

# The Latest Hullabaloo

Newsletter of Hullabaloo Food – making Allergy-Aware food for healthy kids.

ISSUE 9 : APRIL 2008

Hi all,

*I think that those people who live in America's tornado belt would be quite amused to hear that Hobart experienced a "hurricane" over the weekend because we had wind gusts of up to 178 km/h. It was a bit blowy and I did lie in bed wondering which part of my house I was going to have to lug back over from my next door neighbours garden, but I always imagined that a hurricane would be – well - a little bit worse.*

*In the end I had a couple of wayward bits of garden furniture and all the apples torn off my tree. We can't eat that many apples in one sitting so I have spent a couple of late nights stewing and freezing. If you are anything as distractible as I am then you will also have sacrificed several saucepans in the name of stewed apple. But there is a better way – THE RICE COOKER. I'm sure it is technically possible, but it is really hard to burn anything in the rice cooker. It is non-stick and turns itself off. Just fill with chopped apple and a splash of water and leave. As you can't possibly eat stewed apple on it's own I have included my recipe for thick and dolopy Dairy-free Cream.*

*Now that the wind – sorry Hurricane - has passed I feel brave enough to board a flight and head over to Melbourne. I will be visiting "Allergy Block" in Carlton on Saturday 19<sup>th</sup> April 11am-1pm to talk to customers, answer questions and show off some new products. If you have any questions or want to buy some of the new products then drop in to 22 Elgin Street and say hello.*

*My final news is that at last we have a Hullabaloo Food outlet in Perth, WA. Trish's Allergy Friendly Foods is a small shop located in the PAWS (People and Animal Welfare Society) Community Resource Centre at 112-114 Beaufort Street, Perth. She is open Tues-Fri 10-5 and Sat 10-2. Trish's business has grown out of her personal frustration in trying to locate Vegan Gluten-free food in the one place. The shop is new and stocks a small range but she is very keen to expand to meet customer's needs. You can email Trish with your requests or suggestions.*

**Cheers until next time**

Jane



Go  
Hullabaloo  
Shopping

## SKINLESS DRIED PEARS ARE BACK AGAIN

Spread the word. New stocks of skinless pear are now available for our FAILSAFE customers.

## GOURMET TRAIL MIX

In response to a customer suggestion the Gourmet Trail Mix now comes with Coconut Flakes instead of Desiccated Coconut. This should keep the floor under your desk clean Roger!

**JANE VISITING at ALLERGY BLOCK** - Drop in, see the new products and have a chat. 220 Elgin Street, Carlton Saturday 19<sup>th</sup> April 11am - 1pm.

## MORE WEBSITE UPGRADES

After the last big update to the shopping cart a number of customers found that the site was significantly slower. It took a while but I finally found out why – one of those nifty features "People who bought that also bought ..." chewed up a lot of processing time. It's gone now and things zip along MUCH faster.

**TRISH'S ALLERGY FRIENDLY FOODS** - [tzanetti@paws.org.au](mailto:tzanetti@paws.org.au) 112-114 Beaufort St, Perth.



## NEW NEW NEW CHOCOLATE WAFFLE CONES

The Hullabaloo Food plain waffle cones have been a great hit. While there are a number of gluten-free cones around they were the only ones to cater for people with soy, dairy and egg allergies as well.

So now you can enjoy everybody's favourite taste – chocolate in sturdier new packaging. Ingredients [Cornstarch, Potato Starch, Rice Flour, Sugar, Cocoa, Canola Oil, Guar Gum, Salt.]

## ALL ABOUT BABY RUSKS

A number of customers have struggled to find something to give their teething allergic child. Wheat based rusks are marvellous for the job they do. They are relatively easy to make, cheap and produce a sticky, but safe, mess at the end.

You can make simple rusks by cutting any bread into 2cm square soldiers, lay them out on a cake rack and bake at 120c for 45-60 minutes. Store in an airtight container.

I have experimented with making wheat-free, dairy-free, yeast-free rusks and they are difficult. The gluten in wheat based rusks binds the starch and makes the rusk strong (until it goes sludgy). The main problem is that without the gluten the rusks become brittle and pose a very real danger of snapping – and being swallowed. In the next column is a list of manufacturers who have had more luck than I.

Part of dealing with allergies is to think outside the square, and not always try to get an X-free version of whatever you used to have. If none of the commercially available rusks are suitable then try some of these options.

**BONES:** Any large dried-out bone from cooked meat – a chicken thigh or chop bone can be used as a teething rusk as long as it doesn't have sharp or loose bits. It really is too big to slip down their throats and they taste good.

**DRIED FRUITS:** Any large piece of dried fruit such as mango or banana will be chewy enough not to break-up. If yours feels a little soft you can dry it out further in a 'keep warm' setting on the oven for a couple of hours. I even tried drying out apple cores in the oven – if the apple is large enough you get a big long hard stable thing. The colour is rather off-putting to adults but babies don't know that they should expect their dried fruits brightly coloured.

**FROZEN FRUIT AND VEG:** For many babies teething is painful and the coldness of frozen or chilled food is numbing. If you freeze watermelon rind or carrots they become rubbery instead of hard and so are much less likely to snap off.

**FROZEN CEREAL:** Spoon some baby cereal or stewed fruit into a clean hanky and tie it up like a little pudding with string. Once frozen this has a nice handle and the flavour seeps through as it is lovingly defrosted.

**OTHER BISCUITS:** Rice or corn cruskits, rice or corn thins – they tend to go soggy and make a mess but most kids like them.

## RUSKS TO BUY

### Baby Mum Mums Rice Rusks.

Ingredients: Rice (72%) potato starch, sugar, skim milk powder, salt, calcium carbonate, calcium lactate.

### Organic 4 Kids Gluten Free Teething Rusks.

Ingredients: Organic white rice flour, organic white maize flour, organic palm oil, potato starch, rice malt, guar gum, baking soda, sea salt, water. (This product is made on premises that also manufacture products containing macadamias, almonds, walnuts and pecans).

### Willowvale Organic Spelt Baby Rusks.

Ingredients: Organic spelt flour, Celtic sea salt, vegetable oil trans fat free and yeast.

### Willowvale Organic Gluten-free Rice Baby Rusks.

Ingredients: Organic rice flour, besan flour, potato flour, Celtic sea salt, vegetable oil, trans fat free, yeast.

### Organix Soft Rusks.

Ingredients: Organic wholegrain wheat flour, Organic grape juice concentrate, organic rice flour, organic unhydrogenated palm oil, organic skimmed milk powder, raising agents - sodium bicarbonate potassium carbonate, organic vanilla extract, thiamine.



## Dairy Free Dolloppy Cream

Place 60ml of vegetable oil (I use canola) in a straight sided cup. Add 1/4 tsp guar gum. Mix thoroughly with teaspoon. Add 40ml (2 tbl) of icing sugar, 4 pinches or 1/8 tsp citric acid and 1/4 tsp vanilla essence. Mix generally with teaspoon.

Drop in 150g (about half a tub) of silken tofu and blend like stink with a bamix. The more you blend the thicker it gets. I blended the cream in the photo for about 1 minute.

The total prep time about 3 minutes and if you double the recipe you don't have to part use any other ingredients (such as only needing 1 tbl of coconut cream or using half a lemon.)

It has a creamy consistency, good mouth feel, perhaps too sweet for my taste but I would think a normal degree of sweetness for dessert whipped cream, and a bit of zing. It has a definite soy taste, but not bitter or unpleasant.



[www.hullabaloofood.com](http://www.hullabaloofood.com)

Hullabaloo Foods are all pea-nut and tree nut free and manufactured in a nut-free kitchen.

We exclude preservatives, artificial colours & flavours from all products and various other allergens from the rest.

If you would prefer not to receive this newsletter please contact [admin@hullabaloofood.com](mailto:admin@hullabaloofood.com).