

Single Ingredient Cooking

If your child has been formula dependent and is now beginning food trials, you may have questions as to how to make a single ingredient interesting for your child. Your doctor may have a specific food he or she wants you to try first, or he or she may have a few recommended foods from which you are to select one to trial. If part of the decision is yours, some factors to consider include nutrition, cost and availability, portability, and adaptability.

Some ideas for inexpensive foods, which are readily available in multiple versions, appear below. A health food store may carry food products that have fewer or single ingredients.

Rice

- Cooked rice
- Puffed rice
- Rice cakes (read ingredients label carefully for **plain** rice cakes)
- Rice pasta
- Rice crackers (check ingredients carefully)
- Rice syrup
- Rice oil
- Rice flour (useful for baking and/or thickening)
- Baby rice cereal (check ingredients carefully)
- Rice chex cereal (check ingredients carefully, some products may contain other ingredients)
- Sweet rice flour (useful primarily for thickening)
- Rice milk has other ingredients and is not suitable for a single-ingredient trial.

Apples

- Raw apples
- Sautéed apple slices - sauté in water or apple cider
- Baked apples (about five minutes in the microwave)
- Applesauce (chunky or smooth - served warm or cold)
- Apple cider (served hot or cold)
- Apple juice
- Dried apples - soft or crisp
- Popsicles made from apple juice, apple cider, or applesauce

Corn

- Fresh, canned (read label carefully) or frozen corn
- **Plain** popcorn (or popped in corn oil)
- Corn oil
- Corn meal, cornstarch (baking and thickening)
- Grits
- Corn pasta
- Puffed corn

- Corn syrup
- Corn chips (check ingredients and cross contamination from production carefully)

Corn Pancakes

1/3 cup corn flour

1/3 cup water

½ 'egg': 1 tbsp corn oil + 1 tbsp water + ½ tsp baking powder (corn derived)

1 tbsp sugar

¼ tsp salt

'Maple' Syrup

1 ½ cups sugar

1 cup water

2 tsp artificial maple flavor

Boil then simmer until thickens

Fried Polenta

Prepare fresh polenta (corn grits) per package instructions.

Spread on a plate or other flat surface and refrigerate for 4 – 24 hours

Use cookie cutters to make fun shapes, or slice like a 'pizza'

Fry in a frying pan with corn oil until crispy.

Splatters a good bit, but makes a delicious treat!

Cookies

Preheat oven to 325 degrees F

Mix:

4 ounces (1/2 cup) vegetable shortening

1/3 cup sugar

½ cup corn or rice flour

1/3 cup corn or potato starch

Add additional corn flour as need to thicken batter

Place rounded teaspoons on ungreased cookie sheet.

Bake at 325 F for 22 minutes or until lightly browned. Cool at least 5 minutes before eating

A bit crumbly, but tasty.

Chicken

While it's true chicken always tastes about the same, it can be cooked and eaten in several different ways.

- Baked whole

- Oven “fried” - legs or thighs baked at 350 with some water until done, 1-2 hours
- In the crock pot - a whole chicken (or 2-4 lbs. Chicken parts) in the crock pot with some water will yield lots of chicken broth, and chicken that can be cut up and eaten later. Chicken cooked this way is very moist.
- Chicken can be eaten cold or hot
- Sliced deli meat contains multiple other ingredients and is unsuitable for a single-ingredient food trial.
- Commercial chicken broth may have other ingredients - read labels carefully.
- Consider cold chicken salad- mix with other ingredients as allowed.
Example: chicken and apple chinks

Potato

- Baked potato
- Mashed potatoes
- Fries (microwave on paper towel)
- Potato chips (Can be microwaved on paper towel, baked or fried in a safe oil. If using manufactured chips, check ingredients and cross contamination carefully)
- Hash browns (fry grated potatoes in oil)
- Potato pancakes (form mashed potatoes into pancakes and fry in small amount of oil)
- Potato flour (useful for thickening)
- Crushed potato chips make excellent breading for fried foods (chicken, fish)

Sweet Potato

- See suggestions for potato

Cane Sugar

- Sugar syrup can be made by heating equal parts water and sugar
- Artificial flavors may be added to the sugar syrup, as permitted
- Caramel – heat sugar with a small amount of water on low-medium setting until it begins to brown

Cane Sugar Lollipops

1 1/2 c. sugar

1/2 c. water

In small saucepan over med-high heat, combine sugar and water; cook, until sugar is dissolved (1-2 min). Bring to a boil, cover pan and cook 3 min. Remove lid and cook syrup until a candy thermometer registers 310 degrees. 12- 15 min.

Pour into molds, insert sticks, let cool 20-25 min. Remove from molds and cool completely on parchment.

You have to use the white candy molds, the clear are not tempered for high heat. I found some at Pat Catan's if you have them around there, or they are available online...

http://www.candyplus.net/hard_candy_molds_4.htm I have the small round, and tried

hearts and teddy bears. I learned the hard way to make sure the heat is high enough to reach the 310 degrees in the time they suggest or the sugar granilizes and the lollipops are opaque. I found it needs to be almost high setting. And don't try to remove them when too hot, they'll stick to the mold. Other than that, piece of cake. :)
Don't forget to buy sticks and candy thermometer.

Cookbook Recommendations

The following are a few cookbooks you may find helpful.

The Gluten Free Gourmet Bakes Bread (and other GFG titles), by Bette Hagman.
Published by Henry Holt

This series was originally published for people with celiac disease, who cannot tolerate any gluten. Recipes are completely wheat free. In addition, most of the recipes can be adapted to eliminate dairy, egg, soy, peanut/tree nuts, and corn by utilizing the substitutions. A few recipes are already egg and dairy free, in addition to wheat-free.

Bakin' Without Eggs, by Rosemarie Emro. Published by St. Martin's Press.

This book contains dessert recipes designed to be egg-free. Instead of using commercial products like Egg Replacer[®], these recipes use applesauce, apple juice concentrate, seltzer water, and other more common ingredients to bind and leaven. Most of these recipes can be converted to wheat, dairy, and soy-free by utilizing substitutions. A few will not be possible to convert to both dairy and soy free.

What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook, by Linda Marienhoff Coss. Published by Plumtree Press.

Flour Mix for recipes (works best in pancakes, waffles, muffins):

½ cup rice flour or sorghum flour
1/3 cup corn flour
1/4 cup potato starch or corn starch

Alternative (works in cookies, cake):

1 cup baking mix (gluten-free)
1/3 cup oat flour
1/3 cup barley flour
1/3 cup rice flour
1/3 cup corn flour
1/3 cup potato starch or corn starch
½-1 tsp xanthum gum

Ryan's Flour Mix

1 cup rice or sorghum flour
3/8 cup corn flour
¼ cup corn starch
¼ cup sugar

Ryan's Egg substitute

Substitute eggs in any recipe- mix 2-4 tsp baking powder with small amount of warm water until fizzy liquid, add in instead of eggs. Cakes and cookies need the most baking powder, pancakes, less.

French Bread

1 package yeast
¾ cup warm water, mix 1 ½ tbsp olive oil, add 1 – 2 tsp baking powder (= an egg)

Flour mix (1): 1 ½ cup rice flour, ¼ cup amaranth, ¼ cup oat flour, 2/3 cup potato or corn starch, 1/3 cup tapioca flour

Alternative Flour Mix (2): 2 cups rice flour, 2/3 cup potato starch, 1/3 cup tapioca flour

Make in bread machine according to instructions for 'French bread'

Bread Mix #2:

5 cups brown rice flour
4 cups white rice flour
1 cup corn flour
1 cup arrowwood
1 cup potato starch
1 cup tapioca
½ cup sugar
4 tsp salt
4 tbsp xanthum gum (helps stick everything together, I don't use this)

Play around with the mixture and use in any bread machine recipe

Corn Bread/ Cake

½ cup corn flour (yellow or blue)_

½ cup rice flour

2 tbsp sugar

½ tsp salt

½ cup water

2 tbsp oil or shortening

1 'egg'- substitute 2 tsp baking powder mixed with small amount warm water (1-2 tsp)

I bake these in a corn-ear shaped iron pan at 400 degrees for 20 minutes

Square pan will also work

Chocolate Banana Bread (gluten-free)

¾ cup baking mix #2

¼ cup oat flour

¼ cup barley

1 tsp baking soda

½ tsp xanthum gum

¼ cup cocoa powder

½ cup unsalted butter or vegetable oil shortening

1 cup sugar

2 eggs or 3 tbsp water, 3 tbsp oil 2-3 tsp baking powder

3 ripe bananas, mashed

1 tsp vanilla extract

½ sour cream

¾ cup chocolate chips

Preheat oven to 350 degrees, grease loaf pan

Sift flour, baking soda, xanthum gum and cocoa powder together

Beat butter equivalent and sugar, add in egg substitute, then bananas and vanilla\

Add flour mix and sour cream, then choc chips

Bake for 55-60 minutes