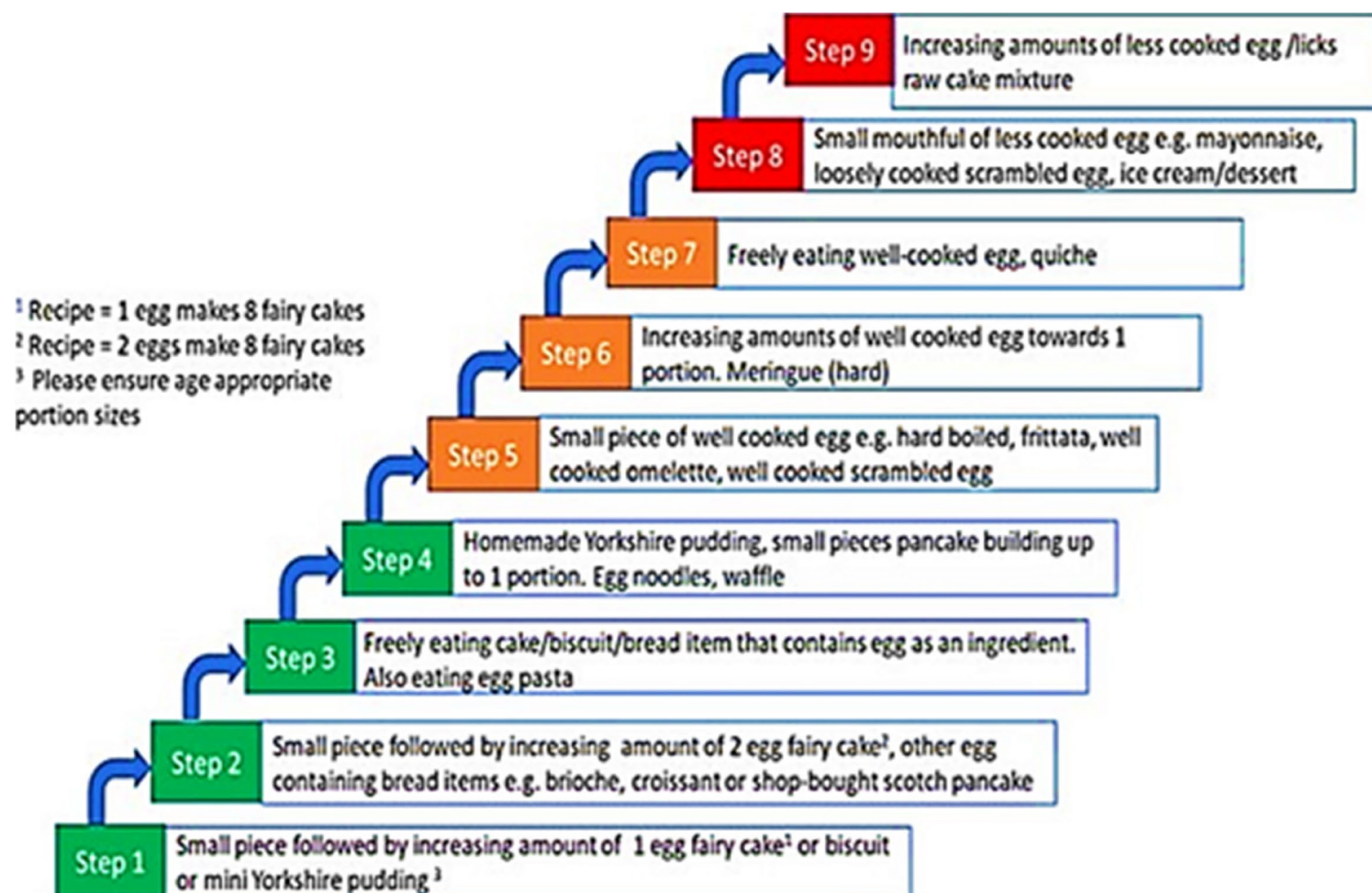


Egg Ladder



Egg Ladder

		Stage 3. Raw egg products
	Stage 2. Well cooked egg dishes and loosely cooked egg	Mayonnaise and mayonnaise - basedsauces, e.g., Horseradish sauce, tartar sauce, ranch dressing Salad cream, coleslaw Dippy/uncooked boiled/fried/poached egg. Sorbet, Cold/ hot Souffle Luxury and fresh ice cream e.g., BenJerry, Haagan Daaz Soft meringue (lemon meringue, pavlova) Fresh Mousse and other uncooked desserts Sushi Tartare steakConfit Egg, Florentine pizza, eggs benedict Soft Mallow e.g., snowball, teacake Royal and fondant icing /decorations Raw cake mixture Homemade marzipan Fondant confectionary e.g., cremeegg Uncooked egg white powder Cocktails I drinks e.g., Advocaat
Stage 1. Baked/well cooked egg, (low egg I 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/ frittataEggfried rice.</p> <p>Quiche and flans</p> <p>*Duchess potato</p> <p>Heated sauces e.g., Hollandaise sauce</p> <p>Egg custard, Creme caramel</p> <p>Creme Brulee</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>Early-stage introduction:</p> <p>Cake (legg/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>Breadcrumb 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, Noon, Fococcia,</p> <p>*Cake (standard recipe),</p> <p>*Muffins, madeleines Scotch pancakes, *blinis, Welsh cakes</p> <p>Soft cookies</p> <p>Toasting waffles, waffle cones Egg pasta and dishes with pasta, Cooked egg glaze,Prawn crackers,</p>		
*Egg as binder e.g., burger, meatball -well cooked Quam		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)