

Enjoying Food on a Renal Diet

edited by
Marianne Vennegoor

APROTEN®
LOW PROTEIN DIET

King Edward's Hospital Fund for London

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Enjoying Food on a Renal Diet

edited by Marianne Vennegoor SRD

Foreword by Patricia L Humpherson
former chairman, British Dietetic Association

Medical Introduction
By A J Wing MA DM BM BCh FRCP
St Thomas' Hospital, London

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Foreword

Those who have worked in renal units are very aware how easily meals become monotonous. This is because patients with renal failure may have to control their food intake carefully.

Patients and dietitians from all over Great Britain have designed and tested the recipes. In many cases they are suitable for family meals. This enables the patient to be a more normal member of the family circle and makes the housewife's life easier in a home where there are great demands on time.

The Renal Group of the British Dietetic Association is to be congratulated on compiling this cook book. It will be warmly welcomed by all.

Patricia L Humpherson
former chairman,
British Dietetic Association

1982

Acknowledgments

I would like to thank all the patients, patients' relatives and dietitians who supplied and developed numerous recipes; Peter Beaumont, head chef, and staff of the diet kitchen, St Thomas' Hospital, London, for experimental trials of the recipes; Meta Greenfield, former renal dietitian, Addenbrooke's Hospital, Cambridge, for advice on the wording of the recipes; Irene Winter, former renal dietitian, North Staffordshire Royal Hospital, Stoke-on-Trent, for advice and analysis of the recipes; the staff of the computer department, North Staffordshire Health District, Stoke-on-Trent, for computer analysis of the recipes; and Dorothy Perkins, former secretary at the dietetic department, St Thomas' Hospital, London, for typing the manuscript.

MV

1982

Notes on Contributors

Marianne Vennegoor SRD

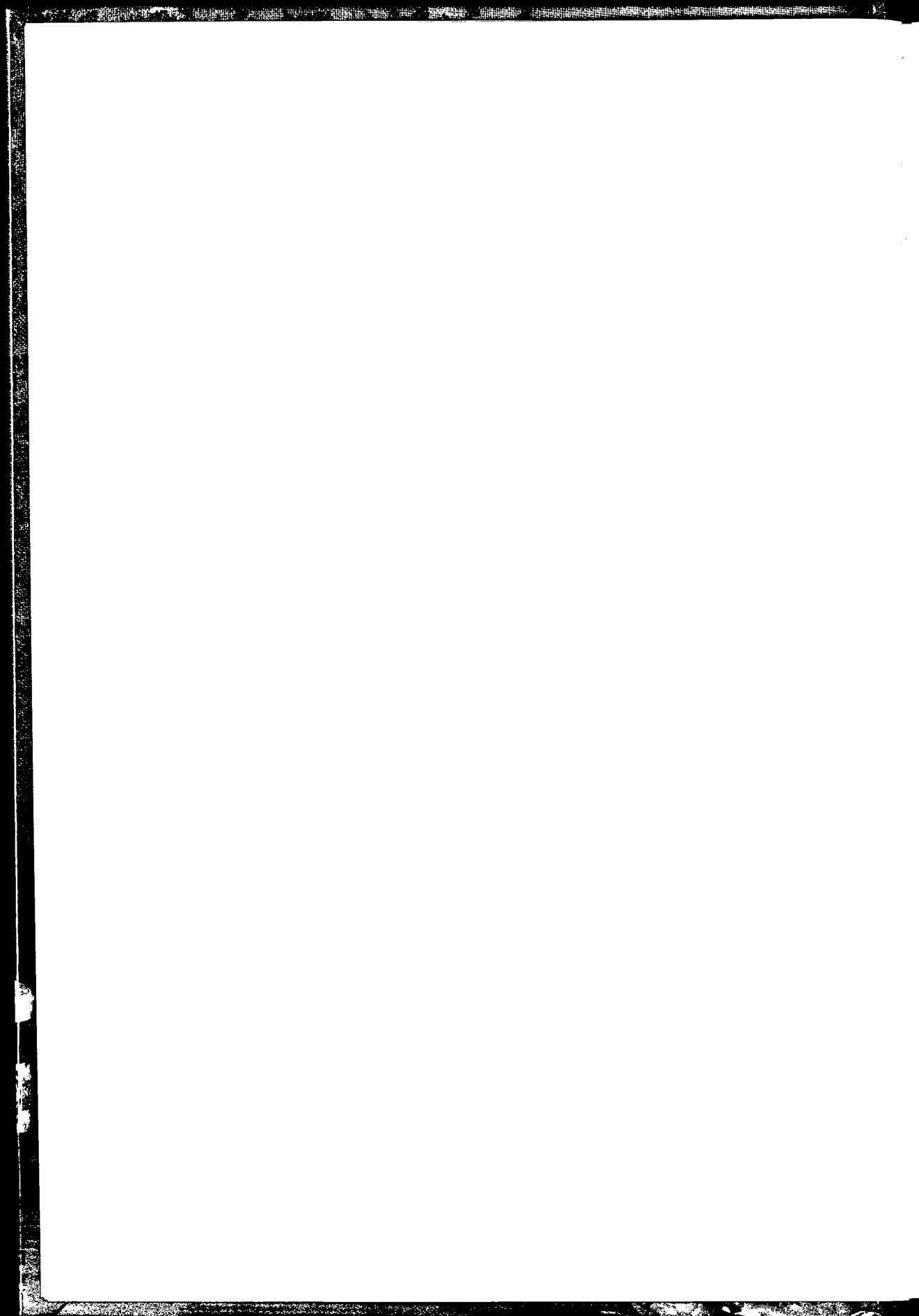
Miss Vennegoor qualified in Holland and has been working for the renal unit at St Thomas' Hospital, London, since 1968. She is the present chairman-secretary of the Renal Group of the British Dietetic Association.

A J Wing MA DM BM BCh FRCP

Dr Wing is a general physician with a special interest in renal disease at St Thomas' Hospital, London, and is chairman of the European Dialysis and Transplant Association (EDTA) Registry.

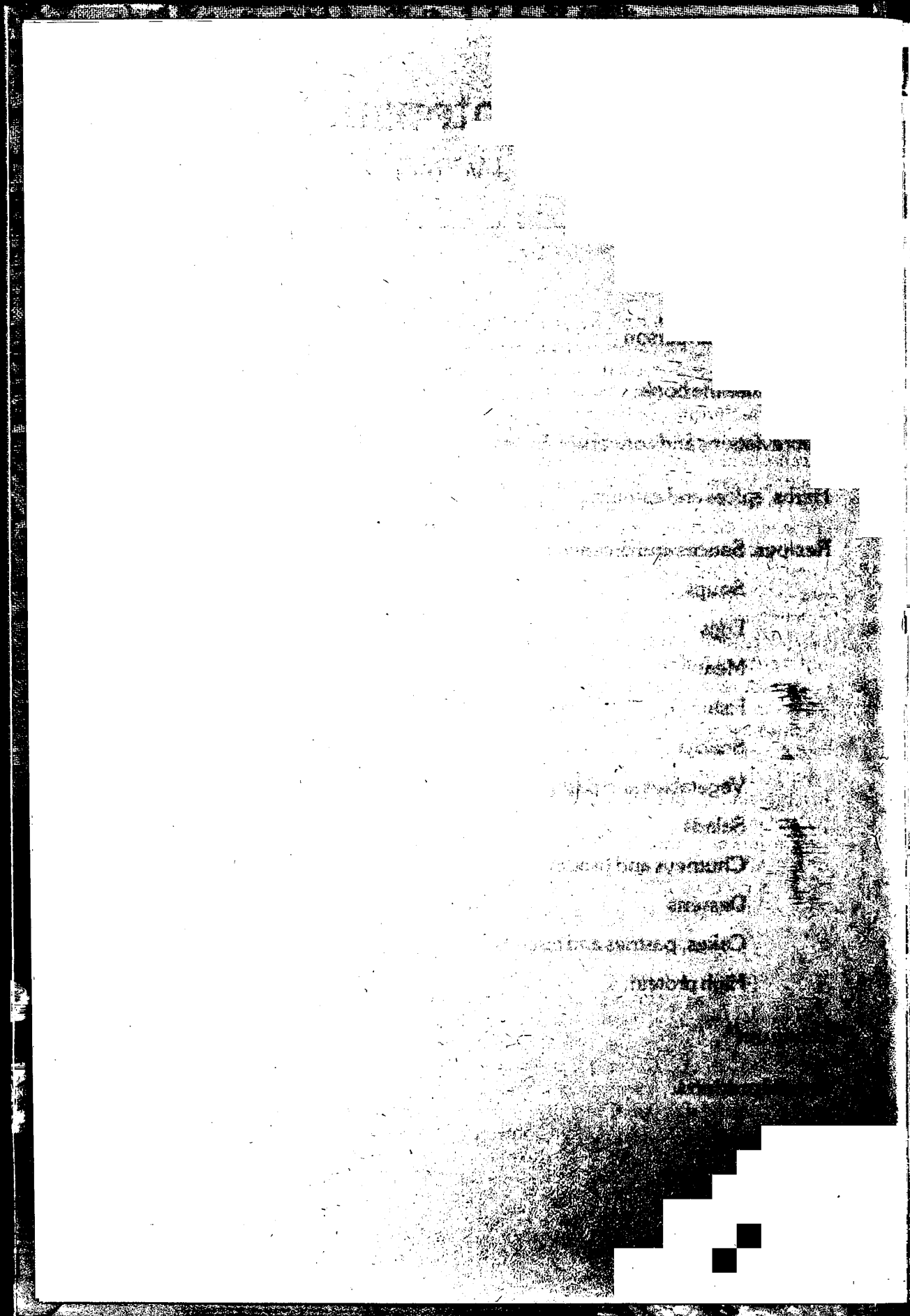
Maggie Sanderson SRD

Miss Sanderson qualified at the Northern Polytechnic in London. She worked for the department of nephrology, St Bartholomew's Hospital, London, as a senior dietitian and was based at the renal unit of St Leonard's Hospital, London, for almost eight years. She was chairman-secretary to the Renal Group of the British Dietetic Association for five years. At present she is working as a community dietitian for the City and Hackney Health District in London.



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Medical Introduction

A J WING

Modern treatments for kidney failure are a challenge to correct eating. Dialysis on the artificial kidney is an amazing achievement of high technology medical care. Patients who have no kidneys can now go on living. More than that, over 60 per cent of European dialysis patients get back to full-time or part-time work. Incredibly, 20 women in Europe have borne children whilst on dialysis treatment. The prospects for a good quality of life are even better for those patients who are lucky enough to have a successful kidney transplant. These are the successes. This is the goal. But not every patient does so well. What life style was enjoyed by the 40 per cent who didn't make it back to work? Why did one in 20 hospital dialysis patients need to spend more than three months as an inpatient in hospital in 1979? I feel sure that failure to enjoy an appropriate diet contributed to the poor quality of life of many of these successful patients. Ultimate dietary failure resulted in four deaths due to cachexia (starvation) per every thousand patients on dialysis in Europe in 1978 and 1979 — nearly 150 deaths in each year. Enjoying food on a renal diet may make the difference between poor and good quality of life and may even divide between life and death. The diet is not a cosmetic gloss.

Diet for renal disease must be scientifically designed for different needs at different stages in a patient's own history. I tell my patients: 'If we change your diet, it's not because we got it wrong the first time: it's because your kidney disease has changed and the old diet is no longer appropriate. We must balance your intake of food against what your kidneys can cope with'. Most people know that kidney failure may mean a low protein diet, but not everybody has yet understood that this may be also the recipe for malnutrition: not everybody realises the importance of ensuring an adequate energy intake in addition. If the balance between kidney function and dialysis on the one hand and protein and calories on the other is wrong some complications may occur. A child with kidney disease will fail to grow, a young adult will be vulnerable to complications after surgery and an elderly patient will fade away due to cachexia (starvation).

The challenge to scientific dietetics goes further. Increasing the energy intake with fat-containing foods could increase the longer term risks of heart disease and these eventually cause half the deaths of patients on dialysis and transplantation therapy.

The development of abnormalities in the bone structure and bone chemistry may be markedly affected by the calcium and phosphorus content of the diet, as well as Vitamin D and calcium supplements and phosphorus binding drugs such as aluminium hydroxide. After five years of treatment, 15 per cent of patients suffer from disabling bone disease. Therefore, in the scientific design of diets for patients with kidney failure, one interest often conflicts with another. Importance attached to one interest may vary accordingly to the stage in a patient's management. For instance, it is more appropriate to ensure that the underweight child gets a good energy intake than

it is to worry about his heart disease in the future. In the obese adult the priorities are reversed.

But in dietetics, science alone is not sufficient. The most scientifically balanced diet will not meet the patient's needs unless he eats it and he won't eat it unless he finds it palatable. The art of dietetics is to present the scientifically balanced nutrients as enjoyable food. It is neither reasonable nor kind to force an unpalatable diet for more than the shortest of periods in a patient's treatment. There will be occasions when a patient has to regard his food more or less as if it were medicine. Frequently patients suffer from nausea and lose their appetite. However, medical treatment will correct nausea, and support from understanding staff will help the patient considerably.

Then the dietitian will have an opportunity to guide him towards enjoying his food. In her task she will find this book invaluable. Marianne Vennegoor has worked away over many years patiently accumulating the recipes — many of which imaginative patients and their wives have invented. The recipes were then tested by the members of the Renal Group of the British Dietetic Association and computer programmes used to calculate their contents.

I have sampled many of her foods and dishes and comparing these with the unappetising fare we offered our patients in the early years, I know that she has successfully married the art of the kitchen to the science of the laboratory. Bon appetit! Enjoy your food!

Talking About Diet

MAGGIE SANDERSON

To most people eating is a pleasurable experience, so to be told that they must go on a diet conjures up visions of an unpalatable starvation régime.

Diets for the treatment of kidney failure need be no less pleasurable and are certainly not starvation régimes. You may, in fact, be asked to eat more than you previously have.

The aim of the diet in kidney failure is to provide good nutrition, whilst relieving symptoms that can be caused by eating a normal diet.

The food we eat can be divided up into carbohydrates, fats and protein. Many foods contain all three groups but are classed by the nutrient of which they contain most.

The foods which contain a high proportion of sugar and starch are called carbohydrates. Some carbohydrates are almost all sugar and starch and provide few nutrients but do provide energy. Other carbohydrates, mainly the unrefined ones, contain minerals, vitamins and often protein and fats as well.

Fats provide the highest source of energy and foods like butter, margarine and oils provide some essential vitamins but virtually no protein or carbohydrate.

In the normal diet all food groups are equally important, but as protein is the most important nutrient in regard to renal failure we will go into more details of how protein is utilised in the body.

PROTEIN

Protein is an essential constituent of our diet. We ourselves are made of protein and every day we need a certain amount to replace the protein we constantly lose from our bodies through wear and tear.

This protein must come from our food. The main sources of protein are eggs, meat, fish and milk, but protein is also found in cereals and foods made from flour such as cakes and pastries. Potatoes, rice and other vegetables, such as peas, beans and lentils (pulse vegetables), also contain protein.

When we eat protein it is broken down and used to rebuild or replace body tissue. The worn out tissue and any excess protein is then further broken down into waste products (which include urea and creatinine) and eliminated from the body via the kidneys in urine.

When the kidneys are not functioning properly they lose their ability to get rid of waste products and so they accumulate in the body. When these waste products get to a high enough level they give rise to the symptoms of ureamia — tiredness, nausea and vomiting.

In order to control these symptoms the protein content of the diet can be adjusted so that the waste products are kept at a level the damaged kidney can cope with. The level of protein reduction will be prescribed by the doctor or dietitian and it will not go below the essential minimum amount needed for replacement of protein lost daily from the body. When the kidneys become so severely damaged that symptoms are not

relieved by even the minimum protein intake then an alternative form of treatment is necessary such as treatment on an artificial kidney machine (haemodialysis), peritoneal dialysis or kidney transplant.

The type of treatment received will depend on many factors including the type of kidney failure and each individual's medical history.

When treatment is by haemodialysis it is unusual to have any restriction of protein even though the artificial kidney is not as effective as the normal human kidney.

On peritoneal dialysis treatment, however, the protein content of the diet has to be adjusted to compensate for the additional protein that is lost from the body during treatment.

CALORIES OR JOULES

The human body needs energy just as a car needs fuel. The units of energy used by the human body are called calories or joules. Energy is derived from all the food we eat.

In kidney failure it is important that protein is not used as a source of energy but used for building and repairing the body tissue in order to minimise the amount of waste products produced. Therefore, most of the energy should come from the other two food groups – carbohydrates (sweet or starchy foods) and fats.

When the protein content of the diet has been severely reduced it is often necessary to eat large quantities of carbohydrates and fats. In the early stages of treatment the body needs more energy than normal and if this extra energy is not provided from the diet, the body will start to use muscle and other tissues for energy. Muscles are, of course, protein and so despite dietary restriction, the waste products of protein will still rise.

Initially, a high calorie intake is just as important as protein restriction in preventing the unpleasant symptoms of kidney failure.

WATER AND SALTS

The kidneys are also responsible for regulating the amount of water and salts in the body. If the kidneys are not working properly, in most cases there is a tendency to retain water in the body. This will make the body water-logged or oedematous. Besides being very uncomfortable this can also cause high blood pressure which can be dangerous.

To prevent this happening it is sometimes necessary to restrict the amount of fluid taken to the amount being passed as urine plus an extra 500ml (approximately 1 pint) per day.

Sodium

Where there is water retention and high blood pressure it is also necessary to restrict sodium. Sodium is one of the constituents of ordinary salt and the level of sodium in the body is normally controlled by the kidneys.

Sodium has the effect of holding water in the body and of increasing the degree of thirst. Therefore, if too much sodium is taken, more fluid is drunk and more fluid is retained.

The level of sodium allowed in the diet is individually worked out for each person by a doctor or dietitian and some will be allowed more than others.

There are salt substitutes on the market but these are not advised for anyone with

kidney failure. Instead of containing sodium chloride (salt) they usually contain potassium chloride which can be dangerous as explained below.

Potassium

Potassium is another kind of salt controlled by the kidneys. Too little or too much potassium in the body can affect the heart and in extreme cases causes it to stop. However, if you keep to the level of potassium prescribed for you there is never any need to worry. Potassium is found in a great variety of foods but some foods have a much higher content than others and so should be taken very cautiously, if at all. Your doctor or dietitian will advise you on this.

Phosphorus

Phosphorus is a mineral which is also controlled by the kidneys. If the level of phosphorus is allowed to rise this will affect the bones, causing them to become brittle. Phosphorus cannot easily be controlled by diet as it is mainly found in association with protein, and as has already been explained, it is necessary to have a certain amount of protein. The best way to control phosphorus is to use the substance which binds with it so that it is not absorbed by the body. The usual substance is aluminium hydroxide which is found in Aludrox or Alucap.

As the phosphorus is found in conjunction with protein, it is advisable to take the aluminium hydroxide preparation with main meals when most of the protein is eaten.

VITAMINS

Vitamins are an essential part of our diet and we all need small quantities daily. Without vitamins we cannot utilise properly the foods we eat. Vitamins can be divided up into two main groups: those that are fat soluble and, therefore, found in foods containing fats or oil, such as butter, margarine, fatty fish, and those that are water soluble and are found in foods which contain some water, such as meat, fish, cereals, fruit and vegetables.

If a good varied diet is taken, all the vitamins needed will be supplied by the diet.

On dialysis, whether haemodialysis or peritoneal dialysis, vitamin supplements may be needed as some of the water soluble vitamins may get washed away with the other waste products.

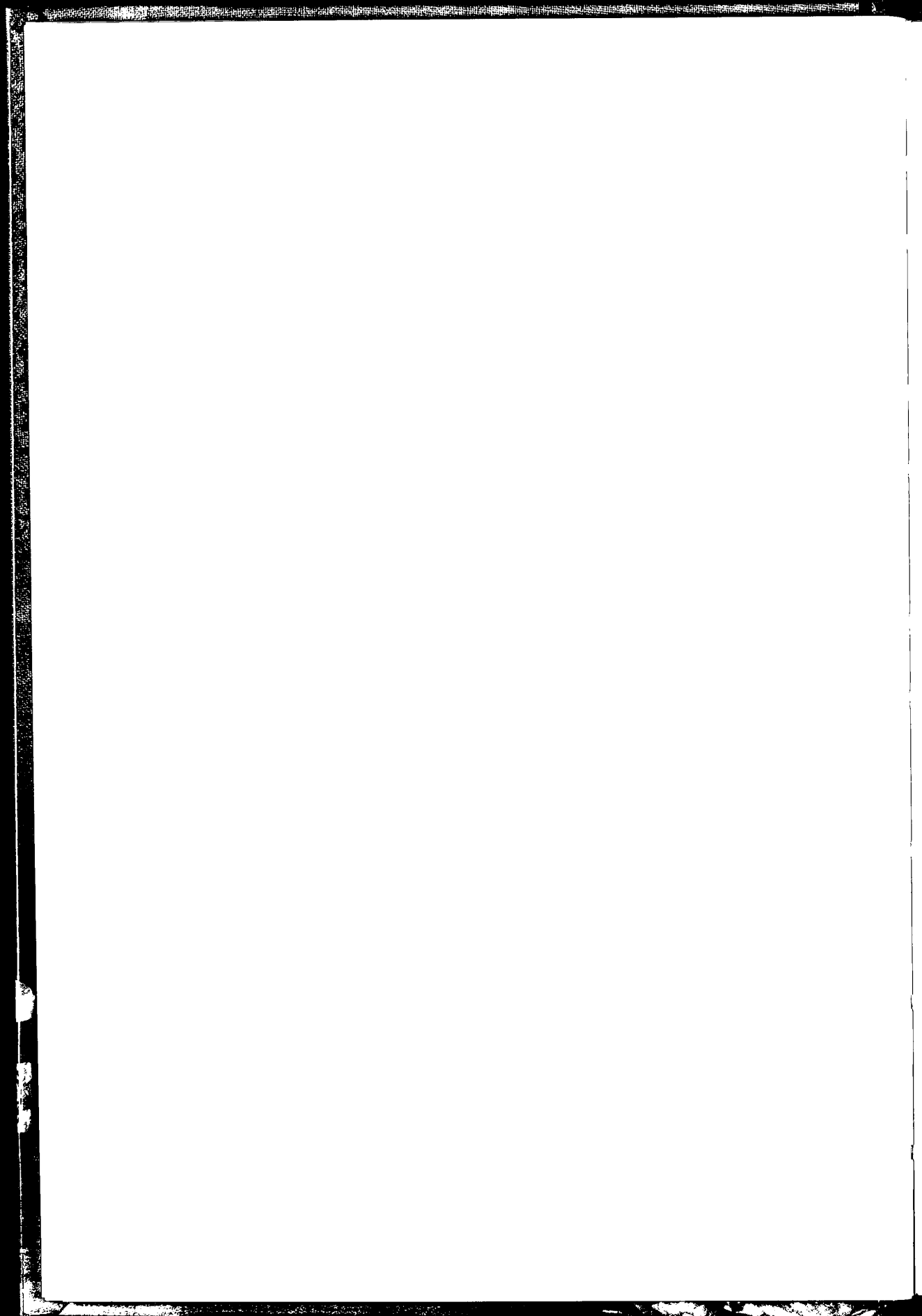
SUMMARY

When the kidneys are not functioning properly the diet has to be adjusted in order to help relieve symptoms that can arise.

The protein content of the diet may have to be adjusted to the level that the kidneys can cope with, and the energy intake in the initial stages of treatment may well need to be increased. Again depending on the way in which the kidneys are affected, the sodium and potassium content of the diet may have to be adjusted.

The cookery book has therefore, been designed to give you the amounts of these most important items in each recipe.

Happy eating and cooking.



How to Use the Book

This recipe book is especially designed for people suffering from chronic renal failure with the need for dietary restrictions, whether this means protein only or also salt or potassium.

For some time now, many people following such diets have helped to develop a great number of recipes, with the help of their relatives, friends and dietitians, often using special products.

The recipes were tested and then computerised to obtain accurate analyses. The book includes simple recipes as well as more adventurous ones for those who prefer exotic dishes. A renal diet can now be enjoyed, despite several restrictions, and will benefit the general health of people who may need long-term dietary treatment.

Advice is given on how to use certain existing cooking methods more frequently, how to use sauces, pickles or chutneys and specific herbs or spices to improve the flavour and appearance of some dishes.

PROTEIN

People not requiring dialysis treatment may be advised to use special low protein products to lower the protein content of the diet, thus allowing for a larger portion of meat, fish or egg. The quality of animal protein is superior to that obtained from vegetables. These low protein products, which include flour, pasta and bread, are marked (LP). For instance, where (LP) flour is given in a recipe, either low protein flour or ordinary flour can be used. The same applies to (LP) bread or (LP) pasta. People on dialysis usually no longer require LP products and ordinary commercially available flour, pasta and bread can be used.

SALT (NaCl), SODIUM (Na)

Salt is not included as an ingredient in the recipes as people are often told to reduce their intake of sodium. If this is not necessary, salt can be added as desired. Baking powder (sodium bicarbonate) is an essential ingredient of some cake and biscuit recipes and the analyses of the recipes indicate a higher sodium content. Check with your dietitian if you can use these recipes. If it is necessary to further reduce the sodium content of the diet, use unsalted butter or margarine. The analysis for sodium (Na) in recipes containing soya sauce, monosodium glutamate or a little marmite, is slightly increased. Recipes with a high Na content carry a special note regarding suitability.

POTASSIUM (K)

Some recipes include some potassium-rich foods, which improve the variety of the diet. These recipes are clearly marked with a special note explaining how to use these dishes. The potassium content of most recipes is kept to a moderate or low level.

PHOSPHORUS

Milk and most cheeses are excluded because of the high phosphorus content. Cream

cheese and cottage cheese contain very little phosphorus, and parmesan cheese is used sparingly.

Analyses for phosphorus are not included but can be obtained from the editor, if wished.

PORTIONS AND ANALYSES

Most recipes are based on 4 portions unless otherwise stated. An analysis is given for each recipe. Two different analyses are given when recipes contain LP products.

The average protein content per portion may be higher than your protein unit allowance. Normally, small quantities of protein are not included in 'rough' dietary calculations, but by using a computer to analyse the contents, traces will appear in the analysis and thus increase the final protein content.

Check with your dietitian if you need to amend your unit allowance. People on dialysis can continue to use the recipe book by modifying the protein content of a recipe. For instance, with egg, meat or fish dishes, increase the amount of each to match your allowance.

The analyses are based on information obtained from McCance and Widdowson's *The Composition of Foods*, fourth edition, by A A Paul and D A T Southgate (HM Stationery Office, 1979).

Finally, I would like to thank everyone involved in the making of this cookery book for their generous help and support. I sincerely hope that *Enjoying Food on a Renal Diet* will alter your outlook on your diet and health in the future.

MV

1982

Abbreviations and Conversion Tables

CHO	carbohydrate	LK	low potassium
g	gram(s) or gramme(s)	mg	milligram(s)
GF	gluten free	MJ	megajoule = 1000 kilojoules
HP	high protein	ml	millilitre(s)
K	potassium	mmol	millimole (measurement used in chemical analysis)
Kcal	kilocalorie(s)	Na	sodium
KJ	kilojoule(s)	Na Cl	sodium chloride (salt)
kg	kilogram(s)	oz	ounce(s)
lb	pound(s)	Tr	trace
LP	low protein		

LIQUID MEASURES *(approximate)*

25ml	1 fluid oz
50ml	2 fluid oz
75ml	3 fluid oz
100ml	4 fluid oz
125ml	5 fluid oz
250ml	10 fluid oz
375ml	15 fluid oz
500ml	20 fluid oz = 1 pint
1000ml (1 litre)	40 fluid oz
4500ml	1 gallon

WEIGHT MEASURES *(approximate)*

25g	$\frac{3}{4}$ oz
50g	$1\frac{1}{2}$ oz
75g	$2\frac{1}{2}$ oz
100g	$3\frac{1}{4}$ oz
125g	4 oz = $\frac{1}{4}$ lb
250g	8 oz = $\frac{1}{2}$ lb
350g	12 oz = $\frac{3}{4}$ lb
450g	16 oz = 1 lb
1000g	2 lb 2 oz

OVEN TEMPERATURES

Gas	Electric degrees F	degrees C	
mark 1-3	250-300	120-150	slow-cool
mark 3-4	300-400	150-200	moderate
mark 4-6	400-450	200-230	moderately hot
mark 6-8	450-475	230-250	hot
mark 9	475-500	250-270	very hot

BRITISH MEASURES CONVERTED TO AMERICAN

British liquid (*approximate*) American

50ml	1/4 cup
70ml	1/3 cup
100ml	1/2 cup
140ml	2/3 cup
150ml	3/4 cup
200ml	1 cup

British weight (*approximate*)

Butter or margarine	250g	1 cup
Flour	120g	1 cup
Rice	180g	1 cup
Sugar	210g	1 cup

Herbs, Spices and Essences

The use of herbs and spices to flavour foods counteracts the absence of salt. You may still use pepper, mustard and vinegar, but the use of herbs and spices gives variety in preparing your diet. Herbs and spices lose their flavour quickly, so buy only small quantities at a time and store covered and away from heat.

Herbs may be used fresh or dried; fresh herbs have a better flavour than dried. They may be grown in a pot or window box if you do not have a garden.

Annual herbs must be started from seed, and spring is the time to sow them. Herbs can be grown on any good well-drained soil. Seeds should not be sown outdoors until the soil is warm and the danger of frosts is past. Some advantage can be gained by starting them off in a small windowbox in the kitchen and transplanting the young plants to the garden later. In May or June, most gardening shops have a few pots of fresh herbs for sale. Start off with one or two which you particularly like to use, and increase your herb collection each year to satisfy new-found tastes.

The following list gives suggestions for use of various herbs and spices. Remember too little is better than too much!

HERBS

BASIL Fresh — chop and sprinkle over tomatoes and salad. Dried — in braised and stewed beef.

BAYLEAF Use in stock and stews.

BOUQUET GARNI This is a sprig of thyme, a bayleaf and two sprigs of parsley tied with thread and used for flavouring stock and stews. Other herbs may also be used. It should be removed before serving. It may be bought ready prepared and tied in muslin.

CHERVIL May be used with other herbs for stuffing. Use in omelettes, scrambled eggs and in salads.

CHIVES May be added (chopped) to potatoes, tomatoes and salads. Add to butter for flavouring fish and chicken. Add to sour cream with potatoes.

FENNEL Use leaves in fish recipes. Snip them over cucumber salads or cucumber soup. They are also pretty as a garnish for cold fish dishes.

GARLIC Use clove only. DO NOT use garlic salt. Crush and use for flavouring salads and meat. Garlic crushers can be bought from hardware and kitchen utensil shops.

HORSERADISH Grate fresh and mix with cream. Serve with hot or cold beef.

MARJORAM (OREGANO) Use with meat and chicken or omelette. Can be mixed with other herbs.

MINT Fresh has a better flavour than dried. Apart from mint sauce or mint jelly with lamb, mint may be chopped and added to vegetables and potatoes. Use a few sprigs when cooking vegetables.

MIXED HERBS Dried or fresh in stews, stuffing in omelettes.

PARSLEY Use with fish, chicken and vegetables. May be fried in butter until crisp or chopped and added to butter and lemon juice.

ROSEMARY Use when roasting lamb or veal; also in stews, in stuffings and with white cabbage.

SAGE Use in stuffing, with pork, duck or goose.

TARRAGON Use with chicken, fish and salads.

THYME Use in stews, stuffings for chicken, veal, rabbit and turkey.

SPICES

CARAWAY Sprinkle on cabbage; use in stews.

CAYENNE PEPPER Use in curries, with vegetables. Made from **CHILI**, the dried pod of capsicum. Chilis can be used whole in curries and stews.

CINNAMON With stewed fruit, in biscuits. **Cinnamon toast:** toast one side of a slice (LP) bread, spread the other side with butter or margarine, sprinkle with sugar and cinnamon and toast until light brown.

CLOVES Use in stewed fruit, especially apples, pears. With baked or boiled onions. In stews.

CURRY POWDER With meat, fish and vegetables.

GINGER Use fresh or ground ginger. Serve ground ginger with fruit, in biscuits and stews. Sprinkle on pork or lamb chops before grilling.

MACE Good with fish and veal.

MIXED SPICE Use in home made biscuits.

MUSTARD For mustard sauce with beef. Rub surface of beef with dry mustard before cooking.

NUTMEG Grate over vegetables, particularly beans, cabbage and cauliflower. Use in biscuits.

PAPRIKA Use as garnish with chicken and rice, and in veal or chicken stews.

PEPPERCORNS Grind over most vegetables, and in stews. Use whole in stews and curries.

TURMERIC Aromatic root of the ginger family. Use powdered, especially in curry powder.

ESSENCES

Essences of almond, vanilla or peppermint may be used in biscuits or with stewed fruit.

Lemon and orange juice or rind may be used in small amounts with meat and fish or in biscuits. Redcurrent jelly, mint jelly and cranberry sauce may be served with meat.

Sauces and Dressings

Sauces and dressings add to the palatability of a dish. This section includes sweet and savoury recipes as well as salad dressings and hard sauces. The amount of fluid varies in each recipe and needs to be included in your fluid allowance if you need to restrict this. Recipes with a higher potassium (K) content are clearly marked and advice is given regarding the use of these recipes.

All recipes are based on 4 portions.

SAVOURY SAUCES

All recipes are based on 4 portions

Tomato Sauce

(using convenience products)

Note: This recipe is unsuitable for people following a strict low-sodium and low-potassium diet, unless it is taken instead of a portion of potatoes. It can be used with rice or spaghetti.

300ml tomato juice or
300g tinned tomatoes
1 small onion
1 clove of garlic
20g butter, margarine or oil
15g (LP) flour or cornflour
Thyme, bayleaf
Pepper
Chopped parsley
Double cream (optional)

Chop the onion and garlic and fry in butter, margarine or oil.

Add the flour and, gradually, the tomato juice, stirring well.

(When using cornflour, mix it with a little tomato juice first and add to the mixture.)

(If using tinned tomatoes, chop before adding to the sauce.)

Add herbs and spices and simmer for 15 minutes.

Remove the bayleaf and liquidise and sieve the sauce.

Add chopped parsley and double cream just before serving.

Analysis: 1 portion

Protein 1.2g, Fat 8g, CHO 7g,

Kcal 100, KJ 400,

Na 10 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 0.9g, Fat 8g, CHO 7g,

Kcal 100, KJ 400,

Na 10 mmol, K 6 mmol

Bread Sauce

150ml double cream
150ml water
120g (LP) breadcrumbs
1 small onion
1 small bayleaf
2 cloves
Pepper

Peel the onion and stick the cloves into it.

Place the cream and water in a pan and add the onion and bayleaf.

Leave to simmer for about half an hour until the onion and clove flavour has blended with the liquid.

Add the breadcrumbs.

Stir and leave for half an hour.

Remove the onion and bayleaf.

Season with pepper and serve with roast chicken or turkey.

Analysis: 1 portion

Protein 4.1g, Fat 19g, CHO 25g,
Kcal 280, KJ 1160,
Na 10 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 0.9g, Fat 19g, CHO 19g,
Kcal 250, KJ 1020,
Na 8 mmol, K 2 mmol

Curry Sauce

1 onion (medium size)
1 carrot
1/2 teaspoon chili powder or
chopped fresh chili
Pepper
1 tablespoon curry powder
1 clove of garlic
2 tomatoes
30g butter, margarine or oil
300ml water
15g (LP) flour or cornflour

Peel the onion, garlic and carrot and chop finely.

Scald the tomatoes in boiling water and remove the skin and pips, and dice. Sauté the onion, garlic and carrot in the butter, margarine or oil until soft.

Add the curry powder, pepper and chili and tomato and fry gently for a further 2 minutes, then add the flour. (When using cornflour mix with a little stock or water first.)

Add the water gradually, stirring well.

Liquidise or sieve the sauce if wished.

Analysis: 1 portion

Protein 1g, Fat 7g, CHO 8g,
Kcal 90, KJ 380,
Na 4 mmol, K 6 mmol

Horseradish Sauce

1 root grated horseradish
1/2 teaspoon mustard
1 teaspoon sugar
1 teaspoon lemon juice
2 tablespoons double cream

Mix all ingredients and keep in an airtight bottle for storage. The sauce will have to be used within 1 week.

If using bottled horseradish, mix equal quantities of horseradish sauce and double cream.

Grated horseradish will keep for some time if bottled, after grating, in vinegar.

To use, mix with double cream and a dash of sugar.

Analysis: 1 portion

Protein 0.9g, Fat 8g, CHO 3g,
Kcal 80, KJ 340,
Na 0 mmol, K 2 mmol

Devilled Sauce

1 small onion, chopped
1 carrot, diced
1 tablespoon tomato purée
1/2 small green pepper, chopped
300ml water
1 dessertspoon vinegar
60g butter or margarine
1 tablespoon (LP) flour or cornflour
Cayenne pepper

Place half the butter or margarine together with the flour in a small heavy saucepan on moderate heat and stir until the flour browns.

Add tomato purée and gradually stir in water and the vinegar.

Fry the onion, diced carrot and chopped green pepper in remainder of butter or margarine, separately.

Add the vegetables to the browned sauce.

Season with cayenne pepper and simmer for 30 minutes.

Serve with hamburgers or roast meat.

Analysis: *1 portion*

Protein 0.7g, Fat 12g, CHO 9g,

Kcal 150, KJ 620,

Na 7 mmol, K 4 mmol

Sweet and Sour Sauce

3 tablespoons tomato purée
1 clove of garlic
1 onion, chopped
1 carrot, grated
1 1/2 tablespoons vinegar
1 tablespoon soya sauce
300ml water
1-2 teaspoons sugar
2 rings canned pineapple
(chopped or crushed)
A little cornflour (mixed with water) to thicken
Pepper and Worcester sauce
30g butter, margarine or oil

Sauté the onion, carrot and garlic in butter, margarine or oil.

Dilute the tomato purée with water and add to the vegetables.

Also add the vinegar, a dash of Worcester sauce and the sugar.

Simmer the sauce for 20 minutes.

Thicken the sauce with the cornflour-water mixture and add the pineapple.

Season with pepper.

Serve with sweet and sour pork.

Analysis: *1 portion*

Protein 1.3g, Fat 6g, CHO 10g,

Kcal 100, KJ 400,

Na 4 mmol, K 8 mmol

Basic White Sauce

150ml double cream
150ml water
1 small onion, chopped
Bouquet garni of parsley,
bayleaf, mace and clove
1 heaped teaspoon cornflour
Pepper

Add the chopped onion and seasoning to the double cream and water and cook gently for 25 minutes. Mix the cornflour with a little water and thicken the sauce.
Remove the herbs and liquidise or sieve the sauce. Add pepper to taste.

Analysis: 1 portion

Protein 0.7g, Fat 18g, CHO 4g,
Kcal 180, KJ 740,
Na 1 mmol, K 1 mmol

Parsley Sauce

Follow the basic white sauce recipe and add a tablespoon of chopped parsley.

Analysis: 1 portion

Protein 1.1g, Fat 18g, CHO 4g,
Kcal 180, KJ 750,
Na 1 mmol, K 3 mmol

Mustard Sauce

Follow the basic white sauce recipe. Mix 1 dessertspoon of mustard with the sauce.

Analysis: 1 portion

Protein 1.8g, Fat 19g, CHO 5g,
Kcal 200, KJ 810,
Na 1 mmol, K 2 mmol

Onion Sauce

Follow the basic white sauce recipe but use two large onions.

Analysis: 1 portion

Protein 1.0g, Fat 18g, CHO 5g,
Kcal 190, KJ 770,
Na 1 mmol, K 2 mmol

SWEET SAUCES

All recipes are based on 4 portions

Apple Sauce

250g cooking apples
1 dessertspoon sugar
100ml water

Peel and core the apples.
Stew gently with the water and sugar until they are a soft pulp.
Sieve or mash well.
Serve hot or cold.

Analysis: 1 portion

Protein 0.2g, Fat 0g, CHO 11g,
Kcal 43, KJ 180,
Na 0 mmol, K 2 mmol

Brandy Sauce

150ml double cream
60ml brandy
1 dessertspoon cornflour
3 tablespoons sugar

Blend the cornflour with a little water.
Heat the double cream until hot but not boiling, then add the cornflour.
Keep hot for 2 minutes without boiling.
Add the brandy and sugar.
Serve with sponge pudding.

Analysis: 1 portion

Protein 0.6g, Fat 18g, CHO 15g,
Kcal 20, KJ 1050,
Na 1 mmol, K 1 mmol

Jam or Marmalade Sauce

250g jam or marmalade
120ml water
1 teaspoon cornflour

Blend the cornflour with a little of the water.
Dissolve the jam or marmalade in the remaining water.
Bring to the boil and add the cornflour, stirring until thickened.

Analysis: 1 portion

Protein 0.4g, Fat 0g, CHO 44g,
Kcal 170, KJ 720,
Na 0 mmol, K 2 mmol

Melba Sauce

400g canned raspberries
(drained)
1 dessertspoon cornflour
20g sugar
Lemon juice

Liquidise or sieve the raspberries.
Mix the cornflour with a little water.
Heat the purée and thicken with the cornflour and water mixture.
Add sugar and lemon juice as required.
The sauce can be stored in a jar in the refrigerator.
Serve with vanilla ice cream (see page 121).

Analysis: 1 portion

Protein 0.7g, Fat 0g, CHO 31g,
Kcal 120, KJ 510,
Na 0 mmol, K 3 mmol

Butterscotch Sauce

100g butter or margarine
100g soft brown sugar
Juice of 1/2 lemon
60g syrup
60ml water
10g or 1 heaped teaspoon
cornflour

Place the butter or margarine, sugar, lemon juice and syrup in a pan with the 60ml water and stir until the sugar has melted.
Boil without stirring for 3 minutes.
Mix the cornflour with a little water and add this to the sauce.
Boil until the sauce thickens.

Variations

This can be varied by adding a pinch of cinnamon, nutmeg or ground ginger.

Analysis: 1 portion

Protein 0.3g, Fat 21g, CHO 41g,
Kcal 340, KJ 1410,
Na 11 mmol, K 2 mmol

Syrup or Honey Sauce

120g golden syrup or honey
250ml water
Rind of 1 lemon
Juice of 1 lemon or a pinch of
ginger

Heat the syrup or honey in a small saucepan, with the lemon rind, and then add the lemon juice or ginger. Serve when hot with steamed puddings or cold with ice cream (see page 121).

Analysis of honey sauce: 1 portion

Protein 0.2g, Fat 0g, CHO 24g,
Kcal 90, KJ 380,
Na 0 mmol, K 1 mmol

Analysis of syrup sauce: 1 portion

Protein 0.2g, Fat 0g, CHO 24g,
Kcal 90, KJ 390,
Na 4 mmol, K 2 mmol

SALAD DRESSINGS

All recipes are based on 4 portions

French Dressing

4 tablespoons olive or corn oil
2 tablespoons wine vinegar
1 teaspoon mustard
Pepper
Pinch of sugar

Put all the ingredients into a small screwtop jar and shake vigorously. Keep refrigerated and shake before use.

Analysis: 1 portion

Protein 0.4g, Fat 30g, CHO 1g,
Kcal 280, KJ 1150,
Na 0 mmol, K 1 mmol

Caper Sauce

4 tablespoons olive or corn oil
2 tablespoons lemon juice
2 teaspoons chopped parsley
1 teaspoon chopped capers
1 crushed clove of garlic
Pepper

Prepare as French dressing. Shake immediately before use.

Analysis: 1 portion

Protein 0.2g, Fat 30g, CHO 0g,
Kcal 270, KJ 1120,
Na 0 mmol, K 1 mmol

Salad Cream or Mayonnaise (using commercial products)

50g salad cream or mayonnaise
50ml double cream (whipped)

Mix the double cream and the salad cream or mayonnaise in a bowl.

Analysis: 1 portion

Protein 0.5g, Fat 10g, CHO 2g,
Kcal 95, KJ 390,
Na 5 mmol, K 0 mmol

Mayonnaise (home made)

1 egg yolk
1 tablespoon wine vinegar or
lemon juice
150ml olive or corn oil
Mustard powder (pinch)
Pepper

Place the egg yolk, salt, pepper and mustard powder in a bowl and add the wine vinegar or lemon juice while beating the mixture.

Add the oil, drop by drop, while stirring vigorously until thick enough to hold a spoon upright.

If too thick, a little water may be added.

Analysis: 1 portion

Protein 1.3g, Fat 40g, CHO 0g,
Kcal 360, KJ 1490,
Na 0 mmol, K 1 mmol

Tartare Sauce

Make mayonnaise (see above) and add finely chopped gherkins, parsley, onion and capers.

Analysis: 1 portion

Protein 1.4g, Fat 40g, CHO 1g,
Kcal 360, KJ 1490,
Na 2 mmol, K 1 mmol

Greek Sauce

1 egg yolk
2 tablespoons lemon juice
200ml olive oil
100g (LP) breadcrumbs
4 large cloves of garlic
2-3 tablespoons chopped
parsley
Pepper

Crush the garlic in a garlic crusher.
Combine the garlic with the pepper.
Proceed as for mayonnaise (see page 31) by whisking the egg yolk with the garlic and lemon juice.
Add the oil very slowly, drop by drop, until the sauce starts to thicken.
The oil can be added more freely now until it is all used up.
Fold in the breadcrumbs and parsley.
Serve with fish.

Analysis: 1 portion

Protein 4.5g, Fat 52g, CHO 20g,
Kcal 560, KJ 2330,
Na 9 mmol, K 4 mmol

Analysis: 1 portion (LP)

Protein 1.7g, Fat 53g, CHO 15g,
Kcal 540, KJ 2210,
Na 6 mmol, K 4 mmol

HARD SAUCES

All recipes are based on 4 portions

Parsley Butter

120g butter
2 dessertspoons chopped
parsley
Pepper

Soften the butter if necessary.
Add the parsley and pepper for seasoning.
Keep refrigerated in a small fridge box or aluminium foil.
Serve with grilled fish.

Analysis: 1 portion

Protein 0.4g, Fat 25g, CHO 0g,
Kcal 220, KJ 920,
Na 11 mmol, K 2 mmol

Garlic Butter

Prepare as for parsley butter, but use 2 crushed garlic cloves instead of parsley.

Serve with hot (LP) bread or French bread.

Analysis: *1 portion*

Protein 0.4g, Fat 25g, CHO 0g,

Kcal 220, KJ 920,

Na 11 mmol, K 0 mmol

Brandy Butter

120g butter

250g sifted icing sugar

2-4 tablespoons brandy

Soften the butter and cream with sifted icing sugar until pale colour.

Mix in the brandy carefully.

The butter can be kept in the refrigerator.

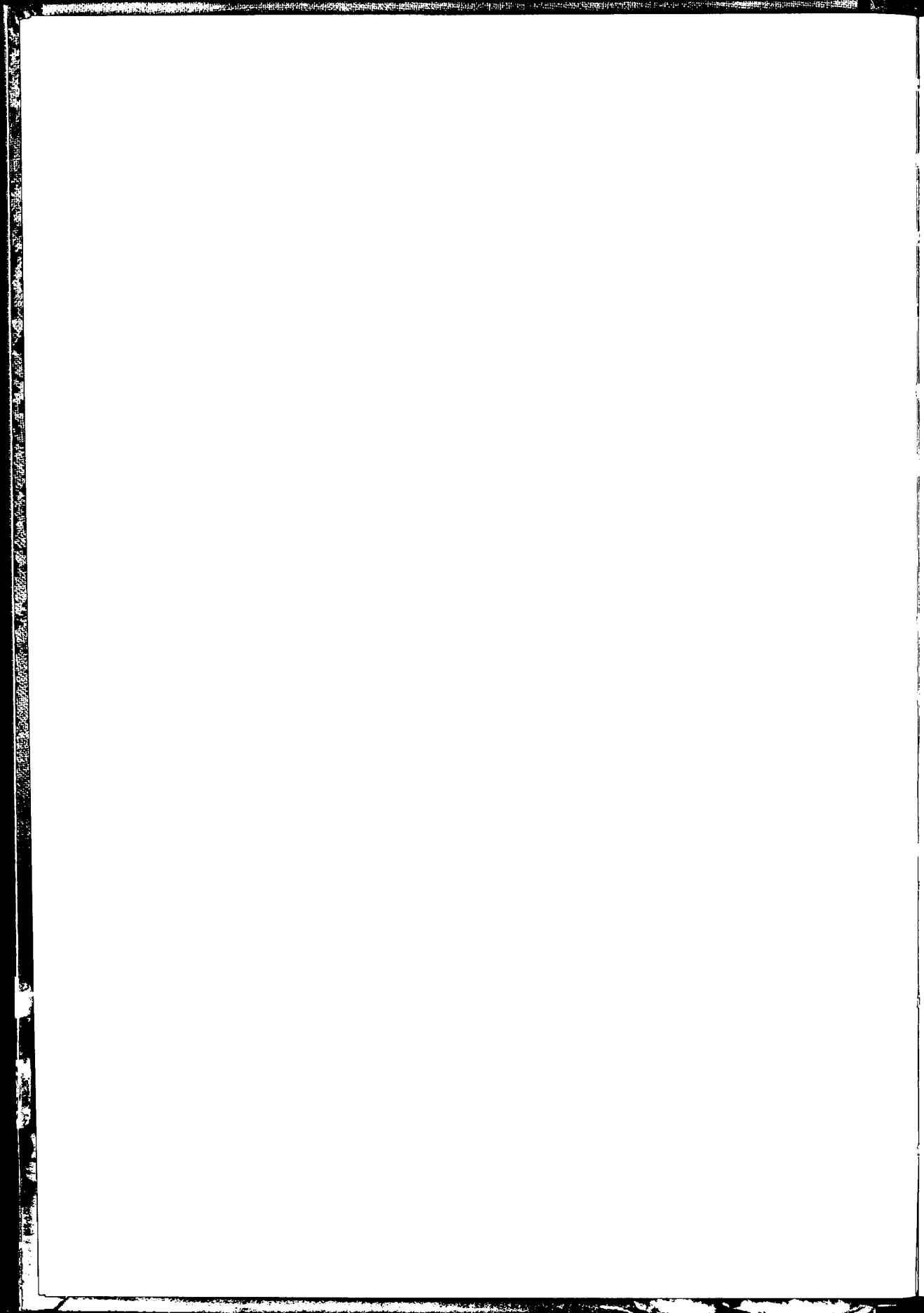
Use as a filling for gâteau or sponge, or with meringues.

Analysis: *1 portion*

Protein 0.1g, Fat 25g, CHO 66g,

Kcal 520, KJ 2190,

Na 11 mmol, K 0 mmol



Soups

Soups may be unsuitable if fluids need to be restricted, unless the amount is included in the allowance for the day. Soup can be eaten, however, if exchanged for a portion of vegetables or fruit, thereby keeping the potassium level in the diet within your allowance.

All recipes are based on 4 portions.

Asparagus Soup

Note: Tinned asparagus is unsuitable for people following a sodium restricted diet.

400g asparagus (*fresh, frozen or tinned*)
500ml water
1 small chopped onion
40g butter or margarine
30g (LP) flour or cornflour
100ml double cream
Chopped parsley
Peppercorns
Pepper

If using fresh asparagus, discard the woody part and peel the asparagus.

Cut into short lengths and boil in water with the peppercorns until tender.

Drain and keep the liquid, discarding the peppercorns.

Cook frozen or tinned asparagus according to directions on packet or tin.

Fry the chopped onion in butter or margarine and add the flour.

Cook for 1 minute, not browning, and gradually add the asparagus liquid, stirring all the time.

When using cornflour, mix with a little water and add to the soup after adding the asparagus liquid.

Return the asparagus to the soup and cook for 5 minutes.

Season with pepper.

Add the double cream and chopped parsley just before serving.

Analysis: 1 portion

Protein 3.2g, Fat 20g, CHO 10g,

Kcal 231, KJ 942,

Na 3 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 2.4g, Fat 20g, CHO 9g,

Kcal 230, KJ 940,

Na 4 mmol, K 5 mmol

Onion Soup

1 large onion, sliced
1 clove of garlic
40g butter, margarine or oil
500ml water
4 slices (LP) bread
Freshly ground black pepper
Chopped parsley

Sauté the sliced onion in the butter, margarine or oil. Add the black pepper and finely chopped or crushed garlic.

Add the water and simmer for 30-40 minutes.

Meanwhile, cut the bread into small cubes, fry in butter, margarine or oil and keep hot until required.

Add parsley to the onion soup just before serving.

Add the fried bread to the soup or serve separately.

Analysis: 1 portion

Protein 2.5g, Fat 8g, CHO 20g,
Kcal 157, KJ 655,
Na 13 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 0.7g, Fat 9g, CHO 20g,
Kcal 160, KJ 670,
Na 11 mmol, K 2 mmol

Mulligatawny Soup

1 medium sized onion
1 medium sized carrot
2 teaspoons curry powder
4 bayleaves
500ml water
40g butter, margarine or oil
4 tablespoons cooked rice

Dice the onion and carrot and sauté in the butter, margarine or oil.
Add the curry powder, bayleaves and cook for a further 2 minutes.
Add the water and simmer gently for 30-40 minutes.
Sieve or liquidise the soup, if wished, and reheat.
The rice may be added when reheating the soup.

Analysis: 1 portion

Protein 1.8g, Fat 9g, CHO 20g,
Kcal 160, KJ 670,
Na 5 mmol, K 3 mmol

Chilled Cucumber Soup

500ml water
400g cucumber
4 stalks of mint
1 small onion
40g butter or margarine
1 dessertspoon cornflour
150ml double cream
Lemon juice

Peel and chop the cucumber and save a little for garnishing.
Peel and slice the onion and cook gently in the butter or margarine.
Add the cucumber, water and mint.
Cover the pan and simmer for 20 minutes.
Mix the cornflour with a little water and add to the soup.
Cook for 2 minutes.
Liquidise or sieve the soup and add the double cream and lemon juice.
Season with pepper and chill the soup.
Add green colouring if wished and garnish the soup with thinly sliced cucumber and/or a sprig of mint.

Analysis: 1 portion

Protein 1.4g, Fat 27g, CHO 7g,
Kcal 270, KJ 1120,
Na 5 mmol, K 5 mmol

Cauliflower Soup

400g cooked cauliflower
1 small chopped onion
40g butter or margarine
30g (LP) flour or cornflour
500ml water
100ml double cream
Pepper
Chopped parsley

Cut the cooked cauliflower into small pieces.
Fry the onion in the butter or margarine and add the flour.
Cook for 1 minute, not browning, and gradually add the liquid, stirring all the time.
When using cornflour, mix with a little water and add to the soup after adding the water.
Bring to the boil, cook for 5 minutes.
Add the chopped cauliflower and heat thoroughly.
Season with pepper.
At this stage the soup can be sieved or liquidised if wished.
Add the double cream and parsley just before serving.

Analysis: 1 portion

Protein 3.0g, Fat 20g, CHO 9g,
Kcal 230, KJ 940,
Na 3 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 2.3g, Fat 20g, CHO 9g,
Kcal 230, KJ 940,
Na 4 mmol, K 6 mmol

Cream of Carrot or Celery Soup

Follow the recipe for cauliflower soup but use cooked carrot or celery instead.

Minestrone Soup

400g of a mixture of carrot, cabbage, celery and french beans
1 fat clove of garlic
1 small chopped onion
Olive oil
500ml water
4 heaped tablespoons (LP) macaroni
Chopped parsley, bayleaf and oregano (marjoram), pepper

Prepare the vegetables and cut into small pieces.
Heat the oil, sauté the onion, add the vegetables and cook until soft.
Add the finely chopped or crushed garlic, bayleaf, oregano and pepper.
Cover with water and simmer for about 20 minutes.
Add the macaroni and continue to simmer for 7-9 minutes, stirring occasionally.
Season the soup, remove the bayleaf and add the chopped parsley.

Analysis: 1 portion

Protein 4.7g, Fat 5g, CHO 26g,
Kcal 143, KJ 583,
Na 4 mmol, K 8 mmol

Analysis: 1 portion (LP)

Protein 1.5g, Fat 5g, CHO 25g,
Kcal 150, KJ 620,
Na 3 mmol, K 7 mmol

Gazpacho

1 medium cucumber
150g tomatoes
1 small onion
1 small green pepper
2 large cloves of garlic
1 teaspoon tomato purée
60g (LP) breadcrumbs
500ml cold water
1 tablespoon dry sherry or
white wine
2 dessertspoons olive oil

Peel and finely chop the cucumber, tomato and onion.
Deseed and finely chop the green pepper.
Crush the garlic and put garlic together with vegetables
and breadcrumbs into a large bowl and mix well.
Liquidise the mixture, if required.
Stir in the water and oil.
Blend in the tomato purée and wine.
Cover well with clingwrap (NOT FOIL) and leave to chill
for 2 hours.
The flavour improves if left for two or three days.
Serve well chilled.

Analysis: 1 portion

Protein 2.8g, Fat 8g, CHO 15g,
Kcal 145, KJ 610,
Na 5 mmol, K 7 mmol

Analysis: 1 portion (LP)

Protein 1.2g, Fat 9g, CHO 12g,
Kcal 130, KJ 540,
Na 4 mmol, K 7 mmol

Creamed Marrow Soup

400g marrow, peeled
2 sticks celery
1/2 onion
500ml water
1 dessertspoon cornflour
75ml double cream
A little sugar
Chopped parsley
Pepper

Prepare the marrow, removing the seeds, and chop with the celery and onion.
Bring water to the boil.
Add the vegetables to the boiling water and simmer until tender.
Sieve or liquidise the soup and reheat.
Mix the cornflour with a little water and add to soup.
Cook for 2 minutes.
Season with pepper.
Add the double cream and parsley just before serving.

Analysis: 1 portion

Protein 1.2g, Fat 9g, CHO 9g,
Kcal 120, KJ 510,
Na 1 mmol, K 8 mmol

Cream of Mushroom Soup

150g mushrooms
1 onion, chopped
Pepper
40g butter or margarine
30g (LP) flour or cornflour
100ml double cream
Chopped parsley
500ml water

Wash and slice the mushrooms.
Heat the butter or margarine and fry the onion and mushrooms in it.
Add water and seasoning and cook for 15 minutes.
Blend flour and cream and add gradually to the soup, stirring well.
Add the finely chopped parsley.

Analysis: 1 portion

Protein 2.1g, Fat 21g, CHO 9g,
Kcal 220, KJ 920,
Na 4 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 1.3g, Fat 21g, CHO 9g,
Kcal 220, KJ 920,
Na 4 mmol, K 6 mmol

Eggs

The egg recipes are suitable for people who need to follow a 'Giovanetti' diet. This is a special type of protein restriction and is based on the use of eggs as *the* source of protein.

The weight of eggs used in the recipes is 50g without the shell (size 4 in the UK). Egg can be taken in exchange for meat and to add to the variety of your diet by being served as a snack meal. Most recipes carry easy instructions for use with a potassium-restricted diet.

All recipes are based on 4 portions.

Egg and Macaroni Grill

Note: This is a complete meal. The potassium content of mushrooms replaces the potassium from potatoes. Therefore do not take extra potatoes with this meal.

4 eggs (hardboiled)
120g mushrooms (sliced)
1 large onion (chopped)
60g butter or margarine
Pepper
40g (LP) flour
100ml double cream
300ml water
250g (LP) macaroni

Boil the macaroni, following instructions on the packet.
Melt the butter or margarine and cook the chopped onion with sliced mushrooms until tender but not browned.
Stir in the (LP) flour and cook for a few minutes.
Mix the double cream and water.
Add the cream and water mixture and bring to the boil.
Season the sauce with pepper and leave on one side.
Drain the macaroni well.
Lightly grease an ovenproof dish and turn the macaroni into it.
Cut the eggs in half lengthways and arrange the egg halves on the macaroni.
Spoon the sauce over the eggs to cover completely.
Cook under a moderate grill for 5-10 minutes until the ingredients are well heated through.

Analysis: 1 portion

Protein 16g, Fat 31g, CHO 52g,
Kcal 538, KJ 2260,
Na 10 mmol, K 11 mmol

Analysis: 1 portion (LP)

Protein 7.6g, Fat 30g, CHO 56g,
Kcal 528, KJ 2170,
Na 10 mmol, K 8 mmol

Egg Croquettes

4 eggs (hardboiled)
100ml double cream
300ml water
40g butter or margarine
40g (LP) flour
Pepper
Nutmeg
40g (LP) breadcrumbs
Chopped parsley

Chop the hardboiled eggs.
Mix the double cream and water.
Make a thick sauce from butter or margarine, (LP) flour and cream and water.
Season the sauce well and add a little nutmeg and chopped parsley and the eggs.
Chill the mixture.
Form into egg shapes, roll in (LP) flour and (LP) breadcrumbs.
Fry in hot fat.
Serve hot.

Analysis: 1 portion

Protein 9g, Fat 38g, CHO 14g,
Kcal 430, KJ 1780,
Na 10 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 7.3g, Fat 38g, CHO 16g,
Kcal 430, KJ 1790,
Na 10 mmol, K 4 mmol

Egg in Potato Nest

**Note: This recipe includes 150g potato per portion.
Please check with your allowance and modify the
amount if required.**

600g potato
4 eggs
80g butter or margarine

Boil the potatoes and mash with butter.
Pipe into a nest and brown in a hot oven or under the
grill.
Fill with scrambled eggs and serve.
Or break the eggs into the potato nest and bake in a
medium hot oven until the white is solid.

Analysis: 1 portion

Protein 8.5g, Fat 25g, CHO 27g,
Kcal 360, KJ 1510,
Na 10 mmol, K 13 mmol

Spanish Omelette

**Note: This recipe includes 100g potato per portion.
Please check with your allowance and modify the
amount if required.**

4 eggs
400g cooked and diced
potatoes
Pepper
1 onion (chopped)
2 tablespoons olive oil
1 tablespoon chopped parsley
50ml double cream

Fry the potatoes and chopped onion in olive oil and
strain off excess fat.
Beat the eggs well and add the cream, seasoning and
parsley.
Pour the mixture on to the potatoes and onion and cook
gently.
When the mixture sets, hold the pan under a hot grill for
a few minutes to brown the top, then fold the omelette.

Analysis: 1 portion

Protein 8.1g, Fat 27g, CHO 21g,
Kcal 350, KJ 1460,
Na 3 mmol, K 12 mmol

Egg Ragout

4 eggs (hardboiled)
30g butter
30g (LP) flour
150ml double cream
150ml water
Pepper
Parsley (finely chopped)
15g (LP) breadcrumbs
4 scallop shells

Chop the hardboiled eggs.
Mix double cream and water.
Make sauce with the butter, flour and cream and water mixture.
Add the eggs and parsley.
Season with the pepper.
To serve, place ragout in scallop shells and sprinkle with (LP) breadcrumbs.
Dot with butter and place in a hot oven. Bake until brown.
Or fry 8 pieces of (LP) bread measuring 4 by 6cm in hot fat.
Place the egg ragout on top and decorate with finely chopped parsley.

Analysis: 1 portion

Protein 7.7g, Fat 30g, CHO 7g,
Kcal 330, KJ 1370,
Na 7 mmol, K 4 mmol

Analysis: 1 portion (LP)

Protein 7g, Fat 30g, CHO 8g,
Kcal 330, KJ 1370,
Na 7 mmol, K 3 mmol

Eggs with Carrots

Note: This recipe includes vegetables. Please check with your allowance and modify the amount if required.

400g carrots
60g butter or margarine
200ml (LP) parsley sauce
(see page 27)
4 eggs
1 tablespoon chopped parsley

Boil the carrots until tender and mash with butter and seasoning.
Prepare the (LP) parsley sauce (see page 27) while the carrots are cooking.
Arrange the carrots in the bottom of an ovenproof dish and keep hot.
Poach the eggs and place on top of the carrots.
Pour the sauce over and sprinkle with chopped parsley.

Analysis: 1 portion

Protein 7.9g, Fat 30g, CHO 8g,
Kcal 330, KJ 1370,
Na 13 mmol, K 11 mmol

Asparagus Omelette

Note: This recipe includes vegetables. Please check with your allowance and modify the amount if required.

4 eggs
40g butter or margarine
200g asparagus (tinned, frozen or fresh)
50ml double cream

Cut the asparagus into one inch (3cm) pieces, reserving the tops for garnish.

Cook, if fresh asparagus (see page 36).

Toss in melted butter or margarine.

Beat the eggs and mix with double cream.

Pour mixture on the asparagus and make the omelette as usual.

Make a slight incision in the top of the omelette with the point of a knife.

Place the asparagus tips into it and pour over a little melted butter or margarine.

Analysis: 1 portion

Protein 7.2g, Fat 20g, CHO 1g,
Kcal 210, KJ 870,
Na 7 mmol, K 4 mmol

Egg Ratatouille

Note: This recipe includes vegetables. Please check with your allowance and modify the amount if required.

2 large or 4 small tomatoes
1 small green or red pepper
4 courgettes or 1 medium aubergine
1 onion (sliced)
1 clove of garlic (chopped or crushed)
Pepper
Olive oil
4 eggs

Slice the courgettes or aubergine.

Dice the tomato and pepper.

Heat the oil and fry the sliced onion.

Add the garlic, pepper, aubergine or courgettes and tomatoes.

Cover and cook gently for 10 to 15 minutes until the vegetables are soft.

Break the eggs into the mixture and poach for 5 to 8 minutes.

Analysis: 1 portion

Protein 7.1g, Fat 16g, CHO 4g,
Kcal 182, KJ 755,
Na 3 mmol, K 9 mmol

Eggs with Onion

4 eggs (*hardboiled*)
2 onions (*finely chopped*)
40g butter or margarine
Pepper

Fry the finely chopped onion in butter or margarine.
Slice the eggs and mix with the onion.
Season with pepper.

Analysis: 1 portion

Protein 6.5g, Fat 14g, CHO 2g,
Kcal 150, KJ 640,
Na 7 mmol, K 3 mmol

Fantasy Egg

Note: This recipe includes vegetables. Please check with your allowance and modify the amount if required.

1 piece of green pepper
4 tablespoons sherry
4 tablespoons oil
4 eggs
1 medium tomato
Juice of 1 lemon
Chili (*fresh, chopped*)
Parsley and chives
1 clove of garlic (*chopped or crushed*)

Slice the pepper into small strips and chop the tomato.
Put the oil and sherry into a small ovenproof ramekin dish and break the eggs into it.
Put the chili, garlic, parsley, pepper and tomato on the whites of the eggs.
Sprinkle with lemon juice and season with pepper.
Bake in a medium hot oven until the egg whites are solid but the yolks are still soft.

Analysis: 1 portion

Protein 6.5g, Fat 35g, CHO 2g,
Kcal 383, KJ 1580,
Na 3 mmol, K 5 mmol

Curried Egg with Rice

4 hardboiled eggs
400g boiled rice (*see page 90*)
Curry sauce (*LP*) (*see page 25*)

Arrange a ring of rice on a plate, place the egg halves in the middle and cover with the sauce.

Analysis: 1 portion

Protein 9.8g, Fat 13g, CHO 38g,
Kcal 300, KJ 1270,
Na 9 mmol, K 11 mmol

Meat

One portion of the LP recipes contains 8g protein, although the recipes are based on 25g meat (cooked weight) or 40g uncooked. This equals approximately 6g protein. The additional protein is obtained from traces in the other ingredients of the recipes. Using LP flour considerably reduces the protein content of some dishes.

Most dishes include advice about serving methods. Recipes containing potatoes or other vegetables also carry a special note. However, curries always need to be served with rice, pasta dishes with pasta and pizzas only with a vegetable, *not* potatoes.

Yorkshire pudding and stuffing will add slightly to the protein content of your diet. Check with your dietitian to see if you need to take this into account.

All recipes are based on 4 portions.

CHICKEN

All recipes are based on 4 portions

Chicken Princess

150g chicken breasts (off the bone)
1 tablespoon (LP) flour, seasoned with pepper
40g butter or margarine
75ml double cream
1 dessertspoon chopped parsley

Beat the chicken with a rolling pin until flat.
Dip the chicken in flour.
Melt the butter or margarine and fry the chicken for 15-20 minutes until slightly browned.
Place the chicken in a warm dish.
Pour the cream into the pan and mix with the juices left from frying.
Bring to simmering point and spoon over chicken.
Garnish with parsley.

Analysis: 1 portion

Protein 9.2g, Fat 19g, CHO 5g,
Kcal 220, KJ 930,
Na 5 mmol, K 4 mmol

Analysis: 1 portion (LP)

Protein 8.7g, Fat 18g, CHO 6g,
Kcal 220, KJ 930,
Na 5 mmol, K 4 mmol

Chicken Fricassee

100g cooked chicken (or 150g raw)
40g butter or margarine
1 tablespoon (LP) flour
200ml water
1 small chopped onion
1 chopped carrot
Bouquet garni
Pepper
75ml double cream
1 tablespoon lemon juice
1 tablespoon parsley

Fry the chicken in the butter or margarine but do not brown.
Remove from the pan, season with pepper and keep warm.
Fry the onion and carrot, but do not brown.
Add the flour and cook for 2 minutes, then add the water slowly.
Place the chicken in a casserole dish and pour the sauce over it, together with the bouquet garni.
Simmer or cook in the oven for 15 minutes.
Stir in the cream and lemon juice slowly and add the parsley before serving. Do not boil.
Serve with boiled rice (see page 90).

Analysis: 1 portion

Protein 8g, Fat 18g, CHO 7g,
Kcal 220, KJ 920,
Na 5 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 7.4g, Fat 18g, CHO 7g,
Kcal 220, KJ 920,
Na 5 mmol, K 5 mmol

Chicken Soufflé

75g minced chicken (leftovers)

1 egg separated

1 small chopped onion

150ml water

20g butter or margarine

1 tablespoon (LP) flour

1 teaspoon chopped parsley

Fry the chopped onion in the butter or margarine.

Add the flour and cook for 1 minute, then gradually add the water.

Allow to cool slightly.

Beat the egg yolk and add to the sauce.

Add the minced chicken and the parsley.

Whisk the egg white until stiff and fold into the mixture.

Place in 4 small greased soufflé dishes or in a medium-sized (1 pint) ovenproof dish.

Place in a baking tray with hot water in the base (or a bain-marie) and bake in a moderate oven (gas mark 4, 300-350°F, 150-175°C) for about 30 minutes.

Do not open the door while cooking.

Serve immediately.

Analysis: 1 portion

Protein 7.3g, Fat 6g, CHO 6g,
Kcal 110, KJ 450,
Na 3 mmol, K 3 mmol

Analysis: 1 portion (LP)

Protein 6.8g, Fat 6g, CHO 6g,
Kcal 110, KJ 450,
Na 3 mmol, K 3 mmol

Chicken Pizza

Note: The pizza should be regarded as a complete meal. The potassium content of tomatoes replaces the potassium obtained from potatoes. Therefore, do not take any extra potatoes with this meal.

For the dough

500g (LP) flour
1 tablespoon sugar
15g fresh or 8g dried yeast
($\frac{1}{4}$ oz)
60g butter or margarine
150ml double cream
150ml water or more if required

For the filling

100g chopped cooked chicken
(leftovers)
200g tomatoes, skinned and
deseeded
1 chopped onion
Pinch marjoram (oregano),
chopped
75ml double cream

Cream the yeast and sugar in a little lukewarm water and leave until frothy.

Sift the flour into a warm bowl.

Rub the butter or margarine into the flour and add the yeast mixture.

Add the remainder of the water and double cream to form a stiff dough.

Leave in a warm place until the dough has doubled in size.

Knead well and divide into 4.

Form each piece of dough into a round about $\frac{1}{4}$ inch thick, and place on a well oiled baking tray.

Leave in a warm place for approximately 20 minutes and then brush with oil.

Fry the onion in the butter or margarine until soft but not coloured.

Add the chopped tomato and cook for a few minutes with the onion.

Add the chicken and parsley.

Put a quarter of the mixture on each pizza.

Top with the double cream and sprinkle with herbs.

Bake in a warm oven (gas mark 6, 450°F, 225°C) until crisp and brown.

Serve hot.

Analysis: 1 portion

Protein 20.9g, Fat 42g, CHO 111g,
Kcal 880, KJ 3680,
Na 7 mmol, K 13 mmol

Analysis: 1 portion (LP)

Protein 9.5g, Fat 41g, CHO 118g,
Kcal 880, KJ 3640,
Na 8 mmol, K 9 mmol

Grilled Chicken

150g chicken breast (off the
bone)

Paprika and cayenne pepper
20g butter or margarine

Season the chicken and brush with melted butter or margarine.

Grill for about 15 minutes.

Serve with parsley or garlic butter (see pages 32 or 33).

Analysis: 1 portion

Protein 8.2g, Fat 5g, CHO 0g,
Kcal 80, KJ 340,
Na 3 mmol, K 3 mmol

Chicken Paprika

150g chicken (off the bone)
40g butter or margarine
1 tablespoon cornflour
200ml water
1 small chopped onion
1 small green pepper
75ml double cream
Pepper
1 dessertspoon chopped
parsley
1 teaspoon paprika powder

Season the chicken with the paprika powder and fry in the butter or margarine.
Remove the chicken from the pan and keep warm.
Fry the onion, then return the chicken to the pan, add the water and simmer for about 20 minutes adding the sliced green pepper after 10 minutes.
Remove the chicken and keep warm.
Add the cornflour mixed with a little cold water to the remaining liquid, then bring to the boil, stirring all the time and cook for 2 minutes.
Allow to cool slightly, then stir in the cream.
Return the chicken to the dish and add chopped parsley.
Reheat and serve with boiled rice (see page 90).

Analysis: 1 portion

Protein 8.9g, Fat 19g, CHO 7g,
Kcal 230, KJ 950,
Na 5 mmol, K 6 mmol

LAMB

All recipes are based on 4 portions

Italian Lamb

4 small lamb chops
2 tablespoons chutney
1 dessertspoon clear honey
Mixed herbs
1 dessertspoon mustard
Pepper

Place the chops in frying pan.
Mix together chutney, herbs, mustard and honey, and add pepper.
Spoon half of the mixture over the chops.
Fry chops in their own fat for 10 minutes.
Turn chops over, spread with remaining mixture and cook for a further 10 minutes.

Analysis: 1 portion

Protein 7.3g, Fat 4g, CHO 9g,
Kcal 100, KJ 400,
Na 1 mmol, K 4 mmol

Irish Lamb

Note: This recipe contains 50g potato per portion. Please check with your allowance and modify the amount if required.

4 lamb chops
40g butter or margarine
200g potatoes (partly boiled)
1 chopped onion
40g (LP) breadcrumbs
1 small glass white wine
200ml water
150ml double cream
Bouquet garni
Chopped parsley
Pepper

Trim the chops and fry in butter or margarine until browned.

Remove chops from the pan and keep warm.

Add the potatoes, cut in half, and chopped onion to the mixture left in the pan and sauté for a few minutes.

Remove the vegetables and drain off any fat left in the pan.

Return chops to the pan and add wine and water, cream and breadcrumbs, herbs and seasoning.

Place the vegetables in the mixture. Cover the pan and simmer until the meat is tender.

Serve with pasta or boiled rice (see pages 91 or 90).

Analysis: 1 portion

Protein 9.3g, Fat 29g, CHO 20g,

Kcal 390, KJ 1630,

Na 9 mmol, K 13 mmol

Analysis: 1 portion (LP)

Protein 8.2g, Fat 29g, CHO 19g,

Kcal 380, KJ 1580,

Na 8 mmol, K 12 mmol

Lamb Curry (Dry)

Note: This dish should be taken with boiled or fried rice only.

150g lamb (chump chops or leg)
1 clove of garlic
1 chopped onion
Oil
1 tablespoon curry powder
A little water
Black pepper
2 bayleaves
4 cloves

Dice the lamb.

Fry the onion and garlic in oil until brown.

Mix the curry powder with a little water (to prevent burning).

Add this to the pan, cook gently, stirring all the time, until the water has evaporated.

Add the lamb and fry gently.

Add the pepper, bayleaves and cloves and a little water.

Cook gently with lid tightly fitted to the pan.

Add more water if required to prevent burning but be careful not to add too much.

Serve with boiled or fried rice (see page 90 or 91).

Analysis: *1 portion*

Protein 9.8g, Fat 13g, CHO 6g,
Kcal 180, KJ 740,
Na 5 mmol, K 13 mmol

Shish Kebab

Note: This recipe contains some vegetables. Please check with your allowance and modify the amount if required.

150g lamb (chump chops or leg)

1 small onion (sliced)

1 tomato (sliced)

8 mushrooms (partly boiled)

Olive oil

4 bayleaves

Black pepper

4 skewers

Dice the meat into small pieces and season.

Arrange the seasoned meat on the 4 skewers with slices of onions and tomato, mushrooms and bayleaves.

Brush with oil and grill for 15 minutes, turning the skewers regularly.

Serve with fried rice (see page 91).

Variation

Minced meat may be used instead of diced meat. Form into small neat balls and arrange on skewers as above.

Analysis: *1 portion*

Protein 8.3g, Fat 13g, CHO 1g,
Kcal 160, KJ 650,
Na 2 mmol, K 6 mmol

VEAL

All recipes are based on 4 portions

Veal and Pineapple

Note: This recipe contains some vegetables. Please check with your allowance and modify the amount if required.

150g veal escallops
100g carrots, diced
2 slices tinned pineapple, diced
40g butter or margarine
75ml double cream
Pepper

Season the veal escallops with pepper and gently fry on both sides in butter or margarine.
Remove the escallops from the pan and keep warm.
Fry the carrot in the butter or margarine until soft, add the pineapple and arrange on top of the escallops.
Add a little water to the pan, boil for a minute, then add the cream.
Spoon the sauce over the veal.

Analysis: 1 portion

Protein 8.5g, Fat 18g, CHO 5g,
Kcal 220, KJ 900,
Na 7 mmol, K 6 mmol

Veal Stew

150g stewing veal
1 chopped onion
1 chopped carrot
1 heaped teaspoon dried tarragon or 1 dessertspoon fresh tarragon
150ml water
100ml cider
1 heaped teaspoon (LP) flour
40g butter or margarine
75ml double cream soured with lemon
Black pepper

Preheat the oven to gas mark 3, 325°F or 160°C.
Sauté the onion in the butter or margarine until soft.
Add the veal cut into small cubes.
Fry gently until brown.
Add the fresh chopped or dried tarragon.
Stir in the water and, gradually, the flour and cider, stirring continuously.
Add the carrot and black pepper.
Place the mixture in a heated casserole dish.
Cover and cook slowly for 1½ hours or until the veal is tender.
Add the soured cream a few minutes before serving.

Analysis: 1 portion

Protein 8.7g, Fat 18g, CHO 5g,
Kcal 220, KJ 930,
Na 7 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 8.5g, Fat 18g, CHO 5g,
Kcal 220, KJ 930,
Na 7 mmol, K 6 mmol

Hungarian Veal

150g veal escallops
60g butter or margarine
1 teaspoon paprika powder
1 teaspoon tomato purée
100ml water
1 tablespoon (LP) flour
75ml double cream
Pepper

Beat out the veal and cut crosswise into thin strips.
Sauté in the butter or margarine until brown.
Remove from the pan and keep warm.
Add the tomato purée and flour to the pan and cook
gently for 2 minutes, stirring all the time.
Gradually add the water with pepper and paprika.
Return the veal to the pan and simmer for 10 minutes
until cooked.
Add the cream shortly before serving.
Serve the veal with boiled rice (see page 90).

Analysis: 1 portion

Protein 8.9g, Fat 22g, CHO 6g,
Kcal 260, KJ 1070,
Na 8 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 8.4g, Fat 22g, CHO 6g,
Kcal 260, KJ 1070,
Na 8 mmol, K 4 mmol

PORK

All recipes are based on 4 portions

Sweet and Sour Pork

150g lean pork
Small pinch of ground ginger
Pepper
Olive oil
For sweet and sour sauce see
page 26
For the batter
1 egg
100g (LP) flour
150ml water
A little oil

Cut the pork into small pieces.
Cook in a little water for 15 minutes then drain and cool.
Make a batter by placing the flour in a small bowl; whisk the egg and add to flour; add water and finally the oil; mix thoroughly.
Leave aside for 15 minutes.
Prepare the sauce (see page 26), and keep hot.
Mix the olive oil, ground ginger and pepper together and season the diced pork with this mixture.
Coat the pork with a little flour and then with the batter.
Fry in fairly hot fat for 8-10 minutes until golden.
Drain and pour the sweet and sour sauce over immediately before use.
Serve with boiled rice (see page 90).

Analysis: 1 portion (including sauce)
Protein 10.6g, Fat 17g, CHO 34g,
Kcal 320, KJ 1350,
Na 8 mmol, K 7 mmol

Analysis: 1 portion (LP) (including sauce)
Protein 8.4g, Fat 17g, CHO 36g,
Kcal 320, KJ 1350,
Na 8 mmol, K 6 mmol

Braised Pork with Cider and Cream

150g pork, trimmed
1 small cooking apple (sliced)
1 small chopped onion
1 teaspoon chopped parsley
1 teaspoon (LP) flour
1 wineglass dry cider
75ml water
Butter or margarine
Pepper
75ml double cream

Dice the pork and fry gently in butter or margarine.
Remove from the pan and place in a casserole dish.
Fry the onion until coloured and add the sliced apple.
Cook for a few minutes and then add the flour and cook for a further 2 minutes.
Add the cider and water gradually.
Season with pepper and pour over the pork in the casserole dish.
Cover and bake in a moderate oven (gas mark 3-4, 300-400°F, 150-200°C) for approximately 30 minutes.
Add the double cream and parsley just before serving.
Serve with boiled potatoes or rice (see page 90).

Analysis: 1 portion

Protein 6.9g, Fat 21g, CHO 6g,
Kcal 250, KJ 1020,
Na 3 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 6.8g, Fat 21g, CHO 6g,
Kcal 250, KJ 1020,
Na 3 mmol, K 6 mmol

MINCED MEAT AND LEFTOVERS

All recipes are based on 4 portions

Savoury Pancakes

For pancakes

1 egg
120g (LP) flour
75ml water
75ml double cream
Butter, margarine or oil to fry
Parsley sauce – half recipe
(see page 27)
1 dessertspoon parmesan
cheese

For filling

150g minced raw meat or 100g
'leftovers' minced
1 small chopped onion
Pepper, thyme, bayleaf
1 teaspoon cornflour
30g butter, margarine or oil
100ml water

Prepare the filling first.

Fry the onion in the butter, margarine or oil until soft,
then add the minced meat.

Fry until brown and add the herbs, pepper and flour.

Cook for a few minutes and then add the water.

Simmer for 20 minutes.

Mix the cream and water.

Make the pancake batter from the egg, cream and water,
and flour (see page 110).

Heat the fat and make 8 small or 4 large pancakes.

Spoon the minced meat into the centre of each pancake
and roll up.

Place the pancakes in a greased ovenproof dish.

Make parsley sauce and pour over the pancakes.

Sprinkle with a little parmesan cheese.

Place the dish in a hot oven and cook for 15-20 minutes.

Analysis: 1 portion (including parsley sauce)

Protein 12.3g, Fat 37g, CHO 27g,
Kcal 480, KJ 2010,
Na 8 mmol, K 6 mmol

Analysis: 1 portion (LP) (including parsley sauce)

Protein 9.6g, Fat 37g, CHO 28g,
Kcal 480, KJ 2000,
Na 8 mmol, K 5 mmol

Miroton of Beef

100g sliced roast beef
(leftovers)
1 small thinly sliced onion
20g butter or margarine (and
small amount for 'dots')
15g (LP) flour
150ml leftover gravy, or
water
1 level tablespoon tomato
purée
1 tablespoon wine vinegar
1 tablespoon (LP) breadcrumbs
1 tablespoon chopped parsley
Pepper

Sauté the onion in the butter or margarine until soft.
Add the flour and tomato purée and cook for a few
minutes.

Gradually add the wine vinegar, gravy or water.
Season with pepper and add the parsley.

Put half the sauce into a shallow ovenproof dish.
Place the sliced meat on top and cover with the
remainder of the sauce.

Cover with breadcrumbs and small dots of butter.
Place the dish in a hot oven until a brown crust has
formed.

Serve with mashed potato.

Analysis: 1 portion

Protein 8.4g, Fat 10g, CHO 14g,
Kcal 180, KJ 730,
Na 7 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 6.7g, Fat 10g, CHO 12g,
Kcal 160, KJ 670,
Na 6 mmol, K 6 mmol

Home Made Sausages (makes 16 sausages)

500g minced pork or beef
120g freshly made (LP)
breadcrumbs
Pepper
¼ level teaspoon dry mustard
½ level teaspoon dried mixed
herbs
4 tablespoons double cream
Cooking oil

Put the minced meat into a bowl with the breadcrumbs,
pepper and herbs.

Stir in the cream and mix all the ingredients well
together.

Shape into sausages: divide the mixture into 4; roll out
each portion on a lightly floured working surface into a
16-inch length, cut each portion into four to make 16
sausages in all (or fix a ¾-inch plain pipe to a piping
bag, fill bag with some of the mixture and pipe 16-inch
lengths onto a floured surface and cut them into 4 to
make 16 sausages).

Fry or grill the sausages, a few at a time, in the oil for
about 20 minutes, turning them as they cook so that
they are brown all over.

Sausage skins can be obtained from the local butcher.
The sausages can be made with the help of a sausage
attachment to a food processor.

Analysis: *per sausage*

Protein 5.9g, Fat 15g, CHO 4g,
Kcal 170, KJ 700,
Na 3 mmol, K 3 mmol

Analysis: *per sausage (LP)*

Protein 5.4g, Fat 15g, CHO 5g,
Kcal 170, KJ 700,
Na 3 mmol, K 3 mmol

Sausage Rolls

Note: This recipe contains 50g potato per portion.
Check with your allowance and modify the amount if required.

For the pastry

150g (LP) flour
75g butter or margarine
A little water
1 egg

For the sausage

75g minced pork
1 small chopped onion
200g mashed potato
(LP) breadcrumbs
Pepper
Bouquet garni
Butter or margarine for frying

Make a shortcrust pastry from the flour, butter or margarine and water (see page 130).

Leave in a cool place.

Fry the onion in a little butter or margarine and add the meat.

Cook for 15 minutes and then mix with the potato and breadcrumbs.

Season with pepper, and bouquet garni if wished.

Roll out the pastry and spread the meat mixture in a long roll down the middle.

Fold the pastry over, first brushing the edges with a little beaten egg, then press firmly together.

Brush the top of the roll with a little beaten egg and divide into four pieces.

Bake in a moderately hot oven until golden brown.

Analysis: *1 portion*

Protein 12.1g, Fat 24g, CHO 46g,
Kcal 430, KJ 1810,
Na 12 mmol, K 8 mmol

Analysis: *1 portion (LP)*

Protein 7.9g, Fat 23g, CHO 46g,
Kcal 420, KJ 1760,
Na 11 mmol, K 7 mmol

Spaghetti Bolognaise

Note: This recipe includes some mushrooms. Do not take potato with the dish.

150g minced beef
120g (LP) spaghetti
1 chopped onion
60g mushrooms
1 heaped tablespoon tomato purée
100ml water
1 clove of garlic
Olive or corn oil
1 tablespoon cornflour
Bayleaf
Thyme
Parsley
Pepper

Sauté the onion and crushed garlic in some of the oil.
Add minced beef and fry until slightly coloured.
Add the chopped mushrooms, tomato purée, water and herbs.
Leave to simmer for 15 minutes.
Thicken the sauce with cornflour mixed with a little cold water.
Meanwhile, cook the spaghetti in plenty of boiling water with 1/2 tablespoon of oil added to it (see page 91 or follow directions on packet).
Drain and add a knob of butter and chopped parsley.

Analysis: 1 portion

Protein 12g, Fat 10g, CHO 34g,
Kcal 270, KJ 1130,
Na 2 mmol, K 9 mmol

Analysis: 1 portion (LP)

Protein 8.1g, Fat 10g, CHO 34g,
Kcal 260, KJ 1070,
Na 2 mmol, K 8 mmol

Meat Rissoles

100g meat (leftovers)
40g butter or margarine
20g (LP) flour
100ml water
100ml double cream
1 small chopped onion
1 tablespoon chopped parsley
Pepper
50g (LP) breadcrumbs for coating

Mix the cream and water.
Sauté the onion in butter or margarine.
Add the flour and cook for a few minutes. (Keep a little of the flour for coating.)
Gradually add the cream and water, stirring all the time.
Cut the meat in small pieces and add to the sauce.
Season and leave to cool on a plate.
Divide the mixture into 4 and form into sausage or egg shaped rissoles.
Roll in the flour and breadcrumbs and fry in hot fat until golden brown.

Analysis: 1 portion

Protein 8.6g, Fat 26g, CHO 15g,
Kcal 320, KJ 1340,
Na 9 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 6.7g, Fat 26g, CHO 13g,
Kcal 310, KJ 1280,
Na 8 mmol, K 4 mmol

Huntsman's Pie

**Note: This recipe contains 50g potato per portion.
Check with your allowance and modify the amount if
required.**

150g minced meat or 100g
diced cooked meat
200g potatoes (part boiled)
1 large thinly sliced onion
150ml water
Pepper
Ground cloves
1 large cooking apple
30g butter or margarine
1 tablespoon (LP) breadcrumbs

Fry the minced meat in half the butter or margarine until brown.

Slice the potatoes.

Peel, core and slice the apple.

Arrange layers of potatoes, meat, onion and apple slices in an ovenproof dish, beginning and ending with potato.

Season the stock with pepper and ground cloves and pour into the dish.

Cover with breadcrumbs and put dots of the remaining butter or margarine on top.

Bake in a moderate oven for approximately 30-45 minutes.

Analysis: 1 portion

Protein 9g, Fat 12g, CHO 21g,
Kcal 230, KJ 950,
Na 7 mmol, K 10 mmol

Analysis: 1 portion (LP)

Protein 8.2g, Fat 12g, CHO 20g,
Kcal 220, KJ 920,
Na 6 mmol, K 9 mmol

LIVER AND KIDNEY

All recipes are based on 4 portions

Liver Stroganoff

150g lamb's liver
1 thinly sliced onion
30g (LP) flour, seasoned with pepper
40g butter or margarine
150ml water
1 level dessertspoon tomato purée
75ml double cream soured with lemon juice

Rinse the liver in cold water and dry on soft kitchen paper.
Cut into long strips.
Place the seasoned flour on a sheet of greaseproof paper on a plate or in a plastic bag.
Toss the liver in the seasoned flour to coat lightly.
Fry the liver in the butter or margarine.
Remove from the pan and keep warm.
Fry the onion for 2-3 minutes until lightly browned.
Add the liver to the onion and continue to cook for 5 minutes, turning frequently until browned.
Add the tomato purée and water and simmer for 5 minutes.
Blend in the soured cream and reheat.
Serve with (LP) macaroni (see page 91).

Analysis: 1 portion

Protein 9g, Fat 21g, CHO 8g,
Kcal 260, KJ 1070,
Na 5 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 8.3g, Fat 21g, CHO 9g,
Kcal 260, KJ 1070,
Na 5 mmol, K 5 mmol

Liver with Mustard Sauce

150g chickens' or lambs' liver
40g butter or margarine
1 chopped onion
1 wineglass white wine or water (about 160ml)
1 dessertspoon mustard
Ground black pepper
Juice of 1/2 lemon
75ml double cream
1 dessertspoon parsley

Sauté the liver in the butter or margarine until lightly browned.
Remove from the pan and keep warm.
Fry the onion until brown.
Add the wine or water.
Leave to boil until the liquid has been reduced.
Add the liver and mustard to the sauce.
Simmer for 10 minutes and allow to cool slightly.
Add double cream and chopped parsley just before serving.
Serve with mashed potato.

Analysis: *1 portion*

Protein 9g, Fat 21g, CHO 2g,
Kcal 260, KJ 1080,
Na 6 mmol, K 6 mmol

Liver Creole

Note: Do not take potato with this dish.

150g lambs', calve's or pigs'
liver
40g butter or margarine
1 small chopped onion
8 small mushrooms
1 small green pepper
2 small tomatoes
150ml water
75ml double cream
30g (LP) flour, seasoned with
black pepper
Chopped parsley

Slice the mushrooms thinly.
Skin and deseed the tomatoes.
Toss the liver in the seasoned flour and fry in the butter
or margarine until light brown.
Move the liver to one side of the pan.
Add the onion, mushrooms, tomatoes and pepper to the
pan and sauté for 1 minute.
Add the water and simmer the liver and vegetables until
the liquid thickens slightly.
Allow to cool slightly.
Season with pepper to taste and add the cream.
Serve with boiled rice (see page 90).

Analysis: *1 portion*

Protein 9.7g, Fat 21g, CHO 9g,
Kcal 270, KJ 1100,
Na 5 mmol, K 10 mmol

Analysis: *1 portion (LP)*

Protein 9g, Fat 21g, CHO 9g,
Kcal 270, KJ 1100,
Na 5 mmol, K 10 mmol

Braised Kidneys

150g lambs' kidneys
40g butter or margarine
1 small chopped onion
8 small mushrooms
1 dessertspoon (LP) flour
100ml dry white wine
100ml water
75ml double cream
Pepper
Chopped parsley

Skin and core the kidneys and chop into fairly small pieces.
Heat the butter or margarine and fry the kidneys for about 4-5 minutes.
Remove the kidneys from the pan and keep warm.
Fry the onion and mushrooms for a few minutes and add more butter if required.
Blend in the flour and pour in the wine and water gradually, stirring gently.
Return the kidneys to the pan.
Season and simmer for 12-15 minutes.
Allow to cool slightly, then add the parsley and cream.
Reheat and serve with boiled rice (see page 90).

Analysis: 1 portion

Protein 7.1g, Fat 18g, CHO 4g,
Kcal 230, KJ 930,
Na 7 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 6.7g, Fat 18g, CHO 4g,
Kcal 230, KJ 930,
Na 7 mmol, K 6 mmol

Yorkshire Pudding

60g (LP) flour
2 tablespoons double cream
and 2 tablespoons water
(combined)
1 egg

Add the egg and double cream and water mixture to the flour and beat well.

Pour the mixture into a small pre-heated greased pie dish and bake for 10-15 minutes (gas mark 6, 400°F, 200°C).

Analysis: 1 portion

Protein 3.2g, Fat 9g, CHO 12g,
Kcal 140, KJ 580,
Na 1 mmol, K 1 mmol

Analysis: 1 portion (LP)

Protein 1.9g, Fat 9g, CHO 13g,
Kcal 140, KJ 570,
Na 1 mmol, K 1 mmol

STUFFINGS

All recipes are based on 4 portions

These mixtures may be rolled into balls or pressed into a fireproof dish, or may be used to stuff meat or vegetables (chicken, pork, onions or marrows). Mix all the ingredients together, using a little oil or melted butter or margarine to blend.

Parsley, Olives and Garlic

Note: This recipe is not suitable for people following a strict low sodium diet.

200g (LP) breadcrumbs
2 cloves of garlic (chopped or crushed)
12 olives (optional), stoned and chopped
1 tablespoon chopped parsley
Pepper

Analysis: 1 portion

Protein 4.2, Fat 2g, CHO 25g,
Kcal 130, KJ 550,
Na 24 mmol, K 3 mmol

Analysis: 1 portion (LP)

Protein 0.6g, Fat 3g, CHO 30g,
Kcal 140, KJ 580,
Na 24 mmol, K 2 mmol

Sage and Onion

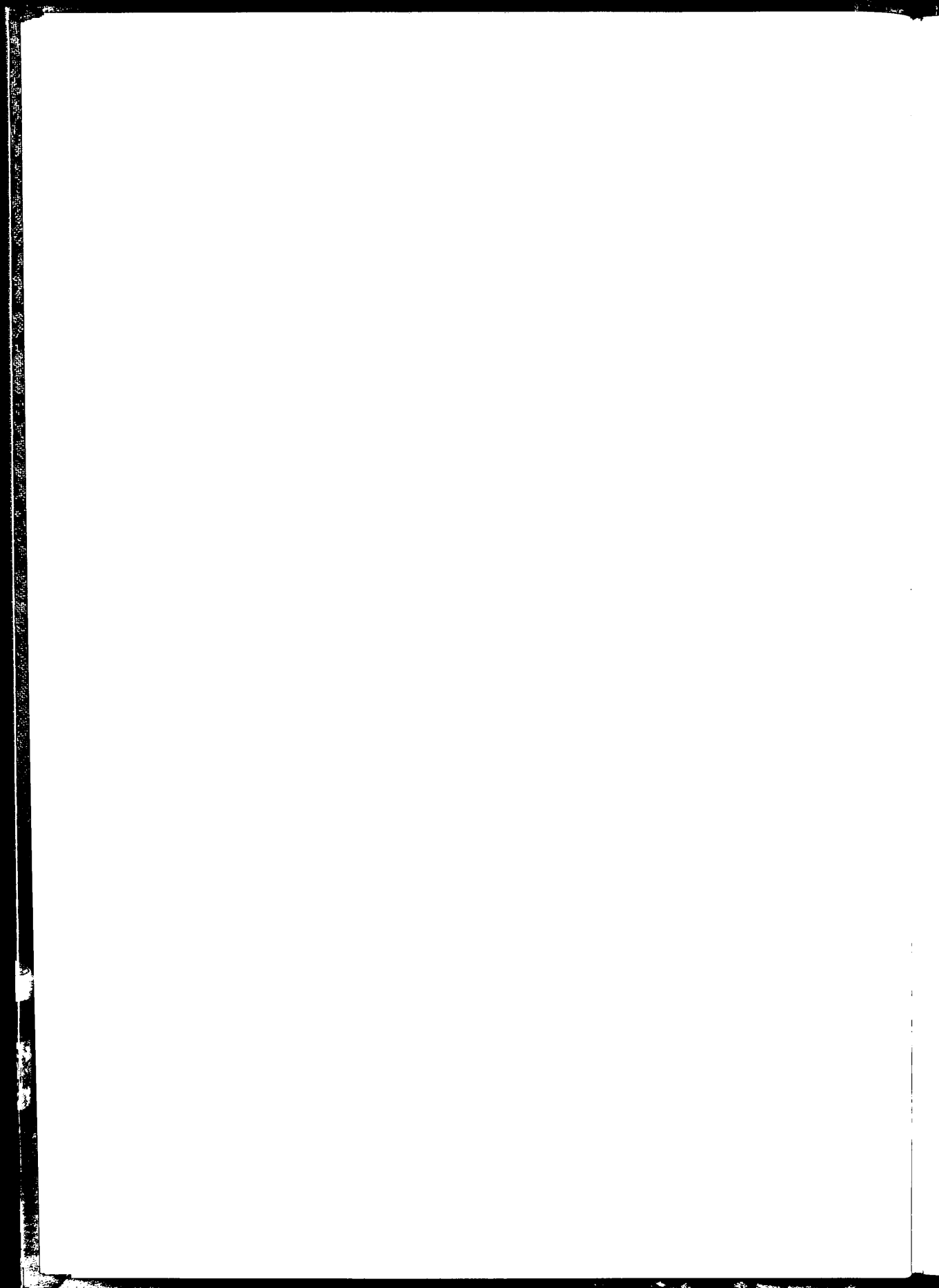
200g (LP) breadcrumbs
1 small onion, grated or finely chopped
1 tablespoon dried sage
1 tablespoon lemon juice
Pepper

Analysis: 1 portion

Protein 4.1g, Fat 1g, CHO 26g,
Kcal 120, KJ 510,
Na 12 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 0.5g, Fat 1g, CHO 31g,
Kcal 130, KJ 540,
Na 12 mmol, K 1 mmol



Fish

The final analysis figure may be higher than your unit allowance due to the ingredients used in the recipes. Reduce the amount of fish if you need to follow a strict diet (25g raw fish equals 4g protein, 25g cooked fish equals 5g protein).

Prawn dishes may be unsuitable for those who need to severely restrict their sodium intake. Recipes with a higher potassium content should be served with rice when potassium needs to be restricted (see notes on recipes).

All recipes are based on 4 portions.

Fried Fish

200g fresh or frozen fish

Oil for frying

For the batter

120g (LP) flour

75ml water

75ml double cream

10g fresh yeast

Mix the flour with the warmed cream and water.

Add a little warm (not hot) water to the yeast and mix with the batter.

Leave in a warm place until bubbles appear (approximately 1 hour).

Coat the cleaned fish with the batter and fry in hot oil until golden brown.

Serve the fish with lemon or (LP) tartare sauce (see page 31).

This batter is suitable for frying cod, hake and haddock.

Plaice and sole should be fried in (LP) breadcrumbs.

Variations

If dried yeast is used, take only 5g of yeast and add a little warm water until the yeast is 'dissolved', then add the batter and proceed as above.

The batter can be made without yeast. Add 1 egg instead. This batter does not need to 'prove'. (Adding 1 egg to replace yeast increases the protein content by 1.5g per portion.)

Analysis: 1 portion (using yeast)

Protein 12g, Fat 15g, CHO 25g,

Kcal 280, KJ 1190,

Na 2 mmol, K 6 mmol

Analysis: 1 portion (LP) (using yeast)

Protein 9.5g, Fat 15g, CHO 26g,

Kcal 280, KJ 1180,

Na 2 mmol, K 5 mmol

Poached Cod or Haddock

200g fresh cod or haddock

100ml double cream

150ml water

4 slices of lemon

Pepper

Chopped parsley

Place the fish in a small ovenproof dish.

Add parsley, pepper and water.

Poach for 15 minutes in a hot oven (gas mark 6, 450°F, 230°C).

Pour off the liquid, leaving enough to just cover the fish.

Add the cream and heat carefully.

Serve with mashed potato garnished with lemon slices.

Analysis: 1 portion (potato not included)

Protein 9.2g, Fat 12g, CHO 1g,

Kcal 150, KJ 620,

Na 2 mmol, K 5 mmol

Fish Pancakes

Note: This recipe contains 50g vegetables per portion. Please check with your allowance and modify the amount if required.

1/2 egg
150g cooked fish (cod, hake or haddock)
40g (LP) flour
50ml double cream
70ml water
100g cooked leeks
100g cooked carrots
Pepper
Butter, margarine or oil for frying

Mix together the flour, egg, cream, water and pepper.
Flake the fish and add to the batter.
Slice the leeks and carrots and add to the batter.
Drop spoonfuls of the mixture into hot fat and fry until golden brown.
Serve with lemon.

Analysis: *1 portion*

Protein 9.7g, Fat 12g, CHO 11g,
Kcal 190, KJ 780,
Na 3 mmol, K 7 mmol

Analysis: *1 portion (LP)*

Protein 9g, Fat 12g, CHO 11g,
Kcal 190, KJ 790,
Na 3 mmol, K 6 mmol

Golden Cod or Haddock

Note: This recipe contains 100g potato per portion. Please check with your allowance and modify the amount if required.

200g fresh cod or haddock
100ml double cream
200ml water
1 tablespoon cornflour
400g boiled sliced potatoes
1/4 onion
1/2 carrot
Peppercorns and pepper
Mustard

Poach the cod in water with the onion, carrot and peppercorns.
Drain, but keep the liquid.
Prepare a white sauce (see page 27) from fish stock, cornflour and cream and season with mustard and pepper.
Flake the fish and put into a small ovenproof dish and surround with sliced potato.
Cover with the sauce and bake in a hot oven (gas mark 6, 450°F, 230°C) for 15 minutes.

Analysis: *1 portion*

Protein 10.6g, Fat 13g, CHO 24g,
Kcal 250, KJ 1030,
Na 3 mmol, K 14 mmol

Paprika Fish

*1 tablespoon chopped onion
1 tablespoon chopped green
pepper (paprika)
other ingredients as for
poached cod or haddock
(see recipe above)*

Cook as for poached cod or haddock, adding onion and green pepper.

Analysis: *1 portion*

Protein 9.2g, Fat 12g, CHO 1g,
Kcal 150, KJ 630,
Na 2 mmol, K 6 mmol

Mussels

*600g mussels, weighed
with shell (1½-2
quarts depending on
size of mussels)
300ml water
½ small onion (chopped)
1 small carrot (chopped)
bouquet garni
6 peppercorns*

Examine the mussels carefully during the first rinsing in cold water.

The mussels should be tightly closed; tap them sharply if not closed.

If the mussels do not close their shells, discard them.

Scrub them well with a stiff brush and scrape away pieces of weed or other impurities.

Rinse again then soak them in a bowl of fresh water.

Lift them into another bowl and wash again to remove all sand.

Put the mussels in a large pan and tuck the vegetables down amongst them with the bouquet garni and peppercorns.

Pour the cold water over the mussels and cover the pan with a tight fitting lid.

Cook on moderate heat and leave until the liquid boils right up over the mussels.

Draw the pan aside and leave for five minutes while the mussels open.

Strain the mussel liquid from the pan.

Shell the mussels and discard the beard.

The mussels can now be used in the recipes on the opposite page.

Fried Mussels 1

200g mussels, (weighed without shell)
40g (LP) flour
1 egg
75ml double cream
75ml water
Pepper
1 teaspoon curry powder
Oil for frying

Mix the flour, egg, cream, water, pepper and curry powder.
Coat the mussels with the batter and fry in hot fat.

Analysis: 1 portion

Protein 5.5g, Fat 15g, CHO 9g,
Kcal 190, KJ 770,
Na 3 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 4.6g, Fat 15g, CHO 9g,
Kcal 190, KJ 770,
Na 3 mmol, K 2 mmol

Fried Mussels 2

200g mussels (weighed without shell)
40g (LP) flour
40g butter or margarine
Chopped parsley and chives
Juice of 1/2 lemon

Coat the mussels with (LP) flour and fry in hot butter or margarine until golden colour.
Remove mussels from pan and keep hot.
Fry the parsley and chives in the remainder of the butter or margarine, add lemon juice and pour over the mussels.

Analysis: 1 portion

Protein 5g, Fat 9g, CHO 8g,
Kcal 130, KJ 540,
Na 6 mmol, K 1 mmol

Analysis: 1 portion (LP)

Protein 4.1g, Fat 9g, CHO 9g,
Kcal 130, KJ 540,
Na 6 mmol, K 1 mmol

Spanish Mackerel

Note: Do not take potato with this dish.

200g mackerel (fresh)
2 tomatoes (medium)
1 onion (medium)
1 green pepper
1 fat clove of garlic, chopped or crushed
1 tablespoon chopped parsley
Cayenne pepper, paprika
2 tablespoons olive oil
4 tablespoons dry sherry (optional)

Chop the onion and pepper.
Peel and chop the tomatoes.
Season the fish with cayenne pepper and place in an ovenproof dish with olive oil.
Add onion, pepper, tomatoes, paprika and garlic.
Add the sherry, if used, and cover with parsley.
Bake in a hot oven (gas mark 6-8, 450-475°F, 230-250°C) until the mackerel is cooked (approximately 15 minutes).
Serve with boiled rice (see page 90).

Analysis 1 portion

Protein 10.2g, Fat 14g, CHO 2g,
Kcal 250, KJ 1030,
Na 3 mmol, K 9 mmol

Prawns Meunière

Note: This recipe is unsuitable for people following a strict low sodium diet.

100g shelled prawns
1 tablespoon chopped spring onion
1 fat clove of garlic, chopped or crushed
Butter
Black pepper
200ml dry white wine
2 tomatoes
2 tablespoons cornflour
100ml double cream
Chopped parsley

Peel, deseed and chop the tomatoes.
Fry the spring onion and chopped or crushed garlic in butter.
Add the prawns, pepper, tomatoes and most of the wine and simmer for 10 minutes.
Blend the cornflour with the rest of the wine and thicken the sauce.
Add the double cream and reheat but do not boil.
Add the parsley.
Serve the prawns with boiled rice (see page 90).

Analysis: 1 portion

Protein 6.4g, Fat 16g, CHO 9g,
Kcal 230, KJ 970,
Na 19 mmol, K 6 mmol

Oriental Sole or Plaice

200g sole or plaice
120ml pineapple juice
4 rings pineapple (tinned)
4 pieces of ginger in syrup and
1 tablespoon syrup
30g butter or margarine
(LP) breadcrumbs
Curry powder
Cayenne pepper

Season the fish fillets with cayenne pepper and curry powder.
Place in a greased ovenproof dish.
Chop the ginger and pineapple; add to pineapple juice and ginger syrup and pour over the fish.
Cover the fish with the breadcrumbs and dot with pieces of butter or margarine.
Bake the fish in a moderately hot oven (gas mark 6, 450°F, 230°C) for 20 minutes until the fish is cooked and the breadcrumbs coloured.

Analysis: *1 portion*

Protein 10.3g, Fat 9g, CHO 16g,
Kcal 185, KJ 777,
Na 7 mmol, K 6 mmol

Analysis: *1 portion (LP)*

Protein 9.6g, Fat 9g, CHO 15g,
Kcal 182, KJ 765,
Na 6 mmol, K 6 mmol

Fish Cakes

150g fish (leftovers, cooked)
2 slices (LP) bread soaked in a
little water
1/2 small onion, chopped
Chopped parsley
Marjoram
Pepper
Chopped chives
60g (LP) breadcrumbs
Butter or margarine
Double cream
4 slices of lemon

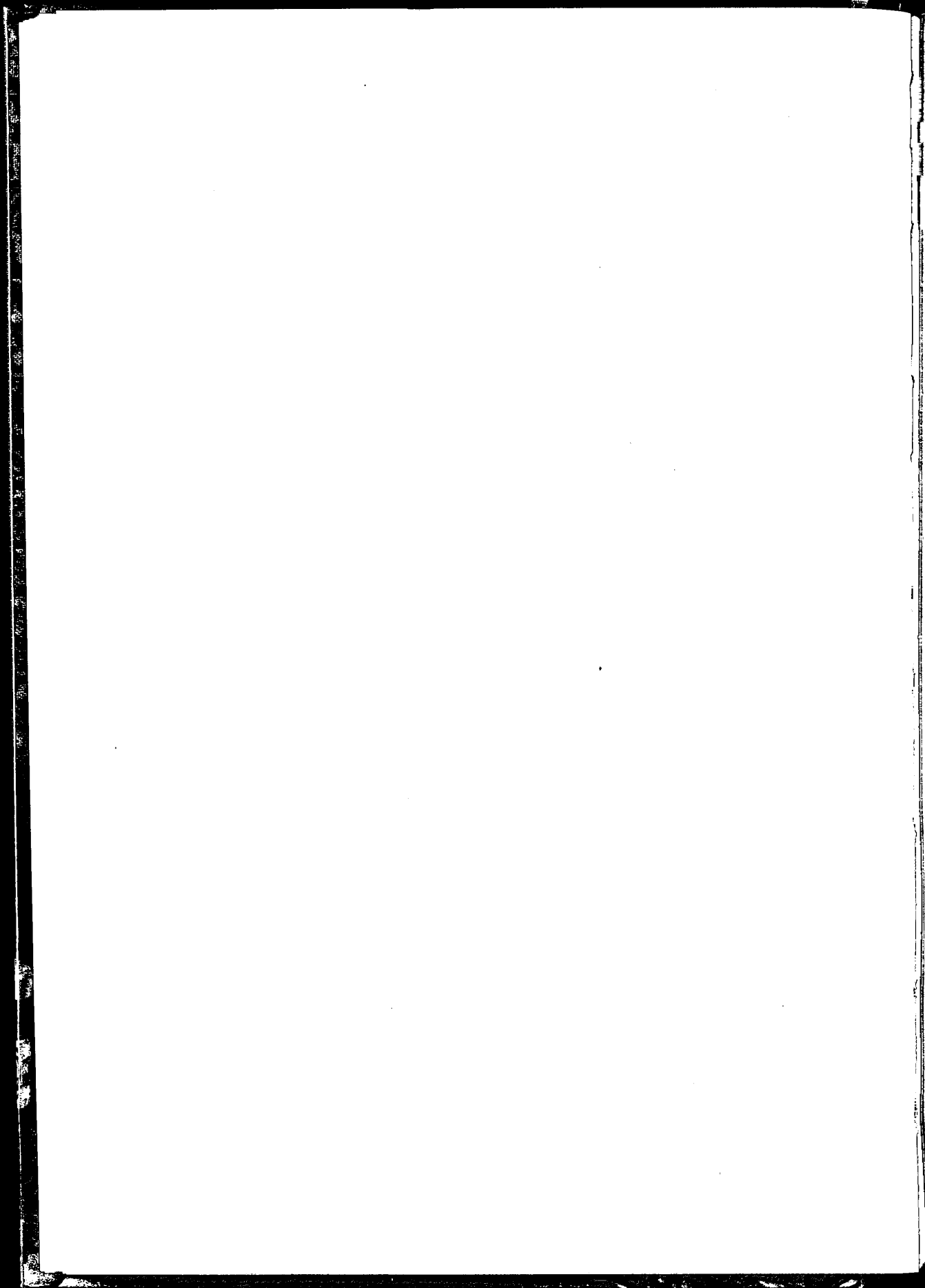
Squeeze the bread to remove excess water.
Finely flake the fish and mix with the (LP) bread.
Add the herbs, pepper and onion.
Add some double cream if the mixture is too dry.
Form into flat cakes and coat with breadcrumbs.
Fry in hot butter or margarine and serve with lemon.

Analysis: *1 portion*

Protein 8.3g, Fat 4g, CHO 8g,
Kcal 100, KJ 410,
Na 7 mmol, K 4 mmol

Analysis: *1 portion (LP)*

Protein 7.2g, Fat 4g, CHO 9g,
Kcal 100, KJ 400,
Na 6 mmol, K 4 mmol



Snacks

Snack meals have become popular as most people have a midday meal at work. Others just prefer a small and simple meal. Snack meals can be made just as attractive and nutritionally well-balanced as a cooked meal. Some suggestions are offered in this section. Some recipes include tinned fish and may be unsuitable for people following a strict low sodium diet. These recipes are clearly marked with a special note about their use.

All recipes are based on 4 portions.

FILLINGS FOR SANDWICHES

All recipes are based on 4 portions

Cream Cheese with Garlic

*100g cream cheese
2 cloves garlic
Black pepper*

Mix the cream cheese with crushed garlic and add finely ground black pepper to taste.

Analysis: *1 portion (without bread)*
Protein 0.8g, Fat 12g, CHO 0g,
Kcal 110, KJ 450,
Na 3 mmol, K 1 mmol

Cream Cheese with Chives

*100g cream cheese
1 tablespoon freshly chopped
chives
Black pepper*

Mix the cream cheese with the chopped chives and add black pepper to taste.

Analysis: *1 portion (without bread)*
Protein 0.8g, Fat 12g, CHO 0g,
Kcal 110, KJ 450,
Na 3 mmol, K 1 mmol

Cream Cheese with Mandarins

*100g cream cheese
2 tablespoons tinned mandarins
1 teaspoon chopped parsley*

Drain and chop the mandarins.
Mix with the cream cheese.
Sprinkle with chopped parsley.

Analysis: *1 portion (without bread)*
Protein 1g, Fat 12g, CHO 4g,
Kcal 120, KJ 510,
Na 3 mmol, K 2 mmol

Cottage Cheese with Spring Onions

100g cottage cheese (plain)
75ml double cream
3 spring onions
Black pepper

Whip the double cream and mix with the cottage cheese.
Chop the spring onions and add to the cottage cheese mixture.
Add black pepper to taste.

Analysis: 1 portion (without bread)
Protein 3.8g, Fat 10g, CHO 2g,
Kcal 110, KJ 470,
Na 5 mmol, K 1 mmol

Egg Mayonnaise Spread

4 hardboiled eggs
2 tablespoons mayonnaise
(see page 31)
2 cloves of garlic
White pepper

Mash the hardboiled eggs.
Mix with mayonnaise.
Add crushed cloves of garlic.
Season with white pepper.

Variations

Ingredients as above but replace the garlic with
1 tablespoon chopped chives, or 2 teaspoons mustard,
or 1 tablespoon chopped fresh tarragon or marjoram.

Analysis: 1 portion (without bread)
Protein 6.6g, Fat 25g, CHO 0g,
Kcal 250, KJ 1020,
Na 6 mmol, K 2 mmol

Salmon Spread

Note: This recipe is unsuitable for people following a low sodium diet.

100g tinned salmon
Juice of 1 lemon
1 stick celery
1/2 small onion
Pepper
50ml double cream

Liquidise the salmon with the lemon juice or flake the fish with a fork and then add the lemon juice.
Grate or finely chop the onion and celery.
Mix with the salmon and add pepper to taste.
Whip the cream and fold into the mixture.
Serve on lettuce leaves or watercress.

Analysis: 1 portion (without bread)
Protein 5.3g, Fat 13g, CHO 1g,
Kcal 140, KJ 570,
Na 12 mmol, K 3 mmol

TOPPINGS FOR TOAST

All recipes are based on 4 portions

Tea Time Slices

4 slices (LP) toast, French
toast or (LP) crispbread
100g cream cheese
2 tablespoons raspberry jam

Mix the cream cheese with the raspberry jam.
Spread the mixture on the toast or crispbread and cut
into fingers.

Analysis: 1 portion (bread or French toast)
Protein 3.3g, Fat 12g, CHO 32g,
Kcal 240, KJ 1030,
Na 10 mmol, K 2 mmol

Analysis: 1 portion (LP bread)
Protein 1.1g, Fat 13g, CHO 35g,
Kcal 250, KJ 1040,
Na 10 mmol, K 2 mmol

Analysis: 1 portion (crispbread)
Protein 2.3g, Fat 12g, CHO 28g,
Kcal 220, KJ 940,
Na 5 mmol, K 4 mmol

Analysis: 1 portion (LP crispbread)
Protein 1.1g, Fat 13g, CHO 30g,
Kcal 240, KJ 990,
Na 4 mmol, K 2 mmol

Toasted Pineapple Cheese

4 slices (LP) toast, French
toast or (LP) crispbread
30g butter or margarine
4 lettuce leaves
100g cream cheese
2 slices tinned pineapple

Butter the toast or crispbread.
Put one leaf of lettuce on each slice, then one half slice
of drained pineapple.
Spread with the cream cheese.

Analysis: 1 portion (bread or French toast)
Protein 3.2g, Fat 19g, CHO 18g,
Kcal 250, KJ 1040,
Na 13 mmol, K 2 mmol

Analysis: 1 portion (LP bread)
Protein 1.1g, Fat 19g, CHO 21g,
Kcal 260, KJ 1060,
Na 13 mmol, K 2 mmol

(Toasted Pineapple Cheese)

Analysis: 1 portion (*crispbread*)

Protein 2.3g, Fat 19g, CHO 14g,
Kcal 230, KJ 950,
Na 8 mmol, K 4 mmol

Analysis: 1 portion (*LP crispbread*)

Protein 1.1g, Fat 20g, CHO 16g,
Kcal 240, KJ 1010,
Na 7 mmol, K 2 mmol

Savoury Toast

4 slices (*LP*) bread or (*LP*)
crispbread
30g butter or margarine
100g minced meat (*leftovers*)
1 small onion, chopped
Pepper
1 teaspoon tomato purée

Toast and butter the bread or butter the *crispbread*.

Fry the onion in some of the butter.

Add the minced meat, tomato purée and pepper to taste.

Spoon on to the toast and top with melted butter.

Put under a hot grill for 2-3 minutes.

Analysis: 1 portion (*bread*)

Protein 8.4g, Fat 11g, CHO 16g,
Kcal 190, KJ 800,
Na 14 mmol, K 4 mmol

Analysis: 1 portion (*LP bread*)

Protein 6.2g, Fat 11g, CHO 19g,
Kcal 200, KJ 840,
Na 14 mmol, K 3 mmol

Analysis: 1 portion (*crispbread*)

Protein 7.5g, Fat 11g, CHO 11g,
Kcal 170, KJ 710,
Na 8 mmol, K 5 mmol

Analysis: 1 portion (*LP crispbread*)

Protein 6.2g, Fat 12g, CHO 14g,
Kcal 180, KJ 760,
Na 7 mmol, K 3 mmol

Tuna and Tomato Toast

4 slices (LP) toast or (LP)
crispbread
30g butter or margarine
2 tomatoes
100g tuna fish
Grated rind of 1 lemon
2 tablespoons of mayonnaise
(see page 31)
1 tablespoon grated cheese
Pepper

Butter the toast or crispbread.
Slice the tomato thinly and top each slice of toast with a thin layer.
Mix the tuna fish with pepper, grated lemon rind and mayonnaise.
Spoon this mixture on to the toast and sprinkle with a little grated cheese.
Place the toast under a moderately hot grill for 2-3 minutes to melt the cheese.

Analysis: 1 portion (bread)

Protein 8.8g, Fat 32g, CHO 16g,
Kcal 380, KJ 1580,
Na 17 mmol, K 5 mmol

Analysis: 1 portion (LP bread)

Protein 6.6g, Fat 32g, CHO 19g,
Kcal 380, KJ 1590,
Na 17 mmol, K 4 mmol

Analysis: 1 portion (crispbread)

Protein 7.9g, Fat 31g, CHO 12g,
Kcal 360, KJ 1480,
Na 12 mmol, K 6 mmol

Analysis: 1 portion (LP crispbread)

Protein 6.6g, Fat 32g, CHO 14g,
Kcal 370, KJ 1540,
Na 10 mmol, K 4 mmol

Egg and Sardine Toast

Note: This recipe is unsuitable for people following a strict low sodium diet.

4 slices (LP) toast or (LP)
crispbread
Mayonnaise (see page 31)
2 hardboiled eggs
4 tinned sardines
1 teaspoon chopped parsley
2 small tomatoes

Spread the toast or crispbread with mayonnaise.
Cut the hardboiled eggs in slices and arrange on the toast or crispbread.
Slice the tomato thinly and arrange on the egg.
Cut the drained sardines lengthways and remove the bones.
Place sardines on top of the tomato and sprinkle with chopped parsley.

Analysis: 1 portion (bread)

Protein 12g, Fat 26g, CHO 16g,
Kcal 340, KJ 1420,
Na 18 mmol, K 6 mmol

Analysis: 1 portion (LP bread)

Protein 9.8g, Fat 26g, CHO 18g,
Kcal 340, KJ 1420,
Na 18 mmol, K 6 mmol

Analysis: 1 portion (crispbread)

Protein 11g, Fat 26g, CHO 11g,
Kcal 320, KJ 1310,
Na 13 mmol, K 7 mmol

Analysis: 1 portion (LP crispbread)

Protein 9.8g, Fat 26g, CHO 14g,
Kcal 330, KJ 1370,
Na 11 mmol, K 5 mmol

BURGERS

All recipes are based on 4 portions

Oriental Burgers

Note: To lower the sodium content of this recipe, use meat cooked without salt.

100g minced lamb (cooked
leftovers)
8 slices (LP) bread
1/2 an egg
2 tablespoons (LP) flour
1 small onion
Black pepper
Oregano
2 tablespoons oil

Peel and grate the onion.
Mince the lamb and mix with the grated onion, black pepper, oregano and flour.
Add the beaten egg to give a sticky mixture, firm enough to mould into shapes.
Fry in hot oil for about 5-6 minutes each side.
Serve between 2 slices of hot (LP) bread.

Analysis: 1 portion

Protein 12g, Fat 23g, CHO 43g,
Kcal 420, KJ 1750,
Na 15 mmol, K 4 mmol

Analysis: 1 portion (LP)

Protein 6.3g, Fat 24g, CHO 49g
Kcal 430, KJ 1780,
Na 15 mmol, K 3 mmol

Chickenburgers

Note: To lower the sodium content of this recipe, use meat cooked without salt.

100g minced chicken (cooked leftovers)
1/2 an egg
2 tablespoons (LP) flour
Pepper
Pinch of hot chili powder
Small piece of cucumber (sliced)
8 slices (LP) bread
30g butter or margarine
1 tablespoon apple chutney or relish (see page 101)

Mix the minced chicken with the (LP) flour and beaten egg to bind.
Season with pepper and chili powder.
Form into burgers and fry in butter or margarine.
Serve the chickenburgers with layers of sliced cucumber and apple chutney or relish between hot (LP) bread or crispbread.

Analysis: 1 portion

Protein 13.2g, Fat 10g, CHO 42g,
Kcal 300, KJ 1260,
Na 18 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 7.5g, Fat 10g, CHO 49g,
Kcal 310, KJ 1280,
Na 18 mmol, K 3 mmol

Beefburgers with Wine

Note: To lower the sodium content of this recipe, use meat cooked without salt.

4 slices (LP) bread
50g butter or margarine
100g minced meat (cooked leftovers)
2 tablespoons (LP) breadcrumbs
2 tablespoons red wine
1 teaspoon chopped parsley
Thyme and marjoram
2 cloves of garlic
1 tomato
4 spring onions
4 olives

Mix the minced meat with the breadcrumbs, chopped parsley, thyme and marjoram.
Add the red wine and shape the meat into burgers.
Fry in half the butter or margarine until browned on both sides.
Mix the remainder of the butter or margarine with the crushed cloves of garlic and spread this on the slices of (LP) bread.
Wrap bread in aluminium foil and heat in a moderately hot oven (gas mark 3-5, 300-400°F, 150-200°C) for 20 minutes.
Serve the burgers on the garlic bread with an olive, sliced tomato and one spring onion on each slice.
Serve hot.

Analysis: *1 portion*

Protein 9.6g, Fat 16g, CHO 24g,
Kcal 280, KJ 1170,
Na 24 mmol, K 5 mmol

Analysis: *1 portion (LP)*

Protein 7.4g, Fat 16g, CHO 27g,
Kcal 280, KJ 1170,
Na 24 mmol, K 5 mmol



Vegetables and Pasta

The recipes indicate the amount of vegetables used per portion. *All* analysis figures for K are based on the *raw* product. The actual K content will therefore be lower after boiling vegetables in plenty of water, as potassium is lost during the process. The K content may increase *a little* when herbs and spices are added.

All recipes are based on 4 portions.

Cauliflower with Parsley Sauce

Note: This recipe is equal to 150g potato per portion. Please check with your allowance and modify the amount if required.

1 medium sized cauliflower
150ml water
150ml double cream
20g butter or margarine
20g (LP) flour
1 tablespoon chopped parsley
White pepper

Cook the cauliflower in boiling water for 15-20 minutes. Drain the cauliflower and keep warm. Make the parsley sauce from the remaining ingredients (see page 27). Spoon the sauce over the cauliflower and serve.

Analysis: *1 portion*

Protein 2.8g, Fat 22g, CHO 6g,
Kcal 240, KJ 970,
Na 3 mmol, K 9 mmol

Analysis: *1 portion (LP)*

Protein 2.3g, Fat 22g, CHO 6g,
Kcal 240, KJ 970,
Na 3 mmol, K 9 mmol

Bubble and Squeak

Note: This recipe equals 100g vegetables and 150g potato per portion. Please check with your allowance and modify the amount if required.

*300g cabbage, shredded and
boiled*
600g potatoes, boiled
*1 medium onion (100g)
(chopped)*
60g oil

Slice the potatoes. Heat the oil in a large frying pan and fry the onion until softened. Stir in the cabbage and potatoes. Cook over a medium heat, turning the mixture from time to time, until nice brown crusty bits form on top.

Analysis: *1 portion*

Protein 3.2g, Fat 22g, CHO 28g,
Kcal 320, KJ 1340,
Na 2 mmol, K 14 mmol

Braised Carrots with Celery

Note: This recipe contains 100g vegetables per portion. Please check with your allowance and modify the amount if required.

40g butter or margarine
200g carrots
100g celery
1 medium onion
50ml double cream (optional)
½ teaspoon sugar
Pepper
1 tablespoon chopped parsley

Cut the carrots into ½cm chiplike strips.
Halve the celery stalks lengthwise and then slice across.
Chop the onion into fairly large diced pieces.
Boil the vegetables together until almost cooked.
Melt the butter or margarine and toss the vegetables in the hot fat.
Add 2 tablespoons of water (or double cream if wished) and sprinkle in the sugar and some pepper.
Serve sprinkled with chopped parsley.

Analysis: 1 portion (including double cream)
Protein 1.3g, Fat 14g, CHO 6g,
Kcal 160, KJ 650,
Na 8 mmol, K 7 mmol

Red Cabbage

Note: This recipe contains 175g vegetables per portion. Please check with your allowance and modify the amount if required.

1 small red cabbage
(approximately 500g)
1 large cooking apple
1 tablespoon sugar
A few cloves (or ¼ teaspoon
ground cloves)
30g butter or margarine
1 tablespoon vinegar
1 teaspoon cornflour mixed
with a little water

Shred the cabbage.
Peel, core and quarter the apple.
Cook the cabbage, apple, sugar and cloves in a little water for 30 minutes.
Add the butter or margarine and vinegar.
Thicken if necessary with a little cornflour.

Analysis: 1 portion
Protein 2.3g, Fat 7g, CHO 19g,
Kcal 140, KJ 590,
Na 5 mmol, K 11 mmol

Vichy Carrots

Note: This recipe contains 125g vegetables per portion. Please check with your allowance and modify the amount if required.

500g carrots, new or old
30g butter or margarine
Black or white pepper
1 heaped teaspoon chopped
parsley

Scrub the carrots, or peel if necessary, and slice them very thinly.
Boil the carrots until cooked and drain.
Sauté the carrots in the melted butter or margarine.
When all fat has been absorbed sprinkle with parsley.

Analysis: 1 portion

Protein 1.1g, Fat 7g, CHO 7g,
Kcal 90, KJ 370,
Na 8 mmol, K 8 mmol

Fried Marrow Rings

Note: This recipe contains 125g vegetables per portion. Please check with your allowance and modify the amount if required.

1 small marrow
(approximately 750g)
60g (LP) flour
50ml double cream (optional)
50ml water, or more
60g butter or margarine

Peel the marrow and cut into fairly thick slices, removing the pulp and seeds carefully.
Make a batter from the flour and water, and cream if used.
Dip the marrow rings in the batter and fry gently in fairly hot butter or margarine.

Analysis: 1 portion (including cream)

Protein 2.5g, Fat 19g, CHO 17g,
Kcal 240, KJ 1010,
Na 6 mmol, K 8 mmol

Analysis: 1 portion (LP) (including cream)

Protein 1.1g, Fat 19g, CHO 18g,
Kcal 240, KJ 1000,
Na 6 mmol, K 7 mmol

Fried Onions

Note: This recipe contains 50g vegetables per portion. Please check with your allowance and modify the amount if required.

250g onions
2 tablespoons (LP) flour
Butter, margarine or oil

Peel and slice the onion in rings and separate the rings.
Toss the rings in (LP) flour and fry in butter, margarine or oil.

Serve as a vegetable or as a garnish for other dishes.

Analysis: 1 portion

Protein 2g, Fat 8g, CHO 15g,
Kcal 140, KJ 580,
Na 4 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 0.6g, Fat 8g, CHO 16g,
Kcal 140, KJ 570,
Na 4 mmol, K 2 mmol

Minted Carrots

Note: This recipe contains 125g vegetables per portion. Please check with your allowance and modify the amount if required.

500g carrots (preferably new)
30g butter or margarine
1 dessertspoon olive oil
A pinch of caster sugar
2 tablespoons freshly chopped mint
1½ tablespoons of fresh chopped chives
Black pepper

Scrub the carrots and remove the top and tail.
Cut the carrots into strips about 1½ inch (4cm) long and ⅓ inch (1cm) thick.

Boil the carrots for 4 minutes and drain.

Melt the butter and oil.

Add the carrots, 1½ tablespoons of mint and the chives, the sugar and pepper.

Stir gently to mix everything together well and cover with a lid.

Cook on a very low heat for about 10 minutes or until the carrots are tender.

Sprinkle with the remainder of the mint before serving.

Analysis: 1 portion

Protein 0.9g, Fat 12g, CHO 8g,
Kcal 140, KJ 570,
Na 8 mmol, K 7 mmol

Sauerkraut

Note: This recipe is unsuitable for people following a strict low sodium diet. It contains 75g vegetables per portion. Please check with your allowance and modify the amount if required.

*300g sauerkraut
1 small cooking apple
1/2 a small green pepper
1 small onion
50g butter or margarine*

Chop the onion and sauté in the butter or margarine. Peel, core and quarter the apple. Add the sauerkraut, apple and thinly sliced pepper to the onion. Add a little water to prevent burning and cover the pan with a lid. Simmer on the lowest possible heat for approximately 20-30 minutes.

Analysis: *1 portion*

Protein 1.8g, Fat 11g, CHO 6g,
Kcal 130, KJ 520,
Na 30 mmol, K 7 mmol

Boiled Rice

*2 teacups long grain rice (450g)
2 teacups water (450ml)*

The quantities are given in teacups because the accurate volume is important in measuring the liquid for cooking, rather than the weight.

Wash the rice by pouring boiling water over the rice in a bowl and stir well.

Pour the rice into a sieve or a small colander and rinse under a cold running tap until the water is clear.

Drain the rice well.

Bring 2 cups of water to the boil and add the rice. Bring to the boil again and boil vigorously for 2 minutes.

Cover the pan with a tight fitting lid and simmer very gently, undisturbed for about 20 minutes, until the water has been absorbed and the rice cooked. It should be tender and separate with little holes all over the surface.

Turn off the heat and allow the rice to rest for 5-10 minutes and serve.

Analysis: *1 portion*

Protein 7.3g, Fat 1g, CHO 97g,
Kcal 400, KJ 1720,
Na 0 mmol, K 3 mmol

Fried Rice

2 teacups long grain rice (450g)
2 teacups water (450ml)
75ml oil

Wash and drain the rice (see page 90).

Heat the oil in a saucepan.

Add the raw rice and fry gently for 2 minutes until the grains are translucent and well coated with fat.

Add the water, bring the rice to the boil and boil vigorously for 2 minutes. Then simmer gently, tightly covered and undisturbed, for about 20 minutes, until the rice is tender.

Never stir the rice while it is cooking.

Allow to rest for 10 minutes before serving.

Analysis: 1 portion

Protein 7.3g, Fat 20g, CHO 97g,
Kcal 580, KJ 2420,
Na 0 mmol, K 3 mmol

Spaghetti, Macaroni or Noodles

Note: LP pasta can be used.

400g spaghetti, macaroni or
noodles
4 litres water
1 dessertspoon oil

Boil the water and add the oil (this prevents the pasta from sticking).

Add the raw pasta and bring the water to the boil again. Cook for 10-20 minutes, depending on the thickness of the pasta (or see directions on the packet).

Do not overcook.

Drain and serve.

Analysis: 1 portion

Protein 13.6g, Fat 6g, CHO 84g,
Kcal 420, KJ 1800,
Na 0 mmol, K 4 mmol

Analysis: 1 portion (LP)

Protein 0.5g, Fat 5g, CHO 85g,
Kcal 390, KJ 1630,
Na 1 mmol, K 0 mmol

Salads

All recipes indicate the amount of vegetables used. The quantity can be modified as required. Some recipes contain protein (meat or egg).

All recipes are based on 4 portions.

Potato Salad

Note: This recipe contains 150g potatoes per portion. Please check with your allowance and modify the amount if required.

600g potato (cooked)
4 tablespoons mayonnaise
(see page 31)
4 tablespoons double cream
(optional)
Freshly ground black pepper
Chopped parsley

Dice the cooked potato.
Mix mayonnaise with the double cream if used.
Mix with the potato and chopped parsley.
Season with pepper.

Variations

Add finely chopped onion, or a little crushed garlic, chopped capers and onion.

Analysis: 1 portion (including cream)
Protein 3.2g, Fat 38g, CHO 30g,
Kcal 470, KJ 1960,
Na 5 mmol, K 14 mmol

Analysis: 1 portion (with onion, including cream)
Protein 3.4g, Fat 38g, CHO 31g,
Kcal 470, KJ 1970,
Na 5 mmol, K 15 mmol

Pineapple, Cucumber and Lettuce Salad

Note: This recipe contains 30g vegetables and 30g fruit per portion. Please check with your allowance and modify the amount if required.

60g lettuce
60g cucumber
120g tinned pineapple
2 tablespoons mayonnaise
(see page 31) or salad cream

Wash and shred the lettuce.
Chop the pineapple and drain.
Grate or chop the cucumber.
Mix the pineapple and cucumber with mayonnaise or salad cream.
Place the mixture on top of the shredded lettuce.

Analysis: 1 portion
Protein 0.6g, Fat 12g, CHO 7g,
Kcal 130, KJ 560,
Na 3 mmol, K 2 mmol

Apple and Celery Salad

Note: This recipe contains 30g vegetables and 20g fruit per portion. Please check with your allowance and modify the amount if required.

120g celery
100g apple (peeled and cored)
2 tablespoons mayonnaise
(see page 31)
Pepper

Slice the celery very thinly.
Peel, core and grate the apple and mix with the celery.
Add mayonnaise and season with pepper.

Analysis: 1 portion
Protein 0.6g, Fat 12g, CHO 3g,
Kcal 120, KJ 490,
Na 4 mmol, K 3 mmol

Pineapple, Celery and Watercress Salad

Note: This recipe contains 30g vegetables and 20g fruit per portion. Please check with your allowance and modify the amount if required.

120g celery
80g tinned pineapple (drained)
20g watercress

Dice the pineapple and celery.
Chop the watercress.
Mix all together.

Analysis: 1 portion
Protein 0.5g, Fat 0g, CHO 5g,
Kcal 20, KJ 80,
Na 2 mmol, K 3 mmol

Onion Salad

Note: This recipe contains 50g vegetables per portion. Please check with your allowance and modify the amount if required.

250g onions
French dressing (see page 30)

Peel the onion and slice thinly.
Mix with the French dressing.

Analysis: 1 portion
Protein 0.4g, Fat 8g, CHO 2g,
Kcal 80, KJ 320,
Na 0 mmol, K 2 mmol

Cauliflower Salad

Note: This recipe contains 100g vegetables per portion. Please check with your allowance and modify the amount if required.

400g cauliflower (cooked)
Chopped fresh mint
French dressing (see page 30)

Separate the sprigs of cauliflower and mix with the mint and French dressing.

Analysis: *1 portion*

Protein 1.7g, Fat 8g, CHO 1g,
Kcal 80, KJ 320,
Na 0 mmol, K 5 mmol

Coleslaw Salad

Note: This recipe contains 50g vegetables per portion. Please check with your allowance and modify the amount if required.

150g white cabbage
50g raw carrot
1 small onion
For the dressing
4 tablespoons olive oil
1 tablespoon lemon juice
1 small clove of garlic (crushed)
Small pinch of sugar
Freshly ground black pepper
Small pinch of mixed herbs

Shred the cabbage very thinly and place in a bowl.
Grate the carrot and thinly slice the onion.
Add both ingredients to the cabbage.

To make the dressing

Place the olive oil, lemon juice, crushed garlic, sugar, black pepper and mixed herbs in a jam jar; screw the lid down firmly and shake thoroughly.
Pour the dressing over the vegetables and toss lightly.

Analysis: *1 portion*

Protein 1g, Fat 30g, CHO 3g,
Kcal 290, KJ 1170,
Na 1 mmol, K 4 mmol

Vichy Salad

Note: This recipe contains 50g vegetables per portion. Please check with your allowance and modify the amount if required.

200g new carrots
A little mustard
2 tablespoons double cream
4 tablespoons mayonnaise
(see page 31)
1 teaspoon chopped parsley

Mix the mayonnaise with the mustard and double cream.

Top, tail, peel and dice the carrots.

Add to the mayonnaise mixture.

Turn into a dish and sprinkle with parsley.

Serve with roast pork, beef or chicken.

Analysis: 1 portion

Protein 1.3g, Fat 31g, CHO 3g,

Kcal 300, KJ 1220,

Na 7 mmol, K 4 mmol

Egg Salad

Note: This recipe contains 1 egg and approximately 40g vegetables and 20g fruit per portion. Please check with your allowance and modify the amount if required.

4 eggs, hardboiled
1 small red-skinned apple
(approximately 100g)
Juice of half a lemon
150g coleslaw (see page 96)
A few black olives
Chopped chives

Cut the apple into small cubes, leave the skin on, and dip in the lemon juice.

Shell the eggs and cut into quarters.

Mix the eggs with the coleslaw, apple and black olives.

Serve with mayonnaise if desired (see page 31) and sprinkle with chopped chives.

Analysis: 1 portion (mayonnaise not included)

Protein 6.6g, Fat 16g, CHO 4g,

Kcal 180, KJ 760,

Na 7 mmol, K 4 mmol

Chicken Salad

Note: This recipe contains 25g meat, 25g vegetables and 50g fruit per portion. Please check with your allowance and modify the amount if required.

100g chicken (cooked)
4 tablespoons mayonnaise
(see page 31)
4 tablespoons whipped cream
(optional)
200g tinned mandarins
(drained)
50g onion (chopped)
50g carrot (grated)
Thyme
Chives
4 lettuce leaves

Dice the chicken and mix with the onion, carrot, drained mandarins, thyme and chopped chives.
Combine the mayonnaise and whipped cream (if used) and add to the mixture.
Serve on lettuce leaves.

Analysis: 1 portion (including cream)
Protein 7.6g, Fat 32g, CHO 9g,
Kcal 350, KJ 1470,
Na 7 mmol, K 5 mmol

Chutneys and Pickles

Chutneys and pickles can generally improve the variety of the diet. The protein, Na and K contents remain low and can be regarded as a welcome bonus.

Piccalilli

Note: The vegetables should weigh about 500g when prepared. The total uncooked weight of all ingredients should be 1 kilo.

1 small cauliflower
4 shallots or 1 large onion
300ml vinegar
2 tablespoons pickling spice
150g sugar
30g mustard (2 level
tablespoons)
1 large dessertspoon turmeric
powder
1 level dessertspoon cornflour

Thoroughly clean 1-2 jars with tight fitting lids, using diluted bleach or Milton (available from chemist shops). Rinse the jars carefully.

Cut cauliflower into small pieces.

Peel the shallots or onion.

Cut shallots in half if large (or onion into small equal pieces).

Boil the vinegar and pickling spice for 2 minutes, allow to stand for 1/2 hour then strain.

Mix the sugar, mustard, turmeric and cornflour and blend with a little of the cooled liquid.

Bring the remainder of the liquid back to the boil for 2-3 minutes.

Remove from the heat and add to the vegetables.

Pack clean, hot jars with piccalilli making sure there are no air bubbles.

Cover at once with clean, vinegar-proof covers.

Analysis: *per 100g made-up recipe*

Protein 1.8g, Fat 1g, CHO 19g,

Kcal 90, KJ 370,

Na 1 mmol, K 5 mmol

Mustard Pickle

Note: The total uncooked weight of all ingredients should be about 800g.

150g cucumber
150g onions
180g cauliflower
1 tablespoon mustard powder
1/2 dessertspoon turmeric
powder
300ml vinegar
30g sugar (less if wanted very
sharp)
1 heaped teaspoon cornflour
1 level teaspoon ginger powder
2 tablespoons pickling spice
Boiling water

Cut all vegetables into small cubes.

Pour boiling water over them, leave until cold, drain, rinse and drain again. Repeat this process once.

Boil vinegar and pickling spice for 10 minutes.

Using a little of the liquid, mix the spices, sugar and cornflour into a smooth paste.

Strain the hot vinegar into the paste and stir well.

Return the mixture to the pan and boil, stirring well all the time, until the mixture begins to thicken.

Add vegetables and cook for 10-15 minutes, stirring from time to time.

Put into hot sterile jars and seal.

For preparation of jars, see piccalilli recipe above.

Analysis: *per 100g made-up recipe*

Protein 1.6g, Fat 1g, CHO 8g,
Kcal 40, KJ 180,
Na 1 mmol, K 5 mmol

Apple Chutney

Note: The total uncooked weight of all ingredients should be about 4 kilos.

500g onions
2.5kg cooking apples
2 level teaspoons ground ginger
2 teaspoons pickling spices tied
in muslin
500ml vinegar
750g sugar

Mince the onions and cook for 20 minutes in very little water.

Core and mince the apples.

Add the apples to the onions, together with ginger and spices, and cook for 1/2 an hour or until tender, adding some of the vinegar.

Add the rest of the vinegar and the sugar and cook until thick stirring all the time.

Put into hot sterile jars and seal (see piccalilli recipe, page 100).

It keeps very well.

Analysis: *per 100g made-up recipe*

Protein 0.4g, Fat 1g, CHO 25g,
Kcal 100, KJ 410,
Na 0 mmol, K 3 mmol

Apple Relish

Note: The total uncooked weight of all ingredients should be about 400g.

1 small chopped onion
1 level teaspoon paprika
powder
1 level teaspoon mustard or
curry powder
2 level teaspoons red jam
1 level teaspoon (LP) flour
250g apple (peeled and
grated)
2 teaspoons vinegar
150ml water

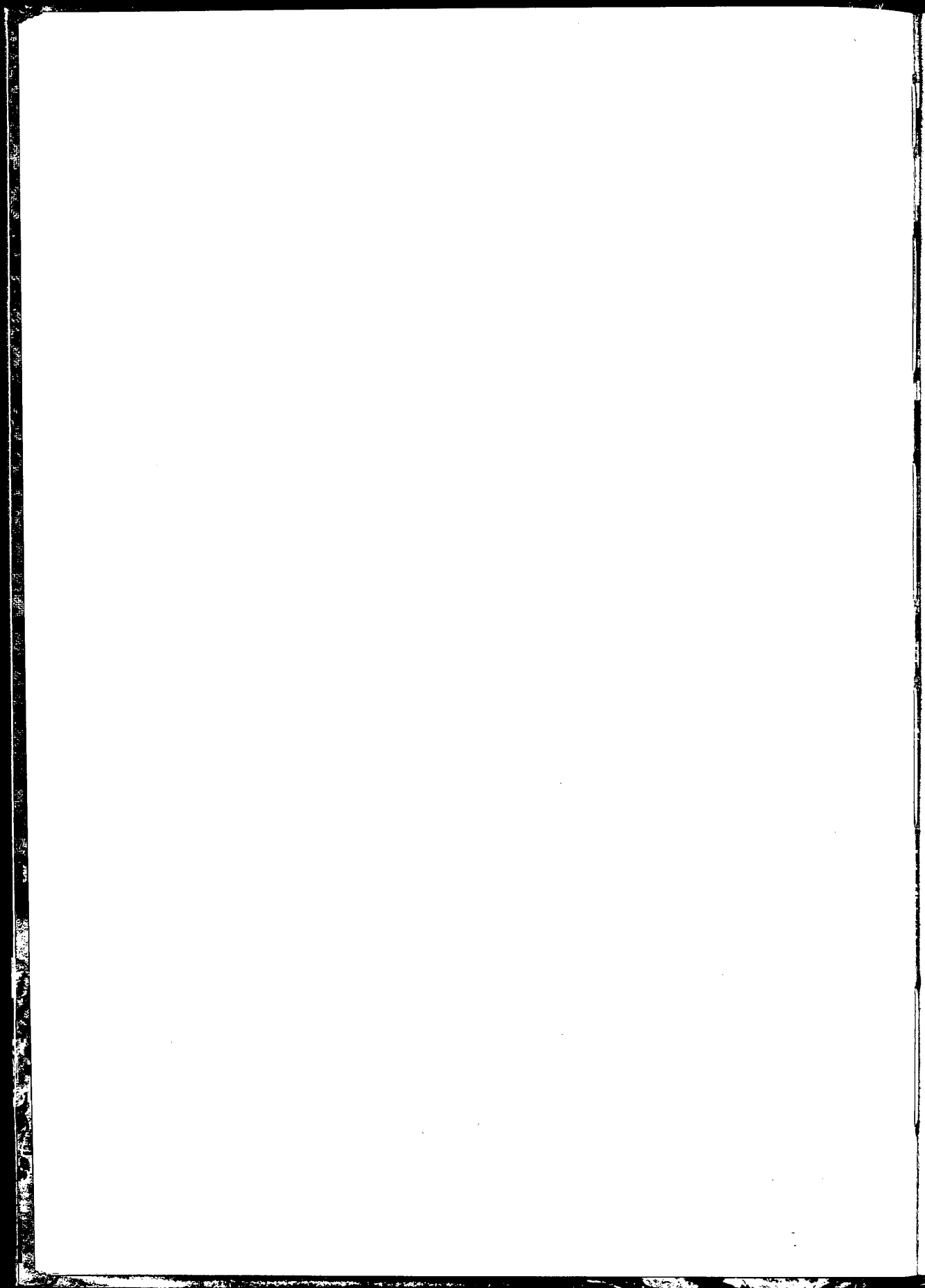
Blend the (LP) flour with 150ml cold water and put in pan with other ingredients.

Bring to the boil and simmer for 5 minutes stirring all the time.

Use hot or cold — it keeps for a week or more in a refrigerator.

Analysis: *per 100g made-up recipe*

Protein 0.7g, Fat 0g, CHO 10g,
Kcal 40, KJ 180,
Na 0 mmol, K 3 mmol



Desserts

The protein content of desserts depends on the basic ingredients used, such as egg white, whole egg, gelatine, flour or bread.

Meringues can be made from egg white or Edifas 'A' (methyl ethyl cellulose). This is a special product manufactured by ICI. It has no food value but is a very useful addition when baking or making mousses as it produces foams of light and even texture. Edifas 'A' is therefore very useful when cooking for people on renal diets. For presentation and availability see page 148.

Gelatine has a fairly high natural protein content. However, the amount used in the recipes is small and hardly affects the analysis. Low protein (LP) flour and bread or breadcrumbs reduce the protein content of a dessert as explained above. Using unsalted butter or margarine reduces the Na content significantly.

All recipes are based on 4 portions, except where indicated.

HOT PUDDINGS

Queen of Puddings

100g (LP) breadcrumbs
300ml water
150ml double cream
50g sugar
3 tablespoons jam
30g cornflour mixed with a
little water
Cinnamon or mixed spice
For meringue
50ml basic Edifas 'A' solution
(see page 148)
50ml water
80g caster sugar

Heat the water and double cream and add the breadcrumbs.
Bring the mixture to the boil, stirring carefully all the time.
Thicken with the cornflour mixture.
Add the sugar and spices and pour into a greased pie dish.
Leave to set and spread the jam on the top.
Mix the Edifas 'A' with water and whisk to a stiff foam, and add the sugar.
Pipe the meringue on to the pudding and bake in a moderate oven (gas mark 3-4, 300-400°F, 150-200°C) until the meringue is set and slightly browned.

Analysis: 1 portion

Protein 2.7g, Fat 19g, CHO 73g,
Kcal 450, KJ 1900,
Na 7 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 0.9g, Fat 19g, CHO 75g,
Kcal 460, KJ 1910,
Na 7 mmol, K 2 mmol

Rice Pudding

100g rice
300ml double cream
500ml water
40g sugar

Mix the cream and water and slowly bring to the boil.
Add the rice and stir.
Simmer until cooked, approximately 40 minutes.
Add sugar to taste.

Analysis: 1 portion

Protein 2.8g, Fat 36g, CHO 34g,
Kcal 470, KJ 1930,
Na 1 mmol, K 2 mmol

Semolina Pudding

60g (LP) semolina
300ml double cream
500ml water
40g sugar
Lemon peel or vanilla essence

Mix the cream and water and slowly bring to the boil.
Add the semolina and lemon peel or vanilla essence.
Simmer until cooked (about 20 minutes).
Add sugar to taste.

Analysis: 1 portion

Protein 2.7g, Fat 37g, CHO 24g,
Kcal 430, KJ 1780,
Na 1 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 1.2g, Fat 36g, CHO 25g,
Kcal 430, KJ 1770,
Na 1 mmol, K 2 mmol

Apple Charlotte

Note: The amount of bread can be reduced as required. This will alter the protein and carbohydrate content.

500g cooking apples, cooked
Juice of 1 lemon
240g (LP) bread
2 tablespoons caster sugar
Butter or margarine

Cut the bread into fingers and arrange half of them in the bottom of a greased ovenproof dish.
Make a purée from the apples, lemon juice and sugar.
Spoon the purée on top of the bread.
Butter the remainder of the bread and place on top.
Bake in a moderate oven (gas mark 3-4, 300-400°F, 150-200°C) for 30 minutes.
Serve hot with LP custard (see page 110) or double cream.

Analysis: 1 portion

Protein 5g, Fat 6g, CHO 53g,
Kcal 270, KJ 1160,
Na 17 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 0.6g, Fat 7g, CHO 53g,
Kcal 260, KJ 1080,
Na 14 mmol, K 4 mmol

Baked Apples

500g cooking apples
2 tablespoons toasted (LP)
breadcrumbs
2 tablespoons brown or
Demerara sugar
1 level teaspoon ground
cinnamon
30g butter or margarine

Core the apples and score the skin round the centre of each apple with a knife.
Mix the breadcrumbs, sugar, cinnamon and melted butter or margarine.
Fill the centre of each apple with the mixture.
Place the apples in an ovenproof dish with a little water.
Bake in the centre of a moderate oven (gas mark 3-4, 300-400°F, 150-200°C) until the apples are soft.
Serve hot with double cream or LP custard (see page 110).

Analysis: *1 portion*

Protein 1.8g, Fat 6g, CHO 82g,
Kcal 190, KJ 790,
Na 7 mmol, K 4 mmol

Analysis: *1 portion (LP)*

Protein 0.5g, Fat 7g, CHO 30g,
Kcal 170, KJ 730,
Na 6 mmol, K 4 mmol

Apple Pie (8 portions)

For pastry

150g (LP) flour
75g butter or margarine
Double cream or water as
required

For filling

500g cooking apples
60g sugar (or more if needed)
3-4 cloves (optional)

Make shortcrust pastry (see page 131).
Line a pie plate with half the pastry.
Peel, core and slice the apples; put them on the pastry and sprinkle with sugar.
Scatter the cloves amongst the apples.
Dampen the pastry edges and cover with the rest of the pastry.
Crimp edges and cut slits in top.
Bake in a hot oven (gas mark 6, 450°F, 230°C) for 10-15 minutes, then lower the heat and cook for 20 minutes until the fruit is tender.

Analysis: *1 portion*

Protein 2.3g, Fat 10g, CHO 40g,
Kcal 257, KJ 1060,
Na 7 mmol, K 5 mmol

Analysis: *1 portion (LP)*

Protein 0.5g, Fat 10g, CHO 40g,
Kcal 250, KJ 1050,
Na 7 mmol, K 4 mmol

Steamed Apple Pudding

120g (LP) flour
60g lard
1 level teaspoon baking powder
2 tablespoons caster sugar
100ml double cream
400g stewed apples

Sieve the flour, baking powder and sugar in a bowl.
Stir in the double cream.
Cut the lard into small pieces and add to the mixture and knead into a dough.
Roll out the dough on a floured board and use just over half to line the inside of a greased pudding basin.
Place the apples inside and cover with the remainder of the pastry.
Cover with greased paper and steam in the oven (gas mark 6-8, 450-475°F, 230-250°C) in a baking tray filled with water for 30 minutes.
Serve hot with double cream or LP custard (see page 110).

Analysis: 1 portion

Protein 3.7g, Fat 27g, CHO 55g,
Kcal 470, KJ 1960,
Na 7 mmol, K 4 mmol

Analysis: 1 portion (LP)

Protein 1g, Fat 27g, CHO 57g,
Kcal 470, KJ 1950,
Na 7 mmol, K 3 mmol

Apple Fritters

4 small cooking apples
(approximately 500g)
2 tablespoons caster sugar
mixed with ground cinnamon
Juice of 1 lemon

For the batter

80g (LP) flour
150ml double cream
150ml water
15g dried yeast
Oil for frying

Mix the dried yeast with a little *tepid* water and 1 teaspoon of sugar.
Leave to dissolve until a froth is formed.
Peel and core the apples, slice each apple into four rings and dip in lemon juice.
Make the batter by mixing flour with cream and water.
Mix the yeast with the batter.
Stand in a warm place and leave until bubbles appear.
Coat the apple rings with the batter and fry in hot oil until golden brown.
Serve hot with sugar and cinnamon.

Analysis: 1 portion

Protein 4.2g, Fat 18g, CHO 40g,
Kcal 330, KJ 1380,
Na 1 mmol, K 6 mmol

Analysis: 1 portion (LP)

Protein 2.3g, Fat 18g, CHO 41g,
Kcal 330, KJ 1380,
Na 1 mmol, K 6 mmol

Apple Crumble

500g cooking apples
120g (LP) flour
120g butter or margarine
60g sugar

Peel, core and slice the apples and place in the bottom of an ovenproof dish with a little water and 4 tablespoons of sugar.

Rub butter or margarine into the flour.

Add the remainder of sugar and place the mixture on top of the fruit.

Bake in a moderate oven for 20 minutes and then raise the temperature until the crumble is browned on top.

Serve hot with LP custard (see page 110) or double cream.

Variation

Plums, tinned or fresh, can be used instead of apples.

Analysis: 1 portion

Protein 3.3g, Fat 25g, CHO 49g,

Kcal 420, KJ 1770,

Na 11 mmol, K 4 mmol

Analysis: 1 portion (LP)

Protein 0.6g, Fat 25g, CHO 51g,

Kcal 420, KJ 1760,

Na 12 mmol, K 3 mmol

Marmalade Sponge

Note: This recipe contains some protein (egg) and baking powder.

For the sponge

80g butter or margarine

100g sugar

120g (LP) flour

1 egg

2 tablespoons water

2 teaspoons baking powder

Vanilla essence

For the sauce

6 tablespoons marmalade

6 tablespoons water

Juice of 1 lemon

Cream the butter and sugar.

Add the egg and beat well until the mixture is fluffy.

Sieve the flour and fold into the mixture with baking powder and vanilla essence.

Place the mixture in a greased ovenproof dish and bake (gas mark 3-4, 300-350°F, 150-175°C) for 35 minutes until cooked. Keep warm.

Meanwhile, mix marmalade with water and lemon juice to make the sauce.

Heat slowly, stirring occasionally.

Serve sauce with the hot sponge and double cream or LP custard (see page 110)

Variations

Jam or golden syrup can be used instead of marmalade. The pudding can be steamed, if preferred.

Analysis: 1 portion

Protein 4.8g, Fat 18g, CHO 95g,
Kcal 540, KJ 2270,
Na 22 mmol, K 3 mmol

Analysis: 1 portion (LP)

Protein 2.0g, Fat 18g, CHO 97g,
Kcal 540, KJ 2260,
Na 21 mmol, K 2 mmol

Eve's Pudding with Apple or Gooseberry

Note: This recipe contains some protein (egg) and baking powder.

80g butter or margarine
100g sugar
120g (LP) flour
1 egg
2 tablespoons water
2 teaspoons baking powder
Vanilla essence
400g cooking apples or
gooseberries

Prepare the fruit: peel, core and slice the apples, top and tail the gooseberries.

Cream the butter or margarine and sugar.

Add the egg and beat until the mixture is fluffy.

Fold in sieved (LP) flour, baking powder and vanilla essence.

Place fruit in the bottom of a greased ovenproof dish.

Pour in the sponge mixture.

Bake in a moderate oven (gas mark 3-4, 300-400°F, 150-200°C) for 35 minutes.

Serve hot with double cream or LP custard (see page 110).

Variation

The pudding can be steamed, if preferred.

Analysis: 1 portion

Protein 5g, Fat 18g, CHO 63g,
Kcal 382, KJ 1725,
Na 14 mmol, K 5 mmol

Analysis: 1 portion (LP)

Protein 2.2g, Fat 18g, CHO 65g,
Kcal 382, KJ 1725,
Na 14 mmol, K 4 mmol

Pancakes with Lemon

(makes 8 pancakes)

Note: This recipe contains some protein (egg).

1 egg
120g (LP) flour
150ml double cream
150ml water
30g sugar
1 lemon
Butter, margarine or oil to fry

Beat the egg.
Mix the double cream and water; add to egg.
Mix flour and sugar in a bowl and add half the egg, cream and water mixture.
Beat until a smooth batter is obtained then add the remainder of the liquid.
In a shallow pan, heat the fat until almost brown.
Pour in a little batter and fry until set and pale brown on one side.
Turn pancake over and fry until brown on the other side.
Place pancake on a hot plate.
Sprinkle with sugar and roll up.
Serve hot with lemon juice.

Analysis: 1 portion

Protein 5.1g, Fat 23g, CHO 33g,
Kcal 350, KJ 1460,
Na 3 mmol, K 3 mmol

Analysis: 1 portion (LP)

Protein 2.4g, Fat 23g, CHO 35g,
Kcal 350, KJ 1450,
Na 3 mmol, K 2 mmol

Low Protein Custard

200ml double cream
400ml water
50g custard powder
40g sugar

Mix the custard powder with the sugar and a little of the water.
Heat the remaining water and add to the custard powder mixture.
Return to the heat and boil until thick.
Stir in the double cream.
Serve hot or cold.

Analysis: 1 portion

Protein 0.8g, Fat 24g, CHO 23g,
Kcal 310, KJ 1280,
Na 2 mmol, K 1 mmol

COLD PUDDINGS

Basic Meringue Recipe

(using eggwhites – makes 8 meringues approximately)

2 whites of egg
120g sugar

Put the eggwhites in a basin and beat with a wire whisk or electric whisk until the foam forms firm peaks. Whisk in the sugar gradually, spoon by spoon, until all the sugar is added and a stiff foam is obtained. Brush greaseproof paper with a little oil and place on a baking sheet (or use silicone paper). Pipe the eggwhite foam on to the paper, or form meringue shells with a spoon. Dredge the shells with a little sugar. Bake the meringues in a cool oven (gas mark 2, 250-275°F, 120-150°C). The meringues should be firm and crisp right through and not browned. Remove the meringues from the oven and allow to cool. Store in an airtight cake tin.

Analysis: 1 meringue

Protein 0.5g, Fat 0g, CHO 16g,
Kcal 60, KJ 260,
Na 0 mmol, K 0 mmol

Meringue Nests

(using eggwhites – makes 4 nests)

2 eggwhites
120g sugar
150ml double cream
400g fresh strawberries

Prepare the meringue mixture (see above). Pipe 4 nests on lightly oiled greaseproof paper or silicone paper. Allow the nests to dry out in a low oven (gas mark 1, 200°F, 100°C), then allow to cool. Whip the double cream. Fill the nests with cream and strawberries

Variations

Other fruit may be used if wished. When using tinned fruit, drain well and do not fill the nests until just before serving.

Analysis: 1 meringue nest

Protein 2.3g, Fat 18g, CHO 38g,
Kcal 320, KJ 1330,
Na 2 mmol, K 5 mmol

Basic Meringue Recipe

(using Edifas 'A' – makes 20 meringues approximately)

15g Edifas 'A' (see *Special Products*, pages 147-150)
150ml boiling water
150ml cold water
270g caster sugar

To make Edifas 'A' solution

Whisk the Edifas 'A' into the 150ml boiling water.

Allow to cool, whisking occasionally.

When cool, add 150ml cold water (making a total of 300ml water).

To make the meringues

Whisk the Edifas 'A' solution to a stiff foam.

Add half the caster sugar and whisk until the mixture stands in peaks.

Fold in the rest of the caster sugar.

Pipe or spoon out on to lightly oiled greaseproof paper or silicone paper.

Dust with a little caster sugar.

Dry out in a low oven (gas mark 1, 200°F, 100°C).

Analysis: 1 meringue

Protein 0g, Fat 0g, CHO 13g,

Kcal 50, KJ 220,

Na 0 mmol, K 0 mmol

Meringue Nests

(using Edifas 'A' – makes 8 nests)

15g Edifas 'A'
150ml boiling water
150ml cold water
270g sugar
300ml double cream
800g strawberries

Prepare the meringue mixture as for Edifas 'A' (see above).

Pipe 8 nests on lightly oiled greaseproof paper or silicone paper.

Allow to dry out in a cool oven (gas mark 1, 200°F, 100°C).

Allow to cool.

Whip the double cream.

Fill the nests with cream and strawberries.

Variations

Other fruit may be used if wished. When using tinned fruit, drain well and do not fill the nests until just before serving.

Analysis: 1 meringue nest

Protein 1.2g, Fat 18g, CHO 43g,

Kcal 330, KJ 1380,

Na 1 mmol, K 5 mmol

Meringues with Cream and Liqueur

8 meringue shells (see page 111 for method using eggwhites, or page 112 for method using Edifas 'A')

1 tablespoon liqueur or brandy or a little vanilla essence
75ml double cream

Whip the double cream and mix with the liqueur, brandy or vanilla essence.

Sandwich two meringue shells together with the flavoured whipped cream.

Analysis: 1 portion (made with eggwhites)
Protein 1.5g, Fat 9g, CHO 32g,
Kcal 220, KJ 920,
Na 1 mmol, K 1 mmol

Analysis: 1 portion (made with Edifas 'A')
Protein 0.3g, Fat 9g, CHO 29g,
Kcal 200, KJ 850,
Na 0 mmol, K 0 mmol

Lemon Meringue Pie

(using eggwhites – makes 8 portions)

For pastry

125g (LP) flour
75g caster sugar
75g butter or margarine
Double cream or water as required

For custard

80g sugar
30g custard powder mixed with a little water
300ml water
Juice of 3 lemons

For meringue

2 eggwhites
120g sugar

Make the shortcrust pastry (see page 131).

Roll out the pastry and line a greased 20cm flan case.

To make the lemon custard, mix the water and lemon juice and heat to boiling point.

Add the custard powder and stir well until the mixture starts to thicken.

Add the sugar and leave to cool before pouring into the pastry case.

Make the meringue mixture (see page 111).

Pipe meringue mixture on top of the custard.

Bake the pie in a moderately hot oven (gas mark 4, 300-400°F, 150-200°C) for 30 minutes, until the pastry is cooked and the meringue is set.

Serve warm or cold.

Analysis: 1 portion
Protein 2.2g, Fat 8g, CHO 52g,
Kcal 270, KJ 1160,
Na 5 mmol, K 1 mmol

Analysis: 1 portion (LP)
Protein 0.7g, Fat 7g, CHO 53g,
Kcal 270, KJ 1150,
Na 4 mmol, K 1 mmol

Lemon Meringue Pie

(using Edifas 'A' – makes 8 portions)

For pastry

125g (LP) flour
75g caster sugar
75g butter or margarine
Double cream or water as required

For custard

80g sugar
30g custard powder mixed with a little water
300ml water
Juice of 3 lemons

For meringue

15g Edifas 'A'
150ml boiling water
150ml cold water
270g sugar

Make the shortcrust pastry (see page 131). Chill. Roll out and line a greased 20cm (7-8 inch) flan case.

Baking blind: Cover the uncooked pastry with greased greaseproof paper, greased side down and fill with some dried beans kept specifically for this purpose. Bake the flan case in a hot oven (gas mark 5, 425°F, 220°C) for 10-15 minutes until set and lightly browned. Remove the beans and greaseproof paper and return the case to the oven for a further 15 minutes to finish cooking.

Meanwhile prepare the lemon custard (see page 113).

Prepare the meringue mixture (see page 112).

Fill the flan case with custard and pipe the meringue on top.

Bake the pie in a cool oven (gas mark 1, 200°F, 100°C) until the meringue is set.

Analysis: 1 portion

Protein 1.7g, Fat 8g, CHO 72g,
Kcal 350, KJ 1470,
Na 4 mmol, K 1 mmol

Analysis: 1 portion (LP)

Protein 0.2g, Fat 7g, CHO 73g,
Kcal 350, KJ 1460,
Na 4 mmol, K 1 mmol

Lemon Cheese Cake

(8 portions)

Note: This recipe contains eggs.

350g Philadelphia cream cheese
2 eggs
15g gelatine
3 lemons (1 for decoration)
8-12 digestive biscuits (120g)
120g sugar
30g butter or margarine

Melt the butter and add biscuit crumbs.

Place in a 20cm (7-8 inch) cake tin and refrigerate.

Soak the gelatine in a little water and melt it in a pan over low heat.

Separate the eggs.

Liquidise together the lemon juice, egg yolks, sugar, gelatine mixture and cream cheese.

Whisk the eggwhite and fold into the cheese cake mixture.

Spoon the mixture on top of the biscuits and chill.

Decorate with thinly sliced lemon.

Analysis: 1 portion

Protein 6.2g, Fat 29g, CHO 26g,
Kcal 380, KJ 1580,
Na 11 mmol, K 3 mmol

Lemon Mousse

(using eggwhites)

100ml water
Peel of 1 lemon
Juice of 3 lemons (total 75ml)
100g sugar
10g gelatine (soaked in a little water)
150ml double cream (reserve half the quantity for decoration)
2 eggwhites

Simmer the lemon peel in 100ml water. Strain, cool slightly, add the soaked gelatine and sugar, then stir well until both are melted. Add the lemon juice when the solution is cool but still runny. Whip the double cream and whisk the eggwhites to a stiff foam. When the jelly is about to set fold in the whipped cream and eggwhites. Pour the mousse into individual dishes and leave to set in a refrigerator. Decorate with thinly sliced lemon and whipped cream.

Analysis: 1 portion

Protein 4.3g, Fat 18g, CHO 27g,
Kcal 280, KJ 1190,
Na 2 mmol, K 2 mmol

Orange Mousse

(using eggwhites)

50ml water
10g gelatine
150ml orange juice
125g sugar
150ml double cream
2 eggwhites
4 thin slices of orange

Soak the gelatine in 50ml water. Warm gently until melted. Dissolve the sugar in the orange juice and add to the gelatine mixture while still warm. Allow to cool. Whip the double cream. (Reserve half the quantity for decoration.) Whisk the eggwhites to a stiff foam. When the jelly is about to set fold in the whipped cream first, then the eggwhites. Pour the mousse into individual dishes and leave to set in a refrigerator. Decorate with a slice of orange and whipped cream.

Analysis: 1 portion

Protein 3.3g, Fat 18g, CHO 37g,
Kcal 310, KJ 1320,
Na 1 mmol, K 2 mmol

Strawberry Mousse

(using eggwhites)

50ml water
10g gelatine
100g caster sugar
200g strawberries – fresh or
tinned (other fruits may be
used – peaches, pineapple,
raspberries, blackcurrants,
reserving a few for decoration)
150ml double cream
2 eggwhites

Make the fruit into a purée, keeping some for decoration.

Soak the gelatine in 50ml water. Warm gently until melted.

Dissolve the sugar in the fruit purée and add to the gelatine mixture while still warm, stirring well.

Whip the double cream. (Reserve half the quantity for decoration.)

Whisk the eggwhites to a stiff foam.

Add to the fruit purée and whipped cream and fold lightly until thoroughly mixed.

Pour the mousse into individual dishes and leave to set in a refrigerator.

Decorate with some strawberries or other fruit and whipped cream.

Analysis: 1 portion

Protein 4.6g, Fat 18g, CHO 30g,

Kcal 290, KJ 1240,

Na 2 mmol, K 3 mmol

Frozen Loganberry Mousse

15g gelatine
1 tablespoon hot water
300g loganberries in syrup
300ml double cream
100g sugar

Set refrigerator control at coldest setting.

Make fruit into a purée.

Melt the gelatine in the hot water.

Add to the fruit and sugar and leave until cold.

Beat the mixture well.

Whip the cream and fold into the fruit mixture.

Freeze without stirring in the ice-making compartment of a refrigerator or in a freezer.

Analysis: 1 portion (loganberry mousse)

Protein 4.7g, Fat 36g, CHO 47g,

Kcal 520, KJ 2180,

Na 1 mmol, K 3 mmol

Instead of loganberries, this mousse may be made using 300g of peaches in syrup, pineapple in syrup or mandarins in syrup. Analyses below.

Analysis: *1 portion (peach mousse)*

Protein 4.8g, Fat 36g, CHO 45g,
Kcal 510, KJ 2140,
Na 1 mmol, K 4 mmol

Analysis: *1 portion (pineapple mousse)*

Protein 4.7g, Fat 36g, CHO 43g,
Kcal 510, KJ 2100,
Na 1 mmol, K 3 mmol

Analysis: *1 portion (mandarin mousse)*

Protein 5.0g, Fat 36g, CHO 43g,
Kcal 490, KJ 2040,
Na 1 mmol, K 3 mmol

Frozen Raspberry Mousse

15g gelatine
50ml hot water
300ml raspberry purée
300ml double cream
100g sugar

Set refrigerator control at coldest setting.

Soak the gelatine in a little water.

Warm gently until melted.

Add to the fruit purée and sugar and leave until cold.

Beat the mixture well.

Whip the cream and fold into the fruit mixture.

Freeze without stirring in the ice making compartment of a refrigerator or in a freezer.

Analysis: *1 portion*

Protein 4.5g, Fat 36g, CHO 45g,
Kcal 510, KJ 2130
Na 1 mmol, K 3 mmol

Strawberry Blancmange

200ml double cream
200ml water
60g sugar
30g cornflour
Strawberry essence and
colouring
A little whipped cream
A few strawberries for
decoration

Mix the cornflour with a little water.
Heat the double cream and remainder of water and
thicken with the cornflour mixture.
Add sugar, flavouring and colouring.
Pour the mixture into a wetted mould and leave to set.
When set, turn out and decorate with strawberries and a
little whipped cream.

Variations

Any other flavourings may be used.
For caramel blancmange make a caramel from 50g sugar
and a little water. First add the water, then the double
cream, and thicken with cornflour. Note: this will add
about 12g to the carbohydrate (CHO) content.

Analysis: 1 portion

Protein 0.8g, Fat 24g, CHO 24g,
Kcal 310, KJ 1290,
Na 1 mmol, K 1 mmol

Gooseberry Fool

400g gooseberries (tinned or
stewed)
60g sugar if required
300ml double cream or LP
custard (see page 110)

Whip the double cream.
Purée the fruit in a liquidiser or sieve.
Fold the fruit purée into the whipped cream or custard.
Serve chilled.

Variations

Other tinned or fresh fruit may be used: strawberries,
raspberries, apple, peaches, pineapple or pears.
Pineapple will make a foam if liquidised.

Analysis: 1 portion (with cream)

Protein 2.2g, Fat 36g, CHO 20g,
Kcal 410, KJ 1690
Na 1 mmol, K 6 mmol

Analysis: 1 portion (with LP custard)

Protein 1.3g, Fat 12g, CHO 30g,
Kcal 230, KJ 950,
Na 1 mmol, K 5 mmol

Blushing Pears

8 pear halves, tinned or fresh
4 tablespoons red jam
150ml double cream or LP
custard (see page 110)

If fresh pears are used, poach them first.
Place the pear halves in a dish with a little water.
Fill the centres of the pears with the jam.
Cover the dish with a lid.
Bake in a warm oven or put under the grill until the jam colours the pears.
Serve cold with cream or hot with custard.

Analysis: 1 portion (including cream)
Protein 1.1g, Fat 18g, CHO 38g,
Kcal 310, KJ 1300,
Na 1 mmol, K 4 mmol

Analysis: 1 portion (with LP custard)
Protein 0.7g, Fat 6g, CHO 43g,
Kcal 220, KJ 930,
Na 1 mmol, K 3 mmol

Fruit Condé

200g cooked rice
150ml double cream
200ml fruit juice (peach,
pineapple or mandarin)
1 level tablespoon cornflour
1 tablespoon sugar
200g tinned fruit: peaches,
pineapple or mandarins

Whip the double cream with sugar.
Keep a little for decoration and fold remainder into the rice.
Place the rice in 4 dishes and arrange the fruit on top.
Thicken the fruit juice with the cornflour and glaze the fruit.
Pipe whipped cream on top of the fruit.

Variation

The fruit can be placed in layers with the rice mixture.
More fruit may be used but this will alter the analyses.

Analysis: 1 portion
Protein 2g, Fat 21g, CHO 39g,
Kcal 350, KJ 1450,
Na 1 mmol, K 3 mmol

Fruit Jelly

1 bottle Hycal (see page 147)
200g tinned fruit: cocktail,
mandarins, strawberries
Juice of 1 lemon
5g gelatine (2½ leaves if leaf
gelatine is used)
100ml double cream

Soak the powdered gelatine in a little water (leaf gelatine in ample water).
Drain the tinned fruit and place into 4 individual moulds.
Heat the lemon juice and melt the gelatine in it.
Add the Hycal slowly.
Pour the gelatine mixture over the fruit and chill until set.
Serve with double cream.

Analysis: 1 portion

Protein 2.3g, Fat 12g, CHO 36g,
Kcal 260, KJ 1080,
Na 1 mmol, K 3 mmol

Raspberry or Strawberry Icecream (using Hycal)

180g fruit (raspberries or
strawberries)
180ml double cream
1 bottle Hycal (raspberry)
(see page 147)

Chop or purée the fruit.
Whip the double cream and mix with the Hycal and the fruit purée.
Mix well and freeze in the ice-making compartment of a refrigerator or in a freezer.
Note: Icecream texture is improved if the mixture is re-whisked once during the freezing process.

Analysis: 1 portion

Protein 0.9g, Fat 22g, CHO 31g,
Kcal 310, KJ 1320,
Na 1 mmol, K 2 mmol

Peach Icecream

200g tinned peaches (drained)
1½ tablespoons lemon juice
3g powdered gelatine
5 tablespoons icing sugar
150ml double cream

Soak the gelatine in a little water.
Liquidise the drained peaches.
Heat the lemon juice and dissolve the gelatine in it.
Add the mixture to the peach purée.
Whip the double cream with the sugar and fold into the peach mixture.
Freeze.
Note: Icecream texture is improved if the mixture is re-whisked once during the freezing process.

Analysis: *1 portion*

Protein 1.4g, Fat 18g, CHO 45g,
Kcal 340, KJ 1420,
Na 0 mmol, K 3 mmol

Vanilla Icecream

300ml double cream
50g sugar
Vanilla essence

Whip the double cream and sugar until thick but not too stiff.

Add the vanilla essence.

Freeze.

Serve with strawberry purée, fruit, or as peach melba (see below).

Analysis: *1 portion (not including purée or fruit)*

Protein 1.1g, Fat 36g, CHO 15g,
Kcal 380, KJ 1590,
Na 1 mmol, K 2 mmol

Peach Melba

1 bottle Hycal (raspberry)
240g vanilla icecream
(see above) = 4 scoops of
shopbought icecream
4 peach halves (120g)
1 teaspoon cornflour

Mix the cornflour with a little water.

Heat the Hycal and thicken with the cornflour.

Chill the sauce.

Put the icecream in 4 sundae glasses and place half a peach on top.

Pour the raspberry sauce over the peach.

Analysis: *1 portion*

Protein 0.9g, Fat 24g, CHO 37g,
Kcal 360, KJ 1520,
Na 1 mmol, K 2 mmol

Trifle

120g (LP) biscuit crumbs
200g tinned fruit: strawberries,
mandarins, peaches
LP custard (use half the recipe
on page 110)
50ml double cream (whipped)
60ml sherry (optional)
2 tablespoons jam
4 glacé cherries

Arrange the crumbs in the bottom of a glass dish with the jam and sherry.
Spoon the fruit on top.
Spoon the custard on top of the fruit and leave to cool and set.
Garnish with rosettes of whipped cream and glacé cherries.

Analysis: 1 portion (including sherry)
Protein 2.9g, Fat 23g, CHO 67g,
Kcal 490, KJ 2040,
Na 7 mmol, K 4 mmol

Analysis: 1 portion (LP) (including sherry)
Protein 1.2g, Fat 21g, CHO 70g,
Kcal 480, KJ 1990,
Na 2 mmol, K 4 mmol

Danish Apple Cake

500g cooking apples
60g freshly made (LP)
breadcrumbs
40g Demerara sugar
40g butter or margarine

Peel, core and slice the apples and cook in very little water until soft but not mushy.
Melt butter or margarine in frying pan and sauté the breadcrumbs and sugar slowly until they are browned and slightly caramelised.
Put alternate layers of breadcrumb mixture and apple in a pie dish (about 1 pint size) starting and ending with a layer of breadcrumbs.
Bake in a moderate oven (gas mark 4, 350°F, 175°C) for 30 minutes.
Serve hot with custard (see page 110) or cold with whipped cream.

Analysis: 1 portion (excluding cream or custard)
Protein 1.6g, Fat 8g, CHO 28g,
Kcal 190, KJ 780,
Na 7 mmol, K 4 mmol

Analysis: 1 portion (LP) (excluding cream or custard)
Protein 0.5g, Fat 9g, CHO 29g,
Kcal 190, KJ 790,
Na 7 mmol, K 4 mmol

Cakes, Pastries and Biscuits

Excellent cakes, pastries and biscuits can be made using low protein (LP) flour. The recipes improve the variety of a protein-restricted diet and can be regarded as a dessert or a tea-time snack. Unsalted butter or margarine alters the Na content. Recipes using egg are clearly marked as such; the amount used is kept to a minimum. The Na content of savoury biscuits remains low despite the use of a little Marmite or cheese.

CAKES

Danish Cinnamon Cake

(8 portions)

Note: This recipe contains some protein (egg) and baking powder.

75g butter or margarine
100g sugar
1 egg
120g (LP) flour
1/2 teaspoon sodium
bicarbonate
1 teaspoon baking powder
Vanilla essence
1 1/2 teaspoons cinnamon
150g crushed pineapple
4 pineapple slices
4 glacé cherries
1 tablespoon icing sugar
80ml whipped double cream

Mix the flour, baking powder, sodium bicarbonate and cinnamon.
Cream the butter or margarine and sugar.
Add egg and beat well.
Divide flour into two equal portions.
Add crushed pineapple to one half of the flour.
Add this mixture to the butter, sugar and egg mixture.
Add the vanilla essence.
Add the remainder of the flour and bind the mixture to an evenly blended dough.
Place in a square greased cake tin.
Bake for 45 minutes in a moderate oven (gas mark 4, 350°F, 175°C).
Turn out the cake on to a wire rack to cool.
Sprinkle with icing sugar and decorate with pineapple slices, whipped double cream and glacé cherries.

Analysis: 1 portion (including double cream)

Protein 2.6g, Fat 13g, CHO 36g,
Kcal 260, KJ 1100,
Na 9 mmol, K 2 mmol

Analysis: 1 portion (LP) (including double cream)

Protein 1.2g, Fat 13g, CHO 37g,
Kcal 260, KJ 1090,
Na 9 mmol, K 1 mmol

Cold Peach Flan

(8 portions)

150g (LP) biscuit crumbs
150g butter or margarine
400g peaches in syrup
150ml double cream

Melt the butter or margarine and add to the biscuit crumbs.
Spread evenly in a 25cm flan case, pressing the mixture to the bottom and sides of the case.
Leave in a cool place for 24 hours.
Fill with tinned peaches and top with whipped double cream.

Analysis: *1 portion*

Protein 2.4g, Fat 29g, CHO 24g,
Kcal 360, KJ 1490,
Na 11 mmol, K 3 mmol

Analysis: *1 portion (LP)*

Protein 0.8g, Fat 26g, CHO 28g,
Kcal 350, KJ 1450,
Na 8 mmol, K 3 mmol

Lemon Éclairs

(makes 8)

Note: This recipe contains some protein (egg).

75ml water
15g butter or margarine
50g (LP) flour
1 egg
150ml double cream

Icing

100g icing sugar
Juice of 1-2 lemons

Preheat the oven for 10 minutes (gas mark 5, 400°F, 200°C).

Melt the butter, add the water and bring to the boil.

Add the flour at once and beat the mixture until it forms a ball.

Leave to cool.

Add the egg and beat for several minutes.

Spoon the mixture in small balls on to a greased tin, or pipe it into shapes.

Bake for 25 minutes (gas mark 5, 400°F, 200°C).

Do not open the oven for the first 10 minutes during the cooking.

Cool the éclairs and fill with slightly sweetened whipped cream.

Mix icing sugar and enough lemon juice to make a thick paste. Spread on top of the éclairs.

Analysis: *1 éclair (including cream and lemon icing)*

Protein 1.8g, Fat 13g, CHO 20g,
Kcal 200, KJ 830,
Na 2 mmol, K 3 mmol

Analysis: *1 éclair (LP) (including cream and lemon icing)*

Protein 1.2g, Fat 13g, CHO 20g,
Kcal 200, KJ 830,
Na 2 mmol, K 2 mmol

Scones

(makes 12-16 scones)

250g (LP) flour or Rite Diet or
Juvela flour mix (see page 148)
2 level teaspoons baking
powder
60g butter or margarine
100ml double cream
75ml water

Preheat the oven to very hot (gas mark 9,
475°F, 250°C).

Mix the flour with the baking powder and rub in the
butter or margarine.

Mix cream and water and add to flour mixture to make a
soft dough.

Divide the dough into 12-16 portions, and flatten each
portion on a greased baking sheet.

Bake the scones for 10-12 minutes.

Variations

50g chopped mixed peel can be added to the dough if
desired.

Analysis: 1 scone

Protein 1.7g, Fat 6g, CHO 13g,
Kcal 111, KJ 467,
Na 5 mmol, K 0 mmol

Analysis: 1 scone (LP)

Protein 0.3g, Fat 6g, CHO 14g,
Kcal 111, KJ 467,
Na 5 mmol, K 0 mmol

Analysis: 1 scone (with mixed peel)

Protein 1.7g, Fat 6g, CHO 16g
Kcal 124, KJ 519,
Na 5 mmol, K 0 mmol

Analysis: 1 scone (LP) (with mixed peel)

Protein 0.3g, Fat 6g, CHO 17g,
Kcal 124, KJ 514,
Na 5 mmol, K 0 mmol

Apple Cake

(12 portions)

Note: This recipe contains some protein (egg) and baking powder.

300g cooking apples
1 tablespoon chopped mixed peel
Grated rind of 1 orange
A little water or cream
250g (LP) flour
1/2 level teaspoon ground cinnamon
2 level teaspoons baking powder
100g butter or margarine
180g brown sugar
2 large eggs (or 3 small)

Preheat the oven (gas mark 4, 350°F, 175°C).
Grease an 8½ inch (22cm) cake tin.
Mix the flour with cinnamon and baking powder.
Peel and core the apples and cut into small cubes.
Put in a bowl and mix with a little of the flour mixture.
In a separate bowl, beat the fat and sugar together until creamy then gradually add the eggs.
Fold in the flour mixture and, lastly, the mixed peel, grated orange rind and apple.
If the mixture is too dry add the water and/or cream.
Bake in the centre of the oven for about 1 hour.
Cool for 10 minutes before turning out.
Sprinkle with sifted icing sugar.
Serve with double cream.

Note: The cake can be steamed if preferred. Cover the pudding with greaseproof paper and steam in a covered saucepan half filled with boiling water for 1½ hours.

Analysis: 1 portion

Protein 3.5g, Fat 8g, CHO 35g,
Kcal 219, KJ 923,
Na 8 mmol, K 2 mmol

Analysis: 1 portion (LP)

Protein 1.6g, Fat 8g, CHO 36g,
Kcal 223, KJ 918,
Na 8 mmol, K 2 mmol

Christmas Cake

(12 portions)

Note: This recipe contains some protein (egg) and baking powder.

225g (LP) flour
75g caster sugar
1 level teaspoon baking powder
1 level teaspoon cinnamon
1/2 level teaspoon nutmeg (powdered or grated)
120ml pineapple juice
120ml corn oil
2 eggs (separated)
2 tablespoons treacle
120g glacé cherries (chopped)
120g mixed glacé fruit (pineapple or apricots – chopped)

Preheat the oven to gas mark 2 (275°F, 125°C).

Grease a small cake tin and line with greased, greaseproof paper, using lard or butter.

Mix the flour with the baking powder, cinnamon and nutmeg.

Cream the sugar with the egg yolks until pale yellow and fluffy.

Add the flour mixture to corn oil, pineapple juice and treacle, and mix until smooth.

Whisk the egg whites until firm and fold into the cake mixture together with the fruit.

Pour the cake mixture into the lined cake tin and bake for 2½ to 3 hours, or until a thin knitting needle inserted into the centre comes out clean.

If necessary, cover with aluminium foil or greaseproof paper for the last half an hour to prevent excessive browning.

Remove the cake from the tin and cool completely on a wire rack.

Sprinkle liberally with brandy or rum.

Wrap the cake in aluminium foil and store in a cool place.

Use mock marzipan and glacé icing for cake if desired (see page 129).

Analysis: 1 portion (without mock marzipan and icing)

Protein 3.1g, Fat 11g, CHO 38g,
Kcal 253, KJ 1067,
Na 3 mmol, K 3 mmol

Analysis: 1 portion (LP) (without mock marzipan and icing)

Protein 1.4g, Fat 11g, CHO 39g,
Kcal 251, KJ 1067,
Na 3 mmol, K 3 mmol

Mock Marzipan

(makes about 350g for a 12-portion cake)

120g unsalted butter
250g caster sugar
100ml water
250g (LP) semolina
4 teaspoons almond essence
Grated rind of 2 lemons

Heat the water and let the butter melt in it.
Add the sugar and the grated lemon rind.
Heat until the sugar has dissolved.
Add the semolina and stir over a gentle heat for 5 minutes or until the semolina is cooked.
Stir in the essence.
Pour into a dish and chill until firm enough to roll out.
Use icing sugar for rolling out.
Cover the sides of the cake with the marzipan and ice the top (see below).

Analysis: 1 portion

Protein 2.4g, Fat 5g, CHO 38g,
Kcal 200, KJ 844,
Na 0 mmol, K 1 mmol

Analysis: 1 portion (LP)

Protein 0.3g, Fat 5g, CHO 40g,
Kcal 198, KJ 835,
Na 0 mmol, K 0 mmol

Glacé Icing

(for a 12-portion cake)

250g icing sugar
Juice of 2-3 lemons

Sieve the icing sugar and mix with enough lemon juice to make a thick paste.

Analysis: 1 portion

Protein 0g, Fat 0g, CHO 22g,
Kcal 82, KJ 352,
Na 0 mmol, K 0 mmol

Analysis: 1 portion of Christmas cake (including mock marzipan and icing)

Protein 5.8g, Fat 16g, CHO 98g,
Kcal 535, KJ 2263,
Na 3 mmol, K 4 mmol

Analysis: 1 portion of Christmas cake (LP) (including mock marzipan and icing)

Protein 1.7g, Fat 16g, CHO 98g,
Kcal 533, KJ 2248,
Na 3 mmol, K 3 mmol

Butter Icing

120g unsalted butter
180g icing sugar
Vanilla essence

Cream the butter until soft and pale.
Add gradually the sieved icing sugar and vanilla essence.

Analysis: *per 30g portion*

Protein 0g, Fat 12g, CHO 18g,
Kcal 178, KJ 747,
Na 0 mmol, K 0 mmol

PASTRIES

Bakewell Tarts

(makes approximately 16 tarts)

For pastry

160g (LP) flour
120g ground rice
40g cornflour
60ml double cream
120g butter or margarine
120g caster sugar

For the filling

125g butter or margarine
125g caster sugar
125g ground rice
1 egg
Almond essence
Jam

To make the pastry

Mix the flour, ground rice and cornflour together.
Rub in butter or margarine.
Add sugar and bind with double cream.
Roll out and cut into rounds.
Line 5cm patty tins.
Place 1 teaspoonful of jam in each of them.

To make the filling

Melt the butter or margarine and sugar and cook for 1 minute.
Stir in the ground rice and well beaten egg and flavour with the almond essence.
Cover the tarts with this mixture and bake in a moderate oven for about 20 minutes.

Variation

Instead of using jam, place 1 teaspoonful of chopped pineapple in each tart. For a large bakewell tart, line a 15cm (6 inch) flan ring with the pastry and proceed with the filling as above.

Analysis: *1 tart*

Protein 2.5g, Fat 16g, CHO 44g,
Kcal 310, KJ 1320,
Na 6 mmol, K 1 mmol

Analysis: *1 tart (LP)*

Protein 1.6g, Fat 16g, CHO 44g,
Kcal 310, KJ 1320,
Na 7 mmol, K 1 mmol

Shortcrust Pastry

(8 portions – basic recipe)

150g (LP) flour
75g butter or margarine
Double cream or water as
required

Rub the butter or margarine into the flour.
Mix to a dough with a little double cream or water.
Leave to chill for 2 hours.
Roll out the dough on a floured board and cut as
required.

Note: Shortcrust pastry is suitable for flans, tarts and
pies. Adding water makes a harder crust.

Analysis: 1 portion (excluding filling)
Protein 2.0g, Fat 10g, CHO 15g,
Kcal 160, KJ 650,
Na 3 mmol, K 1 mmol

Analysis: 1 portion (LP) (excluding filling)
Protein 0.2g, Fat 10g, CHO 16g,
Kcal 160, KJ 650,
Na 4 mmol, K 0 mmol

SWEET BISCUITS

Basic Recipe

(makes approximately 40 biscuits)

270g (LP) flour
60g ground rice
250g butter or margarine
120g caster sugar

Put all the ingredients into a bowl.

Mix together until mixture forms a fairly soft, smooth dough.

Wrap in clingfilm and refrigerate for 1 hour.

Roll out, cut into shapes and bake at gas mark 4 (350°F, 175°C) for 10 to 15 minutes.

Variations

The following are some of the many ingredients that can be added to the basic biscuit dough: spices, lemon rind, mixed candied peel, jam, food colouring, cinnamon.

When using chopped mixed peel, roll out the dough to a $\frac{3}{4}$ inch thick square. Place on a greased baking sheet and flatten slightly. Bake as basic recipe. While still warm cut into diagonal pieces. When cool, top with pink icing and strips of candied peel.

Analysis: 1 biscuit

Protein 0.8g, Fat 5g, CHO 10g,
Kcal 87, KJ 364,
Na 2 mmol, K 1 mmol

Analysis: 1 biscuit (LP)

Protein 0.2g, Fat 5g, CHO 10g,
Kcal 87, KJ 364,
Na 2 mmol, K 1 mmol

Lemon Biscuits

(makes approximately 40 biscuits)

250g (LP) flour
180g butter or margarine
90g caster sugar
Juice and the grated rind of
1 lemon

Cream the butter or margarine and caster sugar.

Add the flour, lemon juice and grated rind.

Knead into a firm dough and roll out on a floured board.

Cut into shapes and place the biscuits on a greased baking sheet.

Bake in a moderate oven at gas mark 5 (375°F, 180°C) until slightly coloured.

Analysis: *1 biscuit*

Protein 0.6g, Fat 4g, CHO 7g,
Kcal 64, KJ 269,
Na 2 mmol, K 1 mmol

Analysis: *1 biscuit (LP)*

Protein 0.1g, Fat 4g, CHO 8g,
Kcal 64, KJ 269,
Na 2 mmol, K 1 mmol

Viennese Biscuits

(makes approximately 40 biscuits)

250g (LP) flour
200g butter or margarine
75g icing sugar
2 tablespoons water, or as
required
40 glacé cherries

Cream the butter or margarine with the icing sugar until light and fluffy.

Add half the flour and mix well.

Beat in the water.

Gradually add the remainder of the flour.

Place the mixture in a piping bag with a fluted nozzle and pipe shapes on to a well greased baking sheet.

Alternatively, pipe the mixture into fairy cake cases or a greased baking tin.

Place a glacé cherry in the middle of each biscuit.

Bake for about 25 minutes in a moderate oven (gas mark 4, 350°F, 175°C).

When cool, the biscuits may be sandwiched together with butter icing (see page 130).

Analysis: *1 biscuit (excluding butter icing)*

Protein 0.6g, Fat 4g, CHO 8g,
Kcal 69, KJ 288,
Na 2 mmol, K 1 mmol

Analysis: *1 biscuit (LP) (excluding butter icing)*

Protein 0.1g, Fat 4g, CHO 8g,
Kcal 69, KJ 288,
Na 2 mmol, K 1 mmol

Analysis: *2 biscuits (sandwiched together with 10g butter icing)*

Protein 1.2g, Fat 18g, CHO 35g,
Kcal 316, KJ 1243,
Na 4 mmol, K 2 mmol

Analysis: *2 biscuits (LP) (sandwiched together with 10g butter icing)*

Protein 0.2g, Fat 18g, CHO 35g,
Kcal 316, KJ 1243,
Na 4 mmol, K 2 mmol

Ginger Biscuits

(makes approximately 30 biscuits)

150g (LP) flour
50g ground rice
60g butter or margarine
90g soft brown sugar
1½ level teaspoons bicarbonate of soda
1 level teaspoon ground ginger
1 level teaspoon mixed spice or cinnamon
90g golden syrup

Melt the butter or margarine and mix with the dry ingredients.

Mix in the golden syrup to form a stiff dough.

Add a little water if necessary.

Form into balls and place on a greased baking sheet.

Flatten the balls with a fork and bake at gas mark 3 or 4 (325°F, 170°C) for 20 minutes.

Analysis: 1 biscuit

Protein 0.6g, Fat 2g, CHO 10g,

Kcal 60, KJ 253,

Na 2 mmol, K 1 mmol

Analysis: 1 biscuit (LP)

Protein 0.2g, Fat 2g, CHO 11g,

Kcal 60, KJ 249,

Na 2 mmol, K 1 mmol

Honey Nuts

(makes approximately 15 biscuits)

Note: This recipe contains some protein (egg).

150g (LP) flour
50g ground rice
1 teaspoon baking powder
75g sugar
½ egg
1 dessertspoon honey
100g butter or margarine

Cream the butter with the sugar and honey.

Add the egg and mix well.

Add the flour, ground rice and baking powder and mix to a dough.

Form into small balls and place on a greased baking sheet.

Flatten the balls with a fork.

Bake the biscuits in a moderate oven at gas mark 3 (325°F, 170°C) for 20 minutes until slightly coloured.

Analysis: 1 biscuit

Protein 1.4g, Fat 6g, CHO 17g,

Kcal 120, KJ 520,

Na 3 mmol, K 1 mmol

Analysis: 1 biscuit (LP)

Protein 0.5g, Fat 6g, CHO 17g,

Kcal 120, KJ 520,

Na 3 mmol, K 0 mmol

Shrewsbury Biscuits

(makes approximately 30 biscuits)

Note: This recipe contains some protein (egg).

125g (LP) flour
25g ground rice
50g sugar
100g butter or margarine
1/2 egg
2 tablespoons chopped glacé
cherries or chopped candied
peel

Cream the butter or margarine with the sugar.
Add the egg, flour, ground rice, cherries or peel and mix well.

Leave in a cool place to chill for half to one hour to make dough firm.

Roll out on to a floured surface and cut into shapes.

Bake in a moderate hot oven, gas mark 4 or 5 (350°F, 175°C) for 20 minutes until slightly coloured.

Dust with caster sugar.

Analysis: 1 biscuit

Protein 0.6g, Fat 3g, CHO 7g,

Kcal 54, KJ 225,

Na 1 mmol, K 1 mmol

Analysis: 1 biscuit (LP)

Protein 0.2g, Fat 3g, CHO 7g,

Kcal 54, KJ 225,

Na 1 mmol, K 1 mmol

Shortbread

(makes approximately 20 fingers)

250g (LP) flour
150g caster sugar
150g butter or margarine
2 tablespoons double cream, if
required

Rub the butter or margarine into the sugar and flour to form a dough and add a little double cream if required.
Leave to chill.

Roll out on a floured surface until about 1cm (1/2 inch) thick.

Dust with caster sugar and cut into shapes.

Place on a floured baking sheet and bake in a fairly hot oven (gas mark 5 or 6, 400°F, 200°C) for 15 minutes or until slightly coloured.

Analysis: 1 shortbread finger

Protein 1.3g, Fat 6g, CHO 18g,

Kcal 129, KJ 540,

Na 3 mmol, K 1 mmol

Analysis: 1 shortbread finger (LP)

Protein 0.1g, Fat 6g, CHO 19g,

Kcal 129, KJ 540,

Na 3 mmol, K 1 mmol

Brandy Snaps

(12 portions)

60g butter or margarine
60g Demerara sugar
60g golden syrup
60g (LP) flour
1 level teaspoon ground ginger
1 teaspoon lemon juice
150ml double cream (optional)

Melt the butter or margarine, sugar and syrup in a pan. Add the lemon juice and sieved flour and ginger, and mix.

Place teaspoons of the mixture 8cm apart on a well greased tray.

Bake for 10 minutes, or until golden brown, in a moderate oven (gas mark 4, 350°F, 175°C).

Allow to cool a little, then roll up quickly around the handle of a well greased wooden spoon.

Serve when cold and crisp, filled with cream if liked.

Analysis: 1 portion (excluding cream)

Protein 0.5g, Fat 4g, CHO 13g,
Kcal 90, KJ 370,
Na 2 mmol, K 1 mmol

Analysis: 1 portion (LP) (excluding cream)

Protein 0.1g, Fat 4g, CHO 13g,
Kcal 90, KJ 370,
Na 3 mmol, K 0 mmol

Analysis: 1 portion (including cream)

Protein 0.7g, Fat 10g, CHO 13g,
Kcal 150, KJ 610,
Na 3 mmol, K 1 mmol

Analysis: 1 portion (LP) (including cream)

Protein 0.3g, Fat 10g, CHO 14g,
Kcal 150, KJ 610,
Na 3 mmol, K 1 mmol

Lancashire Nuts

(makes 30 biscuits)

Note: This recipe contains some protein (egg) and baking powder.

100g (LP) flour
100g ground rice
100g butter or margarine
100g sugar
2 level teaspoons baking powder
1 egg

Cream the butter or margarine with the sugar.

Add the egg, flour, ground rice and baking powder and mix to a firm paste.

Place heaped teaspoons of the mixture on a greased baking tray.

Cook the biscuits in a moderate oven (gas mark 4, 350°F, 170°C).

When cold, sandwich the biscuits together with butter icing (see page 130).

Analysis: 1 biscuit (excluding butter icing)
Protein 0.8g, Fat 3g, CHO 9g,
Kcal 64, KJ 271,
Na 3 mmol, K 1 mmol

Analysis: 1 biscuit (LP) (excluding butter icing)
Protein 0.5g, Fat 3g, CHO 9g,
Kcal 64, KJ 271,
Na 3 mmol, K 1 mmol

Analysis: 2 biscuits (sandwiched together with
butter icing)
Protein 1.6g, Fat 16g, CHO 37g,
Kcal 306, KJ 1285,
Na 6 mmol, K 2 mmol

Analysis: 2 biscuits (LP) (sandwiched together with
butter icing)
Protein 1g, Fat 16g, CHO 37g,
Kcal 306, KJ 1285,
Na 6 mmol, K 2 mmol

Oat Biscuits

(makes approximately 40 biscuits)

100g (LP) flour
50g ground rice
75g porridge oats
100g butter or margarine
100ml double cream
100g caster sugar

Mix the flour with the ground rice, porridge oats and sugar.

Rub in the butter or margarine.

Add the double cream and knead into a dough.

Form into approximately 40 balls and place on a greased baking sheet.

Bake in a fairly cool oven, (gas mark 3, 300°F, 150°C) for 15-20 minutes.

Analysis: 1 biscuit
Protein 0.6g, Fat 3g, CHO 7g,
Kcal 60, KJ 252,
Na 1 mmol, K 1 mmol

Analysis: 1 biscuit (LP)
Protein 0.4g, Fat 3g, CHO 7g,
Kcal 60, KJ 252,
Na 1 mmol, K 1 mmol

Spiced Biscuits

(makes approximately 30 biscuits)

200g (LP) flour
100g butter or margarine
125g caster sugar
2 tablespoons water
1 level tablespoon mixed spice
(home made)

Mixed spice

4 level teaspoons cinnamon
1/2 level teaspoon ground white
pepper
1/2 level teaspoon ground
cloves or 1/2 level teaspoon
ground ginger

Cream the butter or margarine and the sugar.

Add the flour, mixed spice and water.

Knead the dough thoroughly, adding more water if required.

Leave to chill.

Roll out on a floured surface and cut into squares.

Place the biscuits on a greased baking sheet and bake for 15-20 minutes in a moderately hot oven (gas mark 4, 350°F, 175°C).

The biscuits should not become dark or they will taste rather bitter.

Analysis: 1 biscuit

Protein 0.7g, Fat 3g, CHO 10g,
Kcal 65, KJ 273,
Na 1 mmol, K 1 mmol

Analysis: 1 biscuit (LP)

Protein 0.1g, Fat 3g, CHO 10g,
Kcal 65, KJ 273,
Na 1 mmol, K 1 mmol

Nutties

(makes approximately 20 biscuits)

100g (LP) flour
25g grated coconut
50g butter or margarine
50g soft brown sugar
1 tablespoon golden syrup

Melt the butter or margarine, sugar and syrup.

Add the flour and coconut and mix to a fairly moist dough.

Press into a small greased baking tin and cook in a slow oven (gas mark 2, 250°F, 125°C).

Cut into fingers while still warm.

This is a chewy biscuit.

Analysis: 1 biscuit

Protein 0.6g, Fat 3g, CHO 8g,
Kcal 58, KJ 243,
Na 1 mmol, K 1 mmol

Analysis: 1 biscuit (LP)

Protein 0.1g, Fat 3g, CHO 8g,
Kcal 58, KJ 243,
Na 1 mmol, K 1 mmol

Cherry Buns

(makes approximately 30 buns)

Note: This recipe contains some protein (egg) and baking powder.

150g (LP) flour
75g butter or margarine
50g sugar
1 level teaspoon baking powder
1/2 an egg
Vanilla or almond essence
Glacé cherries

Cream the butter with the sugar.
Add the egg, flour, baking powder and flavouring essence.
Mix well to form a dough.
Form into small balls and place on a greased baking sheet with a glacé cherry on top.
Bake at gas mark 6 (350°F, 175°C) for 20 minutes until slightly coloured.

Analysis: 1 bun

Protein 0.6g, Fat 2g, CHO 6g,
Kcal 46, KJ 194,
Na 2 mmol, K 1 mmol

Analysis: 1 bun (LP)

Protein 0.2g, Fat 2g, CHO 7g,
Kcal 46, KJ 194,
Na 2 mmol, K 1 mmol

SAVOURY BISCUITS

Marmite Biscuits

(makes approximately 30 biscuits)

Note: This recipe contains some Marmite.

200g (LP) flour
100g butter or margarine
1 level teaspoon Marmite
mixed with 1/4 cup of warm water

Rub the butter or margarine into the flour.
Add the marmite mixture and mix into a dough.
Leave to chill.
Roll out 1/2cm (1/4 inch) thick on a floured surface.
Cut out shapes and place on a greased baking tray.
Bake in a moderate hot oven, gas mark 4 (350°F, 175°C), until just turning brown.

Analysis: 1 biscuit

Protein 0.7g, Fat 3g, CHO 5g,
Kcal 48, KJ 202,
Na 2 mmol, K 1 mmol

Analysis: 1 biscuit (LP)

Protein 0.1g, Fat 3g, CHO 5g,
Kcal 48, KJ 202,
Na 2 mmol, K 1 mmol

Cheese Biscuits

(makes approximately 20 biscuits)

Note: This recipe contains some protein (cheese) and baking powder.

100g (LP) flour
50g butter or margarine
30g grated Cheddar cheese
1 level teaspoon mustard powder
Pinch of baking powder
2-3 dessertspoons double cream as required

Rub the butter or margarine into the flour.
Add the cheese and mustard powder, and double cream if required, to form a dough.
Leave to chill.
Roll out 1/2cm thick on a floured surface.
Cut into shapes and place on a greased baking tray.
Bake in a moderate oven (gas mark 4, 350°F, 175°C) until just turning brown.

Analysis: 1 biscuit

Protein 1g, Fat 4g, CHO 4g,
Kcal 56, KJ 236,
Na 1 mmol, K 0 mmol

Analysis: 1 biscuit (LP)

Protein 0.5g, Fat 4g, CHO 4g,
Kcal 56, KJ 236,
Na 1 mmol, K 0 mmol

Onion Biscuits

(makes approximately 30 biscuits)

200g (LP) flour
100g butter or margarine
1 small onion (chopped)
2 tablespoons water
Pepper
Parsley or mixed herbs

Chop the onion and cook gently in the water.
Add the chopped parsley or mixed herbs.
Rub the butter or margarine into the flour.
Add the onion mixture and mix well.
Leave the dough to chill.
Roll out on a floured board and cut into shapes.
Bake in a moderate hot oven (gas mark 4, 350°F, 175°C), for approximately 10-15 minutes until just turning golden brown.

Analysis: 1 biscuit

Protein 0.7g, Fat 3g, CHO 8g,
Kcal 49, KJ 203,
Na 1 mmol, K 0 mmol

Analysis: 1 biscuit (LP)

Protein 0.1g, Fat 3g, CHO 6g,
Kcal 49, KJ 203,
Na 1 mmol, K 0 mmol

High Protein

These recipes should be used only by those on peritoneal dialysis and/or as directed by your doctor or dietitian. Recipes containing a large quantity of milk or Complan will have a high phosphorus content.

Milkshake

(using Complan - 1 portion)

100g (flavoured) Complan
50g skimmed milk powder
600ml milk
75ml double cream (optional)

Using a liquidiser

Put milk, Complan and skimmed milk powder into a liquidiser and mix for 1/2 minute.

Pour the mixture into a jug or bowl.

Add the double cream and stir well.

Keep the milkshake in the refrigerator and shake or stir before use.

By hand, using a whisk

Put the dry ingredients into a bowl and add sufficient milk to obtain a paste.

Add milk and cream slowly and transfer the milkshake to a jug or bottle. Shake before use.

Analysis: 1 portion

Protein 59g, Fat 76g, CHO 111g,

Kcal 1350, KJ 5630,

Na 41 mmol, K 67 mmol

Milkshake

(using MAXIPRO HBV - 1 portion)

50g MAXIPRO HBV
300ml milk
150ml double cream
200g strawberries (tinned)
or
200g fresh strawberries plus
40g sugar

Using a liquidiser

Put milk, strawberries and MAXIPRO into the liquidiser and mix for 1 minute.

Pour the mixture into a jug.

Add double cream and stir well.

Do not liquidise the double cream as it may curdle the milkshake.

Keep the milkshake in a refrigerator and shake or stir before use. Add more milk or water if required (if fluid allowance permits).

By hand, using a whisk

Mash the strawberries.

Put the MAXIPRO into a bowl and add strawberries, cream and sufficient milk to make a paste.

Add the milk slowly and transfer the milkshake to a jug or bottle. Shake before use and add more milk or water if required (if fluid allowance permits).

Analysis: 1 portion

Protein 57g, Fat 86g, CHO 59g,

Kcal 1240, KJ 5190.

Na 14 mmol, K 25 mmol

Fortified Tomato Soup

(4 portions)

2 tins (500ml) tomato soup
100g minced, cooked beef
100ml double cream
30g Caloreen/Calonutrin
or MAXIJUL

Heat the tinned soup and add the minced meat.
Add Caloreen/Calonutrin or MAXIJUL and stir to
dissolve.
Away from the heat – add double cream.
Serve with hot buttered toast if wished.

Analysis: 1 portion

Protein 7.2g, Fat 20g, CHO 16g,
Kcal 270, KJ 1120,
Na 30 mmol, K 8 mmol

Fortified Chicken Soup

(4 portions)

2 tins (500ml) chicken soup
100g minced cooked chicken
100ml double cream
30g Caloreen/Calonutrin
or MAXIJUL

Heat the tinned soup and add the minced chicken.
Add Caloreen/Calonutrin or MAXIJUL and stir to
dissolve.
Away from the heat – add double cream.
Serve with hot buttered toast if wished.

Analysis: 1 portion

Protein 8.7g, Fat 18g, CHO 14g,
Kcal 250, KJ 1060,
Na 27 mmol, K 4 mmol

Fortified Vegetable Soup

(4 portions)

2 tins (500ml) vegetable soup
100g minced, cooked beef (or
chicken)
100ml double cream
30g Caloreen/Calonutrin
or MAXIJUL

Heat the tinned soup and add the minced beef or
chicken.
Add the Caloreen/Calonutrin or MAXIJUL and stir to
dissolve.
Away from the heat – add the double cream.
Serve with hot buttered toast if wished.

Analysis: 1 portion

Protein 8g, Fat 17g, CHO 17g,
Kcal 250, KJ 1040,
Na 31 mmol, K 7 mmol



Eating out

It is extremely important that as normal a life as possible is maintained. This includes social events, such as eating out, whether in a restaurant, a snack bar, a picnic, or at a friend's house. Some advice is given about the choice of food in the most popular types of restaurant. If you need to follow a low sodium diet you can ask the waiter to have your grill, chips or salad prepared without salt. You can also watch the size of your portions. You may, however, need to check with your doctor or dietitian first, as not all types of restaurant are included in this section.

MEAT, FISH AND SHELL FISH

Plain meat or fish grilled, roast, fried or boiled, is usually quite suitable. Dishes containing tomato or mushrooms are not, unless you take rice or pasta with the dish, both of which contain very little potassium.

POTATOES

Plain boiled potatoes are safest. If, however, you choose chips, sauté or baked potatoes, and if you follow a potassium restricted diet, it may be necessary to take only half your normal portion, because potatoes prepared in these ways are usually not boiled beforehand.

VEGETABLES

Choose a low potassium vegetable if you can. If you want to eat a particular vegetable which contains a fair amount of potassium, take a smaller portion. When you have a salad, watch the size of the portion you eat. Salad dressings, mayonnaise or French dressing, may contain some salt. The amount of salt you eat will be limited by the amount of dressing you take.

DESSERTS

Choose a low potassium fruit if you are on a restricted potassium diet.

Take your fruit with double cream and plain vanilla ice cream if you wish.

Fruit pies and gateaux are also suitable if served with double cream but not with custard.

Do not take desserts containing chocolate, nuts or dried fruit.

If double cream is not available you may take single cream, but sparingly.

CURRIES

The potassium and salt content of a curry can be extremely high. Choose a mild curry, whether meat, chicken, prawn, scampi or lobster. Bhoona curries are dry and are suitable for those on a restricted fluid diet. Biriani and pilao curries are also dry and should be served with a small vegetable curry. 'Hot' curries, such as Madras or Vindaloo, can make you feel very thirsty and should be avoided when you need to restrict your fluid intake. For the same reasons, you should not take salty foods such as Bombay duck (dried fish) or popadoms. Dahl curries can be suitable if the size of the

portion is restricted and no other vegetables are taken. Always take plain rice or chapatis with any of the above dishes. Tandoori dishes may be quite spicy but are usually only served with chapati or nan and a small salad.

Study the ingredients of a dish on the menu and if you are not sure do not hesitate to ask the waiter for advice. You will usually find the waiters most anxious to help.

CHINESE FOOD

Chinese food is not generally spicy, but monosodium glutamate (which contains a lot of sodium) may be used excessively and could make you feel thirsty even though the food does not taste too salty. Most dishes are suitable for your diet but, again, check the ingredients first.

Rice is usually served with Chinese food and, therefore, a little extra potassium in any other dish could be allowed for.

Try to avoid nuts and Chinese mushrooms if you need to. Do not use extra soy sauce unless your diet is not salt restricted.

ITALIAN FOOD

Pasta, semolina and rice contain little potassium and you could, therefore, choose a dish with some tomato or some mushrooms.

Although pasta is often regarded as a starter, it makes an excellent main course.

GREEK FOOD

Humus, a favourite Greek appetiser, is made from chickpeas, a dried pulse. Try to avoid this dish and take a little taramasalata (cods' roe) with pitta bread (unleavened bread).

Most Greek meat or fish dishes are cooked with some herbs and spices and are perfectly suitable.

Boiled rice and a salad are often served with meat or fish dishes and you will need to watch the portions you eat.

Sometimes kebabs are served with a salad and pitta bread. This could be a suitable lunchtime snack.

Special products

These products can be used to supplement a low protein diet and, in some cases, a diet for patients on dialysis.

All foods mentioned except MAXIPRO HBV and Complan, contain very little protein, Na and K, but increase the energy content (calories/joules). In the United Kingdom, these foods can be prescribed on an NHS prescription form (FP10). They are classified as drugs when used in the treatment of renal failure. The prescription form should be marked 'ACBS' (in accordance with the committee on borderline substances).

MAXIPRO HBV, Complan and other products based on milk powder are only suitable when supplementing an inadequate dietary intake which may occur with illness or peritoneal dialysis. Special recipes for milk shakes and fortified soups can be found on pages 141-143. They should be *used under supervision* and *as directed* by your doctor or dietitian.

SPECIAL FORMULA CARBOHYDRATES

These forms of carbohydrates are produced in powder or liquid form and look very similar to glucose. However, the taste is much less sweet than that of sugar or glucose.

Name	Description	Presentation
*CALONUTRIN	Powder	Sachets of 100g (1 box contains 10 sachets)
*CALOREEN	Powder	Containers of 25kg (for hospital use only) Containers of 5kg (for hospital use only) Sachets of 100g (1 box contains 10 sachets) Bottles of 250g (1 box contains 20 bottles)
*MAXIJUL and *MAXIJUL LE (low electrolyte)	Powder	Containers of 25kg (for hospital use only) Containers of 5kg (2 x 2.5kg) Sachets of 100g (1 box contains 10 sachets)
*HYCAL	Liquid Flavours: blackcurrant, lemon, orange, raspberry	Bottles of 170ml (1 case contains 24 bottles)
NUTRICAL	Liquid Flavours: orange, apple	Bottles of 330ml (1 case contains 12 bottles)

LOW PROTEIN CEREALS

These cereals consist of a mixture of pure vegetable, wheat or rice starches and have an extremely low protein content, and negligible potassium and sodium content.

Pasta

*APROTEN	Rigatini (ribbed macaroni) Tagliatelle (flat noodles) Anellini (small pasta rings) Ditalini (small macaroni)	Packets containing 250g Packets containing 250g Packets containing 250g Packets containing 250g
*AGLUTELLA	Spaghetti Spaghetti rings Macaroni	Packets containing 250g Packets containing 250g Packets containing 250g

*RITE DIET	Macaroni (short cut)	Packets containing 250g
<i>Flour</i>		
*APROTEN	Farina	Packets containing 500g
*JUVELA	GF low protein mix	Packets containing 500g (includes 7g sachet of dried yeast)
*RITE DIET	GF low protein flour mix	Packets containing 400g
*AGLUTELLA	Semolina	Packets containing 250g
<i>Crispbread</i>		
*APROTEN	Crispbread	Packets containing 240g
<i>Biscuits</i>		
*APROTEN	Low protein biscuits	Packets containing 200g
*AZETA	Cream filled wafers (vanilla flavour)	Boxes containing 168g
	Pastries (GF LP)	Packets containing 300g
	Non-sweet sticklets (Bastonici)	Boxes containing 250g
*RITE DIET	Cream filled wafers	Packets containing 150g
	Sweet biscuits	Packets containing 150g
<i>Bread</i>		
*RITE DIET	With added salt	Cans containing 240g (case contains 12 cans)
	No added salt	Cans containing 240g (case contains 12 cans)
	With added soya bran	Cans containing 240g (case contains 12 cans)
EDIFAS 'A'	Special purified methyl ethyl cellulose	Bags containing 120g
		Bags containing 450g

HIGH PROTEIN DIETARY SUPPLEMENTS

MAXIPRO HBV (Also suitable for people with diabetes)	Milk (whey) protein powder (unflavoured)	Containers of 1kg (box of 2 containers)
COMPLAN	Skimmed milk powder fortified with fat, sugar, vitamins and minerals (flavoured and unflavoured)	Packets containing 250g

*These are available on NHS prescription in the UK.

ANALYSES OF SPECIAL PRODUCTS

<i>Per 100g (unless stated otherwise)</i>	<i>Protein</i>	<i>Fat</i>	<i>CHO</i>	<i>Na</i>		<i>K</i>		<i>Energy</i>	
	<i>g</i>	<i>g</i>	<i>g</i>	<i>mmol</i>	<i>mg</i>	<i>mmol</i>	<i>mg</i>	<i>KJ</i>	<i>(Kcal)</i>
Calonutrin	—	—	100	4.0	92	0.3	12	1680	(400)
Caloreen	—	—	96	1.8	40	0.3	10	1674	(398)
MAXIJUL	—	—	98	2.0	46	0.1	4	1609	(383)
MAXIJUL LE	—	—	98	< 0.1	< 1	< 0.1	< 1	1609	(383)
Hycal (per 100ml)	—	—	65	0.5	12	—	—	1021	(240)
Nutrical (per 100ml)	—	—	61	3.7	85	1.2	47	1047	(250)
Aproten LP pasta	0.5	0.5	85	0.9	20	0.2	10	1449	(345)
Aproten LP flour	0.7	0.2	86	0.5	10	0.5	20	1470	(350)
Aproten LP crispbread	1.0	8.5	86	1.3	30	1.0	40	1764	(420)
Aproten LP biscuits	1.0	10.0	85	0.9	20	0.2	10	1848	(440)
Aglutella pasta	0.5	0.5	87	0.9	20	0.3	10	1465	(350)
Aglutella semolina	0.5	0.5	87	0.9	20	0.3	10	1465	(350)
Juvela low protein mix	0.3	0.2	85	5.6	130	0.8	30	1450	(345)
Azeta GF LP cream filled wafers	0.5	25.5	72	1.3	30	0.5	20	2195	(525)
Azeta GF LP pastries	0.3	33.4	64	0.8	20	0.3	10	2352	(560)
Azeta GF LP sticklets	1.9	8.0	83	1.0	30	0.5	20	985	(425)
Rite Diet LP macaroni (short cut)	0.5	1.5	85	0.6	15	0.2	10	1440	(335)
Rite Diet GF LP flour mix	0.2	—	85	0.5	10	0.2	8	1365	(320)
Rite Diet GF LP cream filled wafers	0.3	33.0	64	0.5	10	0.2	10	2260	(540)
Rite Diet GF LP sweet biscuits	0.3	23.0	74	0.8	20	0.4	15	2050	(490)
Rite Diet GF LP bread (with added salt)	0.6	2.8	59	23.0	540	1.2	46	1040	(248)
Rite Diet GF LP bread (no added salt)	0.6	2.8	59	0.3	9	1.1	43	1040	(248)
Rite Diet GF LP bread (with added soya bran)	1.2	2.2	51	17.4	400	3.3	130	900	(214)
Edifas 'A'	—	—	—	—	—	—	—	—	—

High Protein - High Energy

MAXIPRO HBV	88.0	4.0	—	10.0	—	11.5	—	1630	(388)
Complan (flavoured)	20.0	16.0	54	15.0	—	22.0	—	1850	(440)
Complan (unflavoured)	20.0	16.0	55	15.0	—	22.0	—	1870	(444)

GF = gluten-free. The products marked 'GF' are also suitable for patients following a gluten-free diet.

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Caloreen	Roussel Laboratories Ltd Roussel House Wembley Park Middlesex HA9 0NF
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Hycal	Beecham Products (UK) Beecham House Brentford Middlesex TW8 9BD
Aproten range	Farm Italia Carlo Erba Kingmaker House Station Road Barnet Hertfordshire EN5 1MU
Aglutella range Juvela protein-free mix Azeta range	G F Dietary Supplies Ltd Lowther Road Stanmore Middlesex HA7 1EL
Rite Diet range	Welfare Foods (Stockport) Ltd 63 London Road South Poynton Stockport Cheshire SK12 1LA
Complan	Glaxo Farley Foods Farley Health Products Ltd Torr Lane Plymouth PL3 5UA
Edifas 'A'	Bow Produce Ltd 25 Burdon Lane Cheam Surrey SM2 7PP

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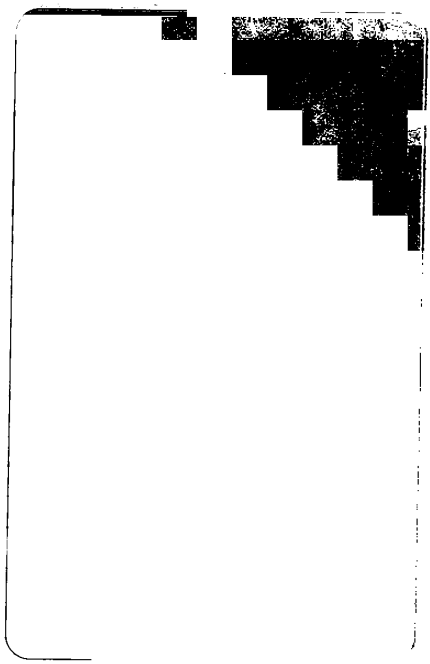
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This recipe book is for people suffering from chronic renal failure who need dietary restrictions.

For some time now, people following such diets have developed a great number of recipes – some simple, some more adventurous – with the help of their relatives, friends and dietitians. All the recipes have been thoroughly tested by members of the Renal Group of the British Dietetic Association and analysed by computer programme. The analyses are given after each recipe.

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