

Sláinte Leanaí Éireann



Children's Health Ireland



LACTOSE & GALACTOSE FREE RECIPE BOOK

For those on a diet for Galactosaemia

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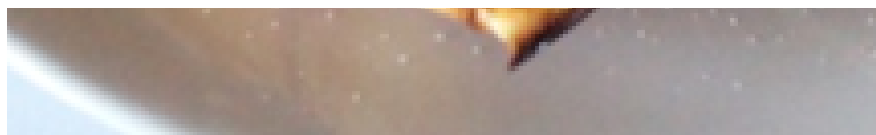
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BREAKFAST

Something other than cereal



Serves: 1

OVERNIGHT OATS

Calcium



Vitamin D



Iodine*



*When made with a fortified dairy free milk



Ingredients

- 50g oats (not instant oats)
- 125ml dairy free milk of choice
- 50g dairy free yoghurt

Directions

1. Mix the oats, milk and yoghurt together
2. Leave at least 2 hours but preferably overnight in the fridge.
3. Add toppings of choice before eating

Toppings:

- Berries and honey
 - Soya yoghurt and fruit
 - Peanut butter and sliced banana
 - Banana, cinnamon and walnut
 - Coconut dairy free yoghurt, pineapple and flaked coconut
-

Serves: 1-2

PANCAKES/CREPES

Calcium*



Vitamin D



Iodine



*When made with a fortified dairy free milk



Ingredients

- 50g plain flour
- 1 large egg
- 150ml milk alternative of choice
- 1 tablespoon sunflower or vegetable oil, plus a little extra for frying

Directions

1. Put the flour, eggs, milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter
2. Set aside for 30 minutes to rest.
3. 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 minute on each side until golden, keeping them warm in a low oven as you go.

FILLING IDEAS

- Spread jam 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.
- Roll with lemon juice and sugar.



Serves: 4

FRENCH TOAST

Calcium*



Vitamin D



Iodine



*When made with a fortified dairy free milk



Ingredients

- 250ml dairy free milk of choice
- 2 large eggs (room temperature)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tbsp maple syrup
- 8 thick slices of bread
- Dairy free spread for frying

Directions

1. Whisk together the milk, eggs, vanilla, cinnamon and maple syrup.
2. Heat up a large frying pan and add the dairy free spread
3. Quickly dip a slice of bread in the egg mixture for a few seconds to coat each side
4. Fry for about 2-3 minutes until golden on both sides
5. Repeat for the remaining slices of bread
6. Serve with more maple syrup and fruit or bacon



MAIN MEALS

Dinners with good nutrution



Serves: 4

PRAWN & COURGETTE SPAGHETTI

Calcium



Vitamin D



Iodine



Ingredients

- 3 large green courgettes
- 2 cloves of garlic
- 1 tsp red chilli paste/puree
- 1/2 bunch chives
- 300g dried spaghetti
- Olive Oil
- 400g cooked king prawns
- Zest and juice of 1/2 lemon
- Parmesan/ Pecorino cheese

Directions

1. Quarter the courgettes lengthwise and slice thinly. Peel and slice the garlic. Chop the chives and set to the side.
2. Heat the oil in a frying pan on a medium heat, add the courgettes until they begin to brown. While the courgettes are browning start cooking the spaghetti according to the instructions on the packet.
3. Add the garlic, and chilli puree and cook for a few minutes. Then add the prawns and cook for around 4-5 minutes till heated through.

4. Drain the spaghetti once cooked and keep a little of the cooking water.
5. Take the courgettes and prawns off the heat and add the lemon zest and juice. Toss together with the pasta. Add some of the reserved pasta water if it seems too dry. Season to taste and add the chopped chives.
6. Sprinkle with the cheese prior to serving.



RECIPE ADAPTED FROM JAMIE OLIVER

Serves: 4-6

FISH PIE

Calcium



Vitamin D*



Iodine



*When made with a fortified dairy free milk

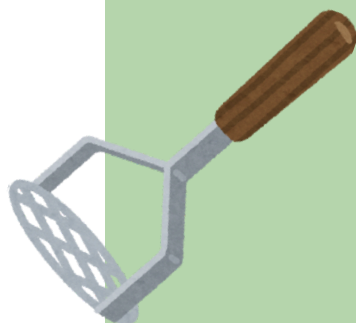
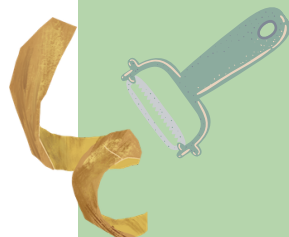


Ingredients

- 1kg potatoes, peeled and halved
- 400ml dairy free milk alternative,
- plus a splash
- 25g dairy free butter, plus a knob
- 25g plain flour
- 4 spring onions, finely sliced
- 1 x pack fish pie mix (weight around 320g-400g depending on pack size)
- 1 tsp Mustard
- Small bunch chives, finely snipped
- 2 handfuls frozen sweetcorn and peas or mixed vegetables of choice
- Handful grated vintage or extra vintage cheddar

Directions

1. Heat the oven to 200C/fan 180C/gas mark 6.
2. Put 1kg potatoes, peeled and halved, in a saucepan and pour over enough water to cover them. Bring to the boil and then simmer until tender.
3. When cooked, drain thoroughly and mash with a splash of dairy free milk and a knob of dairy free spread. Season to taste
4. Put 25g dairy free margarine, 25g plain flour and 4 finely sliced spring onions in another pan and heat gently until the margarine has melted, stirring regularly. Cook for 1-2 minutes.
5. Gradually whisk in 400ml of milk alternative. Bring to the boil, stirring to avoid any lumps and sticking at the bottom of the pan. Cook for 3-4 minutes until thickened.



RECIPE ADAPTED FROM BBC GOOD FOOD

Serves: 2

SPAGHETTI CARBONARA

Calcium



Iodine



Ingredients

- Spaghetti
- Packet of lardons or smoked bacon
- ½ onion
- 160g of frozen peas
- Parsley (fresh is better)
- Soya Cream
- 1 heaped tbsp corn flour
- 30g Italian parmesan cheese

Directions

1. Gently fry off the chopped onion and the bacon. Mean while cook the spaghetti according to the packet instructions.
2. Add the soya cream and frozen peas and cook through for 5-7 mins.
3. 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)
4. Add the drained spaghetti to the sauce and mix through so everything is coated. Season and sprinkle with chopped parsley and parmesan cheese before serving.

Serves: 4

TOAD IN THE HOLE

Calcium*



Vitamin D



Iodine



*When made with a fortified dairy free milk



Ingredients

- 100g Plain Flour
- 225ml dairy free milk of choice
- 3 eggs
- 8-10 pork sausages
- Oil

Directions

1. Place the flour in a mixing bowl. Make a well in the centre and add the cracked eggs in. Use a whisk or fork to whisk into the flour. Gradually add the milk, whisking together to form a smooth batter.
2. Put the batter in a jug and put in the fridge for an hour or longer. It can be left overnight.
3. Preheat the oven to 200C/190C Fan. Arrange the sausages in an oiled oven proof dish or deep roasting tray. Cook for 25 minutes.
4. Carefully remove and quickly pour the batter over the hot sausages. Return to the oven for 30-45 minutes until the batter has risen and turned crisp and golden.
5. Remove from the oven. Serve with vegetables, mash potatoes and gravy.

Serves: 6-8

QUICHE

Calcium*



Vitamin D



Iodine



*When made with a suitable cheese



Ingredients

- Short crust pastry, ready rolled** or homemade
- 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

**Check ingredients

Directions

1. 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.
2. Meanwhile gently cook your onion and chopped bacon till cooked through. Drain your sweetcorn and then mix into bacon and onion.
3. 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.
4. Return to the oven for 15-20mins until centre is set.
5. Serve hot or cold with chips or green salad

Serves: 4

MEDITERRANEAN TART

Calcium



Iodine



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
 - 60g Extra Mature/
Vintage Cheddar grated
- *Check ingredients

Directions

1. 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.
2. Spread tomato puree thinly over the base using the back of a spoon. Then layer your pepperoni over the top.
3. Slice the peppers. Scatter the chopped pepper, sundried tomatoes and olives on top then sprinkle with cheese. Bake for approx. 20 min until puffed and golden.
4. Serve hot or cold with potato wedges, chips or green salad



SWEETS

Yummy treats



Serves: 12

OAT CRUNCH BISCUITS



Ingredients

- 110g dairy free margarine
- 85g sugar
- 1 teaspoon Golden syrup
- 3 teaspoons boiling water
- Vanilla essence
- 110g self raising flour
- 55g rolled oats
- 50g chopped nuts
(optional)

Directions

1. Set oven at Gas Mark 4/ 170 Fan .Line a baking tray with baking paper.
2. Cream the margarine and sugar.
3. Add the golden syrup, boiling water and vanilla essence.
4. Stir in the flour, rolled oats and nuts (if using), and mix well.
5. Roll in small balls and place on the baking tray leaving room for them to spread.
6. Cook for 15-20 minutes, or until golden brown.
7. Leave on the baking tray to cool and harden for about 3 - 5 minutes.
8. Transfer to a wire cooling tray to cool completely. Store in an airtight tin.

Serves: 12

CARROT CAKE

Calcium



Vitamin D

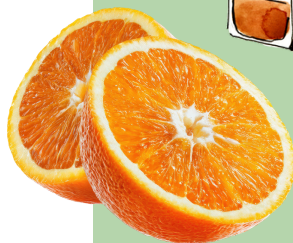
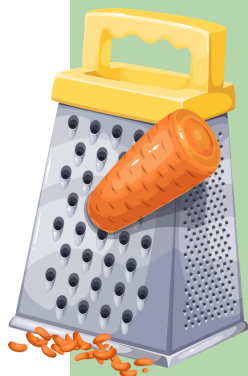


Ingredients

- 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
- Icing:
 - 2 tbsp Orange juice
 - 175g Icing sugar

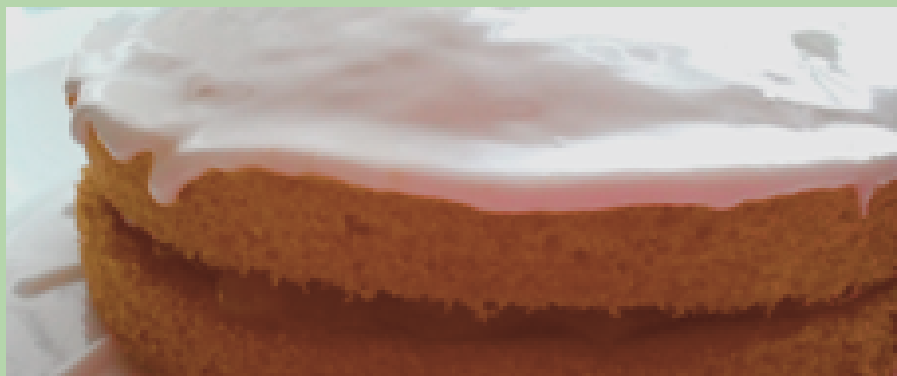
Directions

1. 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.
2. Tip the sugar, oil and eggs into a large mixing bowl. Lightly mix with a wooden spoon. Stir in the grated carrots, raisins and orange zest.
3. Mix the flour, bicarbonate of soda and spices, then sift into the bowl. Lightly mix all the ingredients. The mixture will be fairly soft and almost runny when fully mixed.
4. 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.)
5. 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.



Serves: 8

SPONGE CAKE



Ingredients

- 170g self-raising flour (if making chocolate flavour then replace 30g of the flour with cocoa powder)
- 3 eggs
- 170g dairy free margarine
- 170g caster sugar
- Vanilla , almond or lemon essence

Directions

1. Grease and base line 2 non-stick sandwich tins. Pre- heat the oven to 180°C, 350°F
2. Cream together the margarine and sugar.
3. Gradually add the eggs one at a time and mix lightly. Add the essence.
4. 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.
5. When completely cooled sandwich together with jam and/or icing. Decorate as desired (see 'Buttercream' icing recipe)

FILLING IDEAS

- Sandwich together with vanilla icing and strawberry halves. Dust with icing sugar.
- Add the zest of half a lemon to the sponge mix. Sandwich together with lemon curd* and top with glaze icing made from icing sugar and lemon juice.
- The same mixture can be used to make cupcakes. Just reduce the baking time to around 15 mins.



COCONUT MACAROONS



Ingredients

- 2 egg whites
- 150g caster sugar
- 150g desiccated coconut
- ½ bar lactose free dark chocolate
- **Almond 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.

Directions

1. Turn on the oven to Gas mark 4 / 180°C / 350°F.
2. Line a baking tray with baking paper.
3. Place the egg whites in a bowl and whisk until soft peaks.
4. Gradually add the sugar whisking as you go
5. Fold in the coconut.
6. Place in heaps onto the lined tray (use two spoons to help).
7. Bake for about 20 minutes until firm and golden brown.
8. Leave to cool.
9. 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.

Serves: 12

CHOCOLATE CAKE

Calcium



Vitamin D



Iodine*



*When made with a suitable milk



Ingredients

- 170g self raising flour
- 135g soft brown sugar
- 210mls unsweetened fortified soya milk
- 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

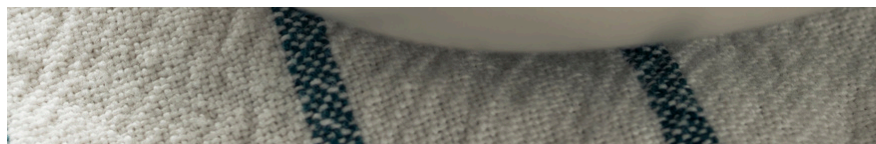
Directions

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



SAUCES & ADD ON'S

To enhance your cooking



SHORT CRUST PASTRY

To cover a large size flan dish



Ingredients

- 115g dairy free baking fat or plant based hard butter
- 285g plain flour plus extra for rolling out.
- Water
- Pinch of Salt

Sweet Short Crust Pastry Variation:

- As above but replace 30g of the flour with icing sugar.

Directions

1. 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'
2. Wrap in cling film and chill in the fridge for 30mins before using.
3. When rolling out remember to flour the surface, your hands and the rolling pin well.
4. If adding a top or lattice to a pie then use a little water to join the pieces together

DUMPLINGS

Makes 6-8



Ingredients

- 100g self raising Flour
- 50g vegetable suet
- Pinch salt
- Water

Directions

1. Combine dry ingredients. Add enough water to bind.
2. 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.

‘BUTTERCREAM’ ICING

Enough to cover the top and middle of a 5 inch cake



Ingredients

- 285g icing sugar
- 115g dairy free spread
- Flavouring essence or your choice (vanilla, coffee etc) or lemon juice

Directions

Using a mixer gradually beat about the icing sugar and a few drops of your flavouring essence into the 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.

CHOCOLATE SAUCE



Ingredients

- 500ml water
- 30g cornflour
- 60g sugar
- 1tsp vanilla essence
- 100g milk free chocolate

Directions

1. Using a little of the liquid make a smooth paste with the cornflour and sugar in a jug.
2. 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.

WHITE CUSTARD



Ingredients

- 500ml soya/almond Milk
- 2 tbsp. cornflour
- 2 tbsp. sugar

Directions

1. Using a little of the liquid make a smooth paste with the cornflour and sugar in a jug.
2. 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.



MY NOTES



MY NOTES



MY NOTES

Sláinte Leanaf Éireann



Children's Health Ireland



National Centre for Inherited Metabolic Disorders

Contact Us



01 878 4317 press 2 for dietitians



metabolicdietitians@childrenshealthireland.ie



www.metabolic.ie



Temple Street, Dublin 1



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