



A Fructose Free Children's Birthday Party

We have a rule about birthday parties. Each child gets just one full-on, invite all your friends party during their primary school years. And we try to encourage that to be earlier rather than later, because waiting until they are in Grade 7, could involve mobilizing security!

Recently our youngest (the twins) turned seven and they chose to have a joint birthday party with thirty of their first grade friends. Since we are an entirely fructose free house, a birthday party for kids that age without sugar presented somewhat of a problem. Sure, we could serve all manner of stuff, but we wanted them to actually enjoy it too!

Lizzie worked for months to research and construct a menu of birthday food (that wouldn't be fed to the dog) made entirely without fructose. This set of recipes is the result.

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Pizza and Cheese Wheels



Makes 24 wheels

Serve Hot

Ingredients

½ small finely chopped red capsicum

¼ cup (15g) chopped fresh parsley

2 tablespoons chopped fresh oregano

100 grams finely chopped ham or salami

1/3 cup (40g) grated cheddar

1 heaped tablespoon mozzarella cheese

Tomato paste

2 sheets ready rolled puff pastry (thawed)

Method

- 1. If cooking immediately preheat oven to 200°C (400°F)*
- 2. Combine the capsicum, parsley, oregano, ham/salami, and cheese in a bowl*
- 3. Spread the tomato paste onto each sheet of pastry, leaving a 2 cm border along one side*
- 4. Onto this, sprinkle the capsicum mixture evenly*
- 5. Roll up the pastry (to enclose the filling), up to the plain edge.*
- 6. Brush the plain edge with water (to allow it to stick), and finish rolling to the end.*
- 7. Rest the roll, seal side down (to make it more stable) and cut it into 1 cm rounds.*
- 8. Bake for 20 minutes, or until golden*



Notes from Lizzie:

I made these, placed them on the right sized (for my oven) baking paper and froze them before cooking. Then on the day of the party I placed the loaded baking sheet directly onto a tray into the oven. They took a little longer to cook (because they were frozen) it seemed to work well.

Cheese Wheels

While this is the recipe I used they are quite forgiving, so once you understand the basic kinds of quantities needed, you can tweak the recipe very easily. I did this to make the "Cheese Wheels".

I removed the ham/salami and capsicum from the recipe and increased the cheese accordingly (with a 2/3 tasty cheese to 1/3 mozzarella cheese). By making one batch of pizza wheels and one of cheese wheels, I had plenty for all the guests with enough left over for any interested parents.

Chocolate Crackles



Makes 32 Crackles (using mini-patty pans) or 15 Crackles (using large patty pans)

Serve Chilled

Ingredients

250 g Copha

2 2/3 cups puffed rice

¾ cup dextrose

2 tablespoons cocoa

¾ cup coconut (desiccated)

Method

1. Melt Copha in a saucepan over a low heat
2. Mix puffed rice, dextrose, coconut and melted Copha until well combined and rice is well coated
3. Spoon mix into small patty pans and set in the fridge.

Notes from Lizzie:

*I love choccie crackles, how they have been my undoing. We have always told the kids the one party rule was for **their** wellbeing, but truth be told, I wouldn't have fared well with a constant supply of (party left over) sugar filled crackles in the house!*

If you buy Puffed Rice (our local Woolies sells Abundant Earth puffed rice made only from whole brown rice grains for \$2:99 a packet and 0g of sugar) you can make them with virtually no fructose. I made mini patty pan (bite sized) sized crackles and this recipe created 32. With larger patty pans this recipe would provide about 15 crackles.

Sausage Rolls with Tomato Sauce



Makes over 100 bite sized rolls (about 32 party sized)

Makes about 100 ml of Sauce

Serve Rolls Hot with Chilled Tomato Sauce

Ingredients – Sausage Rolls

600 g beef mince (or pork if you prefer)

2 small brown onions (diced)

2 eggs lightly beaten

2 tablespoons flat leaf parsley (chopped finely)

1 teaspoon dried mixed herbs

1 teaspoon ground black pepper

1 carrot grated

1 zucchini grated

½ red capsicum (diced)

½ -2/3 cup breadcrumbs

4 sheets ready rolled puff pastry thawed

Extra egg for basting

Method – Sausage Rolls

- 1. Preheat oven to 220°C (450°F) for larger rolls or 200°C (400°F) for bite sized rolls*
- 2. Cook onion, capsicum, carrot, and zucchini in a pan on the stove to reduce the moisture content, cool then pat with a paper towel to reduce the moisture content further*
- 3. In a bowl combine mince, eggs, parsley, herbs, pepper, cooked vegetables and breadcrumbs*
- 4. Choose size of sausage roll to be made*

5. Place appropriate amount of mixture along one edge of the sheet of puff pastry, roll, brush free edge with water (to help the pastry stick and seal), adhere overlap, cut
6. Leave log overlapped side down whilst you baste with egg, and cut into even sized rolls
7. Bake in the oven, seam side down for 20-25 mins moving from side to side (and end to end in the case of the bite sized rolls) until golden and puffed

Notes from Lizzie:

The original recipe I started with would make about 32 party sized rolls. When making these for the party I made them bite-sized – about 2 cm long (the mix made over a hundred).

I was worried about the taste with the reduced meat to pastry ratio, but it seemed to work (either that or I have a bigger mouth ensuring the ratio was perfect). They worked well but I needed extra puff pastry, and to be very aware of the cooking time. I really babysat them in the oven, turning them over once the base had browned and then putting them on their ends to make sure they were thoroughly cooked through. This had the added benefit of negating one of the biggest complaints against sausage rolls...that they are too soggy! I froze them after cooking and then they just reheated them (for about 15 minutes in a slow oven) before the guests arrived.

Ingredients – Tomato Sauce

125 ml passata (sieved tomatoes, available from the supermarket)

1 tablespoon dextrose

pinch of salt

Method – Tomato Sauce

1. Place passata in a saucepan over a medium heat and allow it to boil.
2. Stir in the dextrose and add salt to taste.
3. When the mixture tastes right and is about the consistency you like (it will thicken when cooled), remove from heat, cool, bottle, and store in refrigerator.

Mashmallows



Makes about 36 Marshmallows (depending how big you like them – these ones were about 2 x 2 x 4 cm)

Ingredients

1/3 cup water

¾ cup dextrose

1 tablespoon gelatin

1/3 cup hot water

Flavouring (Lizzie used 1 teaspoon of vanilla essence)

Colouring

Dusting - *Lizzie used the following ingredients ground together in a mortar and pestle for the party, but at other times has just rolled the marshmallows in desiccated coconut.*

25g cornflour (approx 1 tablespoon)

50g dextrose (approx a generous 1/3 cup)

Method

- 1. In a saucepan mix water and dextrose, dissolving over a medium heat*
- 2. Separately stir the gelatin into the hot water until it is also dissolved*
- 3. Add gelatin mix to dextrose mix and set aside to cool for 20 minutes*
- 4. Beat with an electric mixer for 10 minutes until very thick*
- 5. Add flavouring and colouring as desired (it needs flavouring to overcome the distinctive difference in taste of dextrose)*
- 6. Pour into lined or greased tray (or mould) to desired thickness and place in the fridge to set*
- 7. Once set, cut into desired shapes and sizes (if a mould not used) and roll in dusting dextrose (or coconut if preferred)*

Notes from Lizzie:

For the party I made a double mix. Then divided it into three, I left one batch white, coloured one yellow and one pink.

Having lined a 18cm² tin with glad wrap, I poured the pink in first (leaving the beaters on the rest of the mix), smoothed it out, then put it in the fridge for a few minutes. Then carefully applied the white layer (while the beaters beat the yellow colouring into the last third of mix), putting that in the fridge for a few minutes. Last of all I added the well beaten yellow layer. This made about 36 marshmallows that were eaten way too fast ... I should have made double.

The Birthday Cakes



The girls sharing a birthday meant we needed two cakes. But for their guests that seemed a lot of cake to be expected to eat, (and how would the girls feel if everyone wanted one and not the others cake). So we were mighty relieved when the girls chose complimentary cakes.

One wanted a Vanilla cake with Vanilla icing, the other an Ice-cream cake - perfect.

On the day we used sparklers instead of candles, for less warm breath and wax on cakes with soft icing.

It turned out so well. With many children (and their parents) opting for not just firsts but seconds. In fact we had stop serving and make a break to the kitchen or there would have been none left for us!

Heart Shaped Vanilla Birthday Cake



Makes 1 (heart shaped) cake – the cake pictured is a one and one half times mix of the recipe below

Ingredients - Cake

150 grams butter, softened

1 cup dextrose

2 extra large eggs

Vanilla essence

2/3 cup milk

2 cups self-raising flour

pinch of salt

Method - Cake

1. Preheat the oven to 180°C (350°F). Grease and flour a block (or in this case, heart shaped) tin.
2. Using an electric mixer, beat the butter and dextrose to a cream.
3. Add the eggs, one at a time, beating well after each addition.
4. Add the vanilla essence.
5. Sift together flour and salt in a separate bowl.
6. Fold 1/3 of the flour into the mixture, followed by 1/2 of the milk.
7. Continue adding the flour and the milk alternately until you have a soft dough (do not over-mix).
8. Spread evenly into the prepared tin.
9. Bake for approximately 40 minutes (or until a skewer inserted into the cake comes out clean).
10. Remove from tin and cool on a wire rack.

Ingredients - Mock Cream Icing

125 grams butter, softened

1 teaspoon powdered gelatin

1 cup dextrose

¼ cup warm water

Vanilla essence

Colouring

Method - Mock Cream Icing

1. Using an electric mixer, beat the softened (but not melted) butter until light and fluffy.
2. Sprinkle the gelatin over two tablespoons of the warm water to soften.
3. Add dextrose to beaten butter and beat thoroughly until light and fluffy once again.
4. Add the gelatin mixture, a little at a time, beating well in between each addition.
5. It may be necessary to add the rest of the water to the mix to improve the consistency. If you need to do this, do it slowly, one tablespoon at a time. You are aiming for a mixture that is not grainy to taste. If you use up all of your ¼ cup and the mixture is still grainy, add up to another 2 tablespoons but no more. Too much water will drown this recipe and turn it into a gloopy mess that never sets.
6. Flavour and colour as desired.
7. Spread onto cakes or, if too soft, leave in fridge where it will thicken and set harder.

Notes from Lizzie:

This is a favourite cake mould. Being a little on the large side it requires more cake mix (I used 1 ½ quantities of the cake batter) to make it a luscious cake.

Ensure that you carefully grease and flour any unusual shaped tin such as this. Further, an extra special eye must be kept on it baking as the edges cook much faster than the middle. I placed the cake on the highest

baking shelf I could and on this occasion I left the cake in a cooling oven to ensure the outside didn't burn while the centre finished cooking.

When the cake had thoroughly cooled I mixed up a batch of vanilla flavoured "Mock Cream". Once I had iced the cake smoothly it went into the fridge to set.

The left over mock cream (which I had then coloured pink) also went into the fridge (but only for a few minutes so as to firm rather than harden). By the time the pink is ready to pipe, the cake's icing should be firm enough not to run together. I piped rosettes around cake's edge, changed the nozzle, and then piped a birthday message on the cake. I then returned the cake to fridge to set thoroughly. Mock cream is a classic standby for cakes. But it doesn't work that well in a hot environment, so if you plan to use it, do so where it can be served from the fridge.

Chocolate and Vanilla Ice-cream Birthday Cake



Makes one large (23cm²) ice cream cake.

Ingredients - Old-fashioned Vanilla Ice-cream

Makes approx. 1.5 litres (with a churner – churning adds air and volume)

1 cup dextrose

1/8 teaspoon salt

1 ¾ cups whole milk

2 large eggs, beaten in a large bowl

1 ½ cups heavy whipping cream

1 teaspoon vanilla essence

Method - Old-fashioned Vanilla Ice-cream

- 1. Mix the dextrose, salt and milk in a saucepan and heat until steaming.*
- 2. Whisk the hot mixture into the beaten eggs in the bowl, then return the mixture to the saucepan.*
- 3. Heat the mixture for 3 minutes at a low–medium heat, stirring with a wooden spoon (or whisk), until the mixture thickens. Don't let it boil as that will cook the eggs and curdle the mixture. You will know it's ready when you have slightly thickened custard. It should not be thick enough to coat the back of the spoon.*
- 4. Pour the mixture back into the bowl, cover and refrigerate for an hour or two.*
- 5. Stir in the cream and vanilla essence.*
- 6. Churn in an ice-cream maker until you have something the consistency of soft-serve ice-cream. Then put the mixture in an old ice-cream container and store in the freezer.*

Ingredients - Chocolate Ice-cream

Makes approx. 1.5 litres

2 cups thickened cream

1 cup milk

1 cup dextrose

¼ cup cocoa

1 teaspoon vanilla essence

Method - Chocolate Ice-cream

1. Warm the cream and milk in a saucepan.
2. Whisk together the dextrose, cocoa and vanilla essence, then whisk this into the cream and milk.
3. Churn in an ice-cream maker and then freeze.

Ingredients - Hot Fudge Sauce

1 tablespoon butter

1 tablespoon cocoa

2 tablespoons dextrose

¼ cup thickened cream

½ teaspoon vanilla essence

Method - Hot Fudge Sauce

1. Melt butter and cocoa over a low heat.
2. Add dextrose, stir to dissolve. (At this point, you could add more dextrose to sweeten up the sauce if you choose.)
3. Add cream and bring the mixture to the boil for 1 minute, stirring continuously.
4. Take the mixture off the heat, add vanilla essence and mix well.
5. The mixture will thicken as it cools. Store in the fridge but warm it up before serving.

Assembly and Notes from Lizzie

I made one serve of "Chocolate" and one serve of "Old Fashioned Vanilla Ice Cream".

To assemble, I lined a 23cm square container with a 2 long strips of baking paper measuring 57cm x 23cm, one placed one way and the other overlapping in a perpendicular fashion (the overhang provides "handles" with which to remove the cake when set.

I divided the each of mixtures into two and churned them for only a short time each.

Decide on your top layer, it gets churned lightly, smoothed into the mould then put in freezer to harden. Then next layer, next layer and next layer. I prepared the ice-cream mixes then stored them in the fridge until I was ready to churn them and assemble the cake.

We did vanilla, chocolate, vanilla, chocolate on this occasion.

If you have a churner like mine (Cuisinart non-refrigerated) it will have to be used quickly or this process may take a number of days (giving it time to refreeze between layers). Having said that we made this cake subsequently without a churner. We set the ice cream after a good beating in the freezer overnight, then (in the morning) thawed it just enough to beat in a mixer, then layering in a container and setting in the freezer once again. Whilst not as good as the original, there were no complaints and the cake all went in one sitting!

The construction of the cake was going well until David popped up with the suggestion that it would taste even better with chocolate fudge sauce in between the layers. I scoffed at first, then made a **double** batch of "Chocolate Fudge Sauce".

When adding this remember that the fudge sauce will not freeze, so for best results when putting in your layer (under the sauce) build up around the sides of the tin (to about 1cm in) leaving a hollow in which to put the sauce, finally trapping it with the next layer (of ice cream). Or feel free to make some sauce and just serve it to the side. Having said that, I did not do either on this occasion and had to problem-solve when the sauce oozed out the sides of the de-tinned cake ... more about that later.

Once your cake is complete, cover and leave in the freezer overnight (at least) to set thoroughly.

Before unmoulding I whipped some cream slightly sweetened (to your individual taste) with dextrose (for the icing).

To unmould the cake, place upturned tin on serving platter, grasp the overhanging handles (hold firmly down), whilst your pretty assistant lifts the tin away. Peel off the paper and voila.

Now if you have done a good job with the fudge sauce (unlike me) cover the cake lightly in the cream as required (to smooth any inconsistencies), then place cake in freezer for cream to set while you colour your cream for piping. When all is ready for piping (you want your cake to spend as little time as possible out of the freezer) get out your cake, pipe your design (I did stripes) and message, then back to the freezer until it is time to serve.

If you, like me, find (on removing the cake from the tin) that you have a fudge sauce issue (sauce oozing out from between the layers), leave the cake in the freezer on its serving plate and make quick sorties to smear your whipped cream (which freezes quickly, trapping the fudge) on one side of the cake at a time. Once the cream is frozen you can tidy the cake with the remaining cream and complete your decoration.

Extras

We also served **mini-hot dogs**. These consisted of shop bought Cheerio's (small red sausages) served on Woolworth's brand par-baked dinner rolls with the tomato sauce from the sausage roll recipe above. If you have gluten intolerant guests at least you can serve them the traditional party fare of cheerios and sauce (without the roll).



In the party bags, we included a pack of Wonka Gobstoppers (Chewy) and a Sherbert Lollipop, both are sweetened only with dextrose.



To drink, we served Kirk's Sugarfree Lemonade (sweetened with 950, 952 & 961) with the food and the rest of the time had large jugs of ice-water available (and they drank it!).

If we had our time again we would probably not use the Lemonade and instead provide **chocolate milk** (milk with a mixture of cocoa and dextrose added to taste).