

Renal Dietitians

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Enjoying Festive Food at Christmas

Renal Recipes



Biscuits, Cakes and Puddings

Butterscotch Shortbread

Ingredients:

155g / 6oz plain flour

110g / 4oz low salt butter or margarine, softened

55g / 2oz dark brown sugar

½ tsp vanilla essence

1 tbsp castor sugar (optional)

Method:

1. Preheat the oven to 160°C (Gas Mark 3).
2. Cream the sugar and fat together until light and fluffy.
3. Mix in the flour.
4. Knead the mixture together until it forms a firm dough.
5. Turn out on to a floured surface and roll or press out into a round shape, approx 1 ½ cm thick.
6. Place onto a lightly greased baking sheet and prick all over with a fork.
7. Bake for about 35-40 minutes.
8. Sprinkle with castor sugar (if using) and cut into eight pieces whilst still hot. Decorate with glacé icing and sliver balls if desired.

Gravy and Sauces

Bread Sauce – serves 4-6

Ingredients:

4 whole cloves

1 small onion, peeled

6 black peppercorns

1 small bay leaf

1 fresh thyme sprig

300ml / ½ pint milk

85g / 3oz fresh white breadcrumbs

15g / ½ oz butter, diced

Freshly grated nutmeg

2 tbsp single cream

Seasoning to taste

Method:

1. Press the cloves into the whole onion. Place the clove-studded onion in a saucepan with the peppercorns, bay leaf, fresh thyme and milk. Bring gently to the boil, then remove the pan from the heat and set aside for 30 minutes.
2. Strain the milk into a clean pan, and then discard the onion, spices and herbs. Stir in the breadcrumbs into the milk, then bring gently to the boil and simmer for 5-10 minutes, or until thickened, stirring continuously.
3. Stir in the butter until melted, and then season to taste. Add a little grated nutmeg. Stir in the cream just before serving. Serve hot.

Gravy

After roasting the meat, spoon the fat out of the roasting tin. Sprinkle in 2 level tbsp flour and cook over a medium heat for 1-2 minutes. Gradually blend in ¾ pint water, add ground pepper and a tsp of cranberry or redcurrant jelly if available. Simmer for two minutes more and pour into a jug.



For the topping:

1. Whisk the egg whites until stiff and then whisk in 1 tbsp of the sugar. Carefully fold in the rest of the sugar, reserving a little for dredging.
2. Spoon or pipe the meringue onto the lemon filling to cover it completely, right up to the edges. Dredge with the reserved sugar.
3. Bake in a very cool oven (140°C, Gas Mark 1) for 1 hour or until the meringue is crisp and golden.

Pavlova – serves 6-8

Ingredients:

4 egg whites

8oz / 225g castor sugar

1 ½ tsp vanilla essence

1 ½ tsp vinegar

1 ½ tsp cornflour

Method:

1. Heat the oven to 150°C (Gas Mark 2).
2. Whip the egg whites until standing in stiff peaks.
3. Add half the sugar, the cornflour, vanilla essence and vinegar and whip again until very stiff and shiny.
4. Fold in the remaining sugar.
5. Cover a baking sheet with parchment. Pipe or spoon the mixture onto the parchment.
6. Dredge lightly with castor sugar and bake for 2 hours.

Savoury Bites

Carrot, Leek and Goats' Cheese Tarts – serves 4 as main course, 8 as starter

Ingredients:

2 medium carrots, peeled and finely sliced

2 medium leeks, trimmed and finely sliced

1 clove garlic, crushed

1 tbsp olive oil

2 teaspoons dried or 2 tablespoons fresh herbs (oregano, sage, mixed)

375g pack ready-rolled puff pastry

150g soft goat's cheese

Method:

Preheat the oven to 200°C/ Gas Mark 6

1. In a large saucepan, boil the carrots in plenty of water for 5 minutes.
2. Add the leeks and boil for a further 5 minutes.
3. Drain the carrots and leeks well, then return to the pan.
4. Stir in the olive oil, garlic and herbs and leave to cool.
5. Cut the pastry into eight squares and place on a baking sheet, lined with baking parchment.
6. Divide the vegetable mixture into eight and spread each pastry square with the mixture, leaving a 1/2cm border round the edge.
7. Dot the goat's cheese over the top of the vegetables.
8. Bake for about 30 minutes or until the pastry is golden brown

Chicken Spring Rolls - makes 6

Ingredients:

2 sheets filo pastry
150g / 6oz bean sprouts
75g / 3oz carrots, cut into strips
40g / 1 ½ oz spring onions
2 cloves garlic
2 tsp chopped root ginger
1 tsp fresh mint
1 tsp coriander
200g / 8oz chicken, skin removed
3 tsp oil
2 drops sesame oil
Pinch black pepper
4 tsp cornflour
30ml / 2 tbsp / 1 fluid oz light soy sauce
15ml / 1 tbsp olive oil for brushing

Method:

1. Cut the chicken into fine strips and fry in a hot pan with a little oil flavoured with sesame oil.
2. Add chopped ginger, garlic and stir.
3. Toss in carrots and bean sprouts and cook for a few minutes.
4. Season with pepper. Add the soy sauce.
5. Take off heat, stir in mint and coriander and allow to cool.
6. Spread filo pastry out into a large square. Cut strips length wise (approx 6 inches/15cm across).
7. Place some of the filling at one end leaving ½ inch either side of the filling.
8. Fold the outside into the middle and roll around.
9. Seal with lightly beaten egg white and place on a cloth that has been sprinkled with cornflour.
10. Keep in the fridge until needed.
11. Brush with oil and bake at 220°C (Gas Mark 7) for 8-10 minutes.



Lemon Meringue Pie – serves 6

Ingredients:

6oz / 150g plain flour
Pinch of salt
3oz / 75g margarine and white vegetable fat mixed
2 ½ tbsp cold water
For the filling:
3 tbsp cornflour
¼ pint water
Finely grated rind of two lemons
¼ pint lemon juice
3oz / 75g caster sugar
2 egg yolks

For the topping:

2 egg whites
4oz / 100g caster sugar

Method:

1. Make the short crust pastry in your usual way and chill for half an hour in the refrigerator, wrapped in cling film.
2. Unwrap and roll out and line an 8" ovenproof dish or flan ring on a baking sheet. Chill again for 15 minutes.
3. Heat the oven to 190°C (Gas Mark 5). Place a circle of greaseproof paper to cover the pastry and fill with baking beans.
4. Bake blind for 15 minutes, then remove the beans and bake for a further 5-10 minutes. Allow to cool.

For the filling:

4. Mix the corn flour and water together in a saucepan. Add the lemon juice and rind and bring slowly to the boil, stirring constantly. Simmer gently until the mixture thickens, then remove from the heat and stir in the sugar. Leave to cool slightly then beat in the egg yolks. Pour the mixture into the cooked pastry case.

Renal Mincemeat

Ingredients:

1 large Bramley apple, peeled and grated
1 oz / 25g margarine
2 oz / 50g glace cherries
Few drops of brown food colouring
2 oz / 50g sugar
1 heaped tsp mixed spice
4 oz / 100g chopped candied peel
1tbsp brandy or rum

Method:

Put all ingredients in a large bowl and mix thoroughly.
Use to make mince pies.

Quick Trifle

Ingredients:

4 slices Swiss roll or sponge
½ wine glass of sherry
1 tin mandarin oranges or fruit cocktail (drained)
Double cream
1 tin of ready-made custard

Method:

1. Place the Swiss roll or sponge in a dish and pour over the sherry.
2. Cover the sponges with drained fruit.
3. Cover with custard.
4. Decorate with whipped double cream.

Chicken and Mushroom Pastry Parcels - serves 4 (you could make smaller parcels, for a more 'bite' size portion)

Ingredients:

2 tbsp sunflower oil
1 finely chopped small onion
1 clove garlic, crushed
1 tsp mixed dried herbs
1 small tin sliced mushrooms, drained
225g / 8 oz cooked chicken (white or dark meat)
100g / 4 oz cream cheese
500g / 1lb ready-made short crust pastry

Method:

1. Preheat the oven to 200°C / Gas Mark 6.
2. In a large frying pan, gently fry the onion in the oil until softened.
3. Stir in the crushed garlic.
4. Drain the mushrooms and stir into the onion mixture with the diced chicken meat and herbs.
5. Remove from the heat, stir in the cream cheese and leave to cool.
6. On a floured surface, roll the pastry into a rectangle approximately 30 cm x 40 cm and cut into four rectangles.
7. Divide the chicken mixture into four and spread over the pastry, leaving a 1 cm border.
8. Brush the edges of the pastry squares with water and fold to make a parcel. Pinch edges together firmly to seal in the filling.
9. Transfer to a lightly greased baking sheet and brush with beaten egg or milk.
10. Bake for 30 – 40 minutes until golden. Leave to cool.

Plaice Goujons – serves 4

Ingredients:

4 fillets plaice (or sole fillets)

2oz / 50g flour

Lemon juice

1 egg

3oz / 75g breadcrumbs

Oil for frying

Parsley to garnish

Method:

1. Skin the fish. Cut each fillet into ½ inch strips across the grain. Dip in lemon juice, then into flour.
2. Beat the egg in a medium-sized bowl and dip the goujons into this. Coat thoroughly. On a flat plate, sprinkle the breadcrumbs thickly and carefully coat the fish pieces.
3. Shallow fry in hot oil until golden (1 ½ - 2 minutes). Drain on several sheets of kitchen paper on an oven-proof plate and keep warm in the oven until all the goujons are cooked.
4. Can be served with a little tartare sauce.

Renal Christmas Pudding

Ingredients:

9oz / 250g canned pineapple pieces

4oz / 100g Demerara sugar

2oz / 50g glacé cherries, roughly chopped

6oz / 175g self raising flour, sifted

Grated rind of one lemon

4oz / 100g butter

2 eggs, beaten

2oz / 50g sultanas

2-3 tsp mixed spice

Method:

1. Drain the pineapple through a sieve. Chop the fruit into smaller pieces.
2. Cream the butter and sugar until light and fluffy, and beat in the eggs.
3. Fold in the cherries, pineapple pieces, sultanas and lemon rind.
4. Gently fold in the flour and mixed spice.
5. Transfer into a 1 ½ pint pudding basin and cover with a piece of buttered foil with a centre pleat to allow expansion. Steam for 1 ½ hours until firm.
6. Turn out and serve with double cream, custard or brandy/rum butter.

Dips

Garlic and Cottage Cheese Dip

Ingredients:

225g / 8oz cottage cheese
2 tbsp double cream
2 cloves garlic, crushed
Seasoning to taste

Method:

1. Blend all the ingredients together, cover and leave in the refrigerator for one hour before using.
2. Spread on cream crackers / Melba toast / pitta bread or use as a dip with sliced cucumber, raw carrot or celery.

Cucumber Cheese Spread – serves 6

Ingredients:

8oz/200g Philadelphia-type cream cheese
½ a cucumber
2 tbsp lemon juice
Small pinch cayenne pepper
Seasoning to taste

Method:

1. Skin, grate and drain the cucumber.
2. Beat the cream cheese until very soft and stir in the cucumber, lemon juice and cayenne pepper. Season to taste.
3. Chill in the refrigerator for about an hour.



Melba Toast

Ingredients:

Thick sliced bread (as many as you need)

Method:

1. Remove crusts from bread.
2. Heat grill to high.
3. Toast bread lightly on both sides.
4. Lay the toast down on a flat surface and carefully split the toast through the middle with a sharp knife.
5. Grill the uncooked slices very quickly to make sure they don't burn.

Salmon and Chive Pâté

Ingredients:

200g tin boneless salmon in oil/spring water, drained
100g / 4oz Philadelphia-type cream cheese, softened
5 fluid oz / ¼ pint / 150mls mayonnaise
2 tbsp lemon juice
50g / 2oz margarine, melted
2 tbsp chopped fresh chives

Method:

1. Blend or process the salmon, cream cheese, mayonnaise, and juice until well combined.
2. Gradually add the melted margarine whilst the motor is still running and blend or process until smooth.
3. Stir in the chives. Refrigerate until set.



Pitta Crisps with Tzatziki Dip - makes about 24 crisps

Ingredients:

For the crisps:

4 pitta breads

2 tbsp olive oil

Freshly ground black pepper

For the dip:

150g pot low-fat plain yoghurt

1 tsp mint sauce

Approx 70g / 2 ½ oz cucumber, finely diced



Method:

1. Preheat the oven to 170°C (Gas Mark 3).
2. Brush each pitta bread on both sides with olive oil. Cut each pitta bread into about 6 pieces and spread out on a baking tray. Sprinkle black pepper over the pitta bread pieces. Bake for about 20 minutes or until crisp and lightly browned. Leave to cool on a wire rack.
3. You could add some dried herbs or spices to your pitta crisps, such as garam masala or dried oregano.

For the dip:

Blend the yoghurt, mint sauce and cucumber until well combined.

Low Potassium Christmas Cake - makes 12 portions

Ingredients:

100g / 4oz butter or margarine

50g / 2oz brown sugar

150g / 6oz plain flour

2 tsp baking powder

2 tsp mixed spice

1 egg, beaten

100g / 4oz glacé cherries

100g / 4oz mixed peel

50g / 2oz tinned pineapple

A little juice from tinned fruit to mix a soft dough

Method:

1. Grease and line a 6" cake tin.
2. Cream margarine with sugar, and then stir in the beaten egg.
3. Mix the flour with the baking powder and mixed spice and fold in to the egg mix. Add the fruit and stir well. Bake in an oven at 160°C (Gas Mark 6) for approximately 90 minutes.
4. A little almond essence may also be added to the icing.

Glacé Icing

Ingredients:

250g / 10 oz icing sugar

½ tsp lemon juice

2-3 tbsp water

Method:

1. Sieve the icing sugar and mix with the lemon juice and enough water to make a thick paste.
2. Use to decorate shortbread, Christmas cake *etc.*