

Kidney Kitchen

SPRING 2015



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Spring time brings various religious and national celebrations including Easter, Passover, St. Patricks Day, Holi, Ramayana and Baisakhi. Often the festivities surrounding these events include socialising with friends and family and enjoying traditional food and drink.

At this time of year there are plenty of healthy, fresh and delicious spring vegetables available. Many of these are kidney friendly and low in potassium. These include savoy cabbage, leeks, cauliflower and cucumber. Lamb is also in season and at its best at this time of year.

Along with savoury foods, Easter brings lots of sweet treats including chocolate, hot cross buns and sponge cakes. Whilst these are great as a treat, people with kidney problems must watch the amount of chocolate and dried fruits they eat as these foods are high in potassium.

This issue of Kidney Kitchen brings suitable recipe ideas for the approaching seasonal celebrations.



HAVE A LOOK AT OUR
RECIPES OVER THE PAGE...

Renal News...

We, the Renal Dietitians, have joined forces with our kidney charity here at the MRI to bring you regular posts relating to food and your kidneys...

Follow 'Kidneys for Life fundraising for MINT' on Facebook or @kidneysforlife on Twitter.

Hearty Lamb Stew

Serves 4

Ingredients:

- 1 tblsp sunflower oil
- 150g smoked bacon
- 600g stewing lamb (cut into large chunks)
- 2 medium onions, sliced
- 4 carrots, sliced into chunks
- 2 bay leaves
- Small bunch thyme
- 70g pearl barley
- 500ml lamb stock
- 4 medium potatoes (cut into chunks)
- Small knob of butter
- 2 spring onions, finely sliced

Method:

1. Heat oven to 160°C/fan or gas mark 3
2. Heat the oil in a casserole dish and fry the bacon until crisp
3. Add the lamb and fry until brown, before removing from the dish
4. Add onions, carrots and herbs to the dish and fry until softened
5. Return the meat to the pan, stir in the pearl barley, pour over the stock and simmer
6. Peel potatoes, cut into small chunks and par-boil separately before adding to stew and discarding the water
7. Cover and braise in the oven for 1½ hrs until the potatoes are soft and the meat is tender
8. To serve, scatter with the spring onions as a colourful, spring garnish.



Top Tip...

To flavour this dish, use reduced-salt stock cubes where possible, and add pepper or mixed herbs as you desire.

Tandoori Style Chicken with Rice and Peas

Serves 4

Ingredients:

- 1.25kg/2½lb chicken pieces (legs and breasts), skinless
- 1-2 lemons, halved

For the yoghurt marinade:

- 425ml/1 pint plain yoghurt
- ½ onion, coarsely chopped
- 1 garlic clove, chopped
- 2.5cm/1 inch piece fresh root ginger, chopped
- 1-2 hot green chillies, roughly sliced
- 2 tsp garam masala
- lime or lemon wedges, to serve

Method:

1. Cut each chicken leg into two pieces (drumstick and thigh) and each breast into two pieces. Make two deep slits deep enough to reach the bone.
2. Squeeze some lemon juice over the chicken and rub in to the meat. Set aside for 20 minutes.
3. For the yoghurt marinade, combine a tablespoon or so of the yoghurt, the onion, garlic, ginger, chillies and garam masala in a blender or food processor and blend until smooth. Add the remaining yoghurt to the yoghurt and spice mixture and combine well.
4. Place the chicken and lemon juice into a bowl and pour the marinade over the top and rub into the chicken. Cover with cling film and refrigerate for at least six hours (but preferably 24).
5. Preheat the oven to its maximum temperature.
6. Remove the chicken pieces from the marinade, removing the excess, and spread them out in a single layer on a large, shallow, baking tray. Discard the leftover marinade.
7. Place the tray in the top part of the oven and cook for 20-25 minutes, until the chicken is cooked through.
8. Lift the chicken pieces out of their juices and place on a serving plate. Serve with rice, boiled peas and a lime wedge.





Easter Carrot Cupcakes with Cream Cheese Icing

Makes approx. 12

Ingredients:

- 275g caster sugar
- 200ml sunflower oil
- 4 medium free-range eggs
- 300g grated carrot, a little more or less is fine
- 225g plain flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp mixed spice
- 1 tblsp cocoa powder

Cheese frosting

- 125g unsalted butter, softened
- 125g full-fat cream cheese
- 275g icing sugar
- Sugar-paste carrots or mini-chocolate Easter eggs to finish

Method:

1. Preheat the oven to 180C/Gas 4 and line the pockets of a muffin tray with muffin cases.
2. Beat the sugar, oil and eggs in a mixing bowl until smooth, then stir in the grated carrot.
3. In a separate bowl combine the flour, baking powder, spices and cocoa so that they're evenly mixed, then tip this into the carrot mixture and stir well.
4. Fill the muffin papers to about two-thirds full, then bake for about 25 minutes, or until a skewer poked in comes out almost clean.
5. For the frosting, make sure the butter is soft, then, using a whisk or electric mixer, beat it with the cream cheese in a bowl until smooth and light.
6. Stir in the icing sugar with a spoon until it begins to come together, then whisk again briefly until light and smooth. Pipe or spoon blobs of the frosting on each cold cupcake.
7. Decorate with sugar-paste carrots or with mini chocolate Easter eggs.

Ideas to flavour Food without Salt...

Your Dietitian or Doctor may well have advised you to follow a no added salt diet as part of your recommended renal diet. However there are many other ways to add flavor to your meals.

Flavouring	Meal Ideas
Basil	Chop, sprinkle on salads, add to a tomato based* dish or stews and casseroles
Bay leaf	Use in stocks and stews (remove before serving)
Chives	Add to cooked potatoes or salads. Often tasty in chicken or fish dishes
Cloves	Use with onion to flavour white sauce
Cumin	Delicious with chicken, fish or beef to give a curried flavour
Garlic	Use fresh cloves or reduced salt garlic puree
Lemon juice	Adds a unique fresh flavour to fish or chicken dishes
Mint	Add when cooking potatoes or peas and delicious with lamb
Oregano	Add to casseroles of chicken, red meat or fish
Parsley	Chop and mix with margarine/butter and lemon juice as a garnish for fish or steak
Peppercorns	Crush or grind over meat before cooking
Rosemary	Add to lamb before roasting
Spices	Chili, paprika, ginger, cayenne pepper and curry powder can all be used to flavour foods such as rice, potatoes and meats
Tarragon	Use with chicken, fish or salads
Thyme	Add to a casseroles of chicken, beef or minced meat

* Be careful of tomato based dishes if you have a high potassium level



Quiz

1. Which of these pancake fillings would be highest in potassium?

- a. Sugar and lemon juice
- b. Raspberries and cream
- c. Banana and chocolate spread

2. Examples of foods you would take a phosphate binder with are...?

- a. Yoghurt and cheese
- b. Mashed potatoes
- c. Toast and jam

3. Which of these seasonings should you use sparingly?

- a. Pepper
- b. Parsley
- c. Salt

4. Which one of the following soft drinks is the highest in phosphate?

- a. Lemonade
- b. Cola
- c. Fizzy orange

News Flash!

For those of you celebrating St. Patrick's Day just remember stout is high in potassium!

A small tittle of Irish whiskey is a better option both for your fluid allowance and potassium levels.

Answers to quiz

1. c. 2. a. 3. c. 4. b

Produced by the Renal Dietitians

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