

# **Nottingham Children's Hospital**

#### Children's Dietitians

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#### Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

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If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67754.

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**Nottingham Children's Hospital** 

# Renal Recipes for Christmas

Information For Children with Kidney Disease

# Department of Dietetics and Nutrition



This document can be provided in different languages and formats. For more information please contact:

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We are fast approaching the time of year when following a renal diet can be a great challenge. At Christmas there are often a lot of foods that are not normally there to tempt you. Some of these are high in potassium and salt but do not despair! There are lots of traditional foods you can enjoy and this leaflet may also highlight a few new things to try.

Your traditional Christmas meal can be enjoyed with just a few alterations.

- Soup is high in salt and counts as part of your fluid.
   Try alternative starters such as prawn cocktail, paté and toast, tinned fruit cocktail drained of the juice.
- Have turkey or your usual Christmas meat with a little stuffing, spoonful of cranberry sauce or small portion of bread sauce. Be careful with sausages and salty meats such as bacon.
- Remember to pre-boil roast potatoes first and do not have a bigger portion than normal.
- Boil vegetables in plenty of water. Try to avoid large portions of brussel sprouts or parsnips.

#### **Christmas Fun**

Christmas cake

Which foods do I need to be careful with over Christmas?



dates

Try and find these foods in the word search below

narsnins

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pigs in blankets								mince pies								chocolate			
crisps								bru	ISSE	el s	pro	uts			n	uts			
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Can you also find this famous reindeer's name in the word search?

# Children's Renal Christmas Menu



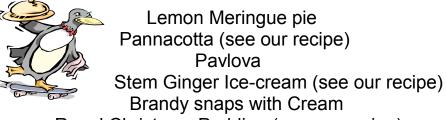
# Starter

Prawn Cocktail
Tzatziki with Pitta Crisps (see our recipe)
Garlic bread

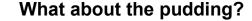
# Main course

Roast turkey / pork / beef / lamb / chicken / duck /
pheasant / goose / quorn
Par boiled roast potatoes - Boiled new potatoes Mashed potatoes
Boiled carrots, cabbage, swede, broccoli, cauliflower
Small portion of gravy

# Dessert



Renal Christmas Pudding (see our recipe)



Dried fruit is very high in potassium so you need to be careful not to eat too much Christmas pudding, cake or mince pies.

- Have a small portion of Christmas pudding on Christmas day and serve it with cream or brandy butter.
- Throughout the Christmas period if you are going to eat a mince pie or Christmas cake only eat a very small amount of one or the other.

Why not try the recipes included, which are lower in potassium.

Alternative pudding suggestions:

- Trifle
- Lemon meringue pie
- Arctic roll
- Brandy snaps with cream
- Shortbread
- Pavlova
- Pannacotta
- Steamed treacle sponge pudding





You need to be careful with your fluid over the Christmas period. If you are visiting people and entertaining you may feel under pressure to drink more, but try hard to keep to your normal fluid intake.

Drinks to avoid 🗶	Drinks recommended					
Cola drinks	<ul> <li>Lemonade, cherryade, orangeade or limeade</li> </ul>					
<ul> <li>Sparkling fruit juices e.g. Appletiser, Peartiser, Schloer</li> </ul>	Water, sparkling water / flavoured water					
Fruit juice	Squash/cordial					
Milk, hot chocolate, coffee	Tea and fruit tea					

#### Sweets and snacks

Try pastilles, fruit jellies, jelly beans, dolly mixtures, popcorn, peppermint creams, marshmallows, boiled sweets or Turkish delight instead of chocolate.

You should try to limit the following: Dates, figs, dried fruit, nuts and crisps as they are all very high in potassium.

Try these snacks, which are lower in potassium:

- Bread snacks
- Rice crackers
- Toasted croutons
- Plain popcorn

# Steamed treacle pudding

#### Ingredients

1 tablespoon black treacle
3 tablespoons golden syrup
175g (6oz) self-raising flour
1 rounded teaspoon baking powder
175g (6oz) butter, softened
3 large eggs



- 1. Butter a basin and add 3 tablespoons of golden syrup to it.
- 2. Take a large mixing bowl, sift the flour and baking powder into it, add the softened butter, eggs, sugar and black treacle.
- 3. Whisk the mixture for about 2 minutes until it is thoroughly blended. Spoon the mixture into a basin and level the top using the back of a tablespoon.
- 4. Place a sheet of foil over the greaseproof paper, make a pleat in the centre and place foil side up on top of the pudding. Pull it down the sides and tie with some string. Trim off the excess paper.
- 5. Steam the pudding for 2 hours, checking the water level halfway through.
- 6. To serve, loosen the pudding all round using a palette knife, turn out onto a plate and pour an extra 3 tablespoons of syrup over the top.

#### **Christmas biscuits**

# Ingredients

225g (9oz) plain flour 1 teaspoon mixed spice 1/2 teaspoon ground cinnamon 50g (2oz) caster sugar 400g (4oz) half fat spread 1 egg, beaten

#### Method

- 1. Stir together the flour and spices. Stir in the sugar and rub in the half fat spread until the mixture resembles breadcrumbs.
- 2. Add the beaten egg and knead into a ball. Cover and chill for 30 minutes.
- 3. Pre-heat the oven at gas mark 5/190°C/375°F. Roll out the biscuit mixture onto a lightly floured surface to a 3mm thickness.
- 4. Cut out Christmas shapes, such as stars and trees using biscuit cutters or a template.
- Lift the biscuits onto the baking sheets, prick lightly with a fork and bake in the oven for 10 - 12 minutes, until lightly browned.

The following pages contain recipes that you can try over the Christmas season. These are recipes the whole family can enjoy!

# Pitta crisps with tzatziki dip

# Ingredients

4 pitta breads
2 tablespoons of olive oil
Ground black pepper
For the dip
1 small pot of low-fat plain yoghurt
1 teaspoon of mint sauce
70g of cucumber finely diced

- 1. Pre-heat the oven to 170°C (gas mark 3).
- Brush each pitta bread on both sides with olive oil.
   Tear or cut each pitta bread into about 6 pieces and spread out on a baking tray.
- 3. Bake the pitta breads for about 20 minutes or until crisp and lightly browned. Leave them to cool on a wire rack.
- 4. Mix the yoghurt, mint sauce and cucumber in a bowl to make the dip.

# Low potassium Christmas pudding

# Ingredients

250g (9oz) canned pineapple pieces
100g (4oz) Demerara sugar
50g (2oz) glacé cherries, roughly chopped
175g (6oz) self raising flour, sifted
Grated rind of 1 lemon
100g (4oz) unsalted butter
2 eggs, beaten
50g (2oz) sultanas
2 - 3 teaspoons 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. Beat in the eggs.
- 3. Fold in the cherries, pineapple pieces, sultanas and the lemon rind.
- 4. Gently fold in the flour and mixed spice.
- 5. Transfer into  $1^{1}/_{2}$  pint pudding basin and cover with a piece of buttered foil with a centre pleat to allow for expansion. Steam for  $1^{1}/_{2}$  hours until firm.
- Turn out and serve with double cream or custard.

# **Zingy spiced pears**

# Ingredients

6 medium pears, peeled and sliced 150g (6oz) soft brown sugar 2 tablespoons ginger (crystallised) 1<sup>1</sup>/<sub>2</sub> teaspoons rum extract <sup>1</sup>/<sub>4</sub> teaspoon ground cinnamon Dash of ground all spice 25g (1oz) margarine



- 1. Arrange the pear slices in a baking dish.
- 2. Combine the brown sugar, ginger, run extract, cinnamon and all spice.
- 3. Sprinkle the brown sugar mixture over the pears. Dot with margarine.
- 4. Bake at gas mark 4/180°C/350°F for 20 minutes.
- Serve hot or refrigerate for at least 1 hour to serve chilled.

# Stem ginger ice-cream

# **Ingredients**

500ml double cream
70g chopped stem ginger
½ fresh vanilla pod, scraped
4 dessert spoons of stem
ginger syrup

#### Method

- 1. Pour the double cream into an electric mixer or a large bowl and whisk until it starts to form stiff peaks.
- 2. Add the chopped ginger, the syrup and the scraped vanilla pod. Mix well and then place in a suitable bowl that will fit into the freezer.
- 3. After about 20 mins take the ice cream out and give it a stir. Leave for approx 1 hour and then serve.

#### Renal mincemeat

# Ingredients

1 large bramley apple, peeled and grated

25g (1oz) margarine

50g (2oz) glacé cherries

50g (2oz) sugar

1 heaped teaspoon mixed spice

100g (4oz) chopped candied peel

1 tablespoon brandy or rum

Few drops of brown food colouring

#### Method

- 1. Put all the ingredients in a large bowel and mix thoroughly.
- 2. Use to make mince pies.

**Remember** not to have more than 2 mince pies per day!

#### **Pannacotta**

# **Ingredients**

6g gelatine sheets (4 sheets)
500ml single cream
150g (6oz) sugar
1 vanilla pod or a few drops of vanilla extract



- Soak the gelatine sheets in cold water until soft.
   Once soft squeeze out the excess water.
- 2. Mix the single cream with the sugar and the vanilla in a saucepan, then gently warm the mixture. Once this is warm (but not boiling) add the gelatine sheets.
- 3. Stir well and sieve before you ladle out into single ramekins. Chill for 24 hours.

## Low potassium Christmas cake

# Ingredients

250g (10oz) glacé cherries, halved

250g (10oz) mixed peel

200g (8oz) tinned prunes, drained and chopped

2 tablespoons honey

1 tablespoon almond essence

4 eggs, beaten

1 dessertspoon brandy

250g (10oz) plain flour

250g (10oz) soft brown sugar

250g (10oz) unsalted butter

1 teaspoon nutmeg

1 teaspoon mixed spice

25ml (1fl oz) water

Few drops of caramel colouring

#### Method

- 1. Cream the butter and sugar until soft and fluffy. Sieve the flour and spices together.
- Add the eggs and flour alternatively to the creamed mixture. When mixed well, add the cherries, prunes and mixed peel.
- 3. Add the brandy, water and honey. Beat well until a dropping consistency is achieved.
- 4. Place in a greaseproof lined, well greased baking tin (18cm) and bake at gas mark 4/150°C/300°F) for 3<sup>1</sup>/<sub>2</sub> 4 hours.



#### Alternative marzipan

## Ingredients

150g (4<sup>1</sup>/<sub>2</sub>oz) margarine 100ml (3fl oz) water 4 teaspoons almond essence 250g (9<sup>1</sup>/<sub>4</sub>oz) caster sugar 250g (9<sup>1</sup>/<sub>4</sub>oz) semolina Grated rind of 2 lemons

#### Method

- 1. Heat the water and let the butter melt in it.
- 2. Add the sugar and the grated lemon rind. Heat until the sugar has dissolved.
- 3. Add the semolina and stir over a gentle heat for 5 minutes or until the semolina has cooked.
- 4. Stir in the essence.
- 5. Pour into a dish and chill until firm, use icing sugar for rolling out.

Cover the top and sides of the cake with the marzipan.

# Glacé icing

# Ingredients

250g ( $9^{1}/_{4}$ oz) icing sugar 2 - 3 tablespoons water

<sup>1</sup>/<sub>2</sub> teaspoon lemon juice

- 1. Sieve the icing sugar and mix with the lemon juice and enough water to make a thick paste.
- 2. Cover the sides and top of the cake with the icing.