

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

AS AT NOVEMBER 2006

Please find following a list of **New Zealand** 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.

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| <b>Baking Powder</b> Edmond's                      | <b>Mayonnaise, whole egg</b> Best Foods                 |
| <b>Brandy</b> all brands                           | <b>Natural Yoghurt</b> Slimmer's Choice                 |
| <b>Breadcrumbs</b> Freedom Foods                   | <b>Oyster Sauce</b> Changs                              |
| <b>Bread Mix</b> Orgran                            | <b>Pasta</b> Orgran Rice and Corn or San Remo           |
| <b>Cornflour</b> Edmonds Fielder's                 | <b>Plain sweet biscuits</b> FreedomFoods Coconut Crunch |
| <b>Creamed Corn</b> Watties                        | <b>Raspberry Sauce</b> Cottee's Fruit Sauce             |
| <b>Coffee Liqueur</b> Kahlua or Tia Maria          | <b>Rum</b> all brands                                   |
| <b>Chocolate Biscuits</b> Freedom Foods Choc Dream | <b>Soy Sauce</b> Tamari Wheat Free                      |
| <b>Chocolate Sprinkles</b> Dollar Sweets           | <b>Spaghetti</b> San Remo                               |
| <b>Curry Powder</b> Brindavin                      | <b>Stock</b> Massel                                     |
| <b>Custard Powder</b> Edmond's                     | <b>Strawberry Topping</b> Cottee's                      |
| <b>Dijon Mustard</b> Masterfoods                   | <b>Strawberry liqueur</b> Suntory (Midori)              |
| <b>Gravy Powder</b> Massel Rich Roast Meat         | <b>Sweet Chilli Sauce</b> Trident                       |
| <b>Ham</b> Honey Leg or Virginian                  | <b>Tomato Pasta Sauce</b> Dolmio                        |
| <b>Irish Cream</b> Baileys                         | <b>Vanilla Yoghurt</b> YoPlus                           |
| <b>Lactose free icecream</b> Sanitarium So Good    | <b>Wasabi Paste</b> S & B                               |
| <b>Lactose free milk</b> Liddel's                  | <b>Wholegrain Mustard</b> Masterfoods                   |
| <b>Lactose free yoghurt</b> Bean Me Up             | <b>Vanilla icecream</b> Tip Top                         |
| <b>Lasagne</b> Orgran                              |   |

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

