

“Hi, I’m **Lawrence Keogh**. I’ve spent my life working with food in restaurant kitchens and on TV cookery programmes. Over ten years ago, I thought all that would have to change – because that’s when I was told I needed a kidney transplant...”

Anyone living with chronic kidney disease is only too aware of the restrictions placed on what you can eat and drink.

Sadly, for many, the end

result is a limited diet that is – dare I say it – just plain dull.

But believe me; it doesn’t need to be that way! I know with a little inspiration and planning, it’s still possible to enjoy delicious food.

That’s why I was so delighted when invited to share some of my favourite recipes with you.

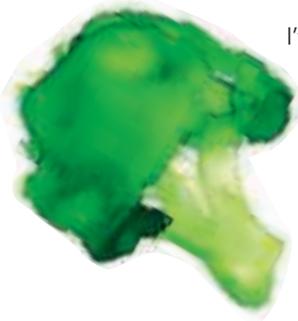


Following on from the success of last year’s cookbook, I’ve created several new dishes for 2010. There’s also going to be some exciting seasonal recipe cards for you to collect, suitable for any occasion.

Everything has been created in close collaboration with Diane Green – a leading renal dietician. So rest assured, flavours you may have thought were strictly off-limits are there waiting to be rediscovered. Bon appétit!



"Hello, my name's Diane Green and I've been a Renal Dietician now for over 14 years."



I've worked closely with Lawrence to ensure that these recipes, while taking into account the restrictions of chronic kidney disease, are nutritionally balanced and full of flavour.

We've tried to consider a variety of cultures and culinary tastes when selecting ingredients and aimed to include a range of dishes from a light lunch to delicious desserts.

To help you understand why each recipe is suitable for your lifestyle, I've included a

brief analysis of its nutritional value along with hints and tips on its composition. I hope you have as much pleasure eating them as Lawrence and I had creating them.



The creation, production and delivery of this card has been funded in full by Shire as a service to medicine.



Malvern Pudding



Preparation time: 30 mins.
Cooking time: approx. 25 mins. Serves 4.

Lawrence Keogh's

Rediscovering
Food & Flavours

INGREDIENTS

- 1.5lb of dessert apples (Granny Smiths or Cox's)
- 50g unsalted butter
- 2 tsp ground cinnamon
- 1 tsp of Demerara sugar

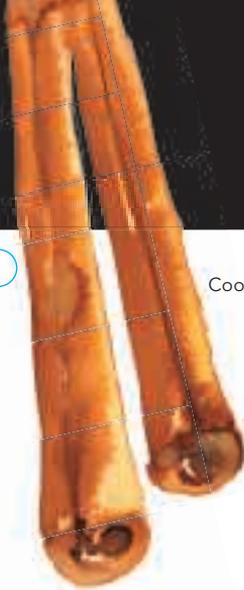
For the Custard

- 1 pint full fat milk
- 2oz unsalted butter
- 2oz plain flour
- 1 whole egg

For the Glaze

- 1oz caster sugar
- ½ tsp ground cinnamon (all mixed together)

The phosphate content of this dish is high due to the milk used for the custard. Please ensure that you include this within your daily milk allowance or make the custard with soya milk. If you have diabetes you can still make this pudding, you just need to change sugar for a sprinkle sweetener. Add the sugar to the apple once cooled.



Malvern Pudding

METHOD

- Peel and core the apples then slice thinly.
- Place the apples into a large pot with the butter, sugar and cinnamon and sweat slowly so that they stew down in their own liquid. It is a good idea to put a lid on at this stage to retain some of the moisture.
- When soft and mushy you can either blend or use a potato masher to make the apple purée.
- Pour the apple purée mixture into a large earthenware dish, leaving a big gap at the top for the custard to be poured on later.
- Meanwhile, melt the butter in a thick-bottomed nonstick saucepan. Add the flour and mix together.
- Slowly pour in the milk, gradually beating in between additions as this helps to make a smooth sauce.
- When all the milk has been added, cook the sauce, gently stirring regularly for approx. 10 mins. Add the sugar and lastly the egg then remove from the heat.
- Pour the custard mixture over your apple purée and allow to cool.
- At this stage, you can place it in the fridge for serving the next day. But for an even better result, make it several hours before you need it and just leave it in a cool place in your kitchen.
- When you are about to serve, pre-heat your grill and sprinkle the surface with your sugar and cinnamon mixture and bake under the grill until the top is bubbling and a nice caramel colour. Remove and let it cool for 10 minutes before serving.



NUTRITIONAL INFORMATION

Energy (kcal)

300

Protein (g)

5.7

Sodium (mmols)

2.5

Potassium (mmols)

7.8

Phosphate (mg)

800

Everybody's dietary restriction is different depending on your medical treatment or dialysis and blood results. Your dietician will be able to advise you if this pudding is suitable for your renal diet.

These nutritional values are provided as a guide only and were sourced using McCance and Widdowson's The Composition of Foods. Sixth Summary Edition (2002). Compiled by Food Standards Agency and Institute of Food Research. Published by The Royal Society of Chemistry. Actual values may vary depending upon ingredients, quantities used and cooking methods. The creation, production and delivery of this card has been funded in full by Shire as a service to medicine.

Sticky Chinese Spare Ribs



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Preparation time: 15 mins. Cooking time: 60/80 mins. Serves 4.

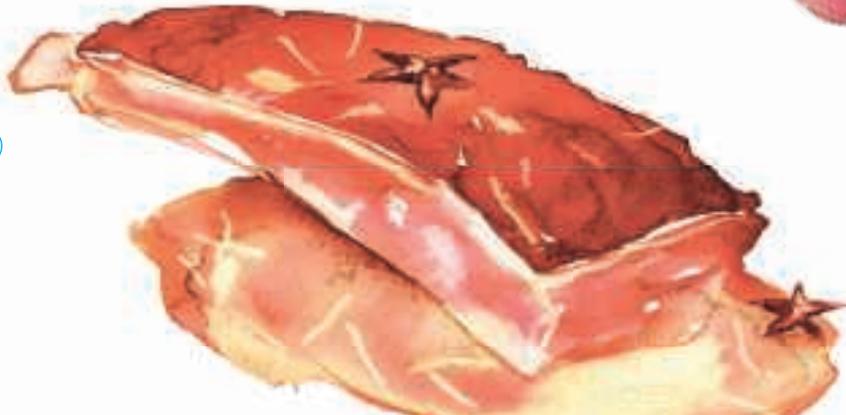
Cooking great food at home has its advantages, not only is it cheaper but you also know what goes into the food, so you can easily adapt the recipe to suit your diet. This version of sticky spare ribs is low in sodium, with the potassium and phosphate coming from the meat. Serve with rice and enjoy.

INGREDIENTS

- 1kg pork ribs
- 2 onions sliced
- 5 star anise – approx. 4g
- 30g fresh ginger peeled and sliced
- 40g brown sugar
- 10g peeled garlic

For the Glaze

- 10g ginger
- 1 clove garlic
- 1 star anise
- pepper



Sticky Chinese Spare Ribs

METHOD

- Place the ribs in a large pot and cover with cold water, bring to a boil and simmer for approx. 3 minutes to remove impurities.
- Refresh the ribs by running them under a cold tap.
- Place the ribs back in a large pot and add the onions, cinnamon, sugar, ginger, garlic and star anise. Cover generously with cold water.
- Simmer gently for approx. 1 hour or until the ribs are tender.
- Remove the ribs from the pot, and pass the cooking liquid through a strainer (chinois or sieve).
- Reduce the cooking liquid by over $\frac{3}{4}$, then add the ribs back to the pot with the glaze ingredients and reduce everything gently; you will notice the sauce you will notice the sauce gets thicker and shinier, eventually forming a gloss over the ribs. Serve with some rice.



NUTRITIONAL INFORMATION

Energy (kcal)

426

Protein (g)

57

Sodium (mmols)

7.6

Potassium (mmols)

25.6

Phosphate (mg)

546

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Black-eyed Bean & Basmati Rice



Preparation time: 10 mins. Cooking time: 15 mins. Serves 4.

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INGREDIENTS

- 250g tinned black-eyed beans drained and washed
- 150g washed basmati rice
- 30g butter
- 100g chopped onion
- 1 tsp ground coriander
- 1 tsp ground ginger
- ½ tsp cumin seed
- 2g chopped garlic
- 1 dsp honey
- 10 twists of black pepper



The perfect low sodium vegetarian dish, which fits perfectly into your restricted diet. On most low potassium diet sheets beans and pulses are often on the avoid list, but as you can see from this dish, portion sizes and other ingredients in the dish can determine its suitability.

Black-eyed Bean & Basmati Rice

METHOD

- Boil the basmati rice until tender, drain and keep warm.
- Fry the onion in the butter until golden brown, then add the chopped garlic, ginger, coriander and cumin seed.
- Now add the black-eyed beans, and let it all cook together.
- Add the honey and remove from heat. Season with pepper.
- Stir in the rice and serve warm.
- Alternatively, it can be chilled and served the next day or served as a cold rice salad with meats or fish.



NUTRITIONAL INFORMATION

Energy (kcal)

419

Protein (g)

18

Sodium (mmol)

0.6

Potassium (mmol)

20.8

Phosphate (mg)

299

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Garlic, Chilli Prawns with Edamame Beans & Rice Noodle Salad



Preparation time: 25 mins. Cooking time: 10 mins. Serves 4.

The sodium content of this dish is higher than recommended for a main meal, the sodium and phosphate comes mainly from the prawns. Having a special dish like this occasionally, for a special treat is OK. Remember that the high sodium content will make you thirsty so ensure you save some of your fluid from your restriction to have after your meal.

INGREDIENTS

- 400g cooked prawns/de-shelled
- 2g sliced garlic
- 50g cooked rice (Uncle Bens)
- 180g cooked edamame beans
- 300g cooked rice noodles
- 1 tbs rice bran oil
- 50g raw carrot julienne (thin strips)
- 30g thinly sliced spring onions
- 3g fresh mint chopped
- 3g fresh chopped coriander
- 5g of sushi nori sliced thinly (dried seaweed for garnish)

For the Dressing

- juice and zest of 1 lime
- 1 tsp brown sugar
- 4 tsp of mirin
- 1 dried chopped chilli
- freshly milled pepper

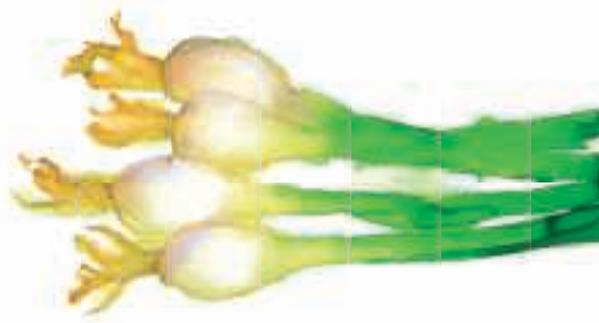
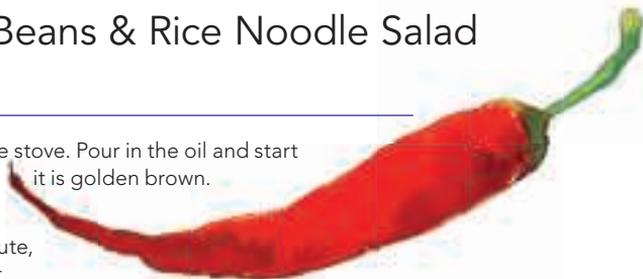


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Garlic, Chilli Prawns with Edamame Beans & Rice Noodle Salad

METHOD

- Place a large frying pan on the stove. Pour in the oil and start to fry off the cooked rice until it is golden brown.
- When golden, add the sliced garlic, cook for approx. 1 minute, then take the pan off the heat.
- Place the cooked rice and all other ingredients into a bowl (minus the dressing ingredients) and mix gently.
- In a small bowl, mix all of the dressing ingredients together. Pour over the salad and toss together. Season with approx. 12 twists of freshly milled pepper.
- Add the sushi nori last and serve.



NUTRITIONAL INFORMATION

Energy (kcal)

307

Protein (g)

29

Sodium (mmols)

70

Potassium (mmols)

14

Phosphate (mg)

380

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