

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

# Recipes for Summer

*Cuisine that celebrates seasonal  
flavours and ingredients*



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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 <sup>1</sup>.

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 <sup>1,2</sup>.

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

The aim of this booklet is to help you choose foods and ways of preparing them <sup>1,2</sup> 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 <sup>1,3</sup> 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](http://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 <sup>4</sup>, 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 <sup>4</sup>. 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 <sup>5,6</sup>.

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. <sup>1</sup>

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

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



IN SUMMER,  
OUR MEALS  
GET A BREATH  
OF FRESH  
AIR!

At this time of year, our eating habits change, and we eat more raw fruit, vegetables, meat and fish. Pay attention to hygiene in the kitchen, respect the cold chain and master preservation techniques.

The summer holidays are a good time to relax, and the longer days make for late-night aperitifs, but don't let the slackness spill over into your meals. The best thing to do in summer is to choose fresh foods and light recipes to satisfy your cravings for easy-to-digest meals. Our bodies generate more heat by digesting more slowly, and it's already hot enough outside!

Summer is the season for light clothing ... and dieting! But during treatment, trying to lose weight is not a good idea.










Mixed salads are a real all-rounder and one of summer's big stars. Made with the many vegetables of this season blessed with variety, they are hydrating, rich in vitamins, minerals and fibre, and can be served with any meal as fruit or vegetables (or both), in combination with a source of animal protein. This nomadic combination cuisine (salads, toastades, wraps, sandwiches, etc.) takes us away from the stove, but in itself is in no way detrimental from a nutritional point of view.










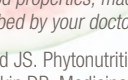


Some **fragile intestines** cannot tolerate eating too many raw vegetables and fruit. Although richer in vitamins and minerals, they are not easy to digest for everyone. You should be aware that some vegetables rich in fat-soluble micronutrients require seasoning (such as a vinaigrette with rapeseed or walnut oil, or a sauce such as Mayonnaise, Béarnaise, etc.) to ensure that they are properly absorbed.

**AS YOU CAN SEE, SUMMER IS A SEASON THAT MAKES IT EASY TO VARY AND BALANCE YOUR MENUS.**

Its long, sunny days encourage regular physical activity (e.g. walking, cycling), which means we can all enjoy a little indulgence from time to time!

VEGETABLES	KEY NUTRIENTS <sup>7,8</sup>	BENEFITS <sup>7,8</sup>
 GARLIC	Vitamin C, selenium, potassium/sulphur compounds/fibre	Antioxidant/protects the intestine/accelerates intestinal transit/low in calories
 AUBERGINE	Fibres/anthocyanins, manganese, copper	Antioxidant/accelerates intestinal transit
 CHARD	Fibre/vitamin K/iron	Accelerates intestinal transit/regulates blood coagulation/protects against anaemia
 COURGETTE	Vitamins C and B9/potassium, sodium/lutein	Antioxidant/diuretic/retinal protector
 GREEN BEANS	Vitamins B9 and C/potassium/fibre/iron	Antioxidant/accelerates intestinal transit/against anaemia
 LETTUCE	Provitamin A/vitamins B9 and C/fibre	Immunostimulant/antioxidant/accelerates intestinal transit
 CORN	Complex carbohydrates/fibre/vitamin B9, magnesium	Lowers blood cholesterol/regulates intestinal flora and blood sugar levels/accelerates intestinal transit/antioxidants
 PEPPER	Vitamin C, potassium/provitamin A	Antioxidant, diuretic/immunostimulant/low in calories
 TOMATO	Fibre/vitamin C/provitamin A	Antioxidant/accelerates intestinal transit/immunostimulant

FRUIT	KEY NUTRIENTS <sup>7,8</sup>	BENEFITS <sup>7,8</sup>
 APRICOT	Fibre/flavonoids, carotenoids, vitamin A	Antioxidant/accelerates intestinal transit
 ALMOND	Unsaturated fatty acids/fibre/vitamin E	Lowers cholesterol/antioxidant/accelerates intestinal transit
 BLACK CURRANT	Vitamin C, flavonoids/complex carbohydrates (pectin)	Antioxidant/lowers blood cholesterol/regulates intestinal flora/regulates blood sugar levels
 CHERRY	Vitamins A and C/fibre/copper, iron	Antioxidant/accelerates intestinal transit/against anaemia
 RASPBERRY	Vitamins C and B9, polyphenols/fibre	Antioxidant/accelerates intestinal transit
 RED CURRANT	Vitamin C, potassium, polyphenols/complex carbohydrates (pectin)	Antioxidant/lowers blood cholesterol/regulates intestinal flora/regulates blood sugar levels
 MELON	Vitamins C and A, carotenoids, polyphenols/fibre/high water content	Antioxidant/accelerates intestinal transit/low in calories
 NECTARINE	Polyphenols, vitamin C/fibre	Antioxidant/accelerates intestinal transit
 WATERMELON	Carotenoids, vitamin C/fibre	Antioxidant/accelerates intestinal transit
 PEACH	Fibre/vitamin C, polyphenols, potassium/copper, iron	Antioxidant/accelerates intestinal transit/against anaemia

*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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# Salmon

WITH GARLIC BUTTER  
AND GINGER

Quick meal

## WHAT MAKES THIS RECIPE GREAT

This succulent salmon recipe is original and full of goodness. Ginger will be your ally against nausea. It also contains potassium, which helps maintain normal blood pressure. Garlic contains many minerals: manganese, which has protective properties; phosphorus, which helps maintain normal bone structure; and copper, which helps your immune system function properly. Salmon is a source of heart-healthy omega-3s.



## INGREDIENTS

 Serves two

- 2 salmon steaks
- 2 cm fresh ginger (about 10 g)
- ½ clove garlic
- 50 g butter
- 1 pinch grated lemon zest
- 1–2 tsp lemon juice
- 1–2 tbsp soy sauce
- 1 tsp brown sugar

## METHOD

Cook the salmon steaks in the microwave in a dish covered with cling film.

Cook for 4 minutes at 800 watts or 5 minutes at 600 watts.

Peel and grate the ginger, and crush half a clove of garlic.

Place the chopped butter, garlic, ginger, lemon zest, lemon juice, soy sauce and sugar in a saucepan, and heat until the butter melts and barely simmers.

Arrange the salmon steaks on plates and drizzle with the flavoured butter.

Serve with rice and steamed julienne vegetables.

*Tip: If you have trouble digesting garlic, you can infuse the unmashed half clove in the sauce and remove it just before serving.*



# Pistou

SOUP

Quick meal

## WHAT MAKES THIS RECIPE GREAT

This soup is a complete dish, providing proteins and complex carbohydrates with the red and white beans and pasta, as well as plenty of vegetables.

Proteins are essential for muscle function. Basil is ideal for those with a disturbed sense of taste and smell.



## INGREDIENTS

 Serves two

- 200 g cooked red kidney beans
- 200 g cooked white beans
- 100 g green beans
- 1 small courgette
- 1 carrot
- 1 tomato
- ½ onion
- 60 g raw baby pasta
- 2 cloves of garlic
- 1 bunch basil
- Olive oil
- Salt
- Grated cheese

## METHOD

Wash the vegetables, peel the carrots and remove the stalks from the green beans.

Cut the courgette in half lengthways and then into slices. Cut the carrot into small cubes. Cut the green beans into 2–3 lengths. Cut the tomato into large wedges. Mince the onion.

In a large casserole dish, brown the chopped onion with 1 tablespoon of olive oil. Add the green, red and white beans, carrot, tomato and courgette, oil and onion. Cover with plenty of cold water. Season with salt. Cover and cook over a low heat for 45 minutes after boiling. Add the pasta and cook for a further 10 minutes.

Meanwhile, prepare the pistou: remove the leaves from the basil and blend with the garlic and olive oil to make a paste.

Add half the pistou to the soup and the other half to a bowl.

Serve the soup as is, adding some pistou and grated cheese as required.

*Tip: This soup will taste even better reheated the next day.*



# Cannelloni

WITH AUBERGINE,  
PEPPER AND RICOTTA

Quick meal

## WHAT MAKES THIS RECIPE GREAT

This tasty summer dish is ideal because you can eat as much cannelloni as you like.

The stuffing made with peppers provides you with vitamin C and vitamin B6, which not only help to fight fatigue but also contribute to the proper functioning of your immune system. The aubergine in the stuffing contains a significant amount of fibre, which helps your intestinal transit. Basil adds a divine flavour to this dish and is ideal for those with impaired sense of taste or smell.



## INGREDIENTS

 Serves two

- 6 cannelloni
- 1/3 aubergine
- 1/3 pepper
- 70 g ricotta cheese
- 20 g grated parmesan
- 2 tbsp crème fraîche
- A few basil leaves
- Olive oil
- Salt, pepper

## METHOD

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

Cut the aubergine into rings, and the pepper into quarters. Heat a tablespoon of olive oil in a saucepan and cook the aubergine and pepper until tender (about 5 minutes over medium heat).

Meanwhile, cook the cannelloni in a pan of boiling salted water for 2 minutes. Drain quickly on a tea towel without layering.

Prepare the filling: mix the ricotta with half the Parmesan, and add the chopped basil and a drizzle of olive oil. Season with salt and pepper.

Blend the vegetables and add to the stuffing.

Fill the cannelloni with the stuffing using a piping bag or spoon.

Arrange the cannelloni side by side in a casserole dish. Put a little olive oil on each cannelloni so that they don't dry out in the oven.

Cover with cream and sprinkle with Parmesan. Reheat in the oven for 10 minutes, without browning.



# Aubergine

CAVIAR

Starter

## WHAT MAKES THIS RECIPE GREAT

This succulent aubergine spread, full of pep and flavour thanks to the garlic and spices, will brighten up your aperitifs. Its creamy texture is ideal for those who have difficulty chewing or swallowing.

Aubergines contain a large amount of fibre, which helps to promote intestinal transit.



## INGREDIENTS

 Serves two

- 1 aubergine
- Juice of ½ lemon
- 1 garlic clove
- 1 drizzle of olive oil
- Salt, pepper
- Spices (cumin, paprika, etc.)

## METHOD

Preheat oven to 210°C (gas mark 7).

Cook the whole, unpeeled aubergine for around 20 minutes.

Leave to cool, then peel and blend the flesh with the garlic clove and olive oil.

Add the lemon juice. Season with salt, pepper and spices to taste.

Leave to rest for at least an hour and serve with toast.

*Tip: If you suffer from mouth problems, eat this aubergine caviar on lightly toasted sandwich bread with a light crust.*



# Farçous

AVEYRONNAIS WITH PRUNES

Starter

## WHAT MAKES THIS RECIPE GREAT

This original recipe will make you love chard. The small portions will suit everyone. Chard contains vitamin B9, which helps your immune system function properly and reduces fatigue. Prunes will be your best ally in the event of constipation, as they will help your intestinal transit.



## INGREDIENTS

 Serves two

- 1 egg
- 50 g flour
- ½ bunch chard (about 125 g)
- ½ bunch flat-leaf parsley
- 100 ml milk
- 2 spring onions
- ½ clove garlic
- 30 g grated Parmesan
- 10 pitted prunes
- Salt, pepper
- Olive oil

## METHOD

Wash the chard greens and parsley. Peel the onion and garlic. Remove the germ from the garlic clove. Brown the onion in a little olive oil. Place the chard greens, parsley, garlic and onion in a food processor and blend. Drain off any excess liquid.

Mix the egg, flour, milk, Parmesan, salt and pepper in a bowl.

Stir in the chopped vegetables.

Drizzle olive oil into a hot frying pan.

Drop a spoonful of the green pancake batter onto the pan to make patties of about 5 cm in diameter. Insert a half-flattened prune in the centre.

Brown each side for 2 minutes.

Enjoy warm or hot.



# Quiche

WITH CHARD AND SPINACH

Quick meal

## WHAT MAKES THIS RECIPE GREAT

This original quiche made with chard and spinach is a welcome change from the usual quiche Lorraine. Chard contains vitamin B9, which helps your immune system function properly. This vitamin and the iron contained in spinach help to reduce fatigue.



## INGREDIENTS

For 1 quiche

- 5 or 6 sheets filo pastry
- 200 g spinach
- 100 g chard
- 3 eggs
- 1 garlic clove
- 30 cl liquid cream
- 15 g pine nuts
- 3 pinches ground nutmeg
- 1 tbsp olive oil
- Salt, pepper

## METHOD

- Preheat the oven to 180°C (gas mark 6).
- Wash and chop the spinach. Finely chop the chard.
- Heat the oil and garlic in a large frying pan and cook the spinach and chard over a high heat for around 5 minutes.
- Season with salt and pepper, and drain.
- Mix the liquid cream, eggs, nutmeg with a pinch of salt and pepper in a bowl.
- Add the spinach and chard.
- Place a sheet of filo pastry in a baking tin lined with greaseproof paper, brush with melted butter and place another sheet of filo pastry on top. Repeat the operation 5 or 6 times.
- Pour the mixture over the pastry and arrange the pine nuts.
- Bake for 35 minutes.
- Can be enjoyed at any temperature.



# Stuffed

## COURGETTES

Quick meal

### WHAT MAKES THIS RECIPE GREAT

Quick, tasty, can be prepared in advance and frozen, this recipe has it all. Courgette provides vitamin B9, essential for stimulating the immune system and protecting cells.



### INGREDIENTS

 Serves two

- 2 small round or long courgettes
- 1 tomato
- ½ clove garlic
- 1 egg
- 2 shallots
- 200 g minced veal
- 1 pinch four-spice mix
- 2 tbsp grated Parmesan
- 3 sprigs fresh mint
- 6 sprigs fresh coriander
- 1 drizzle olive oil
- 80 g uncooked rice
- Salt, pepper

### METHOD

Preheat the oven to 180°C (gas mark 6).  
Cut the tops off the round courgettes, and remove the core containing the seeds using a spoon.  
If using long courgettes, cut in half and scoop out in the same way.  
Chop the mint and coriander leaves.  
Peel the tomato with a tomato peeler, remove the seeds and cut into small cubes.  
In a frying pan, brown the chopped garlic in a little olive oil over a low heat. Add the chopped shallots.  
When golden brown, add the veal and continue cooking until the meat is golden brown.  
Add the tomato and cook until the juice has evaporated.  
Leave to cool.  
Add the egg and mix quickly.  
Add the herbs, four-spice mixture and Parmesan. Season to taste with salt and pepper.  
Stuff the courgettes with this mixture.  
Put the top back on.  
In an ovenproof dish, sprinkle the rice with double the volume of water, salt and pepper.  
Arrange the courgettes on top.  
Bake for 40 minutes.





# Lasagne

WITH BROUSSE AND COURGETTES

Quick meal

## WHAT MAKES THIS RECIPE GREAT

This original recipe for courgette and Brousse lasagne provides you with vitamin B9, which contributes to a healthy immune system and plays a protective role for your cells. The crème fraîche, Brousse and goat's cheese enrich this recipe and make it ideal for weight loss.



## INGREDIENTS

 Serves two

- 4 fresh or dried lasagne sheets
- 1 courgette
- 50 g fresh goat's cheese
- 100 g Brousse
- 10 cl crème fraîche
- 50 g grated Comté
- Salt, pepper, pink berries

## METHOD

Pre-cook the lasagne sheets as indicated on the packet, then cut into halves.

Wash and cut the courgette into slices about 1 cm thick.

In a bowl, mix the Brousse, goat's cheese and crème fraîche with a fork. Season with salt and pepper.

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

Line an oven dish with baking paper.

Place 1 lasagne sheet on the base, cover with a layer of cream cheese mixture, then a slice of courgette and another lasagne sheet. Continue, and finish with a layer of cream cheese mixture. Sprinkle with grated Comté cheese and bake for 20–30 minutes.

Serve hot or warm, sprinkled with crushed pink berries and accompanied by a salad.



# Green beans

À LA PROVENÇALE

Accompaniment

## WHAT MAKES THIS RECIPE GREAT

This summery green-bean recipe is ideal for aiding transit, as green beans contain fibre. This vegetable also contains vitamin B9, which contributes to a healthy immune system and helps reduce fatigue. Basil is a good choice if you have a problem with your sense of taste.



## INGREDIENTS

 Serves two

- 250 g green beans
- 2 firm heirloom tomatoes
- 30 g sundried tomatoes
- 1 clove garlic
- 2 tbsp water
- ½ tbsp olive oil
- A few basil leaves
- Salt, pepper

## METHOD

Wash the tomatoes and cut into quarters.

Using scissors, cut the sun-dried tomatoes into strips.

Heat the oil in a frying pan over a medium heat, then add the beans, tomato quarters, sun-dried tomatoes, water, chopped basil and pepper. Stir, cover and cook for 10–15 minutes.

Keep an eye on the cooking and add a little water if necessary. Season with salt if necessary.



# Asian-style

## GREEN BEAN SALAD

Quick meal

### WHAT MAKES THIS RECIPE GREAT

This tasty salad recipe from Asia will help you rediscover green beans. This complete salad gives you everything you need in one meal: proteins to help your muscles, thanks to the edamame beans; fibre from the green beans to help your digestive system; and starch in the form of rice vermicelli.

Note that edamame beans are soya beans and should therefore be avoided in cases of hormone-dependent cancer, gynaecological cancer or prostate cancer.



### INGREDIENTS

 Serves two

- 200 g green beans
  - 100 g snow peas
  - 100 g rice vermicelli
  - 150 g edamame beans
  - 2 tbsp blond sesame
  - 1 small sweet chilli (optional)
  - 1 spring onion
  - 4 sprigs coriander
- For the lemon sauce:
- Juice of 1 lemon
  - 2 tbsp peanut butter
  - 1 pinch chilli
  - Salt, pepper
  - Water

### METHOD

Remove the green bean stalks and steam for 15 minutes. Run them under cold water to retain their colour and firmness.

Cook the vermicelli according to the instructions on the packet.

Clean and chop the spring onion.

Remove the stems from the snow peas, rinse and blanch.

Cook the edamame beans for 3 minutes in boiling water.

Brown the sesame seeds without fat in a non-stick frying pan.

Cut the chilli pepper into thin strips.

Emulsify the peanut butter, chilli and lemon juice. Season with salt and pepper.

Add a little water to obtain a thinner sauce.

Arrange the various ingredients in a soup bowl. Pour over the sauce.

Sprinkle over the toasted sesame seeds and chopped coriander.

*Tip: You can find pre-cooked edamame beans in the tinned section of supermarkets or in the frozen section of specialist shops.*



# Vegetable

BO BUN

Starter

## WHAT MAKES THIS RECIPE GREAT

A recipe full of freshness to fill you up with vitamins, thanks to raw vegetables. It's easy to prepare and can be adapted to suit your taste. The colours of summer vegetables whet the appetite.



## INGREDIENTS

 Serves two

- 4 vegetable egg rolls
- 4 large lettuce leaves
- 4 radishes
- 1 small carrot
- ½ cucumber
- ½ bunch coriander
- A few mint leaves
- 100 g rice vermicelli
- Egg roll sauce
- 20 g peanuts

## METHOD

Cook the vermicelli according to the packet instructions. Rinse well and leave to cool.

Meanwhile, wash and peel the vegetables. Roughly grate the carrots, and slice the radishes and cucumber.

Cook the egg rolls.

Arrange the lettuce leaves and vegetables in a soup bowl.

Place the vermicelli on top, followed by the egg rolls cut into 3 or 4 pieces.

Sprinkle with crushed peanuts, and chopped coriander and mint.

Serve drizzled with egg roll sauce.



# Cream

## OF LETTUCE SOUP WITH MINT

Starter

### WHAT MAKES THIS RECIPE GREAT

This surprising recipe for cream of lettuce soup is ideal for combating constipation, as it is high in fibre.

Its smooth, velvety texture is very pleasant and ideal if you have difficulty chewing or swallowing. Lettuce contains vitamin B9 and vitamin A, which boost your immune system, fight fatigue and help with skin problems. The mint adds a touch of zest to the recipe, while helping to combat nausea.



### INGREDIENTS

 Serves two

- 1 large lettuce
- 20 g butter
- 1 onion, chopped
- 2 tsp chopped peppermint
- 1 tbsp flour
- 45 cl milk
- 15 cl stock
- 5 tbsp crème fraîche
- A few mint leaves
- Salt, pepper

### METHOD

Wash the lettuce and cut into small pieces.

Melt the butter in a saucepan.

Add the onion, salad and chopped mint.

Cook for 10 minutes over a low heat.

Remove from the heat, then add the flour, milk and stock. Season with salt and pepper.

Place on the heat with a lid, and simmer for 15 minutes.

Blend the soup.

Add the crème fraîche and mix well.

Garnish with a few mint leaves just before serving.

Serve hot, warm or cold.



# Cod patties

WITH COMTÉ CHEESE  
AND CORN

Quick meal

## WHAT MAKES THIS RECIPE GREAT

These tasty cod patties with Comté cheese and maize will provide you with useful protein for your muscles.

The texture of these patties is adapted to problems with chewing or swallowing. What's more, the small portions are perfect for everyone, even those with small appetites.



## INGREDIENTS

 Serves two

125 g cod  
50 g grated Comté  
1 egg  
70 g corn kernels  
1 tbsp cornflour  
1 tbsp lemon juice  
1 tbsp chopped parsley  
½ tsp crushed garlic  
Flour  
Olive oil

## METHOD

Blend the cod.

In a bowl, whisk together the egg and cornflour, then add the corn, fish, pressed garlic, lemon juice, parsley and Comté cheese. Season with salt and pepper.

Form into 8 patties and roll in flour. Brown in olive oil for 3 minutes on each side. Serve hot with a green salad.



# Cream

## OF CORN SOUP AND PAPRIKA POPCORN

Quick meal

### WHAT MAKES THIS RECIPE GREAT

This tasty corn-based soup contains the proteins your muscles need to function properly. Coriander will relieve joint pain. The creamy texture of this creamy soup is ideal for those who have difficulty chewing or swallowing. Popcorn makes this dish more cheerful and fun.



### INGREDIENTS

 Serves two

For the cream soup:

- 300 g drained corn
- 1 spring onion
- 30 cl chicken stock
- 15 g butter
- A few sprigs of coriander

For the popcorn:

- 45 g popcorn
- 15 g semi-salted butter
- ½ tbsp oil
- ½ tsp paprika
- Salt, pepper

### METHOD

Melt the butter in a saucepan. Add the drained and rinsed corn and fry for a few minutes. Pour in the chicken stock. Add half the onion and chopped coriander. Season with salt and pepper, and cook for 10 minutes, then blend. At the same time, pour the oil into a large saucepan and add the popcorn kernels. Spread them out. Cover and heat over a medium heat for a few minutes, until the kernels start to pop: the popcorn is ready when the pan goes quiet. Melt the butter over a low heat. Remove from the heat and pour over the popcorn, stirring to distribute evenly. Continue stirring, sprinkling with paprika and pepper. Do not add salt, as the butter is already salty. Divide the cream soup between small bowls and sprinkle with popcorn kernels, and the rest of the chopped spring onion and chopped coriander.



# Frittata

WITH POTATOES AND PEPPERS

Quick meal

## WHAT MAKES THIS RECIPE GREAT

This recipe, originally from Italy, can be adapted to suit your own taste or any leftovers you may have. Its melt-in-the-mouth texture is ideal for people who have difficulty chewing or swallowing. Eggs, the basic ingredients in this frittata, provide you with the protein you need to keep your muscles working properly.

Peppers contain vitamins C and B, which help reduce fatigue and boost your immune system.



## INGREDIENTS

 Serves two

- 4 eggs
- 1 pepper or 2 half peppers (red, yellow or green)
- 4 potatoes
- ½ onion
- Olive oil
- Espelette pepper
- Salt

## METHOD

Wash and remove the seeds and white parts of the peppers. Cut into small pieces.

Mince the onion.

Brown the onion in the olive oil in a casserole dish. Add the peppers.

Season with salt and a pinch or two of chilli pepper. Stir and cook over a low heat for 5 minutes. Pour in ½ glass of water and continue cooking for 10 minutes.

Peel and wash the potatoes. Cut into small cubes and fry in a pan with olive oil. Add a little salt.

Beat the eggs into an omelette. Add the peppers and potatoes. Place in an oiled oven dish.

Bake for 8 minutes.

*Serve with a salad such as rocket. Warning: Avoid green pepper if you have digestive problems, as it is more difficult to digest.*





# Salad

WITH PINEAPPLE AND  
YELLOW PEPPER

Accompaniment

## WHAT MAKES THIS RECIPE GREAT

This tasty summer salad will help you fill up on fibre to combat constipation. Its sweet and savoury flavour is ideal for those who suffer from taste disorders. Pineapple and peppers contain vitamin C, which helps reduce fatigue. The vitamins B6 and B9 found in peppers also have this property, as well as helping the immune system to function properly.



## INGREDIENTS

 Serves two

- ½ fresh pineapple
- ¼ red onion
- 3 fresh basil leaves
- ½ yellow pepper
- 1 tbsp olive oil
- 1 tbsp rice vinegar
- Pepper

## METHOD

Finely chop the onion and basil leaves.

Wash and dice the yellow pepper and pineapple.

In a bowl, combine all the ingredients.

Refrigerate for an hour.

Enjoy chilled as an accompaniment to meat, or in a salad.

*Be careful, as pineapple is an acidic fruit that can be a nuisance in cases of mucositis or mouth ulcers.*



# Gazpacho

Accompaniment

## WHAT MAKES THIS RECIPE GREAT

This tasty cold soup will refresh you on hot summer days. Its texture is suitable for people who have problems chewing or swallowing.

The high water content of the vegetables used will keep you hydrated. Tomatoes, like peppers, contain vitamin C, which helps reduce fatigue and contributes to a healthy immune system. Eaten raw, peppers are packed with vitamins: A, B6, B9, C and E, all very useful for your body.



## INGREDIENTS

 Serves two

- 2 large, ripe tomatoes
- 1 small cucumber
- 1 small red pepper
- Salt, pepper
- Olive oil
- Basil
- Croutons

## METHOD

Wash and peel the vegetables using a tomato peeler. Chop them coarsely and put them in a blender. Keep a little of the diced pepper.

Blend finely. Add a drizzle of olive oil and salt and pepper to taste.

Serve chilled in bowls with chopped basil, diced pepper and croutons.

*Tip: Use the tomato peeler to peel smooth-skinned vegetables such as tomatoes and peppers, removing the skin very finely.*



# Tomato

## TARTAR

Starter

### WHAT MAKES THIS RECIPE GREAT

The glass presentation is attractive and stimulates the appetite. Tomatoes provide freshness and vitamin C, which helps to reduce fatigue and boost the immune system.

Finally, mozzarella is a good source of calcium and protein, which is essential for healthy bones and muscles.



### INGREDIENTS

 Serves two

- 4 medium tomatoes
- 2 confit tomatoes
- 1 spring onion
- or ¼ sweet red onion
- 1 ball mozzarella cheese
- 1 drizzle of olive oil
- A few basil leaves
- Salt, pepper

### METHOD

Peel the tomatoes using a tomato peeler.

Cut in half and remove the seeds.  
Cut into small pieces.

Finely chop the onion and tomato confit.

Mix all the ingredients together. Season to taste with salt and pepper. Drizzle with olive oil.

Arrange on a plate or in a verrine and garnish with cubes of mozzarella and chopped basil.

Serve and enjoy immediately.

*Tip: For a more colourful dish, you can use differently coloured tomatoes.*



# Tartlets

WITH CHERRY TOMATOES

Starter

## WHAT MAKES THIS RECIPE GREAT

This tasty recipe for cherry tomato tartlets is ideal as an aperitif or starter, or as a main course with a salad. The small portions make it suitable for all appetites.

Tomatoes contain vitamin C, which is good for your immune system. Basil will be your ally in the event of deviations in taste or smell.



## INGREDIENTS

For 6 tartlets

- 1 puff pastry
- 300 g red and yellow cherry tomatoes
- 1 tbsp mustard
- 6 small slices cheddar cheese
- A few basil leaves

## METHOD

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

Wash the cherry tomatoes and cut into halves or quarters.

Cut out rounds from the puff pastry and place in tartlet tins.

Spread the mustard over the base and sprinkle the cheese over it.

Arrange the cherry tomatoes, alternating red and yellow.

Bake for 20–30 minutes.

Sprinkle with chopped basil just before serving.



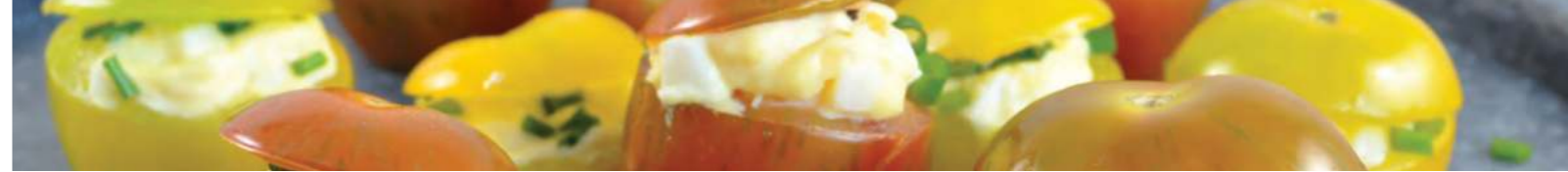
# Mimosa

CHERRY TOMATOES

Complete dish

## WHAT MAKES THIS RECIPE GREAT

This recipe for cherry tomatoes is perfect for those with small appetites, as you'll only be able to take one bite out of these little mimosa tomatoes. Eggs provide the protein your muscles need to function properly. Cherry tomatoes contain vitamin C, which helps your immune system to function normally.



## INGREDIENTS

 Serves two

200 g cherry tomatoes  
1 egg  
½ bunch chives  
2 tablespoons mayonnaise  
Pepper

## METHOD

Wash the cherry tomatoes.  
Cut off the tops and scoop out the seeds.

Cook the hard-boiled egg and shell it.

Mash the yolk with a fork and cut the white into tiny cubes.

Mix with the mayonnaise and season with pepper to taste.

Add the chopped chives.

Pour the mixture into a piping bag and fill the tomatoes.

Replace the tops and serve chilled.



# Compote

OF APRICOTS WITH ROSEMARY

Dessert

## WHAT MAKES THIS RECIPE GREAT

This creamy apricot compote is ideal if you have problems chewing or swallowing. It will enhance all your dairy products such as plain yoghurt, cream cheese or faisselle.

Rosemary adds an original flavour that can be beneficial in cases where the sense of taste or smell is affected. Apricots contain vitamin A, which will be your ally in the event of skin problems.



## INGREDIENTS

 Serves two

- 500 g ripe apricots
- 50 g sugar
- 1 sprig rosemary
- 1 faisselle

## METHOD

Wash the apricots and cut into 4 to remove the pits. Place in a saucepan with the sugar and rosemary.

Cook on a low heat for 30–40 minutes, uncovered.

Remove the rosemary sprig.

Blend if you prefer a smooth texture.

Serve chilled with a faisselle.



# Exotic

## CHICKEN WITH APRICOTS

Quick meal

### WHAT MAKES THIS RECIPE GREAT

This tasty wholemeal dish is unique in that it cooks odour-free thanks to the cooking sachet, which is ideal if you're feeling nauseous. Cinnamon and ginger will also be your allies in the fight against nausea.

Its sweet and savoury notes are perfect for those with an abnormal sense of taste and smell. This dish contains proteins that are good for your muscles.



### INGREDIENTS

 Serves two

- 1 chicken fillet
- ½ tin (small) apricots in syrup
- 1 tbsp dried onion or ½ onion
- 2 tbsp sultanas
- 1 tbsp slivered almonds
- 1 pinch cinnamon
- 1 tsp ginger
- Special oven bag

### METHOD

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

Drain the apricots in syrup, saving the juice. Coarsely dice them.

Cut the chicken fillet into cubes.

Mix the apricots, dried or chopped onions, cinnamon, ginger, slivered almonds and raisins in a bowl.

Add the chicken.

Place all the ingredients in the special oven bag and add the apricot juice. Empty the air well before closing the bag.

Bake for 25 minutes.



# Hake steaks

AU GRATIN  
WITH ALMONDS AND THYME

Quick meal

## WHAT MAKES THIS RECIPE GREAT

A simple, tasty recipe that's quick to prepare.

White fish is rich in protein, while almonds provide the magnesium essential for muscle relaxation.



## INGREDIENTS

 Serves two

2 hake steaks  
40 g almond powder  
1 sprig lemon thyme  
1 tbs olive oil  
Salt

## METHOD

Preheat the oven to 230°C (gas mark 7/8).

Finely chop the thyme, and mix with the almond powder and olive oil until you have a coarse paste. Season with salt.

Pre-cook the fish steaks for 1 minute at full power in the microwave in a microwave-safe dish covered with cling film.

Arrange the fish in an ovenproof dish. Cover with the almond mixture.

Bake au gratin for a few minutes. This will finish cooking the fish.

Serve immediately.





# Macaroon

FROM AMIENS

Dessert

## WHAT MAKES THIS RECIPE GREAT

This delicious macaroon recipe from Amiens, a prefecture of the Somme in the Hauts-de-France region, is sure to become your favourite cake recipe. Easy to make, these tasty cakes contain almonds, a veritable cocktail of minerals such as iron and magnesium, which help reduce fatigue; calcium and phosphorus, which are essential for your bones; and potassium, which helps maintain normal blood pressure.



## INGREDIENTS

 Serves two

- 160 g almond powder
- 100 g caster sugar
- 20 g lime blossom honey
- 20 g apricot jam
- 1 egg
- ½ tsp liquid vanilla extract
- ½ tsp bitter almond extract

## METHOD

Preheat the oven to 165°C (gas mark 5/6). Mix the almond powder and sugar in a bowl. In another bowl, combine the honey, egg, vanilla, bitter almond extract and apricot jam. Mix the two bowls together to form a fairly stiff dough. Roll out a 4 cm diameter sausage in cling film. Then place the sausage on a baking tray in the freezer for 1 hour. This will firm up the dough so that it can be cut into lengths. When the pastry is firm enough to be cut without being crushed, cut into 2 cm slices. Bake at 165°C for 17–20 minutes on baking paper. The macaroons should be golden on the outside and still soft on the inside. Store in an airtight box away from air and moisture.

*Tip: You can make this recipe with other types of honey to vary the flavours.*



# Duck confit

## AND BLACKCURRANT EGG ROLLS

Quick meal

### WHAT MAKES THIS RECIPE GREAT

This original sweet and savoury recipe will provide you with essential proteins for your muscles. What's more, you can eat as many egg rolls as you like, so this dish is perfect for small appetites. Blackcurrant contains vitamins C and E, which protect your cells from premature ageing. Blackcurrants also contain potassium, which will help maintain normal blood pressure. A real bonus of this recipe is that you can eat the egg rolls with your hands – no need for cutlery!



### INGREDIENTS

 Serves two

- 60 g blackcurrants
- 2 tbsp water
- 1 tbsp blackcurrant liqueur
- 100 g boneless duck confit
- 3 sheets of brick pastry
- Pepper
- 10 g butter

### METHOD

Preheat the oven to 180°C (gas mark 6).  
Heat the water and blackcurrant liqueur in a pan. Add the blackcurrants, and turn off the heat.  
Drain and save the juice in a cool place.  
Remove the fat from the duck confit and shred. Mix with the blackcurrants. Season with pepper.  
Cut the brick pastry sheets in half. Fold the halves in half. Place the tip upwards.  
Spoon a tablespoon of duck and blackcurrant mixture onto each triangle. Fold in the sides and roll up tightly.  
Place on a baking tray lined with baking paper with the tip down.  
Brush with melted butter and bake for 15 minutes.  
Pour the juice into a small ramekin to dip the egg rolls in.



# Blackcurrant

SYRUP  
WITH STAR ANISE

Drink

## WHAT MAKES THIS RECIPE GREAT

This delicious blackcurrant syrup with star anise can be enjoyed in cocktails, on ice cream, in yoghurt or simply diluted in water. It brings a new flavour to your drinks and allows you to hydrate in a delicious way.



## INGREDIENTS

 Serves two

- 300 g blackcurrants
- 200 g caster sugar
- ½ l water
- 2 star anise

## METHOD

Wash and remove the seeds from the blackcurrants.

Bring the water, sugar and star anise to the boil for around 10 minutes.

Add the fruit, and simmer for 5 minutes, then cover and leave to stand for around 30 minutes.

Strain, pressing the fruit well to extract as much juice as possible.

Bottle warm and close immediately.

Keep refrigerated after cooling.



# Cherry

AND PEPPERMINT  
DELICACY

Dessert

## WHAT MAKES THIS RECIPE GREAT

You'll love this wonderful cherry dessert. Peppermint adds spice to this recipe, while helping to combat nausea.



## INGREDIENTS

 Serves two

- 150 g cherries
- 1 tsp dried peppermint leaves
- 125 ml milk
- 1 egg
- 2 tbsp crème fraîche
- 45 g flour
- 35 g sugar
- ½ packet vanilla sugar

## METHOD

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

Pit the cherries and place them in the bottom of two small, buttered moulds.

Place the flour in a bowl, add the egg, and whisk until smooth. Add the caster sugar, vanilla sugar, milk, cream fraîche and butter.

Finally, stir in the peppermint, and place over the cherries in the moulds.

Bake for 30 minutes.

Serve warm or cold.



# Cherry

MUFFIN

Dessert

## WHAT MAKES THIS RECIPE GREAT

This muffin is perfect as a dessert or at any time of day. It's delicious, and cherries contain polyphenols, which have an antioxidant effect.



## INGREDIENTS

For 6 muffins

- 6 large cherries
- 1 egg
- 50 g flour
- 40 g sugar
- 40 g butter
- 40 g almond powder
- ¼ packet baking powder
- 1 pinch salt

## METHOD

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

Cream the butter with the sugar. Mix with the flour, almond powder, baking powder, egg and salt.

Place a cherry in each muffin tin and cover with batter.

Cook for around 15 minutes.

Serve warm or cold. Be careful with the cherry pit.



# Cheesecake

WITH RASPBERRIES  
AND GINGER

Dessert

## WHAT MAKES THIS RECIPE GREAT

A dessert just the way we like them: delicious, fragrant and easy to make. Raspberries are a source of vitamin C, which contributes to a healthy immune system; and fibre, which stimulates intestinal transit. Ginger helps to calm nausea.



## INGREDIENTS

 Serves two

75 g shortbread biscuits  
20 g butter  
300 g cream cheese  
30 g sugar  
30 g crème fraîche  
2 eggs  
200 g raspberries  
1 cm ginger

## METHOD

Preheat the oven to 135°C (gas mark 4/5).

Blend the biscuits into a powder with the grated ginger. Melt the butter and mix with the biscuit powder.

Place the pastry in the bottom of two small pastry circles. Flatten well to ensure an even surface.

Arrange a few raspberries on top.

Mix the cream cheese with the sugar, add the crème fraîche, then the eggs one by one, whisking to combine.

Pour the mixture over the biscuit base, covering the raspberries. Bake for 45 minutes.

Remove from the oven and leave to cool for 2–3 hours.

Meanwhile, blend the remaining raspberries. Keep a few for decoration.

Serve the cheesecakes topped with the raspberry coulis.



# Panna cotta

WITH RASPBERRY  
AND BASIL

Dessert

## WHAT MAKES THIS RECIPE GREAT

This creamy, original raspberry and basil panna cotta will quickly become your favourite dessert!

Its texture is suitable for people who have difficulty chewing or swallowing. Its rich composition makes it ideal for weight loss. Basil adds a touch of pep to the recipe, and is an essential ally when it comes to deviations in taste or smell.



## INGREDIENTS

 Serves two

- 250 ml liquid cream
- 1.5 gelatine leaves
- 25 g sugar + 2 tbsp sugar
- 125 g raspberries
- 10 large basil leaves
- Olive oil
- ½ lemon

## METHOD

Soak the gelatine leaves in very cold water for 5 minutes. Heat the liquid cream with the sugar. Remove from the heat and add the gelatine leaves, previously squeezed dry. Using a blender, blend 6 basil leaves with the panna cotta mixture. Strain the mixture through a sieve and fill two verrines. Place in the fridge for 1 hour. Make a crispy basil garnish: line a shallow dish with microwave-safe cling film. Brush the stretched film with olive oil and lay the remaining 4 basil leaves flat on top. Re-wrap over the top (the side of the film in contact with the leaves will also have been oiled beforehand). Pierce a few holes in the films with the tip of a small knife, and heat the plate in the microwave for 30 seconds on full power. Remove the first film, take the basil leaves and roll them in 1 tablespoon of sugar, then leave to rest on a sheet of paper towel to remove any excess liquid. Mash some of the raspberries in a bowl with a few drops of lemon juice and a tablespoon of sugar (save a few nice raspberries for decoration) and blend. Move on to serving: Place the raspberry coulis on top of the verrine and decorate with raspberries and 2 crystallised basil leaves.



# Cream

CHEESE WITH REDCURRANTS  
AND PINK BISCUIT CRUMBLE

Dessert

## WHAT MAKES THIS RECIPE GREAT

This delicious recipe is very easy to make and is a great way to liven up your cream cheese. Redcurrants contain fibre, which helps intestinal transit, and vitamin C to help combat fatigue.



## INGREDIENTS

 Serves two

- 4 Reims pink biscuits
- 200 g cream cheese
- 2 tsp sugar
- 150 g redcurrants
- 1 packet vanilla sugar

## METHOD

Rinse and drain the redcurrants.

Mix the cream cheese, sugar, vanilla sugar and redcurrants.

Save a couple of bunches for decoration.

Coarsely crush the pink biscuits.

Fill a small bowl with cream cheese, add the redcurrants and the pink biscuit crumble on top.

Serve immediately.





# Pavlova

WITH RED FRUITS

Dessert

## WHAT MAKES THIS RECIPE GREAT

This wonderful dessert is quick and easy to make. For lovers of red fruit, it's ideal!

Red fruit contains vitamin C, which helps reduce fatigue and contributes to a healthy immune system. The different textures are pleasing to the eye, but still easy to putty.



## INGREDIENTS

 Serves two

For the meringue:

- 60 g icing sugar
- 2 egg whites
- 1 tsp cornflour
- ½ tsp lemon juice

For the whipped cream:

- 1 can of whipped cream or 35 g icing sugar
- 10 cl liquid crème fraîche

For assembly:

- 100 g redcurrants
- 100 g raspberries
- 100 g blackcurrants or bilberries
- A few mint leaves

## METHOD

Beat the egg whites until stiff, and fold in the icing sugar, then add the lemon and cornflour. Continue beating until firm.

Using a tablespoon, make a disc about 15 cm in diameter. Slightly hollow out the centre to form a basket shape.

Place the meringue in the oven for 90 minutes at 110°C (gas mark 3/4).

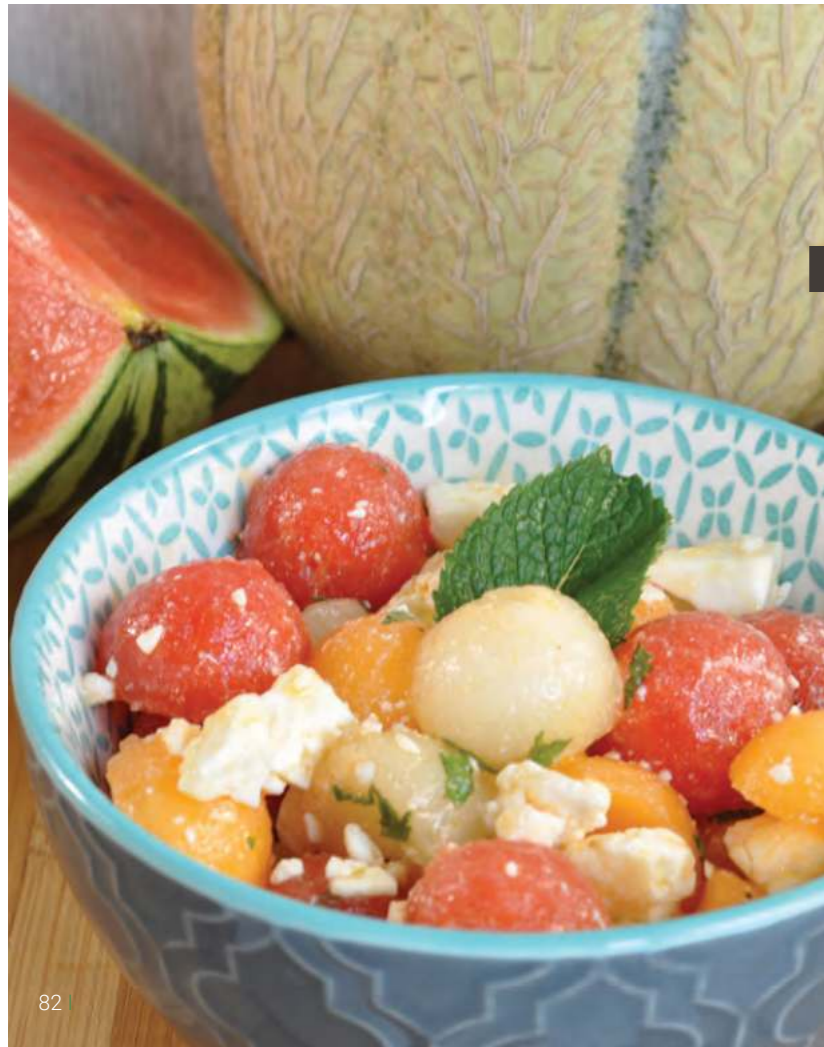
Leave to cool.

To make the whipped cream, whip the chilled liquid crème fraîche with the icing sugar.

Pour the whipped cream over the centre of the cold meringue.

Wash and remove the stalks from the fruit and arrange over the cream.

Serve chilled and garnished with a few mint leaves.



# Mishmash

OF MELON, FETA AND MINT

Starter

## WHAT MAKES THIS RECIPE GREAT

This delicious summer salad will bring freshness to your plate. Melons contain vitamin C, which helps reduce fatigue and contributes to the proper functioning of your immune system. They also contain vitamin A, which will be your ally in the event of skin problems. Mint is useful for combating nausea.



## INGREDIENTS

 Serves two

- 1/3 Charentais melon
- 1/3 watermelon
- 1/3 yellow melon
- 70 g feta cheese
- 2 sprigs mint
- 3 tbsp olive oil
- 1 dash white balsamic vinegar
- Freshly ground pepper

## METHOD

Open and seed the melons.

Using a melon baller, scoop out small balls of flesh from the three melons and place in a bowl. Set aside in a cool place.

Wash, dry, remove the leaves and chop the mint. Cut the feta cheese into very small cubes.

Add the mint and feta to a salad bowl.

Season with pepper, drizzle with olive oil and white balsamic vinegar, and toss.

Chill until ready to serve.



# Melon

## AND GINGER VERRINES

Dessert

### WHAT MAKES THIS RECIPE GREAT

The perfect way to finish a summer meal. Ginger helps to calm nausea, and the freshness of this dessert is perfect for reducing the sensation of dryness in the mouth.



### INGREDIENTS

 Serves two

- ½ melon
- 2 cm ginger
- 1 lime
- 1 tbsp honey

### METHOD

Melt the honey in a saucepan.

Add the lime juice and grated ginger.

Leave to infuse for around 10 minutes over a low heat. Leave to cool.

Meanwhile, cut the melon into small cubes and arrange in verrines.

Pour over the syrup.



# Cardamom

## AND NECTARINE CLAFOUTIS

Dessert

### WHAT MAKES THIS RECIPE GREAT

This tasty dessert with cardamom will be your ally in the fight against diarrhoea. Its soft texture is ideal for people who have problems chewing or swallowing.

Prepared with nectarines and red fruit, it combines sweetness and pep. You can reproduce this recipe with other fruits.



### INGREDIENTS

 Serves two

- 2 nectarines
- 100 g raspberries or redcurrants
- ½ tbsp ground cardamom
- 50 g almond powder
- 2 whole eggs + 1 egg yolk
- 50 g single cream (crème fleurette)
- 100 g sugar  
(mix of blond and brown)
- 1 tbsp cornflour
- Salt

### METHOD

Preheat the oven to 180°C (gas mark 6). Wash, peel and cut the nectarines into medium-sized cubes.

Rinse the raspberries quickly under water. In a bowl, combine the sugar, almond powder, cornflour, cardamom and a pinch of salt. Add the eggs, whisk, pour in the cream and continue mixing.

Butter individual ovenproof moulds, divide the fruit between them and pour over the mixture.

Bake at 180°C for 15–20 minutes until set.

*Warning: If the clafoutis are prepared in advance to be eaten the next day, use less cardamom, as it infuses cold (the flavour will become more intense with time).*



# Smoothie

WITH NECTARINES, APRICOTS  
AND STRAWBERRIES

Drink

## WHAT MAKES THIS RECIPE GREAT

This creamy smoothie will help you cool down on a hot summer's day. If you eat it quickly, you can benefit from the vitamin C contained in the fruit. It will help you fight fatigue and contribute to the smooth functioning of your immune system. What's more, apricots contain vitamin A, which can help with skin problems.



## INGREDIENTS

 Serves two

2 nectarines

2 apricots

6 strawberries

Ice cubes

## METHOD

Wash, peel, cut and pit the nectarines and apricots.

Wash and stem the strawberries.

Mix together.

Serve immediately with ice cubes.



# Original

SALAD WITH WATERMELON,  
FAVA BEANS, FENNEL AND FETA

Starter

## WHAT MAKES THIS RECIPE GREAT

This delicious salad is ideal in hot weather. Watermelon contains a lot of water and will help to keep you hydrated. Fennel will be your ally against digestive problems. It also provides the potassium needed to maintain normal blood pressure. Fava beans are a source of protein for your muscles, fibre to aid intestinal transit, and vitamins B9 and copper to help your immune system function properly.



## INGREDIENTS

 Serves two

175 g fresh fava beans, shelled and peeled or frozen  
½ bulb fennel  
125 g watermelon  
60 g crumbled feta cheese  
Salt, pepper

Dressing:

2 tbsp olive oil  
½ tbsp lemon juice  
½ tsp liquid honey

## METHOD

Cook the beans for 2 minutes in plenty of lightly salted boiling water.

Drain and rinse under cold water.

Dice the watermelon.

Trim the fennel, cut in half and then slice very thinly.

Garnish the plate with the fennel strips, fava beans, diced watermelon and feta cheese.

Whisk together all the ingredients for the sauce. Season with pepper.

Pour the dressing over the salad.

*Warning: Feta cheese is salty, so there's no need to add any to the dressing.*



# Smoothie

WITH WATERMELON AND MINT

Drink

## WHAT MAKES THIS RECIPE GREAT

This delicious smoothie will help you stay hydrated on hot summer days. Peppermint and green tea add a refreshing twist to this smoothie. Peppermint also helps to combat nausea.



## INGREDIENTS

 Serves two

- ½ watermelon (about 1 kg)
- 1 tsp dried peppermint or
- 1 fresh sprig
- 2 green tea bags
- 1 tsp sugar (optional)
- Ice cubes

## METHOD

Steep the tea in the equivalent of 1 glass of hot water. Leave to cool.

Cut the watermelon into large cubes and blend with the infused tea and chopped mint.

Add sugar if necessary.

Serve immediately with ice cubes.

*Tip: Green tea can be bitter. To avoid this, leave to infuse for several hours in COLD water.*



# Peaches

EN PAPILOTES

Dessert

## WHAT MAKES THIS RECIPE GREAT

This peach-based dessert is quick and easy to prepare. Odourless cooking is ideal for nausea sufferers. Cooked, peaches have a melt-in-the-mouth texture that is ideal if chewing is difficult. The spicy notes in this recipe give this original dessert a real kick.



## INGREDIENTS

 Serves two

- 2 peaches
- 1 orange juice
- 1 tsp four-spice mix
- 1 packet vanilla sugar

## METHOD

Preheat the oven to 180°C (gas mark 6).  
Cut the orange in half and squeeze.  
Peel the peaches, and cut them in half to remove the pit, then cut into strips.  
Place in a bowl with the vanilla sugar, four-spice mix and orange juice. Mix well. Prepare 2 squares of aluminium foil and 2 of greaseproof paper.  
Place a sheet of greaseproof paper on each sheet of aluminium foil. Divide the peach chunks between the slices, lift up the edges and pour over the spiced juice.  
Close the papillotes (the sheet of greaseproof paper, then the aluminium foil to form an airtight papillote).  
Place the papillotes in the oven for 10 minutes at 180°C. Serve warm or cold, with a little cream cheese if desired.





# Peach

## AND VERBENA SALAD

Dessert

### WHAT MAKES THIS RECIPE GREAT

This sweet dessert of peaches and verbena is ideal as a snack or at the end of a meal. Peaches have a melt-in-the-mouth texture that makes them easy to chew.

Combining it with verbena is a new and original way to enjoy it.



### INGREDIENTS

 Serves two

2 ripe peaches

1 tbsp dried or fresh verbena

### METHOD

Wash and peel the peaches.

Cut into cubes.

Chop the verbena and mix with the peaches.

Leave to infuse for at least an hour in the fridge.

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

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*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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