

RECIPES FOR PEOPLE WHO ARE ALLERGY-SENSITIVE



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A food allergy is a type of immunologic reaction due to intake of certain food protein. Recent studies show that there are about twelve millions Americans who suffer from food allergies.

Shellfish, eggs, tree nuts, fish and peanuts are considered familiar causes of food allergies to older people.

The younger ones usually suffer food allergies from peanuts, milk and eggs.



Currently, the only cure for people who are allergy-sensitive is to prevent intake of foods which makes them allergic or what is termed as "allergens."

To avoid food allergy attacks, it is a must to carefully prepare the food that will be consumed by allergy-sensitive people.

There are 1000's of recipes which you can cook.

Many of those are free from "allergens."



Egg-Free Diet

Over reaction of the immune system in the body when proteins from the eggs are ingested causes an egg allergy.

You need to avoid prepared foods wherein albumin, egg, and other egg substitutes are present if you have allergies with egg. There are different egg substitute which you incorporate on your cooking recipe such as:

- **Puree from apricot**
- **Plain gelatine with warm water**
- **Mix of baking powder, vinegar and liquid**



You need to check the appropriate amount of each item before you prepare the above-mentioned substitutes.





Egg-Free Mushroom & Parmesan Quiche

INGREDIENTS

- 1 sheet frozen ready-rolled shortcrust quiche pastry, partially thawed
 - 40g butter



- 250g button mushrooms, thinly sliced
 - 2 green onions, thinly sliced
 - 1/4 cup plain flour
 - 1 1/2 cups reduced-fat milk
- 2 tablespoons finely chopped fresh chives
 - 1/4 cup finely grated parmesan cheese
 - 100g baby spinach
- 1 medium red capsicum, thinly sliced

METHOD

- **Step 1**

Preheat oven to 180°C/160°C fan forced.

Line a 23cm round (base) loose-based fluted flan tin with pastry. Trim excess.

Refrigerate for 30 minutes.



- **Step 2**

Meanwhile, melt one-quarter of the butter in a non-stick saucepan over low heat. Add mushroom and onion. Cook, stirring, for 2 minutes or until mushroom has softened.

Transfer to a colander. Drain.

- **Step 3**

Melt remaining butter in pan over medium-high heat. Add flour. Cook, stirring, for 1 to 2 minutes or until bubbling. Remove from heat. Gradually stir in milk until smooth.

Cook, stirring, for 5 minutes or until mixture boils and thickens. Remove from heat.

Season with salt and pepper. Stir in half the chives and half the parmesan. Cover surface with plastic wrap. Set aside.



- **Step 4**

Place flan tin on an oven tray. Cover pastry with baking paper. Fill with uncooked rice or ceramic pie weights. Bake for 10 minutes. Remove paper and rice or weights. Cook pastry for 5 to 10 minutes or until golden. Remove from oven. Increase temperature to 200°C/180°C fan-forced.

- **Step 5**

Spoon mushroom mixture into pastry case. Top with flour mixture. Sprinkle with remaining parmesan. Bake for 10 to 15 minutes until golden. Sprinkle with remaining chives. Combine spinach and capsicum in a bowl. Serve quiche with spinach mixture.



Peanut-Free Diet

All kinds of nut as well as foods that may contain “peanut protein” should be prevented for consumption if you happen to belong to people who have peanut allergies.

These days, there are a lot of peanut-free recipes you can prepare. To name a few of peanut-free recipes are: (1) SoyNut Butter Cookies; (2) Smoothie made from Super Soy; (3) Tofu Pie made from SoyNut and Banana; (4) Ginger soup; and (5) Sauce prepared from SoyNut.



It has been discovered that “soy nut” is the best substitute for food preparation which is free from peanut.

A soy nut does not belong to the “nut” family since the term is coined for soybeans that are drenched and baked for a crispier taste.





Soy Nut Butter

INGREDIENTS

- 1.5 cups roasted soy nuts
 - 1 cup water
 - 2 tbsp. coconut oil
- 2 tbsp. maple syrup (+/- to taste)
 - 1/2 tsp salt (+/- to taste)



- optional: cocoa powder, cinnamon
- optional: other oils (i.e. flax, safflower, sunflower, sesame, olive, rapeseed, etc.)

METHOD

Add soy nuts to whichever appliance you're going to use to blend, (food processor, magic bullet, blender) then add the water. Let the soy nuts soak for a while (until they absorb all or most of the water).

Once the nuts are soft and the liquid is reduced, pulse them into a thick puree. Scrape down the sides of the blender as needed.



Milk-Free Diet

Milk allergy is an allergic response of the immune system when an individual has consumed one or more proteins acquired from cow's milk.

If you are allergic to milk, you need not consume foods or beverages which contain milk, butter, different types of cheese, and sour creams. Some of dairy-free recipes which you may want to prepare are: (1) Potato Soup (homemade); (2) Grilled Salmon; (3) Shrimp which is marinated then grilled; (4) Pecan snack; and (5) Spaghetti with No Red Sauce.





Grilled Salmon

INGREDIENTS

- 1/2-1 pound salmon
- 2-3 tablespoons vegetable oil
 - 1 lemon



DIRECTIONS

Salt the salmon lightly and set it at room temperature for 15 to 20 minutes before cooking.

Fire up the grill. Make sure the surface is clean. This is very important.

Get some vegetable oil ready to wipe on the grill later.

After 15 to 20 minutes of setting out, pat the salmon dry and then use a butter knife to scrape the skin side to get any moisture or scales off. This makes the skin side drier so it will not stick to the grill.



Coat the salmon with oil.

When the fire is good and hot -- use high heat on my gas grill -- wipe down the grate with a paper towel that has been dipped in the oil.

Put the salmon on the grill skin side up because you want a good sear on the fish, and you cannot do this well if you start skin-side down -- the fish will cook too much and will fall apart when you try to flip it.

The uncooked skin helps hold things together.



Leave the salmon steak on the grill for a solid 4 to 6 minutes, depending on thickness.

A thin sockeye fillet might need closer to 3 minutes on one side. But seriously, don't move it.

You will know it is ready when you can slide a spatula underneath the salmon. It might stick in one or two spots, but it should be mostly crusted over.

Gently flip the salmon onto the skin side and leave it again for at least 3 minutes, a bit longer if it is on the thick side.



Exactly how long depends on thickness, but it'll never be less than 2 minutes on high heat. Watch the fish, and if the flakes begin to separate, you're done.

Take the salmon off the heat, sprinkle lemon juice on it, and then let it rest for 2 to 3 minutes.

Serve with your favourite sauce.



You can find many more recipes in the GHE membership area.

People who have food allergies can still taste delectable delicacies eliminating the “allergens” which triggers their allergy.

The one who is preparing the food must be cautious not to include food triggers.

Most importantly, there are a multitude of alternative food recipes which you can cook. Our membership area is a good source of recipes.

Eating should not be boring for people with food allergies.



It takes a lot of creativity and resourcefulness so that you can eat the foods that you want using different food substitutes.

**This Ebook Was Written For
Global Healing Exchange**

