Gourmand Vendéglátóipari,
Idegenforgalmi, Kereskedelmi,
Szakképzőiskola, Technikum és
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1165 Budapest, Veres Péter u. 102

LICEUL ECONOMIC „BEDE ARON”
Crângului 30.
520032 Sfantu Gheorghe

Free-from confectionery pastries

Csaba Gyenge

Funded by
the European Union

2023-2-HU01-KA210-VET-000175618
Innovative Confectionery Training in
the Field of Special Dietary Needs

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Project Title:

Innovative Confectionery Vocational Training for Special Dietary Needs

Project Number:

2023-2-HU01-KA210-VET-000175618

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Introduction

Modern dietary trends are constantly evolving and people are becoming more aware of the ingredients in their diet and their effects. In the pursuit of a healthy lifestyle, many people are looking for sweets that are not only tasty but also nutritious and meet various dietary requirements. To meet these needs, this collection of dietary sweets has been created, allowing customers to satisfy a wide range of dietary requirements.

Each of the recipes presented in the following chapters corresponds to at least two diets, giving customers a choice. Diet drumstick cake, peanut butter chocolate chip, lemon-poppyseed muffin, raspberry-coconut cake and vanilla-strawberry shortcake are all delicious alternatives that are both healthy and enjoyable.

In addition, mini tables accompanying the recipes help customers to identify which dietary guidelines a particular sweet meets. The options include dairy-free, egg-free, sugar-free, gluten-free, vegan and paleo diets, so everyone can find a sweet to suit their tastes and needs. A rich selection of flavours and textures ensures that no one feels deprived of a dessert experience, even if they follow a special diet.

The recipes are easy to follow, making the baking experience accessible to everyone. Whether you're an experienced pastry chef or a novice cook, this collection provides inspiration for making healthy but delicious desserts. The prepared sweets not only enrich meals, but are also the perfect choice for special occasions.

Explore the world of diet sweets and enjoy the joy of baking! The diversity of flavours and the discovery of healthy alternatives can open up new dimensions in the kitchen, while taking into account individual nutritional needs. Unleash your creativity and make desserts that are not only delicious but also nutritious!

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Chapter 1:
Dairy-free confectionery products

1. Dairy-free confectionery products

What is milk sensitivity?

Milk intolerance, also known as lactose intolerance, is a condition in which the body cannot properly break down lactose, a type of sugar found in milk and dairy products. This happens because the enzyme needed to break down lactose, lactase, is absent or not present in sufficient quantities in the small intestine.

In the case of dairy intolerance, lactose passes undigested through the intestinal tract, which can cause a variety of symptoms such as diarrhoea, bloating, abdominal pain and gas. Milk sensitivity is not the same as milk allergy.

What is a milk allergy?

Milk allergy is an abnormal reaction of the immune system to proteins in milk, most commonly casein and whey. This allergic reaction occurs when the body mistakenly perceives these proteins as harmful and the immune system produces antibodies against them.

When a person with a dairy allergy consumes milk or dairy products, their immune system reacts, which can cause a variety of symptoms, such as skin rash, hives, vomiting, diarrhoea, abdominal pain, breathing difficulties and, in severe cases, anaphylactic shock, which can be life-threatening.

What to avoid when making a lactose-free confectionery product?

When making a lactose-free confectionery product, lactose-containing ingredients should be avoided. Similarly, it is important to look for the lactose-free indication on the label. These may be the following in the European Union:

- "*Lactose-free*": this is the most common designation, meaning that the product contains less than 0.1 grams of lactose per 100 grams or millilitres. Such products can also be consumed by people who are lactose intolerant.

- "*Low-lactose*": this designation is used for products with a lower lactose content, but below the lactose-free level. The lactose content of such products is generally below 1 gram per 100 grams or per millilitre.

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Symbols or logos: specific lactose-free logos or pictograms used by some countries or brands may appear on the packaging to visually indicate that the product is lactose-free.

It is important for consumers to check product labels, as the definition and labelling of lactose-free may vary from country to country or manufacturer to manufacturer.

IMPORTANT TO KNOW!

The meaning of a product specification:

In the food industry, a product specification is a document containing detailed information about a product. It includes the composition, physical, chemical and microbiological characteristics, manufacturing process, packaging, storage and transport conditions, and quality assurance requirements.

The product specification usually includes:

1. *Ingredient list:* all ingredients used in the production of the product and their proportions.
2. *Nutritional content:* The nutritional value of the product, including calories, proteins, fats, carbohydrates, fibers, vitamins, and minerals.
3. *Physical and chemical properties:* pH, moisture content, density, colour, taste, smell and texture.
4. *Microbiological requirements:* quantitative limits for micro-organisms (e.g. bacteria, yeasts, moulds) that may be present.
5. *Packaging:* material, size, type of packaging and labelling requirements.
6. *Storage and transport conditions:* the optimum temperature, humidity and other environmental conditions to ensure the preservation of the quality of the product.

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What are the requirements for a confectioner producing dairy-free products?

It is the responsibility of the manufacturer to ensure that the product meets the requirements set out in its product specification. In this case, it must not contain any milk or milk derivatives!

What products may contain milk derivatives that you wouldn't think of?!

Examples include vegetable foam bases. In most cases they do not contain lactose, but they do contain milk protein! So it is always mandatory to check the list of ingredients!

Vegetable confectionery meringues containing milk proteins, but not exhaustively: HuLaLá, Rosette, Baker, KEN Presto, etc.

What milks or alternatives can be used to replace milk in the manufacture of dairy-free products?

A wide range of plant-based milks and other alternatives are available for dairy-free products, with different flavours, textures and nutritional contents. Here are some popular milk substitutes:

IMPORTANT TO KNOW!

In common parlance and in some recipes, plant-based milk substitutes are called dairy milk, but this should not be labelled on the bottles marketed by some manufacturers, as it is prohibited by the EU Dairy Products Protection Regulation! We refer to it as milk below, but the correct term would be almond, peanut, soya etc. drink!

Plant-based drinks to replace milk:

1. Almond milk: slightly sweet and low in calories. It can be a good choice for cakes and creams.

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2. **Soya milk:** high in protein and one of the closest to cow's milk in terms of nutrient content. It is a good full substitute for milk in baking and creams. However, it is increasingly being avoided and it is recommended that alternatives are sought.
3. **Coconut milk:** rich, creamy texture with a coconut flavour. Especially suitable for creams, cold confectionery, coatings and creamy drinks.
4. **Rice milk:** light, sweet tasting and usually one of the least allergenic milk substitutes. It is a good choice for pasta and fillings.
5. **Oat milk:** creamy, slightly sweet and rich in fibre. Excellent for use wherever milk needs to be replaced. It is also one of the cheapest alternatives to milk. We'll give you an idea:

MAKING OAT MILK AT HOME:

First, mix 90 g oatmeal with 1 litre of cold water, 2 g salt and 3 g vanilla extract. Leave to soak for 2 hours, then blend on high speed for 60 seconds. Put a strainer in a bowl, place a clean cloth in it and pour the pulp over it. Pour the strained fresh oat milk into a glass jar. It will keep in the refrigerator for 4-5 days. Shake before use. The leftover oats can also be used to enrich baked goods such as biscuits or fillings.

6. **Cashew milk:** creamy and mild in flavour, it is often used in creamy soups, sauces and desserts.
7. **Hazelnut milk:** has a nutty flavour, which is well suited for making certain cold confectionery products or even for kneading dough. It is used for products where the specific taste of hazelnuts can dominate.
8. **Hemp milk:** rich in omega-3 fatty acids and protein. It is a good choice for creams, custards and cakes.

Other milk replacers:

1. **Water:** in some recipes, especially for dressings, water can be substituted for most of the milk.
2. **Fruit purees:** apple puree or banana puree can be used to replace milk in cakes if you want to add moisture and a little flavour.
3. **Coconut cream:** it is thicker than coconut milk and can give a rich, creamy consistency. It is an excellent substitute for cream.

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4. **Vegetable purees**: cooked and pureed vegetables, such as pumpkin or sweet potatoes, can be used to give a creamy texture to some cakes.
5. **Vegan milk powders**: you can also use vegan milk powders made from rice, almonds or coconut, which can be diluted with water.
6. **Margarines and other vegetable fats**: margarines, coconut oil, or possibly palm oil (not recommended) can be used as a substitute for butter. In this case too, care should be taken to check the ingredients to ensure that no milk derivatives are listed!

Important aspects:

- **Taste and texture**: the taste and texture of the milk substitute you choose can affect the final taste and texture of your dish.
- **Nutrient content**: some plant milks may be richer in certain nutrients, such as calcium, vitamin D or protein, but the content of these may be different to cow's milk.
- **Allergens**: some milk substitutes, such as almond or soya milk, can cause allergic reactions.

These alternatives can be used flexibly to create dairy-free recipes, taking into account taste and nutritional needs.

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Sample recipes for dairy-free confectionery

Dairy-free representative doughnut

Pasta:

Water	g	125
Oak milk	g	125
Margarine with 80 % fat content	g	100
Sugar	g	5
Salt	g	5
Flour	g	125
Eggs	pcs	4

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Preparation:

Put all the ingredients except the flour and eggs in a saucepan and bring to the boil. When it boils, add the flour and stir continuously until it is grated. Remove from the heat and add the eggs, one by one. Process and bake the dough in the same way as the traditional boiled dough.

Cream:

Oak milk	g	500
Coconut milk	g	500
Sugar	g	210
Vanilla pods	pcs	1/2
Vanilla extract	g	15
Salt	g	10
Corn starch	g	135
Eggs	pcs	6

Separate the eggs in two. Mix the egg yolks with 1/3 of the sugar, the starch, the vanilla extract and half of the oat milk until they form a lumpy paste. Put the rest of the oat milk on the fire with the coconut milk, salt, the vanilla pod cut in half and half of the remaining sugar. In the meantime, beat the egg whites with the remaining sugar. When the milk comes to the boil, add the egg yolk mixture and reduce the heat to a simmer.

While still hot, carefully add the egg whites and pour into the prepared cake cases while still warm.

Decoration:

Whip the coconut cream, adding 10% icing sugar, until fluffy and pour over the cakes. Sprinkle the tops with icing sugar.

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Dairy-free chocolate mousse

Chocolate (65% cocoa)	g	200
Coconut cream	g	500
Egg yolk	g	40
Sugar	g	125

Preparation:

Separate the eggs in two. Heat the egg yolks with the sugar over steam until hot and then whisk until cool. Whip the coconut cream until soft and store in the fridge until needed. Melt the chocolate and add to the egg yolk mixture. Add a little of the whipped

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coconut cream to the chocolate cream, and when well blended, gently stir in the rest of the whipped cream. Use to fill cakes, bars and other desserts.

Dairy-free orange-chocolate mille-feuilles

Pasta:

Flour	g	500
Salt	g	5
Vinegar (10%)	g	8
Melted coconut oil	g	125
Water	g	330
Cocoa powder with 20-22 % fat content	g	90
Margarine with 80 % fat content	g	400

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Preparation:

Separate the eggs in two. Heat the egg yolks with the sugar over steam until hot and then whisk until cool. Whip the coconut cream until soft and store in the fridge until needed. Melt the chocolate and add to the egg yolk mixture. Add a little of the whipped coconut cream to the chocolate cream, and when well blended, gently stir in the rest of the whipped cream. Use to fill cakes, bars and other desserts.

Cream:

Coconut milk	g	1000
Vanilla pod	pcs	1
Sugar	g	250
Corn starch	g	100
Egg yolk	g	240
Margarine (80% fat content)	g	100
Orange zest (organic or untreated)	g	45

Preparation:

Mix the egg yolks with the starch and one third of the coconut milk until a lumpy paste. Bring the remaining coconut milk to the boil with the sugar and add the grated orange zest and the vanilla pod with the seeds, cut in two and scraped out. When it boils, remove the vanilla pod and pour in the egg yolk mixture. When the temperature reaches 60°C, stir in the margarine with a hand mixer.

Compilation:

Cut the sheets into three equal pieces. Then fill with the prepared cream in two layers. Sprinkle the top with icing sugar.

Dairy-free cooked lemon cream

Cream:

Whole egg	g	200
Lemon zest (organic or untreated)	db	5
Sugar	g	250
Lemon juice	g	160
Margarine with 80% fat content at room temperature	g	300

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Preparation:

Mix the eggs with the sugar, lemon zest and lemon juice. Heat over steam to 83 °C, stirring constantly. Stir constantly after heating. When it reaches 55°C, add the fat and cream with a hand blender at high speed for 2 minutes. Refrigerate for 24 hours before use. Use to fill cakes, tartlets, pies.

Dairy-free “cottage cheese cream”

Cream:

ALL IN Clumping cream	g	500
Sugar	g	85
Lemon zest (organic or untreated)	pcs	1
Coconut cream	g	650
Vanilla extract	g	3
Gelatin sheet	g	15

ALL IN Cottage Cheese Cream is a great choice because it's very similar to real cottage cheese, but it's completely vegan and soy-free. Even though coconut is the main ingredient, it doesn't have a strong coconut flavour, so it's great to flavor with lemon zest.

Preparation:

Mix the clotted cream with the vanilla extract, grated lemon zest and sugar. Soak the gelatine in ice-cold water and heat it up. Add to the cream and loosen with the whipped coconut foam.

Perfect for filling cakes and desserts. It freezes extremely well.

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Chapter 11:
Eggless confectionery products

JJ. Eggless confectionery products

What is egg sensitivity?

Egg sensitivity (or egg allergy) is an immune system reaction triggered by proteins in eggs. Egg allergy is most often to egg white and less often to egg yolk. Egg allergy occurs mainly in children but can also occur in adults.

What is the difference between egg white sensitivity, egg yolk sensitivity and total egg sensitivity?

In the case of egg allergy, the body's immune system perceives the proteins in eggs as harmful substances and triggers an allergic reaction. However, the two main constituents of eggs, the white and the yolk, contain different proteins, so sensitivity can develop to individual parts of the egg.

1. Egg protein sensitivity

- **What causes it?:** proteins in egg whites such as ovalbumin, ovotransferrin and ovomucoid trigger the allergic reaction.
- **Characteristics:** egg protein is the main allergen in the majority of egg sensitivities. In most cases, egg yolk sensitivity is the main allergen of most egg allergens.
- **Symptoms:** hives, itching, difficulty breathing, indigestion, possibly more serious reactions (e.g. anaphylaxis).
- **Diet:** people should avoid all foods and products containing egg whites.

2. Egg yolk sensitivity

- **What causes it?:** proteins in egg yolks, such as livetin, can cause an allergic reaction.
- **Characteristics:** egg yolk allergies are less common, as the proteins in the yolk are less allergenic than those found in the white.
- **Symptoms:** They may be similar to the symptoms of egg protein allergy, but are usually milder.

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- **Diet:** affected people should avoid egg yolks, but sometimes eating egg white can also be a problem, as it is difficult to completely separate the yolk from the protein.

3. Total egg sensitivity

- **What causes it?:** both egg whites and egg yolks can act as allergens in the body and either one can trigger an allergic reaction.
- **Characteristics:** in this type of allergy, the person is sensitive to both the white and the yolk and therefore eating whole eggs causes an allergic reaction.
- **Symptoms:** symptoms triggered by any of the ingredients may occur and reactions may be more severe.
- **Diet:** people should avoid eggs and any egg-based food or products completely.

In summary, the difference between egg white, egg yolk and whole egg sensitivity lies in which egg component the body is allergic to. In the case of whole egg sensitivity, both components cause problems.

What alternatives can be used to replace eggs in egg-free products?

Some examples of egg substitutions are not exhaustive:

1. Flaxseed or chia seed

How to use: mix 1 tablespoon of ground flaxseed or chia seeds with 3 tablespoons of water and leave to stand for 5-10 minutes until it becomes gelatinous.

What it is good for: to show the moisture in pasta.

2. Applesauce

How to use: about 50 ml applesauce instead of one egg.

What it's good for: cakes, muffins, pancakes. Adds moistness to the dish, although the end result may be slightly denser.

3. Bananas

How to use: about 45-50 g mashed ripe bananas can replace one egg.

What it's good for: kneaded and mixed doughs. Adds a sweet taste and increases the sugar content!

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4. Soya or coconut yoghurt

How to use: 55 ml yoghurt instead of one egg.

What it's good for: kneaded and mixed pasta, it adds moisture and texture to food. In the case of semolina, it is necessary to add volume to the dough.

5. Baking soda, vinegar and water

How to use: mix 1 teaspoon of baking soda with 1 tablespoon of vinegar and 30 ml of water.

What it's good for: mixed and whisked pasta. Gives a light, airy texture.

6. Chickpea flour

How to use: 50 g of chickpea flour is mixed with 60 ml of water.

What it's good for: crumbly and yeast doughs, and savoury doughs. Good binder.

7. Aquafaba (chickpea broth)

How to use: 60 g aquafaba can replace one egg. 40 g aquafaba can replace one egg white. 20 g aquafaba can replace one egg yolk.

What it's good for: puff pastry is excellent, it holds the foam very well. It is also excellent for making foam pasta. When whipped, you get a similar consistency to egg whites.

The juice of the jarred chickpeas is just as perfect, so if you don't have time to cook them, feel free to use their juice!

8. Coconut milk powder or soya milk powder

How to use: mix 20 g milk powder with 45 g water.

What it's good for: moistening creams, fillings or even sponge cakes. It also has a slight volumizing effect.

9. Baking powder and water

How to use: a mixture of 45 g water, 20 g oil, and 4 g baking powder instead of one egg.

What it's good for: it's best used to increase the volume of mixed doughs.

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What products might contain egg derivatives that you wouldn't think of?

There are many baking ingredients that may contain egg derivatives that you wouldn't think of. These ingredients are often hidden in products and if you are egg sensitive it is important to read labels carefully. Here are some examples:

1. Baking powders and baking mixes

- **Why might it contain egg derivatives?**: Some baking powders and pre-made baking mixes may contain egg powder or other egg derivatives to provide extra rise and texture.

2. Pudding powderes

- **Why might it contain egg derivatives?**: Some pudding powders may contain egg powder or lecithin emulsifiers made from egg derivatives.

3. Instant yeast

- **Why might it contain egg derivatives?**: Although rare, some instant yeasts may contain egg derivatives to aid fermentation and improve texture.

4. Processed flour mixtures

- **Why might it contain egg derivatives?**: Pre-mixed flours (e.g. pancake mixes, muffin mixes) may contain egg powder for simplicity, so that the user does not have to add an extra egg.

5. Margarines and butter substitutes

- **Why might it contain egg derivatives?**: Some margarines and butter substitutes, especially the softer, spreadable versions, may contain egg lecithin, which acts as an emulsifier.

6. Prepared crumbs, biscuit crumbs or breadcrumbs

- **Why might it contain egg derivatives?**: Pre-packaged breadcrumbs or breadcrumbs used for breading can sometimes contain egg powder. Confectioners may use them to make unbaked dough or for fillings.

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7. Glazes and icings

- **Why might it contain egg derivatives?**: Some glazes and icings may contain egg white powder or albumin for a smoother and glossier coating.

8. Fats for the baking industry

- **Why might it contain egg derivatives?**: Some baking fats contain emulsifiers that may contain lecithin derived from eggs. Egg yolks may contain egg yolks, which may contain egg proteins.

9. Frozen pasta and ready-made pasta products

- **Why might it contain egg derivatives?**: Frozen or pre-made pasta, such as strudel, puff pastry, often contains egg powder to improve texture and flavour.

10. Pastry powders or muffin powders

- **Why might it contain egg derivatives?**: These mixtures often contain egg powder so that the user only needs to add water or milk.

11. Chocolate and caramel sauces

- **Why might it contain egg derivatives?**: Some sauces used to decorate cakes or desserts may contain egg whites or egg yolks for flavour and texture.

12. Sweetener mixtures and confectionery powders

- **Why might it contain egg derivatives?**: Some prepackaged sugar and sweetener mixes may contain egg white powder to improve texture.

These ingredients often contain hidden egg derivatives, so if you are sensitive to eggs, always check the labels carefully or look for egg-free alternatives.

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Sample recipes for eggless confectionery

Eggless cocoa sponge cake whipped

Yoghurt	g	100
Sugar	g	200
Milk	g	150
Butter	g	105
Cocoa	g	50
Flour	g	180
Baking soda	g	5
Baking powder	g	5
Salt	g	2

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Preparation:

Mix all the dry ingredients. Heat the milk and add the butter. When the butter has melted, add the yoghurt and then the rest of the ingredients.

You can bake it in a tin or bake it as a sheet. Bake in a preheated oven at 175 °C.

Eggless sponge cake whipped I.

Aquafaba	g	200
Sugar	g	100
Vanilla extract	g	15
Butter	g	30
Flour	g	130
Baking powder	g	5

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Preparation:

Beat the aquafaba until fluffy, while continuously adding the sugar and vanilla extract. Mix the flour with the baking powder and add to the foam. Finally, drizzle in the melted butter.

It can be baked on a baking sheet or filled into a mould in a preheated oven at 175°C.

Eggless sponge cake whipped II.

Yoghurt	g	340
Baking soda	g	5
Vanilla extract	g	15
Oil	g	175
Sugar	g	180
Flour	g	240

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Baking powder	g	5
Salt	g	1

Preparation:

Stir the baking soda into the yoghurt and leave to stand for 5 minutes. Then add the oil, salt, sugar and vanilla extract. Finally, sift in the flour and baking powder. Mix into a dough without lumps. Bake in a preheated oven at 175°C for about 35-40 minutes.

Eggless meringue

Aquafaba	g	115
Sugar flour	g	150
Vanilla extract	g	15
Tartaric acid solution or vinegar	g	5

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Preparation:

Beat the aquafaba until fluffy, while continuously adding the sugar and vanilla extract. You can colour and flavour according to the purpose of use. Make sure to add as little moisture as possible to the dough. Shape the dough from a pastry bag onto a baking sheet covered with paper. Bake in a preheated oven at 100 °C for min 80-100 minutes, then leave to cool in a covered, ungreased oven.

Egg-free yolk cream

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Milk	g	1000
Aquafaba	g	250
Sugar	g	220
Vanilla extract	g	30
Vanilla cream powder	g	130
Gelatin sheet	g	20

Preparation:

Mix the cream powder with half the sugar and 250 ml of milk. When the milk comes to the boil, pour in the cream powder mixture and stir continuously to thicken.

The mixture is covered and cooled. Break through cold and add the soaked and heated gelatine. Whip the aquafaba and add the remaining sugar and vanilla extract continuously. Fold the foam into the cream and use within a short time. It can be used to make egg-free cream, French cream, representative doughnuts, etc.

Chapter III:
Paleo pastry products

JJJ. Paleo pastry products

What is a Paleolithic diet?

The paleolithic diet, or more simply the paleo diet, is a diet that attempts to follow the diet of prehistoric man, when humans lived a hunter-gatherer lifestyle. The Paleolithic diet is based on the fact that human genetics evolved in the Paleolithic era (around 10 000 years ago), so the foods consumed then are best suited to the human body.

Principles:

The paleo diet emphasises the consumption of unprocessed, natural foods. It is based on the following foods:

1. **Meat and fish**: meat, poultry, game, fish and seafood with high protein content. In particular, meat from grass-fed animals, wild-caught fish.
2. **Eggs**: also a natural, unprocessed source of protein.
3. **Vegetables and fruit**: fresh, seasonal vegetables and fruit that are nutrient-rich.
4. **Nuts and seeds**: almonds, walnuts, flaxseeds, chia seeds, etc., which provide healthy fats.
5. **Healthy fats**: olive oil, coconut oil, avocado oil, animal fats.

Foods to avoid:

The paleo diet eliminates many modern foods that were not consumed by cavemen, because these foods only appeared with the development of agriculture and food processing. Foods to avoid include:

1. **Cereals**: wheat, rice, maize and other cereals.
2. **Legumes**: beans, peas, lentils, soya.
3. **Dairy products**: milk, cheese, butter, yoghurt (as dairy products were not consumed until after the agricultural revolution).
4. **Processed food**: any food containing artificial additives, preservatives, sugar or refined oils.

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Objectives and benefits:

Proponents of the paleo diet claim that this diet helps with weight loss, improves energy levels and reduces the risk of modern civilisation diseases (e.g. heart disease, diabetes, obesity) because the diet excludes processed foods, refined sugars and simple carbohydrates.

Overall, the Paleolithic diet is a diet that encourages the consumption of natural, unprocessed foods and tries to exclude foods that have emerged through the development of agriculture and the food industry.

What to avoid when making a paleo confectionery product?

When making Paleo confectionery, several ingredients should be avoided as they do not fit in with the principles of the Paleolithic diet. The following ingredients are particularly important to avoid:

1. Cereals and flours

- **Why:** Cereals such as wheat, rye, barley, and flours made from them (e.g. wheat flour) are not allowed in the paleo diet.
- **Alternatives:** coconut flour, almond flour, chestnut flour or other seed flours.

2. Sugar and artificial sweeteners

- **Why:** Refined sugar, cane sugar, brown sugar, corn syrup, and artificial sweeteners (e.g. aspartame) are not allowed.
- **Alternatives:** natural sweeteners such as honey, maple syrup, date paste, stevia and sugar alcohols (e.g. erythritol, xylitol), etc.

3. Dairy products

- **Why?:** Milk, sour cream, cream, cheese and butter are not allowed in the paleo diet.
- **Alternatives:** coconut milk, almond milk, coconut cream or ghee (clarified butter) are allowed in some paleo diets.

4. Thumbs up

- **Why?:** Beans, peas, lentils, soy and products made from them (e.g. soy flour, tofu) are not suitable for a paleo diet.

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- **Alternatives:** other sources of protein such as eggs or seeds such as cashews, tomatoes (brazil nuts), hazelnuts, etc. are recommended instead of legumes.

5. Processed foods

- **Why?:** Avoid all pre-packaged foods containing preservatives, additives or refined ingredients.
- **Alternatives:** use fresh or frozen without modification, natural ingredients.

6. Refined vegetable oils

- **Why?:** Refined vegetable oils like sunflower oil, rapeseed oil, soybean oil are not paleo-friendly.
- **Alternatives:** coconut oil, avocado oil, olive oil.

7. Starches and thickeners

- **Why?:** Corn starch, potato starch, and other refined starches are also not appropriate for a paleo diet.
- **Alternatives:** Arrowroot powder, tapioca starch, bamboo fibre, agar-agar or gelatine.

8. Yeast

- **Why?:** Although yeast is not forbidden in all paleo diets, many paleo followers avoid traditional yeast.
- **Alternatives:** baking soda and acidic ingredients (e.g. apple cider vinegar) can be used instead of baking powder.

9. Chocolate and cocoa

- **Why?:** Traditional milk chocolate and sweetened cocoa powder are not paleo-friendly.
- **Alternatives:** Raw cocoa powder, unsweetened dark chocolate (with as high a cocoa content as possible), paleo-friendly chocolate.

By avoiding these ingredients and choosing paleo-friendly alternatives, it is possible to create truly paleo confectionery products that meet the requirements of a paleolithic diet.

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What are the requirements for a confectionery business that produces Paleo products?

Currently, there are no specific regulations for the production of Paleo confectionery products in Hungary. All manufacturers and distributors must follow the rules for the production of traditional products.

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Sample recipes for Paleo pastry products

Paleo apple cake

Pasta:

Almond flour	g	350
Cashew nuts roughly chopped	g	100
Dried dates	g	150
Coconut milk	g	50
Honey	g	50
Coconut oil (non hydrogenated)	g	120

Preparation:

Put all the ingredients in a chopper (chopper) and mix briefly.

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Filler:

Apple	g	500
Honey	g	150
Organic lemon juice and zest	db	1
Almond flour	g	110
Cinnamon	g	5
Raisin	g	100

Preparation:

Peel the apple and cut into evenly sized cubes (5mm x 5mm). Squeeze the juice from the lemon and grate the zest over it. Add the rest of the ingredients and mix gently.

Divide the dough in half. Divide one half into small portions and press into the bottom of the mini cake tin.

Pile the filling on top and crumble the remaining dough over it. Place in the oven and bake at 180°C until done.

Paleo Linzer Rings

Pasta:

Almond flour	g	300
Coconut flour	g	150
Feed meal	g	50
Vanilla extract	g	10
Organic lemon peel	g	5
Erythritol	g	170
Coconut oil	g	295
Baking soda	g	5

Preparation:

Knead the ingredients into a dough similar to linzer and roll out to a thickness of about 3 mm. With a round or wavy-edged cutter, cut out the dough in pairs so that the centre of every second one has a hole. Bake the small discs in a preheated oven at 200 °C. Then fill with the homemade apricot filling. Sprinkle the tops with powdered erythritol before serving.

Filler:

Dried apricots	g	500
Honey	g	150
Hot water	g	kb. 60
Pectin	g	20

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Preparation:

The ingredients are placed in a chopping machine (cutter) and blended. Add enough boiling water to obtain a creamy, jam-like consistency. Expect the pectin to pull on it while standing!

Paleo coconut cubes

Pasta:

Almond flour	g	400
Chestnut flour	g	150
Tapioca flour	g	50
Coconut blossom sugar	g	80
Honey	g	80
Baking soda	g	20
Coconut milk	g	500
Eggs	g	200

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Preparation:

Mix the dry ingredients. Mix the honey with the egg and coconut milk and pour over the dry ingredients. You should get a smooth, thickly runny dough. Bake very slowly in a preheated oven at 155-160°C until done. The colour of the dough will turn quite dark, but that's how it is! When cool, cut into small cubes (about 4 x 4 cm).

Glaze:

Coconut oil	g	200
Coconut blossom sugar	g	150
Honey	g	100
Cocoa powder	g	120
Coconut milk	g	55
Rum	g	50

Preparation:

Place all the ingredients in a heatproof mixing bowl and heat over steam until blended. While still warm, dip the dough cubes in it and roll them in coconut.

Paleo chestnut roll

Pasta:

Chestnut flour	g	60
Almond flour	g	20
Eggs	g	200
Coconut blossom sugar	g	80

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Preparation:

Separate the eggs in two. Whisk the egg yolks with half the sugar. Beat the egg whites with the other half of the sugar. Cream the two whisking parts together and gradually add the chestnut flour mixed with the almond flour. Spread on a baking sheet covered with paper and bake at 180°C.

Cream:

Unsweetened chestnut paste	g	250
Honey	g	100
Coconut cream	g	300
Vanilla extract	g	10
Gelatin sheet	g	10

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Preparation:

Grate the chestnuts and mix with the honey and vanilla extract. Whip the coconut cream and mix into the chestnut base with the soaked and warmed gelatine. The resulting rolade is also great to store frozen.

Paleo lemon cake

Coconut oil	g	100
Eggs	g	50
Organic lemon juice and zest	pcs	1
Paleo yoghurt	g	120
Eritrite (powdered)	g	110
Almond flour	g	200
Coconut flour	g	70
Tapioca flour	g	30

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Baking soda	g	6
Salt	g	1
+ erythritol and lemon juice for the glaze		

Preparation:

Whisk the coconut fat with the lemon juice and zest, yoghurt and powdered erythritol. Add the flour mixed with salt and bicarbonate of soda. Knead the dough together in a short time. Form balls of dough the size of walnuts and roll in erythritol. Place on a baking tray covered with baking paper. Expect the dough to spread. Bake in a preheated oven at 180 °C until done. Make a glaze of lemon juice from powdered erythritol and coat thinly on top. It will stay fresh for a long time if kept away from moisture.

Chapter IV:
Vegan confectionery products

IV. Vegan confectionery products

What does it mean for a pastry to be vegan?

A pastry is vegan if it does not contain any ingredients of animal origin. A vegan diet completely excludes any products made from animals or of animal origin, such as milk or processed dairy products. Thus vegan pastries do not use dairy, eggs, honey or gelatine.

"Veganism is a way of life which aims to exclude, as far as is possible and practicable, all forms of exploitation and cruelty to animals for food, clothing or any other purpose" (The Vegan Society, UK).

Features of vegan pastries

1. **Instead of dairy products**: Plant-based alternatives such as almond milk, soy milk, coconut milk or rice milk are used. Instead of butter, vegetable margarines or coconut oil may be the choice. (See Chapter I.)
2. **Instead of eggs**: various egg substitutes are used, such as flaxseed, chia seeds, bananas, applesauce, or commercially available vegan egg substitute mixes. (See Chapter II.)
3. **Instead of honey**: agave syrup, maple syrup or other plant-based sweeteners can be used. Sugar is vegan, but as it's not very healthy, many people try to avoid it as much as possible when baking and cooking!
4. **Instead of gelatine**: agar-agar or other plant-based thickeners (e.g. pectin or starches) can be used, as traditional gelatine is of animal origin.

In summary

A vegan pastry is completely free of animal-based ingredients and instead relies on plant-based alternatives that meet the requirements of a vegan lifestyle.

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Which baking ingredients contain animal ingredients that you wouldn't think of?

The ingredients used in frying contain several ingredients of animal origin that you would not necessarily think are of animal origin. These can be particularly important if you are vegan, vegetarian or avoid animal products for religious reasons.

They can be:

1. **Lecithin** (Most commonly extracted from soya, but can also be derived from eggs. It can therefore occur in chocolates, margarines or e.g. cream powders);
2. **Gelatine** (in sugar syrups, semi-finished or finished creams, etc.);
3. **Sugar** (Especially in the USA, a substance called bone charcoal, which is of animal origin, is often used to refine sugar. This bone char is made from charred animal bones, and bovine bones are the main material used for this purpose. Bone charcoal is used as a filter in the sugar industry, and as part of the sugar refining process it helps to remove impurities and bleach sugar, especially cane sugar. It is important to note that the use of bone charcoal is mainly common in the refining of cane sugar, while filters of animal origin are not usually used in the production of beet sugar. For this reason, if one wants to avoid animal-derived materials completely, it is advisable to choose sugar that is labelled "vegan" or "animal carbon-free");
4. **Margarines** (In many cases they also contain milk derivatives);
5. **Food colours** (Some food colours e.g. carmine red food colouring. True carmine is obtained from dried, fertilized, female cochineal (Coccus cacti), which live on a specific species of cactus in Peru and Mexico);
6. **Whey** (Powdered whey can also be found in many convenience products, e.g. hot or cold cream or custard powders! These should always be checked before use).

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Sample recipes for vegan confectionery products

Vegan chocolate cake

Pasta:

Linseed meal	g	10
Water	g	30
Dark chocolate	g	100
Water	g	60
Vanilla extract	g	10
Vegan margarine	g	70
Almond flour	g	40
Oatmeal flour	g	55
Cocoa powder	g	25
Baking powder	g	5
Paleolithic applesugar or erythritol	g	110

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Preparation:

Mix the linseed flour with 30 g water. Melt the chocolate with the butter and water and add the flaxseed meal, sweetener and vanilla extract. Mix the dry ingredients (baking powder, cocoa powder, oat flour and almond flour) in a bowl and add to the wet mixture. Pour the dough into small moulds and bake in a preheated oven. When cool, cut into two sheets and fill.

Cream:

Ripe avocado	g	100
Melted dark chocolate	g	250
Coconut cream	g	220
Vanilla extract	g	30

Preparation:

Scrape out the avocado flesh into a bowl and whisk until frothy. Add the melted chocolate and vanilla extract. Whip the coconut cream and add to the cream. The cream can be used immediately for filling.

Vegan mango and passion fruit mousse

Cream:

Passion fruit puree	g	200
Mango puree	g	200
Xilit	g	150
Coconut cream	g	500
Vanilla extract	g	10

Preparation:

Mix the fruit purees with the xylitol and vanilla extract. Whip the coconut cream and add to the fruit mixture. If you want to use this cream for cake filling, you need to add 15 g of agar agar and 65 g of water mixed warm.

Mango jelly:

Mango puree	g	350
Xilit	g	80
Lemon juice	g	50
Agaragar	g	6
Water	g	50

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Preparation:

Soak the agaragar in a pressure cooker and heat it up, then stir in all the other ingredients. Heat together briefly, then when it reaches 85°C remove from the heat and pour into the bottom of serving glasses and chill in the fridge.

Vegan Rákóczi meringue

Pasta:

Almond flour	g	250
Rice flour	g	150
Tapioca flour	g	50
Manda-milk	g	20
Apple puree	g	50
Coconut oil (non hydrogenated)	g	200
Paleolithic applesugar or xilit	g	120

Vanilla extract	g	50
Salt	g	5

Preparation:

Mix the dry ingredients and crush them with the coconut oil. Add the apple puree and almond milk and knead the dough. Without resting, roll out to a thickness of about 3mm and bake. Preheat oven to 180°C.

Cream:

Vegan clotted cream	g	500
Paleolithic applesugar or xilit	g	120
Lemon zest	g	10
Vegan oil	g	180
Semolina	g	30
Raisin	g	100
+		
Vegan peach flavour for spreading	g	150

Preparation:

For the filling, mix all the ingredients after preparation and leave to rest in the fridge for about 1-1.5 hours.

Put a frame on a baked pastry sheet and spread with jam, then pile the filling on top. Bake in the oven at 170°C for 20 minutes.

Meringue:

Aquafaba	g	115
Xilit	g	150
Lemon juice	g	10

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Preparation:

Make a thick foam and put it on the baked cake. Fry the foam briefly in a 200 °C oven. Slice after cooling.

Vegan pocket bar

Pasta:

Almond flour	g	350
Tapioca flour	g	60
Chestnut flour	g	50
Linseed meal	g	35
Coconut flour	g	35
Erythritol	g	90
Xylitol	g	90
Coconut oil (non hydrogenated)	g	200
Water	g	70

Coconut milk powder	g	20
Baking soda	g	5
+		
Vegan peach flavour for spreading	g	400
Walnut	g	200
Coconut blossom sugar	g	200

Preparation:

Mix the dry ingredients together and then crumble in the coconut oil. Dissolve the coconut milk powder in the water and add to the batter. It takes a short time to knead the dough. Divide into three parts and roll out into sheets. Roll out the sheets into a high-sided baking tin, brush with vegan peach jam like the brioche and sprinkle with a mixture of walnuts and coconut blossom sugar.

After the third sheet, prick the top and bake at 175°C. After cooling, cover with a cake glaze.

Cocoa glaze:

Xylitol or erythritol	g	100
Coconut oil	g	110
Cocoa powder	g	80
Coconut milk	g	50-70

Preparation:

Mix all the ingredients in a saucepan until melted, then pour over the top of the cooled brioche while still warm. Spread and chill in the fridge until firm.

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Vegan orange carrot cake

Pasta:

Grated carrots	g	450
Vegan yoghurt	g	160
Grapeseed oil	g	100
Shredded pineapple	g	150
Vanilla extract	g	20
Xylitol	g	150
Coconut blossom sugar	g	150
Rice flour	g	180
Oatmeal	g	70
Baking powder	g	15
Cinnamon	g	15
Clove	g	5
Walnuts, coarsely chopped	g	110

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Preparation:

Prepare two bowls, one to mix the ingredients in the top part of the recipe, the other to mix the floury stuff in the bottom part. Pour the two mixtures together and make a lump-free dough. Pour the dough into two 23 cm diameter cake tins and bake until test done. When baked, fill with the vegan orange cream and spread on top.

Vegan orange cream:

Vegan spreadable "cheese crust"	g	200
Powdered xylitol or erythritol	g	100
Organic oranges (juice and peel)	pcs	1
Coconut oil	g	100

Preparation:

Mix coconut fat and powdered xylitol or erythritol into the cream cheese. Grate the zest from the orange and squeeze out the juice. Mix into the cream.

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Chapter V:
Sugar-free confectionery products

V. Sugar-free confectionery products

What does it mean that a confectionery product is sugar-free?

A confectionery product is considered sugar-free if it contains no added sugar, i.e. no traditional granulated sugar (sucrose) or other sugars such as brown sugar, honey, maple syrup or corn syrup.

IMPORTANT TO KNOW!

Products that are exclusively sugar-free do not necessarily correspond to products for diabetics. This is because confectionery products for diabetics (e.g. reduced-carb or low-carb, etc.) are not only sugar-free or low in sugar, but also have other ingredients designed to minimise the rise in blood sugar. This may include reducing total carbohydrate content and calories, or controlling fat content. So, reduced carbohydrate products are therefore designed in a more complex way to meet the specific needs of people with diabetes, whereas sugar-free products focus on avoiding sugar only.

What does it mean that a confectionery product has a low glycaemic index?

The fact that a confectionery product has a low glycaemic index (GI) means that the carbohydrates in it slowly raise blood sugar levels. Foods with a low GI are gradually absorbed and broken down in the body, providing a more stable blood sugar level and avoiding sudden rises and falls in blood sugar.

IMPORTANT TO KNOW!

What exactly does a low glycaemic index mean?

Glycaemic index (GI): the GI is a measure of how quickly a food raises blood sugar levels. The scale ranges from 0 to 100, where 100 corresponds to the blood glucose-raising effect of pure glucose (glucose).

- **Low GI**: 55 or below.
- **Medium GI**: between 56-69.
- **High GI**: 70 or higher.

Low GI confectionery products are made from ingredients that break down more slowly in the body. For example, wholemeal flours, sweeteners such as stevia or erythritol, and fibre-rich ingredients. These products are less likely to raise blood sugar levels and therefore provide a more stable energy supply.

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What are the requirements for a confectionery plant manufacturing sugar-free products in the European Union?

In the European Union, a confectionery plant producing sugar-free products has to comply with a number of legal and food safety requirements. These requirements ensure that products are truly sugar-free and safe for consumers. The most important requirements are detailed below.

1. Legal regulations and labelling

Labelling requirements:EU food labelling regulations, in particular Regulation (EU) 1169/2011, stipulate that the "sugar-free" indication can only be used on a product if it contains less than 0.5 grams of sugar per 100 grams or millilitres. The labels must clearly indicate the list of ingredients, the nutritional information and must specifically mention if the product contains sweeteners.

Sweeteners regulation: sweeteners used in food are strictly regulated by EU regulations. Legislation on the use of sweeteners, such as Regulation (EU) 1333/2008, must be respected and only authorised sweeteners should be used.

2. Food safety and hygiene

HACCP system: confectionery factories must implement and maintain a HACCP (Hazard Analysis and Critical Control Points) system to ensure food safety at all stages of production. The HACCP system focuses on the identification and control of food safety hazards.

GMP (Good Manufacturing Practice): the plant must follow GMP principles, which ensure that production processes are consistently of high quality and safe.

Hygiene standards: in order to comply with food hygiene standards (such as Regulation (EU) 852/2004), the establishment must maintain a clean, disinfected environment and staff must receive appropriate hygiene training.

3. Traceability and documentation

Traceability: the plant must ensure that all raw materials and finished products can be traced throughout the supply chain. This means that the origin of raw materials, the production process and the distribution of the final product must all be documented.

Supplier control: the plant must ensure that raw materials, in particular sweeteners and other sugar substitutes, comply with EU standards. This often requires strict supplier controls and quality assurance processes.

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4. Quality control and laboratory testing

Product testing: regular laboratory testing of products ensures that they comply with the 'sugar-free' label. The correct proportion of sweeteners and any sugar content must be constantly monitored.

Quality assurance: the plant must operate a quality system that ensures consistently high product quality and conformity to specifications.

5. Consumer information

Warnings and labelling: if the product contains sweeteners, the words "with sweetener" must appear on the packaging. In addition, if a product contains a sweetener that may have a laxative effect (e.g. xylitol or erythritol), this should also be indicated.

6. Permanent monitoring and audit

Official controls: food businesses are regularly inspected by the authorities to check that they comply with the rules in force. These checks cover production processes, hygiene conditions and product labelling.

These requirements ensure that sugar-free products meet food safety and quality standards and can be consumed with confidence by consumers across the European Union.

What are the natural sweeteners that have the least effect on blood sugar levels and can be used in the manufacture of confectionery products?

There are several natural sweeteners used in the manufacture of confectionery products that have a low glycaemic index and therefore only a small increase in blood sugar levels. These sweeteners are not only healthier, but are also well-suited to a variety of special diets, such as diabetic diets or ketogenic diets. Below are the most popular natural sweeteners that can be used in confectionery products.

Erythritol

- **Glycaemic index:** 0
- **Calorie content:** almost zero (0.2 kcal/gram)
- **Properties:** Erythritol is a sugar alcohol that occurs naturally in fruits. It tastes sweet but has no effect on blood sugar levels, making it an ideal sugar substitute. It has good baking properties and can be used in most confectionery products.

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Stevia

- **Glycaemic index:** 0
- **Calorie content:** 0 calories
- **Properties:** stevia is a natural sweetener extracted from the leaves of the Stevia rebaudiana plant. It is extremely sweet, 200-300 times sweeter than sugar, and has no effect on blood sugar levels. Care must be taken when using it, as it is very concentrated.

Xylitol

- **Glycaemic index:** 7-13
- **Calorie content:** 2.4 kcal/gram (about 40% less than sugar)
- **Properties:** xylitol is also a sugar alcohol, which is naturally found in, for example, birch trees and some fruits. It has a low GI, which means that it raises blood sugar levels only slightly. It is sweet like sugar and is excellent for baking.

Monk fruit extract

- **Glycaemic index:** 0
- **Calorie content:** 0 calories
- **Properties:** Monk fruit (Luo Han Guo) is a Chinese fruit from which the sweetener extracted is 150-200 times sweeter than sugar. It has no effect on blood sugar levels and is completely calorie-free. It has a natural taste and remains stable even when baked.

Coconut blossom sugar

- **Glycaemic index:** 35
- **Calorie content:** 4 kcal/gram (similar to normal sugar)
- **Properties:** coconut blossom sugar is made from the nectar of the coconut palm flower. Although similar in calories to regular sugar, it has a lower GI, which makes it raise blood sugar levels more slowly. It is rich in minerals and antioxidants.

Inulin

- **Glycaemic index:** 1
- **Calorie content:** 1,5 kcal/gram

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- **Properties:** inulin is a natural fibre found in many plants, such as chicory root. Inulin is found in many natural sources, such as cucumbers and rice, and is found in many foods. It can also help reduce the GI and calorie content of other sweeteners.

Yacon syrup

- **Glycaemic index:** 1
- **Calorie content:** 1,3 kcal/gram
- **Properties:** yacon syrup is made from the root of the yacon plant and has a low GI. It has a prebiotic effect and helps improve digestion. It tastes similar to molasses or honey and is an excellent natural sweetener.

What artificial sweeteners exist that are the least likely to raise blood sugar levels and can be used in the manufacture of confectionery products?

There are many artificial sweeteners available that are low or even zero calorie and have minimal effect on blood sugar levels. They are often used in the manufacture of confectionery products, especially dietetic products for diabetics, dieters or people following special diets. Below are the most popular artificial sweeteners that have the least effect on blood sugar and can be used in confectionery products.

Aspartame

- **Glycaemic index:** 0
- **Caloric content:** 4 kcal/gram, but as it is extremely sweet, a very small amount is sufficient, so it is considered practically calorie-free.
- **Properties:** aspartame is 180-200 times sweeter than sugar and has no effect on blood sugar levels. It is heat-sensitive, so it is preferable for cold foods and drinks, but it can also be used in some confectionery products.

Saccharin

- **Glycaemic index:** 0
- **Calorie content:** 0 calories
- **Properties:** saccharin is 300-400 times sweeter than sugar and does not affect blood sugar levels. It is stable when heated, making it suitable for baking. The taste can, however, sometimes leave a bitter aftertaste.

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Sucralose

- **Glycaemic index:** 0
- **Calorie content:** 0 calories
- **Properties:** sucralose is about 600 times sweeter than sugar and is stable when heated, so it can be used for both baking and cooking. It does not affect blood sugar levels, making it a popular choice for sugar-free and low-calorie products.

Acesulfame-K

- **Glycaemic index:** 0
- **Calorie content:** 0 calories
- **Properties:** Acesulfame-K is 200 times sweeter than sugar and is stable when heated, making it suitable for both baking and cooking. It has no effect on blood sugar levels and is often used in combination with other sweeteners to balance the taste.

Cyclamate

- **Glycaemic index:** 0
- **Calorie content:** 0 calories
- **Properties:** cyclamate is about 30-50 times sweeter than sugar and is heat-stable, so it can also be used for baking. It has no effect on blood sugar levels and is often combined with other sweeteners for optimal taste.

Neotame

- **Glycaemic index:** 0
- **Calorie content:** practically zero, as it is extremely sweet.
- **Properties:** neotame is one of the newest and most powerful sweeteners, up to 7000-13000 times sweeter than sugar. It does not raise blood sugar levels and is heat stable, so it can be used in any confectionery product.

Advantame

- **Glycaemic index:** 0
- **Calorie content:** practically zero.

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- **Properties:** advantame is one of the newest sweeteners, up to 20000 times sweeter than sugar. It is one of the most innovative sweeteners available.

How to make your own sweetener mix for cakes?

Mixing your own sweetener blend to make cakes is a great way to make a healthier alternative to traditional sugar to suit your taste. When preparing a sweetener blend, it is important to consider the properties of the sweetener, its flavour profile, heat stability and its effect on the texture of the cake. The following steps and tips will help you to create the right mix.

1. Choose your basic sweetener (Sweetener combinations)!

- **Erythritol + Stevia combination:** erythritol has good heat stability and sweetening power, but sometimes leaves a cool aftertaste. By adding stevia you can increase the sweetening power and balance the taste.
- **Xylitol + Stevia:** xylitol has a similar sweetening power and taste to sugar, and stevia enhances this sweetening, so less xylitol is needed.
- **Erythritol + Monk fruit extract:** Monk fruit extract also adds sweetness and reduces the cool aftertaste of erythritol.

2. Determine the proportions!

For sweetener blends, the proportions may vary according to the desired sweetness and the sweetening power of the sweeteners used. For example:

- **Erythritol + Stevia blend:** 100 g erythritol + 1 g stevia powder (100:1 ratio) can be an excellent general blend, providing a similar sweetness to sugar.
- **Xylitol + Stevia mixture:** 90 g xylitol + 1 g stevia powder (90:1 ratio) can also be a good starting point.

3. Test the mixture!

- **Try a small amount** of the mixture to see how it works for cakes. Start with a basic recipe and replace the sugar with the mixture.
- **Pay attention to taste and texture:** sweeteners often behave differently to sugar in baking. Sugar confectioners' sweeteners tend to react differently to other sweeteners.

4. Consideration of texture and moisture

- **Replenish the moisture in the sugar:** since sweeteners don't always provide as much moisture and bulk as sugar, add additional moist ingredients (such as applesauce, yoghurt or eggs) to keep the cake from being dry.
- **Adjust the baking time:** be aware that sweetener mixes sometimes require a longer or shorter baking time than traditional sugar recipes.

5. Fine-tuning quantities

- After you have done the first test, fine-tune the proportions of the mixture. If it's not sweet enough, add more stevia or monk fruit extract. If it is too sweet, reduce the proportion of stronger sweeteners.

Example basic recipe

Eritrite-stevia mixture:

- 200 g erythritol
- 2 g stevia powder

Preparation:

Mix the sweeteners together and then use them like sugar in cake recipes.

The key to creating your own sweetener mix is to find the right proportions and fine-tune your baking techniques. Experiment with different sweeteners to make the best tasting and textured cakes.

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Sample recipes for sugar-free confectionery products

Sugar-free poppy seed bar

Eggs	g	250
Xylitol	g	75
Erythritol	g	75
Butter or margarine	g	100
Milk	g	50
Poppy seeds (minced)	g	100
Corn starch	g	15

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Rice flour	g	40
Organic lemon peel	g	5
+ Powdered erythritol for decoration		

Preparation:

Cream the butter with the xylitol. Add the egg yolks, lemon zest, milk and poppy seeds. Whip the egg whites with the erythritol. Whisk in the poppy seed mixture and stir in the rice flour mixed with the starch. Pour the dough into a paper-lined tin and bake in a 170°C oven. When cool, cut and sprinkle with powdered erythritol. Other flavours can be prepared according to the dough pattern. As it has a higher fat content than the average whipped cream, it stays fresh for longer.

Sugar-free apple-oatmeal muffin

Wholemeal flour	g	150
Oatmeal	g	100
Baking powder	g	5
Cinnamon	g	5
Grated apples	g	200
Erythritol	g	80
Eggs	g	100
Coconut oil	g	80
Milk	g	100
Lemon juice	g	10
Roughly chopped walnuts	g	50
Vanilla extract	g	20

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Preparation:

Preheat the oven to 180°C and line muffin tins with paper cups. In a large bowl, mix the flour, oats, baking powder, cinnamon and nuts. In another bowl, mix together the grated apple, erythritol, eggs, melted coconut oil, milk, vanilla extract and lemon juice. Pour the wet ingredients into the dry ingredients and mix until the dough comes together. Pour the batter into the muffin tins and bake.

Sugar Free Chocolate Avocado Brownie

Ripe avocado	g	180
Erythritol	g	150
Eggs	g	150
Baking powder	g	7

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Cocoa powder	g	60
Almond flour	g	100
Vanilla extract	g	15
Sugar-free dark chocolate	g	100
Chopped walnuts	g	50
Salt	g	1

Preparation:

In a large bowl, mix the mashed avocado with the erythritol, then add the eggs and vanilla extract and mix until smooth. Mix the almond flour, cocoa powder, baking powder and salt in a separate bowl and add to the wet ingredients. Stir in the chopped dark chocolate and the chopped walnuts. Bake in a preheated oven at 180 °C in a paper-lined tin. When cool, slice.

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Sugar-free cream cheese dessert

Pasta:

Rice flour	g	70
Almond flour	g	65
Corn starch	g	15
Butter	g	90
Erythritol	g	50
Cinnamon	g	5

\+ for the crumb pastry 40 g butter

Preparation:

Put all the ingredients in a bowl and make a dough similar to a liner, but with a more crumbly texture. Place the dough on a baking sheet covered with paper and bake until golden brown. When the dough has cooled, knead it by hand a little more and mix it with 40 g butter in a mixing bowl. Put the dough in small jars or moulds and press down lightly.

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Cream:

Natural light cream cheese	g	200
Xylitol	g	55
Whipped cream	g	220
Lemon juice	g	20
Organic lemon peel	g	10
Vanilla extract	g	10
+ for decoration		
Fresh or frozen fruit	g	350
Gelatine	g	10
Water		200
Erythritol	g	30
Lemon juice	g	10

Preparation:

Mix all the ingredients for the cream in a mixing bowl until smooth, except the whipped cream. Whip the whipped cream until soft. (If you want to make a cake with this cream, you will need to add gelatine to make it sliceable). Spread the cream on the biscuit base and decorate with the fruit. Boil the gelatine, erythritol, water and lemon juice. After cooling, use it to glaze the fruit.

Sugar-free nut biscuits

Almond flour	g	150
Chopped walnuts	g	100
Erythritol	g	75
Baking powder	g	5

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Eggs	g	50
Butter (melted)	g	50
Vanilla extract	g	5
Salt	g	1
Cinnamon	g	8

Preparation:

In a large bowl, mix together the almond flour, ground walnuts, erythritol, baking powder, salt and cinnamon. Add the egg, melted butter and vanilla extract and mix until you have a homogeneous dough. Form the dough into small balls and flatten them to make a biscuit shape. Place the biscuits on a baking sheet and bake at 180°C until golden brown.

Chapter VI:
Gluten-free confectionery products

VI. Gluten-free confectionery products

What does it mean for a confectionery product to be gluten-free?

The fact that a confectionery product is gluten-free means that it does not contain gluten, a protein found in wheat, barley, rye and their crossbreeds. Gluten-free products are made for people who are gluten intolerant, suffer from celiac disease or follow a gluten-free diet for health reasons. A gluten-free confectionery product therefore does not contain any gluten-containing ingredients and it is particularly important to ensure that gluten-free products are maintained at all stages of production.

What are the requirements for a confectioner producing gluten-free products in the European Union?

In the European Union, strict rules apply to the production and marketing of gluten-free foods to ensure the safety of people with coeliac disease and gluten sensitivity. Below are some of the requirements that a confectionery plant producing gluten-free products in the EU must meet.

1. Regulation of gluten content

According to EU regulations (e.g. Regulation (EU) No 1169/2011 and Regulation (EU) No 828/2014), a product can be considered gluten-free if its gluten content does not exceed 20 mg/kg (20 ppm). Products containing 20-100 mg/kg gluten may be labelled as "very low gluten".

2. Avoiding cross-contamination

Production environment: the establishment must ensure that gluten cross-contamination with gluten does not occur during the production of gluten-free products. This may require separate production areas, equipment, containers and cleaning protocols.

Prevention of cross-contamination: measures should be put in place to prevent gluten-containing ingredients or products coming into contact with gluten-free products. This may include strict hygiene standards, separate production times and regular checks.

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3. Control of raw materials

The establishment must also guarantee that the raw materials it uses meet the gluten-free standards. This means that the companies supplying the raw materials must also comply with the requirements for gluten-free production.

Incoming raw materials must be continuously tested for gluten to ensure that the final product is gluten-free.

4. Tagging

"Gluten-free" labelling: products with a gluten content of less than 20 ppm can be marketed in the EU with a "gluten-free" label. The label must clearly indicate that the product is gluten-free.

Allergen declaration: according to EU regulations, the list of ingredients must clearly indicate any allergens, including gluten, if present.

5. Quality assurance and certification

HACCP system (Hazard Analysis and Critical Control Points): the implementation and operation of HACCP is mandatory in food establishments. HACCP (Hazard Analysis and Critical Control Points) (HACCP) is a system that must be implemented and enforced in all HACCP establishments.

Regular gluten-free checks: the plant must regularly test products and the production process for gluten to ensure that standards are met.

Obtain certificates: when producing gluten-free products, it is worth obtaining certificates that certify the products and the plant are gluten-free, such as the internationally recognised Crossed Grain symbol.

6. Traceability and recall

The plant must be able to monitor the situation so that products can be recalled quickly if necessary if they are found to be contaminated with gluten.

7. Training of workers

Regular education and training of plant employees is necessary to make them aware of the requirements for gluten-free production and how to avoid cross-contamination.

Which cereals and cereal products contain gluten?

Cereals and cereals that contain gluten include those whose protein, such as gliadin and glutenin, forms gluten. These include:

Wheat

Wheat is the most common grain containing gluten and there are many varieties, all of which contain gluten, for example:

- **Common wheat** (Triticum aestivum)
- **Durum wheat** (Triticum durum) - used to make pasta
- **Spelt** (Triticum spelta)
- **Kamut** (Khorasan wheat)
- **Emmer** (two-grain wheat)
- **Farro** (winter wheat)

Barley

Barley should not be consumed by people with coeliac disease due to its gluten content. This grain is often used to make beer, malt and food additives.

Rye

Rye contains gluten and is mainly used to make bread, beer and certain foods. Rye flour is used to make rye bread, for example.

Triticale

Triticale is an artificially produced grain derived from a cross between wheat and rye, so it naturally contains gluten.

Oats (conditional)

Pure oats naturally do not contain gluten, but are often contaminated with gluten-containing grains (e.g. wheat, barley or rye) during cultivation, harvesting or processing. Therefore, only oats certified gluten-free are recommended for people with celiac disease.

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Other varieties of wheat

- **Triticum monococcum** (monocot wheat, also known as einkorn)
- **Spelt** (another type of spelt)
- **Bulgur** (pre-cooked and coarsely crushed wheat)
- **Graham flour** (a variety of durum flour)

Gluten-containing ingredients in food

- **Wheat protein extract:** often added to bread and other products.
- **Malt:** a sweetener and flavouring substance made mainly from barley.
- **Durum flour:** flour made from durum wheat, which is the basic ingredient in pasta.
- **Spelt:** a more ancient variety of wheat, often promoted as a healthier alternative, but which actually contains gluten.

Which flour substitutes can be used freely in the production of gluten-free confectionery?

There are a number of flour substitutes that can be used to make gluten-free confectionery products that do not contain gluten and provide different textures, flavours and nutrients. These flour replacers are ideal for people with celiac disease, gluten intolerance and those following a gluten-free diet.

Rice flour

- **Types:** white rice flour and brown rice flour.
- **Use:** for baking, e.g. cakes, biscuits, pancakes. It has a fine texture and neutral taste, often mixed with other flours.

Maize flour

- **Use:** for various cakes, tortillas and pastries. The corn flour is yellowish in colour and has a slightly sweet taste.

Corn starch

- **Use:** it can be used as a thickening agent for creams, but also in the preparation of pastry dough. It is mainly recommended for whipped and crumbly doughs.

Potato flour

- **Use:** for thickening, for the preparation of bakery products. It is difficult to bind, so it should be combined with other flours. It is mainly used in breads and scones.

Potato starch

- **Use:** as a thickener and as part of gluten-free flour mixes. Excellent for light and soft textured cakes.

Almond flour

- **Use:** for cakes, cakes, macarons, biscuits. Nutty, slightly sweet taste, rich in protein and healthy fats. It makes dough moister and richer. It is recommended especially for whipped, crumbly and combination doughs.

Coconut flour

- **Use:** it is very absorbent, so less is enough and more liquid is needed in the recipe. Mildly sweet, coconut flavour is strong. It is recommended not to use alone but in a blend.

Buckwheat

- **Use:** recommended mainly for mixed crumbs, mixed e.g. muffin batter, pancakes, biscuits. It has a mildly nutty, more intense flavor. Often blended with other flours for a better effect.

Quinoal flour

- **Use:** high in protein and fibre, it gives the pasta a slightly nutty flavour. Suitable for use as part of flour mixes used for yeast doughs.

Cioclast

- **Use:** It has a light, sweetish taste. High in antioxidants. Ideal for breads, scones and other pastries when mixed with other flours!

Tapioca flour (Tapioca starch)

- **Use:** as part of gluten-free flour mixes, as a thickener and in cakes. For use as a gluten-free and gluten-free flour, as an ingredient in gluten-free products, as well

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as in gluten-free and gluten-free pastry. Excellent for making yeast doughs mixed with other flours.

Millet flour

- **Use:** excellent for puff pastry, but also a very good thickener, for example for creams.

Psyllium husk powder

- **Use:** it can be used as a thickener and binder in gluten-free bakery products, as it helps to develop and maintain texture and structure.

Gluten-free flour blends:

- Pre-mixed gluten-free flour blends are often made, which contain a combination of different flours and starches to achieve the right texture and consistency, such as rice flour, corn flour, potato starch, bamboo fibre and xanthan gum.

In addition to the above, there are many other substitutes for traditional wheat flour, such as **tiger nut flour (Chufa)**, **grapeseed flour** and **chickpea flour**.

As gluten-free flours can have different textures and properties, it is worth combining them to achieve the desired baking result. For example, a combination of tapioca flour and almond flour can produce a light and moist cake, while a combination of buckwheat flour and rice flour can give a denser, crunchier texture.

These flour substitutes provide a range of options for making gluten-free cakes, breads and other bakery products, while adding a variety of flavours and nutrients to the diet.

How to make your own gluten-free flour mix?

Making your own gluten-free flour mix gives you the opportunity to adapt the mix to your needs and the recipe. A well-constituted gluten-free flour blend contains a combination of different types of flours and starches that work together to provide the right texture, taste and texture for your baked goods.

Basic flour (60-70%)

These flours form the main part of the mixture and have a neutral taste and fine texture. The basic flours give the mixture its volume and lightness. Examples of basic flours are rice flour, millet flour, sorghum flour or quinoa flour.

Starches (20-30%)

Starches make doughs lighter and softer and help to ensure that gluten-free cakes are not too dense or dense. Examples include tapioca flour, corn starch, potato starch and arrowroot flour.

Complementary flours (10-20%)

These flours add flavour, colour and nutrition to the mixture. They can enrich the dough with protein and fibre, but should be used in moderation as they can make the dough too thick. Examples include almond flour, coconut flour (be careful, as it is very absorbent), chickpea flour, buckwheat flour or teff flour.

Binders (optional, but recommended)

Gluten-free flour mixes often need binders to mimic the elasticity of gluten and help to maintain the structure of the dough. These can be, for example, xanthan gum (about 10g per 250g of flour), guar gum (used in a similar proportion), plantain seed husks (50g tablespoons added to about 500g of mix) or bamboo fibre (used in a similar proportion)..

Example of a common gluten-free flour mix:

- 300 g corn starch
- 150 g rice flour
- 70 g potato flakes
- 60 g dextrose
- 50 g cornflour
- 80 g street grass husks
- 10 g bamboo fibre
- 8 g ascorbic acid

- mix in cutter

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This mixture is versatile and can be used to make a variety of cakes or even breads. If you are making sweeter cakes, you can add more almond flour or coconut flour, while for breads you can use buckwheat flour or chickpea flour to give a richer flavour and nutritional content.

IMPORTANT TO KNOW!

Texture and structure: if your dough is too crumbly, try adding more starch or binder. If it is too dense, reduce the proportion of heavy flours (e.g. chickpea flour).

Preserving moisture: gluten-free pasta tends to dry out, so it's a good idea to use extra fat (butter, oil) and liquid in the pasta. It is generally true that when making gluten-free yeast dough, you should use the same amount of water as the amount of flour to keep the dough enjoyable and soft after baking.

Storage: store the prepared flour mixture in an airtight container in a cool, dry place. Mix thoroughly before use to ensure that the flours and starches are evenly distributed.

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Sample recipes for gluten-free confectionery products

Gluten-free sponge cake whipped (for sponge cake rolls)

Eggs	g	200
Sugar	g	80
Rice flour	g	65
Corn starch	g	15
Vanilla sugar	g	10

Preparation:

Separate the eggs in two. Whisk the egg yolks with half the sugar and the vanilla sugar. Whip the egg whites with the other half of the sugar. Mix the two whisking and fold in

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the rice flour mixed with the starch. This dough is mainly used as a spreading sheet. If you want to make a tall cake layer, increase the ratio of flour to starch by 25%!

Gluten-free crumbly dough (e.g. for Linzer biscuits)

Almond flour	g	100
Rice flour	g	100
Tapioca flour	g	50
Butter	g	165
Powdered sugar	g	85
Vanilla sugar	g	10
Organic lemon zest grated	g	5
Egg yolk	g	20
Salt	g	1

Preparation:

Mix together the flour substitutes and salt. Cream the butter, then add the icing sugar, vanilla sugar and grated lemon zest. In quick movements, knead the dough. Refrigerate until ready to use.

Gluten-free yeast dough (e.g. for scones)

Gluten-free flour mix	g	500
Water	g	480
Yeast (gluten-free)	g	30
Powdered sugar	g	70
Egg yolk	g	40
Salt	g	15

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Butter	g	20
vanilla sugar + lemon zest to taste		

Preparation:

Mix the yeast with half the water and a little sugar. Set aside for twenty minutes, then stir in the egg yolks. Mix the flour substitutes in a bowl and add the salt and icing sugar. Add the soft butter and pour over the yeast mixture. Knead the dough into a pliable dough and leave to rise for half an hour. Shape and let rise again before baking. Bake in a preheated, slightly steaming oven at 170-180°C.

Gluten-free puff pastry

Gluten-free flour mix	g	250
Xanthan gum	g	10
Konjac flour	g	10
Salt	g	2

Food oil	g	30
Water	g	400
For folding:		
Butter or lard or lard margarine which gluten-free	g	200

Preparation:

Mix the dry ingredients in a bowl, then add the water mixed with vinegar and oil. Work the dough well. Leave to rest, then fold the buttered part 4 times as for traditional dough. The first round is a single-double, then repeat the same for the second round. Use the finished folded dough in the same way as regular puff pastry

Gluten-free boiled pasta

Water	g	120
Milk	g	120

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Butter	g	100
Salt	g	5
Sugar	g	5
Gluten-free flour mix	g	25
Corn starch	g	80
Eggs (4 -5 pcs)	g	200-250
Baking powder	g	5

Preparation:

In a pressure cooker, add the milk, water, sugar, salt and butter. Heat until the mixture comes to the boil. Pour in the flour mixture and continue heating over a low heat for 1-2 minutes. Remove from the heat and after a few minutes of cooling, add the eggs one at a time. At first the mixture will seem to separate, but with quick movements the dough will become homogeneous. The dough is shaped as required and baked in the same oven (two ovens, first steaming and then steam-free) as for traditional dough.

Chapter VII: Confectionery products for more special diets

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This chapter will focus on products that can meet at least two dietary requirements. Many manufacturers therefore design their product range to meet three or more of these criteria. After all, in most cases, customers are looking for solutions to more than one problem.

In our workbook, we have described 6 types of diets, but there may be other diets in addition to these, where confectionery products are made to suit. These could be for example keto, allergen-free or even sweets made according to the principles of the raw diet.

So below the recipes you are about to read, there will be a mini table with an x to indicate which diet the recipe is suitable for.

Sample recipes for confectionery products for more special diets

Diet drum cake

Dairy-free	X
Egg-free	
Sugar-free	
Gluten-free	X
Vegan	
Paleo	

Pasta:

Eggs	g	300
Sugar	g	100

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Rice flour	g	85
Corn starch	g	15
Melted coconut fat	g	35
Vanilla extract	g	10

Preparation:

Separate the eggs in two. Whisk the egg yolks with half the sugar and the vanilla sugar. Whip the egg whites with the other half of the sugar. Mix the two whisking and fold in the rice flour mixed with the starch and the melted coconut fat. Spread six thin sheets of dough 23 cm in diameter on silicone paper. Bake in a preheated oven at 180°C.

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Cream:

Eggs	g	200
Sugar	g	150
Dark chocolate	g	250
Cocoa powder	g	25
Non-hydrogenated margarine	g	240
Salt	g	5

Preparation:

Heat the eggs with the sugar and salt over steam to 55°C, then whisk until cool. Add the sifted cocoa powder and the melted and cooled chocolate and finally the whisked margarine. Fill the five sheets with this cream. Set aside the sixth sheet for the top.

Decoration:

Cube sugar	g	120

Melt the sugar until golden brown, taking care not to leave any crystals. Pour onto the sponge cake base, spread evenly over the top, once it has cooled slightly, use a knife with a mould cutter to divide and/or slice the top.

Peanut Butter Chocolate Bar

Dairy-free	X
Egg-free	X
Sugar-free	X
Gluten-free	X
Vegan	X
Paleo	

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Gluten-free oatmeal finely ground	g	150
Almond flour	g	50
Xylitol	g	75
Coconut oil	g	50
Peanut butter (sugar free)	g	100
Dark chocolate (vegan, sugar-free)	g	100
Vanilla extract	g	10
Almond milk	g	50
Baking soda	g	8

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Preparation:

Mix the oat flour, almond flour, xylitol and baking soda in a large bowl. In another bowl, mix together the melted coconut oil, peanut butter, vanilla extract and almond milk. Add the wet ingredients to the dry and stir in the chopped chocolate. Pour the mixture into the baking tin, smooth the top and bake in a preheated oven at 180 °C. When cool, slice. This recipe is really very simple and can be used for all the diets listed so far.

Lemon and Poppy Seed Muffin

Dairy-free	X
Egg-free	X
Sugar-free	X
Gluten-free	X
Vegan	X
Paleo	

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Rice flour	g	75
Almond flour	g	75
Poppy seeds (minced)		50
Erythritol	g	75
Coconut oil	g	50
Organic lemon juice and zest	pcs	1
Almond milk	g	100
Vanilla extract	g	10
Baking soda	g	8

Preparation:

Preheat the oven to 180 °C and prepare a muffin tin with paper capsules. Mix the flour substitutes (rice flour, almond flour, poppy seeds), erythritol and baking soda in a large bowl. In another bowl, mix together the vegetable milk, coconut milk, lemon juice, lemon zest and vanilla extract. Add the wet ingredients to the dry and mix well. Pour the batter into the muffin tins and bake for 20-25 minutes until golden brown. Can be served chilled.

Raspberry-Coconut Cake

Dairy-free	X
Egg-free	
Sugar-free	
Gluten-free	X
Vegan	
Paleo	X

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Pasta:

Almond flour	g	200
Coconut flour	g	50
Coconut oil	g	100
Honey or maple syrup	g	100
Eggs (3 pcs)	g	150
Baking powder	g	5
Vanilla extract	g	10
Coconut flakes	g	50
Salt	g	5

Preparation:

In a large bowl, mix together the almond flour, coconut flour, coconut flakes, baking powder and salt. In another bowl, mix together the melted coconut oil, eggs, honey or maple syrup, and vanilla extract. Add the wet ingredients to the dry ingredients and mix

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until you have a smooth batter. Pour the batter into the prepared pan and smooth the top evenly. Bake in a preheated oven at 180°C.

Cream:

Fresh or frozen raspberries	g	200
Coconut cream	g	300
Honey or maple syrup	g	65
Vanilla extract	g	10
Gelatine	g	10

Preparation:

Heat the raspberries in a small saucepan and add the honey or maple syrup and vanilla extract. Cool and add the whipped coconut cream. Soak the gelatine and heat it up. Add to the cream, taking care not to make it stringy.

Cut the pastry sheet in half and fill it with half of the cream, then place the remaining pastry sheet on top and spread the other half of the cream on top and garnish with fresh raspberries.

Vanilla-Strawberry Cake

Dairy-free	X
Egg-free	X
Sugar-free	
Gluten-free	X
Vegan	
Paleo	

Pasta:

Gluten-free flour mix	g	200
Cane sugar or coconut sugar	g	100
Baking powder	g	5

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Baking soda	g	5
Apple puree (sugar free)	g	100
Almond milk	g	200
Sunflower oil	g	80
Vanilla extract	g	10
Organic lemon peel	g	5

Preparation:

Preheat the oven to 180 °C. In a large bowl, mix the gluten-free flour, cane sugar, baking powder and baking soda. In another bowl, mix together the apple puree, vegetable milk, oil, vanilla extract and lemon zest. Add the wet ingredients to the dry ingredients and mix until you have a smooth dough. Pour the batter into the cake tin and bake for 25-30 minutes. After cooling, the dough can be cut in half.

(Tip: Another and simpler way to make it is to bake two sheets!)

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Vanilla cream:

Rice milk or almond milk	g	500
Gluten-free vanilla pudding powder	g	40
Vanilla extract	g	15
Sugar	g	80
Margarine	g	150
Lemon peel	g	5

Preparation:

In a saucepan, heat the rice drink with the sugar and vanilla extract. Stir in the pudding powder and cook, stirring constantly, until the cream thickens. Add the lemon zest and mix until smooth. Cover with cling film (plastic wrap) directly on the surface and let it cool completely. Once cooled, beat until fluffy with the margarine.

Strawberry layer:

Fresh strawberries, sliced	g	300
Sugar	g	60
Lemon juice	g	10

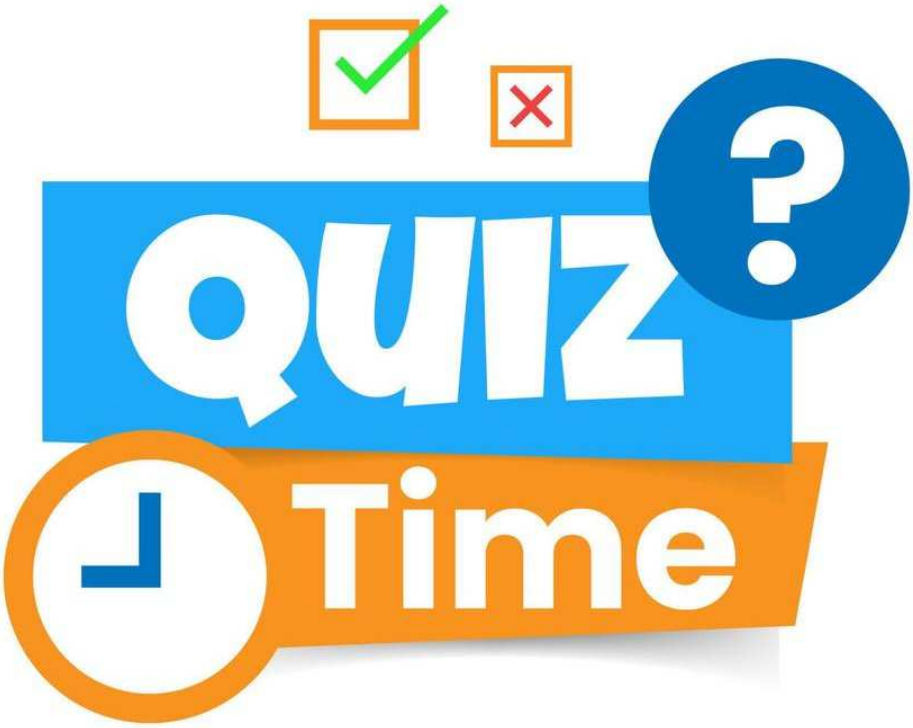
Preparation:

Slice the strawberries and mix with the sugar and lemon juice. Let stand for 10 minutes to allow the strawberries to drain.

Spread one cake layer with the vanilla custard and place a layer of strawberries on top. Place the second cake layer on top and repeat the layering. You can decorate the top with more strawberries or a little vegetable cream.

This vanilla strawberry cake is fresh, light and an ideal choice for those who want a dairy-free, egg-free, coconut-free and chocolate-free dessert.

Test your knowledge!



I. Questionnaires Related to Dairy-Free Confectionery Products

II. Questionnaires Related to Egg-Free Confectionery Products

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III. Questionnaires Related to Paleo Confectionery Products

IV. Questionnaires Related to Vegan Confectionery Products

V. Questionnaires Related to Sugar-Free Confectionery Products

VI. Questionnaires Related to Gluten-Free Confectionery Products

VII. Confectionery Products Suitable for Multiple Special Diets

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