



ALLERGENS AND THEIR USES IN ASIAN FOOD

1. PEANUTS including PEANUT (GROUNDNUT) OIL



PEANUTS MAY BE WHOLE, CHOPPED OR POWDERED/GROUND

MAY BE USED IN PLACE OF ALMONDS BUT **THIS IS NOT RECOMMENDED**

2. TREE NUTS including ALMONDS, CASHEWS, PISTACHIOS



MAY BE WHOLE, CHOPPED OR POWDERED

USED IN PESHWARI NAAN, KORMA, MASSALA, PASSANDA ETC

3. CEREALS CONTAINING GLUTEN – INCLUDING ATTA, SOOJI AND MAIDA

WHEAT FLOUR IS USED IN NAAN, CHAPATTI, ROTI, PURI, PARATHA AND OTHER BREADS



BARLEY IS USED IN MALT VINEGAR

4. EGGS – ALL TYPES BOTH WHITE AND YOLK

USED IN NARGIS KEBAB, FRIED RICE, BINDERS FOR KEBABS, NAAN BREAD, BATTER FOR PAKORAS, OMELETTES etc



5. CRUSTACEANS including SHRIMPS, PRAWNS, KING PRAWNS, LOBSTER

USED IN PRAWN CURRIES, BIRIANIS, SPECIAL RICE

6. ALL FISH including ANCHOVIES, SEA BASS, RED MULLET, TROUT, SALMON, PANGASH, TILAPIA

7. MILK including YOGURT, CREAM, CHEESE, BUTTER – SOMETIMES CALLED 'DAIRY PRODUCTS'



USED IN GHEE, KORMA, RAITA, PANEER, YOGURT SAUCE, MARINADES, KULFI, ICE CREAM, LASSI, RASMAILAY, RASGULLA

8. MUSTARD including MUSTARD POWDER, BLACK OR YELLOW MUSTARD SEEDS, MUSTARD OIL



USED IN CURRY POWDER, SPICE MIXES, MASSALA SAUCE, DECORATION ON NAANS ETC

9. SOYBEANS including SOYA FLOUR, TOFU



USED IN SOYA SAUCE, TOFU AND AS SOYA FLOUR

10. MOLLUSCS including MUSSELS

11. CELERY including seeds, leaves and salt

12. SESAME SEEDS – USED IN A RANGE OF VEGETABLE CURRIES AND AS DECORATION ON NAANS etc

13. LUPIN- a flour product used mostly in France

14. SULPHUR DIOXIDE – a preservative used mainly in raisins, dried apricots etc