

2003

What to Eat When You Can't Eat Anything : the Complete Allergy Cookbook

Chupi Sweetman

Luke Sweetman

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>



Part of the [Arts and Humanities Commons](#)

Recommended Citation

Sweetman, Chupi and Sweetman, Luke, "What to Eat When You Can't Eat Anything : the Complete Allergy Cookbook" (2003). *Cookery Books*. 83.

<https://arrow.tudublin.ie/irckbooks/83>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie.



This work is licensed under a [Creative Commons Attribution-NonCommercial-Share Alike 4.0 License](#)



The Complete Allergy Cookbook

What to eat when you can't eat anything

Chupi & Luke Sweetman



641.5631

What to eat

when you can't eat anything

The Complete Allergy Cookbook

Chupi & Luke Sweetman

with a foreword by Patricia Quinn

and

photography by Suki Stuart

DIT Library Cathal Brugha Street

Newleaf

b 1186 98 26

Dedication

Luke and I would like to dedicate this to Granny who couldn't boil an egg, and to Grandad who taught her how; to Michael and Patricia, our inspirational adopted grandparents; to Brian, our comrade in culinary crime; to Vanilla, the world's funkier cat; and, of course, to our dearest 'Momager'.

Cheers!

Newleaf
an imprint of
Gill & Macmillan Ltd
Hume Avenue, Park West, Dublin 12
with associated companies throughout the world
www.gillmacmillan.ie

© Chupi and Luke Sweetman 2003
0 7171 3646 9
Index compiled by Cover to Cover
Design and print origination by Slick Fish Design
Printed by GraphyGems Ltd, Spain

This book is typeset in 8.5 point Caecilia on 13 point leading.

The paper used in this book is made from the wood pulp of managed forests. For every tree felled, at least one tree is planted, thereby renewing natural resources.

All rights reserved. No part of this publication may be copied, reproduced or transmitted in any form or by any means, without permission of the publishers.

A CIP catalogue record is available for this book from the British Library.

5 4 3 2 1

Contents

Foreword by Patricia Quinn	5
The Story of Food by Rosita Sweetman	9
The Green Diet	13
• Wheat	14
• Sugar	15
• Yeast	15
• Dairy Produce	16
• Artificial Additives	17
• Gluten	18
• Organic	19
The Right Recipes for the Right Time	21
• Recipes for when you are ULTRA SENSITIVE	22
• Recipes for when you are SENSITIVE	24
• Recipes for when you are UN-SENSITIVE	26
The Basics	28
Morning Foods	29
Starters, Snacks, Sandwiches and Accompaniments	40
Salads	58
Soups	68
Pasta Dishes	81
Veggie Meals	90
Fish Meals	104
Meat Meals	107
Chicken Meals	115
Yummy Treats	125
Excellent Breads	142
Green Condiments	154
The Kitchen	162
• The Golden Rules	163
• The Store Cupboard	164
• The Fridge	165
The Garden	166
Food Resources	168
Tools of the Trade	170
Index	172

**Are you suffering from food intolerances?
Are you forced to eat a diet with no taste?
Are you permanently restricted in your enjoyment of food?**

Then here, at last, is the cookbook for you!

As a result of their own food 'challenges' some years ago, Chupi and Luke Sweetman had to rethink the way they ate. They teamed up with nutritionist Patricia Quinn, and created the healthy, nutritious and above all fun dishes that make up *What to eat when you can't eat anything*. Its pages are packed with innovative recipes and sound advice for highly-sensitive, sensitive and normal eaters. With tasty recipes such as Pancakes with Sweet Honey and Bitter Lemon, Caesar Salad with Smokey Chicken, and Cheese-Butty Chilli Samies, it is perfect for everyone.

Different levels of sensitivity require different diets, and a list of recipes for each category offers an easy reference. Specific allergies and food intolerances are described, including wheat, sugar, yeast, dairy products, gluten and artificial additives. Further sections include information on how to change to a really green diet without pain, and what to stock and how to buy.

All the recipes have been cooked and tested by hungry teenagers Chupi and Luke and all have passed with flying colours!

The Authors

Chupi and Luke Sweetman had to relearn what to eat in the wake of Chupi's serious illness. They did it with the guidance of nutritionist Patricia Quinn, author of *Healing with Nutrition*. They live in Wicklow with their Mum, the writer Rosita Sweetman.

Newleaf

Visit our website at
www.gillmacmillan.ie

Cover design by Slick Fish Design
Cover photographs by Suki Stuart

ISBN 0-7171-3646-9



9 780717 136469

