**National Allergy Council - Standardised recipe (template)**

**[Recipe name]**

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| --- |
| **Yield:** [amount produced] |
| **Portion size:** [weight in grams] |
| **Serves:** [number of serves] |
|  **Ingredients** | **Brand** | **Amounts** | **Common allergens****in the ingredient**  | **Common allergens in the** **Precautionary Allergen Labelling (PAL) statement** |
| Quantity  | Units |  |  |
|  |  |  |  |  |  |
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|  |  |  |  |  |  |
| **Procedure** |
| **Step 1:** [List the method or process in short steps] |
| **Step 2:** |
| **Step 3:** |
| **Step 4:** |
| **Step 5:** |
| **Step 6:** |

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| **Summary of common food allergens**Tick the Contains box if the ingredient is present as an ingredient. Tick the PAL statement box if the ingredient has a PAL statement. If neither applies, leave the checkbox blank: |
| **Milk (dairy)** [ ]  Contains [ ]  PAL statement | **Sesame** [ ]  Contains[ ] PAL statement | **Wheat**  [ ]  Contains [ ] PAL statement |
| **Egg**  [ ]  Contains [ ]  PAL statement | **Lupin**  [ ]  Contains [ ] PAL statement | **Barley**  [ ]  Contains[ ] PAL statement |
| **Fish**  [ ]  Contains [ ]  PAL statement | **Peanut**  [ ]  Contains [ ]  PAL statement | **Oats**  [ ]  Contains[ ] PAL statement |
| **Crustacean**  [ ]  Contains[ ] PAL statement | **Soy**  [ ]  Contains [ ] PAL statement | **Rye** [ ]  Contains[ ] PAL statement |
| **Mollusc** [ ]  Contains[ ] PAL statement |  | **Gluten**  [ ]  Contains[ ] PAL statement |
|  |  |  |
| **Tree nuts** [ ]  Contains [ ] PAL statement |  |  |
| Complete for individual tree nuts if information is available: |
| **Almond** [ ]  Contains [ ] PAL statement | **Hazelnut** [ ]  Contains [ ] PAL statement | **Pine nut** [ ]  Contains[ ] PAL statement |
| **Brazil nut** [ ]  Contains[ ] PAL statement | **Macadamia** [ ]  Contains[ ] PAL statement | **Pistachio** [ ]  Contains[ ] PAL statement |
| **Cashew** [ ]  Contains[ ] PAL statement | **Pecan** [ ]  Contains [ ] PAL statement | **Walnut** [ ]  Contains[ ] PAL statement |

|  |  |
| --- | --- |
| Name: [Complete] | Role: [Complete] |
| Signed: [Complete] | Date: [Complete] |

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| **Nutrition information** (optional) |
|  | Per portion (xxx g) | Per 100g  |
| Energy (kJ) |  |  |
| Protein (g) |  |  |
| Total fat (g) |  |  |
| Saturated fat (g) |  |  |
| Carbohydrate (g) |  |  |
| Sodium (mg) |  |  |
| Potassium (mg) |  |  |
| Phosphate (mg) |  |  |
| Calcium (mg) |  |  |
| Dietary fibre (g) |  |  |