

Afternoon tea for dietary requirements

Tips, tricks and recipes

If you have a guest who suffers with a food allergy you must provide them with afternoon tea cakes as any other guest but you do not need to necessarily provide a different cake each day. 2-3 cakes during the week would be enough selection. This is because you may need to bake special cakes for them and sometimes these can be much more costly than our normal cakes so you don't really want to be making them for the whole chalet. Also other non-allergy sufferers may not wish to eat the allergy friendly cakes. You can slice or serve a portion or two of the special cake on a plate for that guest, with a little note so they know it is for them

Remember eggs are NOT dairy so you can cook with eggs for dairy free guests

You can make smaller quantities of a special cake and bake it in either muffin tins (see the whisked sponge cake recipe in this document) or line an individual oven proof dish or casserole dish with baking parchment and make a mini tray bake or cake. This means you can split a recipe so one bake but three different cakes or a variant of 1 cake in two ways perhaps?

Most of our cake recipes in the menu plan will work with GF flour so try those – you do not necessarily need special recipes. GF flour can make a cake a little dry so add a couple of spoons of water to a cake mix if too solid. Similarly for dairy free guests you can use a completely soya spread in place of butter and the recipe will still work – if you cannot find this then use the yoghurt cake recipe in this document but with ordinary flour for a dairy free guest. You can make this in many flavours and shapes.

Baking powder is mostly gluten free as it contains rice flour but some makes can contain wheat flour so check the label – most gluten free folk can manage this anyway but if you have a serious coeliac always show them the labels of any product you use. If they cannot eat baking powder then make the GF chocolate cake and the whisked sponge in this document.

Oats are gluten free in principal but the way they are milled can mean there is a trace of gluten in them. Check with your GF guests if they eat porridge oats - if they do then one day is solved as you can serve them flapjack with the other guests

The chocolate cake and orange cake are very rich so you could serve either warm as a pud for that guest if you wished.

Remember to post your triumphs and tips with us on the Skiworld food facebook page so everyone can share your ideas

Happy Baking!

Dairy & gluten free Yoghurt cake

Dietary requirements:

Dairy free
Gluten free
Nut free



Ingredients:

1 individual pot of flavoured soya yoghurt
Using same pot once emptied of yoghurt.....
3 pots gluten free flour
1 pot caster sugar
4 eggs
1 sachet baking powder

See notes at bottom on how to vary the flavour of this cake

Method:

Simply put all of the ingredients into a mixing bowl and using a hand whisk beat together to a batter
Pour into a lined loaf or round cake tin and bake at 180C/350F for 35-40 minutes or until risen and springy to the touch
See notes below on how to vary the icing depending on your guest's allergies

Notes:

You can make this any flavour that you have soya yoghurts in and add some fruit to make the cake a little more special

e.g – blackcurrant yoghurt – defrost 50g myrtilles, strain juice retaining for icing and stir the berries into the cake mix. Then make and icing with icing sugar and the myrtille juice to cover top of cake. This would be suitable for GF and DF diet but if you have a guest who is just GF then you could add butter cream inside the cake.

Peach or apricot yoghurts – add 8 chopped dried apricots to the mix and ice with a simple water/icing sugar icing

Plain or natural or vanilla soya yoghurts – replace ½ carton of flour with ½ carton of cocoa to make a chocolate cake. Dust with icing sugar or fill with butter cream flavoured with cocoa if your guest is only GF not GF/DF.

Dairy free brownie cookies

Dietary requirements:

Dairy free
Nut free



Ingredients:

85g best-quality cocoa powder
400g caster sugar
125ml vegetable oil
4 eggs
2 teaspoons vanilla extract
250g plain flour
2 teaspoons baking powder
1/2 teaspoon salt
60g icing sugar

Method:

In a medium bowl, mix together cocoa, caster sugar and vegetable oil. Beat in eggs one at a time, then stir in the vanilla. Combine the flour, baking powder and salt; stir into the cocoa mixture. Cover dough, and chill for at least 4 hours.

Heat oven to 180C/350F. Line baking trays with parchment. Roll dough into 2.5cm balls. Coat each ball in icing sugar before placing onto prepared trays.

Bake in preheated oven for 10 to 12 minutes. Let stand on the baking tray for a minute before transferring to wire racks to cool

Notes:

You can store the unbaked dough in the fridge for a few days
You can store baked cookies in a bag sealed for up to 1 week in your cupboard
Try these with GF flour for a GF/DF teatime treat

Flourless chocolate cake

Dietary

requirements:

Gluten free

Nut free



Ingredients:

120g dark chocolate

120g butter

150g caster sugar

50g cocoa powder

3 eggs beaten

1 teaspoon vanilla extract

Method:

Pre heat oven 150C/300F

Melt butter and chocolate together in a bowl over a pan of boiling water

Remove from the heat and add the rest of the ingredients and mix well.

Pour into a lined 20cm cake tin

Bake for 30 minutes. Cool in tin for 10 minutes before removing.

Dust with icing sugar to serve

Notes:

This cake is rich.

Whisked sponge cake

Dietary requirements:

Gluten free

Nut free

Dairy free



Ingredients:

3 eggs separated

75g caster sugar

75g GF flour

Method:

Heat oven to 180C/350F

Separate the eggs into two mixing bowls.

In the first whisk the egg yolks and sugar together until you have a creamy, pale yellow thick mix (this will take a bit of time)

Clean your whisk well (grease or egg yolk will stop the egg whites thickening) and then whisk the egg whites till stiff

Fold the egg whites into the egg/sugar mix and then sieve the flour into the bowl and fold gently together – do not over mix

You must bake this in a lined cake tin or in individual cake cases in a muffin tin or it will stick to the tin

Bake for 25 minutes or until coloured and springy to the touch

Cool on a wire rack

Fill with jam, butter cream (if not DF) or ice the top

See notes on how to flavour this cake

Notes:

Before baking soda/baking powder were invented all cakes were made by this method which relies on the air you put into the egg whites to make the cake spongy and the yolks in the eggs to set the cake with the air trapped in it

Make these as a whole cake or in muffin cases as small cakes

You can make smaller quantities – for every egg use 25g flour and 25g caster sugar

Flavour this cake with lemon zest or replace a little flour with cocoa powder or add vanilla essence

You need to whisk the egg white until stiff (make sure your bowl is really clean and free of all grease) and then fold the flour in at the end carefully with a metal spoon and do not over mix

Marshmallow squares

Dietary requirements:

Gluten free

Nut free



Ingredients:

60g butter

200g marshmallows

250g rice crispies

Method:

Line a shallow roasting tin 30x25cm with baking parchment

Melt the butter in a saucepan, add the marshmallows and allow to melt very slowly stirring all the time

Add the rice crispies, stir until well coated and then turn into the tin

Cut into squares when cool

Notes:

Use 200g milk chocolate instead of marshmallows and melt the butter and chocolate together. This is great with added dried fruit or nuts (no longer nut free if you add nuts)

Gluten free dairy free orange cake

Dietary requirements:

Gluten free

Dairy free

Suitable for vegans



Ingredients:

500g satsumas or clementine

6 eggs

275g ground almonds

250g caster sugar

1 sachet baking powder

Method:

Put the oranges in a pan of water whole and bring to the boil. Boil for about 20 minutes or until really soft. Remove from the water and allow to cool slightly

Cut the oranges in half, remove any pips and then put them into a tall container. Blend until smooth

In a bowl mix all the ingredients together with the oranges, turn into a 20cm cake tin lined with baking parchment

Bake at 350F/180C for 1 hour or until springy to touch. Allow to cool.

Notes:

This is one of those cakes that is actually better a few days after it is made. Make sure you seal it well in double clingfilm and because of its very high moisture content it is best kept in the fridge.

This can be served warm as a dessert if you wish because it is absolutely soft and delicious

This can be made for all chalet as a treat – it is not cheap to make but the other guests will enjoy it

You can make ½ quantity and cook it in a loaf tin

