

Lactose Free Food Options

On the lactose free diet, or if you are lactose intolerant, you can eat many foods but you have to avoid anything with dairy in it. Lactose is found in milk, yogurt, cream, butter, ice cream and cheese. But it's also in some breads and baked goods, pancake mixes, ready-to-eat breakfast cereals, instant soups, sweets, biscuits, salad dressings, sliced meats, drinks and margarine. Some examples of lactose free meals are as below, there are sample recipe's below to follow...

**** on most store ingredient lists dairy is highlighted bold so you can see easily if it is contained ****

- Meat or vegetable Stir Fry with noodles or rice
- Tomato spaghetti pasta (with meat, fish or vegetables)
- Curry and rice, with no cream or butter.
- Baked potatoes (without butter) and non creamy filling
- Casseroles or stews (just all veg, meat or fish)
- Chilli & rice (no sour cream)
- Meat or fish grilled (no butter) & homemade chips or potatoes, with veg
- Soups (if store brought check the ingredients for dairy)
- Dairy free Risotto



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Or for frozen: there are frozen dairy free options in most supermarkets, and also many dried substitutes in their 'Free From' isles, like dairy free bread, pizza and cereals. Below are some examples available from the supermarkets....

- Some popular Free From Lactose brands are Amys Kitchen, Quorn (most products), Alpro
- Snacks – 'Free From' oat cakes, 'Moo Free' rice cakes, 'Free From' biscuits and crispbreads, and dairy free ice cream or sorbets.
- 'Free From' fish fingers & breaded fish/battered fish
- 'Free From' chick nuggets
- 'Free From' pizza
- Noodles and vegetables

For more information there are lots of help pages and reference pages on line.



Here are some sample recipes...

Quick And Easy Stir Fry

SAUCE:

1/2 cup – chicken broth, low-sodium
1/4 cup – soy sauce, low sodium
1 tablespoon – vinegar, distilled
1 tablespoon – cornstarch
2 teaspoon – honey

STIR-FRY:

1/2 medium – onion
1 bunch – broccoli
2 medium – carrot
1/2 medium – bell pepper, red
2 clove – garlic
1 pound – beef steak, any cut
2 cup – brown rice, raw
1 tablespoon – olive oil

Whisk together the 5 sauce ingredients and set aside. Chop all veggies and slice meat, if not already done. Set rice to cook ahead of time.

In a large skillet, heat 1 tablespoon of oil over medium-high heat and add chopped onion. Saute until slightly translucent. Add garlic and veggies and cover, stirring occasionally, for 5 minutes, or until vegetables begin to soften.

Meanwhile, cook beef in a separate skillet until brown, then add to veggies.

Pour sauce over everything and bring to a simmer. Simmer for 5-10 minutes, until veggies are done to liking and sauce has thickened a bit. Sauce will continue to thicken off the heat.

Serve over brown rice and garnish with green onions or sesame seed, if desired.



Allergy Friendly Crispy Baked Chicken Strips

1 cup – rice milk, plain

1 tablespoon – lemon juice

1 pound – chicken breast

1 1/2 cup – panko (Japanese bread crumbs)

3 tablespoon – nutritional yeast

1 teaspoon – black pepper, ground

1 1/2 teaspoon – onion powder

1 1/2 teaspoon – garlic powder

1/2 teaspoon – sea salt

Whisk together rice milk and lemon juice in a shallow dish (this is a buttermilk replacement). Cut chicken into strips that are approximately 1 inch wide. Place strips into the milk and leave in the refrigerator for at least 1 hour (may be left overnight if needed, time permitting). Preheat oven to 400 degrees F. Line 2 baking sheets with foil. If you have a cooling rack, place it inside one of the baking sheets. Add bread crumbs, nutritional yeast, pepper, onion powder, garlic powder and sea salt to a blender or food processor. Pulse until it combines and has broken down (it doesn't need to resemble flour). Pour into zip lock bag. Add a few pieces of chicken at time, shaking to coat evenly. Place coated chicken onto the cooling rack, without overlapping. Bake chicken for 20-30 minutes; or until no longer pink in the center.



Mushroom Risotto

500g mushrooms

1 1/2 litres of vegetable stock (check for gluten or lactose)

100ml Madeira (optional but gives a lovely rich, sweet taste)

50g Lucy Bee Coconut Oil

2 medium onions, chopped

4 cloves of garlic, chopped

300g risotto rice

Pinch of Himalayan salt and ground black pepper

Big bunch of parsley, chopped

** Optional - add bacon for more flavour

Preheat the oven to 150 C, 300 F, gas mark 2.

In a large frying pan suitable for the oven, add Lucy Bee. Once melted, add the onions and cook for a few minutes over a medium heat. Add the garlic and cook until the onions are soft.

Add the mushrooms and cook until soft. You may need to add a little more coconut oil.

Add the rice, stirring to coat with oil.

Add Madeira (if using), the stock, salt and pepper and bring to the boil, stirring continuously.

Place the pan in the oven, uncovered, for 35 minutes.

The risotto should still have a little juice.

Leave to stand in a warm place for 10 minutes before serving.

Stir in the parsley to serve.



Chicken Masala Curry

2 tbsp oil

400g chicken thigh fillets, trimmed and chopped

2 large onions

1 tsp salt

3 cloves of garlic

3cm fresh ginger

1 or 2 green chillies

200g plum tomato tin, pureed

½ tsp turmeric powder

½ tsp red chilli powder

1 tsp garam masala powder

Large pinch of fresh coriander, chopped

Blend the onions in a food processor.

Heat oil in a pan and sauté the onion paste. If it starts to stick, just add a little water and stir. Stir in the salt to help the onions cook.

Put the ginger, garlic and chillies into a blender and blend to a paste (add a little water if required)

After 10 minutes of cooking the onions they should have browned a little. Now stir in the garlic, ginger and chilli paste.

Once softened add the pureed tinned tomatoes and increase the heat until the tomatoes start to simmer.

Reduce the heat and add the turmeric, chilli powder and garam masala. Cook together until the tomatoes and onions start to break down and the masala dries up and becomes paste-like.

Add chicken pieces into the masala. Stir well and cook for a few minutes. Reduce the heat to the lowest setting and put the lid on the pan. Leave to cook for about 15-20 minutes, stirring intermittently.

The chicken should be cooked through. To add a little more gravy pour in some hot water and stir before removing from the heat.

Check the seasoning and adjust if you need to. Sprinkle in the coriander and stir.

Serve with plain rice



Homemade Beef Burgers

400g lean minced beef

1 clove garlic, crushed and chopped

1 shallot, diced

1 bunch parsley, chopped

1tsp Worcestershire sauce

freshly ground pepper

4 ciabatta rolls (check for dairy free)

2 tomatoes, sliced

¼ iceberg lettuce, shredded

In a bowl, add the minced beef, garlic, shallot, parsley, Worcestershire sauce and pepper. Make sure your hands are clean and mix all the ingredients well so they're thoroughly combined.

Shape into 8 small burgers and barbecue for 4 minutes each side or until cooked through. Slice the rolls in half and toast on the barbecue.

Assemble the burgers with the tomatoes and lettuce. Serve with a selection of ketchup, mayonnaise and mild mustard for toppings and let the kids help themselves.

