley
1 small onion
2 tsp cumin
2 tsp ground coriander
1 garlic clove, peeled
2 tbsp plain flour
generous pinch of sugar
salt and pepper
1.

2. Place all the ingredients in a food processor and pulse to a coarse paste (or smooth if your child dislikes the rougher texture).
3. Tip mixture onto a floured surface and shape into 14 –16 flat, round patties.
4. Generously oil a baking tray, pop the patties in and brush with a little olive oil.
5. Bake in a preheated oven at 200°C for 15 mins or until golden brown. Or you can shallow fry the falafel for 4-5 minutes on either side until golden.
6. Drain on kitchen paper.

★ **TOP TIP** Stir a dash of milk into some shop-bought tzatziki to make a quick yoghurt dressing.

Good in **lunchboxes** with cucumber wedges and a little pot of dip or in pitta bread sandwiches with salad and minty yoghurt dressing or in a salad box with a yoghurt dressing.

Keep in an airtight container in the fridge. Serve hot with salad, tzatziki and flat breads.

Yoghurt dressing:

1 tbsp oil
1 tsp yogurt
salt and pepper to taste
1 tsp water
With - chopped mint
- shredded cucumber
- chopped coriander

Minty yoghurt dip

3 tbsp thick plain yoghurt, such as Greek yoghurt
12 leaves mint or to taste
½ tsp of garlic, pressed or puree (if your child hates garlic use a hunk of cucumber instead or a pinch of cumin)

Blitz until blended. Serve with the falafel.

Dips

These dips take 3 minutes to make, if you have the cooked ingredients to hand.

Squashed Sunshine

1 butternut squash
4 garlic cloves (or a handful of shallots cooked in their skins)
2 tbsp lemon juice
2 tbsp olive oil
finely grated parmesan or cheddar, to taste

Bake the squash halved, de-seeded, cut side down on a greased tray until tender. (I often sling mine in the bottom of the oven when cooking something else.) Pop the garlic cloves underneath the squash in the hollows.

Once cooled enough to handle, scoop out the squash flesh and squeeze out the sweet, gooey garlic and mix them together well with the lemon juice and grated parmesan (or cheddar). For a really smooth dip blitz in a food processor instead. Add white pepper to taste. This makes a delicious sauce for hot pasta too.

Mild & creamy chickpea dip

½ clove garlic
1 can chickpeas, drained (keep a little of the water)
3 generous tbsp cream cheese
1 tbsp olive oil
½ tsp cumin
2 tbsp lemon juice
pepper and salt to taste

Blitz all the ingredients until smooth. Loosen with a little of the chickpea water if necessary.

Mock-Hummus (no sesame)

This is more like real hummus in taste and too strong for some children. Try it out at home first.

1 clove garlic
juice of ½ lemon
1 can of chickpeas, drained (keep a little of the water)
3 tbsp olive oil
2 tbsp yoghurt
1oz medium strong cheddar, grated
good grinding of black pepper

Process all the ingredients until smooth. Add a little of the chickpea water to loosen if necessary. Keeps in the fridge for up to a week.

Cream cheese in a little pot either plain or with some chopped herbs/pineapple/mango stirred in.

Peas please Mr Malease

250g frozen petits pois or peas
handful of mint leaves (about 12)
generous squeeze of lemon juice
1 tbsp olive oil

Cook the peas until tender. Blitz with the mint, lemon juice and oil.

If you like spinach you can throw some of that in too, gives a darker green colour.

You could also make this with broad beans or a mixture of broad beans and peas. You do need to shell the beans after cooking them though.

Barbie Beetrooty dip

3 medium cooked beetroot (not pickled) You can buy these ready cooked in the veggie section of supermarkets or boil your own.

3 tbsp cream cheese/cottage cheese/Greek yoghurt
½ tsp ground coriander
½ tsp mustard
pepper and salt

Blitz until smooth – pink enough for even the most die-hard pink-addict! Make it paler pink by adding double the cheese.

Dhalibub dip

This came out of eating cold dhal but we think it's yummy. Nutritious too.

6 tbsp cold dhal
2 tbsp thick plain yoghurt or Greek yoghurt
handful of parsley and/or coriander
1 tbsp olive oil

Blitz up together.

If you don't have a **Dhal** recipe here's mine or buy it ready-made:

Cup full of red or yellow lentils
¼ chopped onion
½ clove of garlic chopped
pinch of chilli flakes or sliver of fresh or dried red chilli
¼ tsp cumin or curry powder
¼ tsp ground coriander
½ tsp grated ginger (keep peeled ginger in the freezer and grate from frozen)
enough stock (or water) to cover the lentils

Cover the lentils with liquid, bring to the boil, cover and simmer for 15minutes. Fry the onion, garlic, chilli and ginger slowly until dark brown. Stir in cumin and coriander and fry for a minute or two then tip into the lentils and stir well. Add salt to taste.

Chocolate cake

From Giorgio Locatelli

For the cake

450g plain flour
6 tbsp unsweetened cocoa powder
2 tsp baking powder
2 tsp bicarbonate of soda
300g caster sugar

125 ml veg oil
300 ml water
2 tbsp distilled white vinegar
2 tsp vanilla extract

For the icing

225g icing sugar
25g unsweetened cocoa powder (about 5 tbsp)
75g butter
1 tbsp golden syrup
4 tbsp milk

or a jar of dark chocolate spread

Preheat oven 180°C.

1. Sift dry ingredients and stir in sugar.
2. Combine wet ingredients and pour into dry ingredients all at once and beat until smooth.
3. Pour batter into a high sided, greased cake tin (20cm) and bake for 1 hour and 15 mins or until skewer inserted in the centre comes out clean (place a loose sheet of foil over the top of the cake if it becomes too dark). Remove from the oven and leave to cool in the tin.
4. When cooled, turn cake out of tin and ice.

For the icing

1. Sift the icing sugar and cocoa powder into a bowl and make a well in the centre.
2. Gently melt the butter with the golden syrup and milk and pour into the dry ingredients. Stir until smooth.
3. Beat with a wooden spoon until the icing has cooled and thickened slightly. Spread the icing over the top and sides of the cake.

He suggests decorating with whipped cream which is yummy. For parties, I prefer coloured icing. Using a hot, wet palette knife, you can smooth the icing on top of the cake to give you a good surface for decorating.

Keep the cake well covered or in an airtight container once cut.

Chocolate cupcakes

Halve quantities above, spoon into 24 paper cases or greased patty pans and bake for 30 minutes. Ice when cool. Makes 24.

Scones

Shop bought: look for egg-free brands. 'Rich', speciality and bakery scones are more likely to contain egg. Read the label or ask the baker.

Home-made: brush with MILK instead of egg and don't add any egg to the dough

Add in extras to make them tasty for lunchboxes

- 2oz grated cheese and sprinkle grated cheese over the tops before baking.
- a handful of raisins, candied peel, sunflower seeds or sultanas
- 1 tsp cinnamon

For lunchboxes, cut in half and fill with butter and jam / cream cheese / butter and ham

Orange and lemon cup cakes

For the cakes:

250g plain flour
grated rind of two oranges
1 tsp bicarbonate of soda
1 tsp baking powder
150g caster sugar

juice of two oranges made up to ¼ pt with water
1 tbs vinegar
1 tsp vanilla extract
2 fl oz vegetable oil

Lemon icing

250g icing sugar, sieved

Juice of roughly one lemon, to mix - add gradually until you have a runny but spreadable consistency

Add 1 tsp boiling water at the end to loosen the mixture for spreading.

Preheat oven 170°C

Makes 24

1. Sift dry ingredients and stir in sugar.
2. Combine wet ingredients and pour into dry ingredients all at once and beat until smooth.
3. Spoon into 24 paper cases or greased patty pans. Bake for 30mins. Cool on a wire rack and ice when cool.
4. Top with lemon icing and hundreds and thousands.

Orange and lemon drizzle cake

Follow the recipe above but cook for 45 mins at 180°C in a greased 20cm tin. Ice with lemon icing or pour over syrup to make a lemon drizzle cake.

For the syrup

Juice of 2 lemons (or one orange and one lemon)
6oz sugar
1 cinnamon stick (optional)

1. Bring all the ingredients gently to the boil stirring until the sugar has dissolved.
2. Simmer gently for 10 minutes.
3. Remove cooled cake from tin and place on serving dish.
4. Pour over the warm syrup, scooping syrup over the sides and leave to cool.

Store in an airtight container

Grannie's Cinnamon Cake

For the Cake

2 cups Self Raising flour
4 gently rounded tsp baking powder
¼ tsp salt
6 gently rounded tbs caster sugar
2 tbs melted butter (1oz)
1 pint milk

For the Topping

¼ tbs powdered cinnamon
2oz plain flour
4 tbs castor sugar
2oz butter

Oven 200°C : 30 minutes

1. Sift dry ingredients, add gently warmed milk in which butter is melted, to make a stiff batter. Beat until smooth.
2. Spread 1cm thick in a greased tin or pyrex dish.
3. Sprinkle lightly with topping. To make topping: sift flour and cinnamon. Chop butter finely and proceed as for crumble (rubbing between fingers until resembles bread crumbs).
4. Bake in a moderate oven (200°C) until a skewer comes out clean, about 30 mins.

This makes a light, breadly sponge base with a crumbly cinnamon topping. Cut into squares. Keep in an airtight tin.

Fruit cake loaf

10oz plain flour
6oz butter (or margarine)
6oz sugar - 3oz white caster
 - 3oz light brown
12oz mixed dried fruit
½ tsp grated nutmeg
grated rind of one lemon
2 tbsp vinegar
1 tsp bicarbonate of soda
¼ pt warm milk

Preheat oven to 160°C

1. Grease a loaf tin
2. Warm milk in a medium sized saucepan and remove from heat.
3. Mix flour and butter to a crumble texture either by hand or in a mixer.
4. Add sugar, mixed fruit, lemon rind and nutmeg and mix.
5. Stir the bicarbonate of soda into the warm milk.
6. Add the vinegar, mix quickly as it froths and add to the cake mixture until all blended.
7. Turn into the greased tin.
8. Bake 1½ hours or until a skewer comes out clean.

Store in an airtight tin. Improves with keeping.

For lunchboxes, cut loaf into slices and either butter or leave plain.

Makes a great cake...

Use a 20cm cake tin: ice with a lemon icing and decorate with hundreds and thousands, silver balls or Smarties etc.

Lemon icing

250g icing sugar, sieved

Juice of roughly one lemon, to mix - add gradually until you have a runny but spreadable consistency

Add 1 tsp boiling water at the end to loosen the mixture for spreading.

Chocolate sponge cake

Fantastic, moist sponge cakes

6oz plain flour
6oz butter or margarine
4oz sugar
2oz cocoa powder
2 tbsp golden syrup
1 tsp bicarbonate of soda
1 tsp baking powder
1 cup milk

Orange chocolate filling

Grated rind of 1 orange

Icing sugar

1 tbsp soft margarine

little orange juice to mix

Preheat oven 180°C

1. Melt together fat, syrup, sugar and milk.
2. Stir into dry ingredients to make loose batter.
3. Pour into 2 x 20cm tins.
4. Bake 20 mins.
5. Transfer gently to wire rack after 5 mins cooling in tin.

1. Mix ingredients, adding the orange juice carefully to spreading consistency.
2. Spread on cake when cooled and sandwich the two together. Dust with cocoa powder if you like.

Golden Crispies

50g butter or block margarine
3 tbsp golden syrup
3 cups (75g) rice crispies or cornflakes
12 -15 paper cases

1. Melt the butter and syrup in a medium sized saucepan.
2. Stir in the rice crispies or cornflakes and mix to coat them thoroughly with the syrup.
3. Spoon them into the paper cases, press down gently and leave on the side to set.
4. Store in an airtight container.

Grannie Anne's Crackalacks

Chocolate crispies with a satisfyingly chewy texture

2oz butter

3 generous tablespoons of golden syrup

9 tablespoons of drinking chocolate

Cornflakes, enough to mix

1.

2. Melt the butter and syrup together, bring to the boil.

3. Stir in the drinking chocolate and let it boil briefly.

4. Remove from the heat and stir in enough cornflakes to absorb the chocolate mixture.

5. Heap it into 12 paper cases and leave to set.

Gingerbread Biscuits

100g plain flour, sifted

½ level tsp bicarbonate of soda

25g brown sugar

50g margarine or butter

75g golden syrup (3 tbsp)

1 tsp ground ginger

currants for decoration

Preheat oven 190°C

1. Stir the margarine and syrup over a medium heat until melted. Remove from heat to cool.

2. In a bowl, mix the dry ingredients together.

3. Pour in the cooling liquid and stir to form a loose dough.

4. Turn onto a well floured surface and divide into 12. Then divide each piece into 3. Shape a small round head, a sausage shape for the arms, and a longer sausage shape for the legs. Press flat on a greased baking tray and bend the arms and legs. Add currants for eyes and buttons.

5. Bake for 10-12 minutes, until golden brown and firm at the edges. The centre will remain soft until they are cold.

6. Remove them from the baking tray after 5 minutes and allow to cool on a wire rack.

This dough takes *any* amount of battering and still turns out great. Perfect for small children to make themselves. Let them shape it any way they like. For special occasions, instead of currants, you can ice the biscuits when cool.

Chocolate fridge cake

Adapted from

300g good quality plain chocolate

4 tbsp golden syrup

100g unsalted butter

300g pack of plain biscuits (gingernut, digestives etc)

Add one or more of the following:

250g tropical mixed dried fruit (chopped if pieces are too large)

150g candied peel (our favourite with the gingernut combo)

glacé cherries to taste

100g sunflower seeds and/or pumpkin seeds

100g puffed rice

mini-marshmallows to taste

250g chopped dried dates/apricots/prunes

1. Melt the chocolate, syrup and butter in the microwave for 1½ - 2 minutes (850w) or in a bowl over a pan of simmering water. Stir until smooth.

2. Crumble the biscuits into a bowl into chunkily small pieces. Tip in the fruit or whatever you're adding.

3. Pour in the chocolate and stir until evenly mixed.

4. Spread out in a baking tin (or traybake if you have one) and leave in the fridge until set – at least 2 hrs, preferably overnight.

5. Cut into thick, finger-sized slices.

Keeps in an airtight container in the fridge for two weeks (but ours never lasts more than 2 days!)

Anaphylaxis – the facts

What is allergy/anaphylaxis?

Any allergic reaction, including the most extreme form, anaphylactic shock, occurs because the body's immune system reacts inappropriately in response to the presence of a substance that it wrongly perceives as a threat.

The most severe type of allergic reaction is called anaphylaxis, which may be life-threatening if not treated quickly with adrenaline. The whole body is affected, often within minutes of exposure to the allergen but sometimes after hours.

How common is it?

A study on the Isle of Wight published in 2002 showed that more than one child in 70 is likely to be allergic to peanuts, tree nuts or both. Figures for other allergens are hard to come by. A small but significant number are allergic to other foods and substances, such as egg, milk, kiwi fruit, fish, soya, latex and insect stings.

It is likely that there will be at least one severely allergic child at your school.

What are the symptoms?

Allergic reactions vary. There can be an itching or swelling in the mouth, or an itchy rash all over the body. The person affected may feel sick and may actually be sick, although remember that other conditions can also cause vomiting. The initial symptoms may not be serious in themselves, but the child should be watched very carefully in case the situation is getting worse.

Serious symptoms include a severe drop in blood pressure, where the person affected goes weak and floppy; severe asthma; or swelling that causes the throat to close. This is a medical emergency.

During anaphylaxis there can be a whole range of symptoms including those described above. Some or all of the following may be present:

- flushing of the skin
- nettle rash (hives) anywhere on the body
- the feeling that something terrible is happening
- swelling in the throat or mouth
- difficulty in swallowing or speaking
- alterations in heart rate
- severe asthma
- stomach pain, feeling sick and vomiting
- sudden feeling of weakness (drop in blood pressure)
- collapse and unconsciousness

What exactly is going on?

An allergic reaction is caused by the sudden release of chemical substances, including histamine, from cells in the blood and tissues where they are stored. The release is triggered by the reaction between the allergic antibody (IgE) with the substance (allergen) causing the reaction. This mechanism is so sensitive that minute quantities of the allergen can cause a reaction. The released chemicals act on blood vessels to cause the swelling in the mouth and anywhere on the skin. There can be a fall in blood pressure and, in asthmatics, the effect is mainly on the lungs.

What is the treatment?

Adrenaline (also known as epinephrine) is the front-line treatment for anaphylaxis, usually administered using EpiPens or Anapens.

During anaphylaxis, blood vessels leak, bronchial tissues swell and blood pressure drops. Adrenaline acts quickly to constrict blood vessels, relax smooth muscles in the lungs to improve breathing, stimulate the heartbeat and help to stop swelling around the face and lips.

If a child is having an anaphylactic reaction, an injection of adrenaline could save their life. It is vital that an adrenaline injection is available at all times, and that family, friends and school staff are briefed about when and how it should be used.

www.anaphylaxis.org.uk

To support charitable work on behalf of those suffering with life-threatening allergies, please make donations to The Anaphylaxis Campaign. Details of how to donate can be found at www.anaphylaxis.org.uk