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

**[Recipe name]**

|  |
| --- |
| **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**  ContainsPAL statement | **Wheat**   Contains PAL statement |
| **Egg**   Contains  PAL statement | **Lupin**   Contains PAL statement | **Barley**   ContainsPAL statement |
| **Fish**   Contains  PAL statement | **Peanut**   Contains  PAL statement | **Oats**   ContainsPAL statement |
| **Crustacean**   ContainsPAL statement | **Soy**   Contains PAL statement | **Rye**  ContainsPAL statement |
| **Mollusc**  ContainsPAL statement |  | **Gluten**   ContainsPAL 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**  ContainsPAL statement |
| **Brazil nut**  ContainsPAL statement | **Macadamia**  ContainsPAL statement | **Pistachio**  ContainsPAL statement |
| **Cashew**  ContainsPAL statement | **Pecan**  Contains PAL statement | **Walnut**  ContainsPAL 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) |  |  |