“Having had kidney problems myself, I understand how difficult it can be to follow a specific diet. I have been very proud and honoured to contribute towards this book — it has given me immense pleasure to know that I can make a small difference to someone’s quality of life.”

Lawrence Keogh, Celebrity Chef
Head Cook, Roast Restaurant, Borough Market
In August 2008, we committed to change the way in which cystinuria was managed in our hospital (Guy’s & St Thomas NHS Foundation Trust). As part of this, a multi-disciplinary clinic was established. This book has evolved from the ethos within the clinic that we are trying to help patients gain some ‘control’ over their disease, through education, diet and medical treatment. The clinic is the first to use diet in a practical, individualised way to help cystinuric patients. Even with these personal consults, it has become clear that there is a need for practical advice on how to implement some of these changes. Hence the concept of a cook book targeted specifically at cystinurics.

We hope that this will be more than just a cook book — it is meant to be a guide to help you minimise foods which are high in methionine (mostly animal protein). The reason for this is that methionine is metabolised in a way that increases the levels of cystine in the urine, making it more likely that you will form stones. Salt levels also increase cystine levels in the urine, so recipes have been chosen to be low in salt.

The recipes in this book are a combination of recommendations from a professional chef, colleagues, us and most importantly, the patients. Whilst acknowledging that any diet requires discipline, we hope to dispel the myth that a low methionine diet has to be unpleasant.

We are grateful to the Guy’s and St Thomas’ (GSTT) charity for having the foresight and vision to award a grant for the development and production of this book. Any suggestions or comments are gratefully received. We hope this will be the first edition and future editions will grow to absorb others’ experiences.

For more information on cystinuria visit www.cystinuriaUK.co.uk

Miss Kay Thomas
Consultant Urological Surgeon

Miss Angela Doherty
Specialist Renal Dietitian
“Having been used to a high salt content diet for many years, we have now managed to reduce our salt intake and have found that pulses are the new magic cooking ingredient. Not only is there a wide variety to choose from, but they are very tasty and contain vital protein and iron. We normally conjure up a variety of tasty dishes using chick peas, kidney beans and lentils.”

Michael and Vincenzo D’Alaimo

“I was diagnosed with cystinuria 21 years ago and have recently enjoyed the longest gap between operations for many years. The only thing which had changed was me following this diet. I have enjoyed experimenting with new foods and styles of cooking. Doing everything I can to look after my solitary kidney has enabled me to lead a full and active life between surgery, which has included working full time, sailing, salsa dancing and even abseiling off a 29 storey building for charity!”

Leah Regan

“The Cystinuria clinic at Guys and all the specialists within it are extremely supportive. Everybody has provided much needed and ongoing assistance for an illness difficult to manage and come to terms with. Amongst other things, diet is regularly discussed and monitored, so the recipes supplied in a book, including ones from patients in similar circumstances is a great idea. Thank you to all the people involved in my care. Your efforts are fully appreciated.”

Toby Cockram

“Add lemon and/or lime to water – as well as making drinking lots of water more interesting, it is also very effective at alkalinising. Drink beer when you have mild colic – it acts as a diuretic (makes you pass more urine) and it makes the experience far more enjoyable.”

Neil Smith

“Really excited about the book. It can be difficult finding tasty foods and recipes that are low in salt and reduced animal proteins. Well done for putting the book together.”

Victoria Dickerson
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Starters 9
Soups 15
Salads 21
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Diet Tips

Tips to Lower your Salt Intake:

• Minimise the salt added to your food during cooking.

• Avoid adding salt to your meal at the table – taste it first and add other flavourings such as herbs, spices, mustard, pepper, lemon juice, garlic, and vinegar instead if you wish.

• Cut down on the amount of salty ingredients used in cooking such as stock cubes, soy sauce, garlic salt or celery salt. Look out for low salt stock cubes or powders to use instead or make your own.

• Avoid obviously salty foods such as crisps, nuts and salted biscuits.

• Cook with fresh foods as often as possible rather than relying on ready made or processed foods.

• Increase the amount of fruit and vegetables in your diet and use fresh or frozen vegetables rather than tinned vegetables.

• Check food labels and try to choose brands that contain less salt.

• Look out for reduced salt varieties of some processed food e.g. baked beans, pickles, ready meals.

• Choose breakfast cereals that are low in salt or contain no added salt such as Shredded Wheat™, Weetabix™ or porridge.

• Avoid packet or tinned soups. Try homemade soup instead.

Decreasing Animal Protein in the Diet:

• When preparing a dish consider replacing some of the meat/fish/chicken/egg/cheese with a vegetable protein source e.g. chilli con carne with more beans and less meat, chicken casserole with some chick peas added and less chicken, fish dishes with lentils.

• Try some recipes from vegetarian/vegan cook books or websites.
**Diet Tips**

**Increasing Fruit and Vegetable Intake:**

- **Keep a bowl of fresh fruit on the table or counter.**
- **Cut-up fruit and vegetables and store in the refrigerator at eye level as a reminder to snack on them.**
- **Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavour.**
- **For a quick energy boost make a fruit smoothie (your choice of juice and fruit, blend for a delicious treat).**
- **Have cut up vegetables with houmous as a snack.**
- **Shred carrots or courgettes into casseroles, quick breads and muffins.**
- **At breakfast, top your cereal with bananas, peaches or dried fruit. Drink 100% orange or grapefruit juice.**
- **At lunch, pack fresh fruit or canned fruit in natural or light juice. Add a vegetable based soup (like minestrone) and a sandwich packed with salad in addition to the protein filling.**
- **For dinner, plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Include a green salad/plenty of vegetables with your dinner every night.**
- **For dessert, have baked apples, pears, or a piece of fresh fruit.**

**Tips to help you Increase your Fluid Intake**

- **Drink a large glass of water at specific times during the day e.g. when you get up in the morning, when you arrive at work, after using the toilet.**
- **Enjoy a glass of fruit juice with your breakfast.**
- **Keep a large bottle or mug of water at your desk and sip from it throughout the day.**
- **Try drinking through a straw, it may help you drink more.**
- **Drink one glass of water each hour on the hour.**
- **When you have a craving for a snack, drink a glass of water, squash or a fizzy drink (choose diet if you are watching your weight) instead.**
Diet Tips

• Add slices of lemon, lime or oranges to cool water. This gives it a pleasant flavour and helps to alkalinise your urine.
• Drink two full glasses of fluid at each meal – one before and one after eating.
• Carry a refillable water bottle everywhere – walking, shopping, driving, watching television, doing laundry, etc.
• Flavour your water with squash.
• Eat more fruits and vegetables as they contain a high amount of water.
• Include liquid and moist foods in your diet e.g. soups, stews, jellies etc.

### Fluid Content of Moist Food

<table>
<thead>
<tr>
<th>Food</th>
<th>Fluid Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>150g pot yoghurt</td>
<td>120ml</td>
</tr>
<tr>
<td>100g fromage frais</td>
<td>80ml</td>
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<tr>
<td>150g rice pudding/custard</td>
<td>120ml</td>
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<tr>
<td>Porridge – medium</td>
<td>130ml</td>
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<td>1 scoop ice cream</td>
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<tr>
<td>1 ice lolly - small</td>
<td>50ml</td>
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<tr>
<td>1 ice lolly - large</td>
<td>130ml</td>
</tr>
<tr>
<td>1 tablespoon sauce/gravy</td>
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### Explanation of Dietary Analysis

Dietary analysis figures for kilocalories (kcal), protein, salt and fat are given per portion in the table after each recipe. The levels of salt and fat were also calculated separately per 100g so we could use the Food Standard Agency’s traffic light system (see table below). Although some of the fat/salt levels are found in the medium range, these were usually found at the lower end.

<table>
<thead>
<tr>
<th>All measures per 100g</th>
<th>Low - a healthier choice</th>
<th>Medium - OK</th>
<th>High - just occasionally</th>
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</thead>
<tbody>
<tr>
<td>Fat</td>
<td>3g or less</td>
<td>3.1g – 20g</td>
<td>more than 20g</td>
</tr>
<tr>
<td>Salt</td>
<td>0.30g or less</td>
<td>0.31g – 1.5g</td>
<td>more than 1.5g</td>
</tr>
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Starters

- Mushroom and Bean Pâté
- Chick Pea Patties
- Grilled Aubergine Wraps, Chick Pea and Spinach with Cucumber Chilli and Mint Salad
- Chick Pea Falafel with Coriander Dip
Mushroom and Bean Pâté

A light and tasty pâté, delicious served on wholemeal bread or toast.

1. Preheat the oven to 180°C/350°F/ Gas Mark 4. Lightly grease and line a non-stick 900g/2lb loaf tin. Put the mushrooms, onion, garlic, red pepper, stock and wine in a saucepan. Cover and cook for about 10 minutes, stirring occasionally.

2. Set aside to cool slightly, then purée the mixture with the kidney beans in a blender or food processor until smooth.

3. Transfer the mixture to a bowl, add the egg, breadcrumbs and herbs and mix thoroughly. Season with salt and pepper.

4. Spoon the mixture into the prepared tin and level the surface. Bake for 45-60 minutes, until lightly set and browned on top. Place on a wire rack and allow the pâté to cool completely in the tin. Once cool, cover and refrigerate for several hours. Turn out of the tin and serve in slices, garnished with lettuce and tomato.

INGREDIENTS:

- 450g/1lb mushrooms, sliced
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 red pepper, seeded and diced
- 30ml/2 tbsp unsalted vegetable stock
- 30ml/2 tbsp dry white wine
- 400g/14oz can red kidney beans, rinsed and drained
- 1 egg, beaten
- 50g/2oz fresh wholemeal breadcrumbs
- 15ml/1 tbsp chopped fresh thyme
- 15ml/1 tbsp chopped fresh rosemary
- Pinch of salt & freshly ground black pepper
- Lettuce and tomatoes, to garnish

Serves 12

DIETARY ANALYSIS:

This dish is low in fat with a moderate salt content. It contains an egg so has a small amount of animal protein (approx. 1.5g per portion). Mushrooms are a good source of vitamin B3.

Nutritional values per portion:

- 61kcal Energy
- 3.6g Protein
- 1.1g Fat
- 0.4g Salt
Chick Pea Patties

Thanks to Leah Regan for giving us this tasty recipe.

INGREDIENTS:

2 x 400g/14oz cans of chick peas in unsalted water (or dried chick peas soaked and cooked as per the instructions on packet), drained and rinsed

4 garlic cloves crushed

1 small red onion chopped

20g/1 oz pack fresh thyme

½ tsp approx chilli powder depending on taste

½ green pepper, deseeded and chopped

2 tbsp plain flour, plus extra to dust

Olive oil or vegetable oil for frying

SERVES 4

1. Dry the chick peas on kitchen paper and put them in a bowl with the garlic, onion, pepper, chilli and thyme. Blend with a hand blender until smooth with a few chunks remaining for texture.

2. Stir in the flour.

3. With floured hands, shape the mixture into 12 round patties and chill them in the refrigerator for 30 minutes.

4. Heat the oil in a non-stick frying pan and fry on a medium heat for 3-4 minutes each side until crisp, golden on the outside and heated through.

5. Serve with home-made lemon potato wedges and salad.

DIETARY ANALYSIS:

This dish is low in salt and has a moderate fat content.

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>226kcal</td>
<td>11.3g</td>
<td>7.3g</td>
<td>0.7g</td>
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Grilled Aubergine Wraps, Chick Pea and Spinach

Recipe created by Lawrence Keogh. Great as a starter or a main course and excellent as BBQ food.

1. Place the couscous in a bowl and pour over 100ml/3½fl oz boiling hot water, cover with clingfilm and let it stand for approx 15 minutes or until it is cold.

2. Sweat the onions in the olive oil without browning them, then add the crushed cumin seeds and garlic, being careful not to burn the garlic.

3. Now add the chick peas and cook for 5/8 minutes.

4. Add the washed spinach and let it wilt gently. You can now turn the heat off.

5. Fold in the grated carrot, couscous and chopped coriander.

6. Now add the lemon juice, plus zest and the Tahini paste. Season gently with salt and pepper to taste. Leave to stand.

7. Place a large griddle or grill pan on a hot stove with no oil and grill the aubergine slices both sides with a nice criss-cross pattern. Leave to cool on a plate.

8. When cool, lay an aubergine slice on a chopping board and place a spoonful of the chick pea mixture on one end. Roll the aubergine up like a Swiss roll and place on the serving plate.

9. Next put the cucumber, chilli and mint into a bowl and toss together with the lemon juice and zest. Season and serve next to the aubergine.

10. If you want, you can drizzle a little extra olive oil over the aubergines.
with Cucumber Chilli and Mint Salad

**INGREDIENTS:**

50g/2oz cous cous
100ml/3½fl oz of hot water
150g/5oz chopped onions
1 tsp olive oil
2 tsp crushed cumin seeds (*pestle & mortar*)
2 cloves chopped garlic
240g/8oz can chick peas
150g/5oz washed spinach
145g/5oz finely grated carrot
2 g freshly chopped coriander
1 lemon zest plus juice
100ml/3fl oz Tahini paste
Freshly milled pepper
Maldon sea salt
2 aubergines sliced lengthways

**SERVES 4**

**DIETARY ANALYSIS:**

This dish is low in salt and has a moderate fat content.

*Nutritional values per portion:*

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
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<td>346 kcal</td>
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<td>Energy</td>
<td>Protein</td>
</tr>
<tr>
<td>19.7g</td>
<td>1.0g</td>
</tr>
<tr>
<td>Fat</td>
<td>Salt</td>
</tr>
</tbody>
</table>

**FOR THE CUCUMBER SALAD:**

1 cucumber peeled and de-seeded and thinly sliced at an angle
1 red chilli de-seeded chopped (*approx 10g*)
8g picked washed and chopped mint
1 lemon juice plus zest
Pepper
Pinch of salt
Chick Pea Falafel with Coriander Dip

Little balls of spicy chick pea purée, deep-fried until crisp, served with a zesty coriander-flavoured mayonnaise.

INGREDIENTS:

- 400g/14oz can chick peas, drained
- 6 spring onions, finely chopped
- 1 egg
- 2.5ml/½ tsp ground turmeric
- 1 garlic clove, crushed
- 5ml/1 tsp ground cumin
- 60ml/4 tbsp chopped fresh coriander
- Oil for deep-frying
- 1 small fresh red chilli, seeded and finely chopped
- 45ml/3 tbsp reduced-fat mayonnaise
- Pinch of salt & freshly ground black pepper
- Sprig of fresh coriander to garnish

SERVES 6

DIETARY ANALYSIS:

This dish has a moderate fat and salt content. It has a small amount of animal protein (less than 1.5g per portion) due to the presence of egg.

Nutritional values per portion:

- 208kcal Energy
- 6.7g Protein
- 12.8g Fat
- 0.76g Salt

1. Put the chick peas into a food processor or blender. Add the spring onions and process to a smooth purée. Add the egg, turmeric, garlic, cumin and about 15ml/1 tbsp of the chopped coriander. Process briefly to mix, then season with pepper and a pinch of salt.

2. Working with clean wet hands, shape the chick pea mixture into about 18 small balls.

3. Heat the oil for deep-frying. It should be sufficiently hot so that a cube of bread, when added to the oil, browns in 30-45 seconds. Deep-fry the falafel in batches for 2-3 minutes or until golden. Drain the falafel on kitchen paper. Place in a serving bowl and keep in a warm place.

4. Stir in the remaining chopped coriander and the chilli into the mayonnaise. Garnish with the coriander sprig and serve alongside the bowl of falafel.
Soups

- Spiced Red Lentil and Coconut Soup
- Butternut Squash and Sweet Potato Soup
- Portuguese Vegetable Soup
- Gazpacho
Spiced Red Lentil and Coconut Soup

Hot, spicy and richly flavoured, this substantial soup is almost a meal in itself. Serve it with chunks of warmed naan bread or thick slices of toast.

1. Heat the oil in a large pan and add the onions, chilli, garlic and lemon grass. Cook for 5 minutes or until the onions have softened, stirring occasionally.

2. Add the lentils and spices. Pour in the coconut milk and 900ml/1½ pints water and stir. Bring to the boil, stir, then reduce the heat and simmer for 40-45 minutes or until the lentils are soft and mushy.

3. Pour in the lime juice and add the spring onions and fresh coriander, reserving a little of each for the garnish. Season, then ladle into bowls. Garnish with the reserved spring onions and coriander.

INGREDIENTS:

- 30ml/2tbsps sunflower oil
- 2 red onions, finely chopped
- 1 bird’s eye chilli, seeded and finely sliced
- 2 garlic cloves, chopped
- 2.5cm/1” piece fresh lemon grass, outer layers removed and inside finely sliced
- 200g/7oz red lentils, rinsed
- 5ml/1tsp ground coriander
- 5ml/1 tsp paprika
- 400ml/14fl oz coconut milk
- Juice of 1 lime
- 3 spring onions, chopped
- 20g/¾oz fresh coriander, finely chopped
- Pinch of salt & freshly ground black pepper

Serves 4

DIETARY ANALYSIS:

This dish has a moderate fat content. However, the fat content can be reduced further by using light coconut milk.

Nutritional values per portion:

- 282kcal
- 14.0g Protein
- 7.7g Fat
- 0.6g Salt
Butternut Squash and Sweet Potato Soup

“This hearty soup is an ideal winter warmer. Thanks to Leah Regan for giving us this recipe.

INGREDIENTS:

1. butternut squash de-seeded and cut in half lengthways, then into slices approx 3cm thick
(no need to peel first)
Sweet potato, unpeeled and sliced approx 3cm thick and about the same quantity as the butternut slices
1 large onion cut into wedges
1 red chilli de-seeded and sliced in half lengthways
1 tsp dried nutmeg
1 tsp dried cinnamon
2 tbsp olive oil
750ml/24fl oz unsalted vegetable stock

SERVES 6

1. Heat oven to 200°C/400°F/Gas Mark 6.
2. Place the butternut squash, onion and sweet potato on a large baking tray. Drizzle with the olive oil and stir in the tray to coat the vegetables in the oil.
3. Sprinkle nutmeg and cinnamon over the vegetables.
4. Place in the oven for approx 60 minutes stirring halfway through (they will blacken slightly but this will give a lovely char-grilled flavour to the soup.)
5. Remove from the oven and place in a large saucepan. Blend with a hand blender until smooth, then add half of the stock and stir.
6. Place pan on a low heat and stir gently, gradually adding more stock until the desired consistency is acquired.
7. Pour though a sieve to ensure no lumps remain.
8. Serve with crusty bread and a swirl of cream on top of the soup if this is within your daily allowance.

DIETARY ANALYSIS:

This dish is low in salt and fat. It is a good source of fibre, vitamin A and C.

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Energy</th>
<th>198kcal</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Fat</td>
<td>5.2g</td>
</tr>
<tr>
<td>Salt</td>
<td>0.2g</td>
</tr>
</tbody>
</table>
Portuguese Vegetable Soup

This recipe has been created by Lawrence Keogh. Delicious served with crusty bread.

1. Firstly sweat the onions in a large pan with the olive oil (without browning) alongside the thyme and bay leaves.

2. Add the garlic, cook for a few moments (without browning), then add all the diced vegetables.

3. Season, put a lid on the pot and let the vegetable steam for approx 5/6 minutes.

4. Add the tomato purée and cook for a few more minutes.

5. Add the water and the chopped plum tomatoes; season again lightly and bring to a boil. Put on a low simmer for approx 15/18 minutes until vegetables are just tender.

6. Add the pasta and simmer gently until cooked.

7. When the pasta is cooked, check the seasoning, then add the shredded cabbage. Stir and turn the heat off.

8. Let the soup rest for 4/5 minutes and serve with some crusty bread.

Note: “De-stringing” celery is to snap the top gently and pull the celery from the top to the root — this removes all the hard fibre string.
DIETARY ANALYSIS:

This dish is low in fat and salt. It is a good source of fibre and vitamin A.

Nutritional values per portion:

- Energy: 285kcal
- Protein: 7.0g
- Fat: 15g
- Salt: 0.4g

INGREDIENTS:

250g/8.5oz chopped red onion
80ml/2.5 fl oz extra virgin olive oil
1g picked fresh thyme
2 bay leaves
15g/½oz thinly sliced garlic
200g/6½oz diced swede
200g/6½oz diced parsnip
200g/6½oz diced carrot
200g/6½oz celery de-stringed and diced
150g/5oz diced leek
80g/2½oz tomato purée
1.4 litres/2½ pints water
400g/14oz can chopped plum tomatoes
120g/4oz Lumache or Elbow macaroni pasta
Freshly milled pepper
Pinch of salt
100g/3½oz very thinly sliced spring cabbage or spring greens, (*normal cabbage will do*)

SERVES 6
Gazpacho

Thanks to Tim O’Brien, Urology Consultant, for giving us this recipe. This classic Spanish soup is best served ice-cold on a really hot summer’s day.

INGREDIENTS:

| 2 slices of white bread, crusts removed  |
| 2 cloves of garlic                  |
| 1½ tsps red wine vinegar           |
| 3 spring onions                    |
| 1 cucumber                         |
| 700g/1lb 12oz ripe tomatoes        |
| 2 red peppers roasted and skinned  |
| 3tbsps/22ml olive oil              |
| 250ml/9fl oz tomato juice          |
| Iced water                         |

Serves 6

Dietary Analysis:

This soup is low in fat and salt. It is full of vitamin A and an anti-oxidant known as lycopene, which has health protective properties.

Nutritional values per portion:

- **Energy**: 148kcal
- **Protein**: 3.1g
- **Fat**: 9.3g
- **Salt**: 0.37g
Salads

- Mexican Beans
- Nutty Orange Salad
- Tuna and Bean Salad
- Green Lentil and Bean Salad
Mexican Beans

*This starter brings together a great combination of flavors and is very easy to make.*

1. Drain the kidney beans and combine in a bowl with the celery, gherkins and onion.

2. Place the oil, vinegar, mustard, salt and pepper in a tightly-lidded container. Shake well and pour over the bean mixture and fold through.

3. Wash and drain the lettuce, arranging to form a bed in a serving bowl.

4. Pile the bean mixture onto the lettuce, spooning over any remaining dressing.

5. Garnish with celery leaves.

**INGREDIENTS:**

- 175g/6oz red kidney beans, cooked
- 4 sticks celery, chopped
- 25g/1oz gherkins, chopped
- 30ml/2 level tbsp finely chopped onion
- 60ml/4 tbsp olive oil
- 2.5ml/½ level tsp French mustard
- 1.25ml/¼ level tsp caster sugar
- Pinch of salt & freshly ground black pepper
- 1 Cos lettuce
- A few celery leaves

**SERVES 6**

**DIETARY ANALYSIS:**

This dish has a moderate salt and fat content. It uses olive oil, which is high in monounsaturated fats — these don’t raise levels of the harmful type of cholesterol in the body.

_Nutritional values per portion:_

- 121kcal Energy
- 2.5g Protein
- 9.5g Fat
- 0.57g Salt
Nutty Orange Salad

This light and refreshing salad is good to serve as a quick snack.

INGREDIENTS:

4 heads of chicory, leaves separated and washed
Salt and freshly ground black pepper
2 large oranges, peeled, pith and pips removed and sliced into rings
50g/2oz walnuts, chopped
75ml/2½fl oz vinaigrette dressing

SERVES 6

1. Put the chicory in a salad bowl and sprinkle with a little salt and pepper.
2. Add the orange rings and walnuts and mix well together.
3. Pour in the prepared dressing and toss well before serving.

DIETARY ANALYSIS:

This dish is low in salt and has a moderate fat content. It is a good source of vitamin C and fibre.

Nutritional values per portion:

- 134kcal Energy
- 2.3g Protein
- 10.5g Fat
- 0.32g Salt
Tuna and Bean Salad

An Italian-style starter, tuna and bean salad is tangy and refreshing.

**INGREDIENTS:**

- 175g/6oz black-eye or haricot beans, soaked overnight and drained
- Pinch of salt
- 1 small onion, peeled and finely chopped
- 1x200g/7oz can tuna fish, drained and flaked

**For the dressing:**

- 100ml/5fl oz olive or salad oil
- 50ml/2fl oz lemon juice
- 2x15ml/2 tbsp freshly chopped parsley
- Freshly ground black pepper

**SERVES 6**

1. Cook the beans in boiling water for 40 minutes or until tender. Drain and refresh under cold running water.

2. Put in a serving bowl with the onion and flaked tuna and stir carefully to combine.

3. To prepare the dressing, put the ingredients in a screw-top jar and shake well to mix.

4. Pour the dressing over the bean mixture and season to taste. Chill in the refrigerator for several hours. Stir well before serving.

**Nutritional values per portion:**

- **234kcal**
- **15.1g Protein**
- **15.0g Fat**
- **0.41g Salt**

**DIETARY ANALYSIS:**

This is a good example of a dish providing protein from both animal and vegetable sources. Each portion provides 8g protein from tuna (animal protein) and 7g protein from beans (vegetable protein). Tuna is a good source of vitamin D. This dish contains moderate levels of fat and salt, so is fine to enjoy most of the time.
Green Lentil and Bean Salad

This salad may be eaten on its own or as part of a selection of salads.

1. Soak the beans in cold water separately overnight. Lentils do not need to be soaked.
2. Cook the pulses in separate saucepans; cover each with 3 cups of cold water and add a carrot, onion and bouquet garni to each saucepan. Don’t add salt to the beans until almost cooked.
3. Cook beans between 20-60 minutes (this depends on variety and age). Cook the lentils for approx. 10 minutes — they should be soft, but still hold their shape. (Keep the cooking liquids — they may be used as a base for a bean or lentil soup and are full of vitamins).
4. Whisk or liquidise the ingredients for the French dressing and season.
5. Drain the pulses. While they are still warm, toss the beans and lentils in the French dressing, using just enough to coat the pulses.
6. Taste and season with a little salt and plenty of freshly ground pepper. Fold in the chopped parsley and basil.

Dietary Analysis:

This dish is low in salt and has a moderate fat content. It is a great source of soluble fibre.

Nutritional values per portion:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
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<tr>
<td>Salt</td>
<td>0.2g</td>
</tr>
</tbody>
</table>

Ingredients:

- 55g/2oz haricot beans
- 55g/2oz kidney beans
- 55g/2oz green lentils
- 3 small carrots
- 3 bouquet garni
- 3 small onions, each stuck with 2 cloves

For the French Dressing:

- 100ml/3fl oz extra virgin olive oil
- 20ml/1fl oz red or white wine vinegar
- Pinch of salt & freshly ground black pepper
- ⅓ dessert spoon Dijon mustard
- ⅓ tsp chives
- 1 large clove of garlic
- ½ tsp each thyme and parsley

Serves 8
Main Courses

- Vegetable Pilau
- Nepalese Vegetable Curry
- Vegetable Moussaka
- Vegetable Chilli
- Haricot Bean Casserole
- Provençale Bean Stew
- Chinese Chicken Broth with Rice Noodles
- Moroccan Chicken
Vegetable Pilau

*A popular vegetable rice dish that makes a tasty light supper. You can add baby broad beans instead of peas.*

1. Wash the basmati rice in several changes of cold water. Put into a bowl and cover with water. Leave to soak for about 30 minutes.

2. Heat the oil in a large frying pan and fry the cumin seeds for 2 minutes. Add the bay leaves, cardamoms and cloves and fry for a further 2 minutes.

3. Add the onion and fry for 5 minutes, until softened and lightly browned.

4. Stir in the carrot and cook for 3-4 minutes.

5. Drain the rice thoroughly and add to the pan together with the peas, sweetcorn and cashew nuts. Fry for 4-5 minutes.

6. Add 475ml/16fl oz water, the ground cumin and salt to taste. Bring to the boil, cover and simmer for about 15 minutes over a low heat until all the water is absorbed. Leave to stand, covered, for 10 minutes before serving.

**INGREDIENTS:**

- 225g/8oz basmati rice
- 30ml/2 tbsp oil
- 2.5ml/½ tsp cumin seeds
- 2 bay leaves
- 4 green cardamom pods
- 4 cloves
- 1 onion, finely chopped
- 1 carrot, finely diced
- 50g/2oz frozen peas, thawed
- 50g/2oz frozen sweetcorn, thawed
- 25g/1oz cashew nuts, lightly fried
- 1.5ml/¼ tsp ground cumin
- Pinch of salt

**SERVES 4**

**DIETARY ANALYSIS:**

This dish is low in fat, low in salt and a great source of fibre.

_Nutritional values per portion:_

- **Energy:** 350kcal
- **Protein:** 7.6g
- **Fat:** 12.0g
- **Salt:** 0.5g
Nepalese Vegetable Curry

This is a delicious nourishing curry which is quick to prepare.

1. Heat the oil in saucepan and sauté the onion, garlic and ginger until soft.

2. Add the spices and sauté for a further minute. Fold through the cauliflower.

3. Add the tomatoes and bring to the boil, reduce the heat and simmer until the cauliflower is just tender.

4. Add the peas, chick peas, coconut milk and season with salt.

5. Heat through and serve with boiled rice.

INGREDIENTS:

2 tbsp oil
2 medium onions, finely chopped
2 garlic cloves, crushed
1 tsp grated fresh ginger
1 tsp turmeric
1 tsp ground cumin
1 tsp curry powder
650g/½ cauliflower, cut into florets
825g/1lb 12oz canned crushed tomatoes
1 cup frozen peas
425g/14oz canned chick peas, drained and rinsed
100ml light coconut milk
Pinch of salt

SERVES 6

DIETARY ANALYSIS:

This dish is low in salt, low in fat and high in fibre.

Nutritional values per portion:

198kcal
11.1g Protein
7.7g Fat
0.6g Salt
Vegetable Moussaka

*Thanks to Leah Regan for this recipe. Leah recommends cooking this in a lasagne dish instead of a casserole dish as it helps to reduce the sauce and cheese content of the dish.*

1. Preheat oven to 230°C/460°F/Gas Mark 9

2. Boil potatoes in unsalted water for 5 minutes, drain and put into a large baking tray with aubergine, onion and peppers. Drizzle with the oil and thyme then toss to coat the vegetables.

3. Roast for 30 minutes stirring occasionally.

4. Add tomatoes and garlic and roast for a further 15 minutes, then take out of the oven and reduce the temperature to 200°C/400°F/Gas Mark 6.

5. Put the vegetables into a large lasagne dish, then pour over half the passata. Next crumble the goats cheese over the top and repeat with the rest of the vegetables and the remaining passata.

6. Mix together the egg, yoghurt and parmesan. Pour this mixture over the top and return to the oven for 40 minutes or until heated through and golden brown on top. Serve with a green salad.

**INGREDIENTS:**

- 450g/1 lb potatoes peeled and cut lengthways into 5mm/½” slices
- 1 aubergine sliced into rounds
- 1 large red onion cut into wedges
- 2 red peppers, deseeded and sliced
- 4 tablespoons olive oil
- 2 tbsp chopped thyme
- 225g/8oz tomatoes, thickly sliced
- 2 cloves garlic, sliced
- 250g/8fl oz passata
- 125g/4oz roll of goats cheese
- 250g/8oz natural yoghurt
- 25g/1oz parmesan
- 2 eggs

**SERVES 6**

**DIETARY ANALYSIS:**

Most of the protein in this dish comes from animal protein (approx. 11g per portion), so this needs to be part of your animal protein allowances. It is a good source of vitamins A and C.

**Nutritional values per portion:**

- Energy: 285kcal/12.5g
- Protein: 12.5g
- Fat: 15.2g
- Salt: 0.7g
Vegetable Chilli

An alternative to traditional chilli con carne, and delicious with brown rice.

1. Lightly fry the onions, garlic, celery and green pepper (without browning). Then add them to the mushrooms and courgettes in a large saucepan and mix together.

2. Add the kidney beans, tomatoes, passata, tomato purée and tomato ketchup.

3. Cover, then bring to the boil. Simmer for 20-30 minutes, stirring occasionally, until the vegetables are just tender. Serve immediately with natural yoghurt, sprinkled with cayenne pepper. Garnish with fresh coriander sprigs.

INGREDIENTS:

2 onions, chopped
1 garlic clove, crushed
3 sticks celery, chopped
1 green pepper, seeded and diced
225g/8oz mushrooms, sliced
2 courgettes, sliced
400g/14oz can red kidney beans, rinsed and drained
400g/14oz can chopped tomatoes
150ml/¼ pint passata
30ml/2tbsp tomato purée
15ml/1 tbsp tomato ketchup
1 tsp each hot chilli powder, ground cumin and ground coriander
Pinch of salt & freshly ground black pepper
Natural yoghurt and cayenne pepper, to serve & sprigs of fresh coriander, to garnish

SERVES 4

DIETARY ANALYSIS:

This dish is low in fat and has a moderate salt content. It is a good source of vitamin A.

Nutritional values per portion:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Energy</td>
<td>142kcal</td>
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<tr>
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<tr>
<td>Fat</td>
<td>1.6g</td>
</tr>
<tr>
<td>Salt</td>
<td>1.6g</td>
</tr>
</tbody>
</table>

31
Haricot Bean Casserole

This recipe demonstrates that vegetable protein (beans) and animal protein (pork belly) can be used in combination to create a delicious meal.

1. Put the soaked, boiled beans in a large pan. Add one peeled onion stuck with the cloves, the peeled and roughly chopped carrots, celery, and enough cold water to cover.

2. Bring to the boil and simmer over a gentle heat for about 30 minutes, or until the skins burst. Drain the beans and set the cooking liquid aside.

3. Heat the oil in a pan and fry the remaining chopped onion for about 5 minutes, or until golden brown. Add the diced pork and fry until browned and sealed.

4. Stir in the tomato paste, the skinned and roughly chopped tomatoes, the syrup and about 300ml (½ pint) of the strained cooking liquid. Season to taste.

5. Arrange the beans in an ovenproof dish, pour the contents of the pan over them and cover with a tight-fitting lid. Bake in the oven for 3½ hours, topping up with the bean liquid as necessary. Remove the lid for the last 30 minutes of cooking, when the sauce should have reduced to a thick consistency.

6. This makes a hearty winter casserole served straight from the dish with triangles of toast.

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>463kcal</td>
<td>29.7g</td>
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</table>

<table>
<thead>
<tr>
<th>Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.3g</td>
<td>0.4g</td>
</tr>
</tbody>
</table>

Dietary Analysis:

This dish is high in protein – 11g protein per portion from pork belly (animal protein) and 18g protein per portion from the beans (vegetable protein). Beans are a good source of soluble fibre which is good for heart health. It has a low salt content and moderate fat content.
INGREDIENTS:

500g/1 lb soaked, dried, boiled haricot beans
2 onions
4 cloves
2 carrots
2-3 sticks of celery
250g/½ lb pork belly
2-3 tbsp olive oil
1 tbsp tomato paste
250g/½ lb tomatoes
1 tbsp golden syrup
Pinch of salt & freshly ground black pepper

SERVES 6
Provençale Bean Stew

This delicious stew is cheap to make, yet wonderfully filling and nutritious. Don’t add the salt to the beans until near the end of the cooking time, otherwise they seem to harden.

1. The day before cooking, cover the beans in cold water and leave overnight (soak and cook each type of bean separately).

2. Next day, drain the beans, place in a saucepan(s) and cover with fresh cold water. Add a chunk of carrot, a small onion and a bouquet garni to each pot.

3. Boil rapidly for 10 minutes, then cover and simmer until almost tender. Cooking time varies according to the variety and age of the beans, so it is better to cook them in separate pots and combine later. Add a pinch of salt towards the end of cooking.

4. When the beans are tender but not mushy, strain and reserve 300ml/10fl oz of the liquid and discard the vegetables and bouquet garni.

5. Heat the oil in a casserole and sweat the onions on a low heat for approx. 5 minutes.

6. Add the peppers and garlic, cover and continue to sweat gently for 10 minutes. Add the tomatoes with their juice, tomato purée, herbs, beans, bouquet garni, reserved cooking liquid, salt, freshly ground pepper and a pinch of sugar.

7. Cover and simmer for 20 minutes approx, or until the beans and peppers are cooked. 5 minutes before the end of cooking time, add the olives and freshly chopped parsley. Remove the bouquet garni, taste and season as required.
DIETARY ANALYSIS:

This dish is low in fat and salt and is also a great source of vitamin A and vitamin C.

Nutritional values per portion:

- Energy: 229kcal
- Protein: 11.9g
- Fat: 5.0g
- Salt: 0.6g

INGREDIENTS:

340g/12oz dried haricot, kidney or black-eyed beans or a mixture of all three
1-3 each of carrots and onions
1-4 bouquet garni
Salt, freshly ground pepper and sugar
30ml/2 tbsp virgin olive oil
225g/8oz sliced onions
Red and green pepper, cored, seeded and sliced
2 cloves of garlic, crushed
397g/14oz can of tomatoes or 450g/1lb peeled, very ripe tomatoes, chopped
30ml/2 tbsp concentrated tomato purée
1 tsp chopped marjoram, thyme or basil
55g/2oz black olives
2 tbsp chopped parsley

SERVES 4
Recipe created by Lawrence Keogh. This dish is great with some plain steamed rice. You can add fresh chopped chilli if you wish.

1. Pour the rice bran oil in a large wok (add the sesame oil if you wish). When hot, fry the chicken pieces for approx 3-4 minutes. Then add the chopped garlic and sliced ginger. Stir fry for a few minutes until you can smell the aroma of the garlic and ginger. Be careful not to burn the garlic at this stage, because it can make the dish quite bitter.

2. Now ladle all the master stock over the chicken through a sieve to catch all the star anise and cinnamon etc.

3. Bring the dish back to the boil and then add the carrots. Simmer for 2 minutes, then add the rest of the ingredients — bean sprouts, Chinese leaf, mange-tout, rice noodles and lastly the mint and coriander. Bring the whole dish to the boil, then turn off the heat. Have four warm bowls ready.

With all ingredients placed in a large pot and simmered for 1 hour, Chinese master stocks are the base of many good Chinese recipes.

Ingredients vary, using mushrooms, citrus and Szechwan pepper. They are added to constantly and are always on the boil in Chinese restaurants.
FOR CHINESE MASTER STOCK:
1.5 litres/2½ pints water
10g/0.3oz sliced garlic
10g/0.3oz peeled sliced ginger
2g/0.07oz star anise
2g/0.07oz cinnamon stick
150g/5oz sliced onion
40ml/1.3fl oz soy sauce

DIETARY ANALYSIS:
This dish has a low fat and a moderate salt content. The majority of protein comes from animal protein (15g per portion), so please remember to include within your allowances.

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kcal)</td>
<td>228</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>23.8</td>
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<tr>
<td>Fat (g)</td>
<td>3.8</td>
</tr>
<tr>
<td>Salt (g)</td>
<td>2.0</td>
</tr>
</tbody>
</table>

INGREDIENTS FOR STIR-FRY:
350g/2 skinless chicken breasts cut into thin strips
10ml/0.3fl oz rice bran oil
5ml/1 tsp sesame oil (optional)
150g/5oz peeled sliced thinly carrot
60g/2oz bean sprouts
50g/1½oz mange tout, cut thinly at an angle
50g/1½oz spring onions cut thinly at an angle
150g/5oz Chinese leaf cabbage
120g/4oz cooked rice noodles
10g/0.3oz thinly sliced ginger
10g/0.3oz chopped garlic
10g/0.3oz fresh picked mint leaves
10g/0.3oz fresh picked coriander
Pepper

SERVES 4
Moroccan Chicken

Thanks to Michael D’Alaimo’s wife for giving us this recipe. This is a good example of using both animal and vegetable protein in a dish. If desired the amount of chicken could be decreased and the chick peas increased.

INGREDIENTS:

- 500g/1 lb chicken thighs
- 28g/1oz flat leaf parsley, chopped
- 410g/13½oz tin chick peas
- 390g/13oz tin/carton chopped tomatoes with basil and oregano
- 47g/1½oz ground cinnamon
- 200g/6½oz cous cous (uncooked)
- 1 cube vegetable stock

SERVES 6

Nutritional values per portion:

- 323kcal Energy
- 22.0g Protein
- 13.6g Fat
- 0.9g Salt

Dietary Analysis:

This dish is low in salt and has a moderate fat content. 7g per portion is from a vegetable source (chick peas) and 25g protein per portion is from an animal source (chicken). Remember to include this as part of your animal protein allowance.

1. Heat 1 tablespoon olive oil in a pan. Pat the chicken thighs with sprinklings of ground cinnamon and fry on a high heat until the skin is crispy.

2. Add a carton of chopped tomatoes with basil and oregano and a tin of drained chick peas. Simmer for approximately 10 minutes until the chicken is cooked through.

3. Meanwhile, pour 200g cous cous into a bowl and gently pour over 240ml boiling vegetable stock, made with 1 stock cube. Stir well. Cover and leave to stand for 5 minutes. Fluff with a fork and stir through half the portion of the parsley.

4. Stir the rest of the parsley into the chicken and chick pea mixture and serve with the cous cous on the side.
Cold Desserts

- Zesty Treat
- Raspberry Water Ice
- Summer Pudding
- Strawberries in Drambuie
Zesty Treat

Thanks to Toby Cockram for this tasty recipe.

1. Crush the ginger biscuits and mix in the oil, using this as a base for the dessert.
2. Mix the yogurt with the lime juice and zest. Place on top of the base.
3. Place the raspberries on top.
4. Chill in the refrigerator for 2 hours.

INGREDIENTS:

- 500g/1lb 1oz pot of natural yogurt
- 1 lime (juice and zest)
- 10 ginger biscuits
- 1-2 tablespoons of rapeseed oil
- 100g/3½oz raspberries

SERVES 4

Nutritional values per portion:

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<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>230kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>8.0g</td>
</tr>
<tr>
<td>Fat</td>
<td>10.1g</td>
</tr>
<tr>
<td>Salt</td>
<td>0.4g</td>
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DIETARY ANALYSIS:

This dessert has a moderate fat and a low salt content. Most of the protein in this dish is animal protein (7g per portion) so make sure to include this within your animal protein allowance. Raspberries are a good source of vitamin C.
Raspberry Water Ice

*Water ices make great summer desserts as they are cool, light and refreshing. Strawberries or blackberries can be used instead of raspberries.*

1. Turn the refrigerator to its coldest setting
   *(don’t forget to revert to previous setting afterwards!)*

2. Put the sugar and water in a saucepan and heat gently until the sugar dissolves. Bring to the boil, add the lemon juice and simmer gently for 10 minutes. Remove from the heat and leave to cool.

3. Purée the raspberries in an electric blender or work through a sieve. When the sugar syrup is cool, stir in the raspberry purée and transfer to a shallow freezer tray or polythene container that will fit into the freezer compartment of the refrigerator. Freeze until mushy: the length of time this takes will depend on the refrigerator.

4. Beat the egg whites until stiff and then fold into the mushy fruit mixture, making sure that they are thoroughly mixed.

5. Scoop out into individual serving bowls and serve immediately.

**INGREDIENTS:**

- 100g/4oz caster sugar
- 300ml/½ pint water
- Juice of ½ lemon
- 250g/½ lb fresh raspberries, hulled and washed, or frozen raspberries, thawed
- 2 egg whites

Serves 4

**DIETARY ANALYSIS:**

This dessert is low in calories and very low in fat. The water ices have a small amount of animal protein due to the egg white. The fresh raspberries give lots of vitamin C.

**Nutritional values per portion:**

- 115kcal
- 0.9g Protein
- 0.2g Fat
- 0.01g Salt

Return to the freezer compartment and freeze until quite firm, stirring occasionally. This will take several hours depending on the refrigerator.
Summer Pudding

Thanks to Tim O’Brien, Urology Consultant, for this recipe. This is a sharp refreshing dessert bursting with summer flavours. Frozen fruits can be used as well as fresh fruits so this dish can be enjoyed all year round.

INGREDIENTS:

8 thin slices of white bread, crusts removed
450g/1lb raspberries
250g/8oz redcurrants
125g/4oz blackcurrants
150g/5oz caster sugar

(Any combination of soft fruits can be used)

SERVES 6

1. Pull the currants from their stalks — sliding the stalk between the prongs of a fork can help.

2. Add the fruit and sugar to a large thick bottomed pan and heat for 3-4 minutes until the juices run. Keep 75ml (half a cupful) of the juice in the fridge.

3. Lightly grease an 850ml (1½ pint) pudding basin and line it with the bread. Fill in any gaps using small triangles of bread and seal by overlapping the slices and pressing the edges together.

4. Spoon in the fruit, ensuring that the bread is soaked with juice. Fill to the top and then cover and seal with bread. Add more juice.

5. Place a small plate or saucer exactly in the rim of the bowl. Add a heavy weight to the saucer (2lbs or 2 tins) and refrigerate overnight.

6. Before serving, remove the saucer, slide a palette knife between the bread and the basin to loosen the pudding, and turn out onto a rimmed plate (to catch the juice).

7. Serve with any remaining berries and juices on top.

DIETARY ANALYSIS:

This pudding is low in calories and fat. The combination of soft fruits provides lots of vitamin A and C.

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
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<tbody>
<tr>
<td>207 kcal</td>
<td>3.9 g</td>
<td>2.1 g</td>
<td>0.36 g</td>
</tr>
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</table>
Strawberries in Drambuie

Thanks to Leah Regan for this recipe. It can be varied by using other berries such as blueberries and raspberries with your favourite liqueur.

**INGREDIENTS:**

500g/1lb1oz strawberries, halved and green stalks removed
2 tsp vanilla essence
50ml/1½fl oz Drambuie
1 tbsp soft brown sugar
Mascarpone and fresh mint sprigs to serve

Serves 4

**DIETARY ANALYSIS:**

This dish is low in fat and low in salt. Strawberries are a great source of vitamin C.

*Nutritional values per portion:*

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Energy</td>
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Hot Puddings

- Plum Charlotte
- Hot Lemon Soufflé
- Blackberry and Apple Pie
- Cinnamon Pears
Plum Charlotte

This is a classic British pudding which is quick and simple to make. Plums are an ideal fruit to use as they become soft and juicy in cooking and blend in to the bread.

1. Brush the base and sides of a shallow baking dish with some of the butter. Cover the base with some of the breadcrumbs.

2. Put a layer of plums in the dish, sprinkle with some of the sugar and a little lemon rind and juice. Dot with more butter.

3. Continue with these layers until all the ingredients are used up, finishing with a layer of breadcrumbs and dotting with butter.

4. Pour over the orange juice and bake in a fairly hot oven \((190°C/350°F/Gas Mark 5)\) for 40-45 minutes or until the charlotte feels tender when pierced with a skewer and the top layer of breadcrumbs is golden brown. Serve straight from the baking dish.

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>50g/2oz butter</td>
<td></td>
</tr>
<tr>
<td>175g/6oz fresh white breadcrumbs</td>
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</tr>
<tr>
<td>750g/1½lb ripe fresh plums</td>
<td></td>
</tr>
<tr>
<td>100g/4oz soft brown sugar</td>
<td></td>
</tr>
<tr>
<td>Finely grated rind and juice of ½ lemon</td>
<td></td>
</tr>
<tr>
<td>225ml/7½fl oz fresh orange juice</td>
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</tr>
</tbody>
</table>

**SERVES 6**

Nutritional values per portion:

- **Energy:** 287kcal
- **Protein:** 4.5g
- **Fat:** 7.5g
- **Salt:** 0.7g

**DIETARY ANALYSIS:**

Plums are a good source of fibre and vitamin A. This pudding has a moderate fat content and is therefore fine to have from time to time.
Hot Lemon Soufflé

This is not the usual type of soufflé, but an old-fashioned family pudding which separates into a fluffy top and a creamy lemon base when it cooks.

INGREDIENTS:

30g/1oz butter
170g/6oz caster sugar
55g/2oz self-raising flour
2 eggs (preferably free-range)
1 lemon
250ml/8fl oz milk
Icing sugar to decorate

N.B. If the lemons are very pale, use the zest of 1½ or 2 to give a sharper lemon flavour.

SERVES 6

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>234kcal</td>
<td>5.1g</td>
<td>7.1g</td>
<td>0.2g</td>
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DIETARY ANALYSIS:

This pudding contains animal protein so remember to include it as part of your recommended allowance. The fat content is moderate so this dessert is OK to eat from time to time.
Blackberry and Apple Pie

This is a wholesome fruity pie bursting with autuminal flavours.

1. Prepare the blackberries and peel, core, and roughly chop the apples.

2. Set a pie funnel in a pie dish and fill the dish with the mixed berries and apples, sprinkling with the sugar. Add 2 tablespoons of water.

3. Cover the pie dish with the rolled-out pastry, made from 250g/½ lb flour. Seal the edges and decorate the top with pastry trimmings. Brush with milk and dust with sugar.

4. Bake in the oven at 200°C/400°F/Gas Mark 6 for about 35 minutes. Cover the pie with moistened greaseproof paper if the pastry browns too quickly.

5. To serve, warm or cold with a jug of cream or custard sauce. A variation would be to replace the water with lemon juice, or mix 1 teaspoon of grated lemon or 1 dessertspoon of freshly chopped mint with the sugar.

INGREDIENTS:

<table>
<thead>
<tr>
<th>Blackberries</th>
<th>375g/¾ lb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking apples</td>
<td>375g/¾ lb</td>
</tr>
<tr>
<td>Sugar</td>
<td>75g/3oz</td>
</tr>
<tr>
<td>Sweet shortcrust pastry</td>
<td>250g/½ lb</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
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SERVES 6

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Energy</th>
<th>323kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>3.7g</td>
</tr>
<tr>
<td>Fat</td>
<td>13.9g</td>
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<tr>
<td>Salt</td>
<td>0.48g</td>
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DIETARY ANALYSIS:

Blackberries are a good source of vitamin A and both apples and blackberries contain some vitamin C. This dish has a moderate fat content so can be enjoyed from time to time.
Cinnamon Pears

Cinnamon really complements the flavour of pears — as you will discover when you prepare this dish.

INGREDIENTS:

4 dessert pears
125g/4oz sugar
1 cinnamon stick
75ml/2½fl oz double cream
1 tbsp rum
25g/1oz flaked almonds

SERVES 4

Nutritional values per portion:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
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<td>474 kcal</td>
<td>2.6g</td>
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DIETARY ANALYSIS:

Pears are a good source of fibre. The fat content of this dish is moderate. If you wish to reduce it further, use reduced fat Greek yoghurt instead of cream but remember to include the yoghurt as part of your animal protein allowance.
Dining Out

The diet that we advise a cystinuric to follow is one that is low in salt, with a reduced amount of animal protein and plenty of fruit and vegetables. This is easier to achieve when eating in but what about dining out? Our advice is to enjoy your meal out and where possible choose something that adheres to the principles of the cystinuria diet. Here are a few tips on preferable choices for starters and mains in a variety of restaurants.

**Italian**
Starters – Salads, bruschetta, garlic bread, minestrone soup
Mains – Pizzas made with a reduced amount of cheese, in some restaurants pizzas are freshly made so you can make a special request. Pizzas topped with less meat and cheese but plenty vegetables. Spaghetti Pomodoro, Penne Arrabiata (both tomato based sauces), Penne del Giardino (with beans and vegetables) Risotto Verdure (with beans and vegetables) Tuna and beans 
Salads

**French**
Starters – Onion soup, salads, garlic bread, baked mushrooms
Mains – The mains are mostly animal protein based - try not to go for the large portion sizes e.g. the 16oz steaks! Fill up on salad/vegetables/beans on the side.

**British**
Starters – Vegetables soups, lentil soups, salads
Mains – Stews and Casseroles with plenty vegetables, veggie sausages and mash. As with the French menus take care with portion sizes of animal protein foods.

**Indian**
Starters – Poppadoms with dips, vegetable samosas. There are usually a variety of chick pea lentil based starters to choose from e.g. gol guppa, dahi puri.
Mains – Where possible opt for lentil based curries e.g. veggie dhansaks or dahls.
Chinese/Japanese/Thai
Starters – Edamame beans, prawn crackers, vegetable dim sum, spring rolls
Mains – Choose vegetable based dishes including noodles, rice and healthier sauces such as sweet chilli, plum, sweet and sour sauce.
Why not try soya or tofu options as the protein part of the meal.
Be aware that soups and broths in some of these restaurants have a very high salt content. Try not to use extra soy sauce.
Chinese food can contain a lot of MSG (monosodium glutamate) which is high in sodium. Ask for no added salt or MSG in dishes.
Vegetarian sushi.

Mexican
Starters – Guacamole, salsa, corn on the cob, salads.
Mains – Burritos, tacos or enchiladas with vegetables/refried beans.
Be careful not to have too much cheese.

Greek/Turkish
Starters – Stuffed vine leaves, houmous, tzatziki
Mains – Greek salads, cous cous and chick pea/lentil dishes. Care with animal protein portion sizes.

North African/Middle Eastern
Starters – Falafel, salad, Lebanese bread with dips
Mains – Vegetable tagine, cous cous dishes

Caribbean/West African
Starters – Vegetables soups, pumpkin fritters, black eyed beans and yam fritters, plantain crisps
Mains – Rice and peas, pumpkin and chick pea curry. Limit intake of salty fish and limit portion sizes of animal protein foods.
American
Starters – Salads, vegetable soups.

Mains – Veggie burgers, lentil burgers. Care with animal protein portion sizes.

Please Note: When ordering salads in any of the above restaurants, it is best to ask for the dressing on the side, as some dressings can be very high in calories.

Drinks — Make sure to order plenty of drinks during your meal to help keep your fluid intake up. If drinking, keep within sensible limits and have a glass of water with each alcoholic drink.

Happy Dining!!!
We hope that you have enjoyed using this book and that it has inspired you to change your diet. We are extremely grateful to the following people who have contributed towards the book and given their time and energy to make it a success.

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