



Children's Health Ireland
at Temple Street

Metabolic.ie

National Centre for Inherited Metabolic Disorders



RECIPE BOOK

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Introduction to Dairy-Free Cooking

Cooking without dairy products is not as difficult as it may first appear. The majority of recipes can be adapted by using dairy free ingredients. For instance a dairy free margarine instead of butter. Or exchanging cream for one of the substitute soya or coconut alternatives on the market.

Included in this booklet are some of the basics which you can adapt for many uses. Knowing how to make a dairy free pastry has a variety of possibilities. And something like the basic white sauce recipe can be used in pasta bakes, fish pie, for layered dishes like Lasagne or Moussaka, or have herbs/seasoning added such as parsley for use with meat or fish. Once you have mastered these basics then your cooking will only be limited by your own imagination!

Happy dairy free cooking!

Mediterranean Tart

Serves 4

Ingredients:

Ready Roll Puff Pastry*

Tomato Puree

Sliced Pepperoni (or similar)*

1 Red/Yellow/Orange pepper or several mini peppers

Sundried Tomatoes

Handful of Black Olives



- ◆ Preheat the oven to 220C /200 Fan. Unroll the sheet of pastry and lay on a baking tray, retaining its paper backing sheet. Fold the edges in and pinch the corners to form a raised edge.
- ◆ Spread tomato puree thinly over the base using the back of a spoon. Then layer your pepperoni over the top.
- ◆ Scatter the chopped pepper, sundried tomatoes and olives on top. Bake for approx. 20 min until puffed and golden.
- ◆ Serve hot or cold with potato wedges, chips or green salad

* check the ingredients

Variations:

There are many different varieties of toppings you could use instead. Remember not to use vegetables that release a lot of water when cooked as this will make the pastry soggy.

Spaghetti Carbonara

Serves 2-3

Ingredients:

Spaghetti

Packet of lardons or smoked bacon

½ Red onion

Cup of frozen peas

Parsley (fresh is better)

Soya Cream

Cornflour 1 heaped tbsp.



- ◆ Gently fry off the chopped onion and the bacon. Meanwhile cook the spaghetti according to the packet instructions.
- ◆ Add the soya cream and frozen peas and cook through for 5-7 mins.
- ◆ Using a little cold water make the cornflour into a smooth paste. Add this to the soya cream and stir till you feel it thicken (this helps it cling to the spaghetti)
- ◆ Add the drained spaghetti to the sauce and mix through so everything is coated. Season and sprinkle with chopped parsley before serving.

Quiche

Ingredients:

Short crust pastry, ready rolled* or homemade (see pg. 12)

Packet of bacon

1 red onion ,finely sliced

Tin of sweetcorn

Dried mixed herbs

½ carton of soya cream (approx. 125ml)

3 large eggs

Suitable cheese (optional)



- ◆ Preheat the oven to 200°C/Gas mark 6/180 Fan. Grease your flan dish. Press the rolled pastry down carefully into the edges and trim the excess with a knife. Bake for 15mins using baking beads to keep the pastry flat until lightly cooked.
- ◆ Meanwhile gently cook your onion and chopped bacon till cooked through. Then mix in the sweetcorn. Drain any excess liquid from these.
- ◆ Mix together the beaten eggs and soya cream. Spoon the filling into the pastry case then pour over the egg mixture. Top with mixed herbs (and suitable cheese if you wish)
- ◆ Return to the oven for 15-20mins until centre is set. Can be served hot or cold.

* check the ingredients

Oat Crunch Biscuits

Ingredients:

4 oz. lactose free margarine

3 oz. sugar

1 teaspoon Golden syrup

3 tsps. boiling water

Vanilla essence

4 oz. self raising flour

2 oz. rolled oats



- ◆ Set oven at Gas Mark 4. Grease a flat baking tray.
- ◆ Cream the margarine and sugar.
- ◆ Add the golden syrup, boiling water and vanilla essence.
- ◆ Stir in the flour and rolled oats and mix well.
- ◆ Roll in small balls and place on the baking tray.
- ◆ Cook for 15-20 minutes, or until golden brown.
- ◆ Leave on the baking tray to cool and harden for about 3 - 5 minutes.
- ◆ Transfer to a wire cooling tray to cool completely.
- ◆ When cold, store in an airtight tin.

Chocolate Cake

Ingredients:

6 oz. self raising flour
4-5 oz. soft brown sugar
7 oz. (210mls) soya milk
2 oz. (60mls) sunflower oil
¼ teaspoonful pure vanilla
1 bar of melted lactose free
chocolate

For the Icing:

1 bar of melted lactose free chocolate
2 tbsp. dairy free margarine
2 tbsp. runny honey



- ◆ Grease and line a square cake tin and set the oven to Gas mark 2, 150°C or 300°F
- ◆ Mix all the ingredients together.
- ◆ Bake for 30-35 minutes, or until a skewer inserted into the cake comes out clean. Leave to cool.
- ◆ For the icing mix all the melted chocolate, margarine and honey together to form a glossy chocolate spreadable icing. Apply to the top of the cake using a knife to spread. Leave to dry.
- ◆ Store in an airtight tin.

Coconut Macaroons

Ingredients:

2 egg whites

150g caster sugar

150g desiccated coconut

½ bar lactose free dark chocolate



- ◆ Turn on the oven to Gas mark 4 / 180°C / 350°F.
- ◆ Line a baking tray with baking paper.
- ◆ Place the egg whites in a bowl and whisk until soft peaks.
- ◆ Gradually add the sugar whisking as you go
- ◆ Fold in the coconut.
- ◆ Place in heaps onto the lined tray (use two spoons to help).
- ◆ Bake for about 20 minutes until firm and golden brown.
- ◆ Leave to cool.
- ◆ Melt the chocolate until just melted but not too runny. Using a teaspoon drizzle the melted chocolate in stripes over the macaroons. Leave to set.

Almond:

For a nice variation substitute the coconut with ground almonds and add a few drops of almond essence to the mix. Decorate with flaked almonds on top before baking.

Carrot Cake

Ingredients:

175g light muscovado sugar

175ml sunflower oil

3 large eggs, lightly beaten

3 medium carrots grated

100g raisins

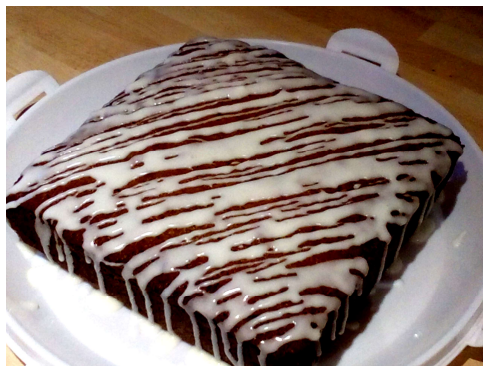
Grated zest of 1 large orange

175g self-raising flour

1 tsp bicarbonate of soda

2 tsp ground cinnamon

½ tsp grated nutmeg



- ◆ Preheat the oven to 180°C/Gas 4/fan 160°C. Oil and line the base and sides of an 20cm square cake tin with baking parchment.
- ◆ Tip the sugar into a large mixing bowl, pour in the oil and add the eggs. Lightly mix with a wooden spoon. Stir in the grated carrots, raisins and orange zest.
- ◆ Mix the flour, bicarbonate of soda and spices, then sift into the bowl. Lightly mix all the ingredients – when everything is evenly amalgamated stop mixing. The mixture will be fairly soft and almost runny.

- ◆ Pour the mixture into the prepared tin and bake for 40- 45 minutes, until it feels firm and springy when you press it in the centre. Cool in the tin for 5 minutes, then turn it out, peel off the paper and cool on a wire rack. (You can freeze the cake at this point.)
- ◆ **For the Icing:** Beat about 175g icing sugar and 2 tbsp. orange juice together till smooth and about as runny as cream. Boldly drizzle back and forth over the cake.

Dumplings

Ingredients:

100g self raising Flour

50g vegetable suet

Pinch salt

Water

- ◆ Combine dry ingredients. Add enough water to bind.
- ◆ Divide mixture into 6-8 balls. Place on top of a bubbling stew and cover for 20mins before serving.

Variations:

Herby dumplings: Add your choice of dried herbs.

Bacon dumplings: Add little pieces of crispy fried bacon to the dry ingredients.

Pancakes

Ingredients:

50g plain flour

1 large eggs

150ml soya milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying



- ◆ Put the flour, eggs, milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. Set aside for 30 mins to rest.
- ◆ Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

Fillings Ideas:

Spread any jam (check ingredients list) over the surface and then roll the pancake.

Chop a banana over the surface and then dribble honey over the banana. Roll the pancake, then cover with a damp cloth and heat in the oven for 5-10 minutes on gas mark 4 (180°C, 350°F).

Sliced pears and milk-free chocolate sauce, heated as above.

Currants can be added when making the pancakes.

They can be rolled with lemon juice and sugar.

The Possibilities are Endless Sponge Cake

Ingredients:

6 oz. self-raising flour (*if making chocolate flavour then replace 1 oz. of the flour with cocoa powder*)

3 eggs

6 oz. dairy free margarine

6 oz. caster sugar

Vanilla , almond or lemon essence

- ◆ Grease and base line 2 non-stick sandwich tins. Pre- heat the oven to 180°C, 350°F
- ◆ Cream together the margarine and sugar.
- ◆ Gradually add the eggs one at a time and mix lightly. Add the essence.
- ◆ Fold in the flour gently. Divide evenly between the two tins.

Bake for 25mins until light and springy to touch and the edges have come away from the side of the tins. Turn out onto a wire rack to cool immediately.

- ◆ When completely cooled sandwich together with jam and/ or icing. Decorate as desired.

Dairy-free 'Butter Cream' Icing:

Using a mixer gradually beat about 10 oz. icing sugar and a few drops of your flavouring essence into 4 oz. dairy free spread until thick enough to pipe and you can no longer taste any fat from the margarine. If it still tastes fatty add more icing sugar.

This should cover top and middle of a 5 inch cake.

Raspberry Celebration

Sandwich together with jam and almond icing. Pipe or smooth icing over the top. Decorate with fresh raspberries and dust with icing sugar



Summer Strawberry

Sandwich together with vanilla icing and strawberry halves. Dust with icing sugar.



Refreshing Lemon

Add the zest of half a lemon or lemon essence to the sponge mix. Sandwich together with lemon curd* and top with glaze icing made from icing sugar and lemon juice.



Cupcakes

The same mixture can be used to make cupcakes. Just reduce the baking time to around 15 mins.

* check the ingredients

Short Crust Pastry

Ingredients:

4 oz. baking fat such as block Stork or Trex *

10 oz. plain flour plus extra for rolling out.

Water

Pinch of Salt

- ♦ Rub fat into flour and salt mixture till it resembles bread crumbs. Gradually add water until it combines to form a ball and bowl looks 'clean'
- ♦ Wrap in cling film and chill in the fridge for 30mins before using.
- ♦ When rolling out remember to flour the surface, your hands and the rolling pin well.

Yields enough pastry to cover one large sized flan dish.

This same recipe can be used for many different quiches, savory pies and tarts. Brushing the top with beaten egg before baking gives a lovely shiny glaze to the pie lid.

* check the ingredients

Sweet Short Crust Pastry:

As above but replace 1 oz. of the flour with icing sugar. Use for all types of sweet pies and tarts. If making fruit or mincemeat tarts then strips of pastry can be laid over the surface to form a lattice, just use a little water to join pastry together. Or cut shapes out (such as stars) and place on top of the filling. After baking dust with icing sugar.

Basic White Sauce

Ingredients:

1 heaped tablespoon (30g) milk-free margarine

1 heaped tablespoon (30g) plain flour

1 large mug (300ml) soya milk or other suitable milk substitute

Seasoning to taste

- ◆ Place milk-free ingredients in pan. Heat, whisking continuously until sauce thickens and it is cooked. Season to taste

Chocolate Sauce

Ingredients:

0.5 L (about 1 pint) water

1 oz. cornflour

2 oz. sugar

1tsp Vanilla essence

4oz milk free chocolate

- ◆ Using a little of the liquid make a smooth paste with the cornflour in a jug.
- ◆ Break up the chocolate and add it along with the sugar and vanilla to the rest of the water in a pan. Gently heat until dissolved and when near boiling pour into the jug over the cornflour mix. Quickly stir and return to the pan. Continue to heat, stirring until it thickens.

Custard

Yellow custard: Some custard powders are dairy free so you can simply make them up according to the packet instructions using your choice of alternative milk

There are also some ready made soya custards available to buy. See our booklet on 'Dairy Free Alternatives' for more information.

White custard:

Ingredients:

0.5 L (about 1 pint) soya/almond Milk

2 tbsp. cornflour

2 tbsp. sugar

- ◆ Using a little of the liquid make a smooth paste with the cornflour and sugar in a jug.
- ◆ Heat the rest of the liquid and when near boiling pour into the jug over the cornflour mix. Quickly stir and return to the pan. Continue to heat, stirring until it thickens.



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