



**ULTIMATE
COOKERY**

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Allergen List - 2026

Dish	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide (sometimes known as sulphites)
Spinach & Ricotta Ravioli		X		X			X							
Mango Panna Cotta				X			X							X
Sweet & Sour Tofu		X											X	
Lemon Mochi				X			X							
Veggie Paella	X						X							
Chorros		X		X			X							
Chocolate Sauce							X							
Mini Quiche		X		X			X							
Marbled Madeleines		X		X			X							

- 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.**

Spinach & Ricotta Ravioli

Tesco Ricotta Cheese

INGREDIENTS: Ricotta Full Fat Soft Whey Cheese(**(Milk)**, Cream (**Milk**), Salt.

Tesco Finest '00' Grade Pasta & Pizza Flour

INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Durum **Wheat** Semolina, **Wheat** Gluten.

Tesco Parmigiano Reggiano Cheese

INGREDIENTS:

Full Recipe Ingredients:

'00' flour

Egg

Frozen spinach

Ricotta Cheese

Grated parmesan

Garlic clove

lemon zest

grating of nutmeg

*Highlighted Items Contain Allergens

Mango Panna Cotta

Vege - Gel

INGREDIENTS: Dextrose, gelling agents (E407 (carrageenan), E410 (locust bean gum)), acidity regulator (E263 (calcium acetate)), firming agent (E508 (potassium chloride)).

Tesco Lime Juice 250MI

INGREDIENTS: Lime Juice from Concentrate [Water, Concentrated Lime Juice], Lime Oil, Preservative (Potassium Metabisulphite)

Tesco Double Cream

INGREDIENTS: Milk

Full Recipe Ingredients:

Frozen mango

Lime juice

Caster sugar

milk

gelatin (powder)

Double cream

*Highlighted Items Contain Allergens

Sweet & Sour Tofu - P1

The Tofoo Co. Extra Firm Organic Tofu

INGREDIENTS: Tofu* (Water, **Soya Beans*** (36%), Nigari), *Denotes Organic ingredients

Tesco Cornflour

INGREDIENTS:

Tesco Pineapple Chunks In Juice

INGREDIENTS: Pineapple, Pineapple Juice, Acidity Regulator (Citric Acid)

Chop Ginger Puree

INGREDIENTS: Ginger Purée (90%), Acidity Regulator (Acetic Acid), Salt, Rapeseed Oil, Dextrose Powder, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)

Full Recipe Ingredients:

Tofu
sunflower oil
onion (large chunks)
pepper
cornflour
spring onions
Canned Pineapple
garlic cloves
ginger puree
dark soy sauce
white wine vinegar
soft light brown sugar
tomato ketchup

*Highlighted Items Contain Allergens

Sweet & Sour Tofu - P2

Tesco Dark Soy Sauce

INGREDIENTS: Water, Sugar, Salt, Soy Sauce Extract (10%) [Water, **Soya** Bean, **Wheat**], Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate).

Aspall White Wine Vinegar

INGREDIENTS: White Wine Vinegar, Water, White Wine Vinegar made with 100% Spanish Grapes

Tesco Light Brown Soft Sugar

INGREDIENTS: Sugar, Cane Molasses, Humectant (Glycerol).

Tesco Tomato Ketchup

INGREDIENTS: Tomato Purée, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Spices, Flavourings, Onion Powder, Garlic Powder.

Lemon Mochi

Tesco Lemon Juice

INGREDIENTS: Lemon Juice from Concentrate [Water, Concentrated Lemon Juice], Lemon Oil, Preservative (Potassium **Metabisulphite**).

Tesco Cornflour

INGREDIENTS:

Creamfields Soft Cheese

INGREDIENTS: Full Fat Soft Cheese (**Milk**), Citrus Fibre.

Tesco Finest Madagascan Vanilla Extract

INGREDIENTS: Dark Brown Sugar, Water, Ethanol, Vanilla (4.5%).

Natco Rice Flour

Packed in a factory that handles Nuts in a separate area.

Tesco Double Cream

INGREDIENTS: Milk

Full Recipe Ingredients:

Egg

Lemon juice

Granulated sugar

Cornstarch

Lemon zest

Milk

Cream cheese (softened)

Double cream

Vanilla extract

Rice flour

Vegetable oil

Veggie Paella

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:

Vegetable oil
Vegetable Stock Cube
onion
pepper
Garlic
Tomato
Paella Rice
smoked paprika
sweet paprika
sea salt & cracked pepper
Thyme
frozen peas

*Highlighted Items Contain Allergens

Churros

Tesco Unsalted Butter

Description Unsalted butter. Minimum 82% milk fat. 100% British Milk Expertly churned for a smooth creamy taste

Tesco Finest Madagascar Vanilla Extract

INGREDIENTS: Dark Brown Sugar, Water, Ethanol, Vanilla (4.5%).

Stockwell & Co Plain Flour

INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin].

Light Brown Sugar

INGREDIENTS:

Full Recipe Ingredients:

Cold water

unsalted butter

salt

vanilla extract

soft brown sugar

Plain flour

Eggs

Boiling water

*Highlighted Items Contain Allergens

Churros - Chocolate Sauce

Ms Molly's Dark Chocolate Bar

INGREDIENTS: Sugar, Cocoa Mass, Cocoa Butter, Whey Powder (**Milk**), Emulsifier (Lecithins), Flavouring.

Allergy Information: May contain peanuts and nuts.

Tesco Double Cream

INGREDIENTS: Milk

Full Recipe Ingredients:

Dark chocolate

Double Cream

Milk

caster sugar

*Highlighted Items Contain Allergens

Mini Quiche

Stockwell & Co Plain Flour

INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin].

Tesco Unsalted Butter

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

Tesco Mediterranean Style Roasting Vegetables

INGREDIENTS: Courgette, Red Pepper (18%), Yellow Pepper (14%), Cherry Tomato (14%), Aubergine, Red Onion, Sunflower Oil, Olive Oil, Basil, Garlic, Salt, Black Pepper.

Tesco Mature Cheddar

INGREDIENTS:

Tesco Single Cream

INGREDIENTS: Milk

Full Recipe Ingredients:

Plain flour,
unsalted butter
Onion
Garlic
Vegetable Oil
Frozen Mix vegetable
Egg
Single cream
Cheddar Cheese
salt and black pepper

*Highlighted Items Contain Allergens

Marbled Madeleines

Stockwell & Co Plain Flour

INGREDIENTS: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin].

Stockwell & Co baking Powder

INGREDIENTS: Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin]

Tesco Finest Madagascan Vanilla Extract

INGREDIENTS: Dark Brown Sugar, Water, Ethanol, Vanilla (4.5%).

Tesco Unsalted Butter

Description Unsalted butter. Minimum 82% milk fat. 100% British Milk.

Tesco Cocoa Powder

INGREDIENTS: Cocoa Powder**, Acidity Regulator (Potassium Carbonate).

Allergy Information: May contain soya and milk.

Full Recipe Ingredients:

Unsalted Butter
Egg
Granulated sugar
Vanilla Extract
Baking Powder
Plain flour
Cocoa powder

*Highlighted Items Contain Allergens