

Book of Allergy Free Recipes

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The following book is a compilation of recipes found on-line that have been used by allergy sufferers on the "Food-4-Thought" site.

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Baked Foods Breads & Pastries

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Brown Bread

Slice this bread with an electric knife for thin sandwich slices.

Makes 1 loaf

Ingredients:

1 1/4 cups (300 mL) brown rice flour
1/2 cup (125 mL) sorghum flour
1/2 cup (125 mL) cornstarch
1/2 cup (125 mL) rice bran
1 tbsp. (15 mL) xanthan gum
1 tbsp. (15 mL) bread machine or instant yeast
1 1/4 tsp. (6 mL) salt
1 cup (250 mL) water
1 tsp. (5 mL) cider vinegar
2 tbsp. (30 mL) vegetable oil
2 tbsp. (30 mL) liquid honey
2 tbsp. (30 mL) fancy molasses
3 eggs

Directions:

Mix all dry ingredients, including yeast, together and set aside.

In a separate bowl, use a heavy-duty mixer with a paddle attachment to combine wet ingredients until well blended.

With the mixer on low speed, slowly add the dry ingredients to the wet until well combined. With the mixer on medium speed, beat the dough for 4 minutes.

Spoon the mixture into a lightly greased loaf pan and let rise uncovered in a warm draft-free place for 60-75 minutes or until the dough rises to the top of the pan.

Bake bread in oven preheated to 180 degrees (350 degrees F) for 35-45 minutes or until dough sounds hollow when tapped at the bottom.

Chocolate Fudge Cake

For a milk chocolate-flavoured cake, decrease the unsweetened cocoa powder by 1/4 cup (50 mL) and substitute white sugar for the packed brown sugar.

Ingredients:

Makes one 8 inch (20 cm) double layer cake.

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3/4 cup (175 mL) whole bean flour
3/4 cup (175 mL) sorghum flour
1/2 cup (125 mL) potato starch
1/4 cup (50 mL) tapioca starch
1 tsp. (5 mL) xanthan gum
1/2 tsp. (2 mL) gluten-free baking powder
1 1/2 tsp. (7 mL) baking soda
1/2 tsp. (2 mL) salt
3/4 (175 mL) cup unsweetened cocoa powder
3/4 (175 mL) cup butter, softened
1 1/2 cups (375 mL) packed brown sugar
3 eggs
2 tsp. (10 mL) vanilla extract
2 cups (500 mL) gluten-free sour cream

Directions:

Lightly grease two 8-inch (20 cm) round cake pans and preheat oven to 180 degrees C (350 degrees F).

In a large bowl sift together all dry ingredients. It may help to sift it twice to distribute the cocoa evenly.

In a separate bowl use an electric mixer to cream together butter and brown sugar until light and fluffy. Add eggs, one at a time, beating well after each egg. Stir in vanilla extract.

Stir in dry ingredients alternately with sour cream to butter and sugar mixture. Stir until just combined after each addition.

Spoon into prepared pans and spread batter to the edges and smooth tops with a moist rubber spatula. Let stand 30 minutes.

Bake in preheated oven for 35-45 minutes or until a cake tester inserted into the centre comes out clean.

Let cakes cool for 10 minutes before removing from pans and let cool completely on racks.

Frost cakes with a gluten-free frosting.

Cinnamon buns

Ingredients:

1 1/2 cup Gluten free flour
4 tablespoons shortening
3 tablespoons corn syrup
2 eggs (egg substitute)

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1 packet yeast (about 1 T)
1 cup sour cream
1/2 cup potato starch
1 cup cornstarch
1/2 teaspoon baking soda
1 tablespoon baking powder
2 teaspoons xanthan gum
3/4 teaspoon salt
3/4 teaspoon vinegar
1/4 cup sugar
1/2 cup walnuts or raisins

Directions:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients.
3. Mix well to remove all lumps.
4. The dough will be quite wet.

Roll out the dough (I put wax paper down first).

Cut into small pieces, and bake for 2 –3 minutes. Or until slightly golden on the bottom.

Dinner Rolls/French Bread

WET INGREDIENTS:

2 large eggs
3/4 tsp cider vinegar
3 Tbsp vegetable oil
1 cup very warm water

DRY INGREDIENTS:

1 1/3 cups white rice flour
1/3 cup potato starch
1/3 cup tapioca flour
1/4 cup cornstarch
2 Tbsp sugar
1 tsp salt
1/2 cup dry milk
2 1/4 tsp dry yeast
Preheat oven to 350 F.

Directions:

In a large bowl, mix eggs, vinegar, oil and water.

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In a separate bowl, combine flours, sugar, salt, dry milk and yeast.
Add dry ingredients to the wet ingredients and mix well. Dough should be stiffer than a cake batter, but not as stiff as a cookie dough. If the dough appears too dry, add water, one tablespoon at a time.
Spoon dough into oil sprayed 12-muffin tin. Let rise approximately 30 minutes on top of a warm oven or until dough doubles in size.
Bake for 20 to 25 minutes.
Cinnamon Rolls: Combine 1/2 cup brown sugar with 1 1/2 tsp cinnamon.
Add sugar mixture to dry ingredients along with 1/2 cup raisins, if desired.
After baking, frost rolls with butter cream frosting.

Easy Tootsie Rolls

INGREDIENTS:

2 tablespoons butter, softened
1/2 cup unsweetened cocoa powder
3 cups confectioners' sugar
1 teaspoon vanilla extract
3/4 cup dry milk powder
1/2 cup white corn syrup

DIRECTIONS:

Mix all ingredients together. Knead like you would for bread. Roll into rope shapes and cut into desired lengths.

Soda Crackers

Ingredients:

2 Cups Flour
1 Teaspoon Salt
1/4 Cup Butter
1/2 Teaspoon Baking Soda
1/2 Cup ButterMilk
1 Large Egg

Directions:

Sift the flour, salt and baking soda into a bowl. Cut in the butter until very fine. Add the milk and egg and mix to make stiff dough. Knead thoroughly, and then roll the dough very thin. Cut into squares or rounds and place on lightly buttered cookie sheets. Prick the crackers with a fork and then bake in a 400F degree oven for 10 minutes or until very lightly browned. If desired, crackers may be sprinkled with coarse salt.

Egg-Free Mayonnaise

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1/4 cup [60 mL] powdered milk
2 tablespoons [30 mL] Dijon mustard
1 tablespoon [15 mL] dry yeast
1/3 cup [80 mL] water
1/4 cup [60 mL] cider vinegar or balsamic vinegar
2 garlic cloves, minced
1 1/4 cups [310 mL] vegetable oil
Salt

Mix together powdered milk, Dijon mustard, dry yeast, water, cider vinegar and garlic.

Slowly pour in oil, mixing.

Salt to taste

Salted Butter Crackers

2 cups flour
1 tsp. baking powder
2/3 cup water
coarse or table salt to taste
1 Tbsp. sugar
1/2 tsp. salt

1/3 cup plus 2 Tbsp. butter or margarine, softened and divided

Preheat oven to 400 degrees F. In a medium bowl, mix well flour, sugar, baking powder and salt. Stir water and 1/3 cup butter into flour mixture until smooth dough forms. Divide dough in half; cover and let stand at least 10 minutes.

Place half the dough on lightly oiled 17 x 14-inch baking sheet; flatten to 4-inch square. Roll out, cut in

2-inch squares (pizza cutter works great). Prick all over with fork, brush with 1 tablespoon butter and sprinkle with salt (canning or pickle salt).

Bake in middle of preheated 400 degrees oven 8 minutes or until crackers are dry and golden, but not

browned completely. Remove to racks to cool. Repeat with remaining dough.

Cheese Crackers

2 cups grated sharp Cheddar cheese
2 cups Rice Krispies
1/4 tsp. red cayenne pepper
2 cups flour
2 sticks margarine, melted
1/2 tsp. salt

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Mix all ingredients and roll into small balls or you may flatten them out to thin strips. Place on ungreased cookie sheet. Bake 15 minutes at 350 degrees.

Chewy Gluten-Free Pizza Crust

- 1 tablespoon gluten-free dry yeast
- 2/3 cup garbanzo flour or brown rice flour
- 1/2 cup tapioca flour
- 2 tablespoons powdered milk
- 2 teaspoons xanthan gum
- 1/2 teaspoon salt
- 1 teaspoon Italian herb seasoning
- 2/3 cup warm water (105 degrees F)
- 1/2 teaspoon sugar or 1/4 teaspoon honey
- 1 teaspoon olive oil
- 1 teaspoon vinegar
- cooking spray

Preheat oven to 425 degrees F.

Mix in bread machine on dough setting.

Put mixture into 12-inch pizza pan or on baking sheet (for thin, crispy crust), 11 x 7-inch pan (for deep dish version) that has been coated with cooking spray. Liberally sprinkle flour onto dough, then press dough into pan, continuing to sprinkle dough with flour to prevent sticking to your hands. Make edges thicker to contain the toppings. Bake the pizza crust for 10 minutes. Remove from oven.

You can freeze it for later use or continue making a pizza by spreading the crust with your favorite sauce and toppings. Bake for another 20-25 minutes or until top is nicely browned.

Chocolate Chip Cookies:

- 1 cup white rice flour
- 1 cup brown rice flour
- 2/3 cup tapioca flour
- 1/3 cup potato starch
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 3/4 Cup Brown Sugar
- 1 Cup White Sugar
- 3 Eggs

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1 1/2 teaspoon Vanilla (if using Authentic Foods 1/2 teaspoon)
2 Cup Chocolate Chips
3/4 Cup Butter
3/4 Cup Shortening
Mix everything together bake at 350 for 10 to 12 min.

Pecan Pie:

1 cup powdered sugar
1/2 cup Butter
1/3 cup corn syrup
1 cup chopped pecans
36 pecan halves

DIRECTIONS:

Combine all filling ingredients except chopped pecans and pecan halves in 2-quart saucepan. Cook over medium heat, stirring occasionally, until mixture comes to a full boil (4 to 5 minutes). Remove from heat; stir in chopped pecans. Spoon filling into baked shells; top each with pecan half. Bake for 5 minutes. Cool 20 minutes; remove from pans.

G.F. Delicious Pie Crust

1-1/2 cups white rice flour
1/2-cup cornstarch
1/2-cup tapioca starch
1/4-cup potato starch flour
1/2-lb. Shortening
1-tsp salt
1-tsp xanthan gum
1-tsp baking powder
1-egg and 1-tsp vinegar in cup filled to 1-cup line with water

Chocolate Brownies

Ingredients

1 cup gluten-free flour blend
2/3 cup unsweetened cocoa (not Dutch)
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon xanthan gum
1/3 cup butter or margarine (melted)
1/2 cup brown sugar, packed
1/2 cup granulated sugar

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1 large egg
2 teaspoons vanilla extract
1/3 cup hot water or brewed coffee
1/4 cup chopped walnuts (optional)

Instructions

Preheat oven to 350 degrees F. Grease 8-inch square nonstick pan. Stir together dry ingredients (flour to xanthan gum). Set aside.

In large mixing bowl, beat butter, sugars, egg, and vanilla with electric mixer on medium speed until well combined. With mixer on low speed, add dry ingredients and hot water or coffee. Mix until just blended.

Mixture will be somewhat thick. Stir in nuts, if using. Spread batter in prepared pan with wet spatula.

Bake 20 minutes. Cool brownies before cutting.

Oreo-Style Cookies

1/4 cup cocoa powder
1/4 cup potato flour
1/4 cup rice flour
1/2 cup white sugar
3/8 cup stick margarine
1 egg

Preheat oven to 350. Grease cookie sheet. mix dry ingredients. Beat egg. mix egg and margarine. mix in with dry ingredients (may have to use hands). With dough, form cylinder-shaped balls and put on sheet. Flatten with a fork dipped in cold water. Bake at 350 for 12-15 minutes. Once cooled, put frosting between the smooth halves of the cookies, sandwich two together and voila!

Cookie Icing Recipe

2 cups icing sugar
4 teaspoons milk
4 teaspoons light corn syrup
Sift powdered sugar in a bowl; blend in milk and corn syrup until smooth. Add more milk or icing sugar to get the right consistency.

RICE KRISPIES BARS

1 c. sugar
1 c. white syrup
1 c. Sunflower butter
6 c. Rice Krispies cereal

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Heat sugar and white syrup until dissolved. Add sunflower butter. Pour mixture over cereal. Put mixture into 9 x 13 inch buttered pan.

TOPPING:

1 pkg. chocolate chips

1 pkg. butterscotch chips

Pour over bars. Let sit until hard and cut into bars.

Sunflower Seed Butter

A couple of pounds of unsalted seeded sunflower seeds.

Grind and add a few tablespoons of oil. Mix until desired consistency is achieved. Add salt to taste.

Main Dishes

Meat & Poultry

Roast Chicken

1 5-6lb chicken
1 lemon -- halved
4 whole garlic cloves
4 tablespoons unsalted butter -- (optional)
Salt and black pepper to taste
1 cup chicken broth or water

Place oven rack on second level from bottom. Heat oven to 500 degrees. Stuff the cavity of the chicken with the lemon, garlic and butter, if using. Season the cavity and skin with salt and pepper. Place the chicken in a roasting pan, breast-side up. Put in the oven legs first and roast 50 to 60 minutes, or until the juices run clear. After the first 10 minutes, move the chicken with a wooden spatula to keep it from sticking. Remove the chicken to a platter by placing a large wooden spoon into the tail end and balancing the chicken with a kitchen spoon pressed against the crop end. As you lift the chicken, tilt it over the roasting pan so that all the juices run out of the cavity and into the pan. Pour off excess fat from the pan and put the pan on top of the stove. Add the stock or other liquid and bring to a boil, scraping the bottom vigorously with a wooden spoon. Serve chicken with sauce

Soy free Stir Fry:

INGREDIENTS:

2 lb sliced boneless chicken thigh or breast
1 large onion sliced
1 cup sliced mushrooms
½ of 3 bell peppers sliced (use different colours for presentation)
½ cup cornstarch and ½ cup water combined in bowl
2-3 tbsp oil
½ tsp Chili Sauce
1 tsp Soy free Soy sauce
1 tsp finely chopped fresh ginger
Salt, and pepper to taste
Pepper flakes (optional)

DIRECTIONS:

In a frying pan or wok (if available) add the oil and chicken breast along with salt and pepper.
Cook on medium heat stirring occasionally until the chicken has gotten tender (approximately 15 – 20 minutes).

Once chicken is tender, turn up heat, add in onions, finely chopped ginger, mushrooms, bell peppers, and stir-fry for 4-5 minutes. Add in cornstarch mixture and continue stirring for a few minutes.

Egg-Free, Wheat-Free, Milk-Free Meatloaf:

1 ½ lb Ground Beef
¼ cup Raw, grated potato -up to 1/2 cup
¼ cup Chopped Onion
¼ cup Grated Carrot
¾ tsp Salt -- or less
Dash of Pepper
½ cup broth -- up to 1-cup -gravy, tomato juice,
1 cup chopped mushrooms
1 tbsp ketchup
1 cup of shredded soy cheese

DIRECTIONS:

Mix all ingredients.
Bake at 350* for 1 hour.

Wheat Free Jalapeno Cheese Crackers

½ cup cheddar cheese
1 tbsp Jalapeno pepper chopped
1/3 cup Butter; cold,
¾ cup flour
¼ cup Cornmeal
½ tsp Salt
¼ tsp Chili powder
¼ tsp Mustard; dry
4 tbsp -Water; ice

Preheat oven to 400F.

Process cheese and jalapeno in food processor till chopped in 1/4 inch pieces. Add butter, pulse on and off till size of small peas.

Stir flour with cornmeal, salt, chili powder and mustard in small bowl till blended. Add to mixture in processor, pulse on and off just till blended. Sprinkle water evenly over mixture in processor. Pulse on and off just till dough begins to form into a ball.

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Shape dough into 8 inch disk. Wrap in plastic wrap; refrigerate till firm enough to roll, about 30 minutes.

On floured surface, roll dough to 1/4 inch thickness. Cut in 2 inch rounds with cookie cutter or wine glass. Transfer to ungreased baking sheet. Prick each cracker once with fork.

Bake in preheated oven for 10 to 12 minutes or till crisp.

Transfer to rack to cool. Store in airtight container.

Baked Salmon (Soy free)

Ingredients

6 pounds (2.7kg) salmon, (1 whole fish), cleaned
1 whole lemon, sliced
2 whole green onions
2 whole lemons, sliced, for garnish
Parsley, for garnish

Directions

Heat oven to 350°F (175°C). Place aluminum foil on a large baking sheet. Place fish on foil.

Arrange lemon slices and green onion inside cavity of fish. Wrap foil sheets around fish and seal carefully.

Bake fish for 30 minutes. Remove from oven and carefully turn fish over and bake for another 10 minutes.

Check to see if fish is done by carefully unwrapping foil and inserting a knife in the thickest part. If fish is still raw in the center, return to oven for 10 minutes.

When fish is done, carefully unfold foil, exposing the top side. Peel skin off from the top side and then, holding foil, flip fish over to the other side, on to a sheet of plastic wrap. Remove skin from this side.

Using the plastic wrap, roll fish onto an attractive serving dish and garnish with more lemon slices and parsley

Chili (Soy free)

Ingredients

1 1/2 cups (270g) pinto beans, dried
5 1/2 cups (1.3L) water
1 pound (455g) round steak, trimmed, cut into 1inch (3cm) pieces
2 1/2 Tbsp (20g) chili powder
1 Tbsp (7g) cumin (sea salt if on a corn-free diet*)

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- 1 tsp (6g) salt
- 1 tsp (2g) cayenne pepper
- 1 1/2 cups (270g) onion, chopped
- 3 cloves garlic, minced
- 3 1/2 cups (840mL) tomato sauce, (one 29-ounce can)

Directions

Preheat oven to 325°F (165°C).

Rinse beans thoroughly and sort through to remove dirt. In a large Dutch oven, cover beans and water, and heat to a boil. Boil for two minutes.

Add remaining ingredients and stir. Cover and bake in oven until beef and beans are tender, about 4 hours. Remove from oven and stir.

Serve with light sour cream and chopped green onions.

Falafel (Soy free)

Ingredients

- 1 can garbanzo beans, drained
- 1 medium onion, coarsely chopped
- 1/4 cup (10g) packed parsley leaves
- 2 cloves garlic, minced
- 1/2 tsp (1g) ground cumin
- 3/4 tsp (1.5g) dried oregano leaves
- 2–3 tsp (10–15mL) lemon juice
- Salt and pepper, to taste
- Olive oil
- Salt and pepper, to taste
- 2 tbsp corn or potato starch

Directions

Process garbanzo beans, onion, parsley, garlic, cumin and oregano in a food processor until smooth; season to taste with lemon juice, salt, pepper and 1 tbsp of corn starch.

Form bean mixture into 16 patties, using about 1 1/2 Tbsp (25mL) for each.

Coat patties with remaining 1 tbsp of corn starch (use as required).

Spray large skillet with cooking spray; heat over medium heat until hot.

Cook falafel over medium heat until browned on the bottom, 2 to 3 minutes. Spray tops of falafel with cooking spray and turn; cook until browned on the bottom, 2 to 3 minutes.

Tandoori Chicken:

Ingredients

- 1 (800 gms) of chicken
- 2 tbsp Tandoori spice mix

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1 can of tomato paste
Salt to taste
2 tbsp of ginger paste
2 tbsp of garlic paste
2 tbsp of lemon juice or vinegar
½ tsp of Tandoori spice mix
2 tbsp of olive oil

Directions:

Skin, wash and clean the chicken. Make incisions with a sharp knife on breast and leg pieces.

Put the chicken onto the skewers and cook in a moderately hot tandoor or a pre-heated oven (200 degrees Celsius) for ten to twelve minutes or until almost done. Baste it with oil and cook for another four minutes.

Szechuan Beef Stir-Fry (Soy free)

Ingredients:

1 lb. beef flank steak
2 tbsp. Soy free soy sauce
4 tsp. Oriental dark roasted sesame oil, divided
1 1/2 tsp. sugar
1 tsp. cornstarch
2 cloves garlic, crushed
1 tbsp. fresh ginger root, minced
1/4 tsp. red pepper pods, crushed
1 sm. red bell pepper, cut into 1-inch pieces
8 oz. frozen baby corn, defrosted
1/4 pound pea pods, julienned

Directions:

Cut beef steak lengthwise into 2 strips; slice across the grain into 1/8 inch thick strips.

Combine soy sauce, 2 tsp. oil, sugar and cornstarch; stir into strips.

Heat remaining 2 tsp. oil in wok or large skillet over medium-high heat.

Add garlic, ginger and pepper pods; cook 30 seconds.

Add bell pepper and corn; stir-fry 30 seconds.

Remove vegetables. Stir-fry beef strips (half at a time) 2 to 3 minutes.

Return vegetables and beef to wok and heat through. Serve with hot cooked rice.

Chinese Noodle Chicken

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INGREDIENTS:

4 skinless, boneless chicken breasts
1 tbsp vegetable oil
½ cup sliced onion
2 cups broccoli florets
2 carrots, julienned
2 cups snow peas
4 cups dry Chinese noodles
¼ cup teriyaki sauce

DIRECTIONS:

In a large skillet brown chicken in oil, stirring constantly until juices run clear.
Add the onion, broccoli, carrots and peas. Cover skillet and steam for 2 minutes.
Add the Chinese noodles and teriyaki sauce. Stir noodles into chicken/vegetable mixture, making sure they are coated with sauce.
When the noodles wilt, serve.
Chinese five-spice is made up of cloves, anise, star anise, cinnamon and ginger and can be bought in the supermarket in the spice aisle.

Chicken Shwarma

INGREDIENTS:

3 tablespoons clarified butter, divided
1 pound skinless, boneless chicken breast halves - cut into 1/2 inch pieces
3 tablespoons garam masala

DIRECTIONS:

Melt clarified butter in a large skillet over medium high heat. Sprinkle one side of chicken pieces with garam masala and place seasoned side down in hot butter. Sprinkle top of chicken pieces with more garam masala and saute for 5 minutes.
Turn chicken pieces, adding more butter as needed, and saute for 5 to 10 minutes more, or until chicken is cooked through and no longer pink inside.

Mediterranean Chicken with Eggplant

INGREDIENTS:

3 eggplants, peeled and cut lengthwise into 1/2 inch thick slices
3 tablespoons olive oil

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6 skinless, boneless chicken breast halves - diced
1 onion, diced
2 tablespoons tomato paste
½ cup water
2 teaspoons dried oregano
Salt and pepper to taste

DIRECTIONS:

Place eggplant strips in a big pot of lightly salted water and soak for 30 minutes (this will improve the taste; they will leave a brown color in the pot).

Remove eggplant from pot and brush lightly with olive oil. Sauté or grill until lightly browned and place in a 9x13 inch-baking dish. Set aside.

Sauté diced chicken and onion in a large skillet over medium heat. Stir in tomato paste and water, cover skillet, reduce heat to low and simmer for 10 minutes.

Preheat oven to 400 degrees F (200 degrees C).

Pour chicken/tomato mixture over eggplant. Season with oregano, salt and pepper and cover with aluminum foil. Bake in the preheated oven for 20 minutes.

Gluten-free Milk-free Chicken potpie:

INGREDIENTS:

1 1/2 pounds skinless, boneless chicken breast meat
1 cup chicken broth
1/2 teaspoon salt
1/4 teaspoon ground black pepper
3 tablespoons butter or margarine
1 onion, chopped
1 cup chopped celery
1/3 cup flour
2 cups frozen mixed vegetables, thawed
1 tablespoon chopped fresh parsley
1/2 teaspoon dried thyme

DIRECTIONS:

In a large saucepan over medium high heat, combine the chicken meat, chicken broth, salt and pepper. Bring to a boil and reduce heat to low. Cover and let simmer for 30 minutes, or until chicken is no longer pink in the center and the juices run clear.

Remove the chicken and let cool. Pour the remaining chicken broth mixture into a measuring cup. Let stand; spoon off fat. Add enough water to the broth mixture to equal 2 1/2 cups. Cut chicken into 1/2 inch pieces. In the same pan, melt butter or margarine over medium heat. Add the onion and celery. Saute, stirring, for 3 minutes. Stir in flour until well blended. Gradually stir in broth mixture. Simmer, stirring constantly, until the sauce thickens and boils. Add the chicken, vegetables, parsley and thyme. Pour mixture into a 1 1/2 quart deep casserole dish.

Preheat oven to 400 degrees F (200 degrees C).

Roll out pastry 1 inch larger than the diameter of the casserole dish on a lightly floured surface. Cut slits in the pastry for venting air. Place pastry on top of the casserole. Brush pastry with oil and bake in the preheated oven for 30 minutes or until the crust is golden brown and the filling is bubbling. Let cool for 10 minutes and serve.

Egg-free Scrambled Eggs

Ingredients

1 cup silken tofu or soft semi ripe Paneer

1 tbsp water

Salt and peper to taste

pinch of turmeric (for yellow colouring)

Directions

In a food processor pulse the tofu or paneer until it becomes small chunks.

In a pan, add 1 tbsp of oil, and the tofu/paneer, water and turmeric.

Add in salt and pepper to taste.

Fry in a pan on medium heat until mixture starts turning slightly brown.

Indian Tomato Relish

Ingredients

2 large tomatoes diced

1 large onion diced

2 chili peppers chopped

1 tbsp vinegar or lemon juice

Salt and pepper to taste

Directions

In a bowl combine all ingredients and serve cold.

Wheat free fried Chicken

1 cup flour

1/2 cup cornflake crumbs

1/2 tsp cayenne

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1 teaspoon crushed chili
Salt and pepper to taste
2 pounds chicken
2 tbsp cornstarch
2 tbsp garlic powder

Process flour, crumbs, crushed chili, ground chili, and pepper in a food processor until fine; set aside.

Cut chicken into serving pieces. Boil chicken in water for approximately 15 minutes or until tender. Heat 2 inches of oil in a deep skillet over medium heat. To bread the chicken roll in the flour mixture and then in the corn starch once again. Fry about 5 minutes, or until cooked through - they'll be a slight golden color.

Chicken Stir Fry

INGREDIENTS:

12 ounces boneless, skinless chicken breast halves, cut into bite-sized pieces
1 tablespoon oyster sauce
2 tablespoons dark soy sauce
3 tablespoons vegetable oil
2 cloves garlic, chopped
1 large onion, cut into rings
1/2 cup water
1 teaspoon ground black pepper
1 teaspoon white sugar
1/2 medium head bok choy, chopped
1 small head broccoli, chopped
1 tablespoon cornstarch, mixed with equal parts water

DIRECTIONS:

In a large bowl, combine chicken, oyster sauce and soy sauce. Set aside for 15 minutes.

Heat oil in a wok or large heavy skillet over medium heat. Sauté garlic and onion until soft and translucent. Increase heat to high. Add chicken and marinade, then stir-fry until light golden brown, about 10 minutes. Stir in water, pepper and sugar. Add bok choy and broccoli, and cook stirring until soft, about 10 minutes. Pour in the cornstarch mixture, and cook until sauce is thickened, about 5 minutes.

Thai Chicken Balls

INGREDIENTS:

2 pounds ground chicken

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1 cup dry bread crumbs
4 green onions, sliced
1 tablespoon ground coriander seed
1 cup chopped fresh cilantro
1/4 cup sweet chili sauce
2 tablespoons fresh lemon juice
oil for frying

DIRECTIONS:

In a large bowl, mix together the chicken and bread crumbs. Season with green onion, ground coriander, cilantro, and chili sauce and lemon juice; mix well.

Using damp hands, form mixture into evenly shaped balls that are either small enough to eat with your fingers, or large enough to use as burgers. Heat oil in a large skillet over medium heat. Fry the chicken balls in batches until well browned all over.

Moroccan Fried Fish (2)

Category: White Fish

Country: Morocco

Ingredients...

4 fl oz olive oil
2 tbsps chopped coriander leaves
juice of 1/2 lemon
1 tsp mild chilli powder
2 tps ground cumin
2 cloves garlic, finely crushed
1/2 tsp ground peppercorns
1lb white fish fillets
plain flour

Instructions...

Mix half the olive oil with the coriander, lemon juice, chili, cumin and garlic. Add the peppercorns.

Put the fish fillets flat into a shallow dish and rub them with the spice marinade. Leave for about 30 minutes.

Heat the remaining oil in a frying pan. Remove the fish from the marinade and shake off excess oil. Roll the fish in the flour to coat.

Fry immediately in hot oil until crisp and golden, for about 3-4 minutes, turning once. Drain and season generously with salt.

Serve with lemon and a green salad.

Slices of melon, watermelon, or cantaloupe speared with toothpicks (no plates) are served in a platter right after the Couscous. You might also

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serve the mint tea at this time, or wait until later to serve it with the honey pastries.

KEBAB KOUTBANE

Cut 1 lb. FILLET OF BEEF OR STEAK into 3/4-inch cubes (approximately 32 cubes).

Cut 1/2 lb. BEEF SUET into 1/2-inch cubes.

In an 8 x 10-inch shallow baking dish, prepare the Moorish Marinade:

Combine: 1/4 cup ONION, finely chopped and
2 Tbs. PARSLEY, finely chopped.

Blend: 1/2 cup OLIVE or SALAD OIL

1 tsp. SALT

1/4 tsp. PEPPER

1/4 tsp. GARLIC POWDER

1 tsp. GROUND CORIANDER (optional)

1/2 tsp. GROUND CUMIN (optional).

Blend the beef and suet cubes with the marinade and allow the mixture to marinate for several hours.

Thread four pieces of beef alternately with three pieces of suet (start and end with beef) on a 6-inch metal or bamboo skewer.

Grill or Broil using a hot fire, basting occasionally with the marinade.

Arrange 1 KEBAB KOUTBANE on a small plate.

Garnish with TOMATO SLICES and PARSLEY SPRIGS at the side of the plate.

Curried Goat

INGREDIENTS

2 lbs. lamb chopped

¼ cup chopped onion

2 tbsp. turmeric

2 cloves chopped garlic

½ tsp. Hot pepper sauce

2 tsp. Grated ginger

½ cup broth

¼ tsp. cooking oil

¼ cup tomato ketchup

1 tsp. curry powder

½ tsp. Salt

1 tsp. vinegar

3 tbsp. Chutney

METHOD:

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Season meat with garlic, salt, vinegar and hot pepper. Allow to marinate for about 1 hour. Heat oil; add curry powder, then meat and brown. Add remaining ingredients. Cover and simmer over low heat until meat is tender. Adjust seasoning. Serve on a bed of rice.

Jamaican Jerk Chicken

INGREDIENTS

- 1 tbs. Ground allspice
- 1 tbs. Dried thyme
- 1 1/2 tsp. Cayenne pepper
- 1 1/2 tsp. Freshly ground black pepper
- 1 1/2 tsp. Ground sage
- 3/4 tsp. Ground nutmeg
- 3/4 tsp. Ground cinnamon
- 2 tbs. Salt
- 2 tbs. Garlic powder
- 1 tbs. Sugar
- 1/4 cup Olive oil
- 1/4 cup Soy sauce
- 3/4 cup White vinegar
- 1/2 cup Orange juice
- Juice of 1 lime
- 1 Scotch bonnet pepper, seeded and finely chopped
- 1 cup Chopped white onion
- 3 Green onions, finely chopped
- 4 Chicken breasts

METHOD:

In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice. Add the Scotch bonnet pepper, onion, and green onions and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible. Preheat an outdoor grill. Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade.

Kafta (Arabic hamburger)

Ingredients:

- 3/4 pound ground lamb
- 1/2 cup onions chopped fine
- 3 clove garlic large, minced

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1 teaspoon mint dried, or 3T fresh
1 teaspoon cumin ground
1/2 teaspoon coriander ground
1/2 cup parsley fresh chopped
1/4 teaspoon pepper
1 teaspoon salt
1 head lettuce
tomato chopped
yogurt plain, nonfat preferably
cucumber chopped
pita bread

Instructions:

Combine all ingredients. Using wet fingers roll into balls about the size of an egg. Thread a skewer through each meatball and mold the mixture into a long finger shape along the skewer. Grill or broil gently careful not to overcook so it will not be dry. Remove from skewers with Lebanese pita. Serve with, tomatoes, lettuce, yogurt on top of the Kafta as you wrap it all inside the Pita.

Best way to eat: buy soft pita bread (preferably thin, from Middle Eastern bakery/shop). Buy plain yogurt/nonfat. Cut a piece of bread from the pita so that you can roll the bread around the Kafta (as in a blanket). Add tomatoes, cucumber, lettuce and a generous helping of yogurt on top of the Kafta and eat all together like you would eat a soft tortilla shell. Enjoy this summer dish.

Chicken Kabab

Ingredients:

chicken breasts, 1, pound, boneless, skinless
olive oil, 1/4, cup
lemon juice, 1/4, cup, fresh
cinnamon, 1/8, teaspoon
garlic, 2, clove, minced
salt,,
black pepper,,, ground
green pepper, 1,, chopped in 1 inch pieces
onions, 3,, par-boiled, chopped in 1 inch pieces
skewers,,, for grilling

Instructions:

Combine oil, lemon, cinnamon, garlic, salt and pepper. Remove all fat and membrane from chicken, cut into 1 inch cubes and combine with marinade. (refrigerate 2-3 hours)

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Let stand at room temp 30 min before grilling. Thread skewers with chicken, onions and peppers. Grill or broil until golden, do not overcook, serve with pita.

Roast Chicken

1 5-6lb chicken
1 lemon -- halved
4 whole garlic cloves
4 tablespoons unsalted butter -- (optional)
Salt and black pepper to taste
1 cup chicken broth or water

Place oven rack on second level from bottom. Heat oven to 500 degrees. Stuff the cavity of the chicken with the lemon, garlic and butter, if using. Season the cavity and skin with salt and pepper. Place the chicken in a roasting pan, breast-side up. Put in the oven legs first and roast 50 to 60 minutes, or until the juices run clear. After the first 10 minutes, move the chicken with a wooden spatula to keep it from sticking. Remove the chicken to a platter by placing a large wooden spoon into the tail end and balancing the chicken with a kitchen spoon pressed against the crop end. As you lift the chicken, tilt it over the roasting pan so that all the juices run out of the cavity and into the pan. Pour off excess fat from the pan and put the pan on top of the stove. Add the stock or other liquid and bring to a boil, scraping the bottom vigorously with a wooden spoon. Serve chicken with sauce

Soy free Stir Fry:

INGREDIENTS:

2 lb sliced boneless chicken thigh or breast
1 large onion sliced
1 cup sliced mushrooms
½ of 3 bell peppers sliced (use different colours for presentation)
½ cup cornstarch and ½ cup water combined in bowl
2-3 tbsp oil
½ tsp Chili Sauce
1 tsp Soy free Soy sauce
1 tsp finely chopped fresh ginger
Salt, and pepper to taste
Pepper flakes (optional)

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DIRECTIONS:

In a frying pan or wok (if available) add the oil and chicken breast along with salt and pepper.

Cook on medium heat stirring occasionally until the chicken has gotten tender (approximately 15 – 20 minutes).

Once chicken is tender, turn up heat, add in onions, finely chopped ginger, mushrooms, bell peppers, and stir-fry for 4-5 minutes.

Add in cornstarch mixture and continue stirring for a few minutes.

Egg-Free, Wheat-Free, Milk-Free Meatloaf:

1 ½ lb Ground Beef

¼ cup Raw, grated potato -up to 1/2 cup

¼ cup Chopped Onion

¼ cup Grated Carrot

¾ tsp Salt -- or less

Dash of Pepper

½ cup broth -- up to 1-cup -gravy, tomato juice,

1 cup chopped mushrooms

1 tbsp ketchup

DIRECTIONS:

Mix all ingredients.

Bake at 350* for 1 hour.

STIR-FRIED BEEF WITH MINT

Ingredients:

1 pound flank steak

14 finely chopped chilies

¼ cup finely chopped garlic

½ cup finely chopped yellow onion

¼ cup + 2 tbsp vegetable oil

3 tbsp fish sauce

1 tbsp granulated sugar

½ -cup water (more if needed in Step 5)

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1/2 cup loosely packed mint or basil leaves
Green lettuce leaves

Slice the beef across the grain into strips 1/4 inch thick and 2 to 3 inches long. Set aside.

Pound or grind the chilies, garlic, and onion to a coarse paste in a mortar or blender. If you use a blender you may need to add the oil to aid in grinding.

Heat a wok, add the oil, and swirl it over the surface of the pan. (Do not add more oil if you have ground the chilies, onion, and garlic in oil.) Add the paste from Step 2 and stir-fry until it is light golden.

Add the beef and stir-fry until it is a uniform tan color, but do not overcook it.

Add the fish sauce, sugar, water, and mint (or basil) leaves. More water may be added if the sauce is too dry. There should be about 1/2 to 3/4 cup sauce, depending on how much water you added.

Ahead of time note: The dish may be prepared a day in advance to this point. To do so, proceed through Step 5, omitting the mint or basil leaves. When you are ready to serve, heat the mixture and add the leaves. If the meat has absorbed the liquid, add just enough warm water to bring it back to the original consistency.

Arrange a single layer of lettuce leaves in a serving bowl and put the beef mixture over them. Serve the beef immediately or keep it warm while preparing other dishes.

Serve with rice.

NUE NAM TOK: GRILLED BEEF WITH THAI SEASONING

Ingredients:

3 Serrano chilies
1/4 cup white vinegar
1.5 lb flank steak
1 cup red onion, sliced
4 green onions chopped
1/4 cup + 1 tbsp lime juice
2 tbsp fish sauce
1 tsp ground roasted chilies
2 tbsp ground toasted rice
Red lettuce leaves
Coriander sprigs
Mint or Basil leaves

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Instructions:

Remove the stems, but not the seedes, from the chilies. Slice the chiles crosswise into pieces 1/8" thick. Place the sliced chiles and vinegar in a small serving bowl. Let it stand for at least 15 minutes. Grill the beef to the desired doneness, preferably over charcoal. Slice it across the grain into strips 1/8" thick and 1 to 2 inches long. Put these in a large ceramic bowl.

Peel the red onion, remove the root portion, and slice the onion vertically into thin strips. Slice the green onion diagonally into thin pieces. Add both types of onion to the beef.

Add the lime juice, fish sauce, ground chilies, and ground rice.

Mix well

Arrange a single layer of lettuce leaves on a serving platter, and place th beef mixture on top. Garnish with sprigs of coriander and mint or basil leaves.

Serve at room temperature, the vinegar sauce (from Step 1) and rice.

RED THAI CURRY

Ingredients:

2 tsp red curry paste

3 tsp vegetable oil

3/4 lb boneless chicken meat, cut into 3/4-inch pieces

2 cans (unsweetened) coconut milk (approx. 3 c in all)

1-cup water or chicken broth

½ cup baby corns

½ cup mushrooms

1/2 cup sliced bamboo shoots

5 kaffir lime leaves

1/2 tsp salt

1/2 red bell pepper sliced

Instructions:

Fry curry paste in oil in saucepan until fragrant. Add chicken (if using) and saute for about 1 minute over medium high heat. Add remaining ingredients except basil leaves or red bell pepper. Bring just barely to a boil; reduce heat and simmer 20-30 minutes. Just before serving, stir in basil leaves or red bell pepper.

SPECIAL THAI CHICKEN WITH CHILLIES (mild)

Ingredients:

2 tbsp oil
4 red chillies (seeded and sliced)
3 cloves garlic (sliced)
1 ½ pounds chicken breast (sliced)
1 onion (sliced)
1 tbsp fish sauce or Soy free soy sauce
1 tbsp tamarind sauce
2 tsp brown sugar
½ cup mushrooms sliced
½ cup bamboo shoots (strips)
Juice of 1/2 lime
6 bunches coriander (fresh)

Instructions:

Heat oil in wok, add chillies and garlic and fry until crisp and golden.
Drain onto paper towels (but leave oil in the wok). Fry chicken and onion in oil until chicken is cooked. Add limejuice and vegetables.
Fry for about 2 minutes. Add sauce.

Baked Thai Red Curry Chicken with Coriander Chutney

2 boneless chicken breasts
2 tbsp Thai Red Curry Paste
2 tsp oil
Salt

For the coriander chutney:

¼ cup fresh coriander, roughly chopped
1 tbsp limejuice
1 fresh chili, de-seeded and chopped
1 clove garlic
¼ level teaspoon sugar
Salt and black pepper

About 1 or 2 hours before you need to cook the chicken, lay the breasts in a heatproof dish, then take a sharp knife and make four diagonal cuts across each breast. Sprinkle first with a little salt and then with the oil, rubbing the oil well into the chicken. Next spread the curry paste over the

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surface of each portion and rub that in well too. Cover with clingfilm and leave on one side for the chicken to soak up all the flavours.

To make the coriander chutney, place half the coriander in the goblet of a blender, or in the small goblet of a food processor, together with the lime juice, 3 tablespoons of water, chilli and garlic, then blend till smooth. You'll have to do this with a few stops to scrape down the sides of the goblet. When smooth, add the remaining coriander and continue to blend until smooth again. Taste and flavour with sugar, salt and pepper and keep in a small, covered bowl in the fridge until needed.

To cook the chicken, pre-heat the oven to gas mark 4, 350°F (180°C). Place the dish on a high shelf and cook for 30 minutes, basting with the juices from time to time

Thai Chicken Balls

INGREDIENTS:

2 pounds ground chicken
1 cup dry bread crumbs
4 green onions, sliced
1 tablespoon ground coriander seed
1 cup chopped fresh cilantro
1/4 cup sweet chili sauce
2 tablespoons fresh lemon juice
oil for frying

DIRECTIONS:

In a large bowl, mix together the chicken and bread crumbs. Season with green onion, ground coriander, cilantro, and chili sauce and lemon juice; mix well.

Using damp hands, form mixture into evenly shaped balls that are either small enough to eat with your fingers, or large enough to use as burgers. Heat oil in a large skillet over medium heat. Fry the chicken balls in batches until well browned all over.

Chicken Broccoli Ca - Unieng's Style

Chicken Stir Fry

INGREDIENTS:

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12 ounces boneless, skinless chicken breast halves, cut into bite-sized pieces
1 tablespoon oyster sauce
2 tablespoons dark soy sauce
3 tablespoons vegetable oil
2 cloves garlic, chopped
1 large onion, cut into rings
1/2 cup water
1 teaspoon ground black pepper
1 teaspoon white sugar
1/2 medium head bok choy, chopped
1 small head broccoli, chopped
1 tablespoon cornstarch, mixed with equal parts water

DIRECTIONS:

In a large bowl, combine chicken, oyster sauce and soy sauce. Set aside for 15 minutes.

Heat oil in a wok or large heavy skillet over medium heat. Sauté garlic and onion until soft and translucent. Increase heat to high. Add chicken and marinade, then stir-fry until light golden brown, about 10 minutes. Stir in water, pepper and sugar. Add bok choy and broccoli, and cook stirring until soft, about 10 minutes. Pour in the cornstarch mixture, and cook until sauce is thickened, about 5 minutes.

Moroccan Fried Fish (2)

Category: White Fish

Country: Morocco

Ingredients...

4 fl oz olive oil
2 tbsps chopped coriander leaves
juice of 1/2 lemon
1 tsp mild chilli powder
2 tsps ground cumin
2 cloves garlic, finely crushed
1/2 tsp ground peppercorns
1lb white fish fillets
plain flour

Instructions...

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Mix half the olive oil with the coriander, lemon juice, chili, cumin and garlic. Add the peppercorns.

Put the fish fillets flat into a shallow dish and rub them with the spice marinade. Leave for about 30 minutes.

Heat the remaining oil in a frying pan. Remove the fish from the marinade and shake off excess oil. Roll the fish in the flour to coat.

Fry immediately in hot oil until crisp and golden, for about 3-4 minutes, turning once. Drain and season generously with salt.

Serve with lemon and a green salad.

Slices of melon, watermelon, or cantaloupe speared with toothpicks (no plates) are served in a platter right after the Couscous. You might also serve the mint tea at this time, or wait until later to serve it with the honey pastries.

KEBAB KOUTBANE

Cut 1 lb. FILLET OF BEEF OR STEAK into 3/4-inch cubes (approximately 32 cubes).

Cut 1/2 lb. BEEF SUET into 1/2-inch cubes.

In an 8 x 10-inch shallow baking dish, prepare the Moorish Marinade:

Combine: 1/4 cup ONION, finely chopped and
2 Tbs. PARSLEY, finely chopped.

Blend: 1/2 cup OLIVE or SALAD OIL

1 tsp. SALT

1/4 tsp. PEPPER

1/4 tsp. GARLIC POWDER

1 tsp. GROUND CORIANDER (optional)

1/2 tsp. GROUND CUMIN (optional).

Blend the beef and suet cubes with the marinade and allow the mixture to marinate for several hours.

Thread four pieces of beef alternately with three pieces of suet (start and end with beef) on a 6-inch metal or bamboo skewer.

Grill or Broil using a hot fire, basting occasionally with the marinade.

Arrange 1 KEBAB KOUTBANE on a small plate.

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Garnish with TOMATO SLICES and PARSLEY SPRIGS at the side of the plate.

<http://www.caribbeanchoice.com/recipes/main.asp>

Jamaican Jerk Chicken

INGREDIENTS

1 tbs. Ground allspice
1 tbs. Dried thyme
1 1/2 tsp. Cayenne pepper
1 1/2 tsp. Freshly ground black pepper
1 1/2 tsp. Ground sage
3/4 tsp. Ground nutmeg
3/4 tsp. Ground cinnamon
2 tbs. Salt
2 tbs. Garlic powder
1 tbs. Sugar
1/4 cup Olive oil
1/4 cup Soy sauce
3/4 cup White vinegar
1/2 cup Orange juice
Juice of 1 lime
1 Scotch bonnet pepper, seeded and finely chopped
1 cup Chopped white onion
3 Green onions, finely chopped
4 Chicken breasts

METHOD:

In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice. Add the Scotch bonnet pepper, onion, and green onions and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible. Preheat an outdoor grill. Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade.

Curried Goat

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INGREDIENTS

2 lbs. lamb chopped
¼ cup chopped onion
2 tbsp. turmeric
2 cloves chopped garlic
½ tsp. Hot pepper sauce
2 tsp. Grated ginger
½ cup broth
¼ tsp. cooking oil
¼ cup tomato ketchup
1 tsp. curry powder
½ tsp. Salt
1 tsp. vinegar
3 tbsp. Chutney

METHOD:

Season meat with garlic, salt, vinegar and hot pepper. Allow to marinate for about 1 hour. Heat oil; add curry powder, then meat and brown. Add remaining ingredients. Cover and simmer over low heat until meat is tender. Adjust seasoning. Serve on a bed of rice.

Chicken Roti

INGREDIENTS

3 boneless breast of chicken
1 medium onion, chopped chunky
1 green pepper, chopped chunky
1 large carrot, peeled sliced thinly
2 large potato, peeled and cubed
1 can chicken broth
1/2 cup water
2 cloves crushed garlic
2 Tbs. curry powder
2-3 tsp. Blind Betty Original Recipe
salt and pepper to taste
fresh chopped parsley
4 large flower tortillas
1 jar mango chutney or fruit salsa

METHOD:

In a large skillet sauté garlic, onion 1-2 minutes. Add chicken and sauté till cooked but tender add green pepper and carrots. Sauté 1-2 min. Add

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chicken broth, potatoes and as much water as needed to cover everything. Simmer till potatoes are very tender and begin to reduce broth. Add all spices and flavorings to taste.

Cover and turn off. This can now stand till just before serving time. It will thicken a little as it cools. At suppertime heat the roti mixture to a boil stirring with a wooden spoon. You want a nice thick curry stew. Reduce more if too runny. Warm tortillas, place on plate, put generous portion of roti in center of tortilla. Fold into flat tube with ends folded under. Serve with chutney on top. Salad and rice good accompanymnts.

Chicken Kabab

Ingredients:

chicken breasts,1,pound,boneless,skinless
olive oil,1/4,cup
lemon juice,1/4,cup,fresh
cinnamon,1/8,teaspoon
garlic,2,clove,minced
salt,,
black pepper,,,ground
green pepper,1,,chopped in 1 inch pieces
onions,3,,par-boiled, chopped in 1 inch pieces
skewers,,, for grilling

Instructions:

Combine oil, lemon, cinnamon, garlic, salt and pepper. Remove all fat and membrane from chicken, cut into 1 inch cubes and combine with marinade.(refrigerate 2-3 hours)

Let stand at room temp 30 min before grilling. Thread skewers with chicken, onions and peppers. Grill or broil until golden, do not overcook, serve with pita.

Kafta (Arabic hamburger)

Ingredients:

Food for thought gives permission to distribute and/or reproduce the above document, for the purposes of assisting Food Allergy Sufferers.

3/4 pound ground lamb
1/2 cup onions chopped fine
3 clove garlic large, minced
1 teaspoon mint dried, or 3T fresh
1 teaspoon cumin ground
1/2 teaspoon coriander ground
1/2 cup parsley fresh chopped
1/4 teaspoon pepper
1 teaspoon salt
1 head lettuce
tomato chopped
yogurt plain, nonfat preferably
cucumber chopped
pita bread

Instructions:

Combine all ingredients. Using wet fingers roll into balls about the size of an egg. Thread a skewer through each meatball and mold the mixture into a long finger shape along the skewer. Grill or broil gently careful not to overcook so it will not be dry. Remove from skewers with Lebanese pita. Serve with, tomatoes, lettuce, yogurt on top of the Kafta as you wrap it all inside the Pita.

Best way to eat: buy soft pita bread (preferably thin, from Middle Eastern bakery/shop). Buy plain yogurt/nonfat. Cut a piece of bread from the pita so that you can roll the bread around the Kafta (as in a blanket). Add tomatoes, cucumber, lettuce and a generous helping of yogurt on top of the Kafta and eat all together like you would eat a soft tortilla shell. Enjoy this summer dish.

Stewed Beef Shank (Hor'i) - Yemeni

Ingredients:

3 pounds beef fore shanks with the bones
3 medium onions, peeled and cut into quarters
8 cloves of garlic

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2 cups tomatoes, peeled and chopped
2 teaspoons Hawayij, recipe below
1 hot chili
fresh ground black pepper
salt

Instructions:

Instruct butcher to cross cut the shanks, on the bone into thick slices. Place meat in a large stock pot and cover with cold water. Bring slowly to a boil skimming occasionally. When this is at a brisk boil and the residue is well skimmed from the top add the onions, tomatoes, garlic, salt and to taste and the hawayij. Add the whole chili. Cover and reduce heat. Simmer about 4 hours until the meat is tender and the juice is reduced to a thick sauce.

Spanish Meat Loaves

Ingredients

1/2 cup pimiento-stuffed green olives, sliced
1/4 cup snipped Italian flat-leaf parsley or curly parsley
1/4 cup tomato paste
1/4 teaspoon pepper
1 pound lean ground beef
1/4 cup jalapeno pepper jelly or apple jelly, melted
1 medium tomato, chopped
1/3 cup chunky salsa
1/4 cup seeded, chopped cucumber
2 tablespoons sliced pimiento-stuffed green olives (optional)

Directions

1. In a medium bowl combine the egg, rolled oats, the 1/2 cup olives, the parsley, tomato paste, and pepper. Add the ground beef; mix well. Form into four 4x2-1/2x1-inch meat loaves.
2. Grill meat loaves on the rack of an uncovered grill directly over medium heat for 16 to 18 minutes or until internal temperature reaches 160 degrees F, turning once. Brush with melted jelly; grill for 2 minutes more.

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3. Meanwhile, for relish, in a small bowl combine the tomato, salsa, cucumber, and, if desired, the 2 tablespoons olives.

Spanish-Style Chicken

Ingredients

- 1 3- to 3-1/2-pound broiler-fryer chicken, cut-up
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 2 tablespoons olive oil
- 1 28-ounce can whole Italian-style tomatoes, cut up
- 4 medium potatoes, cut into 1/2-inch pieces (4 cups)
- 1 medium onion, sliced (1/2 cup)
- 1/2 cup halved pitted ripe olives
- 1/2 cup stock
- 2 tablespoons capers (optional)
- 1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed
- 2 teaspoons snipped fresh oregano or 1/2 teaspoon dried oregano, crushed
- 2 cloves garlic, minced
- 1 tablespoon cold water
- 2 teaspoons cornstarch

Directions:

1. Remove skin from chicken. In a large plastic bag combine flour, salt, and ground red pepper. Add chicken, a few pieces at a time; shake to coat. In a 4-quart Dutch oven heat oil. Cook chicken in hot oil over medium heat about 10 minutes or until chicken is lightly browned, turning to brown evenly.
2. Add undrained tomatoes, potatoes, onion, olives, wine, capers (if using), dried basil and dried oregano (if using), and garlic to Dutch oven. Bring to boiling; reduce heat. Cover and simmer for 35 to 45 minutes or until chicken is tender and no longer pink. Remove chicken to a serving dish; cover and keep warm.
3. In a small bowl combine the water and cornstarch; add to potato mixture in Dutch oven. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Stir in fresh basil and oregano (if using). Pour thickened mixture over chicken in dish. If desired, garnish with a sprig of fresh basil or oregano.

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Stuffed Vegetables

Ingredients

8 large tomatoes, large peppers, aubergines, courgettes or combination
150 gr. long-grain rice
350 gr. onions
200 ml olive oil
250 gr. tomatoes, peeled and thickly grated
150 ml water
1 teacup chopped parsley

- o Prepare the vegetables to be stuffed and reserve their pulp.
- o Place the rice in a bowl.
- o Add the onions, the fresh herbs, the shredded tomato or aubergine or courgette pulp and any reserved juices or pulp, half the olive oil.
- o Season with salt and pepper and mix well.
- o Place the prepared vegetables in a deep baking dish, tightly packed.
- o Fill each vegetable with the prepared stuffing, but only three-quarters full, leaving room for the uncooked rice to expand.
- o Cover with the reserved sliced round tops.
- o Pour the rest of the olive oil on top of each vegetable.
- o Pour into the bottom of the dish the grated fresh tomatoes, mixed with the water, season with salt and pepper all over and bake in a pre-heated oven, gas no. 5 (375 grades F/190 grades C), for 1.5 hours.
- o Baste the vegetables at least twice, in order to keep them moist on the top.
- o If you are experienced with cooking Gemista you may also try to use Pine Nuts, almonds and Raisins for the stuffing, by using less rice and onions.

Salmon en papillotes

4 slices salmon steak (5 to 6 ounces each)
1 onion, peeled and sliced
1 lemon, sliced
4 tsp olive oil
4 sprigs dill

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salt & pepper

Preheat oven to 400° F. Cut 4 sheets (12" X 12") of aluminum foil. Place a salmon slice in the center of each foil sheet.

Place on each slice, 4 or 5 onion slices, 1 lemon slice and 1 sprig of dill.

Sprinkle with a teaspoon of olive oil. Season with salt and pepper.

Wrap the fish so that it is completely sealed, but leave some space in between the salmon surface and the top of the foil pouch.

Place the papillotes in the oven and cook for 15 to 20 minutes according to the thickness of the slices. Serve the papillotes on a large dish.

Rice or steamed potatoes are a perfect side dish for this healthy and tasty recipe.

Beef Scaloppini in Tomato Sauce

Ingredients

3 tablespoons extra-virgin olive oil

2 scallions, thinly sliced

4 beef flank steaks, about 4 ounces each, pounded to 1/4-inch thickness

salt and freshly ground pepper

1/2 cup red wine

1 28-ounce can crushed tomatoes

zest of 1/2 lemon

1/4 cup pitted and chopped black olives

1 tablespoon chopped parsley

1/2 cup beef stock

1 teaspoon sugar

Directions:

In a large skillet over medium-high heat, warm the olive oil. Add the scallions, and sauté for 1 minute. Season the flank steaks with salt and pepper, and add them to the skillet. Sauté until they brown, then flip, and add the wine. Sauté until the steaks are cooked through. Remove the meat to a plate, and keep warm.

Prepare the sauce: Add the crushed tomatoes, lemon zest, olives, parsley, beef stock and sugar. Cover and cook for 10 minutes, stirring often with a wooden spoon. Serve the sauce over the steaks.

Goulash

2-1/2 lbs. stewing beef cut in 1 inch cubes

3 medium white onions

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1 clove garlic
2 bay leaves
3 Tbsp. paprika
2 tsp. marjoram
2 tsp. cumin
1-1/2 cups canned plum tomatoes
zest from one lemon
salt to taste

Instructions:

1. Slice the onions thinly and sauté them in the oil until they are soft. If they get too dry add a little water or good meat broth so they don't brown.
2. Once the onions are ready add the paprika and mix it in well.
3. Then add the meat, cumin, marjoram, lemon zest, bay leaves, garlic and a good healthy pinch of salt.
4. Cover and cook on a low flame for 3 to 4 hours. Mixing occasionally to be sure the meat doesn't stick or get too dry.
5. Serve hot with polenta.

Venetian Style Liver

Ingredients:

1lb 5 oz thinly sliced veal or pork liver
1 lb white onions
2 Tbsp butter
1/4 cup extra virgin olive oil
salt to taste

Instructions:

1. Slice the onions thinly.
2. Warm the butter and oil in a large skillet. When it's hot add the onions.
3. Cook at a low heat until they are really soft. About 20 minutes of cooking time. If they get too dry add a spoon or two of water. Salt them after ten minutes.
4. When they are ready raise the heat and add the liver.
5. Cook for about 2 minutes per side or until done and salt to taste.
6. Serve hot with hot Polenta.

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Chicken Cacciatore

Ingredients:

1 chicken
2 medium onions chopped
one carrot chopped
one stalk celery chopped
4 Tbsp. extra virgin olive oil
1 Tbsp. finely chopped fresh rosemary
2 bay leaves
3 Tbsp chopped fresh Italian parsley
1 cup tomato sauce
3/4 cup stock
salt pepper to taste
flour

Instructions:

1. Cut the chicken in pieces and eliminates all the excess fat.
2. Rinse the chicken under running water and then dry it with paper towel.
3. Roll the chicken in flour and shake of the excess.
4. In a large pan brown the chicken in 2 Tbsp. of olive oil.
5. Once browned remove the chicken from the pan.
6. Now, in the same pan, cook the onion, celery and carrot with the remaining 2 Tbsp. of oil and a pinch of salt on a low heat for 20-30 minutes or until they are soft. If they get too dry add a little bit of water.
7. Put the chicken back into the pan, mix and add 3/4-cup stock.
8. Once the wine has evaporated add the tomato sauce, the bay leaves, rosemary and parsley.
9. Simmer covered for about 30 to 40 minutes or until the chicken is cooked. As it cooks check the salt and add it if necessary.
10. Serve hot.

Baked Chicken and Potatoes

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Ingredients

5 1/2 lbs. chicken
2 onions sliced
1/4 cup extra virgin olive oil
10-15 potatoes chopped
a sprig of fresh rosemary
salt and pepper to taste

Instructions:

Chop the chicken into pieces, and back in the oven at 350 F with the onions, rosemary and olive oil. After about 30 minutes add the potatoes. Cook until the potatoes are tender.

Breaded Veal Chops

Ingredients:

4 veal chops
dry cornflake crumbs
corn starch
butter
salt to taste

Instructions:

1. In a food processor mix the corn flakes, corn starch and spices until they become a powder.
2. Coat the veal chops in the crumb mixture.

In a frying pan cook veal chops until meat is tender. Add salt and pepper to taste.

Meat Balls

Ingredients:

2 lbs. ground beef
1 tsp. salt
1/4 tsp. pepper
2 cloves minced garlic
1 cup corn flakes crumbs
1 tsp. parsley

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1/2 cup water
3/4 cups oil

Directions:

Combine all ingredients in a bowl and mix them well.

Form meat into 1 1/2 inches size balls.

Bake in the oven on a greased sheet at 350 F for 10 – 15 minutes.

Greek Meat Rolls in Tomato- Sauce

Ingredients:

1 lb ground lamb
1 lb ground beef
1 cup dry cornflakes
1 onion, chopped
1 clove garlic, minced
1 tablespoon sugar
1 tablespoon cumin
1 tablespoon oregano
1 teaspoon salt
1 teaspoon pepper
1/3 cup cold water
1/4 cup flour
6 ounces tomato paste
2 cups water
1 tablespoon cumin
1 tablespoon oregano
salt and pepper
cooked rice

Mix all meat roll ingredients, except flour, together until blended.

Shape into finger-like rolls.

Coat lightly with flour and brown in large frying pan with oil.

Remove and drain on paper towels.

In pan used to brown meat, make sauce by whisking all ingredients until smooth.

Bake in oven for 1 hour at 400F.

Beef Stroganoff

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Ingredients

2 onions sliced
1 cup mushrooms sliced
1 ½ lb Beef chopped
1 tbsp butter
1 tbsp oil
Salt and pepper to taste.
1 tsp Mustard Seeds
1 cup Soured Cream. (Can be substituted for Soy sour cream or rice sour cream)

Instructions

1. Slice the beef across the grain into thin strips about 5cm/2inch long.
2. Heat the butter and oil in a large frying pan, and the onions and mushrooms and fry gently for 5 minutes.
3. Raise the heat then add the meat and brown on all sides. Add the mustard seeds, salt and pepper and continue to cook over a low heat for 5 minutes, stirring constantly.
4. Add the soured cream and continue to cook gently, without boiling until warmed through. Serve immediately with boiled rice.

Satay Duck

Ingredients:

1/2 tsp Ground Ginger
1 tbsp Soy sauce
1 tsp Worcestershire Sauce
Finely grated zest and juice of 2 Oranges
Salt and pepper to taste.
1lb boneless duck breasts
½ cup unsalted cashews
Parsley to garnish

Instructions

1. Preheat the oven to 200C, 400F, and Gas mark 6. Cut the duck into cubes. In a bowl, mix the ginger, soy sauce, Worcestershire sauce and orange rind and juice and season with pepper. Stir in the duck, cover and refrigerate for 2 hours.

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2. Thread the duck onto the skewers and place them in a roasting tin. Spoon on the marinade and roast in the oven for about 10 minutes, or until the duck is cooked through and tender.
3. Meanwhile, spread the nuts on a baking tray and roast in the oven for 5 minutes, until golden brown. Set aside.
4. When the duck is cooked, lift the skewers onto a heated serving dish, cover and keep hot.
5. Put the nuts into a food processor together with the cooking juices from the duck and blend until smooth. Place in a small saucepan and gently reheat.
6. To serve - put the sauce into a warmed serving bowl and top with strips of orange rind. Serve the duck satay hot.

Mozzarella Couscous

Ingredients

- 2 eggplant chopped
- 2 onions chopped
- 3 tbsp Olive Oil
- 8 tomatoes chopped
- 2 cups millets
- 1 ½ cup stock
- 1 tsp basil
- Salt and Pepper
- 1 cup mozzarella shredded

Instructions

1. Heat half the oil in large frying pan, add the onions and fry until golden brown. Add the remaining oil and the eggplant and continue to fry until browned on all sides.
2. Stir in the tomatoes, partially cover with a lid and cook for 10 minutes or until the eggplant is tender.
3. Meanwhile boil millets in water approximately 15 – 20 minutes. Cover and cook on low heat for additional 10 minutes or until tender. Toss with drizzle of olive oil and set aside.
4. Remove the frying pan from the heat and add half the shredded basil salt and pepper.
5. Chop the remaining basil. Mix millets, chopped basil, salt and pepper well.
6. Top with eggplant mixture and mozzarella.

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NALYSNYKY (Potato Pancakes)

4 large raw potatoes, grated
4 tablespoons flour
1/2 tsp baking powder
2 eggs (medium size)
1/2 tsp salt
Finely grated hard cheese
Oil

Grate potatoes, drain off surplus liquid; add salt, flour, baking powder and eggs. Mix well until all is combined. Cook by heaping tablespoonfuls (spread out a little bit with back of spoon) in hot oil in heavy 10-inch skillet. Fry until golden brown on both sides. Remove from skillet, drain on paper towels and keep warm in covered container. Serve with whipped sour cream or applesauce.

Chicken Wings

1 tbsp oil
3 large cloves garlic, peeled, minced
1/4-cup vinegar
3 tbsp tomato paste
1 1/2-Chili sauce
2 tbsp brown sugar
3 tsp Worcestershire sauce
Salt and pepper to taste.
20 Chicken Wings

Directions:

Preheat oven to 400 degrees F. Line a baking sheet with foil or parchment paper.

Remove wing tips from chicken wings and separate into drumsticks and wing ends.

To make the barbecue sauce: Add olive oil, garlic, vinegar, tomato paste, chili sauce, brown sugar, Worcestershire sauce, salt and pepper to a large bowl. Mix to combine. Toss barbecue sauce with the wings, ensuring the wings are well coated.

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Place the chicken wings on a baking sheet. Bake wings for 15 minutes to 20 minutes. Turn the wings over and brush them with some more of the barbecue sauce. Return the wings to the oven and continue cooking for 15 to 20 minutes or until they are cooked through.

Turkey Stew (Dominican Republic)

1 8-pound turkey, cut into pieces (do not remove bones), skin removed and fat trimmed off

flour

2 tablespoons vegetable oil

1 green pepper, chopped

1 red pepper, chopped

2 medium onions, chopped

1½ cups tomato puree

6-8 cups low-sodium chicken broth (fat removed)

4 cloves garlic, minced

12 pitted green olives, halved

6 tablespoons capers

8 medium white potatoes, peeled and quartered

1½ pounds fresh peas shelled, or 1 10-ounce package frozen peas

ground pepper to taste

very small amount of salt (optional)

1. Preheat the oven to 350 degrees F.

2. Put about 1 cup flour into a medium bowl. Turn each turkey piece over in the flour and pat off the excess. In a very large, non-stick skillet heat the oil over medium-high heat. Add the turkey pieces and fry until nicely browned all over, about 8 minutes. Transfer the turkey to a large, oven-proof casserole.

3. Add the green pepper, red pepper, onion, and garlic to the skillet and cook until the vegetables are tender, about 6 minutes. Stir in the tomato puree and chicken broth. Bring to a boil and pour over the turkey pieces. Cover the casserole tightly and bake for one hour.

4. Remove from the oven and stir in the olives, capers, and potatoes. Bake for an additional 30 minutes, until the turkey and potatoes are tender. Stir in the peas and bake for 10 more minutes. If you are using frozen peas,

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bake them for only 5 minutes. Season with salt and pepper and serve immediately.

Serve with salad.

Potato Fish Bake

1 lb whitefish or perch fillets, fresh or frozen thawed
2 cups mashed potatoes
3 tbsp grated Parmesan cheese
1 tbsp chopped parsley
½ cup mozzarella cheese
2 crushed garlic cloves
1/2 tsp salt
1/2 tsp basil
1/4 tsp oregano

Layer fish fillers lengthwise in a baking pan. Place half of potatoes at each end of fillets. In small bowl, combine cheese, parsley, salt, basil, garlic and oregano. Sprinkle over fish and potatoes. Bake in the oven at 350F for 15 – 20 minutes or until crust starts to brown.

Fish Creole

1 onion chopped
1 green pepper chopped
1 clove garlic minced
2 tbsp. oil
2 cups tomatoes diced
1 bay leaf
1/2 tsp thyme
Salt and pepper to taste
1 lb. frozen fish fillets chopped

In large skillet, over medium heat, saute onion, green pepper and garlic in oil for about 5 minutes or until tender. Stir in tomatoes, bay leaf, thyme, salt and pepper. Cover and simmer 15 minutes. Add fish to sauce; cover and simmer 10 to 15 minutes or until fish flakes easily with fork. Serve with rice.

Chicken Kiev

4 boneless chicken breast halves
4 tablespoons butter, softened

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1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh chives
1/4 teaspoon white pepper, or black pepper
1/4 teaspoon salt
1/4 cup flour
1/2 cup fine corn flake crumbs

Blend the softened butter with parsley, chives, pepper, and salt. Divide into 4 portions and chill until firm.

Flatten each chicken breast half to about 1/4-inch thickness by pounding each between wax paper. Place a portion of the chilled butter mixture in the center of each flattened chicken breast half. Roll each to completely enclose the butter. Dust each roll in flour/bread crumb mixture. Place in lightly greased baking dish. Cover and bake at 350° oven for 45 minutes. Uncover and bake 15 minutes longer.

STUFFED CABBAGE ROLLS

8 lg. cabbage leaves
1 (10 1/4 oz.) can tomato soup
1 lb. ground beef
1 c. cooked rice
1/4 c. chopped onion
1 egg, slightly beaten
1 tsp. salt
1/4 tsp. pepper

Cook cabbage in salted water a few minutes to soften; drain. Mix 2 tablespoons soup with remaining ingredients. Divide meat mixture among cabbage leaves; fold in sides and roll up (secure with toothpicks, if necessary). In skillet, place rolls, seam side down; pour remaining soup over. Cover; cook over low heat for 40 minutes. Stir occasionally, spooning sauce over rolls. 4 servings. (I often use spaghetti sauce instead of the tomato soup.)

Baked Mushrooms:
Ingredients :

1 lb Fresh mushrooms
2 tbl Fresh Lemon Juice

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1/4 cup Butter or margarine
2 tbl Flour
1/4 cup Parmesan cheese, fresh, grated
1/2 cup Sour cream, at room temperature
1 x salt and pepper to taste
 Fine dry bread crumbs
1/4 cup Green onions, (including tops)

Method :

Clean and prepare the mushrooms. Saute with lemon juice and green onions in butter for about 4 minutes; season with salt and pepper. Stir in the flour and cook (stirring) for about a minute. Spoon into a shallow baking dish; combine Parmesan cheese and sour cream, pour over the mushrooms. Sprinkle with some bread crumbs and dot with a little butter. Bake at 425 for 10 minutes, or until bubbly and golden.

Main Dishes

Rice & Pasta

Corn Bread:

INGREDIENTS:

1-cup corn meal
1-cup flour
1/4-cup sugar
5 tsp baking powder
½ tsp salt
1-cup water, plus
2 tbsp water
1/3-cup oil

DIRECTIONS:

Preheat oven to 425.

Combine all ingredients and beat well.

Bake in greased and floured 8-inch cake pan for 20- 25 minutes.

Cajun Cornbread Stuffing Recipe

2 tsp salt
1 ½ tsp pepper
1 tsp red chili pepper
1 tsp black pepper
1 tsp Dried oregano
1/2 tsp onion or garlic powder
1/2 tsp Dried thyme
1 cup butter
¾ cup onions chopped
¾ cup bell pepper chopped
½ cup celery chopped
2 bay leaves
1 tbsp Garlic paste
1 cup Chicken stock
1 tbsp hot sauce
5 cups Cornbread -- cubed
1 cup milk or rice/soy milk
3 tsp egg replacer

In a large pan, sauté the onions, bell peppers, celery, bay leaves and garlic.

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Then add the salt, ground peppers, oregano, thyme, and onion/garlic powder into the pan.

Then stir in the chicken stock, pepper sauce and cook for an additional 5 minutes.

Remove the pan from heat, add the cornbread, milk and egg replacer, mix well and put into a well-greased baking pan and bake for 30 – 40 minutes at 350F.

Aloo Paratha

INGREDIENTS:

2 ½ cups flour

4 boiled potatoes

1 tsp mango (amchoor) or pomegranate (anar) powder

2 green chillies chopped

2 – 3 curry leaves (optional)

1 tbsp garlic/ginger paste

2 tbsp oil

Salt to taste

DIRECTIONS:

Heat the oil cool and add to the flour mix well knead the dough with warm water (should not be sticky).

Keep aside for 15 minutes.

Peel & mash the boil potatoes.

Add salt and all other ingredients except ghee.

Mix well and form into small balls.

Take the dough form balls little bigger than the stuffing balls.

Roll out thin chappati on half semi circle place the stuffing ball and spread evenly on lower half cover the top half over the potato stuffing tightly press the sides.

Again fold the semi circle chappti into a triangle.

Now roll out again into a triangle shaped paratha make all the stuffed parathas.

Then put the griddle (tava - preferably non-stick) and roast the paratha after turning over once apply ghee/oil.

Same way roll out all the parathas and roast.

Serve with Mango pickle or Dahi/ or Raita.

Hunan Chow Mein

1 onion chopped

2 tsp garlic paste

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- 1 tbsp toasted sesame oil
- 2 tbsp soy sauce (soy free)
- 1 tsp dried mustard
- 1-cup celery sliced
- 2 cups baby bok choy chopped
- 1 red bell pepper chopped
- 1-cup water chestnuts sliced (optional)
- 1-cup chicken stock
- 1-cup mushrooms sliced
- 4 cups white rice cooked

In a pan cook the onion and garlic in oil for 3 minutes.

Add the soy sauce, mustard, celery, bok choy, bell pepper, water chestnuts, vegetable stock, and mushrooms.

Continue cooking, stirring frequently, until vegetables are crisp-tender, about 5 minutes.

Serve over rice.

Lo Mein

- 3 large mushrooms chopped
- ½ pound Chinese noodles (rice)
- 3 tbsp sesame oil
- 1 onion chopped
- 2 cups shredded cabbage (Savoy)
- 1 zucchini chopped
- 3 tbsp soy free soy sauce
- ½ cup vegetable stock
- 1 tsp honey or sugar
- ½ teaspoon salt

Bring 4 quarts of water to boil in a large pot.

Stir in the noodles and cook 3 minutes, just until tender.

Drain, rinse in cold water, and toss with 1 tablespoon of sesame oil. Set aside.

Place a wok over medium-high heat. When it begins to smoke, add the mushrooms, onion, cabbage, and zucchini. Stir-fry for 2 minutes. Pour the sauce (soy sauce, vegetable stock, honey, salt) over the vegetables. Add the reserved noodles and stir until heated through, about 3 minutes. Serve immediately.

Mandarin Noodles

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4 large mushrooms chopped
½ pound fresh Chinese noodles
¼ cup sesame oil
1 tbsp hoisin sauce
1 tbsp bean sauce
2 tbsp rice vinegar
3 tbsp soy free soy sauce
1 tsp sugar or honey
1/2-cup vegetable stock
1 tsp chili paste
1 tbsp cornstarch
1/2 red bell pepper chopped
1/2 can bamboo shoots chopped
2 cups bean sprouts???
1 scallion -- thinly sliced

Soak the Chinese mushrooms in 1 1/4 cups of hot water for 30 minutes. While they are soaking, bring 4 quarts of water to a boil and cook the noodles for 3 minutes. Drain and toss with 1 tablespoon of sesame oil; set aside.

Combine the ingredients for the sauce in a small bowl and stir well to dissolve the sugar; set aside. Dissolve the cornstarch in 2 tablespoons of cold water; set aside.

Place the wok over medium-high heat. When it begins to smoke, add the remaining 3 tablespoons of peanut oil, then the mushrooms, red pepper, bamboo shoots, and bean sprouts. Stir-fry 2 minutes. Stir the sauce and add it to the wok, and continue to stir-fry until the mixture begins to boil, about 30 seconds. Mix the dissolved cornstarch and add it to the wok. Continue to stir until the sauce thickens, about 1 minute. Add the noodles and toss until heated through, about 2 minutes. Transfer to a serving platter and sprinkle with the sliced scallion. Serve immediately.

Vegetable Lo Mein

1 cup Chinese noodles (Rice)
2 tsp hot chili oil
2 tsp ginger grated
2 cloves garlic minced
¼ cup shiitake mushrooms sliced

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1 red bell pepper sliced
2 cups bok choy chopped
½ cup vegetable broth
¾ cup sugar snap peas or snow pea pods
2 tbsp soy free soy sauce
2 tbsp rice vinegar
1 tbsp sesame oil
¼ cup chopped cashews (optional)

Cook noodles according to package directions. Meanwhile, heat oil in large deep skillet or wok over medium heat. Add ginger and garlic; cook 30 seconds. Add mushrooms, bell pepper and bok choy; cook 3 minutes, stirring occasionally. Add broth and sugar snap peas; simmer until vegetables are crisp-tender, stirring occasionally, 3 to 5 minutes. Add soy sauce, and vinegar.

Drain noodles; add to skillet with vegetables. Add sesame oil; cook 1 minute, tossing well. Sprinkle with cashews, if desired.

Vegetable Fried Rice (soy free)

¼ cup soy free soy sauce
3 tbsp rice vinegar
½ tsp salt
6 tbsp sesame oil
2 eggs lightly beaten
1 carrot diced
1 red bell pepper chopped
½ cup frozen peas
4 cups cooked rice

Combine the ingredients for the sauce in a small bowl. Mix to blend well and set aside.

Place a small skillet over medium heat. When it begins to smoke, add 2 tablespoons of sesame oil and the lightly beaten eggs. Stir until the eggs are firm but moist. Transfer the eggs from the skillet to a small bowl and break them into small curds. Set aside.

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Bring 1 quart of water to a boil in a small saucepan. Add the carrot and boil 1 minute. Drain and rinse in cold water. Drain again and reserve.

Place a wok over medium-high heat. When it begins to smoke, add the remaining 1/4 cup of sesame oil and the garlic. Stir briefly. Add the carrots, celery, red pepper, and peas. Stir-fry 1 minute. Stir in the rice and stir-fry 1 minute. Pour in the sauce and cook until the rice is heated through, about 5 minutes, stirring frequently. Serve hot.

Fried rice recipe

3/4 c cooked rice, cold is best

2 oz pork, ham, chicken or shrimp, cooked and cut up fine

1 tbsp soy sauce

1 scallion with top, cut into 1/4-inch lengths

1 egg, scrambled and cut up

1 tbsp oil

Heat oil to medium hot. Add soy sauce. Stir in rice. Cook rice so it is fluffy when done. Toss till heated through and lightly coated with sauce and oil. Stir in meat and scallions and toss to heat through. Stir in eggs, toss to mix, and serve immediately with tossed salad.

Spanish Rice

INGREDIENTS:

1 tbsp oil

2 cups uncooked long-grain white rice

1/4 onion, chopped

1 green bell pepper, chopped

salt and pepper to taste

1 can stew tomatoes or 1 1/2 cup salsa

4 cups water

2 tsp garlic

DIRECTIONS:

In a large skillet, combine oil, rice, onion, green pepper and salt and pepper until the rice is a light brown color. Remove skillet from stove. Mix tomatoes into the mixture. Pour in water (it should cover the entire mixture; use more if necessary). Return the skillet to the stovetop and bring the mixture to a full boil; salt and pepper to taste. When the mixture begins to boil, cover the skillet, and reduce heat to a simmer. Cook 12 to 15 minutes and never, I mean NEVER, remove the cover. After 12 to 15

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minutes, turn stove off and let stand for another 12 to 15 minutes. DO NOT remove cover until the final 15 minutes has elapsed!

Pelau

INGREDIENTS

3 tablespoons vegetable oil
3/4 cup sugar (white or brown)
1 chicken, cut up (about 2½ to 3 pounds), or substitute goat meat or beef
1 onion, chopped
1 clove garlic, minced
1½ cup pigeon pea or black-eyed peas
2 cups rice
3 cups water
1 cup coconut Milk
2 cups cubed squash
2 carrots, chopped
¼ cup chopped parsley
1 teaspoon dried thyme
1 bunch green onion
¼ cup ketchup
3 tablespoons butter

METHOD:

Heat the oil in a heavy pot or skillet. With the heat on high, add the sugar and let it caramelize until it is almost burned, stirring constantly. Add the chicken (or meat) and stir until all the pieces are covered with the sugar. Reduce the heat to medium, add the onion and garlic and cook, stirring constantly for 1 minute.

Drain the pigeon peas and add them to the pot along with the rice, water, and coconut milk. Reduce the heat and simmer, covered, for 30 minutes.

Add the remaining ingredients, stir until well mixed, cover and cook until the vegetables are tender, about 20 to 30 minutes. The pelau should be moist at the end of the cooking time.

Picadillo Rice

Ingredients

3/4 pound lean ground pork or beef
1/2 cup chopped onion

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1/2 cup chopped green or sweet red pepper
1 14-1/2-ounce can tomatoes, cut up
2/3 cup water
2 tablespoons raisins
2 tablespoons chopped pimiento-stuffed olives
1 teaspoon chili powder
1 teaspoon ground cumin
1/4 teaspoon salt
Dash ground cinnamon (optional)
1/2 cup long grain rice

Directions

1. In a large skillet cook meat, onion, and green pepper until meat is brown and vegetables are tender. Drain well.
2. Stir in undrained tomatoes, water, raisins, olives, chili powder, cumin, salt, and cinnamon. Bring to boiling; stir in rice. Reduce heat. Cover and simmer about 20 minutes or until rice is tender.
3. If desired, garnish with additional sliced olives.

Cajun Lamb with Rice

Ingredients:

2 1/2lb boneless lamb chopped
3 tbsp Oil
1 onion, chopped
2 red and 2 green chilis diced
1 can tomatoes chopped
1 1/2 cup stock
1 tsp Fresh Basil, chopped
1 tsp Grated Lemon Rind
1 tsp Chilli Powder
1 1/2 cup of basmati rice

For the Spice Rub

1 level tsp salt
1/2 tsp Cayenne Pepper
1/2 tsp Black Pepper
1/2 tsp Paprika
1/2 tsp Garlic Salt

Instructions

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1. Preheat the oven to Preheat oven to 180C, 350F, Gas mark 4. Trim the lamb of any excess fat.
2. Mix together the spice rub ingredients, and rub over the lamb. Let it stand for 15 minutes.
3. Heat oil in a large frying pan and add the lamb and cook over a high heat until all sides are browned. Remove to a roasting pan. Roast the lamb for 40-50 minutes.
4. While the lamb is cooking, add onions and peppers to the frying pan used for searing the lamb. Fry gently until soft then add the tomatoes, stock, basil, lemon, and chilli powder. Bring to a boil then add the rice. Reduce heat and simmer until the rice is tender.
5. To serve - carve the lamb into strips. Place the rice mixture on a warmed serving platter and top with the meat. Serve hot.

Lamb Pilaf

Ingredients:

- 1 1/2lb lamb chopped
- Salt and pepper to taste
- 1 tbsp Oil
- 1 tbsp Butter
- 1 onion chopped
- 1 garlic crushed
- 1/2 tsp Ground Cumin
- 1/2 tsp Ground Cinnamon
- 6 Cardamoms, crushed
- 6 cloves
- 1/2 tsp Saffron Powder
- 1-cup basmati rice
- 1-pint fresh stock
- 2 Bay Leaves
- 1 tbsp Raisins
- 1 tbsp Flaked nuts

Instructions

1. Cut each lamb into cubes. Sprinkle lightly with salt and pepper. Heat the oil and half the butter in a large saucepan and fry the lamb until browned. Remove from the pan.
2. Fry the onion in the same saucepan for 10 minutes, then add the garlic, ground cumin, cinnamon, cardamoms and cloves, and fry for a further 2-3 minutes.

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3. Return the lamb to the saucepan, cover and cook over a gentle heat for 15 minutes, stirring from time to time so that the lamb is well coated.
4. Add the rice, stock, saffron and bay leaves to the chicken; bring to the boil. Cover and cook gently for 10 minutes.
5. Stir in the raisins and cook for a further 5-10 minutes until the rice is tender.
6. To serve - quickly fry the almonds in the remaining butter for 2-3 minutes, until golden, then pour over the pilaf.

Parmesan Herb Muffins

- 2 cups flour
- 1 tablespoon sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sage
- 1/2 cup chopped parsley
- 1/4 cup fresh grated Parmesan cheese
- 1 1/4 cups milk
- 1/4 cup shortening
- 1 tsp egg replacer
- 1/2 cup mineral water

In a large bowl, combine flour, sugar, baking powder, baking soda, sage, chopped parsley, and grated Parmesan cheese; blending well. Add buttermilk, melted butter, and egg; stir just until moistened. Fill greased muffin tin two-thirds full. Bake in 400°F. oven for 15 to 20 minutes, or until the center is set. Remove from oven. Let them completely cool on wire rack.

Japanese Style Fried Noodle (Chow mein)

Yakisoba

Ingredients:

- 1 pack of rice noodles
- 1/4 pound sliced pork or beef
- 1 carrot sliced for ease to cook
- 1/4 cabbage diced
- 3 shiitake mushrooms sliced
- Black pepper
- 2 tablespoons oil

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Method:

Heat oil in a large wok over medium heat and saute beef. Add all vegetables and cook until all ingredients get soft, but not too soft.

Meanwhile, boil noodles as its directions.

Add boiled noodles and yakisoba sauce in a wok and fry until extract water evaporates. Put black pepper. Noodles can burn easily, so stir well with a turner.

Jamaican Rice and Peas

225g/8oz dried kidney beans

2 tbsp peanut oil

1 medium onion, finely chopped

1 scotches bonnet-style chilli, seeded and minced

700ml/1¼ pints coconut milk

1 sprig fresh thyme

2 chives, finely chopped

Salt and freshly ground black pepper, to taste

400g/14oz white uncooked rice

Vegetable Frittata with Roasted Tomato Salsa #10540

1 tablespoon vegetable oil

1 large onions, halved and sliced thin

1 large red peppers, diced

1 lb mushrooms, trimmed and sliced

2 lbs firm tofu, drained

1 cup egg whites or egg substitute

1/2 teaspoon salt

1 tablespoon dried basil

4 medium zucchini, shredded

12 ounces cheese, grated

roasted tomato salsa

4 large ripe tomatoes, cored

1 large onions

2 shallots, speeled

1/4 cup chopped fresh chives

PREHEATED OVEN TO 350.

IN MEDIUM SKILLET, HEAT OIL OVER MEDIUM HEAT.

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ADD ONION AND PEPPER AND COOK, STIRRING OFTEN, UNTIL SOFTENED ABOUT 5 MINS.

ADD MUSHROOMS AND COOK, STIRRING OFTEN, UNTIL SOFTENED ABOUT 5 MINS IN FOOD PROCESSOR, PROCESS TOFU UNTIL SMOOTH.

ADD EGG WHITES, VINEGAR AND BASIL AND PROCESS UNTIL BLENDED IN LARGE BOWL, COMBINE MUSHROOM MIXTURE, TOFU MIXTURE, ZUCCHINI AND SOY CHEESE AND MIX WITH RUBBER SPATULA.

LIGHTLY COAT INSIDE OF 9-INCH DEEP-DISH QUICHE PAN WITH COOKING SPRAY.

SPREAD MITU IN PREPARED PAN.

BAKE UNTIL FRITTATA IS FIRM AND TOP IS LIGHTLY GOLDEN ABOUT 1 1/2 HOURS MEANWHILE, MAKE SALSA; LIGHTLY COAT BAKING SHEET WITH COOKING SPRAY.

ARRANGE TOMATOES, ONION AND SHALLOS ON PREPARED SHEET.

PLACE IN OVEN WITH FRITTATA.

BAKE UNTIL TOMATO SKINS BROWN AND BLISTER ABOUT 45 MINS.

IN FOOD PROCESSOR OR BLENDER, PROCESS ROASTED VEGETABLES AND 1/4 TEASPOON SALT UNTIL SMOOTH.

POUR SAUCE INTO MEDIUM SAUCEPAN.

HEAT OVER LOW HEAT UNTIL SIMMERING.

POUR INTO SERVING BOWL AND SPRINKLE WITH CHIVES.

SERVE HOT WITH FRITTATA.

Mexican Potato Salad

2 lbs. red potatoes, cut into chunks

1 cup frz. corn kernels, thawed

1 lrg. tomato, chopped

1 bunch scallions, chopped

1/2 cup salsa

2 Tables. fresh lime juice

2 Tables chopped fresh cilantro or 1 T. dried

Freshly ground pepper

Place the potatoes in a large pot and cover with water.

Bring to a boil, reduce the heat, cover, and cook 30 minutes, or until just tender.

Remove from the heat, drain, and place in large bowl.

Add the corn, tomato, and scallions.

Combine the salsa and lime juice.

Pour over the salad and mix well.

Add the cilantro and a few twist of pepper.

Mix gently and serve at once or chill over night.

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Title: Mexican Spice Mix

Yield: 1 Servings

Ingredients

1/2 c chili powder
1/4 c paprika
1 tb ground cumin
1 ts garlic powder
1 ts ground red pepper; dried
-fresh if possible
2 ts dried oregano leaves
1 ts salt

Polenta Triangles

Ingredients

3 c Cold water
1 c Coarse yellow cornmeal
1 Env. onion soup mix
4 oz Mild chopped green chillies,
Drained (1 can)
1/2 c Whole kernel corn
1/2 c Red pepper, roasted and
Finely chopped
1/2 c Sharp Cheddar cheese,
Shredded

Instructions

Bring the water to a boil in a 3-quart saucepan. With a wire whisk, stir in the cornmeal and onion soup mix. Simmer uncovered, stirring constantly, for 25 minutes, or until thickened. Stir in the chillies, corn and roasted red peppers.

Spread the mixture in a lightly greased 9-inch-square baking pan and sprinkle with the cheese. Let stand for 20 minutes, or until firm.

Homemade Perogies

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Mushroom Filling

1 lb. mushrooms
½ onion chopped
2 tsp butter.
Salt and Pepper to taste.

In a frying pan, add 1/2 medium onion and saute in butter until mushrooms cook down. Salt and pepper lightly. When filling pierogis, squeeze liquid from mushrooms - if filling is too moist it will run out of the dough.

Perogies

2 1/2 cups flour
1/2 teaspoon salt
2 teaspoons oil
3/4 cup warm water

Mix the flour with the salt in a deep bowl, add the oil and water to make medium soft dough.

Knead on a floured board until the dough is smooth. Cover and let stand for at least 10 minutes.

Put the round in the palm of your hand.

Place a spoonful of filling in it, fold over to form a half circle and press the edges together with the fingers.

The edges should be free of filling. Drop a few perogies into a large quantity of rapidly boiling salted water. Continue boiling for 3-4 minutes.

Place in a deep dish, sprinkle generously with melted butter to prevent them from sticking. Cover and bake in the oven until all are cooked and golden.

Sauces, Dips & Spices

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Syrian spice mix

Ingredients

- 1/4-cup Ground Sumac, dry
- 2 teaspoons Dry thyme leaves
- 1-teaspoon Cumin seed
- 1/2-teaspoon Paprika
- 1/4-teaspoon Salt
- ¼ cup sesame seeds (toasted) (optional)

Tempura Batter

- 1 tbsp cornstarch or soup base
- 1 tsp sugar or 2 tsp sweetened rice wine
- 2 tbsp rice wine, dry white wine (optional)
- ¼ cup soy sauce
- ½ tsp ginger (shredded)

Tandoori Spice

- 1 tbsp Garlic salt
- 1 tbsp Paprika
- 2 tsp Cayenne (ground red pepper)
- 2 tsp Ground coriander
- 2 tsp Ground cumin
- 2 tsp Ground ginger
- 1/2 tsp Ground cardamom
- 1/2 tsp Ground cinnamon

Green Chutney

- 1 tbsp Onions (chopped)
- 4 Green Chillies (chopped)
- 2 cloves Garlic (minced)
- 1/2 piece Ginger (minced)
- 6 tbsp Coriander (chopped)
- 1 tsp Cumin seed
- Salt to taste
- Lemon Juice to taste

Grind the onions, cumin seeds, green chillies, coriander leaves, garlic and ginger to a fine paste by using a little water.

Pour the paste / chutney into a bowl and adjust the consistency using suitable amount of water.

Add salt and lemon juice to the chutney.

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Soy Free "Soy" Sauce

8 oz molasses

3 oz balsamic vinegar

Sugar to taste (optional)

Combine ingredients. Refrigerate.

Manchurian Sauce

½ cup soy sauce

½ cup vegetable stock

½ cup Green onion thinly sliced

1 tsp Ginger (minced)

1 tsp Garlic minced

½ tsp Jalapeno pepper (minced)

In a medium-sized bowl, combine all the ingredients and whisk until well blended. Refrigerate for at least 30 minutes before serving.

Chinese Sweet and Sour sauce

¾-cup pineapple juice

1 tbsp oil

2-½ tbsp brown sugar

1 tsp soy sauce

½ tsp pepper

¼ cup balsamic vinegar

¼ tsp ginger

3 tbsp onion (chopped)

2 tbsp green pepper (chopped)

1 tbsp chili sauce

1 tbsp ketchup

Combine all ingredients in saucepan and heat to boiling. If you wish this sauce to be thick, add some cornstarch mixed with cold water. Cool before serving.

Teriyaki Sauce

2 tbsp cornstarch

1/3-cup soy sauce

¼ cup sugar

1 garlic clove (minced)

2 tsp ginger (minced)

2-¼ cups broth

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Directions:

In a small saucepan, stir together cornstarch, soy sauce, sugar, garlic and ginger. Stir in broth.

Cook over medium heat, stirring, until thickened.

Makes about 2 ½ cups.

Thai Red Curry Paste

Ingredients:

4 red chillies (seeded)

4 tsp Coriander seeds

2 tsp Cumin seeds

4 stalks Lemon Grass (chopped)

2 tsp Ginger (minced)

2 small onions (chopped)

6 cloves garlic

Juice of 2 lemons

2 tbsp hot paprika

In a frying pan, add coriander, cumin seeds and dry roast them on medium heat.

Grind together in grinder or using mortar and pestle.

Add chillies, seeds, onions, garlic, lemon juice, paprika, lemon grass and ginger into a food processor and blend until they become a thick paste.

Freeze will last up to 2 months.

Sweet Tamarind Chutney

1 tsp tamarind paste

or ½ cup of liquid from dried tamarind soaked in water

¾-cup hot water

¼-cup dark brown sugar

1 tsp coriander seeds

1 tsp cumin seeds

1 tsp anise seeds (fennel)

½ tsp hot chili powder

½ tsp salt

In a saucepan, add sugar and tamarind paste cook over low heat, stirring, just until sugar is dissolved, then remove from heat and put into a bowl. In a frying pan, add coriander, cumin seeds and anise seeds and dry roast them on medium heat.

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Grind together in grinder or using mortar and pestle.
Stir spices into tamarind mixture along with chili powder and salt.

Yogurt Chutney

1-cup Plain yogurt, soy or rice yogurt

½ tsp Salt

3 tbsp Water

½ tsp Cayenne

¼ cup Cucumber (chopped)

1 Chili (chopped)

1 tsp Coriander (chopped)

½ tomato (diced) (optional)

Directions

In a bowl combine all ingredients and serve cold.

Tzatziki

2-cups Plain yogurt, soy or rice yogurt

2 cucumbers (grated)

1 tbsp garlic (minced)

1 tbsp white vinegar

2 tbsp olive oil

Salt and pepper to taste.

Directions:

In a bowl add garlic, vinegar, olive oil, salt, and pepper.

Place in a bowl and combine with cucumber and yogurt, and serve cold.

Hummus

Ingredients:

2 cans of chickpeas

¼ cup lemon juice

⅓ cup Tahini

¼-cup water

1 tbsp olive oil for garnish

Parsley chopped, for garnish

Paprika for garnish

Salt and pepper to taste

Instructions:

Add chickpeas, lemon juice tahini, water, salt and pepper in food processor until a smooth paste is formed.

Garnish with paprika, parsley and olive oil.

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Egg free mayonnaise

INGREDIENTS:

1-cup cottage cheese

2 tbsp oil

1 tbsp water

1 tbsp vinegar

1 tsp Dry mustard

1-2 tsp paprika/pepper

DIRECTIONS:

In a bowl, blend 1 cup low fat cottage cheese, 2 tablespoons vegetable oil, 1 tablespoon water, 1 tablespoon cider vinegar, 1 teaspoon dry mustard, 1 to 2 teaspoons paprika and a dash of pepper. Occasionally stop to scrape the side with a rubber spatula and then with extra water if necessary. Blend until smooth. For a Russian dressing add a tablespoon of ketchup.

Bruschetta

INGREDIENTS:

2 large tomatoes

¼ tsp basil,

¼ tsp oregano

Salt and pepper to taste

¼ cup olive oil

3 cloves garlic

DIRECTIONS:

In a food processor chop tomatoes, basil and oregano, olive oil and garlic.

Add salt and pepper to taste.

Yemeni Spice Mix (hawayil)

Ingredients:

3 tsp Black Peppercorns

1 1/2 tsp Caraway seeds

1/2 tsp Saffron threads

1/2 tsp Cardamom seeds

1 tsp Turmeric

Instructions:

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Using a mortar or food processor, grind all ingredients except for the turmeric. Stir in the turmeric and store in an airtight jar until needed.

Yakisoba Sauce

2 tbsp Worcester sauce

2 tbsp ketchup

2 tbsp soy sauce

2 tbsp fish sauce

In a bowl, mix all of the ingredients together.

Chinese 5 Spice

INGREDIENTS:

1 tsp Ground pepper

1 tsp Ground star anise

1-1/4 tsp Ground fennel seeds

1/2 tsp Ground cloves

1/2 tsp Ground cinnamon

1/2 tsp salt

1/4 tsp Ground white pepper

Combine all ingredients in small airtight container. Store in a cool, dry place.

Egg Replacer

1 tsp fresh ground flax seed

1/3 cup water

DIRECTIONS:

In a bowl bring mixture to boil on medium high heat.

Turn down to medium low heat and let simmer for 2-3 minutes.

Then remove from heat and let cool completely.

Mixture will become thick and sticky like egg whites.

Rippled Potato Chip Chaat

- Rippled Potato Chips
- Chick peas
- Thinly chopped onion
- Cumin chaat masala
- Tamarind chutney

Arrange chips on a small plate.

Pour on the chick peas and onion to taste.

Sprinkle on the cumin, chaat masala, tamarind chutney.

Sweet Tamarind Chutney

1 tsp tamarind paste

3/4-cup hot water

1/4-cup dark brown sugar

1 tsp coriander seeds

1 tsp cumin seeds

1 tsp anise seeds (fennel)

1/2 tsp hot chili powder

1/2 tsp salt

In a saucepan, add sugar and tamarind paste cook over low heat, stirring, just until sugar is dissolved, then remove from heat and put into a bowl.

In a frying pan, add coriander, cumin seeds and anise seeds and dry roast them on medium heat.

Grind together in grinder or using mortar and pestle.

Stir spices into tamarind mixture along with chili powder and salt.

Side Dishes & Salads

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Asian Pear Salad

Serves 4

4 cups spring mix

1 head of radicchio, torn

1 bulb fennel, slivered

2 Asian pears, uncored and cut cross wise

dressing of your choice (mustard, white wine vinegar, etc.)

Asian Pear Salad II

1 bunch red-tip leaf lettuce, torn into bite-size pieces

2 firm Asian pears, peeled, cored and thinly sliced

Salt and fresh ground pepper

Raspberry vinaigrette dressing

Caesar Salad (Egg-free):

INGREDIENTS:

1 clove garlic finely chopped

½ cup olive oil

¼ cup lemon juice

Dash of black pepper.

Dash of Tabasco.

Dash of Worcestershire/

½ cup grated Parmesan cheese

1 head romaine lettuce

1 cup fresh mushrooms sliced

Seasoned croutons (optional) – (see recipe below)

DIRECTIONS:

Combine the garlic, oil, and lemon, salt, pepper, cheese and sauces.

Mix well and let stand for one hour.

Toss dressing with Romaine, mushrooms and croutons.

Egg free Tuna Salad:

INGREDIENTS:

1 can of tuna fish

2 tbsp egg-free mayonnaise (See page _)

¼ purple onion, chopped finely

1 celery stalk, chopped finely

1 tbsp of capers

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Juice of half of a lemon
1 tbsp plain mustard
Pinch of tarragon
1 tbsp pickle (not sweet) finely chopped
Lettuce and sliced tomatoes (optional)

DIRECTIONS:

Mix all of the ingredients. Be sure not to drain the olive oil from the can of tuna.

Serve on toast, either open faced, or in a regular sandwich with lettuce and tomatoes.

Eggplant Salad (Babaganoush)

Roasted Eggplant (peeled)
1/4 cup ONION finely chopped
3 cloves GARLIC finely chopped (or 1 tsp. garlic powder)
4 Tbs. LEMON JUICE
1 tsp. SALT
1/4 tsp. GROUND PEPPER
1 Tbs. SUGAR, and blend thoroughly.

Chill in refrigerator.

Heap 1/2 cup EGGPLANT MIXTURE on a 6- to 7-inch plate.

Mash it down to form a circle within 1 inch of edge of plate.

Dribble with 1/2 tsp. OLIVE OIL (if mixture appears dry).

Place:

1 slice TOMATO in center of circle and

1 BLACK OLIVE in center of tomato.

Garnish with PARSLEY SPRIGS.

Grilled vegetable salad - Tunsia

Ingredients:

2 large sweet red peppers

2 large onions

4 medium tomatoes

1 small hot pepper

3 T. fresh lemon juice

3 T. olive oil

1 t oregano

1 7 oz. can of tuna

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2 oz crumbled feta cheese
2 hard boiled eggs, chopped
salt & pepper to taste

Instructions:

Grill the peppers, tomatoes and onions in hot oven approximately 400 degrees. Turn them once during this process. Grill them until they are soft. Remove from oven and cool.

Remove the seeds from the peppers. Dice all of the cooked vegetables into small pieces. Place the vegetables on a flat serving platter. Stir in gently the lemon juice, olive oil, oregano and the salt and pepper.

Best way to eat: Spread the tuna and hard boiled eggs over top.

Tomato and Coriander Salad

Ingredients:

1/2 cup of chopped fresh coriander leaves
1 hot chili pepper, small, seeded and finely chopped
5 medium ripe tomatoes, peeled
4 tbsp lemon juice or vinegar
Salt and pepper to taste

Instructions:

Slice the peeled tomatoes and place in a bowl . Sprinkle the chopped coriander over the tomatoes. Mix the chopped chili pepper with the lemon juice and 1 teaspoon of salt. Beat the olive oil into the chili-lemon juice mixture. Pour over the tomatoes and coriander. Let rest 15 minutes before serving.

Tabouli Salad

Ingredients:

1/3 cup millets cooked
2 clove garlic crushed
3 whole lemons juice
1 bunch mint fresh
8 bunch parsley large bunches,8 cups chopped
4 whole scallions both white and green parts sliced thin
3 whole tomatoes ripe, diced
salt to taste

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black pepper freshly ground , to taste
olive oil optional, highly recommended for taste. Tablespoon to a quarter cup

Instructions:

Cook millets until almost tender. Strain to remove excess water. Mix in the lemon juice, crushed garlic , salt and pepper. Allow this to rest until bulgur is soft, about 30 minutes.

Wash the mint and parsley well and dry it. Chop parsley and mint finely using a knife or food processor (if using a food processor it helps to use the pulse in order to prevent chopping to fine and turning the herbs to a puree).

Combine the mint, parsley, scallions and tomatoes and bulgur mixture . Toss with olive oil as desired. Add lemon juice, salt or pepper as desired to adjust the taste.

Serve with small romaine lettuce leaves, use them as scoops.

Red Pepper and Garbanzo Bean Salad (Ecuador)

1 medium red bell pepper, chopped
1 cup cooked garbanzo beans
1½ cups chopped celery
1 small red onion, sliced
½ medium cucumber (peel if waxed), thinly sliced

In a large bowl, stir together all ingredients. Add the vinaigrette and toss. Cover and refrigerate for 30 minutes to 2 hours. Toss again just before serving.

Vinaigrette

(Makes enough for 1 salad)

1 tablespoon olive or vegetable oil
2 tablespoons lemon juice
3 tablespoons low-sodium chicken broth (remove fat)
1 tablespoon dijon mustard
pepper to taste, small amount salt (optional)

In a medium bowl, whisk all ingredients together

Mexican Potato Salad

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Ingredients

1 pound tiny new potatoes, quartered
1/4 cup water
1/4 cup picante sauce
1 to 2 tablespoons lime juice
1 tablespoon olive oil or salad oil
1/4 teaspoon salt
1/8 teaspoon pepper
1 large tomato, seeded and chopped
1/2 cup sliced pitted ripe olives
1/4 cup sliced green onions
tablespoon snipped cilantro or parsley
1/2 cup corn

Directions

1. In a 2-quart microwave-safe casserole micro-cook potatoes and water, covered, on 100-percent power (high) for 7 to 11 minutes or until potatoes are tender, stirring once. Drain.
2. Meanwhile, in a small microwave-safe bowl combine picante sauce, lime juice, oil, salt, and pepper. Cook, uncovered, on high for 30 to 60 seconds or until heated through. Add sauce to cooked potatoes. Stir in tomato, olives, green onions, and cilantro or parsley; toss to coat. Makes 4 side-dish servings.

Desserts Pastries and more!

Shortbread Cookies:

INGREDIENTS:

1-cup flour
1/3-cup cornstarch
1/2-cup confectioners' sugar
1-cup shortening

DIRECTIONS:

In a bowl, combine the dry ingredients (flour and cornstarch). Cream butter until creamy. Add to flour mixture and beat thoroughly.

Refrigerate 1 hour.

Preheat oven to 350 degrees F.

Shape dough into 1-½ inch balls (or use a cookie cutter to cutout shapes).

Place about 1 1/2 inches apart on ungreased cookie sheets. Flatten with lightly floured fork. (Be careful not to flatten too much, depending on the flour used this could make it break apart.)

Bake for about 12 – 14 minutes or until edges are just slightly browned.

Don't over bake, as cookies will be soft when removed from the oven, but will harden as they cool.

Gingerbread:

INGREDIENTS:

2 ½ cups flour
½ cup shortening
½ cup packed light brown sugar
½ cup dark molasses
½ tsp ground ginger
½ tsp ground cinnamon
1 tbsp distilled white vinegar

DIRECTIONS:

In a large bowl beat together the shortening and half of the flour until the mixture resembles coarse crumbs. Add the sugar, molasses, ginger, cinnamon, egg and vinegar and blend thoroughly. Stir in the remaining flour and mix until smooth. Chill covered for at least 1 hour.

Preheat oven to 375 degrees F (190 degrees C).

Roll out the dough and cut out using a cookie cutter.

Place on a greased cookie sheet, and bake for 10 - 12 minutes or until the edges start to slightly brown.

Banana Bread:

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INGREDIENTS:

2 ¼ cups flour
2 tsp baking powder
1 tsp baking soda
1 1/2 cups mashed bananas (frozen enhances the flavor even more)
2 tsp oil
2 tsp vanilla extract
1/3 cup chopped nuts (optional)
1/3-cup raisins (optional)

DIRECTIONS:

Preheat oven to 350.
Mix dry ingredients together.
In a medium bowl, mash banana with a fork.
Add the rest of the wet ingredients with the banana, mix.
Pour liquid ingredients into the dry ingredients.
Add nuts or raisins.
Bake in oven for 50 minutes or until toothpick comes out clean.

Pancakes:

INGREDIENTS:

1 1/4 cup flour
2 tsp baking powder
2 tbsp sugar
2 tsp oil
1 and ¼ cup cool water
Dash of salt

DIRECTIONS:

Sift dry ingredients together in a medium bowl. Make a little hole in the middle of this mixture and pour in water then oil. Stir just until wet.

Butter Tarts:

INGREDIENTS:

¼ cup Butter
½ cup Brown sugar; packed
½ tsp Vanilla
½ cup Corn syrup
½ cup Raisins; or currants
12 Tart shells; lined with pastry dough (See recipe for gingerbread above).

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DIRECTIONS:

In bowl, cream together butter, sugar and vanilla. Beat in corn syrup. Spoon raisins into tart shells (see gingerbread recipe); pour in the filling, two-thirds full.

Bake in 375F oven for 15 to 18 minutes or until lightly browned.

Egg-Free Bonbon Cookies:

INGREDIENTS:

- 1 1/2 cups butter, softened
- 1 1/2 cups confectioners' sugar
- 2 tablespoons vanilla extract
- 3 cups all-purpose flour
- 1 (10 ounce) jar maraschino cherries, drained

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C).

Cream butter or margarine, sugar and vanilla until mixture is light and fluffy.

Slowly blend in the flour.

For each cookie, shape one level tablespoon of dough around a cherry.

Form each cookie into a ball and place them on an ungreased cookie sheet 1 inch apart.

Bake 12 to 15 minutes.

Candied Popcorn:

INGREDIENTS:

- 1-cup sugar
- 1/2-pound margarine
- 1-cup molasses
- 1/2-teaspoon salt
- 1-teaspoon baking soda
- 7 to 8 quarts popcorn

Directions:

Boil sugar, margarine, and molasses and salt until it solidifies in ice water.

Add soda and stir well.

Pour over popcorn.

Bake in 200° oven for 1 hour, stirring every 10 to 15 minutes.

Deep-Fried Sweet Potato Balls

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INGREDIENTS:

¾ pound sweet potatoes- cooked, peeled and mashed
4 teaspoons cornstarch, divided
1 pinch salt
1-tablespoon water
1 cup shredded coconut
½ cup brown sugar
¾ cup sesame seeds
1 1/2 quarts oil for deep-frying

DIRECTIONS:

In a mixing bowl, knead together potatoes, 2 teaspoons cornstarch, salt and water to form stiff dough. In a separate bowl, combine coconut and brown sugar. Form potato dough into small balls; make a well in the center and fill with coconut mixture; close up hole and reshape balls. Roll in sesame seeds, then in remaining cornstarch.
Heat oil in deep fryer or deep, heavy-bottomed pan to 375 degrees F (190 degrees C).
Fry balls in oil until golden. Drain on paper towels. Serve.

Homemade Marshmallows

INGREDIENTS:

3 cups white sugar
1/4 cup corn syrup
1/4 teaspoon salt
3/4 cup water
2 teaspoons vanilla extract
1 cup confectioners' sugar for dusting

DIRECTIONS:

Generously coat a 9x13 dish with cooking spray.
In a large saucepan, combine sugar, corn syrup, salt and water. Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold-water forms a soft ball that flattens when removed from the water and placed on a flat surface. Remove from heat and beat with an electric mixer until stiff peaks form, 10 to 12 minutes. Stir in vanilla. Pour into prepared pan.

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Chill in refrigerator 8 hours or overnight. To cut, loosen edges with a knife. Dust surface with confectioners' sugar, and turn out onto a waxed paper lined surface. Dust with confectioners' sugar again and cut with a knife.

Egg Free Pie Crust

Makes two 9-inch piecrusts in a hurry!

2 cups flour

1/2 cup sour cream

5 oz butter, room temp

Combine ingredients to form dough. Separate in half, let rest in fridge 10 mins if you have the time. Roll out into 2 shells. Works well for fruit AND meat pies; add vanilla or almond extract to recipe for fruit. Use slightly more sour cream and food coloring for fun (though perishable) play-dough!

HELPFUL COOKING TIP:

When a recipe calls for butter cut into small pieces, such as your shortcake, use a stick of chilled butter and a cheese-grater or food processor. This is quicker, and works great!

Corn Pudding

INGREDIENTS

2 -15 oz. Corn

2 Quarts of milk or soy/rice milk

1/2 lb. Granulated sugar

2 oz. Cornstarch

1 tsp vanilla extract (artificial can be used)

2 oz. Ground cinnamon

METHOD:

Using a blender, combine the creamed corn, and half the milk. Pass through a medium mesh strainer, add the rest of the milk, the sugar and the vanilla and bring to a boil. Reduce to a simmer, add the cinnamon and cook gently for 10 minutes. Dissolve cornstarch in a bit of water and add. When pudding has thickened, turn off heat at once, pour the pudding into individual cups or serving bowl and dust with ground cinnamon.

Cardamom Barfi Recipe

2 cups Sugar

2/3 cup Milk

1/4 teaspoon Salt

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2 tablespoons Light corn syrup
2 tablespoons Margarine or butter
1/2 teaspoon Ground cardamom
1/4 cup Chopped walnuts
1/4 cup Chopped pistachios

Cook sugar, milk, salt and corn syrup in 2-quart saucepan over medium heat, stirring constantly, until sugar is dissolved. Cook, stirring occasionally, to 240 deg. on candy thermometer or until small amount of mixture dropped into very cold water forms soft ball that flattens when removed from water.

Remove from heat. Add margarine. Cool mixture to 120 deg. without stirring. (Bottom of pan will be lukewarm.) Add cardamom. Beat vigorously and continuously until candy is thick and no longer glossy, 5 to 10 minutes. (Mixture will hold its shape when dropped from spoon.) Quickly stir in nuts. Spread mixture in buttered 9 x 5 x 3-inch loaf pan. Let stand until firm. Cut into 1-inch squares.

Gajar ka Halwa (Carrot Halwa)

1 pound carrots
4 tablespoons butter
8 cardamom pods
1/2 cup sugar
1/2 cup fat-free half and half
pistachio or almond slivers (optional)

Clean the carrots by cutting off their tops and bottoms, scraping their sides, and rinsing them under water. Cut the carrots into coins and put them in the skillet with the butter. Remove the seeds from the cardamom pods, crush them in a coffee-bean grinder or mortar and pestle, and add them to the skillet. Cover the skillet and set the heat on medium.

Stir the ingredients occasionally over the next 15 minutes or so until the carrots are cooked through. Turn the heat to low, remove the lid, and mash the carrots with the hand masher. Mix in the sugar. Add the half and half, turn the heat back up to medium, and stir the ingredients constantly for about 3 to 5 minutes (until the cream reduces). If desired, sprinkle with pistachio or almond.

Sweet Rice (Mulhammar)

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Ingredients:

1/4 t saffron threads
3 cardamom pods, cracked
2 cups basmati rice
6 cups of water
1 Tablespoon of salt
1/3 cup sugar
1/4 cup of ghee (butter may be substituted)

Instructions:

In a small bowl put saffron, rose water and the cardamom.
Sort rice and wash until the water runs clear.
In a large heavy pan boil the 6 cups of water.
Stir in the salt and the rice. Return water to a boil, stirring occasionally. Boil uncovered for 8 minutes. Drain. Pour sugar onto the hot rice and mix well.
Melt the ghee in the same pan the rice was cooked. Add the rice with sugar. Sprinkle the rose water and spices on top of the rice. Using the end of a wooden spoon, make 3 small holes in the rice.
Cover the pan with a paper towel and place lid tightly on top.
Cook over low heat about 20 minutes, until done.

Meghli (Rice Pudding) - Lebanese

Ingredients:

1 cup ground rice
5 cups cold water
1 1/4 cup granulated sugar
1/2 teaspoon powdered aniseed
1/2 teaspoon powdered fennel seed
1/2 teaspoon powdered caraway seed
2 teaspoons ground cinnamon
Shredded coconut for garnish (optional)

Instructions:

Note: some like to double the amount of sugar in this recipe, such as me!
Mix one cup of the cold water and the ground rice into a smooth paste.
Stir in the sugar and next 4 ingredients.
In a heavy saucepan bring the remaining 5 cups of water to a boil. Stir in the rice mixture gradually, stir vigorously. Stir constantly until the mixture

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comes to boil again. Reduce heat and simmer. Stir occasionally about 1 hour or until done. You will know it is done when it coats the outside of the spoon.

Transfer to individual dessert bowls and refrigerate. Serve chilled.
Decorate with coconut or slivered almonds if desired.

Mango Pudding

Ingredients:

Mango Pulp (in can)

1 can of evaporated milk

Mix together and stir in a pot on medium heat for 5 minutes. Transfer to a bowl and chill in fridge until ready to serve. Garnish with fried almond and pistachio slices

Japanese Sweet Potato Cake

Ingredients:

2 small satsuma-imo (sweet potato/yam)

1 egg yolk

2 tbsp butter

1 tbsp milk

2 1/2 tbsps sugar

How to Cook:

Steam satsuma-imo until soften.

Peel satsuma-imo skin and mash the satsuma-imo in a bowl.

Add butter, egg yolk (leave some for glazing), sugar, and milk in the bowl. Stir the ingredients well.

Make small oval-shaped sweet potato cakes and put each cake on a pan or in a muffin tin

Mix some water and left-over egg yolk in a small cup.

Glaze cakes with the egg mixture.

Place cakes on a tray and bake in 375 F oven for 10-15 min.

Sweet potato candy!

Boil in sugar water and set aside!

Plantain Cereal (PANAMA)- Oatmeal alternative

4 servings

2 large, green plantains

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3 cups water
¾ teaspoon salt
2 teaspoons sugar
skim milk

1. Peel the plantains and grate very coarsely with a hand grater or in a food processor.
2. In a medium saucepan, stir together the water, salt and sugar and bring to a boil. Stir in the grated plantain and any juice. Reduce heat and cook at a simmer until it is almost smooth, about 10 minutes, stirring occasionally. To serve, divide among 4 bowls and pass skim milk separately.

Vanilla Pudding

¾ cup granulated sugar
¼ cup corn starch
¼ cup powdered acceptable rice/soy milk (Omit if using milk.)
¼ teaspoon salt

2 cups water or acceptable rice/soy milk
2 tablespoons acceptable margarine

1 ½ teaspoons vanilla if using Vanilla rice/soy powdered milk
or use 2 ¼ teaspoons vanilla if using regular rice/soy milk

Place the dry ingredients into a non-stick saucepan. Add 1 cup of water or milk and then another cup. Mix. Place on burner and cook over medium to medium-high heat. Cook until thicken. Remove from heat. Add margarine and vanilla. Stir.

-----FOR BANANA PUDDING-----

2 Bananas, chopped

-----FOR BUTTERSCOTCH PUDDING-----

Brown sugar instead of white
-1 T extra butter

A proper Trifle – Egg free, Dairy Free

2 cups vanilla pudding
5 cups of sponge cake chopped
Raspberry jam
1 ½ cups fresh or strawberries
1 large banana
½ cup juice

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Topping:

- 1/2 pint heavy cream -- whipped or Cool Whip
- 1/2 cup slivered nuts -- lightly toasted (optional)

To assemble the trifle, spread the pieces of cake with a very thin layer of jam. Put the pieces in a large bowl. (Clear glass or crystal is traditional.) Sprinkle the juice and berries over the cake and stir.

Don't bother to thaw frozen berries; there's less mess if they're frozen. Peel and thinly slice the banana. Stir it in with the cake and berries. Drizzle the pudding over the top spread the whipped cream over the trifle. Sprinkle the nuts on top. Cover and chill for at least 4 hours.

Tropical Trifle – Egg free, Dairy Free

- 2 cups vanilla pudding
- 5 cups of sponge cake chopped
- 2 kiwis
- 2 mangos
- 1 large banana
- 1 papaya
- Mango or Pineapple jelly
- ½ pineapple juice

Topping:

- 1/2 pint heavy cream -- whipped or Cool Whip
- 1/2 cup slivered nuts -- lightly toasted (optional)

To assemble the trifle, spread the pieces of cake with a very thin layer of jam. Put the pieces in a large bowl. (Clear glass or crystal is traditional.) Sprinkle the juice and fruits over the cake and stir.

Drizzle the pudding over the top spread the whipped cream over the trifle. Sprinkle the nuts on top. Cover and chill for at least 4 hours.

Banana Cream Pie

INGREDIENTS:

- 2 cups of vanilla pudding
- 1/2-teaspoon ground cinnamon
- 2 cups whipped cream divided
- 2 bananas, thinly sliced and tossed with 1 1/2 tablespoons lemon juice (about 1/2 lemon)
- 1 baked 9-inch pie shell

PREPARATION:

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Beat 1 cup of the cream until firm but not stiff. Mix about 1/2 cup of the whipped cream into the warm pudding to lighten it. Fold remaining whipped cream into pudding and fold in sliced bananas. Transfer filling to the pastry shell. Whip remaining cream and spoon or pipe onto the pie. Refrigerate until serving time.

Mango Strawberry Parfait

Ingredients

2 cups vanilla pudding
1/2 cup cubed mango
2 large strawberries, sliced
3 shortbread cookies, crumbled
Strawberry slices for garnish

In parfait glass or small glass bowl, layer quarter of pudding, half of mango, half of strawberries and quarter of pudding. Repeat layers in second parfait glass. Refrigerate 30 minutes.

Just before serving, top with cookie crumbs and garnish with strawberries

Fruit Frappe

1 fruit e.g. mango
1/2 cup yogurt or soy/rice yogurt
1 cup milk or rice/soy milk
1/2 cup of ice

Mix all ingredients and blend. Pour into tall glasses, garnish with mint.

Fruit Cobbler

INGREDIENTS:

2/3-cup sugar
1-tablespoon cornstarch
1-cup water
3 cups sliced fruit
1-cup flour
1 tablespoon granulated sugar mixed with 1-teaspoon cinnamon
1 1/2 teaspoon baking powder
1/2-teaspoon salt
3 tablespoons shortening
1/2-cup milk/ rice/soy milk
1 1/2 teaspoon shortening

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DIRECTIONS:

Mix sugar and cornstarch in saucepan, gradually stir in water and fruit.

Pour into 1 ½ qt. Baking dish; dot with margarine and sprinkle sugar cinnamon mixture over the top.

Stir together flour, sugar, baking powder and salt. Cut in shortening until mixture looks like meal. Now stir in milk. Mix well.

Drop by spoonfuls on to hot fruit. Bake 20 to 30 minutes. Serve warm or cold, with ice cream or whipped topping.

Gluten free, Egg Free, Milk Free Banana Cake

INGREDIENTS:

2 cups flour

1 cup shortening

1 1/2 cups white sugar

2 tsp egg replacer

1 ½ cup mineral water (carbonated)

2 tbsp baking powder

5 bananas, sliced

1 cup brown sugar

¼ cup icing sugar

¼ cup chopped nuts (optional)

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). In a bowl, cream together the half the shortening and sugar until light and fluffy. Beat in the egg replacer, flour, salt, baking powder, and mineral water. Pour half the batter into greased spring form pan. In a saucepan add remaining shortening and brown sugar. Bring to a boil on medium heat and then remove from heat to cool. Layer slices of 4 bananas mixed with caramel mixture, then pour remaining batter on top. Bake in the preheated oven for 20-30 minutes. For icing mix the icing sugar with water or shortening until thick and creamy. Spread onto cake once it has cooled completely. Arrange the remaining slice s of banana for decoration, and sprinkle with chopped nuts.

Blueberry Coffee Cake

Cake ingredients:

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2 cups and 1-2 Tbsp of sifted, all purpose flour separated
2 teaspoons baking powder
1/2-teaspoon salt
1/4 cup shortening
3/4-cup sugar
1 tsp egg replacer
1/2-cup milk
1 pint blueberries

Topping ingredients:

1/4 cup unsalted butter, softened
1/2-cup sugar
1/3-cup flour
1/2 tsp cinnamon

1 Preheat the oven to 375°F. Grease an 8-inch spring form pan. Set aside.
2 Sift together the 2 cups of flour, the baking powder and the salt. Set aside. Cream the butter and sugar until fluffy, about 3 minutes. Beat in the egg. Add the flour mixture in 3 parts, alternating with the milk. Toss the berries with the remaining 1 to 2 tablespoons of flour (to separate and scatter evenly throughout the batter) and fold in. Pour batter into the prepared pan. Set aside.
3 Combine the ingredients for topping with a fork to make a crumbly mixture. Sprinkle this over the batter.
4 Bake for one hour, then test for doneness by gently inserting a fork. If it does not come out clean, give the cake another 5 to 10 minutes to bake.
5 When the cake has cooled, run a knife around the edges and lift the cake out of the pan. Serve with whipped cream.

Strawberry Shortcake

2 cups flour
1/2-teaspoon salt
4 teaspoons baking powder
5 tablespoons shortening
1-cup mineral water
1 tsp egg replacer
1/4 cup melted butter
1-pint strawberries, fresh or frozen
Whipped Cream

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Sift together flour, salt, and baking powder; cut in shortening until mixture resembles coarse crumbs. Stir in milk and egg. Mix lightly. Divide dough in half; roll each piece out to fit into an 11x8-inch baking pan. Grease 11x8-inch baking pan. Place 1 portion of rolled out dough in greased pan; brush with melted butter. Place the remaining portion of rolled out dough onto the first one and brush with more melted butter. Bake at 425° until browned, about 25 minutes. Let cool then cut into 8 serving pieces. For each shortcake, split cake portion and spread sweetened, slightly crushed strawberries between and on top of split cake. Serve with whipped cream. If using fresh strawberries, hull, clean, and slice a pint of strawberries, then toss with 1/4 cup to 1/2 cup of granulated sugar and let stand while shortcakes are baking.

Egg Free Ice cream Ingredients

1 can (14 oz.) fat-free evaporated milk
1 cup light cream
1 can (14 oz.) sweetened low-fat condensed milk

Method

In a bowl, mix together the evaporated milk, condensed milk, cream, and cardamom.
Freeze overnight.

For Indian Kulfi add 2 tsp crushed cardamom and chopped nuts (optional).

Gluten Free Muffins

JELLY FILLED MUFFINS

2 tbsp. Shortening
1/2 c. sugar
1 tsp egg replacer
2 c. flour
3 tsp. baking powder
1/2 tsp. Salt
1/2 tsp. Cinnamon
1/2 c. milk
1/4 cup jelly
Melted butter or margarine

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1 c. chopped nuts
1 cup mineral water

Cream together shortening and sugar. Add egg; beat well. Sift together flour, baking powder, salt and cinnamon; add alternately with milk to creamed mixture. Place half the batter in a small greased muffin pan; top batter in each pan with 1/2 teaspoon jelly. Place remaining batter on jelly in each pan. Bake in preheated 400 degree oven for 25 minutes. Brush with melted butter on all sides; roll in nutmeats. Makes about 16.

Chocolate Muffins

1 1/2 cups chocolate chips
1-cup flour
1/2-teaspoon baking soda
1/2-teaspoon salt
2 tsp egg replacer
1/2 cup mineral water
1-cup light brown sugar, firmly packed
2/3-cup milk
1/2 cup shortening
1-teaspoon vanilla extract

Preheat oven to 350°F (175°C). Grease and flour a 12-cup muffin tin or line with paper liners.

In a large bowl, whisk together flour, baking soda and salt. Make a well in the center. Set aside.

In another bowl, beat eggs; add the brown sugar, milk, butter, and vanilla; mix well. Pour this mixture into well of flour mixture. Stir until just moistened; do not over mix. Gently fold chocolate chips into batter.

Fill prepared muffin tins two thirds full. Bake for 20 to 25 minutes or until muffins test done. Cool in pan on wire rack.

Blueberry Streusel Muffins

INGREDIENTS:

1/2 cup sugar
1/4 cup butter, softened
1 tsp egg replacer
2 1/3 cups flour
4 teaspoons baking powder
1/2 teaspoon salt

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1 cup mineral water
1 teaspoon vanilla extract
1 1/2 cups fresh or frozen blueberries

Streusel:

1/2 cup sugar
1/3 cup flour
1/2 teaspoon ground cinnamon
1/4 cup butter

DIRECTIONS:

In a mixing bowl, cream sugar and butter. Add egg, flour, baking powder, salt and water until thick and creamy. Add in vanilla, and then fold in blueberries.

Fill 12 lightly greased or paper-lined muffin cups two-thirds full.

For streusel, combine in a small bowl the sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over muffin batter.

Bake at 375°F (190°C) for 25 to 30 minutes or until browned.

Banana Muffins

INGREDIENTS:

1/2 cup sugar
1/4 cup butter, softened
1 tsp egg replacer
2 1/3 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1 cup mineral water
1 teaspoon vanilla extract
1 1/2 cups mashed bananas (frozen if possible)

DIRECTIONS:

In a mixing bowl, cream sugar and butter. Add egg, flour, baking powder, salt and water until thick and creamy. Add in vanilla, and then mix in bananas.

Fill 12 lightly greased or paper-lined muffin cups two-thirds full.

Bake at 375°F (190°C) for 25 to 30 minutes or until browned.

Churros

INGREDIENTS:

1 cup water
2 1/2 tablespoons white sugar
1/2 teaspoon salt

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2 tablespoons vegetable oil
1 cup all-purpose flour
2 quarts oil for frying
1/2 cup white sugar, or to taste
1 teaspoon ground cinnamon

DIRECTIONS:

In a small saucepan over medium heat, combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball. Heat oil for frying in deep-fryer or deep skillet to 375 degrees F (190 degrees C). Pipe strips of dough into hot oil using a pastry bag. Fry until golden; drain on paper towels. Combine 1/2 cup sugar and cinnamon. Roll drained churros in cinnamon and sugar mixture.

Pineapple Plantain Dessert

2 cups water
2 plantains chunked
2 tbsp butter
2 cans of crushed pineapple
1/2 tsp cinnamon
1/4 cup pineapple juice
3 tbsp sugar

Boil plantains in 2 cups of water (enough to cover them) Reduce heat, and simmer for 5-7 minutes or until tender. Drain the plantains, and set aside. In a frying pan, melt shortening, and add plantain. Sauté for additional 2-3 minutes and then add pineapple chunks, juice and, cinnamon and sugar. Cover and simmer for another 5 – 7 minutes.

Apricot Pudding Recipe

1 pint milk into saucepan,
add two tablespoons Crisco, and bring to boiling point.
Mix 1/2 cup cornstarch with 1/2 cup milk and stir slowly into boiling milk,
add 1/2 teaspoon salt. Heat 1 cup apricot jam, and strain off juice.

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Stir the pieces of apricot into cornstarch and cook for 5 minutes. Sprinkle 1 tablespoon chopped pistachio nuts into wet mold and pour in hot mixture.

Caramel Sauce

2 cups brown sugar
1 (14 oz) can sweetened condensed milk
1/2 cup margarine or butter
1 teaspoon vanilla
1/2 cup milk, more as needed

Stir sugar and condensed milk together; heat over low to medium heat, stirring constantly, till sugar dissolves; remove from heat. Add butter and vanilla and stir well. Add milk and stir well. Store in the refrigerator.

BOILED PANCAKES

These pancakes are cooked in milk and makes a nice change from the fried variety.

25g plain flour
2 eggs
2 tsp caster sugar
750 ml milk
fresh strawberries or raspberries or any fruit jam - for garnish
whipped cream

Sift the flour and mix with eggs and sugar until smooth. In a wide pan, bring the milk to a boil and spoon tablespoonfuls of the batter on to the milk. The mixture should make about 6. Simmer for several minutes until set. These can be eaten either with fresh fruit or a little jam, topped with whipped cream!! Serves 2.

PASTRY TWISTS

250g plain flour
1 tbs icing sugar
25g butter
1 egg
2 egg yolks
1 tbs sour cream
1 tbs vinegar
butter or oil for deep frying

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icing sugar for dredging

Mix all but the last two of the above ingredients together in a large bowl to form a dough. Roll out as thinly as possible. Cut into narrow strips and make a slit down the middle of each one. Push one end through the slit and pull gently so that you have a twist in the middle. Do this to all of the strips. Heat enough butter or oil in a pan for deep-frying. Fry the pastry twists until golden on both sides. Drain on kitchen paper. Pile on plate and dredge with icing sugar..

Hungarian Nut Nuggets

- 1 lb butter, room temperature
- 10 tablespoons powdered sugar
- 2 cups of medium-coarse chopped walnuts
- 2 teaspoons vanilla extract
- 4 cups flour

In a large bowl blend the ingredients with a wire pastry blender until the ingredients form when squeezed together. Form into balls (or nuggets) by tablespoons; dough will be very crumbly, I press and form them in my palms instead of my fingers. Place on a cookie sheet and bake at 350 degrees for about 10 minutes until they start to brown around edges. Cool and roll in powdered sugar.

Hungarian Pancakes

- 5 eggs
- 3 cups milk
- 1 1/2 tablespoons sugar
- 3 cups sifted flour
- 1 teaspoon vanilla
- Pam cooking spray, for pan (butter flavor)
- Cheese filling
- 1 lb cottage cheese
- 1 egg, well beaten
- 3-5 drops vanilla
- 1/4-1/2 cup sugar

Beat eggs well.

Add milk, salt, sugar, and vanilla, Gradually add sifted flour beating until smooth a a thin batter. Cook in pan.

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Spread cheese filling, or grape jelly, or lekvar, or any jelly you like on the pancake and roll. You can also eat plain with a little powdered sugar sifted on top. Cheese filling: mix all ingredients well, adding sugar to taste.

Vanilla Gelatin Dessert

Ingredients:

- 1 package unflavoured gelatin or 2-½ tsp agar agar
- 1 cup Water
- 1 cup Milk
- 1 tbsp Almond extract or 1 tbsp vanilla extract
- 1 tbsp Sugar (optional)

Method:

Boil the water and dissolve the gelatin. Add milk, sugar and extract and stir well.

Pour into a lightly greased pan and allow to set for 3 hours.

Cut into cubes or shapes of your choice and serve.

Vanilla Mousse

- 1 cup boiling water
- 2 envelopes unflavored gelatin or 4-½ tsp agar agar
- 1/2-cup sugar
- 1 cup canned evaporate skimmed milk
- 1 tsp vanilla extract
- ¼ tsp cinnamon powder
- 2 cups fresh ice cubes

Directions:

Pour water and gelatin into an electric blender. Add sugar, vanilla, ice and cinnamon and process for about 1 minute or until smooth.

Pour into a dish and chill for at least one hour.