

A recipe book to support you through your treatment for kidney cancer

Recipes for Autumn


*Cuisine that celebrates seasonal
flavours and ingredients*

In collaboration with



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THIS BOOK IS
FOR YOU
BECAUSE
YOU ARE
CURRENTLY
UNDERGOING
TREATMENT FOR
KIDNEY CANCER.

THE RIGHT DIET
IS AN
ESSENTIAL
PART OF
THIS TREATMENT.

Fatigue, lack of appetite, nausea and digestive complaints may all occur during treatment, making it difficult to prepare and eat meals as normal ¹.

Maintaining the pleasure and symbolism of eating for as long as possible during treatment, limiting food avoidance as much as possible by adapting the way you cook, and putting off dangerous diets are three ways of reducing the undesirable effects of treatment and optimising its benefits to improve your quality of life ^{1,2}.

Nature knows what it's doing. **TRUST IT!**

The aim of this booklet is to help you choose foods and ways of preparing them ^{1,2} that alleviate the side effects of treatment, maintain sufficient food intake by increasing the calorific value of dishes and, if necessary, support swallowing by adapting a dish's texture.

In this book, patients ^{1,3} give their own advice on how to cook differently and in harmony with the seasons. This helps to ensure nutritional quality, setting us up to cope better with difficult times. "Eating well is part of our treatment; cooking should be a prescription", one said.

1. Pouillart P. Quelle alimentation pendant un cancer ? Ed. Privat, 2019, p. 263.

2. www.vite-fait-bienfaits.fr*

3. Colmet Daâge V. Dans les coulisses : chimiothérapie, des ateliers culinaires pour retrouver le plaisir de manger. Nutrition Info, 2015, 43: 34-37.

* Accessible in July 2020.



HOW TO COOK WITH SEASONAL PRODUCE FOR BETTER HEALTH.

What you eat each day should be determined first and foremost by your current state of health. Illness and coping with treatment require plenty of energy ⁴, and seasonal plants are the best way to get it. They provide carbohydrates (sugar and starch), vitamins, minerals and fibre, which can then be supplemented with animal proteins.

Always remember that the immune system requires a normal intake of carbohydrates to help cells, organs and tissues function properly and fight disease effectively ⁴. Meanwhile, because of their balance of essential amino acids, animal proteins are better than anything else at transporting drugs in the bloodstream, helping them to reach their target while protecting other organs from undesirable effects ^{5,6}.

**Now is not the time to adopt a restrictive diet
BUT TO ADAPT YOUR DIET TO YOUR SITUATION.**

Even if you're tired, doing a little physical activity will help your body get the most out of your meals.

4. Raynard B *et al.* Conséquences nutritionnelles et métaboliques au cours des cancers. *Oncologie*, 2009; 11: 200-203.

5. Boirie Y *et al.* Nutrition and Protein Energy Homeostasis in Elderly. *Mechanisms of Ageing and Development*, 2014; 136: 76-84.

6. Boulhata JI. Drug-Nutrient Interactions: A Broad View with Implications for Practice. *J of the academy of nutrition and dietetics*, 2012; 112: 506-517.



I ORGANISE
MY KITCHEN
SPACE
TO MAKE
MY LIFE
EASIER. ¹

- Light from a window or an artificial light source helps to stimulate the mind
- Unpleasant odours in the fridge can be neutralised with bicarbonate of soda or white vinegar
- A seat at worktop height makes things more comfortable
- I stock up my food supplies before a treatment session
- I keep my toolbox to hand (hand blender, blender, chopper, kettle, ice cream maker, scales, chef's knife, grater, silicone moulds, verrines, cling film, microwave oven, thin fabric gloves, divider plate, tomato peeler, etc.)

The above is a little general advice to cope with symptoms that can arise from the disease itself or the treatment.




Each of the four seasonal booklets provides detailed culinary tips and tricks on a recipe-by-recipe basis. Some ingredients, such as chia seeds or agar-agar, can be found in organic shops or in the health food or organic sections of supermarkets.






1. Pouillart P. Quelle alimentation pendant un cancer ? Ed. Privat, 2019, p. 263.

4. Raynard B *et al.* Conséquences nutritionnelles et métaboliques au cours des cancers. *Oncologie*, 2009; 11: 200-203.

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SYMPTOMS	RECOMMENDATIONS ¹
 FATIGUE	<ul style="list-style-type: none"> • Choose kitchen utensils that are light and easy to handle and clean • Eat fruit to obtain vitamins and sugar for an immediate boost of energy • Move around the house a little to stimulate the muscles and encourage the use and binding of proteins in your body
 POOR APPETITE	<ul style="list-style-type: none"> • Avoid eating in the kitchen • Portion food sparingly so as not to feel overwhelmed • Spread out your food intake over the whole day • Don't worry if all you can manage is a snack!
 WEIGHT LOSS (Increased protein)	<ul style="list-style-type: none"> • Enrich soups with dairy ingredients, eggs, pureed meat and crème fraîche • Choose pressed and cooked cheeses (Comté, Beaufort, Gruyère, Parmesan, etc.) or whey-based cheeses (Brousse, ricotta) • Dress with mayonnaise, vinaigrette or any rich, creamy sauce • Choose olive oil and oils rich in omega-3 (e.g. walnut, linseed and rapeseed), which counteract muscle wasting • Choose foods rich in potassium to combat muscle wasting and cramps. Options include nuts, white beans, Rapadura sugar (unrefined cane sugar), tomato purée, lemon, banana, potato and halibut. • Use fenugreek in sauces, yoghurt and cream cheese: this herb is thought to aid in the regeneration of muscle fibres • Cook with oral nutritional supplements or incorporate them into your daily diet

SYMPTOMS	RECOMMENDATIONS ¹
 NAUSEA VOMITING	<ul style="list-style-type: none"> • Don't just sit there hungry – have a snack! • Eat small portions of low-fat dishes with plain-tasting foods served cold or warm • Cook in a steamer, a microwave or 'en papillote', adding the fat component of the dish just before serving • Cook with nausea-busting ingredients such as ginger, peppermint, etc. • Choose densely textured foods (semolina, puddings, purées and thick soups) • Avoid roasted meats, gravy and jus
 DIARRHOEA	<ul style="list-style-type: none"> • Drink plenty of water, vegetable broths and herbal teas at room temperature • Consume sources of potassium (see "Weight loss") • Cook with constipating foods (white rice, pasta, carrots, fruit jelly, bananas, raw apples, tapioca, cardamom) and temporarily cut out
 CONSTIPATION	<ul style="list-style-type: none"> • Eat plenty of fibre-rich foods (whole fruit, apple or prune juice, wholegrain cereals) and drink plenty of water • Where possible, choose water that is rich in magnesium
 TINGLING IN THE HANDS AND FEET (PARAESTHESIA)	<ul style="list-style-type: none"> • Use thin fabric gloves to handle cold items • Avoid sources of potassium (see "Weight loss")
 HYPERTENSION	<ul style="list-style-type: none"> • Limit canned vegetables and fish, mustard and cold meats • Choose potassium-rich foods




THIS HALF-
SEASON
BRINGS US
BEAUTIFUL
SUNNY DAYS
THAT KEEP
THE EARTH WARM
UNTIL THE COLD
ARRIVES AT THE
END OF THE
SEASON.

This is a good time to harvest many root vegetables, which are rich in complex carbohydrates and vitamins. The contrast between daytime temperatures and the cooler mornings boosts the omega-3 content of salads such as lamb's lettuce and rocket, as well as starch storage in tubers. Autumn fruit and vegetables are particularly good for maintaining optimal immunity levels.

But be careful, you need to know how to use them properly, because many of them contain a high concentration of active ingredients that are not suitable for everyone, whether they are in good health or undergoing cancer treatment with possible side-effects.

Certain **autumn fruits and vegetables*** contain complex carbohydrates capable of selecting intestinal bacteria that are beneficial for our immunity, as well as promoting the absorption of minerals and eliminating excess fat (cholesterol, triglycerides). They are essential for good health, and their effects are felt throughout the body ⁷.

7. Bland JS. Phytonutrition, phytotherapy, and phytopharmacology. *Altern Ther Health Med.* 1996; 2: 73-6.













For some people with fragile intestines (that covers 15% of the French population), they can cause bloating. There are many ways to avoid this inconvenience ¹ :

- Unlike the advice on cooking summer vegetables, these foods need to be cooked in a large volume of water (which you will not consume) to extract some of the complex carbohydrates, as with pulses such as lentils or chickpeas
- Cook them with mild carminative plants and spices, (i.e. those that help expel gas), such as garlic, dill, aniseed, basil, cardamom, caraway, chervil, coriander, cumin, tarragon, fennel, ginger, hyssop, marjoram, peppermint, nutmeg, savouries, sage and thyme
- Combine them in small doses with other vegetables in cold mixed salads served as a single course, or as a hot accompaniment to meat or fish mixed with pasta, rice, semolina or vegetables, again combined with carminative herbs. All these colours stimulate the appetite!

Doctors may temporarily advise against these sources of complex carbohydrates before and after abdominal surgery.











Carminative plants and spices are available all year round in fresh, dried or powdered form. Also known to modulate the action of the immune system, some can be beneficial against diarrhoea (cardamom), others against nausea (ginger, peppermint), and others against variations in the taste and smell senses (basil) ¹.

FRUITS, BUT ALSO AUTUMN VEGETABLES,
are rich in vitamin C, minerals and trace elements (polyphenols),
have antioxidant powers, and are a source of energy.

VEGETABLES	KEY NUTRIENTS ^{7,8}	BENEFITS ^{7,8}
 BETROOT	Quick sugars/Vitamins A, C, B9, magnesium, potassium, calcium, zinc	Energetic/antioxidant
 BUTTERNUT	Potassium, phosphorus, calcium, carotenoids	Low calorie/antioxidant
 BUTTON MUSHROOM*	Complex carbohydrates/selenium	Regulates intestinal flora and is an immunostimulant/antioxidant
 CAULIFLOWER*	Vitamin C, carotenoids, selenium, zinc/sulphur compounds	Antioxidant and immunostimulant/intestinal protector
 MÂCHE	Carotenoids, vitamin C/omega-3	Antioxidant/immunostimulant
 ONION*	Anthocyanins (especially red onions)/complex carbohydrates/sulphur compounds	Lowers blood cholesterol and triglycerides, and is an antioxidant/regulates intestinal flora, and is an immunostimulant/protects the intestines
 SWEET POTATO*	Vitamins A, B9 and C/complex carbohydrates	Antioxidant/regulates intestinal flora and immunostimulant
 LEEK	Fibre/vitamin C/sulphur compounds	Accelerates intestinal transit and diuretic/antioxidant/intestinal protector
 SALSIFY*	Vitamin C, polyphenols, magnesium/complex carbohydrates	Antioxidant/immunostimulant and regulates intestinal flora
 JERUSALEM ARTICHOKE*	Vitamin C, potassium, phosphorus/complex carbohydrates/iron	Immunostimulant/regulates intestinal flora/combats anaemia

7. Bland JS. Phytonutrition, phytotherapy, and phytopharmacology. *Altern Ther Health Med.* 1996; 2: 73-6.

8. Briskin DP. Medicinal Plants and Phytomedicines. *Linking Plant Biochemistry and Physiology to Human Health. Plant physiol. And Update on phytomedicine.* 2000; 124: 507-514.

FRUIT	KEY NUTRIENTS ^{7,8}	BENEFITS ^{7,8}
 CHESTNUTS*	Gluten-free starch/complex carbohydrates/iron/calcium, potassium, magnesium	Caloric/immunostimulant and regulates intestinal flora/against anaemia/fatigue
 QUINCE*	Vitamin C/complex carbohydrates (pectin)	Antioxidant/lowers blood cholesterol, regulates intestinal flora and blood sugar levels
 FIG	Fast sugars/fibre/polyphenols	Energetic/accelerates intestinal transit/antioxidant
 MIRABELLE PLUM*	Fast sugars/vitamin C, polyphenols/complex carbohydrates (pectin)/fibre	Energetic/antioxidant/lowers blood cholesterol, regulates intestinal flora and blood sugar/slightly laxative
 BLACK-BERRY	Anthocyanins, vitamin C, flavonoids, potassium, magnesium	Antioxidant
 BLUEBERRY	Vitamin C, flavonoids/polyphenols,	Antioxidant/recommended for urinary tract infections
 HAZELNUTS	Vitamins E, B1, B9/copper, phosphorus, iron	Caloric/immunostimulant/antioxidant/against anaemia
 PLUM	Vitamin C, magnesium/complex carbohydrates/fibre	Antioxidant/regulates intestinal flora, lowers blood cholesterol/dried, it greatly accelerates intestinal transit
 GRAPES	Fast sugars/polyphenols	Energetic/antioxidant
 GREENGAGE	Fast sugars/polyphenols	Energetic/antioxidant

The food properties, macronutrients and micronutrients presented in this booklet are not a substitute for any treatment, diet or dietary advice prescribed by your doctor. In case of doubts or questions, always talk to your doctor.



Salad

WITH SEMOLINA, BEETROOT
AND FRESH GOAT'S CHEESE

Complete dish

WHAT MAKES THIS RECIPE GREAT

This tasty salad is ideal if you suffer from mouth inflammation that prevents you from eating hot dishes. Beetroot is a vegetable with an interesting composition: it provides vitamin B9, which helps to keep the immune system working properly; and potassium, which helps with high blood pressure.



INGREDIENTS

 Serves two

- 60 g semolina
- 2 cooked beetroot
- ½ fresh goat's cheese
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 pinch flower of salt
- A few sprigs chive

METHOD

Pour 60 g of water over the semolina grains with a pinch of salt, cover and leave to swell.

Remove the seeds with a fork.

Season with olive oil and lemon. Peel the beetroot, if necessary, and cut into small cubes.

Crumble the goat's cheese.

Chop the chives.

Mix everything together and enjoy.



Polish-style

BEETROOT SOUP

Polish-style

WHAT MAKES THIS RECIPE GREAT

This creamy, comforting soup of beetroot, potato and leek is packed with antioxidants, vitamins such as vitamin B9, which is known for its role in the normal functioning of the immune system, and micronutrients such as potassium, used by the nervous system. Leeks also contain fibre, which helps ease intestinal transit.



INGREDIENTS

 Serves two

200 g cooked beetroot
1 floury potato
1 leek white
1 jellied poultry stock
½ tsp cumin
2 sprigs dill
1 tbsp crème fraîche
1 drizzle olive oil
Salt, pepper

METHOD

Peel the beetroot, if necessary, and the potato, then cut into pieces.

Thinly slice the leek.

Sweat the leek in the olive oil with the cumin. Add the potato pieces and stock. Cover to the brim with water, season if necessary, and bring to the boil.

Cook for 20 minutes and blend in the cream and beetroot.

Serve hot or cold with chopped dill.



Gratin

WITH BUTTERNUT, COCONUT
AND CURRY

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This gratin offers a host of benefits: fibre to aid intestinal transit, vitamin A for your skin and immune system, and protein for your muscles. This recipe is easy to prepare, thanks to the fact that the squash is cooked in the microwave, which means you don't have to do all the hard work of preparation, such as peeling, draining, etc. Therefore, the recipe is ideal if you're tired or suffer from pins and needles. Depending on your taste, you can replace the bacon with lardons, ham, eggs, etc.



INGREDIENTS

 Serves two

1 small butternut squash
125 ml coconut milk
100 g bacon strips
60 g grated cheese
1 tsp curry powder
Nutmeg
Salt, pepper

METHOD

Cut off the stem, then cut the squash in half without peeling. Remove the seeds.

Arrange the squash in a microwave-safe dish, flesh side up.

Cover the dish with microwave-safe cling film.

Cook on full heat for 10–15 minutes, depending on the size of the squash. Check with the blade of a knife.

Leave to cool.

Scoop out the flesh with a spoon and mix in a bowl with the coconut milk, bacon, curry powder and nutmeg. Season to taste.

Place in a gratin dish and sprinkle with grated cheese.

Bake au gratin in the oven at 220°C (gas mark 7/8) until golden brown.



Butternut

SQUASH AND CHESTNUT
CREAM SOUP

Polish-style

WHAT MAKES THIS RECIPE GREAT

This creamy smoothness is ideal for those who have problems chewing. The vitamin A provided by butternut will be appreciated in the event of skin problems. It will also boost your immune system, as will the vitamins B9 and B6 contained in the chestnuts.



INGREDIENTS

 Serves two

½ butternut squash
200 g cooked chestnuts
(vacuum-packed or tinned)
½ jelly vegetable stock
½ yellow onion
500 ml water
Salt, pepper

METHOD

Chop the butternut, mince the onion and, if necessary, drain the chestnuts.

Sweat the onion in a saucepan.

Add the butternut and chestnuts, water and vegetable stock, and bring to the boil.

Simmer over a medium heat for 15–20 minutes.

Check that the butternut is cooked through.

Blend the soup, and season to taste with salt and pepper.

Optional: garnish with a drizzle of hazelnut oil and crumbles of goat's cheese, caramelised onions and croutons.



Small carrot

AND MUSHROOM CUSTARDS

Accompaniment

WHAT MAKES THIS RECIPE GREAT

These little carrot flans with their melt-in-the-mouth texture will delight you even if you have trouble swallowing. They can be eaten hot or cold, and will be your ally in the event of problems in the mouth. Mushrooms contain copper and vitamins B2, B3 and B5, which help regulate the energy metabolism.



INGREDIENTS

 Serves two

225 g carrots
50 g button mushrooms
2 eggs
15 g grated Emmental cheese
1 small shallot
1 vegetable stock cube
5 chopped chives
Olive oil, pepper
Butter

METHOD

Peel and wash the carrots, then slice into rounds. Heat a tablespoon of olive oil in a frying pan and fry the carrots for 3 minutes.

Add the stock jelly and a little water, and cook for about 15 minutes. Season with pepper at the end of cooking.

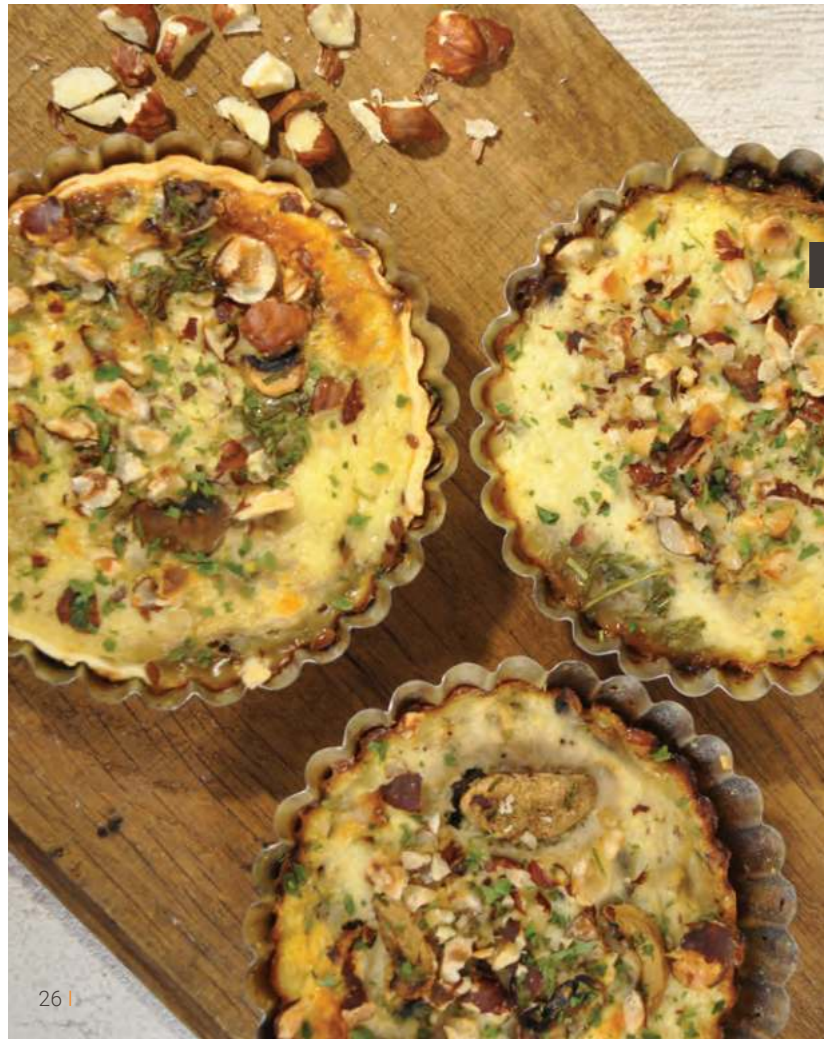
Meanwhile, scrape and dice the mushrooms. Peel and chop the shallot. Fry with a tablespoon of hot olive oil for about 5 minutes until golden brown.

Preheat oven to 180°C (gas mark 6).

Blend the carrots. Beat the eggs in a bowl, and add the carrot purée, mushrooms, shallots, Emmental cheese and chives. Mix well.

Spoon the mixture into buttered ramekins. Arrange them in a dish and pour hot water over them until they are three-quarters of the way up. Place in the oven and cook in a double boiler for 20 minutes.

After cooking, serve immediately, or eat later hot, warm or cold!



Mushroom

AND HAZELNUT QUICHES

Complete dish

WHAT MAKES THIS RECIPE GREAT

Served hot or cold, mushroom quiches are ideal for mouth inflammations. Their small size also suits all appetites and lends itself well to freezing.

Mushrooms contain vitamins B2, B3, B5 and B9, which help to maintain a normal energy metabolism, keep the immune system working properly and reduce fatigue. Celeriac and flaxseed contain fibre to help your bowels move more easily if you are constipated.



INGREDIENTS

For 12 small quiches

- 1 shortcrust pastry
- 600 g button mushrooms
- 250 g celeriac
- 20 g chopped hazelnuts
- 2 shallots
- 4 eggs
- 50 cl milk
- 4 tbsp flaxseed
- Flat-leaf parsley
- Salt, pepper
- Butter (for buttering the moulds)

METHOD

Preheat oven to 180°C (gas mark 6).

Unroll the shortcrust pastry. Sprinkle 2 tablespoons of flaxseed on each side of the pastry, and roll out with a rolling pin.

Butter the tartlet moulds, if necessary, and line with the shortcrust pastry.

Wash and finely dice the celeriac. Cook in the milk for 20 minutes, then blend.

Add the eggs. Season with salt and pepper.

Wash and peel the mushrooms. Cut into strips.

Brown the mushrooms in a hot pan. When they have melted, add the chopped shallots and chopped parsley.

Arrange the mixture on the tart shells, top with the celeriac mixture and sprinkle with the chopped hazelnuts.

Bake for 25 minutes.



Cauliflower

AND PARMESAN CROQUETTES

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This tasty, flavour-filled recipe is ideal for those with an impaired sense of taste or smell. Everyone is free to eat as many little croquettes as they like, so this recipe is suitable for all appetites. Cauliflower is an ally in providing vitamin B9, which plays a part in the normal functioning of the immune system and helps to reduce fatigue. Onions contain polyphenols with antioxidant properties.



INGREDIENTS

 Serves two

- 1 small cauliflower (500 g)
- 1 chopped onion
- 1 egg
- 50 g grated Parmesan
- 50 g breadcrumbs
- 1 tsp curry powder
- 1 pinch nutmeg
- A few sprigs chopped parsley
- Salt, pepper
- Sauce of your choice

METHOD

- Cut the cauliflower into florets.
- Wash and blanch for 10 minutes.
- Drain and blend to a coarse semolina size.
- Mix all the ingredients in a bowl. Preheat oven to 180°C (gas mark 6).
- Form croquettes the size of a large tablespoon.
- Place the croquettes on a baking tray lined with greaseproof paper and bake for 20 minutes.
- Turn the croquettes over and cook for a further 10–15 minutes.
- Enjoy with the sauce of your choice.



Salad

WITH CAULIFLOWER,
CHICKPEAS AND COURGETTES

Accompaniment

WHAT MAKES THIS RECIPE GREAT

If you can't stand hot food, this lively salad is a delicious alternative!

Courgette, cauliflower and chickpeas will help you fight constipation and ease your bowel movements. What's more, cauliflower and courgette contain high levels of vitamin B9, which contributes to a healthy immune system. The proteins contained in chickpeas are essential for your muscles and combat undernutrition.



INGREDIENTS

 Serves two

75 g cooked chickpeas, drained
1 small courgette
½ cauliflower
1 small, preserved lemon
40 g feta cheese
1 sprig oregano
1 tsp olive oil
Salt, pepper

METHOD

Cook the cauliflower florets in a large pan of salted water for about 15 minutes.

Meanwhile, dice the courgette and grill in a pan.

Dice the feta and finely chop the preserved lemon.

Mix together the cauliflower, courgette, chickpeas, feta and preserved lemon.

Season with salt and pepper, sprinkle with oregano and drizzle with olive oil.

If you use canned chickpeas, don't throw away the juice from your legumes. It can replace the egg white in a chocolate mousse.



Mâche salad

WITH SOFT-BOILED EGGS

Complete dish

WHAT MAKES THIS RECIPE GREAT

This appetising salad is low in calories, so it'll be your partner when it comes to weight gain. It is also suitable for those who cannot tolerate high temperatures because of mouth problems. Lamb's lettuce provides useful fibre to help solve your constipation problems. Mushrooms contain copper and vitamins B2, B3, B5 and B9, which help reduce fatigue and contribute to the energy metabolism.



INGREDIENTS

 Serves two

2 eggs
125 g mâche
2 large button mushrooms
50 g Parmesan shavings
1 tbsp sesame seeds
Balsamic vinaigrette
Salt, pepper

METHOD

Bring the water to the boil in a saucepan.

Once boiling, add the eggs and cook for 7 minutes. Cool in cold water before shelling.

Wash the mushrooms and cut into thin strips.

Divide the mâche between two plates, season and arrange the eggs and mushroom slices.

Sprinkle with sesame seeds and Parmesan shavings before serving.



Mâche

GOAT'S CHEESE
AND MINT SOUP

Polish-style

WHAT MAKES THIS RECIPE GREAT

This succulent lamb's lettuce soup can be eaten hot or cold, so anyone with mouth problems can enjoy this delicious recipe.

Peppermint will also help you fight nausea and vomiting. Its texture is comforting on grey days.



INGREDIENTS

 Serves two

½ onion
75 g lamb's lettuce
1 large potato
40 g fresh goat's cheese
1 tsp dried peppermint
(or 10 fresh leaves)
2 tbsp olive oil
Salt, pepper

METHOD

Peel and roughly chop the potato. Mince the onion and brown in a pan with the olive oil.

Add the mâche and potato. Add plenty of water and a little salt. Leave to cook for 15 minutes.

Turn off the heat and add the fresh goat's cheese and mint, then blend finely.

Serve immediately or leave to cool and serve well chilled.



Risotto

WITH CARAMELISED ONIONS
AND BACON

Complete dish

WHAT MAKES THIS RECIPE GREAT

This risotto will be your main carbohydrate intake during your meal. The complex sugars in onions will help stimulate your intestinal flora and regulate your blood cholesterol.

Bacon provides protein for your muscles and helps combat malnutrition.



INGREDIENTS

 Serves two

- 1 onion
- 150 g risotto rice
- 75 g bacon
- 375 ml chicken or vegetable stock
- 50 g grated Emmental cheese
- 1 drizzle olive oil
- 1 drizzle white wine

METHOD

Mince the onion and fry in the olive oil. Add the rice and make it translucent.

Deglaze the juices with the white wine.

Add the stock gradually and cook for 20 minutes, until you have a creamy risotto.

Add the pan-fried bacon and grated Emmental cheese at the end, before serving.



Tatin

OF CARMELISED ONIONS

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This tart, made mainly from onions, will stimulate your intestinal flora and is a source of antioxidants. Thyme will aid digestion and soothe some of your digestive complaints. The touch of balsamic vinegar will delight your taste buds.



INGREDIENTS

For 1 tart

- 1 shortcrust pastry
- 1 kg onions
- 2 tbsp balsamic vinegar
- 1 tsp brown sugar
- 25 g butter
- 25 g thyme
- Sesame seeds

METHOD

Preheat oven to 200°C (gas mark 6/7).

Peel and finely chop the onions.

Fry in the balsamic vinegar, thyme, butter and sugar until melted and candied.

Pour the onions into a pie dish about 24 cm in diameter, and cover with the shortcrust pastry as for a classic tarte tatin.

Tuck in the edges of the pastry well. Bake for 10–15 minutes until golden brown.

Remove from the oven and immediately invert the tart onto a dish larger than the tart tin.



Sweet potato

PATTIES
WITH FENUGREEK

Accompaniment

WHAT MAKES THIS RECIPE GREAT

These patties are a concentrate of good things for your body. In fact, one of the virtues of sweet potatoes is that they boost your immunity thanks to their complex carbohydrates.

The presence of fenugreek will help your appetite and digestion.

It can help lower your blood sugar levels. Chia seeds are renowned for their high protein, omega-3, fibre and antioxidant content.

INGREDIENTS

 Serves two

350 g sweet potatoes
30 g flour
1 shallot
1 egg
1 tsp chia seeds
1 tsp fenugreek
Olive oil
Salt, pepper

METHOD

Peel and grate the sweet potatoes.

Chop the shallots and fry in a pan.

In a bowl, combine the grated sweet potatoes, shallots, flour, egg, chia seeds and fenugreek. Season with salt and pepper, if necessary.

Place the equivalent of a large tablespoon of mixture in a hot, oiled frying pan and flatten to form a patty. Brown for a few minutes on the first side, then turn over with a spatula and cook for a few more minutes on the other. Repeat the operation.

Serve as is or with a sauce.



Gratin

WITH CREAM, GARLIC
AND GINGER

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This gratin is ideal for stimulating your intestinal flora and immunity thanks to the complex carbohydrate properties of sweet potato and ginger. It will increase your appetite, relieve nausea and soothe joint and muscle pain. The garlic note will be excellent for your heart and blood vessels and will make flatulence easier.



INGREDIENTS

 Serves two

- 1 small, sweet potato
- 1 clove garlic
- 15 cl liquid cream
- 1 cm grated ginger
- Grated Gruyère cheese
- Salt, pepper

METHOD

Preheat oven to 230°C (gas mark 8).

Wash, peel and dice the sweet potato.

Cook in a pan of salted water, starting cold, for 15–20 minutes. It should be melt-in-the-mouth and slightly firm on the inside.

Peel, remove the germ and mince the garlic clove using a garlic press.

Mix together the cream, garlic, ginger, salt and pepper.

Arrange the sweet potato in a gratin dish, cover with the cream mixture and sprinkle with a little grated Gruyère.

Bake au gratin in the oven.

Little pastries

FROM THE SEA

Complete dish

WHAT MAKES THIS RECIPE GREAT

This dish will cover your protein needs, thanks to the fish and seaweed. Dulse is a seaweed rich in proteins, minerals, trace elements (iodine) and vitamins such as B12. Leeks are renowned for their diuretic and antioxidant effects, and they'll give your digestive system a boost.

INGREDIENTS

For 6 puffs

- 1 puff pastry
- 200 g cod fillet, saithe or other fish
- 1 shallot
- 100 g leek whites
- 50 g rehydrated dulse (seaweed available in organic shops or from fishmongers)
- 50 g butter
- 10 cl crème fraîche
- 1 egg
- 5 cl white wine (optional)
- Pepper

METHOD

- Peel and chop the vegetables and seaweed.
- Chop the fish flesh and set aside.
- Preheat oven to 200°C (gas mark 6/7).
- Melt the butter in a saucepan over a low heat and add the leek whites, shallot and seaweed. Sweat without browning for 3–4 minutes.
- Add the chopped fish flesh and stir for 3 minutes over a low heat.
- Add the white wine if required and reduce, then add the crème fraîche. Reduce and season with pepper.
- Remove from the heat, add the beaten egg and mix well.
- Remove the stuffing and leave to cool.
- Cut out rounds of puff pastry about 10–12 cm in diameter.
- Place a generous tablespoon of filling on one side and fold in half, lightly sticking the edges together. Brown with egg or milk.
- Bake for 10–15 minutes at 200°C (gas mark 6/7).

Do not add salt to the preparation, as the seaweed already contains salt.



Leek

AND CREAM CHEESE SOUP

Polish-style

WHAT MAKES THIS RECIPE GREAT

Ideal for those with problems swallowing, this leek soup contains interesting polyphenols for their antioxidant properties. Cream cheese will help you reach your recommended daily calcium intake.

INGREDIENTS

 Serves two

- 1 large leek
- ½ tbs rapeseed or other oil
- 1 potato
- 3 squares cream cheese
- 1 pinch salt

METHOD

Trim the leek (remove the green part) and cut into small chunks.

Put the oil in a saucepan and add the chopped leek. Leave to melt for a few minutes over a low heat.

Peel the potato, and wash and dice finely.

Add them to the leek with 500 ml of lightly salted water. Bring to the boil and cook for 15–20 minutes.

Remove the pan from the heat and add the cream cheese. Mix.

Enjoy hot or warm (and possibly cold).



Salsify

WITH THYME CREAM

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This rich, creamy dish will be a source of fibre from the salsify, which will help your digestion. The refreshing thyme flavour will delight your taste buds and aid digestion.



INGREDIENTS

 Serves two

- 200 g salsify
- 10 cl liquid cream
- 10 g butter
- 20 cl milk
- 1 tbsp flour
- Salt, pepper
- 1 sprig fresh or dried thyme

METHOD

Brush, peel and chop the salsify. Cut into 6 cm lengths.

Cook in a pan of boiling salted water for 15–20 minutes. Drain and set aside.

In another saucepan, melt the butter over a low heat, add the flour and stir to obtain a roux. Add the milk and mix again. Cook for 2 minutes over a low heat, stirring constantly.

Season with salt and pepper, add the cream and thyme and bring to the boil for a further 2 minutes.

Remove the thyme and pour the sauce over the salsify.



Salsify

GARLIC AND FRESH HERBS SOUP

Polish-style

WHAT MAKES THIS RECIPE GREAT

This creamy soup is a good source of fibre, which helps to prevent constipation.

What's more, the little touch of garlic will wake up your taste buds! This dish is best eaten hot or warm, and can be accompanied by garlic croutons to enhance the senses of those suffering from loss of taste.



INGREDIENTS

 Serves two

- 400 g fresh or tinned salsify
- 1 shallot
- 400 ml vegetable stock
- 75 g garlic and fine herbs cheese
- 50 ml liquid cream
- Pepper

METHOD

Peel, chop and cook the salsify with a chopped shallot in the stock.

Or simply drain the salsify if it is tinned.

As soon as the salsify is cooked, add the garlic and herbs cheese and blend.

At the end, add the cream before serving and adjust the seasoning if necessary.

Do not add salt. Stock and garlic and fine herbs cheese provide enough.



Jerusalem

ARTICHOKE PURÉE WITH SAGE

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This creamy purée is ideal for people who have problems chewing. Jerusalem artichokes will help you regulate your diabetes and intestinal flora, and boost your immunity, thanks to their complex carbohydrates. The little touch of sage delicately accompanies this mixture of Jerusalem artichokes and potatoes, and will help your digestion. It is also indicated for reducing fatigue.



INGREDIENTS

 Serves two

250 g Jerusalem artichokes
250 g floury potatoes
50 g crème fraîche
2 sprigs sage
or 1 tsp dried sage
Salt, 5-berry pepper

METHOD

Peel the potatoes and Jerusalem artichokes.

Cook them in plenty of water for 20 minutes, with the sage infusion, starting cold.

Press the potatoes and Jerusalem artichokes in a potato masher or food processor.

Add the crème fraîche to make a smooth mixture and season with salt and 5-berry pepper. Sprinkle a little sage over the top of the plate before serving.



Puff pastry

STRUDEL-STYLE WITH JERUSALEM
ARTICHOKES AND VEGETABLES

Complete dish

WHAT MAKES THIS RECIPE GREAT

This puff pastry is ideal for impressing your friends at a dinner party.

These many vegetables make it rich in vitamins and minerals.

Jerusalem artichokes will boost your immunity and regulate your intestinal flora and blood sugar levels.

The presence of ricotta adds calcium and creaminess to the palate thanks to its whey proteins.



INGREDIENTS

For 1 strudel

- 1 shortcrust pastry
- 2 Jerusalem artichokes
- 4 carrots
- 4 turnips
- 1 parsnip
- 100 g spinach or kale
- 2 shallots
- 120 g ricotta cheese
- 1 egg yolk
- 25 g butter
- 3 tsp flaxseed
- 1 tsp celery powder
- Salt, pepper

METHOD

Preheat oven to 180°C (gas mark 6).

Wash, peel and dice the Jerusalem artichokes, parsnips, carrots and turnips.

In a frying pan, melt half the butter, and brown the chopped shallots and spinach or kale. Set aside to drain.

Fry the cubed vegetables in the remaining butter for about 15 minutes.

Leave to cool, and add the spinach or kale and ricotta. Add the celery powder, and season with salt and pepper.

Arrange on the shortcrust pastry, and roll up.

Brush with egg yolk, sprinkle with flax seeds and bake for 30 minutes.

Drink warm or hot.



Tiramisu

WITH CHESTNUTS

Dessert

WHAT MAKES THIS RECIPE GREAT

This tiramisu is a high-calorie dessert that will help you fill up on energy. Its soft, fresh and creamy texture is ideal for relieving mouth problems. This dessert contains chestnuts, which provide fibre to aid transit, polyphenols with antioxidant properties and vitamin B9, which contributes to a healthy immune system.



INGREDIENTS

 Serves two

130 g cooked and peeled chestnuts
65 ml whole milk
1 vanilla pod
8 sponge biscuits
80 g mascarpone
25 g sugar
1 egg
1 tbsp apple juice
or amber rum syrup (50% rum + 50% water)
Cocoa powder

METHOD

In a saucepan, bring the milk to the boil with the seeds of a vanilla pod. Remove from the heat, pour the chestnuts into the pan and blend until you have a slightly thick purée with some chunks.

Break the egg: separate the white from the yolk by placing the white in the bowl of a mixer and the yolk in a bowl. Whisk the yolk with the sugar until the mixture whitens. Stir in the mascarpone until smooth, then add the chestnut purée.

Whisk the egg whites until stiff and fold gently into the mascarpone mixture. Dip the biscuits with a spoon in apple juice or rum syrup, and place in the bottom of verrines or bowls (either 2 large or 4 small).

Pour the mascarpone cream on top, then spoon on another layer of biscuits and finish with a layer of mascarpone cream.

Chill for at least 2 hours. Sprinkle with cocoa and enjoy!



Papillotes

OF TURKEY WITH CHESTNUTS

Complete dish

WHAT MAKES THIS RECIPE GREAT

This festive dish is reminiscent of the traditional Christmas turkey. Its fragrant flavours are sure to please everyone, even those with weak taste buds. Thyme helps relieve mouth problems and digestive disorders. Containing proteins essential for healthy muscle function, this papillote helps to provide you with the macronutrients you need for the day.



INGREDIENTS

 Serves two

1 large turkey escalope
½ stalk celery
40 g cooked chestnuts
5 cl chicken stock
5 cl dry white wine
10 cl liquid cream
Thyme
Rosemary
Pepper

METHOD

Preheat oven to 200°C (gas mark 6-7).

Wash, peel and chop the celery stalk.

Chop the chestnuts into shavings.

Cut the turkey escalope into strips.

Combine the stock, wine and cream.

Place the chicken, celery and chestnut shavings in 2 sheets of greaseproof paper.

Season with pepper and pour in a little of the stock/wine/cream mixture and the herbs (thyme and rosemary).

Close the papillotes tightly.

Bake for 8–10 minutes.



Oven-roasted

QUINCES WITH HAZELNUTS

Dessert

WHAT MAKES THIS RECIPE GREAT

When you're feeling tired, this dessert will be your ally: a real bomb of rapidly available energy, it will give you a boost at any time of day. Cinnamon helps boost the immune system and will also soothe heartburn and nausea. Too often overlooked, buckwheat provides an interesting amount of fibre which, combined with quince, helps to regulate intestinal transit.



INGREDIENTS

 Serves two

- 2 quinces
- 1 handful hazelnuts
- 1 tbsp hazelnut purée
- 2 tbsp buckwheat flour
- 1 tbsp brown sugar
- 1 tbsp almond milk
- ½ tsp cinnamon
- Maple syrup

METHOD

Preheat oven to 180°C (gas mark 6).

Wash the quinces and rub to remove the fuzz from the skin.

Cut them in half and remove the core as far as possible. Place the quince halves in a dish lined with greaseproof paper.

Drizzle with maple syrup.

Mix the sugar, flour and cinnamon together, then add the hazelnut purée and milk.

Crumble the mixture and sprinkle over the quinces.

Place in the oven for 35 minutes, and grill at the end.

Grind the hazelnuts in a blender and sprinkle over the quince after cooking.

Serve warm.



Apple

AND QUINCE CRUMBLE

Dessert

WHAT MAKES THIS RECIPE GREAT

This simple, comforting dessert will take you back to your childhood. Quince and apple provide polyphenols with antioxidant properties and fibre to regulate intestinal transit. A touch of cinnamon will help combat digestive problems and nausea.



INGREDIENTS

 Serves two

1 quince
1 cooking apple
50 g flour
40 g butter + 2 walnuts
40 g brown sugar + 1 tsp for caramelisation
Cinnamon
Salt

METHOD

Preheat oven to 210°C (gas mark 7).

Peel, core and dice the apple and quince. Brown them in a knob of butter with a teaspoon of brown sugar for 15 minutes.

In a salad bowl, mix the brown sugar with the flour, softened butter (40 g) and a pinch of salt to obtain a sandy dough.

Butter a dish with the 2nd knob of butter, scatter over the diced quince and apple, sprinkle with cinnamon and cover with the crumble mixture.

Cook for 30 minutes.

Serve hot or warm in the baking dish.



Salad

WITH FIGS, MOZZARELLA
AND BASIL

Complete dish

WHAT MAKES THIS RECIPE GREAT

This delicious, colourful salad is easy to chew. Eaten cold, it is ideal for mouth inflammations. Basil will also be your partner in the fight against digestive disorders or in the event of variations in taste and smell. Often thought of as a vegetable, the tomato is a fruit that contains a large quantity of antioxidant polyphenols. Here, combined with figs, it provides useful fibre to aid intestinal transit.



INGREDIENTS

 Serves two

- 4 figs
- 4 cherry tomatoes
- ½ lemon
- 1 ball of mozzarella
- 20 g pine nuts
- 3 tablespoons olive oil
- A few basil or mint leaves
- Salt, pepper

METHOD

Drain the mozzarella and cut into fairly thin slices.

Whisk the lemon juice with the olive oil, salt and pepper.

Wash and slice the figs.

Place the slices of mozzarella between the strips of fig on a plate.

Just before serving, dry-roast the pine nuts in a non-stick frying pan over medium heat.

Sprinkle over the figs, add the cherry tomatoes and basil leaves. Sprinkle the seasoning over the figs and serve immediately.

You can replace the basil with mint.



Fig

AMANDINE TART

Dessert

WHAT MAKES THIS RECIPE GREAT

This delicious recipe is easy to chew and swallow. This tart is easy to prepare in small portions, which are ideal if you've lost your appetite. Figs contain antioxidant polyphenols, as well as potassium, which is useful in cases of high blood pressure.



INGREDIENTS

For 1 tart

For the sweet pastry
(or store-bought shortcrust pastry):

200 g flour
100 g butter
80 g icing sugar or caster sugar
1 egg
1 pinch salt

For the almond cream:

100 g butter
100 g almond powder
100 g sugar
3 eggs
1 tbsp flour

For fruit:

5 or 6 figs

METHOD

For the sweet pastry:

Mix the soft butter with the sugar and salt. Then add the egg and flour and mix, without overworking the dough. Shape a ball. Cover with cling film and chill for 30 minutes. Roll out the pastry in a buttered and floured tin and leave to rest in the fridge (or even the freezer) for a further 30 minutes.

For fruit:

If the fruit is frozen, thaw it before use.

For the almond cream:

Using a spatula, beat the soft butter with the sugar, then add the eggs. Mix well, and gradually add the almond powder and flour.

Blend until smooth. Set aside in a cool place.

For assembly:

Prick the tart base with a fork, then pour in the almond cream mixture.

Place the fig quarters on top of the almond cream.

Bake for 35 minutes in an oven preheated to 180°C (gas mark 6). Leave to cool.



Compote

OF MIRABELLE PLUMS
WITH ROSEMARY

Dessert

WHAT MAKES THIS RECIPE GREAT

This mirabelle plum compote helps to regulate intestinal transit, thanks to the fibre present in this fruit. Rosemary adds a delicate flavour to this dessert that will appeal to everyone, even those with a taste for something different. What's more, the touch of honey adds a touch of sweetness to your dessert.



INGREDIENTS

 Serves two

- 400 g mirabelle plums
- 1 knob of butter
- 1 drizzle of honey
- 1 sprig fresh rosemary

METHOD

Wash and stone the mirabelles.

Melt the butter in a frying pan, then cook the mirabelles with the honey and rosemary over a low heat for about 15 minutes.

Serve in bowls and spoon over the cooking juices.

Serve warm or cold.



Sliced pork

WITH MIRABELLE PLUMS

Complete dish

WHAT MAKES THIS RECIPE GREAT

This sweet and savoury dish is perfect for those with a deviant palate. Star anise will help improve digestive comfort by reducing intestinal spasms and bloating. It also has anti-inflammatory properties. The fibre contained in mirabelle plums will help your intestinal transit to run smoothly. This dish is a good source of protein, essential for your muscles.



INGREDIENTS

 Serves two

300 g pork tenderloin
200 g mirabelle plums
1 small onion
15 g butter
1 tbsp peanut oil
1 star anise
Salt, pepper

METHOD

Peel and chop the onion, cut the pork tenderloin into large cubes and wash and pit the mirabelles.

Heat the butter and oil in a casserole dish. Fry the meat until golden brown on all sides. Season with salt and pepper.

Add the onion and cover with water. Leave to cook for 10 minutes over a low heat.

Add the mirabelles and star anise. Cook for a further 20 minutes.

Serve with potatoes or rice.



Spiced

BLACKBERRY JAM

Dessert

WHAT MAKES THIS RECIPE GREAT

Cardamom will help reduce diarrhoea caused by treatments, while coriander will calm digestive problems. This jam will provide quickly available energy in case of tiredness.

Ideal for breakfast or as a snack, on toast or in yoghurt.



INGREDIENTS

For 2 jars

500 g blackberries

300 g jam sugar

2 vanilla pods

4 cardamom pods

6 coriander seeds

2 peppercorns

The juice of a lemon

METHOD

Wash the blackberries well. Place in a bowl or casserole dish, alternating fruit and sugar.

Using a pestle, crush the cardamom, pepper and coriander seeds. Place the spices in gauze or a tea sock. Add to the blackberries with the vanilla pods opened and cut into pieces. Leave to macerate for about 6 hours in the fridge.

Bring the mixture to the boil over a low heat. Remove the spice gauze and add the lemon juice.

Cook for a few minutes. Check that the jam has set by placing a spoonful on a cold plate.

If it jellifies, stop cooking. If not, continue for a few more minutes.

Skim off the foam, place in a jar with a lid, close tightly and immediately turn the jars upside down to empty them. Wait until completely cooled to room temperature before turning out and eating (or storing) your jars.



Panna cotta

WITH ALMOND MILK
AND BLACKBERRY COULIS

Dessert

WHAT MAKES THIS RECIPE GREAT

This soft, fresh dessert with a supple texture reduces the risk of false ejections. Cardamom will help you combat digestive problems such as diarrhoea. Blackberries are rich in vitamin C, which is essential for a healthy immune system.



INGREDIENTS

 Serves two

For the panna cotta:

- 200 ml almond milk
 - 20 g white almond purée
 - 20 g agave syrup
 - 1 tsp orange blossom water
 - 1 pinch ground cardamom
 - 1 pinch vanilla powder
- The tip of a teaspoon of agar-agar

For the blackberry coulis:

- 100 g fresh blackberries
- 1 tsp lemon juice
- 1 tsp agave syrup
- 1 pinch vanilla powder

METHOD

In a saucepan, mix together the almond milk, vanilla, cardamom and agar-agar. Use a whisk and stir briskly to obtain a smooth liquid. Heat over a medium heat with a lid, bringing to a gentle boil, stirring regularly.

As soon as it comes to the boil, reduce the heat to low, remove the lid and leave to simmer for 2 minutes, stirring constantly.

Remove from the heat. Immediately add the almond purée, agave syrup and orange blossom water. Whisk briskly until perfectly smooth and creamy.

Pour the mixture into verrines. Leave to cool for a few moments at room temperature, then place in the fridge for at least 2 hours to allow the panna cotta to jellify.

Meanwhile, prepare the coulis. Wash the blackberries and pour into a saucepan. Add the vanilla and lemon juice.

Heat over a medium heat, with a lid, to a gentle boil. Once boiling, reduce heat to low.

Cover and cook for 30 minutes.

Remove from the heat. Add the agave syrup. Mix well, and leave to cool before spooning the coulis into the verrines, on top of the jellied cream.

Leave to rest in the fridge before serving.

You can use an egg carton to tilt your verrines.



Milkshake

WITH BLUEBERRIES
AND CHIA SEEDS

Drink

WHAT MAKES THIS RECIPE GREAT

Fresh and creamy to line the oral cavity and relieve minor mouth aches, this drink is packed with antioxidants from blueberries that are good for your health. Chia seeds also provide protein, omega-3 and fibre.



INGREDIENTS

125 g blueberries
1 tbsp chia seeds
1 large glass of milk
1 tbsp thyme honey
(or flower honey)

METHOD

Mix all the ingredients, except the chia seeds, in a blender.

Blend at full power for 2 minutes.

Add the chia seeds and leave to swell in the fridge for 30 minutes.

Pour into 2 tall glasses.



Muffins

WITH BLUEBERRIES AND
ELDERFLOWERS

Dessert

WHAT MAKES THIS RECIPE GREAT

These muffins are perfect as a snack or dessert. Blueberries have the advantage of being able to stimulate memory, fight urinary tract infections and contain lots of antioxidants.

The addition of elderflower will help soothe irritations in the mouth and throat.



INGREDIENTS

For 4 muffins

15 cl milk
1 pinch salt
175 g flour
½ packet baking powder
45 g brown sugar
½ packet vanilla sugar
50 g butter
1 large egg
75 g blueberries
5 g elderflowers
Butter

METHOD

Mix the flour, sugar, baking powder and a pinch of salt.

Melt the butter in the milk over a very low heat, leave to cool completely, then whisk in the egg yolk.

Pour into the flour mixture, and mix. Add the blueberries and elderflowers.

Whisk the egg whites until stiff with a pinch of salt. Stir in the vanilla sugar at the end.

Gently fold the egg whites into the mixture. Pour into buttered muffin tins, filling halfway.

Leave to stand while the oven is preheated to 180°C (gas mark 6).

Bake for at least 20 minutes. Check with a knife blade.

Unmould and leave to cool before serving.



Homemade

HAZELNUT GRANOLA

Dessert

WHAT MAKES THIS RECIPE GREAT

This granola is ideal for breakfast or as a snack. It can be eaten with milk, cream cheese or compote. Its ingredients make it a real ally! Goji berries will give you a boost when you're feeling tired.

Flax seeds are beneficial in cases of constipation and chia seeds provide the omega-3s your cardiovascular system needs to function properly. Hazelnuts contribute to the normal functioning of the body, thanks to the vitamins and minerals they contain. The hint of cinnamon in this recipe may help with nausea.



INGREDIENTS

For 10 portions

- 200 g oat flakes
- 50 g hazelnuts
- 25 g flaxseed
- 25 g chia seeds
- 25 g goji berries
- 2 tbsp agave syrup or honey
- 1 tbsp coconut, hazelnut or sunflower oil
- ½ tsp cinnamon

METHOD

Preheat oven to 160°C (gas mark 5/6).

Coarsely crush the hazelnuts.

Mix the flakes, hazelnuts, seeds and cinnamon in a bowl to make muesli.

In a small saucepan, bring the honey and oil to the boil.

Pour over the muesli, mixing well.

Spread the mixture onto a baking tray lined with baking paper.

Place in the oven for 25–30 minutes, stirring two or three times to ensure even cooking.

Remove from the oven and leave to cool, then add the goji berries.

Place in an airtight jar and store in a cool, dry place.



Chocolate

HAZELNUT SPREAD

Dessert

WHAT MAKES THIS RECIPE GREAT

This spread recipe will awaken your inner child with its delicious chocolate and hazelnut flavour. Hazelnuts contain a number of vitamins, including B1, B5, B6, B9 and E, which help the immune and nervous systems to function properly. Hazelnuts also contain useful minerals for the body: copper, manganese, phosphorus, zinc and potassium. Chocolate, like hazelnuts, contains iron and magnesium to help you fight fatigue and stress.



INGREDIENTS

For 1 jar

- 150 g hazelnuts
- 100 g of 70% dark chocolate
- 1 tbsp agave syrup
- 15 cl vegetable drink (almond or hazelnut)
- 1 tbsp sunflower oil

METHOD

Preheat oven to 150°C (gas mark 5).

Place the whole hazelnuts with the skins on a baking tray lined with baking paper.

Place the hazelnuts in the oven to roast for about 10 minutes.

Leave the hazelnuts to cool for a few minutes, and rub them between your hands or in a tea towel to remove the skin.

Break the chocolate into pieces, and melt over a double-boiler or in the microwave.

Blend the hazelnuts for 5–7 minutes (in 2-minute increments to avoid overheating) until you obtain a thick hazelnut paste.

Pour the melted chocolate, mixed hazelnuts, agave syrup and oil into a bowl, and finish by adding the vegetable drink.

Mix until smooth and homogenous.

Store your spread in a jar with a lid.

You can use roasted hazelnuts to avoid the roasting stage. Don't hesitate to heat the spread for a few seconds in the microwave before eating to make it more supple.



Compote

OF APPLES WITH PRUNES

Dessert

WHAT MAKES THIS RECIPE GREAT

Its creamy texture will be perfect for your chewing problems. Prunes are rich in fibre, which makes them easy to digest, and they naturally add sugar to the compote. This compote goes very well with cream cheese.



INGREDIENTS

 Serves two

- 2 cooking apples
- 3 pitted prunes
- 1 packet vanilla sugar
- A little water if necessary

METHOD

Wash and peel the apples. Cut into cubes.

Cook the apples with the prunes and vanilla sugar for about 10 minutes over a medium heat, adding a little water if necessary.

Blend to a smooth texture.

Serve warm or cold.



Mini-cakes

WITH BACON, PRUNES
AND COMTÉ CHEESE

Complete dish

WHAT MAKES THIS RECIPE GREAT

The sweet and savoury side of this dish will whet your appetite, even if you have olfactory and gustatory deviations. The small portion size will suit everyone and make it easier to keep. Prunes will be your ally in the fight against constipation.



INGREDIENTS

For 4 mini-cakes

75 g smoked bacon
5 or 6 pitted prunes
60 g grated Comté cheese
2 small eggs
5 cl milk
25 g butter
100 g flour
½ packet baking powder
Salt, pepper

METHOD

Preheat oven to 180°C (gas mark 6).

Melt the butter in the microwave.

In a large bowl, combine the eggs, Comté cheese, milk and melted butter, and beat well.

Gradually add the flour and baking powder. Season with moderate salt and pepper.

Add the bacon, which has been pan-fried for 5 minutes, and the prunes, cut into small pieces with scissors.

Mix well.

Spoon the batter into buttered and floured mini-cake tins.

Bake for about 15 minutes, checking with the tip of a knife.



Clafoutis

WITH GREENGAGE PLUMS

Dessert

WHAT MAKES THIS RECIPE GREAT

This enriched dessert will help you fill up on energy when you lose your appetite or are undernourished. If you have problems chewing or swallowing, you can still enjoy this delicious clafoutis by eating it warm!



INGREDIENTS

 Serves two

75 g semi-skimmed milk
100 g unsweetened condensed milk
40 g sugar
Vanilla powder
15 g flour (1 tbsp)
2 small eggs
250 g pitted greengage plums

For the mould:

10 g butter Brown sugar

METHOD

Preheat oven to 200°C (gas mark 6/7).

Heat the milks together without cooking them.

Beat the eggs and sugar, and add the flour and vanilla.

Whisk the milk into the mixture.

Butter the clafoutis dish generously, and sprinkle with brown sugar.

Place the washed and stoned fruit on the base, followed by the mixture.

Bake in a double-boiler at 200°C (gas mark 6/7) for 35 minutes.

Eaten warm and soft, sprinkled with icing sugar, or cold with a firmer texture.



Roasted

GREENGAGE PLUMS
WITH HONEY AND PEPPERMINT

Dessert

WHAT MAKES THIS RECIPE GREAT

This plum-based dessert will help your digestion. Its touch of peppermint will be your ally in case of nausea or vomiting. Almonds provide magnesium, which is useful in stressful situations.



INGREDIENTS

 Serves two

- 2 tbsp almond powder
- 1 tbsp liquid honey
- 160 g greengage plums
- ½ tsp dried peppermint

METHOD

Preheat the oven in grill mode.

Cut the plums in half and place in an ovenproof dish.

Pour the honey over the top, then sprinkle with almond powder and crumbled peppermint leaves.

Grill for 1–2 minutes.

Serve warm.



Salad

OF GRAPES AND GINGER

Dessert

WHAT MAKES THIS RECIPE GREAT

A refreshing salad that's quick and easy to make. Ginger helps calm nausea and vomiting, and stimulates the appetite. Grapes are rich in sugars and antioxidants and will give you a little boost when you're feeling tired.



INGREDIENTS

 Serves two

- 1 large bunch of grapes (black or white)
- 20 cl water
- 25 g brown sugar
- 25 g white sugar
- 10 g fresh ginger

METHOD

Heat the water, sugars and grated ginger. Leave to infuse for about twenty minutes. Strain, leave to cool, then pour over the washed and stemmed grapes.



Salad

OF GRAPES AND ALMONDS

Complete dish

WHAT MAKES THIS RECIPE GREAT

A refreshing salad, rich in B vitamins, minerals, trace elements and antioxidants, thanks to the grapes. Quinoa provides fibre, which stimulates your digestion and helps to regulate blood sugar levels. If you like something sweet and savoury, this recipe will tantalise your taste buds.



INGREDIENTS

 Serves two

- 150 g raw quinoa
- 20 g flaked almonds
- 1 small bunch of black grapes
- A few sprigs of chives
- ½ lemon
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt, pepper

METHOD

Cook the quinoa according to the instructions on the packet. Drain, and leave to cool.

Wash the grapes, and cut in half. Remove seeds. Dry-roast the almonds in a frying pan until golden.

In a salad bowl, make a vinaigrette with the olive oil and lemon juice.

Add the quinoa, grapes, chopped chives and almonds. Mix well. Season with salt and pepper.

Serve chilled.



EATING WELL IS A FRENCH WAY OF LIFE!

Treatments for cancer often bring about fatigue, poor appetite and changes in your smell or taste. However, eating well during this critical period is essential.

This booklet offers simple, appetising and sometimes surprising recipes to help patients and their families eat well and enjoy life's little pleasures.

It is for this reason that the A.R.Tu.R. Association is delighted to help produce this booklet.





Julie BRANCHU
(Food &
Health
Engineer and
Dietician)

Cécile BUCHE
(Food &
Health
Engineer)

We hope you enjoy this recipe book as much as we enjoyed writing and testing it.

These recipes have been developed with the essential goal of helping you maintain an enjoyable, tasty and nutritionally wholesome diet.

Now it's up to you. This booklet empowers you to cook quick and easy meals that don't tire you out and that offer maximum benefits for your health and your taste buds.

Julie and Cécile

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