

Gluten/dairy-free sauce tasting - February 2009

This was a difficult category to judge as it is so diverse. It is also difficult as many of the ready-made sauces on the market (good tomato or curry sauces for example) are al-

ready free of dairy and gluten but do not market themselves as such. We therefore restricted ourselves to sauces which claimed to be 'free from'.

The most successful of these is probably the Nomato pasta sauce if only because it has the highest hill to climb in making a 'tomato sauce' without tomatoes for the

tomato/nightshade allergic market. For the others, the comments speak for themselves.

FREE OF:	WHEAT	GLUTEN	DAIRY	CORN	ONION/ GARLIC	SOYA	NUTS	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTE	AVAILABILITY / COST PER 100G/ML
PASTA SAUCES										
Danival bolognese & tofu	Y	Y	Y	Y	N	N	Y	Tomatoes, onions, carrots, leeks, water; soya beans, nigari natural, coagulant, rice syrup, olive oil, garlic, unrefined Atlantic sea salt, basil, thyme, rosemary, savory, marjoram, green oregano, hyssop, red oregano, white pepper	Looks good, very red, lots of vegetables, okay, oddly burnt tasting, thin flavour, tastes better than smell, but still too watery, tastes of rubber 5.8/10	£1.09 W
Meridien sundried tomato	Y	Y	Y	N	N	N	Y	Tomatoes, water; maltodextrin, soya protein, sucrose, sunflower oil, carrageenan, salt, sundried tomatoes, white wine vinegar, rosemary, flavourings, black pepper, sugar, concentrated tomato purée, olive oil, unrefined demerara sugar, basil, maize starch, garlic, oregano, E415, E330 (nuts)	Very sweet, but not a disaster, like tomato angel delight, looks like tomato soup, thick consistency, slightly odd taste, too sweet and creamy 6/10	39p HFS,D,O,W
Nomato organic tomato-free	Y	Y	Y	Y	N	Y	Y	Carrots, onions, apple juice, olive oil, garlic, lemon juice, salt, herbs, beetroot concentrate, vegetable bouillon	Spicy, lots of flavour, wouldn't know there were no tomatoes, bit thin, hot, can really taste the garlic, tasty, bit weedy 7.5/10	58p HFS
Organico red wine & porcini	Y	Y	Y	Y	N	Y	Y	Tomato purée, onions, red wine, porcini mushrooms (boletus edulis), raw cane sugar, vegetable bouillon, sea salt, garlic, basil, white pepper	Good depth of flavours, good consistency, rich tomato smell and taste, very good, hint of spice, tasty herbs, good basic tomato sauce, over-seasoned 8.1/10	65p O,D,SM,HFS,FS,W
Organico olive, chilli & garlic	Y	Y	Y	Y	N	Y	Y	Tomato purée, olives, capers, onions, raw cane sugar, vegetable bouillon, sea salt, garlic, paprika, hot chilli pepper, basil, white pepper	Pleasingly kicky, spicy and fun, good, rich, thick, too sharp or vinegary, not well-balanced, smells slightly choking, burns the throat, peppery 6.6/10	71p O,D,SM,HFS,FS,W
Zest mushroom & green pepper	Y	Y	Y	Y	N	Y	Y	Tomatoes, onions, mushrooms, tomato paste, green peppers, sunflower oil, extra virgin olive oil, water, basil, parsley, apple juice concentrate, garlic purée, sea salt, oregano, toasted sesame oil, white wine vinegar, black pepper (nuts)	Lovely looks, mushroomy and oniony, strange but good taste, not a blended flavour, bland with slight taste of curry, lots of onion, disappointing 6.2/10	59p W
Zest basil & oregano	Y	Y	Y	Y	N	Y	Y	Tomatoes, onions, tomato paste, sunflower oil, extra virgin olive oil, water, basil, parsley, apple juice concentrate, garlic purée, sea salt, oregano, toasted sesame oil, white wine vinegar, black pepper (nuts)	Reasonably yummy, herby, flavoursome, looks good, decent flavour, sweet mild, good flavour with a touch of vinegar, not pleasant, no aroma 6.8/10	59p W
PESTOS										
Drossa pesto rosso	Y	Y	N	Y	Y	Y	N	Sundried tomatoes, sunflower seed oil, fresh basil, tomato, extra virgin olive oil, cashew nuts, grana padano cheese, vinegar, beetroot, salt, E575	Good tomato hit, mild but pleasant, okay, nutty/cheesy, like pickled mango, an amalgam of unfriendly ingredients, slightly greasy 5.5/10	£1.26 W
Essential organic pesto	Y	Y	Y	Y	Y	Y	N	Extra virgin olive oil, basil, pinenuts, sea salt	Bitter, somewhat acrid, a little sharp, greasy and stringy, medicinal flavour, not good, industrial, medicinal, would ruin food 5/10	£2.05 O,D,W,HFS
Meridien green pesto	Y	Y	Y	Y	N	Y	N	Basil, extra virgin olive oil, sunflower oil, cashew nuts, garlic, dehydrated potato, salt, E330, lime juice concentrate, black pepper	Crunchy, reasonable flavour, not bad, has character, taste grows on you, salty, unusual texture, not great 6/10	£1.06 HFS,D,O,W
Suma organic vegan pesto	Y	Y	Y	Y	N	Y	N	Sunflower oil, basil, cashews, cider vinegar, pine nuts, garlic, salt, black pepper, water	Good, bland not pleasant, grassy, vinegary, very dark, doesn't taste like pesto, not very fresh, oily, odd cabbage taste 5.5/10	£1.15 FS,D,HFS,O,W
SAUCES										
Anila's spicy mild curry	Y	Y	Y	Y	Y	Y	Y	Tomatoes, cabbage, carrots, sunflower oil, tomato purée, mango, ginger, green chillies, spices, salt (nuts, mustard, sesame, celery)	Good blend of flavours, cauliflower blend, has bite and flavour, raw spice flavours, more condiment than sauce, too hot, spicy, tasty, good 7.6/10	98p D,O,FS,GC,SM,W
Anila's spicy korma curry	Y	Y	Y	Y	Y	Y	Y	Tomatoes, fennel, creamed coconut , sunflower oil, tomato purée, coconut milk , ginger, green chillies, spices, salt (nuts, mustard, sesame, celery)	Perfect for heat lovers, lovely deep fruity flavour, v tasty, a winner, good meaty taste, delicious, coconutty, searing afterburn, a late bite, very challenging, 8.6/10	98p D,O,FS,GC,SM,W
Chilliqueen coriander & shallot	Y	Y	Y	Y	Y	Y	Y	Unrefined sugar, malt vinegar, water, fresh peppers, shallots, scotch bonnet chillies, chopped coriander, natural coriander flavouring, fruit pectin	Would add great snap to any sandwich, jelly yumminess, fragrant and fresh, v sweet, okay with meat, sweet and sour pasta sauce taste, too treacly, cloying 7.7/10	£1.50 D,FS,W
Chilliqueen original	Y	Y	Y	Y	Y	Y	Y	Unrefined sugar, malt vinegar, water, fresh peppers, scotch bonnet chillies, fruit pectin	Lovely chilli tang, excellent flavour, looks beautiful, pleasant flavour but too sweet and gelatinous, not nice, and lingers, horrible 6.8/10	£1.50 D,FS,W
Friendly Food & Drink plum	Y	Y	Y	Y	Y	Y	Y	Plums, fructose, water, lemon juice, basil, salt, pepper	Unusual, delicious, fruity, fabulous, tasty but more sweet than savoury, apple taste, clean and pleasant, damson and vinegar, awful 7/10	£1.30 C,D,FS,GC,O,W
Friendly Food & Drink red onion	Y	Y	Y	Y	N	Y	Y	Red onions, water, white balsamic vinegar, blackberries, fructose, raisins, apple juice, garlic, ginger, salt, rosemary, pepper	Lovely earthy flavour, fruity sauce, yummy, sweet and pointless, not unpleasant, bland and not pleasant, odd note to this – it clashes with itself 6.5/10	£1.30 C,D,FS,GC,O,W

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Geo Organic sweet chilli	Y	Y	Y	N	N	Y	Y	Water, raw cane sugar, spirit vinegar, red chilli, tomato purée, corn starch, sea salt, garlic, sunflower oil, E415 , cayenne pepper	Chilli, sweet, great with cheese, cold meat, prawns or spring rolls, sweet and sour taste, spicy, watery, vinegary, good for marinade 8.5/10	58p HFS,O,W
Sauces of Choice coconut, lime & coriander	Y	Y	Y	N	N	Y	Y	Water, creamed coconut , concentrated apple juice, lime juice, white wine vinegar, coriander, soya flour, cornflour, garlic, E415 , spices	Very good taste, creamy and mild, coconutty, grainy texture, not too hot, too sweet, not authentic, needs 'bits' 8.3/10	71p D,FS,HFS,O,W
Sauces of Choice black cherry & kirsch	Y	Y	Y	N	Y	Y	Y	Pitted black cherries, sugar, orange juice, vinegar, kirsch, water, cornflour, orange zest	Would be equally great with ice cream or duck, lamb, pork, not too sweet, cherry tastes fresh, very enjoyable, very sweet, unusual and tasty 9/10	92p D,FS,HFS,O,W

INGREDIENTS:

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

Nuts/lupin/sesame – in bold in red

E NUMBERS:

E415 = Xanthan gum**; **E575 = Gluco delta lactone***;

E330 = Citric acid;

(**green**** = safe and/or beneficial, **green*** = safe for most people,

orange = caution advised, **red*** = best avoided. Ref: *What's Really in your Basket?* by Bill Statham – published by Summersdale)

AVAILABILITY:

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

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Essential

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Friendly Food & Drink

01539 822326 www.friendlyfoodanddrink.co.uk

Geo Organic

0845-0099 016 www.ethicalsuperstore.com

0845 094 2181 www.ecotopia.co.uk

www.biggreenshop.co.uk

Meridian Foods

01962 761860 www.meridianfoods.co.uk

Organico

01189 238767 www.organico.co.uk

Sauces of Choice

01935 431924 www.saucesofchoice.co.uk

Soma (Nomato)

www.somaorganic.co.uk

Suma

www.suma.co.uk

Zest

0871 871 6611 www.goodnessdirect.co.uk

01455 556878 www.naturallygoodfood.co.uk

www.wheatanddairyfree.com