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**Feedback**

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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.

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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, pâté 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

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



Try and find these foods in the word search below

Christmas cake  
pigs in blankets  
crisps

parsnips  
mince pies  
brussel sprouts

dates  
chocolate  
nuts



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



Lemon Meringue pie  
Pannacotta (see our recipe)  
Pavlova  
Stem Ginger Ice-cream (see our recipe)  
Brandy snaps with Cream  
Renal Christmas Pudding (see our recipe)

## What about the pudding?

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	• Lemonade, cherryade, orangeade or limeade
• Sparkling fruit juices e.g. Appletiser, Peartiser, Schloer	• 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

#### Method

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.
5. 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

### **Method**

1. Pre-heat the oven to 170°C (gas mark 3).
2. 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<sup>1</sup>/<sub>2</sub> pint pudding basin and cover with a piece of buttered foil with a centre pleat to allow for expansion. Steam for 1<sup>1</sup>/<sub>2</sub> hours until firm.
6. 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  
1/4 teaspoon ground cinnamon  
Dash of ground all spice  
25g (1oz) margarine



### Method

1. Arrange the pear slices in a baking dish.
2. Combine the brown sugar, ginger, rum 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.
5. 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 bowl 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



### Method

1. 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.
2. 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 3½ - 4 hours.

## Alternative marzipan

### Ingredients

150g (4½oz) margarine  
100ml (3fl oz) water  
4 teaspoons almond essence  
250g (9¼oz) caster sugar  
250g (9¼oz) 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 (9¼oz) icing sugar  
2 - 3 tablespoons water  
½ teaspoon lemon juice

### Method

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.