

Substitutes for allergens: Gluten & Dairy

Avoiding the 14 major allergens can be tricky because many of them including cereals containing Gluten, Soya and Peanuts are major ingredients in many different cuisines. Understanding how to cook "free-from" can be a challenge as the food produced may not taste or have the same texture of a standard product. Be prepared to experiment and keep an open mind and palate! The results might not always be successful, but experimentation will give you the confidence and experience. The more you see and taste how the substitutes work, the better will be the success rate. Sometimes the food created **WILL** taste as good if not better than its regular counterpart!

All -In-One Gluten Free Plain/Self Raising Flour

- ✓ Most gluten-free flour blends are made to be used measure for measure, meaning substituting the exact amount of gluten-free flour for the gluten-containing flour.
- ✓ The key with all-in-one blends is that they contain stabilisers, such as xanthan gum, which provide structure that is lost without gluten.
- ✓ Gluten-free flour blends tend to require extra liquid in cakes so you may need to add 1-2 tbsp to give the desired result, or add pureed apple, courgette or beetroot to add moisture.
- ✓ Gluten-free items need more leavening, so increase the amount of baking powder and baking soda in your mixes. Baking soda works with acid ingredients to create the necessary "rise".

Gluten-Free Flours

- **Cornflour**
- **Rice**
- **Buckwheat**
- **Potato**
- **Tapioca**
- **Almond**
- **Coconut**
- **Chickpea**
- **Oat (check the label for GF)**
- **Sorghum**

All of the above flours can be the base for delicious baked goods, recommended to use a blend of the flours for best results. Follow a recipe and adapt it to suit the type of bake you are creating.

As a binding agent:

- Use gluten-free porridge oats for burgers or meatballs or for a gratin or crumble topping.
- Use floury potatoes such as King Edward or Desiree but bake them instead of boiling to reduce the water content.

As a coating:

- Use quick cook polenta for potato croquettes, chicken strips and pizza bases.
- Use gluten-free crackers, breakfast cereals or breadcrumbs crumbled/whizzed as a topping for pasta and vegetable bakes.

As a thickener:

- Use cornflour or arrowroot in a straight swap of quantities for sauces, casseroles and gravy recipes.
- Use mashed potato, but if using instant mash, always check the packet label for allergens.

Did You Know?

- When making buttercream using sunflower spread or vegetable shortening, double the quantity of icing sugar.
- For crunchier biscuits use vegetable shortening as it has a lower water content than sunflower spread.

Dairy Swap

Milk- Straight swap

- **Coconut**-in baking, cereals, smoothies and custard
- **Rice**-used in baking
- **Oat**-in hot and cold drinks, ice cream
- **Soya**-in hot and cold drinks, ice cream and cereal
- **Almond**- in smoothies and baking

Butter- Straight swap

- **Sunflower** spread-for baking, breads, muffins buttercream
- **Olive** spread- bread recipes, sauces, mash and for a bread spread.
- **Solid coconut oil**- for Thai/Indian cuisine and high heat frying. *
- **Vegetable shortening**- use for shortcrust pastry, biscuits, flapjacks and crumble*

Use 20% less than the recipe requires

Cream-Straight swap

- **Rice** cream-great for savoury dishes and free-from pasta sauces. Add tsp vanilla extract when used in sweet dishes.
- **Oat** cream-ideal for sweet and savoury dishes
- **Coconut** milk- place an unopened tin in the fridge for 24 hours, then whip to create the consistency of thick double cream.

<https://foodallergyaware.co.uk/resources/factsheets>

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