

SHELFORD WHĀNAU

# 'HOW TO' Cook for Life

Me pēhea tē tunu kai hauora

## KARAKIA

E rongo E rongo

Homai ngā tupu

Hei whakakī tē  
tinana

Hei oranga

Au eke au eke

Hui e taike e

Contributed by Khali's Kōhanga Reo





# About Ena,

whose recipes are shared in this book.

Ena was born in Mareretu near Taipuha. She grew up with her six sisters and seven brothers in and around Whangarei.

Life had many changes back then as her father moved often for work. She spent her school days at various schools. She learned how to cook early in life from her mum and her brother. There are family stories about her early attempts at baking Takakau bread. One of the first attempts resulted in bread that was so hard it was used as a wheel. One of her brothers rolled it into a power pole and it smashed into bits.

Being part of a large family meant that everyone had their own jobs to do. She says that she didn't learn to cook a proper meal until she got married and gives thanks to her mum and in-laws. It is no secret that Ena's cooking skills are now top notch. The Shelford family loves their kai. Ena's top secrets to perfect cooking are:

1. **First study the recipe**
2. **Use your measuring cup**
3. **Follow the recipe**
4. **Taste the food before serving.**

Ena shares some words of wisdom with us. She is sad that Marae based cooking classes (e.g. how to preserve food, make jam) are gone. Our busy lives mean that everything now comes from the supermarket. She can see the benefits of fresh foods now that Brian is on a special diet and thinks we need to go back to our old ways of learning about cooking.

These days Ena is kept busy with her nine mokopuna. She is very proud of all her whānau.

Kia tikā tē kai, ka pai tē hanga o tē tinana, ka ora hoki ngā whakaaro Eat well to look good and feel good!

Ena entrusted me with her recipes. Thank you. I have changed them a little considering Brian is on dialysis. I have included a 'comment' box on most recipes – **Olwyn, Dietitian.**



# Dedicated to Whanāu



## Cooking for now – for health and happiness:

Life is busy. This cook book will save time. It shows you what foods to choose and how to cook them. The aim is to take the stress out of meal decisions especially when a family member is following a plan for medical reasons.

The recipes are based on family favourites. Take a closer look. Perhaps you have memories of the sharing and caring of some of the meals together. One or two recipes have been added that could be useful.

Brian's ill-health and transition to dialysis has resulted in a re-think over food choices. As you know, what we eat 'feeds' the body. When we are well, kidneys remove waste in urine. If kidneys stop working then dialysis can take over. However dialysis is only able to remove part of the waste. Therefore the plan is a 'diet' that makes little waste. This cookbook shows you how.

One family member on a 'diabetic' or 'renal' or 'dialysis' meal plan can be disruptive to the cook. It makes sense for

everyone to eat the same meals. By making simple recipe changes and choosing meals as shown in this book (three different foods on a plate) you end up with a plan that is recommended for all New Zealanders. So this cookbook is an outline to all whānau over a lifetime.

This book outlines simple steps to success 'Plan, Select, Cook, Eat'.

This book is a personal journey in Northland. It is a privilege that the Shelford Whanau are sharing this book with us all. Thank you.

### Olwyn, Dietitian

Renal Department  
Northland DHB  
Private Bag 9742 WHANGAREI 0148

### Disclaimer:

Every effort has been made to modify recipes and consider the Shelford family.

Your own family circumstances could be different. Therefore individualised advice from your health professionals could

be more appropriate for you than what you have read in this book.

Every endeavour has been made to match our region, Te Tai Tokerau, and Te Reo language.



# Meal plans using Ena's recipes

(Considering renal failure, diabetes, dialysis, budget, family favourites)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Wholegrain porridge</li> <li>• Low fat milk</li> <li>• Wholegrain toast</li> <li>• Thin spread of margarine or butter and jam</li> </ul>	<ul style="list-style-type: none"> <li>• Cornflakes - low salt</li> <li>• Canned peaches - no juice</li> <li>• High fibre toast</li> <li>• Thin spread of margarine and jam</li> </ul>	<ul style="list-style-type: none"> <li>• Weetbix</li> <li>• Canned fruit</li> <li>• Low fat milk</li> <li>• High fibre toast</li> <li>• Thin spread of margarine and jam</li> </ul>	<ul style="list-style-type: none"> <li>• Porridge</li> <li>• Low fat milk</li> <li>• Artificial sweetener</li> <li>• High fibre toast</li> <li>• Thin spread of butter and jam</li> </ul>	<ul style="list-style-type: none"> <li>• Cornflakes - low salt</li> <li>• Low fat milk</li> <li>• Canned peaches or pears</li> <li>• High fibre toast</li> <li>• Thin spread of butter and jam</li> </ul>	<ul style="list-style-type: none"> <li>• Weetbix</li> <li>• Low fat milk</li> <li>• Canned fruit</li> <li>• Thin spread of margarine and jam</li> </ul>	<ul style="list-style-type: none"> <li>• Porridge</li> <li>• Low fat milk</li> <li>• Canned fruit - apples or pears</li> <li>• High fibre toast</li> <li>• Thin spread of margarine and jam</li> </ul>
<b>SNACK</b>							
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Cold roast beef and salad sandwiches</li> <li>• Apple or pear</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable soup -</li> <li>• Consider fluid</li> <li>• Scrambled eggs on toast</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna (in spring water)</li> <li>• Salad sandwiches</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Toastie pie - mince filling</li> <li>• Coleslaw</li> <li>• Takakau bread</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable soup</li> <li>• Poached eggs on toast</li> </ul>	<ul style="list-style-type: none"> <li>• Cold roast lamb and salad sandwiches</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Toastie pie</li> <li>• OR Filled rolls</li> <li>• Side salad Fruit</li> </ul>
<b>SNACK</b>							
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• Sweet and sour pork casserole</li> <li>• Noodles</li> <li>• Vegetables</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Quick beef curry</li> <li>• Rice</li> <li>• Layered lettuce salad</li> <li>• Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Basic mince stew</li> <li>• Potato</li> <li>• Two vegetables</li> <li>• Stewed apple</li> </ul>	<ul style="list-style-type: none"> <li>• Meat Loaf</li> <li>• Potato</li> <li>• Vegetables</li> <li>• Fruit and ice-cream - consider fluid</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Salad with pita bread</li> <li>• Yoghurt and stewed fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Oriental meatballs</li> <li>• Rice</li> <li>• Stir-fry vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Boil up including vegetables</li> </ul>
<b>SNACK</b>							

## COMMENT:

Enjoy desserts and puddings now and then. The recommendation is for up to four slices of wholegrain bread daily. If you choose more, then a high-fibre white bread is a good choice. Snacks are only recommended for the very active and if underweight. Snack ideas include small sandwiches, plain biscuits or a glass of milk. See next page for more ideas.

One example of 'How to' follow the

# NZ healthy eating guidelines

PLAN

Three meals a day – three different food types on the plate or in the meal



**Breakfast**

**A breakfast idea could be...**

- Scrambled eggs (page 14)
- 1-2 Wholegrain toast
- Cherry tomatoes (raw or cooked) or mushrooms



**Lunch**

**A lunch idea could be...**

- Tuna salad with Pita Bread (page 39)
- Pear



**Dinner**

**A dinner idea could be...**

- Roast chicken (page 32)
- Gravy (page 33)
- Roast potato (page 32)
- Selection of three low potassium vegetables
- Apple Crumble (page 47)

Some snack ideas could be yoghurt or nuts or cottage cheese on crackers

**See Appendix 2 for more information**





# About recipes in this book

Recipes in this book are suitable for all family members. Below I have explained how I changed the recipes to make them also dialysis and diabetes friendly.

## Soups and Stews

- I used low salt commercially made stock or the stock recipe from the back of this book
- I used canned tomatoes, labelled – ‘no added salt’ or ‘salt reduced’. I did not use the juice
- I peeled, diced and soaked vegetables higher in potassium before cooking / or selected lower potassium vegetables.

### HANDY TIP:

*When you use high potassium vegetables, peel, dice and soak for four hours before boiling. The potassium is now in the water, so throw the water away!*

## Baking

- Baking powder and soda contain a lot of sodium (salt). I looked for recipes that required no more than about one teaspoon of baking powder and baking soda
- I kept dried fruit and nuts to a minimum
- I chose low potassium fruits in desserts such as apples and pears. ‘Berries’ including blueberries and cranberries are also low in potassium.

## Main dishes

- I used small amounts of low-salt soy sauce and also sweet and sour sauce
- I used herbs and spices for flavour in place of salt
- I used fresh and frozen ingredients where possible
- I used rice or pasta in place of potato to help limit the potassium content of the dish.

## Considering Diabetes

- I used lower fat dairy products
- I used low salt margarine and butter when possible
- I chose recipes lower in sugar or substituted Splenda.

## Any questions?

- Ask your dietitian for more information
- Your Dietitian has hints on how to ‘read’ food labels
- Throughout the recipes I made comments to help you compile healthy meal choices. You can find these comments in the black boxes such as this one: **COMMENT:**





# About shopping

SELECT

## Shopping list

To start a shopping list check if there are enough of the 'basics' in your cupboard, fridge and deepfreeze for the next week. Start your shopping list. Now plan a menu for the week. Add things you will need from the supermarket or other shops to your list.

## Shopping List

### Fruit & Vegetables

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### Meat / Chicken / Fish / Eggs

- ☐
- ☐
- ☐
- ☐

### Frozen Foods

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### Milk / Cheese

- ☐
- ☐
- ☐
- ☐

### Canned Foods

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### Dinner Menu Check

M  
T  
W  
T  
F  
S  
S

### Breads / Cereals / Flour / Pasta / Rice

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



# Ingredient swaps

## Substitutes

If a recipe asks for something that is not in your cupboard... try these suggestions.

<b>½ cup cheese</b> .....	½ cup cottage cheese + dry mustard, mix to taste
<b>Butter</b> .....	Low salt margarine or oil
<b>Chocolate finely grated</b> (30g)....	3 tablespoon cocoa + 1 tablespoon margarine
<b>Corn flour</b> (1 tablespoon).....	2 tablespoons flour
<b>Cream</b> .....	Reduced fat cream, natural yoghurt
<b>Fresh tomatoes</b> .....	Canned tomatoes, no juice
<b>Raisins or currants</b> .....	Cranberries
<b>Mayonnaise</b> .....	Natural yogurt
<b>Milk</b> .....	Milk powder and water-follow instructions. Use occasionally
<b>Lemon juice, 1 teaspoon</b> .....	½ teaspoon vinegar
<b>Olive oil</b> .....	Any other vegetable oil, e.g. soy, salad oil, canola oil
<b>Self - raising flour</b> .....	1 cup plain flour and add 1 ½ - 2 teaspoons baking powder
<b>Tomato puree or paste</b> .....	Tomato sauce - in small quantities only

## Tips for getting the best deals

- Plain packages.
- Check if 'specials' are cheaper.
- Stick to your list.
- Base meals on pasta or rice, buy in bulk if possible.
- Make your own takeaways.
- Buy fresh fruit and vegetables when they are in season.
- If meat is on special, consider buying extra to freeze.
- Don't shop when you are hungry.



*Zella helping her Nana*



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# Breakfast

Porridge and Weetbix are favourites and very suitable for all the whānau. No recipe needed for these! Other breakfast cereals are suitable. Ask your dietitian.

Remember to add fruit on top. This gives balance to the meal. In other words, makes the meal more nutritionally complete.

## SCRAMBLED EGG (Serves 1)

### YOU WILL NEED:

- ✓ 2 eggs
- ✓ 2 tablespoons lite-blue milk
- ✓ Pepper
- ✓ 1 teaspoon low- salt margarine
- ✓ Parsley, chopped
- ✓ 1-2 slices high fibre toast

### HOW TO MAKE:

- Lightly beat an egg. Add milk. Add pepper to taste.
- Melt margarine in a small fry pan, pour in egg mixture and start to cook over a low heat.
- Using a wooden spoon, gently push the mixture from the outside of the pan to the centre to allow the mixture to cook evenly.
- Scrambled egg should have large clots of cooked egg so do not stir vigorously. Stir in parsley if liked and serve on hot toast.



### COMMENT:

*Eggs are good value for money. Adding leftover diced cooked potato and peas can extend this dish and help make it a balanced meal.*

## FRENCH TOAST (Serves 1)

### YOU WILL NEED:

- ✓ 1 egg
- ✓ 3 tablespoons lite- blue milk
- ✓ 1-2 thick slices high fibre bread
- ✓ 1 tablespoon butter or oil
- ✓ Syrup or Sugar or 'Splenda' to taste
- ✓ Cinnamon to taste

### HOW TO MAKE:

- Beat egg and milk together in mixing bowl.
- Cut bread slices into halves. Lie in shallow dish.
- Pour egg mixture evenly over bread.
- Melt half the butter in frying pan on moderate heat. Cook bread on both sides until golden brown. If needed, add the remaining butter for the second side.
- Serve as is or sprinkle with cinnamon.



### COMMENT:

*See suggestion on meal outline page. Adding fruit makes this a more balanced complete meal.*





## BUBBLE and SQUEAK

### HOW TO MAKE:

- Mash together leftover potato with other vegetables such as carrot, pumpkin and kumara.
- Heat frying pan. Smear with cooking oil.
- Add spoonful's of mixture and pat onto base of pan.
- Heat until a brown crisp crust forms.
- Serve with a poached egg.

Another idea to use leftover vegetables is to make a Frittata. (You can find a recipe using 'google').



# Soups

## VEGETABLE SOUP (Serves 6)

### YOU WILL NEED:

- ✓ 1 large onion, peeled and finely chopped
- ✓ 2 sticks celery, washed and sliced
- ✓ 1 large carrot, washed and sliced
- ✓ 6 green beans (fresh or frozen)
- ✓ 3 potatoes, peeled, diced, soaked in water, then cooked  
Throw away the soaking water!
- ✓ ½ cup shell shaped pasta or 80g dried spaghetti
- ✓ 2 tablespoons olive oil
- ✓ 6 cups of homemade low-salt chicken stock
- ✓ 400 gram can Italian tomatoes, no juice
- ✓ Freshly ground black pepper
- ✓ 3 teaspoons basil pesto (if available) or ½ teaspoon dried basil leaves

### HOW TO MAKE:

- Prepare vegetables as above.
- Heat oil in a large saucepan. Add onions, celery, carrots, beans and dried basil. Cook over a low heat, stirring often, for 3 minutes.
- Add hot stock and dried basil leaves. Cook for 10 minutes.
- Break up cooked potatoes with a fork.
- Add pasta/spaghetti and pepper. Simmer for 5 minutes or until pasta/spaghetti is cooked.
- To serve divide among six soup bowls. Add ½ tsp pesto to each bowl if you like.
- Bake 200°C for 10 minutes.



### COMMENT:

*The health experts recommend a large vegetable intake. This soup is an easy way to eat vegetables.*

*Soaking the potatoes separately first and then throwing away the water, helps to remove potassium.*

*Not all soups are suitable. This recipe is suitable as the fluid can be separated. If there is a fluid restriction (allowance) for someone, pour off the liquid for this person when serving.*



# Lunch Ideas

## MINI PIZZAS

### YOU WILL NEED:

Base - Ideas are: Bread rolls cut in half, English muffins, small pita breads or Takakau bread.

### Basic toppings

- ✓ Canned tomatoes (drain off juice)
- ✓ Grated lite cheese or try cottage cheese mixed with a little mustard
- ✓ Chopped onions, peppers, or mushrooms
- ✓ Cooked diced chicken
- ✓ Pineapple pieces
- ✓ Leftover cooked vegetables
- ✓ Fresh herbs- parsley, basil

### Other toppings

- ✓ Garlic, boiled, diced kūmara, boiled spinach, diced red pepper, grated salt-reduced cheese.
- ✓ Cherry tomatoes, small quantity of ham, mushrooms, crushed garlic.
- ✓ Crushed pineapple, diced ham, onion and mushrooms.
- ✓ Garlic, onion, chopped freshly cooked shrimps or cooked savoury mince, pineapple, peppers, cherry tomato

### HOW TO MAKE:

- Spread a little chopped tomato on pizza base.
- Cover with grated cheese or substitute.
- Add topping of your choice.

### COMMENT:

*Pizza can be cooked in many ways - on a tray in an oven or on the stove top in a frying pan and then under the grill to finish it off.*

*Tomato pastes can be left off as they are not always suitable choice for someone on dialysis. Also only use a little ordinary cheese as it is high in salt, potassium and phosphate.*

*Add a side salad or coleslaw to make this a more balanced meal.*

## SIMPLE SANDWICHES

### IDEAS INCLUDE:

- Wholegrain or high fibre-white bread.
- Margarine, low-salt.
- Filling - low salt, sugar-free peanut butter and jam.
- Cold roast meat or chicken, lettuce and cherry tomato.
- Eggs, mashed with homemade (low-salt) mayonnaise, curry powder (to taste). Mix together, spread on bread and top with lettuce.
- Grated cheese and crushed pineapple.



### COMMENT:

*For a change, cook in a toastie or pie maker or a frying pan will do. Include lots of different ingredients (consider leftovers).*

*The result will be a balanced meal with little effort.*

## Your Recipes

## Your recipe...

## Your recipe...



# Main Meals

## MEAT LOAF (Serves 6)

### YOU WILL NEED:

- ✓ 600 grams minced – chicken, pork, beef or lamb
- ✓ 2 eggs, beaten
- ✓ 3 diced onions
- ✓ 1½ cups bread crumbs or crushed Weetbix
- ✓ ½ cup low salt tomato sauce
- ✓ 2 teaspoons mixed herbs
- ✓ 1 tablespoon low-salt Worchester sauce

### HOW TO MAKE:

- Mix all ingredients together.
- Spoon mixture into a loaf tin patting out evenly.
- Bake in a moderate oven (180°C) for 40 minutes.
- Serve hot or cold with low-salt tomato sauce, if desired.

### Other ideas for mince:

- Rissoles

Add vegetables to complete meal. Brian likes his mince cooked plainly and the vegetables separate.



### COMMENT:

*This recipe has changed very little over the years, except, the fatty sausage meat and salt have been taken out.*



#### COMMENT:

*Brian loves mussels and asked for this recipe to be included. This recipe does not contain baking powder so this is a good recipe for someone on dialysis.*

*Mussels are high in phosphate so should be treated as a special occasion food and eaten as part of a balanced meal if this is important for you.*

## MUSSEL FRITTERS (Serves 6 - Makes 12)

### YOU WILL NEED:

- ✓ 400 grams cooked mussel meat, chopped
- ✓ 2 spring onions or finely chopped onion
- ✓ 2 cloves garlic, crushed
- ✓ ½ cup chopped parsley
- ✓ 2 eggs, lightly beaten
- ✓ 1 teaspoon One Spice – low salt garlic
- ✓ ½ cup flour, sifted
- ✓ ¼ cup low fat milk

### HOW TO MAKE:

- Combine all ingredients in a large bowl and mix gently.
- Heat a large non-stick fry pan.
- Smear with oil.
- Place large spoonful's on frying surface.
- Serve with a side salad.

## BEEF CHOP SUEY (Serves 4-6)

### YOU WILL NEED:

- ✓ 500 grams (1/2 kg) lean stir-fry beef (Schnitzel), cut into strips
- ✓ 2 teaspoon curry powder
- ✓ 1 tablespoon low-salt tomato sauce, add water to make a thin paste
- ✓ 1 teaspoon cooking oil
- ✓ 2 teaspoons paprika
- ✓ 1 tablespoon ginger, crushed
- ✓ 4 garlic cloves, crushed
- ✓ 1 cup frozen peas
- ✓ 1 large carrot, thinly sliced
- ✓ 1 medium cauliflower, chopped finely
- ✓ 250 grams Vermicelli, boiled
- ✓ 2 tablespoons salt-reduced soy sauce

### HOW TO MAKE:

- Marinate beef with curry powder and the thinned down tomato sauce overnight.
- Heat oil in a large saucepan over medium heat. Add beef and paprika. Cook for 5 minutes.
- Add crushed ginger and garlic, then 1 cup water. Cover and cook for 3-5 minutes.
- Steam or lightly boil cauliflower and carrot. Mix into the beef.
- Next add green peas and stir well.
- Bring a large pot of water to the boil. Add vermicelli. Once vermicelli is soft to touch, drain and add to chop suey.
- Cook for a further 5 minutes, stirring thoroughly. Finally add the soy sauce and serve immediately.



### COMMENT:

*This is a popular and filling dish. The recipe can change according to the ingredients available.*

*The challenge is to keep the salt content down and flavour up.*





## CRISPY CHICKEN BREAST (Serves 6)

### YOU WILL NEED:

- ✓ 2 chicken breasts, halved lengthways
- ✓ 1 egg
- ✓ ½ cup of fine breadcrumbs
- ✓ Flour
- ✓ 1-2 teaspoon low-salt One Spice

### HOW TO MAKE:

- Preheat oven to 180°C. Line flat oven tray with baking paper.
- Lightly beat an egg in a bowl.
- In another bowl mix flour and flavouring.
- Dip chicken pieces in egg, shake off or drain.
- Coat chicken pieces in bread crumbs mix turning over and pressing firmly for crumbs to stick on.
- Gently place on oven tray.
- Bake 25 minutes or until cooked.
- Serve with a salad and boiled potato.

### COMMENT:

*Other chicken cuts can be used.  
The coating works best if the skin is removed.*

*Fish Fillets can be used in place of  
chicken breast.*



## BOIL UP

### EVERY FAMILY HAS THEIR OWN VERSION:

- Trim the fat off the meat –approximately 100 grams meat per person.
- Simmer the meat until cooked. Cool quickly. Refrigerate overnight.
- Skim off the fat and throw it away.
- Add the vegetables, boil until cooked and serve immediately.

### VARIATIONS INCLUDE:

- Bacon bones and pūhā.
- Brisket, watercress and doughboy or potato.
- Pork bones, dough boys and cabbage.



### COMMENT:

*Bacon is too salty for someone on dialysis.*



#### COMMENT:

*This plain version is a favourite of Brian's. The sugar has been reduced by using unsweetened pineapple, making it more suitable for someone with diabetes.*

*Try adding grated vegetables such as carrots and chokos to the ingredients to make this dish go further.*

## ORIENTAL MEATBALLS (Makes 40)

### YOU WILL NEED: Meatballs

- ✓ 1 kilo lean mince – pork, or beef or lamb
- ✓ 2 eggs
- ✓ 1 large onion, chopped
- ✓ 2 tablespoons oil
- ✓ Pepper

### HOW TO MAKE: Meatballs

- In a bowl mix the mince, egg, pepper and the onion really well.
- Roll firmly into balls.
- Heat oil; gently fry and turn meatballs till brown. Remove from the fry pan and place on paper towels.

### YOU WILL NEED: for the Sauce

- ✓ 4 tablespoons cornflour
- ✓ 4 teaspoons salt-reduced soy sauce
- ✓ 2 tablespoons malt vinegar
- ✓ 2 cups homemade, no salt beef stock
- ✓ 1/2 cup unsweetened pineapple juice
- ✓ 2 tablespoons brown sugar
- ✓ 1 cup unsweetened pineapple pieces

### HOW TO MAKE: for the Sauce

- Mix the cornflour, soy sauce, vinegar and stock until smooth.
- Stir in juice and brown sugar.
- Add to pan - bring to the boil, stirring all the time.
- Add pineapple and meat balls to the sauce and cover with lid.
- Let simmer gently for 40 minutes.

## QUICK BEEF CURRY (Serves 6)

### YOU WILL NEED:

- ✓ 600 grams blade or rump steak
- ✓ 2 cups peeled, cubed kūmara, soak in water
- ✓ 2 cloves garlic, crushed
- ✓ 4 tablespoons sultanas
- ✓ 1/2 teaspoons paprika (optional)
- ✓ 4-5 cups water
- ✓ 2-3 teaspoons curry powder
- ✓ 1 granny smith apple, diced
- ✓ 1 large onion finely chopped
- ✓ 2-3 tablespoons corn flour

### HOW TO MAKE:

- Trim meat and cut into strips. Heat a dash of oil in a deep frying pan and cook meat until just brown.
- Add garlic, paprika, curry powder, onion and kūmara. Gently cook for 2-3 minutes. Stir in sultanas. Add water, increase heat and bring to the boil. Stir gently.
- Add apple and simmer, uncovered, until kūmara is almost soft.
- Mix cornflour with ¼ cup cold water, stir in and simmer a little longer.
- Serve with rice and vegetables.



### COMMENT:

*If potassium is a concern, leave sultanas out of the recipe or off the plate. Also soak the diced kūmara for 4 hours in water.*

*Throw away the soaking water! If fluid is a concern, drain off juices using a slotted spoon to serve.*





## SWEET AND SOUR PORK CASSEROLE (Serves 12)

### YOU WILL NEED:

- ✓ 1 ½ kilogram pork pieces
- ✓ 2-3 tablespoons flour
- ✓ 1 tablespoon vinegar
- ✓ 4 tablespoons oil
- ✓ 2 medium sized onions
- ✓ 440 gram can unsweetened pineapple pieces
- ✓ 1 dessert spoon salt- reduced Worcester sauce
- ✓ ½ liter of water
- ✓ ½ cup low-salt chicken stock (fresh is best)

### HOW TO MAKE:

- Cut pork into cubes and roll in flour.
- Brown in oil with onions and add the water, juice from the pineapple, vinegar, Worcester sauce and the chicken stock.
- Mix altogether. Put into a casserole dish.
- Bake 2 hours at 180°C.
- Cool and take off fat.
- Add pineapple pieces to the casserole just before serving.

### COMMENT:

*Adding carrots can increase the family vegetable intake.*



## BEEF SAUSAGE AND PUMPKIN CURRY (Serves 4)

### YOU WILL NEED:

- ✓ 1 onion
- ✓ 25ml oil
- ✓ 1 tablespoon curry powder
- ✓ 1 teaspoon ground cumin
- ✓ 1 teaspoon ground turmeric
- ✓ 400 grams pumpkin
- ✓ 6 x beef sausages – low salt if available
- ✓ 1 ¼ cups homemade low-salt beef stock
- ✓ ½ cup fruit chutney or ¼ cup low-salt tomato sauce
- ✓ 1 ½ cups of frozen peas

### HOW TO MAKE:

- Peel onion and chop finely.
- Brown sausages in large saucepan, remove, and then cook onion in oil until soft.
- Add curry powder, cumin and turmeric.
- Peel pumpkin. Remove seeds and chop into 2cm pieces.
- Add to saucepan with sausages. Stir to combine.
- Place in a six -cup capacity ovenproof dish.
- Add beef stock, chutney and peas.
- Baked covered at 180°C for 1 hour or until cooked.
- Serve with cooked rice and extra vegetables of choice to complete the meal.



### COMMENT:

*A popular dish - Sausages are high in salt and not considered suitable for people with medical conditions. It is recommended that you boil the sausages to help lower the fat content.*

*If potassium is a concern for a family member, a suggestion is to leave pumpkin off their plate.*



## MUMS BEST BEEF CASSEROLE (Serves 8-10)

### YOU WILL NEED:

- ✓ 800 grams gravy beef, diced
- ✓ 1 onion, chopped
- ✓ 2-3 carrots, sliced
- ✓ 2 tablespoon flour
- ✓ 1 cup salt-reduced beef stock
- ✓ ¼ cup salt-reduced tomato sauce
- ✓ 2 tablespoons salt-reduced soy sauce
- ✓ 1 tablespoon brown sugar

### HOW TO MAKE:

- Brown the beef in batches in a dash of oil in a hot pan, transferring each batch into the slow cooker.
- Add a little more oil to the pan and brown the onions and carrots. Sprinkle in the flour and stir until the vegetables are coated.
- Pour over the stock, tomato sauce and soy sauce. Stir well with a wooden spoon to lift any sediment.
- Add the sugar and cover with the lid.
- Cook on low for 6-8 hours.
- Serve with your favourite vegetables.

### COMMENT:

*Low salt ingredients should be used to make this recipe more suitable for someone on dialysis.*

*A diet low in salt helps to control blood pressure and thirst*

## KAI SI MING - Anglican Care Services Recipe (Serves 10)

### YOU WILL NEED:

- ✓ 1 kilogram mince
- ✓ 6 cups water
- ✓ 2 teaspoons curry powder (mild)
- ✓ 2 carrots, grated
- ✓ ½ cabbage, roughly chopped
- ✓ 2 onions, chopped
- ✓ 6 tablespoons rice
- ✓ 2 tablespoons salt-reduced soy sauce
- ✓ 2 cups green beans or peas
- ✓ 2 cans salt-reduced chicken noodle soup

### HOW TO MAKE:

- In a large frying pan brown mince and onion together.
- Add rice, water, curry powder, soy sauce, beans or peas and carrots.
- Cook for 40 minutes or until rice is nearly cooked.
- Add chicken noodle soup and cabbage.
- Cook for a further 10-15 minutes.

### OPTIONAL:

- 425gram can of pineapple pieces can replace 2 cups of water.
- 2 celery sticks, sliced, can also be added for variety.



### COMMENT:

*By making ingredients low salt, this dish is more suitable for someone on dialysis.*





**COMMENT:**

*To complete the meal, add a low-potassium green vegetable.*

## **ROAST CHICKEN AND VEGETABLES** (Serves 8-10)

### **YOU WILL NEED:**

- ✓ 1 fresh or thawed chicken

### **YOU WILL NEED: Stuffing**

- ✓ 1 onion
- ✓ 1½ cups soft breadcrumbs
- ✓ 2 tablespoons chopped fresh parsley
- ✓ 1 teaspoon mixed herbs
- ✓ 1 egg

### **HOW TO MAKE: Stuffing**

- Peel the onion and chop finely.
- Mix the onion, breadcrumbs, parsley, mixed herbs and egg together.
- Place in the cavity of the chicken or wrap in tin foil and bake in a separate dish.

### **YOU WILL NEED: Roast vegetables**

- ✓ Potatoes, Pumpkin, Kumara, Onions
- ✓ Flour to coat

### **HOW TO MAKE: Roast vegetables**

- Peel potatoes, pumpkin, onion and kumara. Cut into small pieces and soak in water for at least 4 hours. Throw away the soaking water!
- Bring a saucepan quarter filled with water to the boil.
- Place potatoes and kūmara in the water and cook for 10 minutes.
- Drain potatoes and kūmara then cool. Place flour in a plastic bag. Add vegetables and shake a little to coat.
- In a separate roasting dish, roast all vegetables in a little oil for 60 minutes at 180°C or until cooked and browned.



### YOU WILL NEED: **Gravy**

- ✓ 1 cup vegetable cooking water or salt-reduced stock. NOT vegetable soaking water!
- ✓ 2 tablespoons flour
- ✓ ¼ cup cold water
- ✓ A little gravy browning (optional)

### HOW TO MAKE: **Gravy**

- Pour off any fat from the chicken roasting dish.
- Pour vegetable cooking water, stock or water into the roasting dish. Using a wooden spoon scrape the roasting dish to remove the bits left from cooking. Add these to the roasting dish.
- Place the roasting dish over a medium heat and bring liquid to the boil.
- Mix the flour and cold water together until there are no lumps.
- Using a wooden spoon, mix this paste into the hot liquid in the roasting dish, stirring as you pour it in.
- Stir until gravy boils and thickens. Add browning if you wish.



## Your Recipes

## Your recipe...

## Your recipe...





# Vegetables and Salad

## ABOUT VEGETABLES

Most of us know we do not eat enough vegetables for good health. Gone are the days that a meal was a large BBQ steak with a spoon of coleslaw on the side. These days many of us experiment with stir- fry, microwave and adding herbs. I often hide vegetables in a dish by grating them into a soup or casserole. It is a challenge for some to ensure half the meal is vegetables.

For further ideas see [www.vegetables.co.nz](http://www.vegetables.co.nz)



## BAKED WEDGES

### YOU WILL NEED:

- ✓ 1 potato or 1 kumara per person
- ✓ 1 cup flour
- ✓ 3 tsp herb mixture (garlic flakes is a suggestion)
- ✓ ¼ cup oil

### HOW TO MAKE:

- Cut potato or kumara into wedges. Soak in cold water for 4 hours, drain and pat dry. Throw away the soaking water!
- Turn on oven to 220°C.
- Pour ¼ cup oil into a plastic bag to just coat the wedges. Add wedges and shake gently.
- Pour in flour and herb flavouring into a second plastic bag. Transfer wedges to this bag and shake.
- Tip out onto baking paper on an oven tray.
- Bake 20 minutes or until crisp and coating is brown.



### COMMENT:

*Potato, kumara and pumpkin are high in potassium. Soaking in water is an essential step for someone on dialysis.*



## TUNA SALAD (Serves 8)

### YOU WILL NEED:

- ✓ 1 medium sized can tuna in spring water (low salt)
- ✓ 1 x 300 gram packet spiral- shaped pasta
- ✓ 2 tomatoes, chopped
- ✓ 1-2 tablespoons spring onion, chopped
- ✓ 1 capsicum, diced (Optional)
- ✓ Low-salt mayonnaise or oil- based dressing of your choice (salt reduced)
- ✓ Parsley
- ✓ Pinch of mixed herbs
- ✓ ½ apple sliced thinly (enough to taste but not notice)

### HOW TO MAKE:

- Cook the pasta as per directions on packet. Drain. Put into a bowl.
- Add the liquid from the tuna to the pasta.
- Add vegetables, herbs and apple.
- Break the Tuna up, add to the pasta a bit at a time and mix.
- Lastly, gradually stir in the mayonnaise.

## TUNA SALAD WITH PITA BREAD

### YOU WILL NEED:

- ✓ 1 medium-sized can of tuna 'n cracked pepper
- ✓ 1 head of lettuce shredded
- ✓ 2 pieces of pita bread cut into triangles and dried
- ✓ 3 tablespoons salt-reduced creamy dressing

### HOW TO MAKE:

- Put the lettuce and the tuna in a bowl, mix together.
- Add the low-salt creamy dressing to the mix.
- Put in fridge to chill.
- When ready to serve add the pita triangles to the salad and mix together if desired.







## LAYERED LETTUCE SALAD (Serves 8)

### YOU WILL NEED:

- ✓ 1 head of lettuce, shredded or finely chopped
- ✓ 2 tomatoes, cut in half and sliced
- ✓ 6 hard-boiled eggs (4 sliced, 2 quartered)
- ✓ 1 medium carrot, grated
- ✓ ½ cup of Edam cheese, grated.

### HOW TO MAKE:

- First put a layer of lettuce in the bottom of the bowl.
- Add some of the tomatoes, then some of the sliced egg.
- Continue to add one or more layers of tomatoes and sliced egg until they are all used up.
- Sprinkle the cheese and lastly the grated carrot on top.
- For decoration on the top of the salad, arrange the quartered eggs in the centre like a flower.

## SALAD DRESSING

### YOU WILL NEED:

- ✓ 1 can of lite condensed milk
- ✓ ¼ cup vinegar
- ✓ 1 teaspoon mustard or curry powder

### HOW TO MAKE:

- Put all of the ingredients into a bowl and mix together thoroughly.
- Put in fridge until ready to use.

This has high sugar content. Only use a little. Throw out if not used in three weeks.



## YOGHURT DRESSING (MAYONNAISE)

### YOU WILL NEED:

- ✓ 1 tablespoon lemon juice or orange juice
- ✓ ¼ cup plain yoghurt
- ✓ Finely chopped fresh herbs

### HOW TO MAKE:

- Mix everything together.

## VINAIGRETTE

### YOU WILL NEED:

- ✓ ¼ cup vinegar
- ✓ ¼ cup oil

### HOW TO MAKE:

- Put ingredients in a small bowl and whisk briskly, or
- Put ingredients in a screw top container and shake to mix.  
(My favourite way!)

## 1970'S COLESLAW

Some things do not need to change. However check that the dressing is low salt and low fat.

Dressings based on yoghurt are the recommendation.



## Your Recipes

## Your recipe...

## Your recipe...



# Desserts

## TRADITIONAL NZ BANANA CAKE

### YOU WILL NEED:

- ✓ 125 grams butter, softened
- ✓ 2 eggs
- ✓ 2 tablespoons hot milk
- ✓ 2 x 125 gram cups flour
- ✓  $\frac{3}{4}$  cup sugar
- ✓  $1\frac{1}{2}$  cups mashed banana
- ✓ 1 teaspoon baking powder

### YOU WILL NEED: Cream Cheese Icing

- ✓ 125 grams cream cheese
- ✓  $1\frac{1}{2}$  cups icing sugar
- ✓ 50 grams butter softened

### HOW TO MAKE:

- Heat oven to 180°C.
- Line 20cm cake tin.
- Cream butter and sugar until light and fluffy.
- Add eggs one at a time.
- Add mashed banana and mix thoroughly.
- Stir baking powder into hot milk and add to mixture with flour.
- Pour mixture into baking tin and bake for 50 minutes.
- Cool 10 minutes and turn out to cool completely.
- To make icing put all ingredients into mixing bowl and beat until smooth.
- Spread over cooled cake and serve.





## SUGAR FREE BANANA LOAF

### YOU WILL NEED:

- ✓ 2 cups (280 grams) wholemeal flour
- ✓ 2 teaspoons baking powder
- ✓ ½ teaspoon bicarbonate of soda
- ✓ 60 grams margarine
- ✓ 1 egg
- ✓ ½ cup dates, finely chopped
- ✓ 4 ripe bananas, well mashed
- ✓ 1/3 cup milk

### HOW TO MAKE:

- Preheat oven to 160°C.
- In a mixing bowl cream the margarine and egg with spoon.
- Beat well and stir in half the flour, baking powder and soda.
- Fold in remainder of flour mixture with milk and apple or date mixture.
- Spread mixture in greased loaf tin and bake for 35-45 minutes.



### COMMENT:

*Traditionally banana cake (previous recipe) contains only 2 bananas. The recipe contains a lot of sugar. Overall this cake recipe is unsuitable for people with diabetes.*

*Above is a healthier version (low sugar, high fibre) however the calorie and carbohydrate count is high and potassium and phosphate moderate. Both recipes could be served as treats.*



## PINEAPPLE PIE (Thank you sister for the recipe)

### YOU WILL NEED:

- ✓ 1 packet sweet short pastry
- ✓ 2 x 440 gram cans crushed pineapple
- ✓ 3 tablespoon of custard powder
- ✓ 880mls of water (use the can above to measure)
- ✓ Sugar or artificial sweetener to taste
- ✓ Chocolate flake
- ✓ Whipped cream

### HOW TO MAKE:

- Roll out pastry and line a roasting dish with the pastry.
- Bake till light brown, remove from oven.
- In a pot, place the canned pineapple and juice.
- Refill pineapple tins with water, add to the pot.
- Mix the custard with a bit of water, then, add to the pot.
- Slowly cook until it thickens. Remove from the heat and pour into the pastry.
- Put in oven for 2 minutes.
- Remove and serve next day.
- Serve with whipped cream and flake crumbled over the top.

### COMMENT:

*For those on haemodialysis, and potassium is a consideration, keep the serving size small.*

## APPLE CRUMBLE

### YOU WILL NEED: For the crumble

- ✓ 3-4 apples, sliced
- ✓ 3 tablespoons water
- ✓ 2 tablespoons sugar (optional)

### YOU WILL NEED: For the topping

- ✓ 1 cup flour
- ✓ ½ cup rolled oats
- ✓ ½ cup coconut
- ✓ 1 teaspoon cinnamon
- ✓ ½ cup raw sugar
- ✓ 150 grams melted butter or
- ✓ 6 tablespoons oil

### HOW TO MAKE:

- Turn oven to 180°C. Place fruit, water and 2 tablespoons sugar in oven proof dish.
- Place flour, oats, coconut, cinnamon and raw sugar in bowl.
- Add melted butter or oil and mix together.
- Sprinkle evenly over fruit
- Bake for 30-40 minutes at 160°C or microwave on high for 7-8 minutes.
- Serve with milk, custard or a little cream.



### COMMENT:

*If there is someone in the family who has diabetes then try less sugar or use an artificial sweetener such as Splenda granules in place of the sugar.*





## FRUIT SALAD (Serves 8)

### YOU WILL NEED: **Filling**

Various fresh and canned fruit are suitable. Try orange, apple, banana, kiwifruit, strawberries, peach, pear, passion fruit, grapes, canned pineapple chunks.

### YOU WILL NEED: **Toppings**

Yoghurt, cream, ice-cream and cold custard.

### HOW TO MAKE:

- Wash fruit, peel only if required.
- Chop up fruit.
- Add cans of fruit with their juice.
- Place in serving bowl.
- Serve with topping.

### COMMENT:

*One or two of the fruits in this recipe are high in potassium. When eaten as one or two pieces it is OK.*

*Tip off the juice to lower the potassium content and reduce the fluid.*



# Your Recipes

Your recipe...

Your recipe...



# Other Useful Recipes

## BASIC CREPES (Serves 8)

### YOU WILL NEED:

- ✓ 1 cup all-purpose flour
- ✓ 2 eggs
- ✓ ½ cup milk
- ✓ ½ cup water
- ✓ 2 tablespoons unsalted butter, melted
- ✓ Oil

### HOW TO MAKE:

- In a large mixing bowl, whisk together the flour and the eggs. Gradually add the milk and the water, stirring to combine. Add the butter, beat until smooth.
- Heat a lightly oiled griddle or frying pan over a medium heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each crepe. Tilt the pan with the circular motion so the batter coats the surface evenly.
- Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with spatula, turn and cook the other side.
- Serve hot with fruit.

### COMMENT:

*By using a crepe recipe, it will ensure a lower salt content and more suitable product compared with a pancake using baking powder.*

*Baking powder is not recommended as it is high in salt and phosphate.*

## PARAOA TAKAKAU BREAD

### YOU WILL NEED:

- ✓ 1 cup flour
- ✓ 5 tablespoons lukewarm water
- ✓ Pinch salt

### HOW TO MAKE:

- Mix flour and salt well. Mix in water. Knead well and roll.
- Place on a well-floured tray. Bake in a very hot (200°C) oven for 15 - 20 minute.
- Best eaten warm.



### COMMENT:

*Some people like this to fill up.*



### COMMENT:

Try reducing the amount of sugar (use Splenda as a replacement) in this recipe when a family member has diabetes so they can enjoy this treat too.

This is a very moist cake. The recipe makes a roasting dish size cake which keeps well.

**MOIST CHOCOLATE CAKE** Recipe given to us by our friend Dorothy Ruawhare

### YOU WILL NEED:

- ✓ 125 grams of unsalted butter
- ✓ 2 dessertspoons golden syrup
- ✓ 1 cup plain flour
- ✓ 1 cup self-raising flour
- ✓ 3 tablespoons cocoa powder
- ✓ 1½ cups milk
- ✓ 1 cup sugar or Splenda granules
- ✓ 2 eggs
- ✓ 2 teaspoons baking soda
- ✓ 1 teaspoon vanilla essence

### HOW TO MAKE:

- Melt together the butter and the golden syrup and put aside.
- Mix together (with an electric beater is possible) the flours, cocoa, milk, sugar or Splenda, eggs, baking soda and vanilla essence.
- Add melted butter and golden syrup to the mixture and beat well.
- Pour into a roasting dish lined with baking paper.
- Bake at 180°C for 40 - 50 minutes or until cooked (springs back when touched lightly).



## BASIC DOUGHBOY

### YOU WILL NEED:

- ✓ 3 cups flour
- ✓ 75 grams low-salt butter
- ✓ 1-1½ cups milk

### HOW TO MAKE:

- Sift flour into a bowl.
- Cut butter in until mixture resembles fine breadcrumbs.
- Add milk and mix quickly with a knife to a soft dough.
- Knead a few times. Press dough onto floured board.
- Cut into 24 pieces.
- Place on top of boiling stew, sealed with lid. Cook for 10 minutes.

Your recipe...

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### COMMENT:

*Note this recipe has no baking powder. This recipe is suitable for all family members.*



## **BEEF STOCK** (Makes approximately 8 cups or 2 litres)

### **YOU WILL NEED:**

- ✓ 3 kilograms beef bones, trimmed of all visible fat
- ✓ 2 tablespoon olive oil
- ✓ 2 carrots, chopped
- ✓ 2 celery sticks, chopped
- ✓ 6 whole black peppercorns
- ✓ Parsley sprigs, other herbs if desired
- ✓ 1 bay leaf
- ✓ 9 cups or 2.25 litres of water
- ✓ Oil

### **HOW TO MAKE:**

- Preheat oven to 220°C.
- Place bones in baking dish and roast for 20 minutes.
- Stir bones and add vegetables, brushing with oil.
- Cook for a further 30 minutes.
- Transfer bones and vegetables to a large saucepan. Add remaining ingredients and cover with water.
- Bring to the boil, cover with a lid and simmer over low heat for 3 hours.
- From time to time skim off any foam that rises to the top.
- Remove from heat. Strain stock through fine sieve into bowl.
- Refrigerate overnight, skimming any fat from surface of stock the next day.
- Refrigerate until required (keeps for up to 3 days in refrigerator), or freeze in portions for when required.
- Can be used in a wide range of recipes in place of commercially made stock.

## CHICKEN STOCK (Makes approximately 6 cups or 1.5 litres)

### YOU WILL NEED:

- ✓ 1 kilogram raw chicken bones or chicken carcass
- ✓ 1 carrot, chopped
- ✓ 1 celery stick, chopped
- ✓ 6 whole black peppercorns
- ✓ 1 bay leaf
- ✓ 3 parsley sprigs, other herbs if desired
- ✓ 7 cups or 1.75 litres of water

### HOW TO MAKE:

- Place all ingredients in a large saucepan and cover with water.
- Bring to the boil, cover with a lid, and simmer over a low heat for 1.5 hours to 2 hours. From time to time skim off any foam that rises to the top.
- Remove from the heat. Strain stock through a sieve into bowl.
- Refrigerate overnight, skimming off hardened fat the next day. Then refrigerate until required (keeps for up to 3 days in refrigerator), or freeze in portions for when required.
- Can be used in wide range of recipes in place of high salt commercial stock e.g. soup, risotto, pasta dishes.



### COMMENT:

*These stock recipes have been added to this cookbook to encourage low salt options. Beef cubes and stock powders are very salty even when labelled salt-reduced. Getting into the habit of making stocks the old fashioned way is worth the effort. Look out for no salt herbs.*

*To make a vegetable stock, leave out the chicken bones.*

## Your Recipes

## Your recipe...

## Your recipe...



## APPENDIX 1

I like this addition as it explains the reasons to 'sit up and take notice' of diet guidelines. Brian asked for it to be included too...  
**What you eat looks after your body in many ways. Here's how...**

### To maintain body muscle

The protein group of foods (meat, fish and alternatives such as dried beans) help maintain the body's muscle. Renal dialysis patients serve size is limited to two palms over the day. This is also a good amount for other family members. However at the beginning of a kidney journey the serve size is smaller. Check with your dietitian. Be sure to keep active.

### To manage body weight

Learn how to balance your diet. The simplest way I can describe what 'balance' is – it involves eating from the three different food groups at each meal ie the meat or alternative group, the bread and cereal group and the vegetable and fruit group. If overweight, choose meals based on fresh foods to avoid fatty and fried foods. Also avoid sugary drinks as they have little food value. Keep active. Ask about your healthy weight.

Sometimes dialysis patients lose weight because they don't or can't eat properly. If appetite is a problem, prescribed milk based supplements can help.



### To look after bones and blood vessels

For the person on dialysis, the milk group (cheese and yoghurt) recommendation is lowered to one serve a day. On dialysis also, phosphorus levels need to be managed by a diet low in phosphate. Phosphorus binding tablets are often prescribed. For the rest of the family include at least two serves from the milk group per day.

### To look after blood pressure

As you know everyone needs to cut down on the salt they add to food. Try and choose fresh foods to cook at home. This way you are in control of good flavour. A low salt diet also helps dialysis to work properly.

### To control blood sugar levels

Those with diabetes will be advised to reduce sugary drinks and avoid foods that have high sugar content. Eat three meals medium in size over the day.

### To look after the heart

For dialysis patients a fluid allowance is set by medical staff as well as advice to follow a low salt diet.



## APPENDIX 2

### HOW MUCH TO EAT – in your three meals a day

This guide is based on the NZ Food and Nutrition guidelines. This guide is for all the family. The aim is to meet your daily needs and essential foods for the body to function well.

**Each of the pictures shows one serve**



Photos from **Cook for Life** Nestle/Nutrition Foundation

*\*Ask about including dried peas, beans and lentils as meat swaps. Also ask about including nuts in your diet. \*If dialysis – check fluid allowance.*

Extras such as chocolate, crisps, sweet biscuits, cakes and drinks such as cordials and soft drinks add pleasure and variety to the diet and should be only eaten occasionally as they are poor food value.

### ADDING FLAVOUR WITHOUT SALT

Cooking without salt is no reason for food to taste bland. Get creative and add flavour using herbs, spices and flavouring.

#### Try flavouring your foods with:

- Herbs (fresh or dried)
- Black pepper
- Chilli
- Lemon or lime juice
- Spices
- Vinegar
- Onion
- Fresh garlic or ginger

#### How to use flavouring:

- Chilli powder, use like you would salt and pepper.
- Balsamic vinegar has a flavour that is a balance of sweet and sour. It is great as a salad dressing but can also be used in cooking as part of sauce or in sweet dishes for it has a tangy flavour.
- Lemon and lime juice and zest can be used in both sweet and savoury dishes.
- Pepper: there are several different types of pepper, such as black, white and mixed pepper. It comes in whole, cracked and ground forms.
- Other flavourings include garlic, ginger, onions, chilli peppers and Tabasco.

In the herb and spice section in the supermarket there are bottles of various seasonings blends e.g. lemon pepper. Check that your choice is labelled 'low in salt'.

#### Make your own seasoning mixes:

**Italian Herbs** - Equal amounts e.g. 1 Tablespoon each of:

- Basil
- Oregano
- Sage
- Rosemary
- Thyme
- Marjoram

**IDEAS:** Add to stews, casseroles, stuffing, soups, pasta sauces, egg dishes, or savoury muffins. Sprinkle on vegetables, meat, or egg before cooking.

**Oriental Seasoning** - Equal amounts e.g. 1 Tablespoon each of:

- Onion powder (or ½ a fresh onion)
- Ginger – ground (or 2 tablespoons fresh)
- Garlic – powder (or 2 tablespoons fresh)
- Ground black pepper
- and/or Five-spice powder

**IDEAS:** Use about 1 teaspoon instead of soy sauce in noodle/ rice dishes, stir- fried vegetables/meat, or soups.

### TERMS USED IN RECIPES

**BLEND** - To mix all ingredients thoroughly

**CREAM** - Beat softened butter with sugar until light, fluffy and creamy in colour

**FOLD** - Combining two mixtures, by cutting them down through the centre and bringing the bottom mixture to the top.

**KNEAD** - Press together quickly to combine

**MARINATE** - To leave meat tenderising or flavouring for a period of time

**SAUTE** - Fry food in a small amount of hot oil quickly, shaking and stirring the pan.

**SIFT** - Pass dry ingredients through a mesh to remove lumps, or to mix evenly.

### SOME TERMS USED IN THIS BOOK

**DIALYSIS** - This is a treatment for kidney failure. There are two kinds: haemodialysis and peritoneal dialysis.

Dialysis can only do a small part of removing 'waste' and excess water from the blood stream. A dialysis friendly diet and sometimes a fluid restriction are also required.

**POTASSIUM** - A substance in all foods that you cannot see or taste. Patients on dialysis should not restrict potassium until they are told to do so. Dialysis patients who need to be limiting their potassium intake should firstly soak vegetables and throw out the soaking water before boiling. If blood tests still show a

high potassium then high potassium containing foods need to be swapped to low potassium foods. Those on peritoneal dialysis usually do not need to restrict potassium. For more information see your dietitian.

**PHOSPHATE** - A substance found in meat, fish, chicken, milk, cheese and dried beans (and other vegetable proteins). Another source of phosphate is added during food processing and is called a food additive. When the kidneys are not working, phosphate builds up in the body and can cause bone pain and itchiness of the skin. To help manage your phosphate levels, your dietitian needs to discuss your 'meat' group allowance (serving size) with you and teaches you how to detect food additives from the food label.

Taking 'binders' as prescribed just before meals, is also essential.

**FLUID ALLOWANCE** - When kidneys are not working, often people cannot pass urine. The result is fluid build-up in the body. To control this, a fluid allowance is set by the doctor.

**SODIUM** - Another word is salt. This is responsible for many things including thirst and high blood pressure.

Everyone needs to avoid sprinkling salt on food and adding it to cooking. Everyone should also avoid processed foods.

**NUTRITION** - This is the study of food and its link to health. It also describes the processes whereby food is essential for life, and exercise/activity.



**BALANCED DIET** – A total food intake that provides the recommended quantity from a wide range of foods from the five food groups. These are essential for good health, providing energy to maintain body weight. For those on haemodialysis, the potassium content of the diet is altered (lowered) to keep blood tests at acceptable.

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### About the Koru symbol...

The Koru symbolises the growing Whānau and how it's sharing and caring is towards good nutritional health of the future.

### Northland DHB

This publication is part of the “How to” project. Renal Department, Whangarei Hospital.

### WEBSITES

[www.5aday.co.nz](http://www.5aday.co.nz)  
[www.kidneys.co.nz](http://www.kidneys.co.nz)  
[www.diabetes.org.nz](http://www.diabetes.org.nz)  
[www.kidney.org.au](http://www.kidney.org.au)



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- Reference: Cook for Life - Nestle and Nutrition Foundation
- Patient feedback.



### **Dedication to Brian Brett SHELFORD (aka Josh)**

Born 28.09.1954 - Died 27.04.2018 aged 63

Brian was a humble, gentle giant of a man and very family orientated.  
He loved music, enjoyed singing karaoke style and loved his food.

**HE3095**

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