

Corrigendum

List of corrections to the book

«*Mast Cell Friendly and Low Histamine Cooking*»

1st edition, 2015

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Corrigendum

This correction directory lists known errors in the book “Mast-Cell-Friendly and Low-Histamine Cooking” and may provide some supplements to keep this book up to date with the latest information. It is available here:

www.histaminintoleranz.ch/downloads/corrigendum_recipes1-2015.pdf

Please send any suggestions or mistakes by e-mail to the contact address of the Website www.histaminintoleranz.ch. We will also be very happy to receive your recipe ideas.

Please look in again at a later date.

P. 17, 168, 169, 170, baking soda packet size: Also in the case of baking soda (=sodium hydrogen carbonate, E500), 1 packet is the amount to be used for 500 g flour (usual portioning size in Switzerland). Please use 5 g = approx. 1 tsp baking soda per 500 g flour.

P. 34, White onion: Besides the white onion also the Tropea onion is quite well tolerated.

S. 157, Grilled vegetables in aluminum foil: The vegetables will be contaminated by traces of aluminium when heated. This is the case especially in acidic and salty foods (which does not apply to this recipe). Recent findings suggest that aluminum could be toxic. Other aluminum loads (e.g. the aluminum-containing food additives) are indeed much higher. Nevertheless, you should not cook every day in aluminum foil. Better only a few times per year. Do not use any sour ingredients and add salt only after preparation. Alternatively, use a reusable grill pan made of sheet steel.