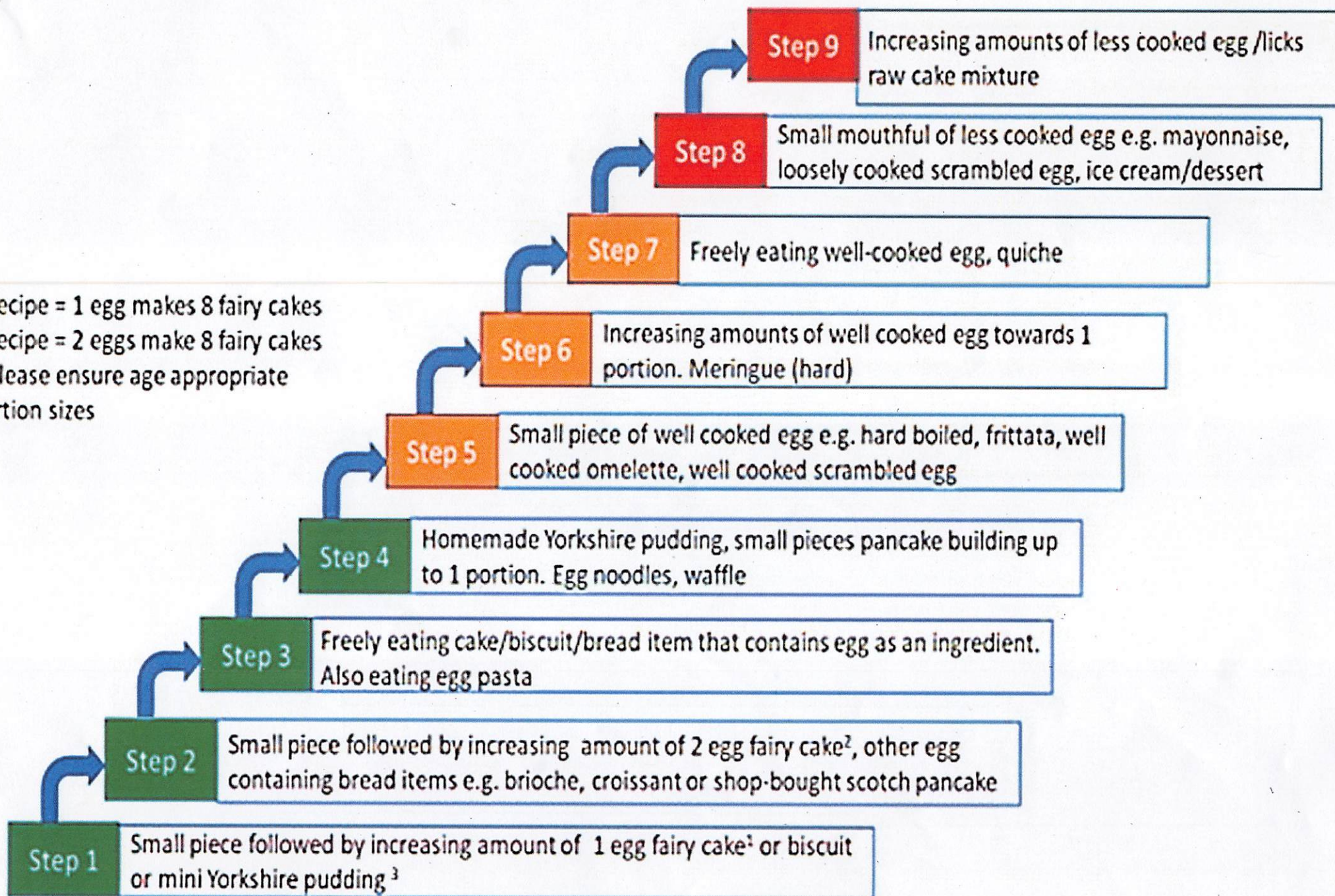


- ¹ Recipe = 1 egg makes 8 fairy cakes
² Recipe = 2 eggs make 8 fairy cakes
³ Please ensure age appropriate portion sizes



		Stage 3. Raw egg products
	Stage 2. Well cooked egg dishes and loosely cooked egg	
Stage 1. Baked/well cooked egg, (low egg / with matrix)	<p>Early-stage introduction:</p> <p>*Home-made Pancakes, crepes, and waffles Batter,</p> <p>*Homemade Yorkshire pudding</p> <p>Egg noodles</p> <p>Scrambled egg (firm)</p> <p>Hard Boiled /fried/poached egg.</p> <p>Scotch egg Omelette/ frittataEgg fried rice.</p> <p>Quiche and flans</p> <p>*Duchess potato</p> <p>Heated sauces e.g., Hollandaise sauce</p> <p>Egg custard, Crème caramel</p> <p>Crème Brûlée</p> <p>Nougat and Nougat confectionary e.g., mars</p> <p>*Hard Meringue/pavlova</p> <p>Later stage introduction:</p> <p>*Loosely cooked scrambled egg or omelette</p> <p>*Carbonara Sauce</p> <p>*French toast</p> <p>*Welsh rarebit</p>	<p>Mayonnaise and mayonnaise - basedsauces, e.g., Horseradish sauce, tartar sauce, ranch dressing</p> <p>Salad cream, coleslaw</p> <p>Dippy/uncooked boiled/fried/poached egg.</p> <p>Sorbet,</p> <p>Cold / hot Souffle</p> <p>Luxury and fresh ice cream e.g., BenJerry, Haagan Daaz</p> <p>Soft meringue (lemon meringue, pavlova)</p> <p>Fresh Mousse and other uncooked desserts</p> <p>Sushi</p> <p>Tartare</p> <p>steakConfit</p> <p>Egg,</p> <p>Florentine pizza, eggs benedict</p> <p>Soft Mallow e.g., snowball, teacake Royal and fondant icing /decorations Raw cake mixture</p> <p>Homemade marzipan</p> <p>Fondant confectionary e.g., crèmeegg</p> <p>Uncooked egg white powder</p> <p>Cocktails / drinks e.g., Advocaat</p>
<p>Early-stage introduction:</p> <p>Cake (1egg/8 cake recipe)</p> <p>Hard Biscuits</p> <p>TUC crackers</p> <p>Mini Frozen Yorkshire pudding</p> <p>Pastry containing egg (sausage roll, pie, Choux) Trifle</p> <p>sponge/Jaffa cake</p> <p>Breadcrumbs coating e.g. fishfinger, nugget</p> <p>Wheat free bread/bread sticks</p> <p>Later stage introduction:</p> <p>Bread containing egg e.g., Brioche, Croissants, Buns, Panettone, Naan, Focaccia,</p> <p>*Cake (standard recipe),</p> <p>*Muffins, madeleines Scotch pancakes, *blinis, Welsh cakes</p> <p>Soft cookies</p> <p>Toasting waffles, waffle conesEgg</p> <p>pasta and dishes with pasta, Cooked egg glaze, Prawn crackers,</p>		
*Egg as binder e.g., burger, meatball -well cooked Quorn		Pasteurised egg

- Each stage to be tried in small amounts first. Reduce to lower stage/smaller amount if symptoms.
- * these foods may cause allergic reaction depending on degree of cooking (fully cooked = less allergen)

Recipe for Fairy cakes using one egg to use with step one of the egg ladder.

You will need to bake a batch of cupcakes using the following recipe.

Cupcake Recipe – makes 8

- 1 medium egg
- 4 oz flour
- 4 oz margarine (use dairy free margarine if your child is dairy free)
- 4 oz caster sugar

Beat together the margarine and sugar, beat in the egg and then the flour.

Then bake at 180°C (Gas mark 4) for 15 minutes. Test a cake with a fork, there should be no mixture on the prongs if it is cooked properly

Variations

Gluten and wheat free alternative:

For a gluten and wheat free fairy cake replace the wheat flour with Gluten and Wheat free self-raising flour