

Traditional mince pies

Prep: 45 mins • Cook: 20 mins • Serves: 12

Using apple and less dried fruit makes this is a great festive treat that is low potassium, low phosphate and low salt.

Ingredients

Homemade mincemeat:

1 large Bramley apple
25g low fat margarine
50g glace cherries
50g dark soft brown sugar
1 teaspoon mixed spice
100g mixed fruit peel

1 tablespoon brandy or rum

Pastry

225g plain flour
150g butter
2 tablespoon caster sugar
1 egg
3 tablespoons cold water

Carbohydrate The pastry along with the sugar and fruit from the mincemeat are the main sources of carbohydrate. Carbohydrate values have been provided for those trained in insulin adjustment.

Phosphate/ potassium As apples are a low potassium fruit, they are used to form the base of this mincemeat alternative, making these lower in potassium than traditional mince pies. There is very little phosphate in each mince pie and they are therefore a suitable snack if you are following a low phosphate diet.

Protein Each mince pie is low in protein.

Special diets

Gluten free: Use gluten free flour.

Vegan: Use a dairy free margarine. Buy a ready rolled vegan pastry or omit the egg from the pastry and brush with a plant based milk alternative.

Healthier option For a healthier option leave the pastry tops off the mince pies, or alternatively use filo pastry for a lower fat alternative. You may wish to consider omitting the sugar from the pastry to reduce the sugar content.

Cheaper option You don't need to use the brandy or rum, but a cheaper option is to buy a miniature bottle to avoid needing to buy a larger bottle.

Storage Uncooked mince pies can be frozen for up to 3 months. Cook from frozen and allow an additional 10-15 minutes cooking time in the oven. They can be kept in an airtight container for up to a week.

Tips To save time you can buy ready rolled shortcrust pastry to use in this recipe.

Try using the pastry recipe and filling with Jam in place of mincemeat for a fruit tart alternative.

Special occasion

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
27g	Carbohydrate	246Kcal	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 Lizzie Morey

This is a simple recipe to make homemade mincemeat for traditional mince pies. To save time you can buy ready rolled shortcrust pastry.



1

Make the pastry. Sift flour and rub in the butter until the mixture resembles coarse breadcrumbs. Stir in the sugar. Separate the egg and mix the egg yolk with the water and add to the dry ingredients to form a smooth dough.



2

Wrap the dough in cling film and chill in the fridge for 30 minutes. Meanwhile, grate the apple and roughly chop the cherries then combine all the homemade mincemeat ingredients in a bowl and stir well.



3

Flour the surface and roll out half the pastry to 3mm thick. Using a 7.5-9cm fluted cutter, stamp out 12 circles of pastry. Press into a greased patty tin. Cut out 12 smaller circles using the rest of the pastry and a 6cm cutter.



4

Drop a teaspoon of mincemeat into each round, brush the edges with water and then stick the lids on top, pressing together to seal.



5

Brush the tops with egg white and make a small hole in the top for any air to escape.



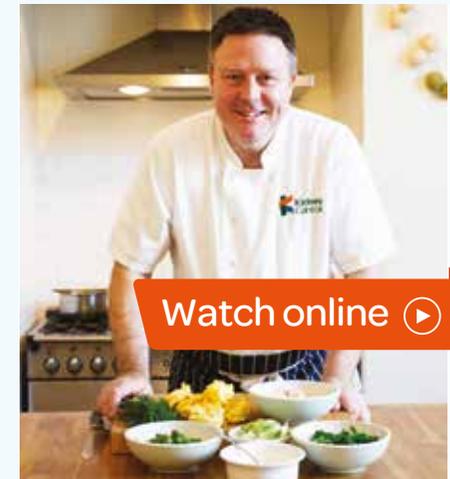
6

Bake at 190 C / gas mark 5 for about 20 minutes. Leave in the tin for 5 minutes then transfer to a wire rack.



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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