




# Renal Recipe Book



**T**he British Kidney Patient Association is the leading UK charity, which for 40 years has been providing support to kidney patients and working to improve health and social care services for patients and their families.

With over 100 patients supported every week, and around £3 million invested every year in research funding health and social care professionals and improving hospital services, we are committed to improving the quality of life for everyone affected by kidney disease.

- Providing grants to help patients in times of financial hardship
- Campaigning to inform policy and practice that improves the lives and choices of kidney patients
- Funding kidney units to improve services and patient care
- Providing information, advice, counselling and patient support services
- Commissioning research to improve health and care services



**W**elcome to the renal recipe book, created by local dietitians specifically for patients with chronic kidney disease.

We were keen to create this recipe book for our patients after many of you asked for more guidance and support on how to follow your renal diet on a daily basis. So, by creating this book, we hope we can help support you whatever your stage of treatment.

Our aim in creating this book was to provide simple everyday recipes rather than special dinner party food and to focus on traditional English dishes or dishes from afar that have made their way into the typical English diet.

We also recognise that many of you may be on a dietary restriction, want to lose weight or perhaps even need to gain weight, therefore we have endeavoured to create recipes that can be adapted to suit your individual needs.

We hope you enjoy the meals in this recipe book and that it enables you to get the vital nutrition you need but more importantly that you continue to enjoy your food.

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# Breakfast Suggestions and Ideas

Welcome to the breakfast section. This section is really meant to give you some ideas if you are stuck or bored with breakfast cereals and toast.

## Fruit Salad and Yoghurt

This recipe uses tinned fruit rather than fresh which is great if you are on a potassium restriction as tinned fruit is naturally lower in potassium – just remember to drain the juice off as this is where much of the potassium is.

### Serves 1

- Tinned fruit, such as peaches, pears or perhaps a fruit cocktail. Choose the ones tinned in juice if you are diabetic or need to lose weight, otherwise you can try the ones in syrup.
- Yoghurt of your choice. If you are trying to lose weight, go for the low fat or fat free yogurt. On the other hand, if you are struggling to keep your weight up, choose the full fat/thick and creamy yoghurt.



**Remember** – if you are on a phosphate restriction then you will need to count the yogurt as part of your ½ pint (300ml) milk allowance (e.g. a 125g yogurt is equal to 125ml of milk).

## The Bread Basket

Most plain breads are low in phosphate and potassium so here are some suggestions on the variety of plain breads available for breakfast. Try to opt for wholemeal varieties where possible. These breads can be served with: butter, cream cheese (which is low in phosphate), honey, jam, marmalade, syrup or an egg cooked to your liking.

- Ready-made shop bought breakfast pancakes
- Crumpets (moderate in phosphates so have only occasionally)
- Brioche\*
- English muffin
- Butter croissants\*
- Plain bagel

*\*These items are higher in fat so be careful if you are trying to lose weight.*

## Traditional Cooked English Breakfast

Many people avoid a traditional cooked breakfast due to the high phosphate and potassium foods it contains, however by keeping to these recommendations a cooked breakfast can still be enjoyed occasionally.

### Serves 1

- 1 egg – any way you like
- 2 pieces of bacon or 1 sausage (remove fat or opt for low fat if trying to lose weight)
- 4 small mushrooms or 1 small tomato or 2 tbsp of baked beans
- As much toast as you like (although be careful if you are trying to lose weight)

### Preparation method

1. If you are trying to lose weight then grilling is the best cooking method, alternatively you can fry in a non-stick frying pan with minimal oil or use spray oil.
2. If you need to gain weight then frying in fat will help increase the calories of your breakfast.



## High energy Porridge

This high energy recipe is useful if you are underweight or unintentionally losing weight as it contains lots of extra calories.

**Remember** – if you are on a fluid or phosphate restriction then the milk should be taken from your daily allowance for fluid and milk.

### Serves 1

- 35g (1¼oz) porridge oats
- 200ml full fat milk
- Optional: add cream and syrup or jam for extra energy

### Preparation method

1. Mix all the ingredients in a pan, heat the pan and boil for 3-4 min.
2. Alternatively cook in the microwave for around 1-2 minutes, stirring at 30 second intervals.

## Healthy Porridge

If you are keen to lose weight, this porridge can be a good choice, as it is low in calories and high in fibre which will help you feel full for longer, so you're less likely to snack before lunch. If you are on a phosphate restriction you may want to try soya or rice milk to replace the skimmed milk as this is lower in phosphate as well as naturally low fat.

### Serves 1

- 35g (1¼oz) porridge oats
- 100ml skimmed milk
- 100ml water
- ½ grated apple
- Sprinkle of cinnamon

### Preparation method

1. Mix all the ingredients in a pan, heat the pan and boil for 3-4 min.
2. Alternatively cook in the microwave for around 1-2 minutes, stirring at 30 second intervals.



## Homemade Granola

Many shop bought granolas are unsuitable if you are following potassium and phosphate restrictions due to the high content of nuts and dried fruit. Here is an easy recipe to make your own alternative oat breakfast which can be served with milk, yogurt or stewed fruits. We have added dried cranberries here as they are naturally lower in potassium than other dried fruit but it will taste equally good without.

### Makes up to 10 servings

- 4 tablespoons of sunflower or vegetable oil
- 2 tablespoons of clear honey or golden syrup
- 1 table spoon of lemon juice
- 2 tablespoons of soft brown sugar
- 300g (10½oz) rolled oats
- Dried cranberries (optional)

### Preparation method

1. Preheat the oven to 140°C(120°C Fan)/275°F/Gas 1.
2. In a large saucepan melt the oil, honey/syrup, lemon juice and sugar over a low heat. The aim is not to let the mixture bubble, just to let the ingredients melt and mix together. Then add the oats and stir well.
3. Spread the mixture out on a baking tray in an even layer (you may need two baking trays depending on the size of them. Bake in the oven for around 30-40 minutes until crisp. Check on the granola every 10 minutes and stir to ensure an even bake.
4. Once cooked and cooled you could add a few handfuls of dried cranberries. The granola should be stored in an airtight container and used within one month.



# Lunch and Packed Lunch Ideas

Going out and about when you're on a dietary restriction needn't be challenging. This lunch section provides some kidney friendly suggestions that you can have at home and away.

## Rice, Pasta or Couscous Salad



Rice, pasta and couscous are both low potassium alternatives to potato and make a filling alternative to bread.

Try cold cooked rice, pasta or couscous mixed with tuna, ham or chicken and a range of vegetables such as sweet corn, cucumber, olives, peppers and some mayo. You could try flavouring it with some herbs or spices, for example dried basil, parsley, paprika or even curry powder. A dash of salad dressing, spoonful of pesto or stirring in soft white cream cheese can give it extra flavour.

## Oatcake or Rice Cake Toppings

Oat and rice cakes can be used as a healthy snack, and here are some suggestions for healthy toppings, which are also low in potassium and phosphate.

- Cottage cheese mixed with pineapple (canned and drained) or mixed with sweet corn (canned)
- Cottage cheese mixed with tuna, peas (pre-boiled or canned) and thyme
- Cream cheese mixed with garlic and chive or parsley, or any other herb or spice
- Lean ham topped with cream cheese
- Egg mayonnaise
- Tuna mayonnaise
- Tinned fish (without the bones as this makes them high in phosphate)

## Sandwiches

Sandwiches could consist of bread, pitta, wraps, rolls or any other variety of bread available these days. The better option is always wholemeal as it contains more fibre but if you prefer white then opt for this occasionally. Here are some suggested fillings that provide good sources of protein ideal for dialysis patients:

- Ham and cream cheese
- Chicken pesto and mayonnaise
- Tuna mayo with cucumber
- Coronation chicken (chicken mixed with mayonnaise and some curry powder)
- Cheese (within allowance), a small amount of salad and mayonnaise
- Egg and cress
- Sliced beef and horseradish or mustard
- Vegetarian sausage, chutney and lettuce
- Sliced falafel with spring onions, chilli sauce and shredded lettuce
- Roasted red peppers, mozzarella, basil and garlic mayonnaise
- Cream cheese and cucumber
- Turkey and cranberry sauce with lettuce
- Brie and cranberry
- Cheese (within allowance) and coleslaw



## Quiche

Because quiche is made with eggs which are a good source of protein, then quiche makes a good lunch to replace the protein lost during dialysis.

Ready-made quiches are fine but try to go for a low/reduced salt options (less than 1.5g per 100g). If you are trying to lose weight then you might want to avoid the pastry and cook your own quiche using the 'pastry-less quiche recipe' in the vegetarian section of this book.

## Other Lunch Box Snacks

- Fruit such as apple, orange, pear (best option if you are trying to lose weight)
- Yogurt (within milk allowance if you're on a restriction) (try low fat or fat free varieties if you are trying to lose weight)
- Mini packets of breadsticks
- Corn crisp e.g. Skips, Dorritos, Monster Munch, Quavers, Wotsits, poppadoms, Tortilla chips (if you're trying to lose weight choose low calorie options e.g. around 100kcal per packet). Crisps are naturally high in salt, so limit the number of times you enjoy these.
- Snackajacks, mini rice cakes, plain crackers e.g. water biscuits
- Plain or butter popcorn (avoid the butter variety if you are trying to lose weight)
- Prawn crackers
- Muffins
- Plain biscuits eg Digestives, short bread, Rich Tea
- Flap jacks (can be high in fat if you are trying to lose weight)
- Cereal bar (avoid any containing nuts or dried fruit)

## What about Chocolate?

Chocolate is very high in potassium and phosphate regardless of whether its milk, white or dark chocolate, so if you are on a potassium and/or phosphate restriction it is best to eat in moderation. If you do decide to have some chocolate as an occasional treat then opting for something that contains a small amount of chocolate is better than eating chunks of chocolate. For example the following foods all contain chocolate in small amounts:

- Small chocolate bar (wafer or biscuit based such as a Taxi, Kitkat or Penguin as they have less of the high phosphate chocolate).
- Chocolate digestives biscuits.
- Chocolate chip cookie (avoid double choc chip)
- Chocolate chip cereal bar
- Chocolate chip muffin or cake (again not double choc chip)



# Starters, Soups and Snacks

## Goat's Cheese Rarebit

Don't be put off by the use of soya milk and goat's cheese in this recipe – they are both much lower in phosphate than cow's milks and cheddar and are equally tasty.

### Serves 2-4

- 25g ( $\frac{3}{4}$ oz) olive oil, vegetable spread or butter
- 150ml soya milk (we used unsweetened)
- 175g (6oz) soft goat's cheese
- 25g ( $\frac{3}{4}$ oz) flour
- $\frac{1}{2}$  tsp mustard
- pepper
- 2 egg yolks
- 4 slices bread

### Preparation method

1. Place the spread or butter, soya milk and cheese in a saucepan and heat gently until melted and smooth in consistency.
2. Stir in the flour, and bring the mixture to the boil, stirring constantly while it thickens.
3. Remove from the heat and add the mustard and pepper. Leave to cool for 5 minutes, then whisk in the egg yolks with a fork.
4. Toast the bread on one side, turn over and divide the rarebit mixture between the slices.
5. Place under a hot grill and cook until bubbling and golden.



## Pesto Cream Veggie Dip

This dip recipe is great as a snack, a small meal, or as a dip to share with friends. Using cream cheese makes it low in phosphate and if served with toasted pitta bread, crackers or corn crisps rather than potato crisps they would be low in potassium too.

- 200g (7oz) basil pesto
- 100g (3½oz) cream cheese
- 100g (3½oz) sour cream
- 2 tablespoons parmesan cheese

### Preparation method

1. Place pesto, cream cheese, sour cream and Parmesan cheese in a bowl and just stir well.
2. Mix until creamy and chill until ready to serve.

## Smoked Mackerel Paté

Enjoy this low phosphate paté on toasted bread, Melba toast or any other cracker, if you are trying to lose weight then opt for the low fat cream cheese.

### Serves 1-6

- 200g (7oz) smoked mackerel fillets, skin removed
- 2 spring onions, trimmed and finely sliced
- 1 lemon
- 100g (3½oz) cream cheese
- 1 tablespoon creamed horseradish
- Pepper

### Preparation method

1. Break the mackerel into chunks and finely chop it.
2. In a bowl add the mackerel, cream cheese, spring onions, creamed horseradish and zest of 1 lemon then mix to combine.
3. Squeeze in the juice of your zested lemon, and mix again until you have a coarse paste.
4. Season to taste with pepper.

## Carrot and Coriander Soup

Carrots are a tasty low potassium vegetable, plus using a low salt stock means its kidney friendly. Remember soup is fluid so count it if you're on a fluid restriction.

### Serves 4

- 1 tbsp of vegetable or olive oil
- 1 onion, sliced
- 450g (1lb) carrots, sliced
- 1 tsp ground coriander
- 1.2 litres/2 pints vegetable stock such as low salt Bouillon
- 1 bay leaf
- Large bunch fresh coriander or fresh parsley, roughly chopped (optional)
- Freshly ground black pepper

### Preparation method

1. Heat the oil in a large pan and add the onions and the carrots. Cook for 3-4 minutes until starting to soften.
2. Stir in the ground coriander and season well. Cook for 1 minute.
3. Add the vegetable stock and bay leaf and bring to the boil. Simmer until the vegetables are tender.
4. Remove the bay leaf and whizz the soup with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the fresh coriander or parsley and serve with some crusty bread.







## Chicken Soup

Making homemade chicken soup is a great way to use up left-over roast chicken, vegetables and stock. If you are fluid restricted you may wish to consider having less fluid at other times to ensure you don't exceed your restriction. For example you could have egg on toast instead of cereal and milk for breakfast or have a couple of biscuits after a meal instead of custard with a pudding. In this recipe we discard the water from the boiled vegetables before adding the stock – this helps to lower the potassium content of the vegetables.

### Serves 4

- 1 tbsp of vegetable or olive oil
- 1 leek
- 3 medium carrots
- 2 medium potatoes, peeled
- 1 litre low salt chicken stock
- 1 tbsp cornflower (if required, see below)
- 300g (10½oz) leftover roast chicken, shredded and skin removed
- 3 tbsp Greek yogurt or double cream
- Squeeze of lemon juice

### Preparation method

1. Roughly chop the leeks, carrots and potatoes and boil in a large pot of water until tender.
2. Drain the vegetables and potatoes (do not reuse the cooking water), return to the pot and add the stock.
3. Use a blender and blend the soup to your preferred consistency.
4. If you like soup to be thicker: return the pan to the hob on a low heat, mix the cornflower with a splash of cold water and add to the soup. Stir continuously while simmering until the soup thickens. Add the chicken and simmer for 5 minutes. To finish add the yogurt or cream and lemon juice.

## Plain Scones

This is a staple recipe that works well as a small meal, snack or even a pudding and are low in both potassium and phosphate. Making 12 in one go might sound a lot but they freeze extremely well – just make sure you use them up within one month.

### Makes 8-12

- 225g (8oz) self-raising flour
- pinch of salt
- 55g (2oz) butter
- 25g (1oz) caster sugar
- 150ml milk
- 1 free-range egg, beaten, to glaze (alternatively use a little milk)

### Preparation method

1. Heat the oven to 220°C (200°C Fan)/425°F/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter.
3. Stir in the sugar and then the milk to get a soft dough.
4. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm<sup>3</sup>/<sub>4</sub>in thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
5. Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden.



## Quick and Easy Pancakes

This really is a quick recipe and can be topped with either sweet or savoury foods of your choice.

### Serves 2-4

- 1 egg
- 1 cup\* of milk
- 1 cup\* of flour (any type)
- Cooking oil or butter

\* cup = approximately 200ml



### Preparation method

1. Place the egg, milk and flour into a bowl and whisk to combine thoroughly to form a smooth batter.
2. Heat a frying pan until hot then add the sunflower oil or butter and a large spoonful of the pancake mix.
3. Fry over a medium heat until golden brown underneath.
4. Turn the pancake over and cook for a further 1-2 minutes, or until cooked through and golden brown.
5. Set aside and repeat with the remaining batter.

### Serving suggestions

Try with stewed apples or tinned pears, peaches, strawberries or raspberries and serve with single cream (remember tinned fruit is lower in potassium than fresh).

For a savoury pancake try serving topped with ham, grated cheese or tuna or perhaps a hot filling such as chilli (see recipe in the mince section).

# Vegetarian Dishes

## Cauliflower Cheese



This recipe uses both milk and cheese which may imply that it is high in phosphate and potassium; however it makes a large amount of cauliflower cheese to serve 4-6 people. Per portion it should contain 25g/1oz of cheese and 125ml/ ¼ pt milk maximum which is within the allowances for those requiring restrictions.

### Serves 4-6

- 1 large cauliflower (leaves cut off), broken into pieces
- 500ml milk
- 4 tbsp flour
- 50g (1¾oz) butter
- 100g (3½oz) strong cheddar, grated
- 2-3 tbsp breadcrumbs, if you have them

### Preparation method

1. Bring a large saucepan of water to the boil, then add the cauliflower and cook for 5 minutes – lift out a piece to test, it should be cooked. Drain the cauliflower, and then tip into an ovenproof dish.
2. Heat oven to 220°C (200°C Fan)/425°F/Gas 7.
3. Put the saucepan back on the heat and add the milk, flour and butter. Keep whisking fast as the butter melts and the mixture comes to the boil – the flour will disappear and the sauce will begin to thicken. Whisk for 2 minutes while the sauce bubbles and becomes nice and thick. Turn off the heat, stir in most of the cheese and pour over the cauliflower. Scatter over the remaining cheese and breadcrumbs.
4. Bake the Cauliflower cheese in the oven for 20 minutes until bubbling.

**Tip:** Make enough for 6 portions even if you need less as spare portions can be frozen prior to being baked.

## Pumpkin Risotto

This is a filling dish and although it contains butternut squash (a vegetable with moderate amounts of potassium), it is made with rice (rather than potatoes) which lowers the potassium content of the overall dish. The cheese used for this recipe is minimal, however you can enjoy this meal without cheese making it lower in phosphate and fat.

### Serves 3-4

- 570ml (1 pint) vegetable such as low salt Bouillon or chicken stock
- 1 small onion, chopped
- 12 fresh sage leaves, chopped finely
- 2 tbsp olive oil
- 170g (6oz) Arborio (risotto) rice
- 250g (9oz) pumpkin or butternut squash, diced small
- 50g (2oz) butter
- Freshly ground black pepper
- Piece of fresh parmesan, or vegetarian parmesan-style grating cheese (optional)



### Preparation method

1. Heat the stock until almost boiling and then simmer over a very low heat. In a separate heavy-based saucepan sweat the onion in the oil until soft but not browned. Add the chopped sage and cook for a couple more minutes.
2. Add the rice and mix well for a few seconds to coat the grains with oil, then pour in one-third of the stock and bring to a gentle simmer. Cook until almost all the stock is absorbed. Add the pumpkin or squash and a little more stock, and continue to simmer gently until the stock is absorbed.
3. Add the remaining stock a little at a time, until the pumpkin is soft and the rice nicely al dente. You may not need all the stock, but the texture should be loose and creamy.
4. Stir the butter into the risotto, and season well with salt and pepper. Divide into four servings and add grated cheese.

## Pastry-less Quiche

This is a very versatile recipe in as much as you can easily replace any of the vegetables with any of your favourite vegetable for example peas and dried mint or squash and sage in place of the peppers, mushrooms and tomatoes work well. This dish can also be eaten hot or cold making it great for dinner at home or eaten in a packed lunch. Note that tomatoes and mushrooms are both high potassium foods but ok when eaten in small amounts.

### Serves 4

- 1 green pepper, diced
- 1 red pepper, diced
- 1 onion, chopped
- 8 medium mushrooms, sliced
- 2 large or 3 medium tomatoes, sliced
- 5 eggs
- 250g (9oz) fat free natural cottage cheese
- 75ml milk
- 50g (1¾oz) grated cheddar cheese or use a lower phosphate cheese such as feta



### Preparation method

1. Gently fry the prepared vegetables (except the tomatoes) using either a small amount of vegetable oil or a spray oil. You still want them to be a little crunchy so don't overdo the veg.
2. Mix together the 5 eggs, 250g fat-free natural cottage cheese and the milk – this isn't a pretty mixture but stick with it.
3. Lay the chopped vegetables out in an oven-proof flan dish then pour the cottage cheese mix over.
4. Placed the sliced tomatoes over the top and sprinkle with the cheese
5. Pop in the oven at 190°C(170°C Fan)/375°F/Gas 5, for around 30-45 minutes, or until the quiche is set and golden brown.

# The Versatile Mince Section

## - for vegetarians too!!

This whole section has been dedicated to the versatility of mince, and includes all kinds of mince; beef pork, lamb, chicken, turkey and vegetarian mince. You can decide which mince you would prefer to use for each of these recipes. If you are trying to lose weight then opting for the lean or extra lean beef, chicken or turkey mince is best. Alternatively you may wish to try vegetarian mince as this is also naturally low fat and a good source of protein.

### Kidney Friendly Pasty

These pasties are great served hot from the oven, but are equally tasty cold in a packed lunch. We recommend par-boiling the swede and carrot in this recipe as this helps lower the potassium content of these vegetables.

**Makes approximately 6**

- 250g (8oz) of your chosen mince
- 1 medium onion, finely chopped
- 1 medium carrot, peeled and chopped
- ½ small swede or ¼ large one, peeled and chopped
- 2 teaspoons dried parsley
- 120ml low salt stock
- ½ teaspoon of English mustard
- 500g (17oz) ready-made short crust pastry
- 1 medium egg, lightly whisked
- Pepper

## Preparation method

1. Pre-heat the oven to 180°C (160°C Fan)/350°F/ Gas 4.
2. On the hob boil the chopped swede and carrot for 5-10 minutes or until just slightly soft, then drain and discard the water (this helps lower the potassium content of these vegetables). Allow the vegetable to cool.
3. In a separate bowl add the parsley, stock, onion, minced beef and English Mustard.
4. Use a knife to cut the minced beef into small strands and mix the lot together with your hands so that the ingredients are roughly spread evenly throughout the mixture. Season with pepper.
5. Add the cooled vegetables and gently combine with your mince mixture.
6. Take the pastry and roll it out with a rolling pin to about 3mm thick. Press a saucer over the rolled pastry and cut round it to leave a circle of pastry. You may need to do three circles then reform and re-roll the pastry. Place some of the filling on each circle.
7. Brush a small amount of the egg around the edges of the pastry. Bring two edges of the pastry together to make a 'parcel' and crimp the edges together all the way round.
8. Brush the sides of the pasties with the egg (to give a browned colour during cooking).
9. Put the pasties in the pre-heated oven on a greased baking tray for 55 minutes.





## Lasagne

Lasagne generally contains 2 high potassium foods, tomatoes and milk, making it an avoidable dish for those that need to follow a low potassium diet. In this recipe we have used soya milk which creates an equally tasty white sauce but is lower in potassium than cow's milk. You may also wish to top your lasagne with some grated mozzarella cheese, which is a lower phosphate option to cheddar cheese.

### Serves 3-4

- 1 tbsp of vegetable or olive oil
- 250g (9oz) of your chosen mince
- 1 onion, diced
- 3 carrots, grated
- 75g (2½oz) butter or low fat spread
- 75g (2½oz) plain flour
- 1 tsp English mustard
- 750ml soya milk
- 2 garlic cloves, crushed
- 1 x 400g (14oz) tin of chopped tomatoes
- 1 low salt stock cube (beef or vegetable)
- 100ml water
- 250g (9oz) lasagne sheets
- 1 tsp oregano or basil (optional)
- Pepper
- 1 large handful of grated mozzarella (optional)

### Preparation method

1. Preheat the oven to 200°C (180°C Fan)/400°F/Gas 6
2. Heat a large frying pan over a medium heat and add the olive oil or spray oil. Once hot, add the mince of your choice along with a good pinch of pepper. Brown the mince for 5-6 minutes until coloured all over and beginning to crisp. Remove the mince from the pan and set to one side.

3. Add the onion and carrot to the frying pan. Cook gently for 10 minutes, or until everything is softened.
4. Meanwhile, melt the butter or spread in a saucepan over a medium heat. Once melted, add the flour and mustard, stir to mix well. Leave to cook over a medium heat for two minutes, or until the mixture makes a paste.
5. Pour the soya milk in batches into the saucepan, whisking as you add to create a smooth white sauce. Once all the soya milk is added season with a pinch of black pepper, turn the heat down and leave to simmer very gently for seven minutes.
6. Once the onions and carrots are softened, add the garlic to the frying pan and cook for two minutes. Return the meat (plus any juices) to the pan and add the tomatoes, stock and water. Mix everything together, cover with a lid and simmer the sauce for 10 minutes until thickened slightly.
7. To assemble the lasagne, place a quarter of the tomato sauce into the bottom of a small/medium baking dish. Top with a layer of lasagne sheets. Spoon over another quarter of the tomato sauce and top with a third of the white sauce. Repeat this twice more, finishing at the top with the last layer of white sauce.
8. If using top you dish with the grated mozzarella
9. Place into the preheated oven and bake for 30 minutes or until bubbling and the top is golden brown.



## Cottage Pie

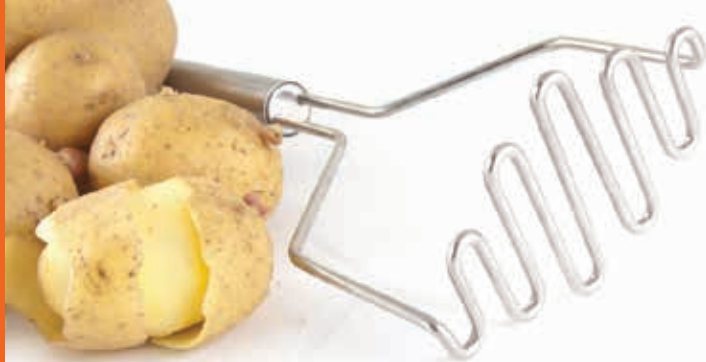
Those of you on a potassium restriction may be concerned that the topping for this dish contains potato, a high potassium food, however we have reduced the amount of potato used for this recipe and replaced it with swede, a low potassium food, helping to reduce the overall amount of potassium and making a tasty alternative topping.

### Serves 4

- 400g (14oz) potatoes, such as King Edward or Maris Piper, peeled, cut into pieces
- 400g (14oz) swede, peeled, cut into small pieces
- knob of butter or low fat olive oil spread
- splash of milk
- freshly ground black pepper
- 1 tbsp of vegetable or olive oil
- 1 onion, peeled, finely chopped
- 1 garlic clove, peeled, crushed to a paste with the edge of a knife
- 1 large carrot, peeled, finely chopped
- 1 tin of peas in water
- 2 tsp chopped fresh thyme leaves
- 250-300g (9-11oz) of your chosen mince
- 200ml low salt beef or vegetable stock
- 1 tbsp tomato purée
- Freshly ground black pepper

### Preparation method

1. Preheat the oven to 190°C (170°C Fan)/375°F/Gas 5.
2. For the topping, place the potatoes and swede into a large pan of water. Bring to the boil and cook for 15-20 minutes, or until tender. Once cooked, drain ensuring you discard all the water to remove the potassium.



3. Add the butter to the cooked potato and swede and mash using a potato masher or ricer. Add the milk, a little at a time, and continue to mash until smooth. Season, to taste, freshly ground black pepper. Set aside.
4. For the filling, heat the oil in a large pan over a low to medium heat. Add the onion and fry for 8-10 minutes, or until softened.
5. Add the garlic and carrot and fry for a further 4-5 minutes, or until softened.
6. Add you chosen mince to the pan and fry for a further 2-3 minutes, stirring continuously.
7. Add the tomato purée and the stock and stir well to combine. Bring the mixture to a simmer and continue to simmer for as further 4-5 minutes or until the sauce has thickened. Add the tinned peas and season, to taste, with black pepper
8. Spoon the filling mixture into a large ovenproof dish. Spread the mashed potato and swede mixture over the filling in a smooth, even layer.
9. Transfer to the oven and cook for 18-20 minutes, or until the topping is golden-brown and the filling is cooked through.



# Spaghetti Bolognese

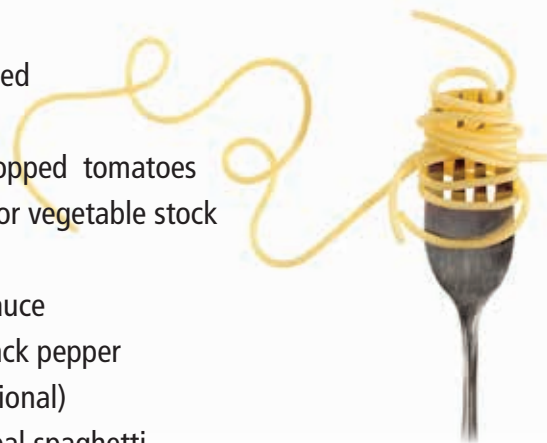
Spaghetti Bolognese is a classic comfort food and although those on a potassium restriction might avoid it for its tomato and mushroom contents it is in fact fine to eat because it is traditionally served with spaghetti, a low potassium food.

## Serves 3-4

- 1 tbsp of vegetable or olive oil
- 200g (7oz) of your chosen mince
- 1 onion, finely chopped
- 4 large mushrooms, sliced
- 1 carrot, grated
- 1 400g (14oz) tin of chopped tomatoes
- 230ml of low salt beef or vegetable stock
- 2 tbsp tomato purée
- ½ tsp Worcestershire sauce
- 1 tsp freshly ground black pepper
- 1 tsp of dried basil (optional)
- 300g (10½oz) wholemeal spaghetti

## Preparation method

1. Heat the olive oil in a large saucepan over a medium heat. Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.
2. Add mushrooms and carrot, cook for around one minute, then add tinned tomatoes, vegetable stock, tomato purée, Worcestershire sauce, freshly ground black pepper and basil if using. Stir well and bring to the boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.
3. Place the wholemeal spaghetti in a deep saucepan full of salted boiling water and cook according to packet instructions, then drain.
4. To serve, divide the cooked spaghetti between four dishes, spoon equal portions of Bolognese sauce over each.



## Chilli Con Carne

This recipe does contain kidney beans which are high in potassium but as this meal is served with rice which is a much lower potassium food than other starchy foods like potatoes then it is fine, if you would prefer you can omit the kidney beans and try something different like sweet corn.

### Serves 3-4

- 1 tbsp of vegetable or olive oil
- 1 onion, diced
- 2 garlic cloves, chopped
- 250g (9oz) of your chosen mince
- Pepper
- ½ -1 tsp chilli flakes, to taste
- 1 x 400g (14oz) tin of chopped tomatoes
- 300ml of low salt beef or vegetable stock
- ½ tsp dried mixed herbs
- ½ tsp of smoked paprika (optional)
- 1 x 400g (14oz) tin red kidney beans, drained and rinsed
- 200g (7oz) long grain rice or basmati rice



### Preparation method

1. Heat a large saucepan over a medium heat. Add the oil and, once hot, fry the onion for five minutes, or until soft and translucent. Once soft, add the garlic and cook for two minutes.
2. Add the mince, along with a good pinch of pepper. Mix well and cook for 5-6 minutes, or until there are no raw bits of meat. Add the chilli flakes, tomatoes, stock, dried mixed herbs and smoked paprika if using. Stir to mix well and bring to a simmer.
3. Pour in the drained kidney beans and simmer gently for 30 minutes, or until the chilli con carne is thickened and rich. Taste and adjust the seasoning as necessary.
4. Meanwhile, cook the rice according to the packet instructions.
5. Serve the chilli con carne on top of the rice.

# Simple Chicken Dishes

All the recipes in this section can be adapted to serve 2 people rather than 4 simply by halving the quantities. They also all work well served with potatoes (see our 'sides section' for some suggestions), however for a meal low in potassium serve with rice or pasta. Equally if you're not a fan of chicken or just fancy a change all these recipes would work well with turkey.

## Chicken and Leek Pie Filling

This recipe can be used to make a chicken pie with a pastry lid but if you prefer you could use a mash potato topping. For a low potassium topping try swede mashed with a small amount of low salt stock or butter and milk.

### Serves 4

- 30g (1oz) unsalted butter
- 30g (1oz) plain flour
- 350ml low salt chicken stock
- 3 tbsp single or double cream
- 500g (1lb 2oz) of left over roast chicken
- 2 leeks roughly chopped
- 1 packet of ready-made pastry



### Preparation method

1. Preheat oven to 180°C (160°C Fan)/350°F/Gas 4.
2. In a saucepan melt the butter on a low heat and add the flour. Stir until it clumps together and continue cooking and stirring for a couple of minutes. Gradually whisk in the chicken stock a little at a time to avoid lumps. When all the stock is added allow the sauce to simmer for several minutes and continue stirring until thickened. In another saucepan boil the leeks until tender and drain.
3. Combine the leeks, cream and chicken with the sauce and decant in to a pie dish. Lightly grease the edges of the dish and top with your chosen pastry recipe. If using pastry crimp or fork around the edges and glaze with a little beaten egg. Bake for 30 minutes or until the topping has coloured to a light golden brown.

## Chicken Wrapped in Pancetta (or Bacon) Stuffed with Herb Cream Cheese

This is a quick and easy recipe that provides a good source of protein. The cream cheese is low in phosphate and if served with rice, pasta or noodles rather than potatoes would also be low in potassium. This recipe would also be tasty served with cranberry sauce (a low potassium sauce).

### Serves 4

- 4 large skinless chicken breasts
- 4 tbsp soft cream cheese
- 20 thin slices pancetta or your favourite bacon
- 2 tbsp olive oil
- ½ tsp each of basil/oregano/rosemary/thyme
- Optional cranberry sauce

### Preparation method

1. Preheat the oven to 200°C/400°F/Gas 6.
2. In a small bowl, mix the soft cheese with basil, oregano, rosemary and thyme
3. For the chicken, with a small, sharp knife, make an incision down the side of each chicken breast to form a pocket. Season the chicken inside and out with freshly ground black pepper, then push the soft cheese mixture into the pockets. Lightly press each chicken breast to flatten the filling slightly and seal the edges, then wrap each breast in five slices of pancetta, to cover completely.
4. Heat the olive oil in a large, heavy-based frying pan over a medium heat, then add the chicken and fry for 2-3 minutes on each side, or until the pancetta is crisp and golden-brown. Transfer to a roasting tin and cook in the oven for 20-25 minutes, or until the chicken is thoroughly cooked (the juices should be clear with no trace of pink).





## Chicken and Olive Casserole

This recipe will freeze well so if you're only cooking for 1 or 2 people it is still worth making the full recipe and popping some in the freezer as a homemade ready meal for when you're short on time.

### Serves 4

- 1 tbsp of vegetable or olive oil
- 800g (1lb 8oz) chicken breast
- 1 large onion, sliced
- 2 cloves garlic, minced
- 400g tin of chopped tomatoes
- 375ml low salt chicken stock
- 1 tsp dried sage
- ½ tsp dried thyme
- ½ tsp sugar
- 2 tsp balsamic vinegar
- 1 cup olives in brine (black or green or a mixture)
- Pepper



### Preparation method

1. Heat a deep pan, spray with oil and brown chicken. Remove chicken from pan and set aside.
2. Add onions and garlic to the pan and sauté until tender. Add tomatoes, chicken stock, sage, thyme, sugar, balsamic vinegar and olives. Bring to the boil and simmer a couple of minutes.
3. Check the seasoning before returning chicken to the pan. Cover and simmer gently for 1 hour.
4. You don't want the casserole to boil as it makes the chicken tough. Just a gentle bubble will give you lovely tender chicken.
5. Serve with boiled rice and vegetables.

# Chicken and Lemon Casserole

This is a lovely recipe that uses the cheaper cuts of chicken making it tasty and economical. If served with rice and boiled low potassium vegetables such as carrots, cabbage, cauliflower or green beans then the overall potassium content of this dish would be low.

## Serves 4

- 2 tbsp honey
- 1 lemon, zest and juice only, plus 1 lemon, sliced into thin rounds
- 2kg (4lb 4oz) skinless chicken thighs or drumsticks
- salt and freshly ground black pepper
- 80g (3oz) butter
- 1 tbsp of vegetable or olive oil
- 4 garlic cloves crushed
- 500ml hot low salt chicken stock
- 2 tsp of dried thyme (optional)

## Preparation method

1. Preheat the oven to 200°C (180°C Fan)/400°F/Gas 6.
2. Place the honey, lemon zest and lemon juice into a bowl and whisk until well combined. Add the chicken pieces and turn until they are completely coated in the mixture. Set aside for at least 10 minutes to marinate.
3. In a flame proof casserole pan heat 40g/1½oz of the butter and half of the olive oil over a medium heat. When the butter is foaming, add half of the marinated chicken pieces and fry for 5-6 minutes, turning occasionally, until golden-brown. Set the chicken pieces aside and repeat the process with the remaining butter oil and chicken pieces then set the chicken aside again.
4. Add the garlic cloves, lemon slices and residual marinade juices to the pan and stir well, scraping any burned bits off the bottom of the pan with a wooden spoon. Return the cooked chicken pieces to the pan, then add the hot chicken stock and the thyme and stir well. Bring the mixture to the boil, place into the oven to cook for 30-35 minutes, or until the chicken is tender and cooked through.



5. Remove the chicken pieces from the pan and set aside on a warm plate. Strain the sauce into a saucepan through a fine sieve, pressing the garlic pulp through the sieve using the back of a wooden spoon. Simmer the lemon sauce over a high heat for a further 5-10 minutes, or until the liquid has reduced to the consistency of thin syrup.
6. Spoon the lemon sauce over the casserole chicken and serve.



# Simple Meat Dishes

Lamb and Pork are tasty and versatile meat which can be enjoyed in simple dishes such as these or as part of a stew or even barbequed. Simply served with boiled or mashed potatoes or for a low potassium option cous cous or rice and mixed low potassium vegetables such as carrots, broccoli and peas.

## Minted Lamb Chops

Although this recipe ideally calls for fresh herbs, you can still make this with any dried herbs you may have lurking in your cupboard; just reduce the quantity by half.

### Serves 2

- 100g (3½oz) breadcrumbs (homemade or shop brought)
- 2 tbsp fresh mint
- 1 tbsp fresh parsley
- 2 lamb chops
- 100g (3½oz) flour
- 1 free-range egg, whisked
- 1 tbsp of vegetable or olive oil

### Preparation method

1. To prepare the lamb chops, use a blender to mix the breadcrumbs, mint and parsley until well combined. Place into a bowl.
2. Coat the lamb chops in the flour then dip in the egg and into the breadcrumbs until well coated. Season with pepper.
3. Heat a frying pan to a medium heat. Add the oil and place the lamb chops into the pan. Cook for three minutes.
4. Turn the chops over and cook for a further three minutes.
5. Remove the chops and allow them to rest for three minutes then serve.



## Honey Glazed Pork or Lamb Chops

Contrasting flavours from the honey and mustard packs a huge amount of taste in this easy to prepare dish. Try marinating the meat overnight to infuse the flavours into the meat.

### Serves 2

- 2 lamb or pork chops
- 25g ( $\frac{3}{4}$ oz) butter or low fat spread
- 1 tsp honey
- 1 tsp wholegrain mustard
- Black pepper

### Preparation method

1. Beat the butter or spread until creamy.
2. Blend in the honey and mustard and season with pepper and mix to a smooth paste
3. Brush the honey mixture over your chosen chop, cover and chill for approximately an hour
4. Grill the chops under a hot grill for 5 minutes each side until cooked and serve



# Pan-fried Pork Chop with Creamy Leek Sauce

Cream is much lower in potassium and phosphate compared to milk and as such can be enjoyed much more freely on a renal diet (unless you are trying to lose weight, where you might wish to use half fat crème fraiche instead). Using strong flavours like leek and garlic can help to flavour the foods rather than relying on salt. Serve with a low potassium starchy food like rice or cous cous.

## Serves 2

- 2 pork chops
- 1 tbsp of vegetable or olive oil
- knob unsalted butter
- 1 garlic clove, peeled and chopped
- ½ leek, washed and sliced
- 2 sprigs of thyme, leaves only
- 50ml milk
- 150ml double cream
- 1 tbsp fresh parsley, chopped with



## Preparation method

1. Heat a griddle or frying pan until hot. Brush the pork chop with oil and add to the pan to cook for six minutes. Turn the chop over and cook for a further six minutes, or until browned and cooked through. When cooked, the juices will run clear when pierced with a sharp knife. Remove from the heat and set aside to rest for three minutes.
2. For the leeks, heat the oil and butter in a pan and sauté the garlic with the leek and thyme leaves for 3-4 minutes, to soften.
3. Stir in the milk, cream and parsley, then reduce the heat and simmer gently for a further 6-8 minutes, stirring occasionally.
4. Spoon the creamed leek sauce over the pork chop and serve.

## Toad in the Hole

Treating yourself to some good quality sausages from the butchers or deli counter will help to reduce the amount of additives which are frequently added to more processed foods. Adding low potassium flavourings such as mustard is a great way to jazz up the sausages.

### Serves 4

- 100g (3½oz) plain flour
- ½ tsp English mustard powder
- 1 egg
- 300ml milk
- 3 thyme sprigs, leaves only (optional)
- 8 sausages
- 2 tbsp of vegetable or olive oil

### Preparation method:

1. Heat oven to 220°C (200°C Fan)/425°F/Gas 7.
2. Tip the flour into a large mixing bowl and stir in the mustard powder. Make a well in the centre, crack in the egg, then pour in a dribble of milk. Stir with a wooden spoon, gradually incorporating some of the flour, until you have a smooth batter in the well. Now add a bit more milk and continue stirring until all the milk and flour has been mixed together.
3. You should now have a smooth, lump-free batter that is the consistency of double cream. Tip it into the jug you measured your milk in, for easier pouring later on, then stir in the thyme if using.
4. Use scissors to snip the links between your sausages, then drop them into a 20 x 30cm roasting tin. Add 1 tbsp of the oil, tossing the sausages in it to thoroughly coat the base of the tin, then roast in the oven for 15 mins.
5. Take the hot tray from the oven, then quickly pour in the batter – it should sizzle and bubble a little when it first hits the hot fat. Put it back into the oven, then bake for 40 mins until the batter is cooked through, well risen and crisp. If you poke the tip of a knife into the batter in the middle of the tray it should be set, not sticky or runny.



# Fish Dishes

**Fish is a great source of protein, ideal for replacing any protein lost during dialysis. If cooked with minimal fat, fish is low fat so also ideal if you are trying to lose weight.**

## Fish Pie

You can choose a mixture of all your favourite fish to make this tasty dish and it can be made in advance then heated up in the microwave or made and frozen for another day.

### Serves 4

- 300g (11oz) potatoes, peeled and cut into pieces
- 300g (11oz) swede, peeled and cut into pieces
- 1 tbsp of vegetable or olive oil
- 1 onion, finely chopped
- 1 tsp dried mixed herbs (or fresh if available)
- 600g (1lb 3oz) fish pie mix, any bones removed
- 200g (7oz) cream cheese (garlic & herbs flavour)
- Approximately 75ml semi-skimmed milk
- 20g (½oz) cheddar cheese, finely grated

### Preparation method

1. Cook the potatoes and swede in boiling water until soft.
2. Meanwhile heat the oil in a large non-stick frying pan. Add the onion and herbs and cook gently until the onion is soft but not browned.
3. Add the fish to the frying pan and heat until the fish is just cooked through. Add the cream cheese, stir over the heat until the cream cheese has melted and heated up to almost boiling. Gradually add the milk to give a nice creamy sauce. Season with pepper to taste.
4. Spoon the fish mixture into a pre-warmed ovenproof dish. Drain and mash the hot potatoes and swede. Use to top the fish mixture. Sprinkle with grated cheese and place under a hot grill until the cheese has melted and browned. Serve with seasonal vegetables.



## Kedgeree

This is a versatile dish which can be served as a main meal, snack or starter.

### Serves 4

- 200g (7oz) long grain rice
- ½ onion finely sliced
- 1 tbsp of vegetable or olive oil
- 2 teaspoons curry powder
- 400g (14oz) poached smoked haddock or cod filets
- 400ml low salt chicken stock
- 4 hard boiled eggs
- ½ a lemon

### Preparation method

1. Warm the oil in a wide frying pan, add the onion and fry until softened. Add the curry powder and rice and stir to coat the rice in the oil. Add the stock or water, cover with a tight fitting lid or tin foil and allow to simmer on a low heat until most of the water has absorbed (around 10 minutes).
2. When most of the water has been absorbed, place the fish and quartered eggs on top of the rice and replace the lid. Continue to cook on the lowest heat for another few minutes and then turn of the heat leaving the rice, fish and eggs covered to steam for 5-10 minutes with the lid on allowing the fish to warm through. When the time is up remove the lid and fork the fish through the rice with a squeeze of lemon juice.



## Tuna Pasta Bake

This is an ideal recipe for a quick supper and you may already have all the ingredients in the cupboard/fridge.

### Serves 4

- 25g (1oz) unsalted butter or olive oil spread
- ½ tsp mustard or mustard powder
- 25g (1oz) plain flour
- 400ml milk
- 200g (7oz) cream cheese
- Pepper
- ½ onion, peeled, finely chopped
- Handful of each; peas & sweet corn
- 130g (4½oz) canned tuna, drained and flaked
- 160g (5½oz) pasta (such as macaroni, penne or fusilli), cooked according to packet instructions, drained
- 60-80g (2-3oz) dried breadcrumbs (homemade or shop brought)

### Preparation method:

1. Preheat the oven to 200°C (180°C Fan)/400°F/Gas 6.
2. Heat the butter or spread in a frying pan over a medium heat. When the butter is foaming, add the flour to make a smooth paste. Continue to cook, stirring vigorously, for a further 3-4 minutes, then pour in 125ml/4½fl oz of the milk. Whisk the milk and flour mixture together to a smooth paste.
3. When the mixture is bubbling, add another 125ml/4½fl oz of milk and whisk until it is bubbling and incorporated into the mixture.
4. Repeat the process with the remaining 250ml/9fl oz of milk. Continue to whisk and simmer until the sauce is smooth and thick enough to coat the back of a spoon. Remove the pan from the heat and stir in the cream cheese. Season with pepper and mustard.
5. Add the onion, tuna, peas, sweet corn and cooked pasta to the cheese sauce and stir until well combined.
6. Pour the mixture into an ovenproof dish. Sprinkle over with the breadcrumbs. Bake in the oven for 30 minutes, or until the breadcrumbs are crisp and golden brown and the sauce is bubbling.



## Cod fillet with Lemon Sauce

This is a quick and easy dish which can be made with most types of fish including pollock, salmon, plaice and coley.

### Serves 4

- 4 cod fillets
- 1 tbsp cornflour
- 1 tbsp butter or olive oil spread
- 4 tbsp water
- 1 lemon (grated rind and juice)
- Black pepper

### Preparation method

1. Place lemon juice and rind into a small saucepan with water and bring to the boil.
2. Mix the cornflour with a little water and add to the sauce pan. Cook, stirring continuously, until thickened. Add pepper to taste.
3. Dot the fish with butter (or low fat spread and grill for 5-6 minutes each side until cooked.
4. Serve with our healthy chips or mash, found in the Sides Section of this book, pour over the lemon sauce adding a vegetable of your choice.



## Easy Fish Cakes

You can make fishcakes from any pre-cooked fish – tinned salmon, tuna or even smoked mackerel. You could also bake a salmon or haddock fillet in the oven from fresh or frozen.

### Serves 2-3

- 2 medium potatoes (or sweet potatoes)
- 200g (7oz) cooked flaked fish, either smoked mackerel or a tin of tuna or salmon
- a small lemon, juice only
- freshly ground black pepper
- 100g (3½oz) cream crackers or similar savoury biscuits (or breadcrumbs if you have them)
- 1 tbsp of vegetable or olive oil

### Optional extras

- 2 spring onions, chopped
- 1 tbsp chopped chives or parsley
- 1 tbsp grated cheddar
- 1 tsp wholegrain mustard

### Preparation method

1. Preheat the oven to 220°C (200°C Fan)/425°F/Gas 7.
2. Peel the potatoes and then boil. After 20-30 minutes the potatoes should feel soft if not, cook them for a few minutes more and then rinse them and leave to cool.
3. Mash the potato using a masher, fork or clean fingers.
4. Add the fish and mix well. Add the lemon, a little pepper and any of the optional extras you like. Have a taste – you can add more pepper or lemon, if you like.
5. Place the crackers in a sandwich bag and wrap it in a clean tea towel or layers of kitchen paper. Crush the crackers using a rolling pin. Pour the cracker crumbs onto a plate.



6. Get your hands a little bit wet and roll small balls of the fishcake mixture. Don't worry too much about making perfect balls – you can flatten them into patties. Get the outside of the fishcakes damp again and push them into the bowl of crushed crackers – you want a light coating of crumbs all over the fishcakes.
7. Pour the oil over the bottom of a baking tray and place the fishcakes on top. Turn them all over once so that they have a little oil on each side.
8. Bake the fishcakes for 10 minutes on one side and then turn the fishcakes over before placing them back in the oven for another 10 minutes or until the fishcakes are golden brown. Carefully remove from the oven and leave to cool slightly before serving.



# Side Dishes

## Healthy Chips

Because these chips are parboiled they are lower in potassium so great if you're following a low potassium diet – plus they are healthy if you use less oil so the spray oil is great if you are trying to lose weight.

### Serves 4

- 908g (2lb) medium sized Maris Piper potatoes
- A small amount of vegetable, olive oil or spray oil

### Preparation method

1. Preheat the oven to 240°C (220°C Fan)/475°F/Gas 9. Peel the potatoes using a potato peeler and remove any blemishes or 'eyes'. Slice lengthwise into approx ½in/1 cm thick rectangular chips.
2. Bring a large saucepan of salted water to the boil. Add the chips and cook for 4 minutes. Drain and leave aside for 10 minutes to dry.
3. Return the chips to the dry saucepan, cover with a lid and shake to "rough up" the edges of the chips - this roughness is important to the texture of the chips.
4. Light grease a metal baking tray with olive oil or spray oil. Transfer the chips to the tray, cover lightly with olive oil or spray lightly with oil spray and bake in the oven for 20-25 minutes, turning occasionally, until golden brown on all sides. Drain them on absorbent kitchen paper and serve.



## Dauphinoise Potatoes

These creamy, garlicky potatoes make a fabulous side dish for any of the meat or poultry dishes. They are very high calorie so best avoided if you are trying to lose weight. Parboiling these potatoes helps to reduce the amount of potassium in this dish.

### Serves 4-6

- 1kg (2lb 4oz) potatoes peeled and chopped
- 3-4 cloves garlic
- 500ml (17½fl oz) double cream (you may need a bit extra)
- Freshly ground black pepper
- ½ teaspoon of freshly grated nutmeg (optional)
- 85-100g (4oz) grated cheddar cheese (optional)

### Preparation method:

1. Preheat the oven to 180°C/350°F/Gas 4.
2. On the hob boil the potatoes for approximately 10 minutes or until slightly soft but still firm on the inside.
3. Drain and discard the cooking water and allow the potatoes to cool.
4. Once cooled slice the potatoes into thin slices. Place the slices into a bowl as you cut them.
5. Finely slice the garlic or use a garlic press and add to the potatoes.
6. Season the potatoes with ground black pepper and the grated nutmeg if using.
7. Pour the cream over the potatoes and mix well but be gentle so not to turn the potatoes into a mash.
8. Place the potato slices into the gratin dish. They should come to just below the top of the dish. Press the potato down with the back of a spoon or your hands so it forms a solid layer. The cream should come to just below the top layer of potato (top up with more double cream if necessary).
9. Sprinkle over the grated cheese if using.
10. Place the potatoes in the oven and bake for 30-40 minutes, or until golden brown on the top.

## Healthy Creamed/Mash Potato

This healthy mashed potato uses clever substitutions to reduce fat and calories but maintain a rich creaminess.

Serves 4

- 1kg (2lbs) floury potatoes, such as King Edward or Maris Piper, cut into even chunks
- 125ml skimmed, 1% or semi-skimmed milk
- 1 tbsp low fat spread
- 3 tbsp low fat crème fraîche

### Preparation method

1. Bring a large saucepan of water to the boil. Add the potatoes and boil for about 15 minutes or until tender. Transfer to a colander and drain well, then return to the pan and set over a very low heat for 2 minutes to dry completely.
2. Heat the milk and butter in a small pan, then pour over the potatoes. Remove pan from the heat, then mash potatoes using an electric hand whisk or potato masher. Tip in the crème fraîche and beat with a wooden spoon until smooth and creamy. Season with pepper and a pinch of salt.





## High Energy Creamy Mash Potato

This is a great alternative to our healthy mash as it provides extra energy without the quantity for those that need to gain weight and build-up.

### Serves 4

- 1kg (2lbs) potatoes, cut into large chunks
- 100 ml single cream
- 50g (2oz) unsalted butter, diced
- 50ml double cream
- Freshly grated nutmeg, to taste

### Preparation method

1. Boil the potatoes in a large pan of boiling water for 15-20 minutes or until tender. Drain the potatoes in a colander.
2. Meanwhile, pour the single cream into a pan and add the butter, double cream, nutmeg.
3. Pass the cooked potatoes through a potato ricer or mash into a clean bowl.
4. Gradually mix the milk mixture into the potatoes – you may not need it all as you don't want to make the mixture too wet. Beat with a wooden spoon until fluffy and smooth, and then reheat if necessary.



# Puddings and Cakes

**We all enjoy a sweet treat occasionally. Remember to limit your portion sizes of these if you are trying to losing weight.**

Many of these recipes have a high sugar content, if you have diabetes you may wish to try cutting the amount of sugar or using a granulated sweetener. For people with diabetes small amounts of high sugar foods are best taken with a meal to slow down the absorption of sugar.

It is nice to have something to accompany desserts but custard whether homemade or made using custard powder is very high in phosphate, therefore if you are on a phosphate restriction try these alternatives:

- Cream, clotted, single or double are fine but beware if you are trying to lose weight.
- Crème fraîche or low fat/fat free fromage frais are lighter alternatives to cream.
- Soya ice cream is lower in phosphate than the dairy alternative.



## Syrup Sponge Pudding

This recipe is good for giving you extra calories but has a high sugar content so take care if you have diabetes. It is however low in both potassium and phosphate. For a change replace the syrup with Jam.

### Serves 4

- 100g (3½oz) softened unsalted butter
- 100g (3½oz) caster sugar
- 2 eggs
- 100g (3½oz) self-raising flour
- 6 tbsp golden syrup

### Preparation method

1. Cream the butter and sugar together in a bowl or food processor.
2. Add one egg and mix carefully with a spoon of flour to prevent curdling. Add the other egg and mix well.
3. Fold in the flour.
4. Measure the syrup into a buttered pudding dish. Spoon the cake mixture on top of the syrup.
5. Cover with buttered foil with a fold to allow for expansion.
6. Bake at 200°C (180°C Fan)/400°F/Gas 6 for 35-40 minutes until a skewer comes out clean.



## Rice Pudding

This recipe uses Soya milk in place of cow's milk as this is lower in phosphate but tastes just as good. If you need to gain weight then you could add some jam, honey or syrup to the finished dish for extra calories.

### Serves 6

- 200g (7oz) pudding rice
- 800ml soya milk (we used unsweetened)
- 4 tablespoons sugar
- ½ teaspoon salt
- ½ teaspoon vanilla extract, or to taste
- ¼ teaspoon cinnamon powder (optional)
- ¼ teaspoon nutmeg powder (optional)

### Preparation method

1. Add the soya milk and rice to a large pan and stir whilst you bring to the boil.
2. Once boiled reduce the heat and simmer for 20 minutes or until the rice is very soft.
3. Add the sugar, vanilla extract and salt and cook for another 2 minutes, stirring occasionally.
4. Pour the rice pudding into serving dishes and sprinkle with nutmeg or cinnamon if using.
5. Serve the rice pudding immediately (hot) or cool down and serve cold.



## Apple Crumble

Apples are not high in potassium and can be added to your crumble or pie without problems. For a low phosphate option serve with cream rather than custard or a low fat crème fraîche.

**Serves 4**

### For the crumble

- 300g (10½oz) plain flour, sieved pinch of salt
- 175g (6oz) sugar
- 200g (7oz) unsalted butter, cubed at room temperature
- Knob of butter for greasing



### For the filling

- 450g (1lb) apples, peeled, cored and cut into 1cm/½in pieces
- 50g (2oz) sugar
- 1 tbsp plain flour
- 1 pinch of ground cinnamon

### Preparation method:

1. Preheat the oven to 180°C (160°C Fan)/350°F/Gas 4.
2. Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
3. Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well being careful not to break up the fruit.
4. Butter a 24cm/9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
5. Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.



## Cherry Shortbread

Shortbread is a low potassium and low phosphate treat as well as being relatively easy to make.

### Makes approximately 20 shortbread fingers

- 125g (4oz) unsalted butter
- 55g (2oz) caster sugar, plus extra to finish
- 180g (6oz) plain flour
- Optional: 2 tbsp glace cherries - chopped

### Preparation method

1. Heat the oven to 190°C (170°C Fan)/375°F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste.
4. Add the cherries (if using) and stir gently to combine.
5. Turn on to a work surface and gently roll out until the paste is 1cm/1/2in thick.
6. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
7. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.



## Victoria Sponge Cake

Cakes without nuts, dried fruit, chocolate and coconut are good choices as they are generally low in potassium and phosphate. Enjoy as a treat!

### Serves 10

- 250g (9oz) unsalted butter, well softened
- 250g (9oz) caster sugar
- 4 medium eggs
- 250g (9oz) self-raising flour
- A splash of milk (if required)
- 50ml double cream
- Approximately 5 tbsp raspberry jam (add more or less for your preferred taste)

### Preparation method

1. Grease two 20cm shallow cake tins and then line with baking parchment. Preheat the oven to 180°C (160°C Fan)/350°F/Gas 4.
2. Put the softened butter and sugar in a large bowl and beat until very pale and fluffy. This is likely to take between 5-10 minutes. If preferred this can be done in a free standing mixer.
3. Add an egg and a large spoon of flour to the mixture and beat again. Repeat this process until all the eggs are incorporated. Sift in the remaining flour and fold into the mixture using a large metal spoon.
4. If the mixture does not have a dropping consistency (i.e. drops easily off a spoon) add a splash of milk.
5. Divide the mixture between the two tins, smooth the top and bake in the oven for 25 minutes.
6. When the cakes have cooked and cooled they can be sandwiched together. Whisk the double cream until soft peaks form. Spread jam on the top of one of the cakes and then spread the whipped cream on top of the jam. Sit the second cake on top and sift over icing sugar to decorate.





## Quick and Easy Flapjacks

The oats in flapjacks are high in soluble fibre but watch out for all the added sugar. For a change try adding glacé cherries or dried cranberries.

### Makes 12

- 250g (9oz) porridge oats
- 125g (4oz) melted unsalted butter
- 125g (4oz) brown sugar
- 2-3 tbsps golden syrup (depends how gooey you want it)

### Preparation method

1. Place all the ingredients in a food processor or large bowl and fully mix, making sure the oats keep their texture.
2. Lightly grease a baking tin with butter and spoon in all the mixture.
3. Using the back of a spoon press into the corners so the mixture is flat and score the mixture into 12 squares.
4. Place in the oven and bake on 180°C (160°C Fan)/350°F/Gas 4, until golden brown (about 20 minutes).



## Madeira Cake

Plain cakes are low in both potassium and phosphate so enjoy for an afternoon tea!

### Serves 6-8

- 175g (6oz) unsalted butter, at room temperature
- 175g (6oz) caster sugar
- 3 eggs
- 250g (9oz) self-raising flour
- 2-3 tbsp milk
- 1 lemon, zest only

### Preparation method

1. Pre-heat the oven to 180°C (160°C Fan)/350°F/Gas 4.
2. Grease an 18cm/7in round cake tin, line the base with greaseproof paper and grease the paper.
3. Cream the butter and sugar together in a bowl until pale and fluffy.
4. Beat in the eggs, one at a time, beating the mixture well between each one and adding a tablespoon of the flour with the last egg to prevent the mixture curdling.
5. Sift the flour and gently fold in, with enough milk to give a mixture that falls slowly from the spoon. Fold in the lemon zest.
6. Spoon the mixture into the prepared tin and lightly level the top. Bake on the middle shelf of the oven for 30-40 minutes, or until golden-brown on top and a skewer inserted into the centre comes out clean.



Written information cannot replace personalised recommendations.  
For further advice please seek a dietetic referral from your consultant or GP.

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