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Baking for People *with* **FOOD ALLERGIES**



HOME AND GARDEN BULLETIN NO. 147
U.S. DEPARTMENT OF AGRICULTURE

BAKING FOR PEOPLE WITH FOOD ALLERGIES

Baking breads, cakes, and pastry for family members allergic to wheat, eggs, or milk calls for special recipes. The recipes in this publication were developed for use without some or all of these basic ingredients.

All of the recipes are made with non-wheat flours, meals, or cereals; some are also made without milk or eggs. Cornmeal and rolled oats are commonly available. If rice, rye, and soybean flours are not available at your market, they can be bought at specialty food stores.

Every recipe has been tested for flavor, texture, and appearance of the final product.

However, while flavors of the baked products that you make from these recipes are good, textures will not be the same as in products made with usual ingredients. Cakes and muffins made without eggs crumble more easily than those made with eggs. Breads and cakes made with non-wheat flours will not be as light as those made with wheat flour. Also, baked products, such as muffins and biscuits, will not have as rich a brown color when flours other than wheat are used.

The recipes that you find useful will depend on which foods stimulate allergic reactions in members of your family. For example, if family members are allergic to wheat, eggs, and milk, you may choose to bake cornmeal muffins or a pineapple upside-down cake. However, if they are allergic only to wheat, all the recipes in this bulletin may be used.

NOTE: Before you prepare any of these recipes, check the labels on your baking powder and shortening containers. Be sure all ingredients in these products are permitted in the diet.

QUICK BREADS

Rye biscuits

(Without eggs or wheat)

Rye flour.....	1 1/3 cups
Soybean flour.....	1/2 cup
Sugar.....	2 tablespoons
Baking powder.....	1 tablespoon
Salt.....	1 teaspoon
Fat.....	1/4 cup
Milk.....	About 3/4 cup

Preheat oven to 450° F. (very hot).

Mix dry ingredients thoroughly. Mix in fat only until mixture is crumbly.

Add milk gradually, and stir until a soft dough is formed.

Place on floured surface and roll or pat to a thickness of about 1/2 inch. Cut into 2-inch rounds.

Place on ungreased baking sheet. Bake 12 minutes or until very lightly browned.

Makes 1 dozen 2-inch biscuits.

Cornmeal muffins

(Without eggs, milk, or wheat)

Cornmeal.....	1 cup
Rye flour.....	1/2 cup
Rice flour.....	1/3 cup
Baking powder.....	2 tablespoons
Salt.....	3/4 teaspoon
Sugar.....	1/4 cup
Water.....	1 cup
Fat, melted.....	1/4 cup

Preheat oven to 375° F. (moderate).

Grease muffin tins.

Mix dry ingredients thoroughly.

Add water and fat; mix well.

Fill muffin tins about half full.

Bake 30 minutes, or until very lightly browned and firm to touch.

Makes 12 small muffins.

Orange nut bread

(Without eggs, milk, or wheat)

Rolled oats, ground.....	2 $\frac{1}{4}$ cups
Baking powder.....	4 teaspoons
Baking soda.....	$\frac{1}{4}$ teaspoon
Salt.....	$\frac{3}{4}$ teaspoon
Sugar.....	$\frac{3}{4}$ cup
Nuts, chopped.....	$\frac{3}{4}$ cup
Fat, melted, or oil.....	2 tablespoons
Orange juice.....	$\frac{3}{4}$ cup
Orange rind, grated.....	1 tablespoon

Preheat oven to 350° F. (moderate).

Grease 9- by 5-inch loafpan.

Mix dry ingredients thoroughly.

Add nuts, fat, orange juice, and rind. Stir until dry ingredients are well moistened.

Pour into pan.

Bake 60 minutes or until firm to touch. To prevent the top of loaf from cracking, cover with aluminum foil during the first 20 minutes of baking.

NOTE: Grind rolled oats in a food chopper, using the fine cutting blade.

Makes 1 loaf (16 slices, $\frac{1}{2}$ -inch thick).

Spoonbread

(Without wheat)

Milk.....	3 cups
Cornmeal.....	1 cup
Salt.....	1 $\frac{1}{2}$ teaspoons
Butter or margarine.....	2 tablespoons
Egg yolks, beaten.....	4
Egg whites.....	4

Preheat oven to 400° F. (hot).

Grease 1 $\frac{1}{2}$ -quart casserole.

Combine milk, cornmeal, and salt. Cook over low heat, stirring constantly, until thickened.

Add fat. Cool the mixture. Stir in egg yolks.

Beat egg whites until stiff, but not dry. Fold into cornmeal mixture.

Pour into casserole.

Bake 35 to 40 minutes, or until set. Serve hot.

Makes 6 servings, $\frac{2}{3}$ cup each.

Rolled oat muffins

(Without eggs, milk, or wheat)

Rolled oats, ground.....	1 cup
Rice flour.....	3/4 cup
Baking powder.....	2 tablespoons
Salt.....	1 teaspoon
Cinnamon.....	1 teaspoon
Sugar.....	1/4 cup
Raisins.....	1/2 cup
Water.....	1 1/4 cups
Fat, melted.....	1/4 cup

Preheat oven to 425° F. (hot).

Grease muffin tins.

Mix dry ingredients thoroughly.

Add raisins, water, and fat. Mix well.

Fill muffin tins about two-thirds full.

Bake 20 minutes or until lightly browned.

NOTE: Grind rolled oats in a food chopper, using the fine cutting blade.

Makes 12 medium-size muffins.

Rye crackers

(Without eggs or wheat)

Rye flour.....	1 3/4 cups
Rice flour.....	1 cup
Salt.....	1 1/2 teaspoons
Baking soda.....	1 teaspoon
Fat.....	1/2 cup
Buttermilk.....	1 cup

Preheat oven to 375° F. (moderate).

Mix dry ingredients thoroughly. Mix in fat only until mixture is crumbly.

Add buttermilk and mix well.

Place dough on a well-floured surface. Roll very thin. Cut into strips 3 by 1 1/2 inches. Place with sides touching on baking sheet.

Bake 18 minutes or until lightly browned.

NOTE: Sprinkle tops of crackers with coarse salt before baking, if desired.

Makes 75 crackers, 3 by 1 1/2 inches.

Rye muffins

(Without eggs, milk, or wheat)

Rye flour.....	1 1/4 cups
Rice flour.....	1/2 cup
Baking powder.....	4 teaspoons
Salt.....	3/4 teaspoon
Sugar.....	1/4 cup
Water.....	1 cup
Fat, melted.....	1/4 cup

Preheat oven to 375° F. (moderate).

Mix dry ingredients thoroughly.

Add water and fat; mix well.

Fill greased muffin tins about half full.

Bake 25 minutes or until lightly browned.

Makes 12 small muffins.

Waffles

(Without wheat)

Rice flour.....	1 1/2 cups
Baking powder.....	1 tablespoon
Salt.....	1 teaspoon
Milk.....	1 1/2 cups
Egg yolks, beaten.....	2
Fat, melted, or oil.....	3 tablespoons
Egg whites, stiffly beaten.....	2

Mix dry ingredients well. Beat in milk, egg yolks, and fat. Fold in egg whites.

Bake in hot waffle iron.

Makes 16 waffles, 7 inches in diameter.

PUDDING

Fig-nut pudding

(Without milk or wheat)

Eggs.....	2
Sugar.....	3/4 cup
Rice flour.....	3 tablespoons
Baking powder.....	1 teaspoon
Salt.....	1/4 teaspoon
Cinnamon.....	1/2 teaspoon
Dried figs, chopped.....	1 cup
Nuts, chopped.....	1 cup

Preheat oven to 300° F. (slow).

Grease an 8- by 8- by 2-inch baking pan.

Beat eggs until thick and light in color.

Add sugar to eggs gradually, beating constantly.

Mix dry ingredients. Stir into egg mixture.

Add figs and nuts. Beat thoroughly.

Pour into baking pan.

Bake 40 minutes or until mixture is firm to touch.

Makes 6 servings, 1/3 cup each.

CAKES

Date cake

(Without milk or wheat)

Boiling water.....	1 cup
Chopped dates.....	1 cup
Shortening.....	1/2 cup
Sugar.....	1 cup
Egg, beaten.....	1
Vanilla.....	1 teaspoon
Rice flour.....	1 1/2 cups
Soybean flour.....	3/4 cup
Baking powder.....	4 teaspoons
Salt.....	1/4 teaspoon
Nutmeg.....	1/4 teaspoon

Preheat oven to 350° F. (moderate).

Grease an 8- by 8- by 2-inch baking pan.

Pour boiling water over dates. Cool to lukewarm.
Beat shortening and sugar until very creamy and fluffy.

Add egg and vanilla, and beat well.

Mix dry ingredients thoroughly. Add alternately with dates to the creamy mixture. Beat well after each addition.

Pour into baking pan.

Bake 50 minutes or until cake begins to leave sides of pan. Cake may be served warm or cold.

NOTE: Top the cooled cake with a creamy frosting. Make frosting by blending together 1 1/4 cups confectioner's sugar, 3 tablespoons shortening, 1/2 teaspoon flavoring, and enough water or fruit juice for a good spreading consistency.

Makes 9 servings, 2 1/2 by 2 1/2 inches.

Chiffon cake

(Without milk or wheat)

Rice flour.....	3/4 cup
Sugar.....	3/4 cup
Baking powder.....	1 1/2 teaspoons
Salt.....	1/2 teaspoon
Oil.....	1/4 cup
Egg yolks, beaten.....	3
Water.....	1/4 cup
Lemon juice.....	1 tablespoon
Grated lemon rind.....	1 teaspoon
Egg whites.....	3
Cream of tartar.....	1/4 teaspoon

Preheat oven to 350° F. (moderate).

Mix dry ingredients thoroughly.

Add oil, egg yolks, water, lemon juice, and rind.

Beat until very smooth.

Beat egg whites with cream of tartar until stiff, but not dry. Fold into egg-yolk mixture.

Pour into ungreased 8- by 8- by 2-inch baking pan.

Bake 35 minutes, or until firm to touch. Invert in pan on rack to cool.

Makes 9 servings, 2 1/2 by 2 1/2 inches.

Pineapple upside-down cake

(Without eggs, milk, or wheat)

Shortening.....	1/4 cup
Brown sugar, packed.....	1/2 cup
Canned pineapple, drained.....	6 slices
Shortening.....	1/3 cup
Brown sugar, packed.....	2/3 cup
Rye flour.....	1 cup
Rice flour.....	3/4 cup
Salt.....	1/2 teaspoon
Baking powder.....	4 teaspoons
Pineapple liquid, plus water.....	1 cup

Preheat oven to 375° F. (moderate).

Melt 1/4 cup shortening with 1/2 cup brown sugar in an 8- by 8- by 2-inch baking pan in the oven.

Place pineapple slices in sugar mixture.

Beat $\frac{1}{2}$ cup shortening and $\frac{2}{3}$ cup brown sugar until very creamy and fluffy.

Mix dry ingredients thoroughly. Add alternately with pineapple liquid to the creamy mixture. Beat well after each addition.

Pour batter over pineapple.

Bake 45 minutes or until cake begins to leave sides of pan. Invert in pan on plate. Cake will come out of pan in several minutes.

Serve while still warm.

Makes 9 servings, 2½ by 2½ inches.

Spice cake

(Without eggs, milk, or wheat)

Boiling water.....	1¼ cups
Raisins.....	1 cup
Shortening.....	⅓ cup
Brown sugar, packed.....	1 cup
Vanilla.....	1 teaspoon
Rye flour.....	1 cup
Salt.....	½ teaspoon
Nutmeg.....	1 teaspoon
Cinnamon.....	1 teaspoon
Baking powder.....	4 teaspoons
Cornmeal.....	1 cup

Preheat oven to 375° F. (moderate).

Grease an 8- by 8- by 2-inch baking pan.

Pour boiling water over raisins. Cool to lukewarm.

Beat shortening, brown sugar, and vanilla until very creamy and fluffy.

Mix dry ingredients thoroughly. Add alternately with raisins to the creamy mixture. Beat well after each addition.

Pour into baking pan.

Bake 45 minutes or until cake begins to leave sides of pan.

Serve warm, if desired.

Makes 9 servings, 2½ by 2½ inches.

COOKIES

Fig bars

(Without milk or wheat)

Dried figs, chopped	1 cup
Nuts, chopped	1 cup
Confectioner's sugar, sifted	1 cup
Eggs, beaten	2
Rice flour	1/4 cup
Salt	1/2 teaspoon
Fat, melted, or oil	1 tablespoon
Lemon juice	1 tablespoon

Preheat oven to 325° F. (slow).

Grease an 8- by 8- by 2-inch baking pan.

Mix figs, nuts, 1 cup sugar, and eggs thoroughly.

Mix flour and salt; stir into fig mixture.

Add fat and lemon juice. Beat well.

Spread mixture in baking pan.

Bake 40 minutes or until lightly browned.

Cool. Cut into bars 3/4 by 2 inches. Roll bars in confectioner's sugar, if desired.

Makes 40 bars.

Oatmeal lace cookies

(Without eggs, milk, or wheat)

Shortening	1 cup
Brown sugar, packed	1 cup
Granulated sugar	1 cup
Vanilla	1 teaspoon
Rice flour	1 cup
Salt	1 teaspoon
Baking powder	4 teaspoons
Water	3/4 cup
Rolled oats, quick-cooking	3 cups
Nuts, chopped	1/2 cup

Beat fat, sugars, and vanilla until fluffy.

Mix flour, salt, and baking powder thoroughly.

Add alternately with water to the creamy mixture.

Add rolled oats and nuts; mix well.

Chill overnight.

Preheat oven to 350° F. (moderate).

Lightly grease baking sheets.

Drop batter by teaspoonfuls onto baking sheets.

Bake 10 minutes or until lightly browned.

Makes 5 dozen medium-size cookies.

Molasses drop cookies

(Without eggs, milk, or wheat)

Shortening.....	1/2 cup
Brown sugar, packed.....	1/2 cup
Molasses.....	1/2 cup
Rye flour.....	1 3/4 cups
Ginger.....	1 teaspoon
Cinnamon.....	1 teaspoon
Ground cloves.....	1/4 teaspoon
Salt.....	1/4 teaspoon
Baking powder.....	1 1/2 teaspoons
Baking soda.....	1/4 teaspoon
Water.....	1/3 cup
Vinegar.....	1/2 teaspoon

Beat shortening and brown sugar until very creamy and fluffy.

Beat molasses into the creamy mixture.

Mix dry ingredients thoroughly. Add alternately with combined water and vinegar to the creamy mixture. Beat well after each addition.

Chill thoroughly.

Preheat oven to 350° F. (moderate).

Lightly grease baking sheets.

Drop batter by teaspoonfuls onto baking sheets.

Bake 8 to 10 minutes or until lightly browned and set.

Makes 4 dozen small cookies.

PIECRUST

Corn flake or rice flake piecrust

(Without eggs or wheat)

Corn or rice flakes, crushed.....	1 cup
Sugar.....	1/4 cup
Butter or margarine, melted.....	1/3 cup

Preheat oven to 375° F. (moderate).

Mix ingredients thoroughly.

Press into 9-inch piepan.

Bake 5 to 8 minutes.

NOTE: Cool, then fill with favorite pie filling (made with ingredients permitted in diet).

Makes one 9-inch pie shell.

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¹ Contains no wheat, milk, or eggs.

² Contains no wheat, or eggs.

³ Contains no wheat, or milk.

⁴ Contains no wheat.

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