

SUITABLE INGREDIENTS FOR “IRRESISTIBLES FOR THE IRRITABLE” COOKBOOK BY SUE SHEPHERD

AS AT NOVEMBER 2006

Please find following a list of Australian brand names used for ingredients in recipes contained within *Irresistibles for the Irritable*.

This list does not mean that these are the only gluten-free brands/products available – there may be others that are suitable. This list is to be used as a guide only. Manufacturers can change ingredients at any time, and those that were once gluten-free can change, and may no longer be gluten-free. If a product is listed here, please check ingredients prior to use to ensure that it is definitely gluten-free.

Baking Powder Wards	Lasagne Orgran
Brandy all brands	Mayonnaise, whole egg Thomy
Breadcrumbs Freedom Foods, Casalare, Orgran	Natural Yoghurt Peters
Bread Mix Mauri Pinnacle or Orgran	Oyster Sauce Changs
Cornflour White Wings	Pasta Orgran Rice and Corn or San Remo
Creamed Corn Edgell	Plain sweet biscuits FreedomFoods Coconut Crunch
Coffee Liqueur Kahlua or Tia Maria	Raspberry Sauce Cottees Fruit Sauce
Chocolate Biscuits Freedom Foods Choc Dream	Rum all brands
Chocolate Sprinkles Dollar Sweets	Soy Sauce Fountain
Curry Powder Clive of India	Spaghetti San Remo
Custard Powder White Wings	Stock Massel
Dijon Mustard Masterfoods	Peters Topping Cottees
Gravy Powder Green's Instant Gravy (Roast Meat)	Strawberry liqueur Suntory (Midori)
Ham Honey Leg or Virginian	Sweet Chilli Sauce Trident
Irish Cream Baileys	Tomato Pasta Sauce Dolmio
Lactose free icecream Sanitarium So Good	Vanilla Yoghurt Ski D'Light
Lactose free milk Liddel's or Vitasoy So Milky	Wasabi Paste S & B
Lactose free yoghurt Liddel's plain or Vaalia	Wholegrain Mustard Masterfoods
LF vanilla	Vanilla icecream Bulla

I thank you for your purchase, and hope you enjoy your cooking! Kind Regards, *Sue Shepherd*

