

Useful recipes for 'How to reintroduce cow's milk into your child's diet-advice for children diagnosed with cow's milk allergy'

Nutrition and Dietetics

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Information for Patients

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This should only be used alongside the 'How to reintroduce cow's milk into your child's diet-advice for children diagnosed with cow's milk allergy' information sheet. These recipes can be used once stage 1 (baked milk biscuit) is tolerated. Although recipes give a starting amount of milk, this can increase as your child's tolerance improves.

Whole wheat Irish soda bread (stage 2)

Makes 12 slices. Start with 1/2 slice (4 ml of cow's milk per 1/2 slice)

Ingredients:

- 250g plain flour (+some for sprinkling)
- 1 teaspoon bicarbonate of soda
- 2 teaspoons cream of tartar
- 2 teaspoons salt
- 350g whole wheat flour
- 100 ml cow's milk
- 200 ml of milk substitute
- 4 teaspoons water

Instructions:

1. Sift the dry ingredients into a mixing bowl.
2. Mix in the whole wheat flour, then add the milk and water and mix to a soft dough.
3. Turn onto a floured surface, knead lightly, then shape into a large round about 5cm (2 inches) thick.
4. Place on a floured baking sheet, cut a deep cross on the top of the loaf and sprinkle with flour.
5. Bake in a preheated hot oven, 220 degrees C, Gas Mark 7, for 25 to 30 minutes.
6. Transfer to a wire rack to cool.

* Bread mixes or bread machines can also be used

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Fruit scones (stage 2)

Ingredients - makes 12 scones (4 ml cow's milk per scone)

- 225g self-rising flour (or gluten free)
 - 1 teaspoon baking powder
 - 50 grams non-dairy spread (or butter)
 - 1 medium ripe banana or other fruit or vegetable like courgette *
 - 50 ml cow's milk
- *Cheese can be used instead of fruit for a cheese scone for **stage 3 food**.

Method:

1. Heat oven to 200 degrees C
2. Rub butter into flour.
3. Blend banana, milk substitute and milk in blender ,or mash banana and whisk into the milk substitute and milk by hand.
4. Add to flour mix to form a soft dough.
5. Tip out onto a floured board and knead together. Lightly roll to 2cm thick.
6. Cut into minimum 12 scone rounds using a cutter or small wine glass.
7. Bake on a greased or lined baking tray for 12 to 15 minutes.

Banana bread (stage 2)

Ingredients – makes 8 servings (4 ml of cow's milk per serving)

- 1 ripe banana (100g)
- 35 ml cow's milk
- 50 g of dairy free butter
- 75g plain flour (or self raising gluten free flour)
- 75g caster sugar
- 1/2 teaspoon bicarbonate of soda
- 1/2 teaspoon baking powder
- 1 egg (or 3 tablespoons of aquafaba, the water from tin of chickpeas)

Method:

1. Preheat the oven 160C/140C (Fan/Gas 3). Grease and line a 450g /1lb loaf tin with baking paper.
2. Use a fork to mash the peeled banana in a mixing bowl.
3. Add the remaining cake ingredients and beat with a whisk until combined and smooth.
4. Spoon the mixture into the prepared loaf tin. Level the top.
5. Bake for 40 to 45 minutes or until well risen, shrinking away from the sides of the tin and golden-brown.
6. Set aside to cool for 10 minutes, then remove from the tin and leave to cool on a wire rack.

Basic pancake (stage 3)

Ingredients - makes 6 pancakes (8 ml of cow's milk per pancake)

- 100g plain flour
- 1 large egg (or egg alternative)
- 300 ml milk (Start with 50 ml of cow's milk and 250 ml of milk substitute. Increase cow's milk to make fully with cow's milk as your child's tolerance increases.)
- Oil for cooking

Method:

1. Put flour in a large bowl, make a well in the middle and add 1 egg.
2. Use whisk to mix in egg and gradually add the milk to make a thick batter.
3. Heat a small amount of oil in a small frying pan.
4. Pour 50 ml of batter into pan.
5. Use an egg slice to turn pancake and fully cook.

White sauce (stage 3)

Ingredients - makes 2 servings (25 ml of cow's milk per serving)

- 1 tablespoon oil
- 1/2 teaspoon garlic puree, fresh or jar
- 1/2 low sodium stock cube
- 2 teaspoons corn flour
- 150 ml milk (start with 50ml of cow's milk and 100 ml of milk substitute and increase cow's milk amount as your child tolerates)
- Mixed herbs and spices (optional)

Method:

1. Boil 75 ml water in a kettle. Pour into a jug and whisk in a 1/2 stock cube. Set aside.
2. Heat oil in a small pan, add garlic, and whisk over heat for 30 seconds. Take off the heat.
3. In a jug, mix corn flour with add a splash of milk and slowly whisk to make a paste. Once smooth, add the remaining milk until combined.
4. Return pan to the heat and slow add the milk and corn flour mixture to the pan while stirring continuously. Bring to a boil until thickened.
5. Add optional mixed herbs and spices or nutritional yeast to taste.
6. Add to cooked chicken, vegetables, or pasta or use as a pouring sauce over meat / fish/ vegetables.

* Grated cheese can be added to make a cheese sauce. Start with a few grates initially.

Custard (stage 3)

Ingredients - makes 2 servings (25 ml of cow's milk per serving)

- Bird's Original Custard Powder
- 1/2 tablespoon sugar (optional)
- 150 ml milk (start with 50 ml of cow's milk and 100 ml of milk alternative)

Method:

1. On the hob, mix 1/2 tablespoon custard powder with 1/2 tablespoon of sugar in a saucepan
2. Measure 50 ml of cow's milk + 100 ml of milk alternative.
3. Add a little of milk mixture (2 tablespoon) to the pan and stir to form a smooth paste.
4. Stir in the remainder of the milk mixture, stirring continuously, until gently boiling.

Starting Cheese (stage 3)

- Start with a few grates of cheese added to pizza, pasta, or jacket potatoes and heated. Increase the amount as tolerated.
- Cheese can also be added to make a cheese sauce or cheese scone.

If your child has an IgE mediated milk allergy, only use these recipes under the guidance of your dietitian.

Contact details:

If you are under the Leicester Royal Infirmary / Paediatric Allergy team, please call **0116 258 5400**.

If you are under the GP/Community Dietitians, contact your GP or Leicestershire Nutrition and Dietetic Services at **0116 222 7141**.

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