




*Lawrence
Keogh's*

Rediscovering Food & Flavours

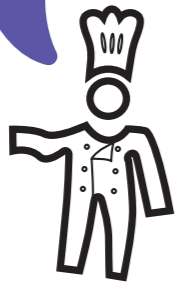
The
kidney care
Living well programme  from Shire
Cookbook



"Hi, I'm **Lawrence Keogh**. You may have seen me on a number of TV cookery programmes. What you may not know is that in 2000 I had to have a kidney transplant at the age of just 35..."

Having first-hand experience of the restrictions this can have upon your life, I was delighted to be asked to create the recipes for this book. For anyone with chronic kidney disease, you seem to spend an awful lot of time being told what you can't eat and the result is that most people end up with a very narrow, restricted and, dare I say, dull diet.

16
delicious
recipes
for CKD
patients



The emphasis of this book is on rediscovering food and flavours that you may think are off-limits to a person with a restricted diet. In creating the recipes, I worked closely with Diane Green, who is a leading dietitian and her advice and guidance on the composition of the dishes has been invaluable.



Together we've created dishes that are easy to prepare and suitable for any occasion, from a light snack to hearty dinners. We've also tried to cater for a variety of cultures and culinary tastes. So, with my recipes and Diane's advice, all it needs now is for you to start cooking and rediscover foods and flavours. **Enjoy!**

Hi, I'm **Diane Green** and I've been a Renal Dietician for more than 13 years.

I've worked closely with Lawrence during the creation of the recipes to ensure they are nutritionally balanced and complement the restrictions that chronic kidney disease can place on eating. Throughout the book I've provided a brief analysis of the composition of each dish and also supplied additional tips and hints to help you maximise your enjoyment and understand how and why the dishes are suitable for your lifestyle. I hope you will enjoy the dishes as much as I have enjoyed helping Lawrence create them.



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Grilled Chicken Salad with Rosemary and Red Wine Vinegar Pickled Onions



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Preparation time: 15 mins. Cooking time: approx 20 mins. Serves 4.



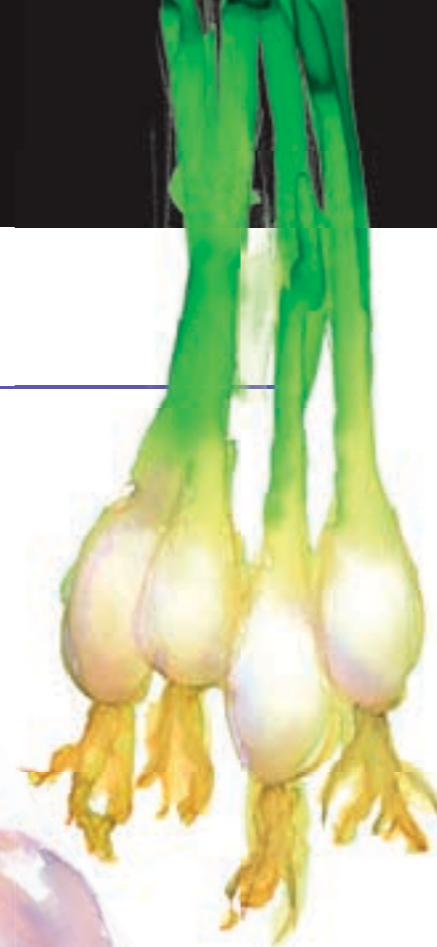
INGREDIENTS

- 4 skinless chicken breasts
- 2 red onions sliced in rings
- 150ml red wine vinegar
- 5g sliced garlic
- 6g fresh picked rosemary
- 100ml extra virgin olive oil
- 1 cos lettuce
- 4 spring onions
- 1 punnet mustard cress
- 1 stick of garlic bread (optional)
- Black pepper milled fresh



METHOD

- Place a large pan of boiling water on the stove and blanch the onions in it for approx 1 minute.
 - Meanwhile, pour the vinegar into a large deep flat tray and add the garlic and rosemary.
 - Remove the onions from the pot and whilst still steaming hot, immerse into the vinegar and let them cool.
 - Lightly oil and season the chicken breast with the pepper then grill in a stovetop grill pan or under a hot grill for approx 15 mins.
 - When cooked add the olive oil to the onions and season with pepper.
- Place on a plate with a few leaves of cos lettuce and spring onion and place the chicken to the side and serve.**



Very low in salt as no extra is added to the dish – all the flavour comes from the herbs, garlic and vinegar. The potassium and phosphate content of the dish fits within the recommended restrictions of the renal diet.

Beef and Two Rice Samosas with Mango Chutney

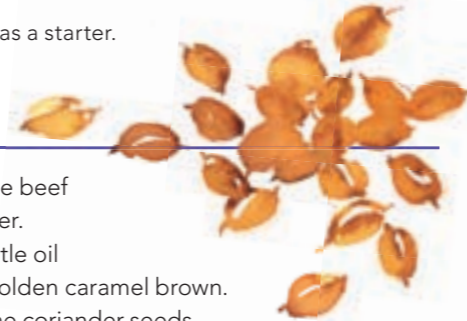
Preparation time: 30 mins. Cooking time: approx 5 mins. Serves 4 as a starter.

INGREDIENTS

- 200g beef mince
- 50g finely chopped onion
- ½ tsp cumin seeds
- 80g basmati and wild rice mixed (pre-cooked)
- 5g chopped garlic
- 150g frozen peas (cooked)
- ½ tsp asafoetida
- ½ tsp coriander seeds
- 2 cardamom pods, de-shelled
- 1½ tsp medium curry powder
- 1 dried red chilli, chopped
- 10 twists of black peppercorns
- 10g freshly chopped coriander
- 1 packet of filo pastry
- 50ml vegetable oil
- vegetable oil for deep frying

METHOD

- Add a little oil to a large frying pan and fry the beef quickly until golden brown. Drain in a colander.
 - Place the pan back on the stove and add a little oil and the onions. Cook until they are a deep golden caramel brown.
 - Using a pestle and mortar pound together the coriander seeds, cumin seeds and asafoetida and add to the onions.
 - Add the chilli, rice and peas then season with the black pepper – approx 10 twists.
 - Remove from heat and add the freshly chopped coriander. Mix well.
 - Lay the filo sheet out and cut into approx three long lengths. Take a spoonful of the beef mix (approx 15g) and place it at the top of the sheet of filo, then fold and wrap towards you in twists and turns to create a triangle.
 - When you get to the end seal the edge with a little water and place on a lightly floured tray (at this stage they can be frozen).
 - To deep fry, heat a large pan of oil to 180°C. Place your samosas in carefully and fry until golden brown, ensuring you turn them over halfway through cooking.
- Drain on kitchen paper and serve with a spoon of mango chutney.**



Samosas are low in sodium, potassium and phosphate. Depending on how much dried chilli you add they can be quite spicy, which can make you thirsty and might impact on your fluid intake.

Unlike traditional fish cakes (that normally have a potato base making the potassium content high), this recipe uses brioche as the base instead, ensuring the potassium is kept to a minimum.

Potato-free Salmon Fishcakes with Tarragon

Preparation time: 45 mins. Cooking time: 12 mins. Serves 4 as a starter.

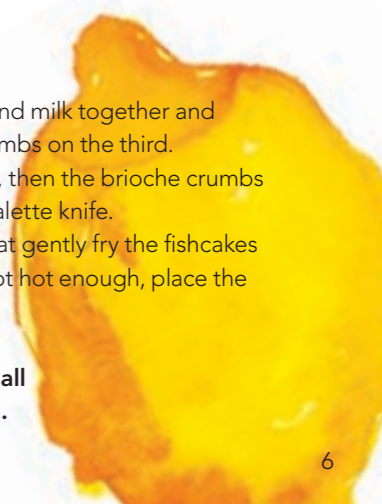
INGREDIENTS

- 280g salmon fillets, pin boned and skinned
- 410g brioche loaf (buy from any supermarket)
- 50g mayonnaise
- 10g roughly chopped fresh tarragon
- 1 lemon
- 500ml water
- 50ml white wine vinegar
- 1 bay leaf
- 1 free range egg
- 100ml milk
- 5g plain flour
- 5 twists of freshly ground black pepper
- 50ml rapeseed oil
- 1 bunch watercress



METHOD

- Pour water and vinegar into a large saucepan, add the bay leaf and bring to a rolling boil.
 - Place the salmon fillets into a deep earthenware dish and pour the contents of the saucepan onto it. Cover quickly with clingfilm. After an hour, remove the salmon and drain.
 - Meanwhile, cut the brioche into large rough chunks and blitz them in a blender.
 - Place half of the salmon into a large mixing bowl and add 140g of the brioche crumbs. Mix with 50g of mayonnaise. Add the chopped tarragon, mix well and then fold in the remaining half of the salmon. Add 5 twists of a pepper mill.
 - Split the mix into approx 4 x 90g portions. You can use a 50ml ladle and press each portion into it so it moulds easily.
 - Take 3 large, flat plates. On one place the flour. Beat the egg and milk together and pour onto the second. Finally, place the remaining brioche crumbs on the third.
 - Dip each fishcake into the flour, then the egg and milk mixture, then the brioche crumbs so that the fishcake is coated evenly; shape the cake using a palette knife.
 - Add the rapeseed oil into a large pan and over a moderate heat gently fry the fishcakes evenly for approx 3-4 mins each side. If in doubt that they're not hot enough, place the fishcakes onto a greaseproof lined baking sheet and place in the oven for 8 mins at approx 180°C.
- Serve as a starter with a few sprigs of watercress and a small amount of mayonnaise on the side, with a wedge of lemon.**



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Pork Chop with Grain Mustard and Thyme Crust served with Grilled Peaches



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Foods & Flavours

Preparation time: 10 mins. Cooking time: approx 20 mins. Serves 1.



INGREDIENTS

- 1 9oz pork chop
- 1 tsp grain mustard
- 3 in number tinned peach halves
- Zest of ½ an orange
- 6 twists black pepper
- ½ tsp picked fresh thyme leaves



METHOD

- Grill each side of the pork chop for approx 10-12 mins, turning over occasionally.
 - Place the peach halves on the grill pan and grill for few minutes until browned.
 - When the pork chop is cooked, remove from heat and spread one side with the grain mustard. Sprinkle with thyme. Grill for a couple of minutes more.
- Serve on a plate with your peaches and a simple green salad.**



The protein, phosphate and potassium content of the recipe depends on the size of the pork chop. As with all the recipes in this book, no extra salt is added.

Lemon and Ginger Baked Yoghurt Chicken with Fresh Curry Leaves



Lawrence Regh's
Rediscovering Foods & Flavours

Preparation time: 35 mins. Cooking time: approx 20/25 mins. Serves 4.



INGREDIENTS

- 1 free range chicken portioned into 8 pieces (2 thighs, 2 drumsticks, 2 winglets and 2 breasts)
- 1 lemon juice plus zest (approx 50ml)
- 15g garlic
- 15g ginger
- ½ tsp of cumin seed
- ¼ tsp ground coriander
- ½ fresh red chilli approx 5g
- 150g/100ml natural yoghurt
- 10 twists of black peppercorns
- 10 fresh curry leaves



METHOD

- Portion the chicken and remove the skin. Make incisions into the flesh with a sharp knife as this will help to make it cook quicker and also allow the spice to permeate right into the meat.
- Place all of the ingredients, except the yoghurt, into a food processor and blend until fine.
- Remove the spice mixture from blender and mix into the chicken thoroughly. Then add the yoghurt. Ideally, leave in the fridge for 24 hours.
- Pre-heat oven to 220 degrees and place chicken pieces on a foil-lined tray. Bake for approx 20/25 mins.

Remove from the oven and serve with some plain rice.



To reduce the phosphate even further, plain soya yoghurt could be used to substitute the natural yoghurt.

Lentil and Carrot Burger with Thick Yoghurt and Cucumber



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Foods & Flavours

Preparation time: 25 mins. Cooking time: approx 12/15 mins. Serves 4.

INGREDIENTS

- 200g red lentils (washed)
- 150g chopped onion
- 150g grated carrot
- 3g coriander seeds
- 3g caraway seeds
- 2g roughly chopped fresh coriander
- 2g roughly chopped fresh mint
- 1 tsp ground cumin
- 4 tsp rice bran oil
- 5g chopped garlic
- 15 twists black peppercorns
- 1 whole free range egg
- 100g fresh breadcrumbs

THE SAUCE

- 100g peeled and de-seeded cucumber
- 4 tsp of thick Greek yoghurt
- 4 sesame burger buns (toasted last minute)

THE GARNISH

- Red onion rings
- Cos lettuce leaf
- Mustard cress

METHOD

- Bring the lentils to the boil until they soften – approx 5 mins. Then take them off the heat and drain in a fine mesh sieve. Leave to cool.
- Meanwhile place a large frying pan on the stove, add some rice bran oil and fry the chopped onions until golden brown.
- Crush the coriander seeds and the caraway seeds in a pestle and mortar and add to the onions.
- Place the lentils in a large bowl; add the cooked onions and the grated carrot. Mix well.
- Fold in the breadcrumbs, the beaten egg, and add the fresh pepper, mint and coriander.
- Divide into four even balls approx 165g weight, and mould into a burger shape. Then either grill on a BBQ or pan griddle, or pan fry until golden brown, for approx 5 mins on each side.

Serve on a toasted bun with the cucumber and yoghurt (which has been mixed together), a couple of red onion rings and the lettuce.



A great alternative to the Quorn or bean burger, the lentils provide the protein content of the dish but also the potassium and phosphate (as does meat and fish). A healthy alternative to fast food burgers!



Pea and Ham Frittata



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



INGREDIENTS

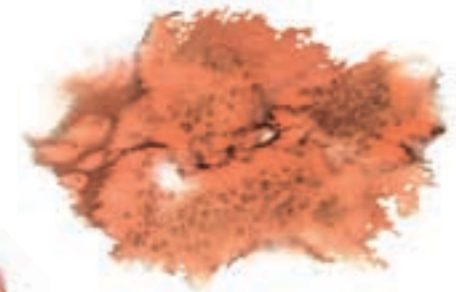
- 480g cooked spaghetti
- 50ml olive oil
- 150g diced ham
- 200g cooked frozen peas
- 1 clove garlic, chopped
- 10 twists of pepper
- 6 whole free range eggs beaten
- ¼ tsp grated nutmeg



METHOD

- Place a large frying pan on the stove on a medium heat, add the olive oil and the diced ham and cook for a few minutes.
- Add the garlic and cook without colouring for approx 1 minute. Then add the spaghetti. If the mixture is quite thick, add a splash of water to help loosen.
- Season with pepper and nutmeg, add the peas and then add the beaten egg.
- Mix thoroughly and make sure the heat is moderately low on the pan – keep moving the mix away from the sides of the pan.
- Lift the edges with a spatula or palette knife, and when brown underneath place a large plate over the top of the frying pan to cover the frittata; using a cloth to protect your hands from the heat, quickly flip over on to the plate then slide the frittata back into the frying pan so it heats the uncooked side.

When done, slide the whole frittata on to a serving plate and portion. Serve with a simple green salad.



This serves 4 people, meaning you only actually have 1½ eggs per serving. The sodium content of the ham depends on the ham that you use; boiled ham is the better option.

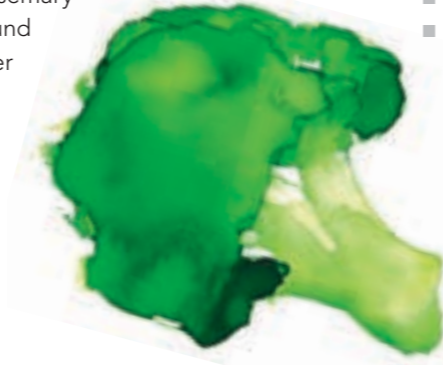
Spaghetti with Sweetcorn, Chilli and Broccoli

Preparation time: 15 mins. Cooking time: 20 mins. Serves 4.



INGREDIENTS

- 350g broccoli cut into small florets
- 150g sweetcorn
- 200g spaghetti
- 8g garlic (approx 4 cloves sliced very thinly)
- 100ml extra virgin olive oil
- 50g salted butter
- 16g red chilli (approx 1 cut into fine strips with pips)
- 15g fresh rosemary
- Freshly ground black pepper



METHOD

- Heat 2 large pans of water to boiling, one for the spaghetti and one for the broccoli. Cook the spaghetti for approx 8 mins, or until the spaghetti is tender but with a little bit of a bite, drain and keep warm. Note: Do not throw all the pasta water away.
- Cook the broccoli until it is slightly tender (approx 6 mins or bright green in colour) and drain. Keep warm in a colander.
- Place a large frying pan on the heat and add the olive oil and the garlic – be careful not to burn it, just gently sweat it with no colour. If the pan is too hot add a bit of pasta water to it.
- Add the chilli, sweetcorn and the rosemary.
- Add the butter, mix well, then pour in the spaghetti. Have the pan over a low heat at this stage and then fold all the ingredients in together with the broccoli and a little of the pasta water – this helps to make the sauce.

Season with ground fresh pepper and serve.



The phosphate content of this dish is very low as it doesn't contain any meat or fish. This dish is also suitable for patients who are following a low protein diet.



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Spice Baked Salmon with Spelt, Cucumber and Lemon Salad

Preparation time: 25 mins. Cooking time: 12 mins. Serves 4.



INGREDIENTS

- 4 x 150g salmon fillets, pin boned and skinned
- 200g spelt/farro
- Half cucumber
- 4 spring onions
- 1 lemon
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 punnet mustard cress
- 100ml extra virgin olive oil
- Freshly ground black pepper



METHOD

- Pre-heat oven to 180°C.
 - Place the spelt in a saucepan and cover with approx 1 litre of water. Bring to the boil and simmer until tender – approx 12-15 mins.
 - Drain and cool.
 - Put the cumin and the coriander seeds into a frying pan (with no oil) and heat gently until lightly toasted (approx 1 minute). When ready, the seeds will move up and down and make a popping sound. This process releases the maximum flavour from the seeds. Once toasted, place the seeds into a pestle and mortar and grind together roughly.
 - Peel, deseed and dice the cucumber into chunks approx 1cm in diameter. Wash and trim spring onions and chop roughly at an angle into similar size chunks. Add the cucumber and spring onions to the drained spelt and mix together in a large bowl. Add half the lemon juice and 2 dessert spoonfuls of olive oil and stir. Season with 3 or 4 twists of black pepper and lightly fold together.
 - Drizzle a small amount of olive oil over the salmon fillets. Then sprinkle the toasted seeds over the top, and add grated lemon zest and the other half of the juice. Place the fillets into an ovenproof dish and bake for approx 12 minutes or until the salmon flakes easily away.
 - Add the salmon flakes to the cucumber and spring onion mix and spoon into a serving dish.
- Sprinkle washed mustard cress over the top and serve immediately.**



Salmon is one of the oily fish which is not high in phosphate and this dish uses olive oil as a dressing, meaning the dish is high in unsaturated fatty acids (good fats). This dish uses spelt instead of rice, pasta or potatoes, which is low in potassium.

Beef Rump Steak with Cream Onions and Tarragon Sauce



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Preparation time: 10 mins. Cooking time: 12/15 mins. Serves 1.



INGREDIENTS

- 1 x 4oz/115g rump steak
- 100g sliced onions
- 2 tsp Worcestershire sauce
- 4 fluid oz double cream
- 2g picked tarragon leaves
- 1g crushed black peppercorns



METHOD

- Season the steak with the crushed peppercorns.
- Add a little oil to a large frying pan and fry the beef to your liking – I prefer medium rare, as well done steak can be a little dry.
- Remove from the pan and keep warm, ideally on a wire rack by a warm oven/grill (when cooked steaks are placed on a flat plate, the juice just pours out, and you're trying to retain that).
- Gently fry your sliced onions in the same pan until lightly golden, then add your Worcestershire sauce and reduce by half. Next, add your cream, bring to a gentle simmer (add a little water if it becomes too thick) and add a couple of twists of the pepper mill.

To serve, place your steak on a hot plate and pour your sauce over, then sprinkle with the tarragon leaves.



High in fat, high in taste. The sodium in this recipe comes from the Worcestershire sauce, which also provides a lot of the flavour, but the total sodium content per portion remains low.

Bircher Muesli

Preparation time: 15 mins. Cooking time: none. Serves 4.

INGREDIENTS

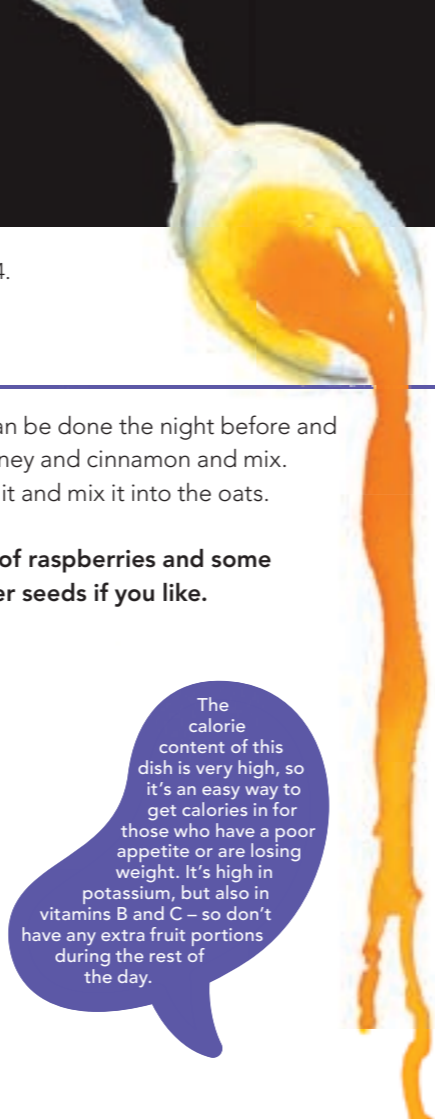
- 150g rolled oats
- 150ml apple juice
- 1 Granny Smith apple
- 50ml approx juice of half a lemon
- 100g tinned peaches chopped roughly
- 2 tsp/10ml honey
- 1 level tsp of ground cinnamon
- 30g sunflower seeds
- 1 tin of raspberries in light syrup



METHOD

- Soak the rolled oats in the apple juice (this can be done the night before and refrigerated). Add the chopped peaches, honey and cinnamon and mix.
 - Cut the apple into 4 and de-core, then grate it and mix it into the oats. Add the sunflower seeds and stir.
- Serve in a bowl or a glass with a spoonful of raspberries and some dry rolled oats on top. Add more sunflower seeds if you like.**

The calorie content of this dish is very high, so it's an easy way to get calories in for those who have a poor appetite or are losing weight. It's high in potassium, but also in vitamins B and C – so don't have any extra fruit portions during the rest of the day.



Carrot and Rice Cake (Nut Free)

Preparation time: 15 mins. Cooking time: approx 1 hour 10 mins. Serves approx 10.

INGREDIENTS

- 375g grated carrot
- 80g arborio rice (risotto rice)
- 150g demerara sugar
- 150ml sunflower oil
- 100ml olive oil
- 250g plain flour
- 2tsp baking powder
- 2tsp ground cinnamon
- 4 free range eggs
- 1 loaf tin (8.5" x 4.5")



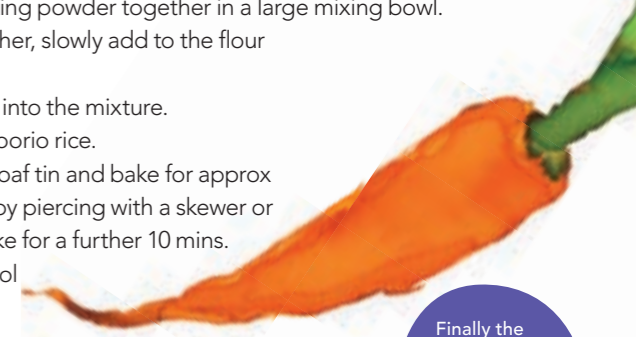
METHOD

- Mix the sugar, flour, cinnamon and baking powder together in a large mixing bowl.
- Blend the sunflower and olive oil together, slowly add to the flour mixture and beat until smooth.
- Beat the eggs in separate dish and stir into the mixture.
- Fold in grated carrot and uncooked arborio rice.
- Pour mixture into a greaseproof lined loaf tin and bake for approx 1 hour 10 mins at 180°C. Test the cake by piercing with a skewer or knife. If the cake mixture is still wet, bake for a further 10 mins.
- Remove from the oven and leave to cool on a wire rack for 20-30 mins.

This cake can be stored in a sealed container for up to 5 days.

Enjoy the cake warm or cold. Try a slice with Greek Yoghurt and tinned raspberries or strawberries.

Finally the perfect carrot cake for dialysis patients – eat and enjoy, it's delicious! The calorie intake though is high so if you are trying to lose weight only have a small piece occasionally.



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Fresh Lemon Curd

Preparation time: 15 mins. Cooking time: 20 mins. Serves 4.

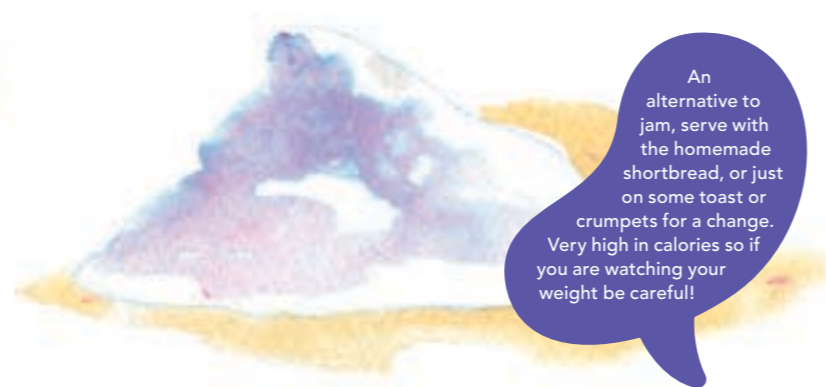
INGREDIENTS

- 2 lemons juice plus zest (approx 100ml juice)
- 1 medium free range egg
- 3oz/ 85g castor sugar
- 4oz/110g unsalted butter

METHOD

- Add all of the ingredients together in a saucepan, and place over a very low heat, stirring continually with a wooden spoon.
- After a while the mixture will start to thicken. Turn off the heat and remove the pan from the stove. Pour it into an airtight container or a small bowl, cover with clingfilm and refrigerate.

It can last over a week in the fridge, and is great served with ice cream or some toast or crumpets – or better still shortbread.



An alternative to jam, serve with the homemade shortbread, or just on some toast or crumpets for a change. Very high in calories so if you are watching your weight be careful!

Home-made Shortbread

Preparation time: 15 mins. Cooking time: approx 35 mins. Serves 4.

INGREDIENTS

- 150g/5oz plain flour
- 3 level tbsp of rice flour
- 30g castor sugar
- 100g/4oz unsalted butter cut into small pieces

METHOD

- Sift the flour and rice flour together.
- Add the sugar and the butter and rub in together until the mixture goes slightly crumbly. Then press it together until it forms pastry dough.
- Roll out evenly.
- Butter and flour a small round baking tart case, then press the shortbread into it, using the back of a spoon to get it right up to the edges.
- Gently portion it into 8, but don't press the knife too hard into the pastry – just mark it. Then dock with a fork all over.
- Place into a pre-heated oven at 170°C for approx 30-35 mins until it is a very light golden brown.
- Let it cool, then portion it using the score marks already made.

Great served with lemon curd when still warm.



A great treat – very high in energy but low in salt, potassium and phosphate. Not recommend for those who have diabetes or trying to lose weight, but ideal if you are following a low protein, high energy pre-dialysis diet.

Warm Cinnamon Apples

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

INGREDIENTS

- 250g peeled and cored dessert apples, cut into wedges
- ½ tsp ground cinnamon
- 25g unsalted butter
- ½ fresh vanilla stick, scraped

METHOD

- Place a frying pan on the stove and melt the butter. When it starts to foam, add your apples.
- Gently colour the apples in the pan, and when golden add the scraped vanilla pod. Cook for a few more minutes then remove from heat.
- Place the warm apples on a serving dish and dust with the ground cinnamon.

Serve with some cream or ice cream.



Fruit is encouraged as part of the renal diet, within the limits of the potassium restriction; this provides an alternative especially for a winter pudding. Serve with double cream or quick stem ginger ice cream, to keep the phosphate content low.

INGREDIENTS

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

Quick Stem Ginger Ice Cream

Preparation time: 15 mins. Setting time: approx 1 hour. Serves 4.

METHOD

- Pour the double cream into an electric mixer or a large bowl and whisk until it starts to form stiff peaks.
- 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.
- After about 20 mins take the ice cream out and give it a stir.
- Leave for approx 1 hour and then serve.



As this ice cream is made with double cream and without eggs, the phosphate content is very low compared with commercial ice creams.



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