

Pudding and dessert tasting - February 2009

This was another very diverse group of products including everything from sticky toffee pudding and creme brûlée tart to custard. However, it probably says something for 21st century lifestyles that while there is a superfluity of eat-on-the-go gluten/dairy-free cereal bars (see p10) and cakes and biscuits (see the May supple-

ment), there are relatively few desserts which would normally take their place at the end of a meal. Although given the sugar levels in some of the ones below, that is probably a good thing for readers' waist-lines!

Some, like the long-life dairy-free soya cream desserts, are old favourites;

some, like the steamed puddings, are just gluten-free versions of standard supermarket desserts, but some are more exciting. The Almondy flans, for example, would be useful to keep in the freezer for an unexpected dinner party, while it is great to have two very acceptable gluten-free bread and bread-and butter-puddings on offer.

The sweet pies, on the other hand, were both short on the ground and quite disappointing, especially since the savoury pies, many from the same manufacturers (see p16) were so good.

FREE OF:	WHEAT	GLUTEN	SOYA	CORN	YEAST	EGG	DAIRY	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	AVAILABILITY / COST PER 100G
PUDDINGS & PIES										
Almondy almond tart	Y	Y	Y	Y	Y	N	N	Egg white, sugar, cream, egg yolk, butter, almonds , salt, butter-milk powder, apricot kernels, syrup, brown sugar, carrot extract	Light, creamy, smooth, looks attractive, tastes nutty, rather a solid consistency, topping a little gloopy, not enough rich almond taste, base could be firmer 8/10	73p MM,W
Almondy creme brûlée tart	Y	Y	Y	Y	Y	N	N	Cream, sugar, egg yolk, egg white, almonds , apricot kernels, cocoa butter, modified starch, Bourbon vanilla, E331	Can taste the brûlée, it's very good, all rather good, very sweet, tastes slightly stale 7/10	73p MM,W
Almondy raspberry cheesecake	Y	Y	Y	Y	Y	N	N	Cream, sugar, egg white, milk, milk protein, salt, culture, raspberries, butter, water, glucose syrup, almonds , apricot kernels, modified starch, E330, E331, E341, flavouring, E418 (peanut)	Good cheesecake, looks pretty, base rather soggy, rather artificial jam taste, good raspberry cream, too sickly sweet 6.5/10	73p MM,W
Christine's sticky toffee	Y	Y	Y	N	Y	N	N	Chopped dates, E500, vanilla extract, coffee essence, unsalted butter, caster sugar, eggs, rice, potato, maize, tapioca & buckwheat flours, E341, E415	Hearty, strong rich flavours that bind well with the lighter fluffier base, excellent treacle taste, slightly nutty, smooth texture, great with custard, a bit gritty, slightly artificial 8.5/10	£1.60 D,W
Christine's bread & butter pudding	N	Y	Y	Y	N	N	N	Skimmed milk, eggs, brown sugar, sultanas, apricots, ground & crystallised ginger, demerara sugar, deglutenised wheat starch, vegetable fibre, E460, E412, E464, E575, E500, salt, iron powder, vitamins B1, B2, & B6, niacin, palm oil, yeast, water, E296	Delicious, good taste of ginger, dried fruit and cinnamon, homemade flavour, not enough bread, too much fruit, spicy, texture smooth, slightly chemical, tastes a bit like stuffing 8/10	£1.33 D,W
GFree apple pie	Y	Y	Y	Y	Y	N	Y	Rice & gram flour, potato starch, vegetable oils, water, salt, E471, E475, E100, E160b, sugar, egg, E415, E339, E500, bramley apple	Looks the biz, soggy pastry but not too sweet, apple rather flavourless, neither crunchy nor moist, looks homemade, but too sweet 5/10	£1.23 D,GC,HFS,NT,W
GFree apple & mincemeat tray	Y	Y	Y	Y	Y	N	Y	Rice & gram flour, potato starch, vegetable oils, water, salt, E471, E475, E100, E160b, sugar, egg, E415, E339, E500, bramley apple, raisins, sultanas, currants, candied peel, back treacle, mixed spice, E330, E260	Good mince, sweet and tangy, liked the old-fashioned pastry and presentation lovely, real fruit with a good amount of spice, a bit sickly, more lemon peel needed to sharpen taste 8.5/10	43p D,GC,HFS,NT,W
Gluten Free Kitchen bread & butter pudding	Y	Y	Y	N	N	N	N	Condensed whole milk, water, tapioca starch, rice & potato flour, egg albumen powder, vegetable oil, glucose syrup, yeast, vegetable glycerine, E464, E415, maize flour, E471, E475, E330, sultanas, egg, sugar, butter, nutmeg (nuts)	Exciting stuff, good fluffy moist texture, looks and tastes homemade, buttery and fruity, good subtle smell of nutmeg ok, quite tasty, not too syrupy, slightly too sweet 9.5/10	£1.12 W
Gluten Free Kitchen apple crumble	Y	Y	Y	N	Y	Y	Y	Apple, E330, rice, potato, buckwheat & maize flour, sunflower & palm oil, water, salt, E471, vitamins A, B12, D as D2, E, brown sugar, E160a	Tastes home made, not too sweet, good, lovely smell, crumble dry but full of flavour, powdery crumble, apple a bit bland, a bit short on apple 7.5/10	£1.12 W
Morrison's free-from banoffee sponge	Y	Y	Y	N	Y	N	Y	Sugar, glucose syrup, water, vegetable shortening, cornflour, modified maize starch, E440, E171, flavouring, E202, brown sugar, vegetable oil, salt, E475, E100, E160b, ground almonds, rice flour, manioch starch, egg, E260, banana flavouring, E300, E282, E150a, (mustard, peanut)	Sponge okay, more banana, if you like banoffee you'll love this, bitter aftertaste, lots of treacle, too sweet, tastes of pear drops and pineapple, stodgy, no definite flavour 6.5/10	£1.04 SM,W
Morrison's free-from sticky toffee	Y	Y	Y	N	Y	N	Y	Sugar, glucose syrup, water, vegetable shortening, cornflour, modified maize starch, E440b, E150a, E171, flavouring, E202, vegetable oil, salt, E475, E100, E160b, egg, brown sugar, rice flour, ground almonds, partially inverted sugar syrup, black treacle, tapioca starch, glucose, syrup, E260, E282 (mustard, peanut)	Sponge very good, looks tempting, has a sense of toffee, too bitter, sauce too thick and not fluffy enough, texture too solid and grainy, bland sugary taste 6.5/10	£1.04 SM,W
<i>Continued overleaf:</i>										
FREE OF:	WHEAT	GLUTEN	SOYA	CORN	YEAST	EGG	DAIRY	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	AVAILABILITY / COST PER 100G
Morrison's free-from fruits of the forest pies	Y	Y	N	N	Y	Y	Y	Glucose syrup, sugar, apple, blackcurrant, vegetable glycerine, cherries, raspberry, water, maize starch, E440, E300, E331, E333, E202, flavouring, E220, rice flour, vegetable oil, salt, E475, E100, E160b, potato starch, maize & soya flour, E500, E339, E412, E415, E464 (nuts)	Filling nice, dry pastry, pastry stodgy at first but has a buttery flavour, although the filling tasted a little like cheap jam, needs more fruit chunks and less syrupy filling 6.5/10	82p SM,W
OK syrup pudding	Y	Y	Y	Y	Y	N	Y	Partially inverted sugar syrup, water, E330, E440, flavouring, sugar, salt, vegetable oil, E475, E100, E160b, pasteurised egg, ground almonds, brown rice flour, manioch starch, glucose syrup, E260, E282, E202 (mustard seed, peanut)	Soaked in syrup, good smell and texture, lots of honey, delicious and sweet, a bit floury, lemony, loose texture, too sweet, strong butter flavour, almost too rich 7.5/10	£1.17 SM,W

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OK chocolate sponge	Y	Y	Y	N	Y	N	Y	Sugar, glucose syrup, water, cocoa mass & butter, sunflower lecithin, vegetable shortening, maize starch, modified maize starch, E440, E150a, E202, vegetable oil, salt, E475, E100, E160b, pasteurised egg, ground almonds, brown rice flour, E200, E260, E282 (mustard seed)	Yum! Great stuff, chocolate pleasant but not too rich, excellent texture, and right amount of sauce, far too sweet, grainy texture, although looks very good, sauce not chocolatey enough 8/10	£1.17 SM,W
FREE OF:	WHEAT	GLUTEN	SOYA	CORN	YEAST	EGG	DAIRY	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	AVAILABILITY / COST PER 100G
Sainsbury's free-from syrup pudding	Y	Y	N	N	Y	N	Y	Invert sugar syrup, glucose syrup, partially inverted refiners syrup, rice flour, water, apple purée, modified maize starch, rice bran oil, dried egg, glycerine, sugar, E500, artificial flavouring, salt, E405, E200, E202, E415, E339, E307, soya lecithin (peanut, nuts)	Light sponge, good treacle, good with custard, good fluffy, sticky texture, needs a stronger kick to it, a tiny bit sludgy rather than spongy, bitter aftertaste, tasty 8/10	84p SM,W
Sainsbury's free-from blackberry & apple	Y	Y	Y	N	Y	N	Y	Rice & maize flour, potato & maize starch, sugar, vegetable oil, dextrose, dried egg, E450, E341, E415, E202, E501, apple, blackcurrants, vegetable glycerine, glucose-fructose syrup, E296, E331, E300, palm oil & stearin, coconut & rapeseed oil, lemon juice	Good fruity chunks and rich texture, good pastry, nice filling, pastry could be lighter, crumbliness changes into chewiness, delicious but sticks to the mouth 7/10	75p SM,W
Sainsbury's free-from chocolate sponge	Y	Y	N	N	Y	N	Y	Invert sugar syrup, water, glucose syrup, rice flour, apple purée, modified maize starch, rice bran oil, cocoa powder, dried egg, glycerine, E500, E401, E440, salt, artificial flavouring, E200, E202, E415, E307, E330, E171 soya lecithin (peanut, nuts)	Pretend chocolate, very sweet, bitter taste and very odd oily smell which pervades the sponge killing any chocolate smell, sauce and pudding not compatible 5.5/10	84p SM,W
Tesco free-from chocolate sponge	Y	Y	N	N	Y	N	Y	Invert sugar syrup, sugar, water, rice flour, glucose syrup, apple purée, modified maize starch, rice bran oil, cocoa powder, pasteurised dried egg, glycerine, E541, E500, E401, E440, salt, flavouring, E200, E202, E415, E307, soya lecithins, E330, E171 (nuts)	Looks very good, texture superb, taste excellent and smells just right, good chocolate sauce, slightly slimy texture, very sweet, synthetic, bitter taste 7.5/10	64p SM,W
CREAM DESSERTS										
Alpro vanilla – long life	Y	Y	N	Y	Y	Y	Y	Water, sugar, hulled soya beans, modified tapioca starch, flavouring, E341, E407, salt, riboflavin, vitamin B12, curcuma extract	A very custardy cream, good vanilla essence, texture rather too thick but a moreish snack, okay, taste vanilla, not very sweet, all very good, childlike and pleasing 7.5/10	28p SM,W
Alpro chocolate – long life	Y	Y	N	Y	Y	Y	Y	Water, raw cane sugar, hulled soya beans, modified tapioca starch, E341, cocoa, chocolate powder, E407, salt, vitamin B12, riboflavin, flavouring	Taste is good, I like consistency and flavour, great chocolate taste, but too runny, more like chocolate sauce, acceptable, smell good, dark chocolate colour 7/10	28p SM,W
Probios Rice & Rice vanilla – long life	Y	Y	Y	N	Y	Y	Y	Water, corn syrup, rice, rice starch, sunflower oil, E407, vanilla flavour, guar flour, salt	Creamy texture, not bad, not vanilla-y, tastes of sugar and lukewarm water, looks blobby and tastes weird, indifferent 4.5/10	84p D,HFS,W
Probios Rice & Rice chocolate – long life	Y	Y	Y	N	Y	Y	Y	Water, corn syrup, rice, rice starch, sunflower oil, low fat cocoa, E407, guar flour, salt, flavouring	Thick and gelatinous, tastes sort of chocolatey, not too sweet, doesn't look appealing, lumpy, not very good, indistinct, drinking chocolate colour, 'loose' texture 6/10	74p D,HFS,W
Provamel organic caramel – long life	N	N	N	N	Y	Y	Y	Water, raw cane sugar, hulled soya beans, wheat starch, caramel sauce, corn maltodextrin, caramelised raw cane sugar, E407, flavouring, salt	Looks like caramel, not bad, looks gluggy and tastes artificial, good caramel colour, slight coconut smell, tastes synthetic 5/10	31p HFS,W
Provamel organic chocolate – long life	N	N	N	N	Y	Y	Y	Water, raw cane sugar, hulled soya beans, wheat starch, reduced-fat cocoa, corn maltodextrin, E407, salt, vanilla extract	Hard to beat, looks, smells and tastes good, better than most in this category, coats the teeth, not chocolatey enough, slightly nondescript 7.5/10	31p HFS,W
Sojasun chocolat – chilled	Y	Y	N	N	Y	Y	Y	Water, soya beans, sugar, cocoa, chocolate, corn starch, flavouring, salt, vitamin E	Rather good, choccy yummy, yum yum, excellent blend of chocolate and soft soya, not so bad, full of dark chocolate, not too gloopy, these are okay, custardy blobby 7.5/10	34p HFS,W
Sojasun vanille – chilled	Y	Y	N	N	Y	Y	Y	Water, soya beans, sugar, corn starch, vanilla extract, salt, vitamin E	Light, flavoursome, brings out the sweeter edge of vanilla, fair texture, has a chemical taste, sweet, smooth, okay, artificial flavour, strong vanilla smell 6/10	34p HFS,W
CUSTARDS										
Alpro vanilla – long life	Y	Y	N	Y	Y	Y	Y	Water, sugar, hulled soya beans, modified tapioca starch, salt, vanilla flavouring, E341, E407, riboflavin, vitamin B12, curcuma extract	Good texture, maybe a little thin, but plenty of good vanilla flavour, sweet and creamy, good vanilla smell, flavour and aftertaste 8/10	COST PER 100ML 20p HFS,MM,W
Orgran powder mix	Y	Y	Y	N	Y	Y	Y	Maize starch, natural vanilla flavour, salt, E160a,	Better hot than cold, tastes like blancmange, bit thick, rather eggy tasting, light on flavour and smell 6/10	12p HFS,MM,W
Provamel vanilla – long life	N	N	N	Y	Y	Y	Y	Water, wheat syrup, hulled soya beans, wheat starch, vanilla extract, salt, E407	Funny colour but okay, bland taste, texture OK, baby food maybe, looks slightly odd, short on significant taste and smell 5.5/10	21p HFS,MM,W
Provamel chocolate – long life	N	N	N	Y	Y	Y	Y	Water, wheat syrup, hulled soya beans, wheat starch, reduced-fat cocoa, vanilla extract, salt, E407	The cocoa really comes through, rather good actually, pretty good, not too sweet, good glossy consistency, mild chocolate flavour 7.5/10	21p HFS,MM,W
Pure Flavour vanilla – fresh	Y	Y	Y	Y	Y	N	Y	Rice milk, egg yolks, raw cane sugar, vanilla	Creamy, sweet, slides down the throat, looks OK, fruity rather than vanilla taste, gelatinous consistency, reminds me of rice pudding 6/10	£2.00 W
Sainsbury's vanilla – long life	Y	Y	N	N	Y	Y	Y	Water, raw cane sugar, hulled soya beans, corn starch, natural vanilla extract, sea salt, curcuma extract, E407	Good consistency, a little gluey, a decent attempt, OK but a bit nondescript, homemade looking texture but slightly plastic, loose texture 6.5/10	20p SM,W

INGREDIENTS KEY:

Ingredients in grey in brackets are not included in the product but are used in the factory in which the product is made.

E NUMBERS:

E100 = CURCUMIN*; **E150A** = PLAIN CARAMEL; **E160A** = CAROTENES**;
E160B = ANNATTO*; **E171** = TITANIUM DIOXIDE; **E200** = SORBIC ACID; **E202** = POTASSIUM SORBATE; **E220** = SULPHUR DIOXIDE*; **E260** = ACETIC ACID*;
E282 = CALCIUM PROPIONATE; **E296** = MALIC ACID*; **E300** = ASCORBIC ACID*;
E307 = ALPHA TOCOPHEROL*; **E330** = CITRIC ACID; **E331** = SODIUM CITRATES*; **E333** = CALCIUM CITRATES*;
E339 = SODIUM PHOSPHATES*;
E341 = CALCIUM PHOSPHATES*; **E401** = SODIUM ALGINATE; **E405** = PROPAN-1,2-DIOL ALGINATE;
E407 = CARRAGEENAN*; **E412** = GUAR GUM*; **E415** = XANTHAN GUM*; **E418** = GELLAN GUM*; **E440** = PECTINS*;
E450 = DIPHOSPHATES*;
E460 = CELLULOSE*; **E464** = HYDROXYPROPYL METHYL CELLULOSE*;
E475 = POLYGLYCEROL ESTERS OF FATTY ACIDS;

E500 = SODIUM CARBONATES;

E501 = POTASSIUM CARBONATES; **E541** = SODIUM ALUMINIUM

PHOSPHATE; **E575** = GLUCONO DELTA-LACTONE*;

(green** = safe and/or beneficial, green* = safe for most people, orange = caution advised, red* = best avoided, red** = hazardous. Ref: *What's Really in your Basket?* by Bill Statham – published by Summersdale)

AVAILABILITY KEY:

B – B&Bs, C – Cafés, D – Delicatessens,
H – Hotels, FS – Farm Shops, HFS – Health Food Stores,
MM – Most Multiples, NT – National Trust, O – Organic Shops, P – Prescription,
R – Restaurants, SM – Some Multiples,
W – Website (Multiples = Supermarkets)

MANUFACTURERS/SUPPLIERS:

Almondy

01628 894 838 www.almondy.co.uk

Alpro

0800 018 8180 www.alprosoya.co.uk

Christine's

01258 472010 www.christinespuddings.co.uk

GFree

01404 47904 www.gfree.co.uk

Morrisons

0845 611 5000 www.morrisons.co.uk

OK allergy friendly foods

01768 898437 www.ok-foods.co.uk

Orgran

www.orgran.com

01455 556 878 www.naturallygoodfood.co.uk

Probios Rice & Rice

+39 055 8985932 www.probios.it

www.wheatanddairyfree.com

Provamel

0800 111 4224 www.provamel.co.uk

Pure Flavour

07772 462 983 www.pureflavour.co.uk

Sainsbury's

0800 636262 www.sainsburys.co.uk

Sojasun

www.sojasun.com

0871 871 6611 www.goodnessdirect.co.uk

Tesco

0845 7225533 www.tesco.com

The Gluten Free Kitchen

01969 666 999 www.theglutenfreekitchen.co.uk