

Carina Venter, Penny Barnard, Isabelle Brady, Sally-Ann Denton, Anna Carling, Carol Greenland, Nicky Heather, Rebecca Weeks, Mich Lajeunesse

Recipes to go with MAP Milk Ladder

Biscuit (“malted milk”)

Makes 40 small biscuits

Ingredients

110g unsalted butter - softened

110g caster sugar

175g self-raising flour

50mls evaporated milk

Water if mixture is too dry

Method

Preheat oven to 180C (160C for fan ovens)

In a large bowl, cream the butter and sugar and evaporated milk until pale

Mix in sifted flour

This will make a stiff dough - if too dry add a small amount of water

Divide dough into 2 and then into 2 again

Out of each quarter of the dough - make 10 small equal size balls

Place on baking tray covered with greased baking paper

Cook for 15 minutes or until golden at the edges but still a little soft

Transfer to cooling rack

Dough not used can be wrapped in cling film and frozen

Cooked biscuits can also be frozen

Variations

Add any of the following - dairy free chocolate drops, grated lemon and/or orange zest and a small amount of juice, any spices such as cinnamon, dried fruit such as raisins, apricots, dates

Nutrition Information

Milk protein for recipe - 3.8g

Milk protein in each biscuit - 0.095g (0.076 g casein and 0.019 g whey)

Gluten and wheat free alternative:

For a gluten and wheat free biscuit replace the wheat flour with 175g Doves Gluten and Wheat free self-raising flour

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Biscuit (Digestive/Garibaldi)

double up the malted milk recipe ingredients to make 40 small biscuits.

Nutrition Information

Milk protein for recipe – 7.6g

Milk protein in each biscuit - 0.19g

Mini muffins/cupcakes

Makes 8 muffins (1 muffin = 25 mls of milk)

THESE MUFFINS/CUPCAKES can also be used for a BAKED MILK Challenge

In order to provide 50 ml of milk (as per Anna Nowak-Wegzyn studies*) 2 muffins need to be eaten. *Nowak-Wegzyn A, Assa'ad AH, Bahna SL, Bock SA, Sicherer SH, Teuber SS. Work Group report: oral food challenge testing. J Allergy Clin Immunol 2009 Jun;123(6 Suppl):S365-S383

Ingredients

132g Wheat or Wheat free flour	40ml Any oil
40g Cocoa powder	70 ml Prune juice/Apple Puree
1½ tsp Baking powder	200ml Milk
¾ tsp Bicarbonate of soda	½ tsp Vanilla extract
100g Soft brown sugar	

Method

Mix all the dry ingredients together

Mix the oil, apple puree/prune juice, milk and vanilla extract together

Add the fluid to the dry ingredients and mix lightly.

Scoop mix into muffin pans.

Bake at 180 C for 20 min.

Variations

Can serve with icing made with a suitable dairy free margarine or dairy free cream cheese.

Nutrition Information

Each muffin contains 25 mls of milk = 0.825 g of milk protein

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Scotch pancakes:

Recipe provides 18 pancakes

Ingredients

120g self-raising flour

small pinch salt

30g caster sugar

1 egg

1/4 pint milk (142 ml) = 8 ml milk per pancake = 0.26 g of milk protein = 0.21 g of casein and

0.05 g (50 mg) of whey

Methods

1. First grease your pan - use oil as butter will burn, and then put on the hob to heat.
2. Sift the flour into a bowl, add the pinch of salt and the sugar.
3. Crack the egg into the milk, and whisk.
4. Pour the egg and milk liquid into the dry ingredients, and mix to form a smooth batter.
5. Test that the pan is hot enough by putting a teaspoon of batter onto it. You should have a small pancake cooked for you in less than a minute.
6. Use a tablespoon to drop the batter onto the pan.
7. When the surface of the batter has become covered in bubbles get ready to flip them over using a palette knife.
8. When cooked remove the pancakes from the pan and wrap in clean tea towel to keep moist.

Egg free or wheat free alternative

For an egg free alternative replace the egg with ½ large banana or use the instructions on an egg replacer.

For a wheat free pancake replace the wheat flour with wheat free flour

Nutrition Information

Milk protein per scotch pancake:

8 ml milk per pancake = 0.26 g of milk protein = 0.21 g of casein and 0.05 g (50 mg) of whey

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Mini pizza

Ingredients and method

Use bread or pitta bread

Tomato paste to cover the bread or pitta bread

Add a variety of vegetables as preferred

Cover the pizza with 15g (1/2 oz) of cheese (mozzarella or cheddar or a mix)

Bake for 5-10 min at 200 C.

Wheat free alternative

For a wheat free pizza, use a wheat free pitta bread or a corn tortilla.

Nutrition Information

Milk protein content per "pizza" = 3.75 g milk protein

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Shepherd's pie Recipe

Excludes: Egg, Wheat, Gluten, Soya, Nuts

Serves: 8 children

Ingredients

650g lamb mince or beef mince
1 tbsp vegetable oil
1 large onion, finely chopped
600ml vegetable stock
½ tsp mixed herbs
1 tbsp tomato purée
sea salt and freshly ground black pepper
900g potatoes, peeled and chopped
55g butter
100mls milk
50g grated cheddar cheese

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Fry the mince in a large frying pan for 4-5 minutes, or until browned. Strain off any liquid.
3. Heat the oil in a separate frying pan and fry the onions for 4-5 minutes, or until lightly browned then add them to the lamb mince.
4. Add the vegetable stock, herbs, tomato purée and season with salt and freshly ground black pepper. Cook gently for one hour, or until the meat is cooked through and tender.
5. Meanwhile, cook the potatoes in boiling salted water for 5-10 minutes, or until tender. Drain the potatoes and mash with the butter and milk.
6. Place the meat in an ovenproof casserole dish and spread the potatoes on top.
7. Run a fork over, then arrange the grated cheese on top.
8. Bake the pie in the oven for 25-30 minutes, or until bubbling and golden-brown on top.

Nutrition information

Contains cow's milk protein – 2g per child's portion

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Lasagne

Excludes: Egg, Nuts, Soya

Contains: Wheat, Gluten, Dairy

Serves: 8 children

Ingredients

oil, to fry	200g tomato purée
450g lean beef mince	2 bay leaves
1 onion, finely chopped	2 x 400g tin chopped tomatoes
1 red pepper, seeds removed, finely chopped	1 tsp dried thyme, parsley and oregano
1 green pepper, seeds removed, finely chopped	salt and freshly ground pepper
150g mushrooms, sliced	350g lasagne sheets
	200g cottage cheese
	50g grated mature Cheddar cheese

Method

1. Preheat the oven to 180C/350F/Gas 4 and grease a 25cm/10in x 20cm/8in baking dish.
2. Heat a dash of oil in a large heavy-based frying pan over a high heat. Fry the mince until browned all over. Remove the mince from the pan.
3. Add another dash of oil to the pan over a medium heat. Gently fry the onion, peppers and mushrooms until soft.
4. Add the mince back into the pan together with the tomato purée and bay leaves. Cook for a further five minutes.
5. Add the tomatoes and herbs, and bring the mixture to the boil. Simmer for at least 30 minutes and season to taste with salt and freshly ground black pepper. Lastly, remove the bay leaves.
6. Line the base of the baking dish with pasta and cover with about one-third of the mince mixture. Place teaspoonful amounts of cottage cheese across the mince, in order to use up one-third of the cheese.
7. Repeat Step 6 twice more and finally cover the lasagne with the grated Cheddar. Bake in the oven for 45 minutes to one hour, or until golden-brown and bubbling on top.

Nutrition information

Contains cow's milk protein – 5.04 g per child's serving

Gluten and wheat free alternative:

For a gluten and wheat free lasagne replace the lasagne sheets with 300g dried wheat free pasta sheets