Ultimate Cookery

Allergen List - 2027

A Taste Through the Seasons

- Each recipe is listed with a full ingredient list on each page.
- Processed items are listed with ingredient content & Allergy Information.
- The key found at the bottom of each page states; *Highlighted items contain allergens.

Dish	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide (sometimes known as sulphites)
Bean Burger		X												
Burger Bun		X		X			X							
Oreo Stuffed Cookies		X		X									X	
Veggie Shepards Pie	X	X					X							
Veggie Shepards Pie - Mash							X							
Ginger Biscuits (+ Decorating)		X		X										
Butternut Squash Risotto	X						X							
Cinnamon Bun		X		X			X							
Veggie Sausage Rolls		X		X			X							
Veggie Sausage Rolls - Pastry		X					X							
Lemon Curd Biscuits		X		X			X							

Bean Burger & Bun

Stockwell & Co. Plain Flour:
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Tinned Red Kidney Beans In water (Growers Harvest)
INGREDIENTS: Red Kidney Beans, Water, Firming Agent (Calcium Chloride), Antioxidant (Ascorbic Acid).

Allinson's Fast Action Dried Yeast
INGREDIENTS: Yeast (Saccharomyces Cerevisiae), Emulsifier: Sorbitan Monostearate

Full Recipe Ingredients (Burger):

Black Pepper
Ground Cumin
Lemon Zest
Plain Flour
Salt
Spring Onion
Tinned Red Kidney Beans

Full Recipe Ingredients (Bun):

Beaten egg
Caster Sugar
Fast action Dried Yeast
Milk
Plain Flour
Unsalted Butter

***Highlighted Items Contain Allergens**

Oreo Stuffed Cookies

*Highlighted Items Contain Allergens

Stockwell & Co. Plain Flour:
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Oreo Cookies
INGREDIENTS: WHEAT flour, sugar, palm oil, rapeseed oil, **WHEAT** starch, fat reduced cocoa powder 4, 7 %, glucose-fructose syrup, raising agents (ammonium carbonates, potassium carbonates, sodium carbonates), salt, emulsifier (**SOYA** lecithins), acidity regulator (sodium hydroxide), flavourings

Stockwell & Co. Baking Powder
INGREDIENTS: Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Tesco Milk Chocolate Chips
INGREDIENTS: Sugar, Cocoa Butter**, Dried Whole **Milk**, Cocoa Mass**, Emulsifier (**Soya** Lecithins), Flavouring.

Tesco Light Brown Soft Sugar
INGREDIENTS: Sugar, Cane Molasses, Humectant (Glycerol).

Dr. Oetker Madagascan Vanilla Extract 95ml
INGREDIENTS: Invert Sugar Syrup, Glucose Syrup, Water, Vanilla Extract

Full Recipe Ingredients:

Light Brown Sugar
Oreos Cookies
Plain Flour
Salt
Unsalted Butter
Vanilla Extract
Baking Powder
bicarbonate of soda
Beaten egg
Caster Sugar
chocolate chips
cornstarch

Veggie Shepards Pie & Mash

Stockwell & Co. Plain Flour:
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Tesco Tomato Puree
INGREDIENTS: Tomato Purée, Acidity Regulator (Citric Acid).

Tesco Vegetable Stock Cubes
INGREDIENTS: Salt, Palm Oil, Potato Starch, **Milk** Sugar, Sugar, Yeast Extract, Dried Vegetables (5%) [**Celery** Powder, Carrot, Onion Powder, Onion, Leek, Rice Flour, Spinach Powder], Dried Parsley, Flavouring, Turmeric Powder, **Celery** Seed, Colour (Plain Caramel), Garlic Powder.

Full Recipe Ingredients (Mash):

Milk
Potato
Salt
Unsalted Butter

Full Recipe Ingredients (Filling):

Bay Leaf
Carrot
Celery Stick
Frozen Peas
Garlic Clove
Mushrooms
Oil
plain Flour
Smoked Paprika
Sweet Corn
Tomato Puree
Veg Stock
White onion

***Highlighted Items Contain Allergens**

Ginger Biscuits & Icing

Stockwell & Co. Plain Flour:
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Stockwell & Co. Baking Powder
INGREDIENTS: Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Tesco Golden Syrup
INGREDIENTS: Partially Inverted Sugar Syrup.

Tesco Light Brown Soft Sugar
INGREDIENTS: Sugar, Cane Molasses, Humectant (Glycerol).

Tesco Milk Chocolate Chips
INGREDIENTS: Sugar, Cocoa Butter**, Dried Whole **Milk**, Cocoa Mass**, Emulsifier (**Soya** Lecithins), Flavouring.

Jelly Tots
INGREDIENTS: Sugar, Glucose Syrup, Starch, Acids (Malic Acid, Citric Acid, Lactic Acid), Concentrated Fruit Juices (1%) (Apple, Blackcurrant, Strawberry, Orange, Lemon, Lime), Acidity Regulator (Trisodium Citrate), Plant And Vegetable Concentrates (Carrot, Hibiscus), Natural Flavourings, Colours (Anthocyanins, Copper Complexes Of Chlorophyllins, Carotenes, Curcumin)

Tesco Food Colouring (Green, Blue, Red)
INGREDIENTS (green): Water, Vegetable Glycerine, Solvent (Propylene Glycol), Colours (Curcumin, Copper Complexes of Chlorophylls), Emulsifier (Polysorbate 80), Acidity Regulator (Citric Acid).
INGREDIENTS (Blue): Vegetable Glycerine, Water, Spirulina Concentrate.
INGREDIENTS (Red): Vegetable Glycerine, Water, Colours (Carmine, Curcumin), Propylene Glycol, Emulsifier (Polysorbate 80), Acidity Regulators (Citric Acid, Potassium Hydroxide).

Full Recipe Ingredients (Decorating):

- Food Colouring
- Jelly Tots
- Chocolate Chips
- icing Sugar

Full Recipe Ingredients:

- Beaten egg
- bicarbonate of Soda
- Golden Syrup
- ground sweet cinnamon
- ground Ginger
- Light soft brown sugar
- Plain Flour
- Unsalted Butter

***Highlighted Items Contain Allergens**

Butternut Squash Risotto

Tesco Vegetable Stock Cubes

INGREDIENTS: Salt, Palm Oil, Potato Starch, **Milk** Sugar, Sugar, Yeast Extract, Dried Vegetables (5%) [**Celery** Powder, Carrot, Onion Powder, Onion, Leek, Rice Flour, Spinach Powder], Dried Parsley, Flavouring, Turmeric Powder, **Celery** Seed, Colour (Plain Caramel), Garlic Powder.

Tesco Parmigiano Reggiano Cheese

Contains: unpasteurised milk

Full Recipe Ingredients:

Frozen Butternut Squash
Oil
Parmesan
Risotto Rice
Dried sage
Unsalted Butter
Vegetable stock
White onion

*Highlighted Items Contain Allergens

Cinnamon Bun

Stockwell & Co. Plain Flour:
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Dr. Oetker Madagascan Vanilla Extract 95ml
INGREDIENTS: Invert Sugar Syrup, Glucose Syrup, Water, Vanilla Extract

Tesco Light Brown Soft Sugar
INGREDIENTS: Sugar, Cane Molasses, Humectant (Glycerol).

Tesco Strong White Flour
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin].

Allinson's Fast Action Dried Yeast
INGREDIENTS: Yeast (Saccharomyces Cerevisiae), Emulsifier: Sorbitan Monostearate

Full Recipe Ingredients (Topping):

Vanilla Extract
Icing Sugar

Full Recipe Ingredients (Filling:

Ground sweet Cinnamon
Light Brown Sugar
Unsalted Butter

Full Recipe Ingredients (Dough):

Beaten egg
Caster Sugar
Dried active yeast
Full fat Milk
Vanilla Extract
Strong white Bread Flour
Unsalted Butter

*Highlighted Items Contain Allergens

Veggie Sausage Rolls (Pastry & Filling)

Stockwell & Co. Plain Flour:
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Tesco Double Cream
INGREDIENTS: Milk

Creamfields Mild Cheddar
Contains milk.

Tesco White Breadcrumbs
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Yeast, Salt

Full Recipe Ingredients (Pastry):

Cold unsalted Butter
Milk
Plain Flour
Salt

Full Recipe Ingredients (Filling):

Beaten egg
Black Pepper
Cheese
Salt
Spring onion
Double Cream
Breadcrumbs

*Highlighted Items Contain Allergens

Lemon Curd Biscuits (Dough & Curd)

Stockwell & Co Plain Flour
INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin].

Stockwell & Co. Baking Powder
INGREDIENTS: Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin].

Tesco Unsalted Butter
INGREDIENTS: Unsalted butter. Minimum 82% milk fat. 100% British Milk

Dr. Oetker Madagascan Vanilla Extract 95ml
INGREDIENTS: Invert Sugar Syrup, Glucose Syrup, Water, Vanilla Extract

Full Recipe Ingredients (Dough):

- Baking Powder
- Beaten egg
- Caster Sugar
- Cornstarch
- Lemon Juice
- Plain Flour
- Icing Sugar
- Salt
- Unsalted Butter
- vanilla extract
- Zest of a Lemon

Full Recipe Ingredients (Curd):

- Unsalted Butter
- Sugar
- Salt
- Lemon Zest
- Milk
- Egg Yolk
- Lemon Juice
- Cornstarch

***Highlighted Items Contain Allergens**

Allergen Alternatives - Dairy

Cheese - Violife Epic Cheddar Cheese
INGREDIENTS: Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Lentil Protein, Rowanberry Extract, Acidity Regulators (Lactic Acid, Citric Acid), Sugar, Olive Extract, Colour (Beta-Carotene), Vitamin B12

Chocolate Chips - Tesco Free From Giant Buttons
INGREDIENTS: Sugar, Cocoa Butter**, Cocoa Mass**, Rice Syrup, Chicory Root Fibre, Coconut Oil, Rice Flour, Flavouring, Emulsifier (**Soya** Lecithins).

Double Cream - Elmlea Plant Based Double Cream
INGREDIENTS: Lentil Protein Preparation (Water, 1.1% Lentil Protein), 31% Vegetable Oils (Coconut, Rapeseed), Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Colourant (Beta-Carotene)

Milk - Tesco Longlife Soya Unsweetened Drink
INGREDIENTS: Water, **Soya** Bean (9%), Tricalcium Phosphate, Sea Salt, Stabiliser (Gellan Gum), Flavouring, Potassium Iodide, Vitamin B12, Riboflavin, Vitamin D2.

Unsalted Butter - Flora Unsalted Butter
INGREDIENTS: Plant Oils (Sunflower, Rapeseed), Coconut Fat, Water, Fava Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes)

Vegetable Stock - Kallo Organic Stock Cube
INGREDIENTS: Sea Salt, Potato Starch*, Sustainable Palm Oil*, Sugar*, Vegetables* 6.8% (**Celery***, Onion*, Carrot*, Parsnip*, Tomato*), Sunflower Oil*, Yeast Extract, Caramelised Sugar*, Herbs* and Spices* (Lovage*, Turmeric*, Parsley*, Black Pepper*), *Organic ingredients

Allergen Alternatives - Gluten

Vegetable Stock - Kallo Organic Stock Cube
INGREDIENTS: Sea Salt, Potato Starch*, Sustainable Palm Oil*, Sugar*, Vegetables* 6.8% (**Celery***, Onion*, Carrot*, Parsnip*, Tomato*), Sunflower Oil*, Yeast Extract, Caramelised Sugar*, Herbs* and Spices* (Lovage*, Turmeric*, Parsley*, Black Pepper*), *Organic ingredients

Strong White Bread Flour - Freee by Doves Farm Gluten Free White Bread flour
INGREDIENTS: Flour Blend (Rice, Tapioca, Potato), Thickener (Xanthan Gum)

Breadcrumbs - Tesco free from breadcrumbs
INGREDIENTS: Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose

Plain Flour - Freee by Doves Farm Gluten Free plain flour
INGREDIENTS: Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat)

Cornstarch - Brown & Polson Cornflour (Gluten Free)
Free From: Cereals Containing Gluten

Bicarbonate of Soda - Freee by Doves Farm Gluten Free Bicarbonate of Soda
INGREDIENTS: Sodium bicarbonate.

Baking Powder - Freee by Doves Farm Gluten Free Baking Powder
INGREDIENTS: Monocalcium phosphate, corn starch*, sodium bicarbonate.

Oreo Cookies - Tesco Free From Cookie & Cream Biscuits
INGREDIENTS: Sugar, Gluten Free **Oat** Flour, Icing Sugar, Palm Oil, **Soya** Flour, Potato Starch, Palm Fat, Fat Reduced Cocoa Powder, Rice Flour, Rapeseed Oil, Partially Inverted Sugar Syrup, Colour (Plain Caramel), Flavourings, Thickener (Xanthan Gum), Raising Agent (Sodium Bicarbonate), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids).