

Tasty Renal Recipes for the Festive Season

The following recipe selection should give you a few ideas for tasty treats to have over Christmas time.

Why not try making some of the following recipes which are lower in potassium than the traditional Christmas goodies but just as tasty.

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Christmas cake
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If you have diabetes we would not recommend that you increase your intake of sweet cakes and puddings.

Renal Christmas Pudding (serves 4-6)

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 teaspoons mixed spice

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 1½ pint pudding basin and cover with a piece of buttered foil with a centre pleat to allow for expansion. Steam for 1½ hours until firm.
6. Turn out and serve with double cream or custard

Just one small portion per day to be included as one portion from your daily fruit and vegetable allowance.

Low Potassium Christmas Cake (12 portions)

225G (8 ¼ oz) plain white flour

1 level teaspoon baking powder

½ level teaspoon nutmeg

120ml (4fl oz) vegetable oil

2 tablespoons treacle

60g (2 ¼ oz) tinned pineapple chopped (juice drained off)

60g (2 ¼ oz) tinned apricots chopped (juice drained off)

50g (2oz) mixed peel

75g (2 ¾ oz) caster sugar

1 level teaspoon cinnamon

60ml (2 fl oz) pineapple juice

2 medium sized eggs (separated)

120g (4 ½ oz) glace cherries

1. Preheat the oven to gas mark 2 (275°F, 125°C). Grease a small cake tin (approx 7" in diameter) and line with greased, greaseproof paper using margarine.
2. Mix the flour with the baking powder, cinnamon and nutmeg
3. Cream the sugar with the egg yolks until pale yellow and fluffy
4. Add the flour mixture to the vegetable oil, pineapple juice and treacle and mix until smooth
5. Mix the flour mixture and the sugar mixture together until smooth
6. Whisk the egg whites until firm and fold into the cake mixture together with the fruit.
6. Pour the cake mixture into the lined cake tin and bake for 2 ½ to 3 hours, or until a thick skewer inserted into the centre comes out clean.
7. If necessary, cover with aluminium foil for the last half an hour to prevent excessive browning.

8. Remove the cake from the tin and cool completely on a wire rack.
9. Sprinkle liberally with brandy or rum. Wrap the cake in aluminium foil and store in cool place.

Just one small slice per day.

Mock Marzipan (makes about 350g (13 oz) for a 12 portion cake)

120g (4 ½ oz) margarine
100ml (3 fl oz) water
4 teaspoons almond essence
250g (9 ¼ oz) caster sugar
250g (9 ¼ oz) semolina
Grated rind of two lemons

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

Brandy Butter

5oz (125g) butter
2-4 tablespoons brandy
10oz (250g) sifted icing sugar

1. Soften the butter. Cream with the sugar until pale in colour.
2. Mix in the brandy carefully.
3. Use with renal Christmas pudding or as a filling for gateaux, sponges or meringues. It can be kept for some time in the fridge.

Renal Mincemeat

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

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

No more than two mince pies per day.

Fruit Cake

5oz (125g) Flora margarine

2 eggs

1 teaspoon mixed spice

2oz (50g) sugar

8oz (200g) self raising flour

½ - ¾ oz (20g) renal mincemeat

1. Beat the margarine and sugar until soft. Add eggs and beat well.
2. Fold in the mincemeat, flour and spice
3. Place in a lined 8" cake tin and bake at 275°F, 130°C, gas mark 2 for two hours until skewer comes out clean. Cool in tin for five minutes, turn onto wire rack to cool.

Quick Trifle

4 slices swiss roll or sponge

1 tin mandarin oranges or fruit cocktail (drained)

1 tin ready made custard

½ wine glass of sherry

Double cream

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

Glace Icing (For a 12 portion cake)

250g (9 ¼ oz) icing sugar

½ teaspoon lemon juice

2-3 tablespoons water

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

Shortbread

6oz (150g) plain flour **or** 5oz (125g) plain flour and 1oz (25g) cornflour

4oz (100g) butter or margarine

2oz caster sugar

1. Mix all ingredients together well until a soft dough is formed.
2. Roll out and cut into fingers or use Christmas cutters to make festive shapes if you have them.
3. Place on a greased baking sheet and place in pre-heated oven (325°F-350°F) and bake for 15-20 minutes or until golden brown.
4. Cool on a wire rack
5. Can decorate with glaze icing and silver sugar balls if desired.

Pavlova (serves 6-8)

4 egg whites

1 ½ teaspoons vanilla essence

1 ½ teaspoons cornflour

8oz (225g) caster sugar

1 ½ teaspoons vinegar

1. Heat the oven to 300°F, 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
3. Fold in the remaining sugar
5. Cover a baking sheet with parchment. Pipe or spoon the mixture onto the parchment.
5. Dredge lightly with caster sugar and bake for two hours.
7. Cool on the baking sheet. When cool peel off parchment.
8. Place on plate and decorate with whipped cream and fruit (fresh or tinned) using the fruit portion guide given to you by your dietitian.



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