

## Food Bulletin, December 1948

### LIGHT DIETS

Although the importance of food in the treatment of hospital patients is now widely recognised, it is still all too common to find that insufficient care and attention is given to the preparation of light diets.

Recent investigations have shown that injuries such as fractures, burns or surgical operations, cause a grave depletion of the body's reserves of protein. In order to make good this depletion and to hasten the patient's recovery, a diet rich in protein or body-building foods (egg, milk, cheese, fish, etc.) must be given as soon as possible.

It has been calculated that the diet should contain a minimum of 100 gms. protein, although as much as 300 gms. has been found advantageous in some cases, and 2,700 calories. The usual hospital "light diet," which consists of an occasional egg, a portion of fish or chicken, a helping of milk pudding, thin watery soups and synthetic fruit drinks, would provide barely half the calculated minimum.

The difficulties confronting the Caterer in supplying a diet of high protein and adequate calorie content are twofold. Firstly, the difficulty of choosing the correct foods, and secondly, tempting the patient's capricious appetite. Small frequent meals should be given, and these should include as much of the concentrated foods (fats, sugar, dried milk, egg and cheese) as the rations will allow.

The list given below will assist the Caterer in the selection and use of suitable foods :—

#### A. FOODS RICH IN PROTEIN

##### 1. DRIED MILK

*Protein value :* 10 gms. per ounce.

*Allowance :* 1 oz. per resident per day.

*Ways of using :*

This food has little distinctive flavour and can be used in a variety of dishes, savoury or sweet, to increase the protein value.

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<i>Dish</i>	<i>Quantity</i>
Milk puddings, sauces, custards, moulds	{ 1-1½ oz. per pint of whole milk or 2-3 oz. per pint of water.
Steamed or baked puddings, plain buns or cakes	2 oz. milk powder per 1 lb. flour.
Porridge ... ..	2 oz. milk powder per pint.
Mashed potato ... ..	1-1½ oz. milk powder per 1 lb. cooked potato.

\* Recipes for milk drinks between meals or for gastrostomy feeds are given in the recipe section.

## 2. FRESH MILK

*Protein value* : 18 gms. per pint.

*Allowance* : A priority allowance of 1 pint per day for all patients incapacitated from work. Certain specific diseases are allowed 2 pints daily.

*Ways of using* :

It is advisable to use the allocation of fresh milk primarily for drinks. Any remaining may be used for puddings, sauces, etc.

## 3. FISH

*Protein value* : Average for white fish, 5 gms. per ounce.

*Ways of using* :

1. Grilled, steamed or baked white fish, which should be served with a sauce :—  
white sauce, parsley, anchovy, tomato, cheese.
2. White fish or canned salmon as fish puddings, pies, moulds creams or custards (see recipes).

## 4. RABBIT OR CHICKEN

*Protein value* : Average, 7 gms. per ounce.

*Ways of using* :

Steamed or stewed, creams, moulds (see recipes).

## 5. TRIPE, BRAINS OR SWEETBREADS

*Protein value* : 3-6 gms. per ounce.

*Ways of using* :

Stewed and served in a thickened sauce on toast or with potatoes and puréed vegetables.

## 6. EGGS

*Protein value* . 1 egg—12 gms. 13 gms. per ounce dried egg.

*Ways of using*

Scrambled, poached, boiled, custards (savoury or sweet), omelettes (see recipes).

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## 7. CHEESE

*Ration :* 1½ oz. per week.

*Protein value :* 7 gms. per ounce.

*Ways of using :*

Cheese sauce, cheese puddings, custards (see recipes).

## B. FOODS OF HIGH CALORIE OR ENERGY VALUE

### 1. FAT

Fat is the most concentrated of the energy foods with a calorie value of 218 per ounce.

*Ration :* 9 oz. total per week.

The full ration must be utilised wherever possible. There should be no difficulty in doing so in cases where convalescence has been reached.

*Ways of using :*

Fat may be added to milk puddings, custards, sauces, savouries and soups. The proportion of fat to flour in light steamed or baked puddings can be increased for light diets.

### 2. SUGAR

Sugar is a food of fairly high calorie value, 108 calories per ounce.

*Ration :* 10 oz. per week.

The full sugar ration should be used, and the difficulty here is usually a shortage rather than an excess of sugar.

## PLANNING MENUS

Menus for patients on light diets need even more careful planning than for full diets, and the following points should be noted :—

### 1. COLOUR

Insipid looking food will take away any appetite the patient may have. When planning, meals should be visualised as a whole, so that if the pudding is white and insipid, the first course may be colourful, or *vice versa*. Colour may be added to the meal as :—

(a) *Garnishes :* watercress, parsley, lemon, tomato.

(b) *Vegetables :* carrot, fresh peas or beans, tomato, spinach or other green vegetables.

(If the diet is required bland, vegetables can be puréed).

(c) *Sauces* : tomato, anchovy, parsley, or coloured sauces with sweet puddings.

(d) *Colourings* : in blancmanges, custards, ices or other sweets.

## 2. FLAVOUR

The harsher flavourings, such as onion should be avoided, but herbs, mace, bay leaf, mint, or meat or vegetable extract may be added to savouries, and fruit flavourings, cocoa, cinnamon, vanilla or coffee, to sweets.

## 3. VARIETY

The introduction of variety into a restricted diet is difficult, but the "eternal" white fish and milk pudding must be avoided at all costs. The foregoing list of suitable foods, and the appended recipes will assist the Cook and Caterer to plan a reasonably varied diet.

### SUGGESTED MENU FOR LIGHT AND CONVALESCENT DIETS

*Breakfast* : Porridge with added dried milk served with milk and sugar.

*Or*

Cereal, sprinkled with sugar and dried milk, served with milk.

Haddock, grilled sole or plaice, poached, boiled or scrambled dried egg.

Crisp bacon, ham or tongue when allowed.

*Mid-morning* : Reinforced milk drink.

*Dinner* : Fish, chicken, rabbit, tripe, sweetbreads, brains served with sauce.

*Or*

A savoury (see recipes).

Potato, mashed with dried milk and margarine, *or*

Jacket potato with margarine.

Vegetable.

Milk or light steamed or baked pudding.

*Tea* : Reinforced milk drink or tea.

Bread and butter, seedless jam, honey or golden syrup.

Grated cheese or cream cheese.

Meat or vegetable extract.

*Supper* : Milk soup and  
Savoury (see recipes).  
Bread and butter.

*Or*

Savoury, bread and butter.

Milk pudding.

Fruit (puréed, if necessary).

*Bedtime* : Reinforced milk drink.

To safeguard the intake of vitamin C, orange or tomato juice or blackcurrant purée should be given daily.

## RECIPES FOR LIGHT AND CONVALESCENT DIETS

(All recipes for 10 portions, unless otherwise stated)

We are indebted to St. George's Hospital for testing many of the recipes.

### SAVOURY DISHES

#### FISH DISHES

##### FISH MOULD

###### *Ingredients :*

Cooked white fish or	Dried egg (reconstituted)	2 oz.
grade 3 salmon ... $1\frac{1}{2}$ lbs.	Milk ... ..	$\frac{1}{4}$ pint
Breadcrumbs ... .. 6 oz.	Seasoning	

Few drops of Cochineal to improve the colour.

*Method :* Flake the fish, remove all bones and skin, and mix with the other ingredients. Turn into a greased basin, cover with greased paper and steam for  $1\frac{1}{2}$  hours. Serve with white sauce, mashed potatoes and sieved greens.

##### FISH PIE

###### *Ingredients :*

Cooked white fish or	Margarine ... ..	2 oz.
grade 3 salmon ... $1\frac{1}{2}$ lbs.	Seasoning	
White sauce ... .. $\frac{1}{2}$ pint		

Cooked potato mashed with 1 oz. dried milk to each lb.

*Method :* Flake the fish and mix with white sauce and seasoning. Place in a pie dish and cover with mashed potato. Dot with margarine. Bake or grill. Serve with fingers of crisp toast or mashed potato and sieved greens.

##### FISH SAVOURY

###### *Ingredients :*

White fish ... .. $1\frac{1}{2}$ lbs.	Rice or crushed macaroni	4 oz.
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###### *Sauce*

$\frac{1}{2}$ – $\frac{3}{4}$  lb. tomatoes, cooked and strained, the liquor made up to 1 pint with milk.

Flour ... .. 3 oz.	Margarine ... ..	2 oz.
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Seasoning

*Method :* Cook and flake the fish.

To make the sauce, melt margarine in a pan, add flour and stir until fat is absorbed. Add milk and tomato juice gradually. Add flaked fish and seasoning. Colour with a little cochineal if necessary. Serve with cooked rice, macaroni or spaghetti.

Roughly chopped or minced cooked chicken or rabbit, may be used in place of fish. If tomatoes are not available, white sauce may be used.

## CREAMED SALMON ON TOAST

### *Ingredients :*

Salmon (grade 3) ... .. 1½ lbs.

### *Sauce*

Milk ... .. ¾ pint      Margarine ... .. 1½ oz.  
Flour ... .. 2 oz.      Seasoning

*Method :* Make a thick white sauce, season well and add flaked salmon, from which all bones have been removed. Pile on slices of crustless toast and serve hot. Cochineal may be used to improve the colour.

Minced cooked rabbit or chicken or flaked haddock may be used in place of salmon.

## FISH CREAM (6 portions)

### *Ingredients :*

Evaporated milk ... 1 tin      Cooked white fish or  
Gelatine ... ½ oz.      canned salmon ... 1 lb.  
Seasoning

*Method :* Whip evaporated milk until thick and creamy. Add gelatine dissolved in a little water, seasoning and flaked boned fish. Stir, place in individual moulds and allow to set.

## CHEESE DISHES

### SEMOLINA SAVOURY

### *Ingredients :*

Milk (fresh or reconsti-      Grated cheese ... .. 5 oz.  
tuted) ... .. 3 pints      Dried egg (reconstituted) 2 oz.  
Dried milk ... .. 6 oz.      Salt  
Semolina ... .. 6 oz.

*Method :* Cook semolina in milk (to which dried milk has been added) until the mixture thickens. Add salt, grated cheese and egg. Stir well and cook for a further 7-10 minutes. Serve with sieved carrot and fingers of crisp toast.

### CHEESE BALLS

### *Ingredients :*

Potatoes (old, mashed) ... 3 lbs.      Dried milk ... .. 3 oz.  
Cheese ... .. ½ lb.      Salt  
Browned crumbs

*Method :* Mix dried milk to a smooth paste with water and beat well into the potatoes. Add cheese and salt. Shape into balls, roll in milk or reconstituted egg and then in crumbs. Bake in the oven, serve with sieved carrot or greens.

## CHEESE AND POTATO PIE

### *Ingredients :*

Potatoes (old) ...	...	3 lbs.	Cheese ...	...	...	6 oz.
Dried milk ...	...	3 oz.	Margarine ...	...	...	2 oz.
Seasoning						

*Method :* Blend dried milk with a little water and add to cooked potato, grated cheese, margarine and seasoning. Mash well. Place in pie dishes (individual dishes are preferable) and brown under the grill or bake in the oven. Serve with sieved carrot or greens.

## SCRAMBLED EGG WITH CHEESE OR MARMITE

### *Ingredients :*

Dried egg ...	...	6 oz.	Cheese, $\frac{1}{4}$ lb., or marmite to taste
Milk ...	...	$1\frac{1}{4}$ pints	Salt (less if marmite is used)

*Method :* Reconstitute the egg and add cheese or marmite. Cook very slowly in a double pan or a basin inside a saucepan of boiling water. Serve on toast or in a collar of mashed potato with sieved greens or carrot.

## CHEESE CUSTARD

### *Ingredients :*

Milk ...	...	$1\frac{1}{2}$ pints	Cheese ...	...	...	4 oz.
Dried egg ...	...	4 oz.	Seasoning			

*Method :* Reconstitute the egg with some of the milk and boil the remainder. Pour over the egg. Add seasoning and grated cheese. Pour into a pie dish (or individual dishes) and bake for  $1-1\frac{1}{2}$  hours in a slow oven. (30 minutes for individual dishes.) Serve with sieved carrot.

*Note :* Fillets of plaice or sole may be used to replace cheese.

## MACARONI CHEESE

### *Ingredients :*

Macaroni or spaghetti...	4 oz.	Flour ...	2 level tablespoonsful
Cheese (grated) ...	4 oz.	Dried egg	2 level tablespoonsful
Milk ...	$1\frac{1}{2}$ pints	Seasoning	

*Method :* Break the macaroni in pieces and cook in rapidly boiling salted water until soft. To make the sauce : blend the flour with a little milk. Boil the remainder and pour over the blended mixture. Add seasoning. Return to the pan and cook for 3-5 minutes. Add macaroni, grated cheese and reconstituted egg, stir and cook for a further 5 minutes. Place in a pie dish or individual dishes and brown in the oven or under the grill. Serve with sieved greens or carrot.

## EGG DISHES

### CHICKEN IN THE NEST (per individual portion)

#### *Ingredients :*

Potato, mashed with	1 egg
margarine and dried	Seasoning
milk ... .. 4 oz.	

*Method :* Form the potato into a round on a baking sheet, make a well in the centre and break in the egg. Bake in a moderate oven until set. Or bake in individual fire-proof dishes.

### EGG AND TOMATO JELLY (6 portions)

#### *Ingredients :*

Hard boiled eggs ... 4	Gelatine ... .. 1½ oz.
Tomato juice ... .. 1 pint	Seasoning

*Method :* Dissolve the gelatine in a small amount of warm water. Add to the tomato juice and season. Cut the hard boiled eggs in halves or slices and arrange in six individual moulds. Pour over tomato juice and set.

*Note :* Chicken, rabbit or fish may be used similarly.

Other suitable egg dishes are :—

Omelette.

Poached egg on toast or sieved spinach.

Baked egg and cheese and tomato sauce.

## MILK SOUPS

#### *Ingredients :*

Milk (fresh or reconstituted) ... .. 4 pints	Margarine ... .. 4 oz.
Flour ... .. 8 oz.	Vegetable purée ... 2 pints
	Seasoning

*Method :* Melt margarine in a pan, add flour and when the latter is absorbed, add milk gradually, stirring well. If dried milk is used, whisk into the fresh. Heat vegetable purée and add gradually. Season and serve with fingers of crisp toast.

*Suitable vegetable purées are :—*

Tomato

Carrot

Lentil

Pea

Potato and mint (cook the potatoes with mint. Remove mint before sieving the potatoes)

Potato and watercress (the watercress can be sieved with the potato)

Potato and vegetable or meat extract.



*Note :* Dried skimmed milk may be used in all recipes where fresh milk is indicated, in the proportion of 2 oz. dried milk to 1 pint of water, or if a milk of higher nutritive value is required, 3 oz. to 1 pint.

Other foods suitable for light diets are, brains, sweetbreads or tripe stewed in milk or water and the liquor thickened with flour.

Serve with mashed potato or fingers of crisp toast and sieved carrots, green vegetables, flower of cauliflower or marrow.

*Note :* As a general rule, raw vegetables and salads are not suitable for patients requiring this type of diet.

## SWEETS

### MILK PUDDINGS

These include cereal puddings (i.e., semolina, macaroni, etc.) moulds, milk jellies, junkets, ice cream, mousse, flummeries, fruit fools and whips, Yoghurt sweetened and served with cinnamon or fruit purées.

#### CHOCOLATE MOULD (10-12 portions)

##### *Ingredients :*

Milk	...	...	3 pints	Flour	...	...	1 oz.
Dried milk	...	...	3 oz.	Gelatine	...	...	2 oz.
Cocoa	...	...	1 oz.	Sugar	...	...	6 oz.
Custard powder or corn-flour	...	...	1 oz.	Vanilla flavouring			

*Method :* Dissolve gelatine in a small quantity of warm water. Warm the milk and whisk in dried milk. Blend flour, custard powder and cocoa with a little milk, add sugar, vanilla flavouring and remainder of milk. Bring to the boil, cook, add dissolved gelatine, pour into moulds and set.

#### MOUSSE (4 portions)

##### *Ingredients :*

Custard	...	...	1 pint	Sugar	...	...	2 oz.
Gelatine	...	...	1 oz.	Dried milk	...	...	3 oz.
Flavouring							

*Method :* Set the custard in a refrigerator. Beat in the gelatine dissolved in a small quantity of warm water, sugar, dried milk and flavouring. Whip until the mixture is frothy. Set in moulds. Serve with fruit purée.

### MACARONI PUDDING (3-4 portions)

#### *Ingredients :*

Macaroni	...	...	4 oz.	Dried milk	...	...	1 oz.
Milk	...	...	1 pint	Sugar	...	...	1½ oz.

*Method :* Crush the macaroni into small pieces. Soak for some hours in milk to which dried milk has been added. Add sugar and stir. Bake in a moderate oven.

### SEMOLINA PUDDING

#### *Ingredients :*

Semolina	...	...	2 oz.	Dried milk	...	...	1 oz.
Milk	...	...	1 pint	Sugar	...	...	2 oz.

*Method :* To give variety, serve as moulds with different flavourings or with covering of lemon jelly, or cold, over sieved fruit.

### SOUFFLÉ PUDDING (6 portions)

#### *Ingredients :*

Sugar dried egg	...	...	3 oz.	Roux	{	Margarine	...	¼ lb.
Sugar	...	...	1 oz.			Flour	...	¼ lb.
						Milk	...	½ pint

*Method :* Whip the reconstituted egg and sugar as for a sponge mixture. Make a roux with margarine, flour and milk, and whilst still hot, whisk in the egg mixture. Pour into greased, sugared dishes and steam. Serve with sweet or fruit sauce.

### TRIFLE (8 portions)

#### *Ingredients :*

Madeira or sponge cake crumbs	...	...	...	½ lb.
Black-currant purée	...	...	...	1 tin
<i>or</i>				
Orange jelly	...	...	...	3 oz.
<i>or</i>				
Seedless jam	...	...	...	3 tablespoonsful
Custard	...	...	...	1 pint
Mock cream				

*Method :* Dilute the jam, purée or jelly with water. Pour over cake crumbs, and allow to stand. Cover with custard and decorate with mock cream.

### SUMMER MOULD (8 portions)

#### *Ingredients :*

Madeira or sponge cake	1 lb.	Sugar	...	...	1 oz.
Plum or black-currant	} 1 pint	Gelatine	...	...	1 oz.
purée or similar jam					
diluted					

*Method* : Line individual moulds or a large basin with strips of cake. Dissolve gelatine and sugar in the fruit purée. Fill the moulds with alternate layers of purée and cake crumbs, finishing with a layer of crumbs. Turn out when set and decorate with mock cream, or serve with custard.

#### APRICOT MOUSSE (4 portions)

##### *Ingredients :*

Dried apricots	...	...	8 oz.	Milk	...	...	...	$\frac{1}{2}$ pint
Water	...	...	1 pint	Dried milk	...	...	...	2 oz.
Sugar	...	...	2 oz.	Gelatine	...	...	...	1 oz.

*Method* : Soak apricots in water for 24 hours, then bring to the boil and simmer until soft. Sieve, add sugar and gelatine, stir well until dissolved. Cool, add milk and beat on a mixer until frothy. Pour into moulds and allow to set.

#### STEAMED OR BAKED PUDDINGS

##### *Ingredients :*

Flour	...	...	1 lb.	Dried egg	...	...	1 oz.
Fat	...	...	6-8 oz.	Flavouring			
Sugar	...	...	6 oz.	Milk or water to mix			
Dried milk	...	...	2 oz.				

##### *Suitable flavourings and sauces :—*

Serve plain with : seedless jam sauce  
strained marmalade  
custard  
vanilla  
syrup  
lemon or orange  
chocolate  
black-currant purée

or bake the mixture over puréed apricot, apple or plum.

#### REINFORCED MILK DRINK FOR USE BETWEEN MEALS

##### *Ingredients :*

Milk	...	...	1 pint	Sugar or glucose	...	$\frac{1}{2}$ oz.
Dried egg	...	...	1 oz.	Dried milk	...	2 oz.

*Flavouring* : Coffee, raspberry, orange or chocolate

or

Omit the sugar, and flavour with meat or vegetable extract.

*Method* : Reconstitute the egg with two tablespoons of the milk. Slightly warm the remainder. Add the milk powder and whisk ; add

the reconstituted dried egg and sugar, and cook just below boiling point for 3 minutes. Strain, add flavouring.

*Sufficient for 2 persons.*

*Food Value per portion :*

Protein	...	...	25.5 gms.	Carbohydrate	...	155.0 gms.
Fat	...	...	16.0 gms.	Calories	...	867

Suggestions for recipes for inclusion in future Bulletins should be sent to :—

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