

Christmas pudding cheesecake

Prep: 30 mins • Cook: 30 mins • Serves: 10

By using a smaller amount of Christmas pudding between 10 servings, this cheesecake is an indulgent treat that is lower potassium than a traditional Christmas pudding.

Ingredients

110g unsalted butter	300ml double cream
200g ginger nut biscuits, crushed	100g light muscovado sugar
1 teaspoon flaky sea salt (optional)	2 vanilla pods
240g Christmas pudding	30ml brandy (optional)
Zest of 1 orange	30ml stout (optional)
560g full fat cream cheese	2 clementines

Carbohydrate The main source of carbohydrate in this meal is from the biscuits and Christmas pudding. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

Phosphate/potassium This recipe does contain a reasonable amount of phosphate so if you have been advised to restrict your phosphate intake, try to stick to the recommended portion size. If you have been prescribed a phosphate binder, ensure you take them with this dish.

This recipe contains Christmas pudding which is a high potassium food. However, as the amount of Christmas pudding used is divided between 10 portions the overall potassium content per portion is low. If you want to reduce the potassium content further, have a half portion.

Special diets

Gluten free: Use gluten free Christmas pudding and ginger biscuits. Omit the stout. **Vegetarian:** Most shop bought Christmas puddings are vegetarian and therefore this recipe is suitable for those on a vegetarian diet.

Healthier option If you want to reduce the amount of sugar or fat you eat you could use reduced fat cream cheese, use low fat spread instead of butter for the base and try using a sweetener in place of sugar, or use half sugar and half sweetener.

There is a very small amount of added salt in this recipe which takes it slightly above the range to be classified a low salt dish but you can omit this if you are trying to reduce the amount of salt you eat.

Special occasion

Vegetarian

	Low phosphate		Low protein
✓	Low potassium		Low salt
41g	Carbohydrate	565Kcal	Energy
Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.			





Cooking in the kitchen with Chef Paul Ripley

This is a tasty, alternative festive dessert, combining all the flavours of Christmas pudding with a creamy cheesecake. You have the option to make this a non alcoholic version.



1

To make the base, melt the butter in a pan. Crush the ginger nut biscuits and add to the flaky salt (if using) and melted butter. Mix in a bowl to form a biscuit crumb.



2

Press into a 20cm round spring form cake tin, spreading the mixture in an even layer to the sides of the tin. Chill in the fridge for 30 minutes until set.



3

Put the Christmas pudding, brandy and stout (if using), with the orange zest into a blender and whizz to a puree.



4

Using an electric whisk, beat the cream cheese with the double cream, sugar and vanilla seeds and fold through the puree. Spread the mixture over the biscuit base and leave to chill in the fridge overnight.



5

The next day, peel the clementines, slice into rounds and place on a baking tray. Sprinkle them with a little muscovado sugar, then blowtorch or place under a grill until caramelised. Leave them to cool.



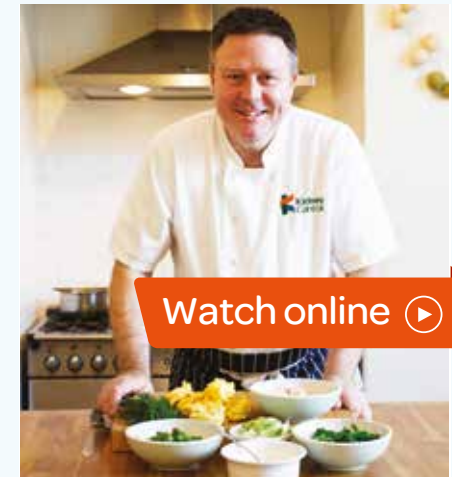
6

Release the cheesecake from the tin and arrange the clementines on top. Store in an airtight container in the fridge for up to 2 days.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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