

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

Recipes for Spring

*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.

When it comes to diet, there are three main ways of reducing the undesirable effects of treatment and optimising its benefits to improve your quality of life. These are maintaining the enjoyment and rituals of eating for as long as possible, limiting food avoidance as much as possible by adapting the way you cook, and avoiding dangerous ways of eating ^{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.



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.

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.

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

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



IN THIS SEASON
OF NEW
GROWTH,
LET'S GIVE
OUR BODIES
WHAT THEY NEED
AFTER A LONG
WINTER.

March, April and May are the months of renewal, so follow nature's rhythm and get ready to move! Spring is the perfect time to stock up on fresh, just-harvested vegetables. Visit your local market for crisp, juicy vegetables to accompany your dishes.

This season, it's goodbye to the pre-prepared meals we turn to in winter and hello to fresh, wholesome ingredients. As nature turns green again, it renews our plates along with it.

Spring is when some of the best aromatic herbs come into bloom, such as chives, dill, sage and rosemary. Along with their many health-promoting effects, they stimulate the taste buds and can radically transform the taste of a meat or fish dish.

Fresh, tender vegetable tops work wonders in soups, salads and smoothies. For soups, simply add the greens 5 minutes before the end of cooking time.























Asparagus, radishes, artichokes, avocados can be added to cold dishes or served with white meat or fish, as can fruits such as pineapple, bananas and apples. Spring is also the 'catching season' for amazing fish and seafood packed with healthy fatty acids (cod, hake, pollack, mackerel, whiting, sardines, tuna, trout and prawns in particular).

Did you know? Green asparagus is much more concentrated in micronutrients than white asparagus. It's ideal cooked in a pan with a stock base, while white asparagus is usually cooked in a large volume of salted water, English-style. Green asparagus goes well with many types of meat, while its white cousin can be served with a creamy sauce as a starter.

FOR A TRULY SEASONAL DISH, USE FREE-RANGE EGGS AS A TOPPER FOR SALADS BASED ON GREEN OR STARCHY VEGETABLES. ALTERNATIVELY, SERVE THE EGGS AS AN APPETISER.

For a sweet treat, make crèmes brûlée, panna cotta or crumble with rhubarb, strawberries or coconut...

VEGETABLES	KEY NUTRIENTS ^{7,8}	BENEFITS ^{7,8}
 ARTICHOKE	Fibre / polyphenols, vitamin B9, anthocyanins / iron	Accelerates intestinal transit / antioxidant / lowers blood cholesterol / fights anaemia
 ASPARAGUS	Polyphenols, carotenoids, vitamins B9 & K / sulphur compounds / fibre	Antioxidant / protects the intestine / accelerates intestinal transit
 AVOCADO	Fibre / vitamin B9, potassium / unsaturated fatty acids	Accelerates intestinal transit / antioxidant / lowers blood cholesterol
 CUCUMBER	Fibre / polyphenols, copper / water	Accelerates intestinal transit / antioxidant / low in calories
 WATERCRESS	Carotenoids, flavonoids, vitamin A, calcium / iron	Antioxidant / fights anaemia
 SPINACH	Vitamins A, B9 & K, magnesium / iron / fibre	Antioxidant / fights anaemia / accelerates intestinal transit
 FENNEL	Vitamins B9 & C, potassium, polyphenols / fibre	Antioxidant and diuretic / accelerates intestinal transit / low in calories
 FAVA BEAN	Fibre / vitamins B9 & C, potassium, phosphorus / iron	Accelerates intestinal transit / antioxidant / fights anaemia
 FLAX	Fibre / omega-3 / iron	Accelerates intestinal transit / immunostimulant / fights anaemia
 PEAS	Vitamins C, B9 & B1 / fibre / iron	Antioxidant / accelerates intestinal transit / fights anaemia
 RADISH	Vitamins B9 & C, potassium	Antioxidant and diuretic
 ROCKET	Carotenoids, magnesium, calcium, vitamins B9 & C / omega-3 / iron	Antioxidant / immunostimulant / fights anaemia

FRUIT	KEY NUTRIENTS ^{7,8}	BENEFITS ^{7,8}
 PINEAPPLE	Fibre / polyphenols, manganese, vitamin C / bromelain	Accelerates intestinal transit / antioxidant / anti-inflammatory
 BANANA	Carotenoids, vitamin B6, potassium / fibre	Antioxidant / accelerates intestinal transit
 LEMON & LIME	Vitamin C, flavonoids / complex carbohydrates (pectin) / fibre	Antioxidant / lowers blood cholesterol / regulates intestinal flora and blood sugar levels / accelerates intestinal transit
 STRAWBERRY	Vitamins B9 & C, flavonoids / fibre	Antioxidant / accelerates intestinal transit
 COCONUT MILK	Iron / phosphorus, manganese, vitamin B9	Fights anaemia / antioxidant
 COCONUT MEAT	Fibre / vitamin B6, selenium, manganese	Accelerates intestinal transit / antioxidant
 GREEN APPLE	Vitamin C, polyphenols / complex carbohydrates (pectin)	Antioxidant / lowers blood cholesterol / regulates intestinal flora and blood sugar levels
 RHUBARB	Vitamin C, polyphenols, calcium / fibre	Antioxidant / accelerates intestinal transit / low in calories

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.

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.

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Carpaccio

OF ARTICHOKE WITH TAPENADE

Starter

WHAT MAKES THIS RECIPE GREAT

This delicious, fresh vegetarian carpaccio is a charmingly original take on a classic. Artichokes are recommended to aid with digestive complaints and are rich in fibre, which aids intestinal transit. They also contain vitamin B9 and copper, which help the immune system to function properly.



INGREDIENTS

 Serves two

- 6 large fresh artichoke bottoms, trimmed (or from a tin)
- 75 g tapenade
- ½ lemon
- 2 tbsp olive oil
- 1 tbsp vinegar
- 6 cherry tomatoes
- 1 ball of mozzarella or burrata
- Salt, pepper

METHOD

If using fresh artichoke bottoms, simmer them in salted water for 20-30 minutes, then drain.

Squeeze the lemon.

Thinly slice the artichokes and arrange them attractively on 2 plates.

Squeeze the lemon juice over the artichokes immediately to prevent them turning dark.

Reduce the thickness of the tapenade by adding the olive oil and vinegar and drizzle over the artichokes. Garnish with the cherry tomatoes and mozzarella or burrata. Season with a little pepper and serve chilled.



Creamy

ARTICHOKE SPREAD

Starter

WHAT MAKES THIS RECIPE GREAT

This creamy artichoke spread makes an excellent aperitif for starter, with a creamy texture that is ideal for people with chewing or swallowing difficulties. Artichokes contain fibre, which facilitates intestinal transit, and vitamin B9 and copper, which contribute to a healthy immune system.



INGREDIENTS

 Serves two

4 artichoke bottoms, trimmed
(or 1 small jar of artichoke hearts)
100 g fromage frais
(creamy soft cheese)
½ lemon
Salt, pepper

METHOD

If using fresh artichoke bottoms, simmer them in salted water for 20-30 minutes, then drain. Blend with the juice of half a lemon.

Add the fromage frais.

Season with salt and pepper.

Serve as a spread or dip.

Tip: Choose soft sliced bread if you suffer from mouth soreness.



Asparagus

ROASTED WITH CURED HAM AND
TOMME DE SAVOIE CHEESE

Quick meal

WHAT MAKES THIS RECIPE GREAT

This delicious roasted asparagus recipe provides the protein you need to keep your muscles working properly. Asparagus contains vitamin B9, which helps reduce fatigue and contributes to the normal functioning of the immune system.



INGREDIENTS

 Serves two

- 250 g green asparagus
- 80 g cured ham
- 70 g Tomme de Savoie cheese, sliced
- 1 knob of butter
- 1 bottle sparkling water (or still water + 1 tsp bicarbonate of soda)

METHOD

Preheat the oven to 200°C (gas mark 6-7).

Place the asparagus in a small pan, cover generously with sparkling water and cook without a lid for 10 to 15 minutes. The exact cooking time required will depend on the thickness of the asparagus stems. Do not add salt.

Wait for all the water to evaporate, keeping an eye on the cooking process. If the asparagus are cooked but there is still some water remaining, discard it. Once all the water is gone, add a knob of butter to glaze the asparagus.

Remove the fat from the slices of ham.

Assemble one or more bundles of asparagus and wrap the ham around the bundle to hold it in place.

Place in an ovenproof dish.

Place a slice of cheese on top of the ham. Place in the preheated oven for 5 to 10 minutes to melt the cheese.

Note: This recipe does not require added salt because the ham and cheese are already salted.



Papillotes

OF WHITE ASPARAGUS
AND PRAWNS

Complete dish

WHAT MAKES THIS RECIPE GREAT

This delicious sweet 'n' savoury papillote is ideal for those suffering from impaired or altered taste or smell. Prawns provide essential protein for your muscles; asparagus contains vitamin B9, which helps the immune system to function properly. Lemon is a great choice if you're suffering from diarrhoea.



INGREDIENTS

 Serves two

500 g white asparagus
12 cooked peeled prawns
2 lemons
1 orange
20 g butter
Salt, pepper

METHOD

Preheat the oven to 200°C (gas mark 6-7).

Wash the asparagus and peel if necessary.

Prepare two equally sized rectangles of baking parchment. Divide the whole asparagus stalks evenly between the two and sprinkle with lemon zest.

Peel a lemon and an orange and separate them into segments. Juice the second lemon.

Heat the lemon juice and butter in a saucepan.

Pour the heated lemon juice and butter over the asparagus and add the citrus wedges and prawns.

Season with salt and pepper. Seal the papillotes by folding each half of the paper over the asparagus and twisting the ends.

Bake for 25 to 30 minutes.



Cucumber

TAGLIATELLES WITH SMOKED SALMON

Starter

WHAT MAKES THIS RECIPE GREAT

This original recipe for cucumber tagliatelle is fresh and tasty. Cucumbers is a source of fibre, which facilitates intestinal transit, while salmon provides essential protein for the muscles. This light, refreshing dish is ideal for days when you don't have much appetite.



INGREDIENTS

 Serves two

- 1 cucumber
- 100 g smoked salmon
- 2 tbsp crème fraîche
- 1 tsp lemon juice
- ½ tsp mustard
- 10 sprigs chives
- A few tarragon leaves
- Salt, pepper

METHOD

Wash and peel the cucumber and remove the ends.

Use a vegetable peeler to shave the cucumber lengthways into neat strips.

In a bowl, combine the crème fraîche, mustard, chopped chives and tarragon, salt, pepper and lemon juice.

Cut the smoked salmon into small strips.

In a salad bowl, combine the cucumber tagliatelle, salmon and crème fraîche sauce.

Chill in the fridge for one hour.



Creamy

CUCUMBER AND AVOCADO SOUP

Starter

WHAT MAKES THIS RECIPE GREAT

This delicious creamy soup is ideal for refreshment on warm spring days. Cucumbers have a high water content and will help keep you hydrated; avocados contain copper, which helps your immune system to function properly. Avocados also contain vitamin B9, which helps reduce fatigue.



INGREDIENTS

 Serves two

- 1 very ripe avocado
- 1 cucumber
- 1 yoghurt
- 4 sprigs dill
- 2 slices of bread
- 4 green olives
- Salt, pepper

METHOD

Peel and chop the avocado and cucumber. Set aside a few pieces of chopped avocado for garnishing.

Blend the rest of the chopped avocado and cucumber with the yoghurt until smooth.

Season to taste with salt and pepper.

Chill in the fridge for one hour.

When you're ready to serve the soup, slice the olives and toast the bread.

Garnish the soup with the sprigs of dill and the chopped avocado and olives. Serve with the toasted bread.



Primavera

SALAD WITH WATERCRESS PESTO

Complete dish

WHAT MAKES THIS RECIPE GREAT

This delicious pasta salad is packed with nutritional goodness, including complex carbohydrates from the pasta, protein from the eggs and fibre from the watercress, peas and tomatoes. The fruits and vegetables in the recipe contain vitamin C, which supports the immune system and fights fatigue. Watercress also contains vitamin A, which helps to combat skin problems.



INGREDIENTS

 Serves two

- 100 g uncooked penne pasta
- 2 eggs
- 300 g cherry tomatoes
- 100 g peas
- 1 bunch watercress
- 1 tbsp pine nuts
- 4 tbsp olive oil
- 1 clove of garlic
- Salt, pepper
- Balsamic vinegar

METHOD

Cook the pasta according to the package instructions, drain and leave to cool.

Boil the eggs for 9 minutes, then gently peel when cooled.

To make the watercress pesto, rinse the watercress under running water, remove the leaves from the stems and dab off any excess water.

Remove the germ from the garlic clove (if present) to improve the flavour, then place the watercress leaves, garlic clove and pine nuts in a food processor and blend thoroughly.

Adjust the consistency of the pesto as desired by adding the olive oil.

Cook the peas and halve the cherry tomatoes.

Mix the pasta with the pesto, then add the cherry tomatoes, peas and halved or sliced eggs. Season with salt and pepper to taste.

Serve chilled with a dash of balsamic vinegar.



Soup

OF WATERCRESS WITH SMOKED BACON

Soup

WHAT MAKES THIS RECIPE GREAT

This tasty watercress soup is ideal if you have difficulties with swallowing or chewing. Enriched with bacon, cream and cheese, it's also perfect for those with small appetites. Watercress contains vitamin A, which supports proper functioning of the immune system and helps to combat skin problems. It also contains vitamin C, which is great for reducing fatigue.



INGREDIENTS

 Serves two

- ½ bunch watercress
- 1 large potato
- ½ shallot
- 10 g butter
- 60 g smoked bacon
- 50 g parmesan
- Single cream
- Salt, pepper

METHOD

Remove the large watercress stems and wash the leaves. Peel the potato and shallot. Dice the potato.

Lightly fry the watercress in the butter, then set aside for later.

Fry off the shallots and smoked bacon.

Add the potato and de-glaze the pan with a little water.

Leave to cook until the potato is almost ready.

Add the watercress and finish cooking.

Blend the soup finely and strain through a fine mesh sieve.

Sprinkle with parmesan. Adjust to your desired consistency by adding single cream.

Taste and adjust the seasoning if necessary.



Samosas

WITH GOAT'S CHEESE AND SPINACH

Starter

WHAT MAKES THIS RECIPE GREAT

This delicious samosa recipe is ideal for days when you don't have much appetite. You can eat as much or as little as you want, and the samosas can be served at any temperature. Spinach contains vitamins B9 and E, which help the immune system function properly. It also contains iron, which helps combat fatigue, and calcium, which is good for the bones.



INGREDIENTS

 Serves two

- 400 g fresh spinach
- 200 g fresh goat's cheese
- 8 filo pastry sheets
- 1 garlic clove
- Pepper
- Olive oil

METHOD

Preheat the oven to 200°C (gas mark 6-7).

Rinse the spinach, remove the stems if necessary and fry in butter with the unpeeled clove of garlic.

Remove the spinach from the pan, drain any excess liquid and remove the garlic.

Coarsely chop the spinach along with the fresh goat's cheese. Season with pepper to taste.

Cut each of the filo pastry sheets into two. Fold each of the half-sheets in half again. Place one tablespoon of spinach & goat's cheese mixture at the end of the folded sheet, then bring one corner of the sheet diagonally upwards to cover the mixture and form a triangle. Fold the other end of sheet down and around to seal your samosa.

Lay out the samosas on an ovenproof tray.

Brush with olive oil.

Cook for at least ten minutes, turning halfway through.

Serve hot, warm or cold.



Fish

WITH SPINACH
AND BASIL SAUCE

Complete dish

WHAT MAKES THIS RECIPE GREAT

Thanks to the tasty fillet of fish, this main dish provides the protein you need to keep your muscles working properly. Spinach contains iron to combat fatigue, calcium to protect the bones, and vitamin B9 to support the functioning of the immune system.

The delicate basil sauce is ideal to be enjoyed by those with an impaired or altered sense of taste or smell.



INGREDIENTS

 Serves two

- 400 g spinach
- 1 tbsp olive oil
- 20 g butter
- 2 fillets of firm white fish such as cod
- 1 lemon
- 1 garlic clove
- 25 g pine nuts
- ½ bunch basil
- Salt, pepper

METHOD

Wash the spinach and remove the stems if necessary.

Melt the butter in a frying pan and add the spinach.

Remove from the heat and add a little salt and pepper.

Cover the pan to keep the spinach warm.

Meanwhile, heat a tablespoon of oil in a large frying pan. Cook the fish until golden brown on both sides.

Chop the garlic and basil leaves.

Mix the chopped basil and garlic with the pine nuts and lemon juice.

Divide the spinach between the plates, place the fish on the bed of spinach and drizzle the basil sauce over the top.



Fresh

FENNEL AND SMOKED SALMON

Starter

WHAT MAKES THIS RECIPE GREAT

Because fennel is rich in fibre, this fresh fennel and smoked salmon dish is ideal for digestive troubles.

Fennel also contains potassium, which helps maintain normal blood pressure. Salmon is rich in heart-healthy omega-3 fatty acids.



INGREDIENTS

To make six verrines

- ½ fennel bulb
- 180 g smoked salmon
- 75 g fresh goat's cheese
- 100 g cream cheese
- ½ lemon
- Pepper

METHOD

Chop the fennel into small, even cubes (approx. 5 mm x 5 mm).

Blanch for 3 minutes at 1,000 watts in the microwave using a microwave steam bag or a microwave-safe container covered with cling film.

Squeeze with lemon and set aside in the fridge.

Meanwhile, cut the salmon into small strips.

Mix the goat's cheese with the cream cheese and season to taste with pepper. Stir in the chilled cubes of fennel and the salmon.

Place in the verrines and garnish with a little more fennel, lemon juice and lemon zest (note: avoid lemon if you have mouth ulcers).



Tatin

OF FENNEL

Quick meal

WHAT MAKES THIS RECIPE GREAT

This tasty tatin is an original way to enjoy fennel. This dish can be eaten hot or cold, making it ideal for those with mouth sores or inflammation. In addition, fennel helps to remedy digestive troubles and contains potassium to help maintain normal blood pressure.



INGREDIENTS

Makes one tart

- 1 sheet of ready-made shortcrust pastry
- 1 large fennel
- ½ goat's cheese log
- 2 onions
- 2 sprigs rosemary
- 20 g butter
- Pepper

METHOD

- Preheat the oven to 180°C (gas mark 6).
- Wash the fennel and cut it into large cubes.
- Sauté the fennel in a saucepan along with the butter, chopped onions and rosemary. Leave to continue cooking for around 30 minutes on a low heat. Season with pepper.
- Decant the fennel mixture into a springform tin. Slice the goat's cheese and place it on top.
- Place the pastry over the mixture, tucking the edges in neatly underneath. Make a small hole in the centre of the pastry to allow air to escape.
- Bake for 30 to 40 minutes.
- Remove from the oven and turn out quickly onto a plate. Serve immediately with salad.



Floating

ISLAND
WITH FAVA BEANS

Starter

WHAT MAKES THIS RECIPE GREAT

This original recipe for a savoury floating island is both unusual and delicious.

Broad beans contain fibre to aid intestinal transit plus copper and vitamin B9 to reduce fatigue and boost the immune system. Meanwhile, the eggs in the dish provide essential protein for your muscles. The airy texture of the floating island is ideal for those with swallowing or chewing difficulties.



INGREDIENTS

 Serves two

- 200 g shelled fava beans
- 1 small pot of trout roe
- 2 eggs
- ½ lemon
- 25 cl milk
- 25 g butter
- 1 tbsp dill
- Salt, pepper

METHOD

Cook the beans in boiling water for 15 minutes, drain and peel.

Grate the zest from the half a lemon and squeeze the juice. Chop the dill.

Separate the egg whites from the yolks.

In a saucepan, bring the milk to the boil with the lemon zest and leave to infuse for 15 minutes.

In a bowl, add a little milk to the egg yolks and season with salt and pepper. Pour into the saucepan and leave to thicken over a low heat, stirring continuously, until the mixture coats the spoon. Remove from the heat and stir in 1 teaspoon of dill.

Heat the butter in a frying pan and gently sauté the cooked beans. Season with salt and pepper and sprinkle with the remaining dill. Add the lemon juice.

Beat the egg whites until stiff with a pinch of salt. Cook the beaten egg whites on medium power in the microwave for around 30 seconds.

Spoon the creamy mixture over the bottom of the soup bowls, then place the cooked egg whites and trout roe in the centre of the bowl over the top. Garnish with dill and the sautéed fava beans and serve hot or cold.

Spaghetti

WITH FAVA BEANS AND LEMON

Quick meal

WHAT MAKES THIS RECIPE GREAT

This delicious spaghetti dish contains essential macronutrients such as complex carbohydrates and proteins. Fava beans provide protein for the muscles and are a source of copper and vitamin B9, which contribute to the proper functioning of the immune system. The touch of lemon adds zest to this tasty dish, while basil allows the dish to be enjoyed by those with an impaired or altered sense of taste or smell.

INGREDIENTS

 Serves two

- 200 g spaghetti
- 200 g shelled fava beans
- 2 tbsp olive oil
- 2 garlic cloves, finely chopped
- 1 lemon
- 6 basil leaves, chopped
- Salt, pepper
- Freshly grated parmesan or pecorino cheese (optional)

METHOD

Cook the pasta according to the package instructions. Once the spaghetti is cooked al dente, set aside 4 tablespoons of the pasta water and drain the rest. Return the spaghetti to the pan.

Meanwhile, cook the beans for 3 to 4 minutes in a pan of boiling salted water. Drain carefully and peel.

While the pasta and beans are cooking, heat the oil in a frying pan and sauté the garlic, the zest of the lemon and a little salt and pepper over a low heat for 3 to 4 minutes until the garlic is golden but not brown.

Pour the sautéed mixture over the pasta. Add the beans, the 4 tablespoons of cooking water, the lemon juice and the chopped basil, then reheat over a medium heat, stirring continuously.

Sprinkle with grated parmesan or pecorino cheese to serve (optional).

Tip: For a version with peas and mint, replace the beans with the same quantity of shelled fresh peas and follow the same steps. Replace the basil with mint.



Deconstructed

LASAGNE WITH SALMON AND PEAS

Quick meal

WHAT MAKES THIS RECIPE GREAT

This complete dish is lasagne as you've never eaten it before: a deconstructed take on the classic that makes it quick and easy to prepare. Peas provide fibre to aid intestinal transit and are a source of vitamin B9, which helps the immune system to function properly. Salmon contains heart-healthy omega-3 fatty acids.



INGREDIENTS

 Serves two

- 6 fresh or dried lasagne sheets
- 2 salmon fillets
(about 100 g each)
- 100 g shelled peas
- 200 g ricotta cheese
- A few sprigs of mint, chopped
- 1 tbsp olive oil
- Salt, pepper

METHOD

Dice the salmon fillets.

Whisk the ricotta with the chopped mint leaves, salt, pepper and olive oil. Microwave for 1 minute at 750 watts.

Meanwhile, bring 2 saucepans of salted water to the boil. Place the lasagne sheets into the first pan and cook them for the length of time indicated on the packet. Once they are cooked, drain them and lightly brush them with oil to prevent them sticking together.

Plunge the peas into the second saucepan and cook for around 2 minutes until the water comes back to the boil. Drain and leave to cool.

Meanwhile, heat a non-stick frying pan and cook the salmon for around 5 minutes on each side. Season with salt and pepper.

Plate up the components. Create the 'lasagne' by randomly layering the lasagne sheets and adding salmon, peas and ricotta mixture in between. Drizzle with olive oil and serve immediately.



Verrines

WITH PEAS, HERBS
AND CURRY

Starter

WHAT MAKES THIS RECIPE GREAT

Thanks to the peas, this delicious verrine will provide you with fibre to help intestinal transit. Peas also contain vitamin B9, which helps the immune system to function properly. Coriander adds a zing to this recipe, while also helping to relieve joint pain.



INGREDIENTS

 Serves two

- 150 g peas
- 200 g cream cheese
- 2 tbsp white balsamic vinegar
- 4 tbsp olive oil
- 1 tsp curry powder
- Lime zest
- ¼ bunch coriander
- ¼ bunch chives
- Salt

METHOD

Boil the peas for about 5 minutes. Check that they are al dente, drain and leave to cool.

Place the vinegar, oil, lime zest, chopped herbs and curry powder in a bowl.

Add the cold peas and mix well.

Place the lightly salted cream cheese in the verrines, followed by the peas.

Garnish with a little zest.



Tzatzíki

WITH RADISHES

Starter

WHAT MAKES THIS RECIPE GREAT

This recipe for tzatzíki with radishes is an original take on traditional tzatzíki. Fresh and tasty, this preparation can be eaten as a starter or as an aperitif with family and friends. What's more, radishes contain vitamin C, which is good for your body.



INGREDIENTS

 Serves two

A dozen pink radishes
1 shallot
100 g fromage frais
(creamy soft cheese)
2 tsp chopped chives
A few drops of lemon
Salt, pepper

METHOD

Wash and stem the radishes.
Coarsely chop them, along with the shallot. Place everything in a blender.
Blend for a few moments. Be careful not to blend for too long, so as to retain the crunchiness of the radish.
Add the cream cheese and lemon, and stir until the desired consistency is reached.
Add the chives, plus salt and pepper, if required.
Serve in verrines or as an aperitif dip with breadsticks, toast or vegetable sticks.



Radishes

ROASTED WITH THYME

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This side dish is an original way to use radishes. This simple preparation gives the radishes a more melt-in-the-mouth texture, making them ideal for people who have problems chewing. Thyme will also help combat mouth problems and help digestion.



INGREDIENTS

 Serves two

- 1 large bunch of radishes
- 2 large sprig of thyme
- 20 g butter
- Salt, pepper

METHOD

Rinse and stem the radishes.

Melt the butter in a frying pan.

Brown the radishes for 5–10 minutes with the thyme leaves.

Season with pepper, check the seasoning, and serve immediately.



Primavera

CAESAR SALAD

Complete dish

WHAT MAKES THIS RECIPE GREAT

This succulent Caesar salad is ideal for providing essential proteins for your muscles and vitamins for your whole body.

This is the case with vitamin C, which is present in tomatoes and young shoots, and which helps to reduce fatigue and maintain normal functioning of the immune system. This rather light dish is perfect for small appetites.



INGREDIENTS

 Serves two

100 g of baby greens and rocket
10 cherry tomatoes
20 g of Parmesan cheese (shavings)
1 chicken breast
1 tbsp of olive oil
Plain croutons

For the dressing:

100 g cream cheese
2 tbsp grated Parmesan cheese
Zest of 1 lemon
1 tsp lemon juice
1 tbsp mayonnaise
½ clove garlic, minced
Pepper

METHOD

Grill the chicken breast in a little olive oil.

Quarter the cherry tomatoes.

Prepare the sauce: blend the cream cheese, mayonnaise, lemon juice, lemon zest, minced garlic and grated Parmesan.

Season with pepper to taste.

Pour the sauce over the baby greens and rocket mixture. Add the tomatoes and sliced chicken.

Add the croutons and Parmesan.



Smoothie

WITH GINSENG

Drink

WHAT MAKES THIS RECIPE GREAT

Ginseng has energising properties and will give you a boost. Fresh fruit and vegetables provide useful fibre for intestinal transit, as well as vitamin C to boost the immune system. The texture of the smoothie is particularly suitable for people who have problems swallowing.



INGREDIENTS

 Serves two

- 60 g rocket
- 2 pears or apples, cut into pieces
- 2 kiwi fruit
- 2 bananas
- Juice of 1 lemon
- 500 ml skimmed milk
- 200 g plain Greek yoghurt
- 2 cm fresh ginger
- 1 tsp ginseng powder
- A few ice cubes

METHOD

Mix and blend all the ingredients together. Drink quickly and chilled.



Creole flans

WITH PINEAPPLE,
RUM AND RAISINS

Dessert

WHAT MAKES THIS RECIPE GREAT

These tasty flans will take you on a journey. Their soft, melt-in-the-mouth texture is ideal for those with problems chewing and swallowing. Highly scented, they are ideal for loss of taste and smell.



INGREDIENTS

For 4 small flans

330 ml milk

2 eggs

65 g sugar + 100 g

for the caramel

½ pineapple

50 g sultanas

½ glass rum

METHOD

Cut and trim the pineapple. Cut into cubes.

Dilute the rum with twice its volume of water.

Leave the pineapple chunks and raisins to soak in the rum and water mixture for an hour or two.

Preheat oven to 160°C (gas mark 5-6).

Break the eggs into a bowl, add the sugar and whisk until the mixture whitens. Heat the milk, and pour over the mixture, stirring with a whisk.

Prepare the caramel: in a thick-bottomed saucepan, heat the sugar and 4 tablespoons of water over a high heat without stirring (about 5 minutes), to obtain an amber caramel.

Pour the caramel into 4 small moulds, tilting them in all directions to distribute evenly, and taking care not to burn yourself.

Drain the pineapple chunks and raisins well, then arrange them in the bottom of the moulds. Pour over the milk mixture.

Place the moulds in a double boiler (water halfway up the sides), and place in the oven for 35–40 minutes, without boiling.

Remove the flans from the moulds when cold.
Garnish with a few pieces of pineapple.



Chicken

WITH PINEAPPLE

Complete dish

WHAT MAKES THIS RECIPE GREAT

This succulent pineapple chicken is perfect for even the most discerning palates, thanks to its sweet and savoury flavours.

This complete dish will provide you with proteins to keep your muscles working properly and carbohydrates to keep you feeling full.



INGREDIENTS

 Serves two

- 120 g brown rice or basmati rice trio
- 2 chicken fillets
- ½ pineapple
- ½ onion
- ½ clove garlic
- 1 tbsp olive oil
- 1 tsp curry powder
- 1 tbsp salted soy sauce
- 10 coriander leaves
- Salt, pepper

METHOD

Peel the onion and chop finely.

Peel the garlic and chop finely.

Heat the oil in a frying pan, and brown the onion and garlic.

Then add the chicken pieces, soy sauce, salt and pepper.

Dice the pineapple flesh and add to the mixture, along with the curry powder and a further 3 tbsp of water.

Cover and leave to cook for about 10 minutes over a low heat. At the same time, cook the rice according to the instructions on the packet.

Serve on a plate and add the fresh coriander leaves, which have been washed and chopped.



Avocado

AND COCONUT CREAM

Dessert

WHAT MAKES THIS RECIPE GREAT

This smooth cream will delight and surprise you in equal measure. Its sweetness and richness make it an excellent dessert or sweet snack if you have a small appetite. Its smooth texture is ideal for those with problems chewing or swallowing. Avocados contain copper and vitamin B9, which help the immune system to function properly.



INGREDIENTS

 Serves two

- 2 ripe avocados
- Juice of 1 lime
- 250 ml coconut milk
- Brown sugar

METHOD

Finely blend the avocado flesh, coconut milk and lime juice.
Add sugar if necessary.
Serve chilled.



Spring rolls

WITH AVOCADO

Starter

WHAT MAKES THIS RECIPE GREAT

This tasty Asian dish will bring a touch of the exotic to your plate. With its filling of prawns, vegetables and vermicelli, it provides everything your body needs. Avocados contain vitamin B9 and copper, which help to keep the immune system working properly. Carrots contain vitamin A, which is a good ally in the event of skin problems. Basil is ideal for those with a disturbed sense of taste and smell.



INGREDIENTS

 Serves two

- 4 sheets of rice
- 4 cooked peeled prawns
- 1 avocado
- 1 small carrot
- 4 basil leaves
- 1 scoop rice vermicelli
- Egg roll sauce

METHOD

Cook the vermicelli according to the instructions on the packet. Drain, rinse well and leave to cool.

Peel the avocado and cut into strips.

Wash, peel and cut the carrot into thin sticks. Cut the prawns in half lengthways.

Place a clean tea towel on the work surface.

Soak a sheet of rice in cold water to rehydrate it, then place it on the tea towel.

Arrange towards the bottom of the sheet: 2 prawn halves, a little vermicelli, a few strips of avocado, 1 carrot and a basil leaf.

Fold over the bottom of the sheet, tightening a little, then the sides. Finish rolling the spring roll.

Arrange on a plate, spacing the rolls so they don't stick together.

Serve chilled with the egg roll sauce.



Banana

BREAD

Dessert

WHAT MAKES THIS RECIPE GREAT

This banana bread can be enjoyed on any occasion: for breakfast, dessert or a gourmet break. Quite rich, it's ideal if you've lost your appetite, and will help you fill up on energy.

The cinnamon in this recipe will be your ally against nausea and digestive problems.



INGREDIENTS

For 1 cake

- 250 g flour
- 150 g sugar
- 100 g soft butter
- 100 g walnuts
- 2 eggs
- 3 ripe bananas
- 2 tbsp milk
- 1 tbsp baking powder
- 1 pinch salt
- ½ tsp bicarbonate of soda
- ½ tsp cinnamon

METHOD

Preheat the oven to 180°C (gas mark 6).

Butter a cake tin on all sides, and dust with flour.

Mix the flour, baking powder, bicarbonate of soda, cinnamon and salt in a bowl.

Crush and add the walnuts.

In another bowl, mix the butter and sugar until fluffy.

Add the egg, and then whisk. Purée the bananas with a fork and add to the mixture.

Add the dry ingredients, alternating until fully incorporated.

Bake for 50–55 minutes.

Remove from the oven and leave to cool for 10 minutes in the tin, then transfer to a cooking rack to cool completely.



Banana

MOUSSE
BANOFFEE STYLE

Dessert

WHAT MAKES THIS RECIPE GREAT

This wonderful dessert with its creamy texture is ideal for those who have problems chewing or swallowing. This banana mousse is high in calories, so it's ideal if you're suffering from loss of appetite. Fresh and comforting, this is sure to become your favourite dessert! Bananas contain vitamin B6, which helps the immune system function properly, and potassium, which helps maintain normal blood pressure.



INGREDIENTS

 Serves two

For the mousse:

- 1 banana
- 50 g cream cheese
- 60 g liquid full cream
- 20 g sugar
- 1 tsp lemon juice

For the caramel:

- 35 g sugar
- 7 cl liquid full cream
- ½ tsp ginger powder

For assembly:

- 1 banana
- 2 speculoos

METHOD

Place the chopped banana, lemon juice, sugar and cream cheese in a food processor. Blend until smooth and homogenous.

Whip the cream until stiff. Carefully fold into the mixture.

Place the sugar and 10 ml water in a saucepan.

Gently stir the pan to moisten the sugar.

Cook, without stirring, over a high heat until the mixture turns brown.

Remove from the heat, add the cream in 2 or 3 additions, stir vigorously and add the ginger. Return to the heat, and cook for a further 4 or 5 minutes, stirring constantly. Transfer to a container and leave to cool.

Peel the banana. Cut into small pieces, and squeeze with lemon juice to prevent darkening.

Divide a few banana cubes between the glasses.

Add a tablespoon of caramel, then a layer of mousse.

Repeat until all ingredients are used up. Finish with the speculoos, broken into small pieces.



Chicken

MEATBALLS WITH LEMON, PARMESAN AND HAZELNUTS

Quick meal

WHAT MAKES THIS RECIPE GREAT

These tasty chicken meatballs are a good source of the protein your muscles need. Their small size makes them suitable for everyone, even those with a poor appetite. Hazelnuts are good for your body because they are rich in vitamins and minerals that help your immune system and nervous system to function properly. Lemon is useful in cases of diarrhoea.



INGREDIENTS

 Serves two

250 g chicken breast
35 g breadcrumbs
30 g hazelnuts
30 g grated Parmesan
1 whole lemon zest
+ juice of ½ lemon
10 fresh peppermint leaves
or 1 tsp dried peppermint
1 tbsp olive oil
Salt, pepper

METHOD

Roughly blend the chicken breast.
Chop the mint, and crush the hazelnuts.
Mix the blended chicken with the breadcrumbs, grated lemon zest, Parmesan, chopped mint, chopped hazelnuts and lemon juice.
Season with salt and pepper.
Form into walnut-sized balls.
Heat the olive oil in the bottom of a large frying pan, and brown the meatballs for 4–5 minutes on each side.
Serve hot with raw vegetables, for example.



Lemon

CAKE

Dessert

WHAT MAKES THIS RECIPE GREAT

This tasty lemon cake is sure to bring back fond memories of your childhood. Its airy texture is pleasant to eat and suitable for those who have problems swallowing or chewing. Lemon also helps to reduce diarrhoea.



INGREDIENTS

For 1 cake

- 4 eggs
- 120 g flour
- 150 g sugar
- 80 g butter
- 120 ml lemon juice (2 or 3 lemons)
- Zest of a large lemon
- 1 packet baking powder
- 1 pinch salt
- 1 pinch bicarbonate of soda
- Icing sugar

METHOD

Preheat the oven to 180°C (gas mark 6) then butter and flour a springform tin.

Sift the flour, baking powder, salt and bicarbonate together into a bowl. Mix well.

Separate the egg whites from the yolks.

Beat the yolks with the sugar until the mixture is pale and frothy. Melt the butter, and add to the mixture.

Mix the lemon zest and juice with the egg yolks, sugar and butter.

Gradually add the dry mixture (flour, baking powder and bicarbonate of soda).

In another bowl, beat the egg whites until stiff with a pinch of salt.

Gently fold the egg whites into the mixture using a spatula, without breaking them.

Pour into the tin, and bake for 30–45 minutes. Prick the centre of the cake with the tip of a knife to check that it is cooked through. The blade should come out clean and dry. Let cool to room temperature.

Once cool, dust with sifted icing sugar.



Lemonade

WITH GINGER

Drink

WHAT MAKES THIS RECIPE GREAT

This delicious lemonade will help you to stay hydrated and refreshed as the warmer weather returns. Ginger helps fight nausea and vomiting.



INGREDIENTS

 Serves two

- 2 limes
- 2 cm fresh ginger
- 2 tbsp caster sugar
- 500 ml water
- A few ice cubes

METHOD

Peel and grate the ginger.

Squeeze the juice from the lemons.

Pour the juice and sugar into a saucepan, and bring to the boil. Add the ginger, remove from the heat and cover. Leave to infuse for 15 minutes.

Filter the juice and pour into a carafe. Add the water. Mix well and chill.

Just before serving, add a few ice cubes.

Tip: You can also replace still water with sparkling or hot water.



Scallops

WITH TARRAGON AND LIME

Quick meal

WHAT MAKES THIS RECIPE GREAT

These delicious skewers of scallops are a good source of the protein your muscles need to function properly. They can be eaten as an aperitif, as a starter or as a main course with a tarragon purée, for example. Lime will be an ally in the fight against diarrhoea.



INGREDIENTS

For 6 skewers

- 12 scallops without coral
- 1 tbsp coarsely chopped fresh tarragon
- 1 tbsp lime juice
- 1 tbsp olive oil
- 2 limes

METHOD

- Place the scallops, tarragon, lime and olive oil in a salad bowl.
- Stir well and leave to marinate in the fridge for about an hour.
- Cut each lime into quarters.
- Thread a scallop, a lime wedge and another scallop onto each skewer.
- Cook the skewers on a pre-heated, oiled grill, a la plancha or under the oven grill. Serve hot.



Strawberry

AND CHANTILLY ROLL

Dessert

WHAT MAKES THIS RECIPE GREAT

This delicious strawberry and whipped-cream roll will take you back to your childhood! Its melt-in-the-mouth texture is ideal for those who have problems chewing or swallowing. Strawberries add freshness to this dessert, as well as vitamin C, ideal for fighting fatigue.

Basil will be your ally if your sense of taste or smell goes awry.



INGREDIENTS

For 1 roll

- 4 eggs
- 280 g sugar
- 85 g flour
- 125 g mascarpone (well chilled)
- 25 cl full liquid cream 30%–35% fat (very cold)
- 90 g strawberry purée
- 200 g fresh strawberries
- 3 basil leaves

METHOD

Preheat oven to 210°C (gas mark 7).

Separate the egg whites from the yolks.

In a bowl, whisk the yolks with 135 g of sugar and add the flour.

In another bowl, whisk the egg whites with 85 g of sugar.

Gently mix the two preparations together.

Pour onto a baking tray lined with baking paper. Spread out well and bake for 5 minutes.

Pour the mascarpone into a bowl, add the liquid cream and remaining sugar, and whip with a hand mixer.

Add the strawberry purée and chopped basil. then set aside for later.

Wash, hull and finely dice the strawberries.

Once cooked, turn the biscuit out of the tin onto a tea towel that is not too damp, and trim the edges.

Top with the strawberry whipped cream without crushing it, and add the chopped strawberries.

Roll up the biscuit and place on a cooking rack.

Leave to cool before serving.



Verrines

WITH STRAWBERRIES,
PEPPERMINT AND CHANTILLY

Dessert

WHAT MAKES THIS RECIPE GREAT

This fresh, tasty verrine is an excellent spring dessert. A touch of peppermint will help you fight nausea. Basil can also be used in place of mint if your taste or smell is a little off.



INGREDIENTS

 Serves two

- 125 g mascarpone (well chilled)
- 100 ml 30%–35% full liquid cream (well chilled)
- 1 packet vanilla sugar
- 150 g strawberries
- 6 Breton shortbread
- 1 tsp fresh or dried peppermint

METHOD

Coarsely crush the Brittany shortbread and place in the bottom of two large verrines.

Whip the cream using a hand mixer, mixing the mascarpone, cream and vanilla sugar.

Wash and chop the strawberries, and add the chopped fresh or dried peppermint.

Place the chopped strawberries on top of the shortbread in the verrines, and finish by piping the Chantilly cream.

Garnish with a whole strawberry and a sprinkling of peppermint.



Mini-cakes

WITH CHOCOLATE AND FLAXSEED

Dessert

WHAT MAKES THIS RECIPE GREAT

These delicious flax and chocolate cakes are a variation on the traditional chocolate chip cake. Very soft, their texture is ideal for those who have difficulty chewing. Their small size suits all appetites. Flax provides omega-3s, which are good for your cardiovascular system. Dark chocolate is rich in magnesium and helps combat fatigue.



INGREDIENTS

For 6 mini-cakes

- 200 g flour
- 250 ml milk
- 4 tbsp hazelnut or almond purée
- ½ packet baking powder
- 100 g sugar
- 5 tbsp chocolate chips
- 3 tbsp flaxseed

METHOD

Preheat oven (gas mark 6).

Grind the flaxseed using a coffee grinder or mortar. Mix the flaxseed powder with 6 tbsp of cold water. Leave to rest for about 20 minutes.

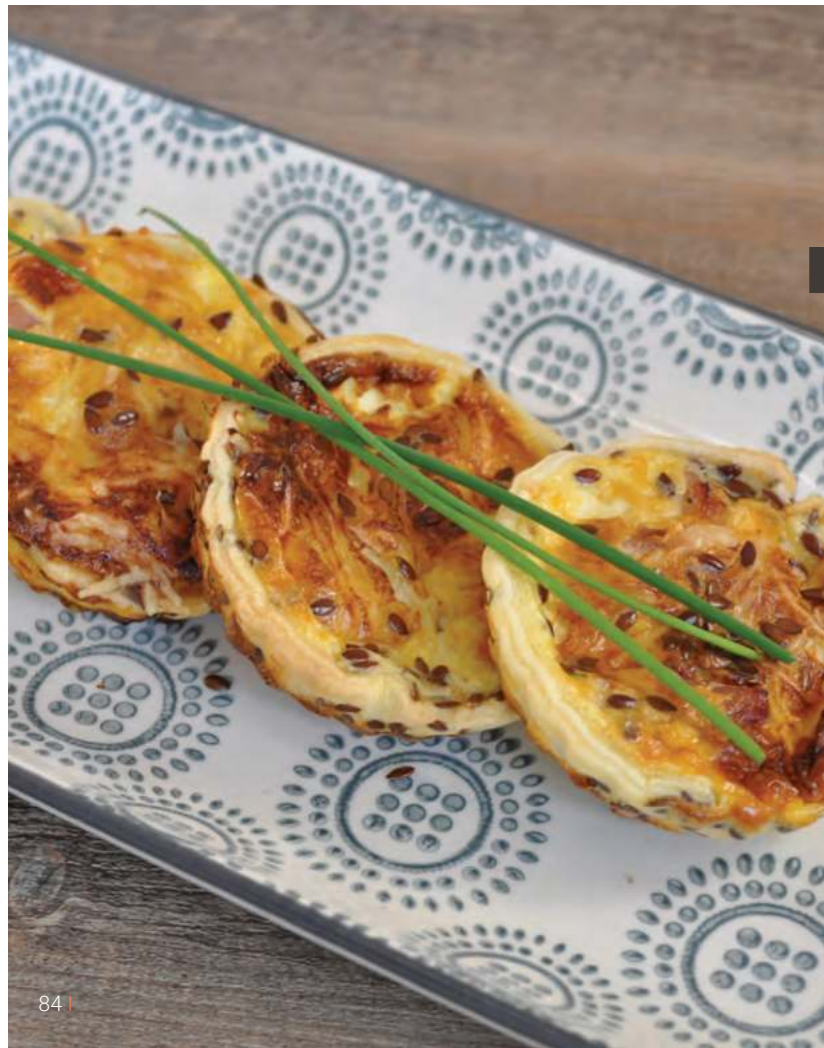
Add the milk and almond or hazelnut purée. Mix the flour, baking powder, sugar and chocolate chips.

Pour the wet mixture over this, and mix gently.

Pour the mixture into small cake tins.

Bake for 20–25 minutes.

Unmould and leave to cool on a cooking rack.



Crispy

LITTLE QUICHES WITH FLAXSEED

Starter

WHAT MAKES THIS RECIPE GREAT

These little tarts can be eaten at any time of the day when you're feeling a bit peckish. They're just as good hot or cold, so they're ideal if you can't stand hot food. Flax will be your ally in the event of skin lesions.



INGREDIENTS

For 8 tartlets

- 1 shortcrust pastry
- 5 tbsp golden flaxseeds
- 100 g lardons
- 70 g grated Gruyère
- 1 whole egg + 1 egg yolk
- 10 cl crème fraîche
- 10 cl milk
- Salt, pepper

METHOD

Preheat the 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.

Cut out circles slightly larger than the size of the tartlet tins.

Butter the moulds if necessary and roll out the shortcrust pastry. Fry the lardons without fat.

Meanwhile, beat the eggs, milk, sour cream and half of the grated Gruyère cheese in a bowl.

Remove the fat from the lardons on kitchen paper and arrange them on the tartlets.

Spread the prepared mixture over the pastry. Sprinkle with the remaining flax seeds and spread with the remaining grated Gruyère.

Bake in the oven for 20 minutes.



Piña colada

(ALCOHOL-FREE)

Drink

WHAT MAKES THIS RECIPE GREAT

This refreshing festive drink will appeal to you and your friends. Alcohol-free, it's suitable for everyone and can be enjoyed without moderation!



INGREDIENTS

 Serves two

- 15 cl pineapple juice
- 9 cl coconut milk
- 6 cl orange juice
- 2 slices fresh pineapple
- 2 vanilla pods
- 2 sprigs fresh mint
- Ice cubes

METHOD

Blend the pineapple juice, orange juice, coconut milk, mint, vanilla and several ice cubes in a blender.

Pour the cocktail into large glasses.

Cut out the pineapple slices and place them attractively on the rim of the glasses.

Garnish the cocktails with the vanilla pods, split lengthways, and the fresh mint sprigs.

Serve immediately.



Crème

BRÛLÉE WITH COCONUT MILK

Dessert

WHAT MAKES THIS RECIPE GREAT

This original dessert will help you rediscover an essential part of French cuisine. The texture of this coconut milk crème brûlée is ideal for those who have problems chewing or swallowing.



INGREDIENTS

 Serves two

- 4 eggs
- 200 ml coconut milk
- 100 ml liquid cream
- 120 g cane sugar
- 40 g grated coconut

METHOD

Preheat oven to 150°C (gas mark 5).

Separate the egg whites from the yolks.

Whisk the yolks with 100 g of sugar.
Stir in the cream and coconut milk.

Pour the mixture into ramekins, and bake in a double boiler for 20 minutes.

Sprinkle with the sugar and place under the grill for a further 5 minutes.

Tip: You can use the egg whites to make meringues or almond tuiles.



Salad

WITH APPLE, CUCUMBER
AND MINT

Starter

WHAT MAKES THIS RECIPE GREAT

This delicious apple, cucumber and mint salad is refreshing and low in calories. Its sweet and savoury notes are ideal for those with taste disorders. A touch of mint will help reduce nausea and vomiting.



INGREDIENTS

 Serves two

- 1 cucumber
- 1 Granny apple
- 60 g feta cheese
- 50 g pomegranate seeds
- Juice of ½ lemon
- 1 tbsp olive oil
- 1 tsp peppermint

METHOD

Wash, peel and finely dice the cucumber and apples.

Cut the feta into small cubes.

Combine the various ingredients with the pomegranate in a container.

Season with oil, lemon juice and mint.



Verrines

WITH CRABS AND
GREEN APPLE

Starter

WHAT MAKES THIS RECIPE GREAT

This delicious sweet and savoury starter combines crab and green apple. The green apple adds a refreshing touch to the recipe. The lemon helps fight diarrhoea.



INGREDIENTS

 Serves two

- 1 tin of crabmeat and claws or grated surimi
- 1 green apple
- ½ tbsp lemon juice
- ½ tbsp mayonnaise
- ½ tbsp cream cheese
- Salt, pepper

METHOD

Carefully drain the crab crumbs. Mix with the cream cheese and mayonnaise. Season with salt and pepper.

Peel the apple and cut into small pieces. Blend coarsely with a tablespoon of lemon juice.

Fill the bottom of the verrines with apple purée and top with a layer of crab mixture.

Serve immediately.

Tip: If you want to prepare these verrines in advance, increase the amount of lemon juice in the apple purée, as it oxidises very quickly.



Rhubarb

LEMONADE

Drink

WHAT MAKES THIS RECIPE GREAT

This refreshing drink will keep you hydrated throughout the day. Ideal cold, it can also be drunk warm or with sparkling water.



INGREDIENTS

 Serves two

- 500 ml water
- 2 to 3 tbsp sugar
- 2 sprigs rhubarb
- Juice of 1 lemon

METHOD

Bring the water and sugar to the boil in a saucepan. Add the rhubarb, cut into sections.

Bring back to the boil and simmer over a low heat for about 5 minutes.

Strain through a sieve, and leave to drain for 10 minutes, without pressing the rhubarb.

Pour into a jug, and add the lemon juice. Serve the lemonade chilled with ice cubes.



Apple

AND RHUBARB TARTLETS

Dessert

WHAT MAKES THIS RECIPE GREAT

This delicious dessert is a variation on the traditional apple tart. As well as adding a tangy note, rhubarb contains an interesting amount of fibre, which helps to ease intestinal transit.



INGREDIENTS

Makes six tartlets

- 1 ready-made shortcrust pastry
- 2 apples
- 3 sprigs of rhubarb
- Sugar (optional)

METHOD

Preheat oven to 180°C (gas mark 6).

Wash and peel the apples and rhubarb.

Cook the apples, and blend coarsely to make a compote.

At the same time, cut the rhubarb into small pieces.

Cut circles of shortcrust pastry with a diameter slightly larger than the size of the tartlet moulds.

Roll out the pastry in the moulds.

Top with the compote and add the rhubarb sections.

Add sugar if necessary.

Bake for 30 minutes.

Serve warm or cold.



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

We would like to thank

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 - Julie BRANCHU (*Agri-food Engineer and Dietician*)
 - Cécile BUCHE (*Food & Health Engineer specialising in training and food quality*)
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