

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

Winter

Recipes for

*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 ¹.

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

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

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

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

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

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

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

* Accessible in July 2020.



HOW TO COOK WITH SEASONAL PRODUCE FOR BETTER HEALTH.

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

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

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

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

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

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

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



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

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

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




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





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

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

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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

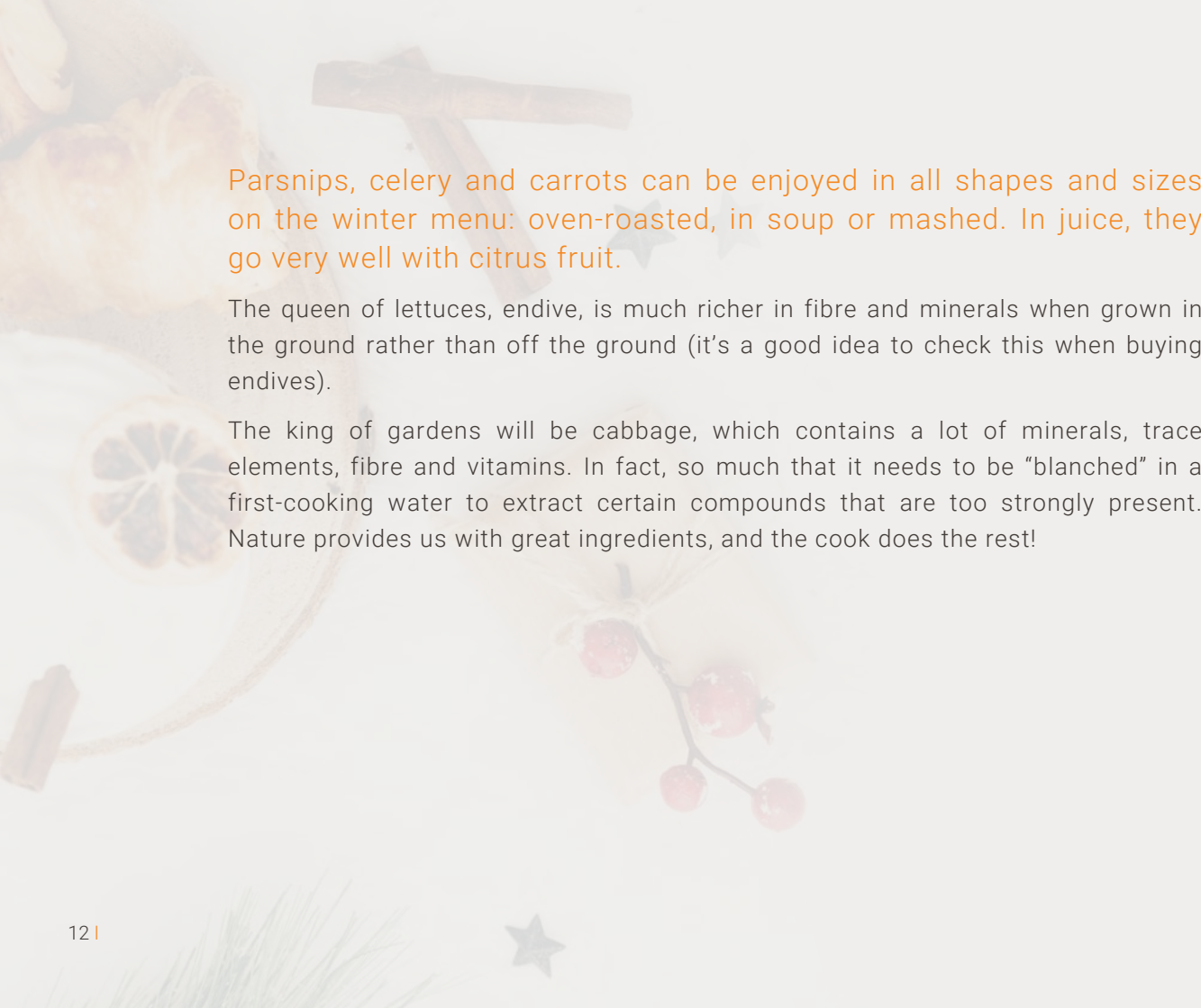


TO STAY HEALTHY,
YOU NEED TO EAT
AS MUCH FRUIT
AND VEGETABLES
IN THE COLD
SEASON AS IN THE
SUMMER!

Winter doesn't have to mean a lack of fresh fruit. Braving the elements and filling up on vitamins is actually easier than it sounds, despite the fact that our gardens and orchards are dormant.

- Exotic fruits are arriving on the market stalls, dressed in bright colours that reflect their richness in antioxidant vitamins.
- Carrots can be stored in a silo, and cucurbits in a cellar until the end of winter.

Dried fruit such as walnuts are a great source of energy. They provide essential omega-3 fatty acids to combat the effects of the dry cold and wind, which dry out the skin, and to stimulate immunity against winter infections.



Parsnips, celery and carrots can be enjoyed in all shapes and sizes on the winter menu: oven-roasted, in soup or mashed. In juice, they go very well with citrus fruit.











The queen of lettuces, endive, is much richer in fibre and minerals when grown in the ground rather than off the ground (it's a good idea to check this when buying endives).

The king of gardens will be cabbage, which contains a lot of minerals, trace elements, fibre and vitamins. In fact, so much that it needs to be "blanched" in a first-cooking water to extract certain compounds that are too strongly present. Nature provides us with great ingredients, and the cook does the rest!

When temperatures plummet, a good soup or velouté is comforting!











You can add any other vegetables you like to a leek-and-potato base. Remember to add leafy vegetables, mild spices and aromatic herbs just a few minutes before the end of cooking to preserve their health benefits.

FOODS COOKED ON LOW TEMPERATURE FOR HOURS
will delight your taste buds
with the blended flavours of the vegetables
of the season and the tender meat.

VEGETABLES	KEY NUTRIENTS ^{7,8}	BENEFITS ^{7,8}
 BROCCOLI	Vitamins C and K, carotenoids	Antioxidant/low in calories
 CARROT	Carotenoids/vitamin A/fibre	Antioxidant/accelerates intestinal transit
 CELERIAC	Polyacetylenes/carotenoids/fibres	Immunostimulant/antioxidant/accelerates intestinal transit/low in calories
 BRUSSELS SPROUTS	Fibre/vitamin C/calcium, potassium	Accelerates intestinal transit/antioxidant/stimulates bone metabolism
 GREEN CABBAGE	Fibre/vitamin C/calcium, selenium	Accelerates intestinal transit/antioxidant/stimulates bone metabolism/immunostimulant
 SHALLOT	Vitamins B6, C and A/phosphorus, magnesium, potassium/sulphur compounds	Antioxidant/stimulates bone metabolism/protects the intestines
 ENDIVE	Vitamins B9 and C/potassium, magnesium/fibre	Antioxidant/stimulates bone metabolism/accelerates intestinal transit
 TURNIP	Fibre/potassium, phosphorus magnesium	Accelerates intestinal transit/stimulates bone metabolism/low in calories
 PARSNIP	Fibre/B vitamins/potassium, magnesium	Accelerates intestinal transit/antioxidant/stimulates bone metabolism
 PUMPKIN	Vitamin A, carotenoids	Antioxidant/low in calories

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 phytomedecine.* 2000; 124: 507-514.

FRUIT	KEY NUTRIENTS ^{7,8}	BENEFITS ^{7,8}
 CLEMENTINE	Complex carbohydrates (pectin)/carotenoids, vitamins C and B	Lowers blood cholesterol and regulates blood sugar levels/antioxidant
 PASSION FRUIT	Vitamin C, anthocyanins/fibre	Antioxidant/accelerates intestinal transit
 PERSIMON	Vitamins C and B9, carotenoids/fibre	Antioxidant/accelerates intestinal transit
 KIWI	Polyphenols, vitamin C/fibre	Antioxidant/accelerates intestinal transit
 MANDARIN	Vitamin C, flavonoids/fast sugars	Antioxidant/energetic
 MANGO	Vitamin C, polyphenols, carotenoids/fibre	Antioxidant/accelerates intestinal transit
 WALNUTS	Omega-3/fibre/polyphenols, manganese	Reduces blood cholesterol and immunostimulant/accelerates intestinal transit/antioxidant
 ORANGE	Vitamin C, calcium, magnesium/fibre	Antioxidant/accelerates intestinal transit
 PEAR	Fibre/polyphenols, vitamin C/vitamin K	Accelerates intestinal transit/antioxidant/prevents osteoporosis and vascular disorders
 APPLE	Vitamin C, polyphenols/complex carbohydrates (pectin)	Antioxidant/lowers blood cholesterol and regulates blood sugar levels

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.

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Cold

BROCCOLI CREAM SOUP

Soup

WHAT MAKES THIS RECIPE GREAT

This energy-packed soup is ideal for those with a small appetite. Its high fibre content makes it a real ally in the fight against constipation. Its smooth, creamy texture is suitable for people who have problems swallowing. It can be eaten hot or cold, which is perfect if you have mouth inflammations and can't stand hot food.



INGREDIENTS

 Serves two

- 250 g broccoli
- ½ red onion
- 30 cl chicken or vegetable stock
- 10 cl crème fraîche
- 1 pinch grated nutmeg
- 50 g old mimolette cheese
- 1 tsp olive oil
- Salt, pepper

METHOD

Peel the onion, and cut the broccoli into florets. Heat the olive oil in a large saucepan. Discard the chopped onion and cook over a low heat until translucent.

Add the stock and bring to the boil. Add the broccoli florets and simmer for 10 minutes.

Finely blend the broccoli. Add the crème fraîche, season with salt, pepper and nutmeg, and mix well. Pour the broccoli soup into a bowl and leave to cool before placing in the fridge.

Arrange in bowls and sprinkle with shavings of old mimolette made with a vegetable peeler. Garnish with a dash of olive oil and serve immediately.



Spaghetti

WITH BROCCOLI
AND CHICKEN

Quick meal

WHAT MAKES THIS RECIPE GREAT

This delicious spaghetti recipe is quick and easy to prepare and will quickly become your favourite. Everything is cooked in the same pan, which greatly reduces the amount of washing up! This complete dish will give you complex carbohydrates to keep you full and proteins to keep your muscles working properly. You can easily enrich this dish by adding cheese.



INGREDIENTS

 Serves two

150 g spaghetti
200 g broccoli
2 chicken cutlets
½ clove garlic
½ shallot
1 tbsp olive oil
75 g tomato coulis
200 ml milk
100 ml vegetable
or poultry stock
4 large mushrooms
Salt, pepper

METHOD

Peel the garlic and shallot, crush the garlic clove and mince the shallot.

Dice the chicken.

Wash and separate the broccoli florets.

Wash and chop the mushrooms.

Heat the olive oil in a large saucepan. Brown the shallot, garlic and chicken. Season with pepper.

Add the broccoli, sliced mushrooms and uncooked pasta. Add the stock, milk and tomato coulis.

Cover and simmer over a low heat for about 15–20 minutes, stirring occasionally, until the pasta is cooked.

Adjust the seasoning if necessary.



Verrines

OF CARROT, APPLE,
HONEY AND THYME

Starter

WHAT MAKES THIS RECIPE GREAT

This sweet and savoury verrine is a good way to get rid of flavour deviations. This recipe will help you fill up on freshness and vitamins A and C, which contribute to a healthy immune system. Apples and carrots provide fibre to aid intestinal transit.



INGREDIENTS

 Serves two

- 4 carrots
- 1 apple
- 1 tbsp chopped fresh thyme
- 1 tbsp chives
- 1 tbsp cider vinegar
- 2 tsp honey
- 2 tbsp olive oil
- Salt, pepper

METHOD

Peel the carrots with a vegetable peeler, and grate coarsely.

Peel, core and julienne the apple. Mix together the carrots, apple, thyme and chopped chives.

Prepare the vinaigrette by mixing the vinegar, honey and oil. Season to taste with salt and pepper.

Pour the vinaigrette over the carrots and apple, and toss gently to coat.

Spoon into verrines and serve.



Carrot cake

COOKIES

Dessert

WHAT MAKES THIS RECIPE GREAT

These delicious cookies will give you a welcome boost when you're feeling tired. This recipe contains fibre from prunes, wholemeal flour and rolled oats, which is ideal for constipation.



INGREDIENTS

For 10 cookies

- 130 g wholemeal wheat flour
- 180 g rolled oats
- 120 g grated carrots
- 90 g carrot purée
- 100 g chopped prunes
- 30 g sultanas
- 60 g soft butter
- 80 g brown sugar
- 1 egg
- 1 packet baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 tsp nutmeg
- 1 tsp vanilla extract
- ½ tsp salt

METHOD

- Preheat oven to 180°C (gas mark 6).
- Place a sheet of baking paper on an ovenproof tray.
- Mix all the dry ingredients except the oats (wholemeal flour, baking powder, bicarbonate of soda and spices) together and set aside.
- Place the butter, cut into small cubes, brown sugar, prunes, sultanas and 60 ml hot water in a food processor and blend.
- Stir in the carrot purée and grated carrots.
- Mix the egg and vanilla extract in a bowl, then pour the mixture into the bowl containing the fruit, butter, sugar and water.
- Add the carrot mixture.
- Add the dry ingredients to the wet ingredients bowl, and mix well.
- Add the oats at the end.
- Form the cookies on the baking tray.
- Cook for 10–12 minutes.
- Serve hot, warm or cold.



Salad

WITH CABBAGE,
CELERIAC AND SPELT

Starter

WHAT MAKES THIS RECIPE GREAT

This sweet and savoury salad is full of flavour and is ideal for those who suffer from olfactory deviations. Eaten cold, it is suitable for people suffering from mouth inflammations. Spelt, an often overlooked cereal, goes perfectly well with celeriac and cabbage. These two vegetables provide freshness, as well as fibre, to aid intestinal transit. The vitamins C and B9 contained in cabbage and celeriac help to reduce fatigue and contribute to the smooth functioning of your immune system. Goji berries will give you a little boost!



INGREDIENTS

 Serves two

- ¼ celeriac
- ½ kohlrabi
- 100 g spelt
- 20 g goji berries
- 20 g cashew nuts, salt free
- 2 sprigs parsley
- 1 tbsp cider vinegar
- 2 tbsp rapeseed oil
- Salt, pepper

METHOD

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

Make a vinaigrette with the vinegar, oil, salt and pepper.

Wash and peel the celeriac and kohlrabi. Grate finely.

Pour over the vinaigrette and add the spelt, berries, coarsely chopped cashew nuts and chopped parsley.

Adjust the seasoning if necessary.



Beef

PARMENTIER WITH CELERIAC MOUSSE

Quick meal

WHAT MAKES THIS RECIPE GREAT

The presence of cheese in this recipe reduces the metallic taste of red meat. Despite the richness of its composition, this light-textured dish is still tasty and not overpowering. The recipe can be adapted to suit individual needs, so you can have a more or less low-fat cream. Finally, celeriac contains fibre to help combat constipation.



INGREDIENTS

 Serves two

500 g celeriac purée
200 g minced beef
(2 minced steaks)
50 g grated Tomme, Cantal or
Emmental cheese
½ onion
1 shallot
2 tbsp veal stock
1 tbsp single cream
1 tbsp tomato paste
1 tsp fenugreek
Parsley
Salt, pepper

METHOD

Peel and chop the onion and shallot.

Place the meat, onion, shallot, coarsely chopped parsley and tomato paste in a microwaveable cooking bag and pour over the veal stock. Cook for 8 minutes in the microwave at 750 W.

Add the cheese to this mixture as soon as it is cooked so that it melts and soaks into the meat.

Wash and roughly chop the celeriac. Cook in a suitable bag or container for 6 minutes at 900 W.

At the end of cooking, blend the celeriac and add the liquid cream. Season with pepper, salt and fenugreek to taste.

Assemble the parmentiers using a ramekin or metal ring 10 cm in diameter. Make a layer of meat and a layer of celeriac mousse.

Serve immediately.

Tip: If you don't have microwave-safe bags, you can use a glass dish lined with microwave-safe film.



Paupiette

OF GREEN CABBAGE AND
CARROT TAGLIATELLE

Quick meal

WHAT MAKES THIS RECIPE GREAT

This complete dish is ideal if you're feeling a bit peckish, as a paupiette provides protein from the minced beef and complex carbohydrates from the rice. The combination of spices makes these paupiettes very tasty, which is ideal if you have a taste for deviations. Cinnamon and mint help to combat nausea and add a touch of freshness to the recipe.



INGREDIENTS

 Serves two

- ¼ green cabbage
(or kale or savoy cabbage)
- 100 g minced beef (or lamb)
- 60 g basmati rice
- ½ onion
- Salt, pepper
- Cinnamon
- Freshly chopped flat parsley
- Paprika powder
- 2 tsp tomato paste
- 250 ml chicken or veal stock
- 1 tsp dried peppermint
- 1 lemon
- 2 carrots
- ½ jellied chicken stock

METHOD

Remove the cabbage leaves and wash. Blanch for 4 minutes in lightly salted boiling water. Using a skimmer, remove the leaves and plunge them into ice-cold water. Drain and remove any tough ribs.

Cook the rice for 1 minute less than the time indicated on the packet to ensure it remains firm.

Mix the meat, rice, chopped onion, a pinch of salt and pepper, a dash of cinnamon, chopped fresh parsley, paprika and tomato paste. Spread the stuffing over the cabbage leaves.

Form paupiettes and place in a saucepan narrow enough for the paupiettes to hold together.

Cover with the chicken or veal stock and simmer for 30 minutes.

Add a teaspoon of crumbled dried peppermint and the lemon juice and cook for a further 10 minutes.

Meanwhile, use a vegetable peeler to make carrot tagliatelle.

Cook for 10 minutes in a small amount of water with the chicken stock.

Arrange on plates, add a paupiette with a little juice and serve immediately.



Cabbage

FONDANT TERRINE

Starter

WHAT MAKES THIS RECIPE GREAT

This delicious, melt-in-the-mouth terrine is perfect for people who have problems chewing or swallowing.

It can be prepared in advance and frozen without any worries. The vitamin B9 contained in cabbage contributes to the proper functioning of the immune system.



INGREDIENTS

 Serves two

- ½ green cabbage
- 1 clove garlic
- 1 onion
- 1 egg
- 10 cl double cream
- 40 cl chicken stock
- Olive oil
- 3 portions cream cheese of your choice
- 1 heaped tablespoon flour
- Salt, pepper

METHOD

Preheat oven to 190°C (gas mark 6/7).

Remove the first large leaves (they can be used for another recipe, such as cabbage paupiettes or stuffed cabbage), as well as the white veins.

Coarsely chop the cabbage, and blanch.

Change the water and cook in boiling water for 5 minutes.

Mince the onion and sweat in a large saucepan or casserole dish with a little olive oil.

Add the chopped garlic and fry for about 10 minutes. Then add the cabbage and chicken stock.

Season with salt and pepper.

Simmer uncovered for 15 minutes to reduce the juice by half.

Pour off about a third of the cooking juices.

Pour the cream into the casserole dish with the small cheeses, and mix well.

Cook for a further 5 minutes over a low heat.

Remove from the heat and add the egg and flour to the mixture.

Pour the mixture into the moulds and bake for about 40 minutes.

Serve hot, warm or cold.



Pan-fried

BRUSSELS SPROUTS WITH BACON

Quick meal

WHAT MAKES THIS RECIPE GREAT

This simple, tasty recipe will make you love Brussels sprouts. Thyme adds a pleasant touch of freshness and helps combat mouth problems. The fibre in cabbage can help with constipation.



INGREDIENTS

 Serves two

400 g Brussels sprouts
75 g bacon
1 small onion
½ clove garlic
1 tbsp olive oil
Aromatic herbs
(thyme, rosemary)
Pepper

METHOD

Finely chop the onions and garlic. Brown them in a large frying pan in olive oil.

Add the cabbage and bacon, and sprinkle with thyme and rosemary.

Moisten with a little water.

Cover and simmer for about 30 minutes, stirring regularly.

Add pepper to taste before serving. There's no need to add salt, as the bacon is already salty.

Tip: You can replace the bacon with bacon strips or diced chicken.



Salad

OF BRUSSELS SPROUTS,
SESAME AND LEMON SAUCE

Accompaniment

WHAT MAKES THIS RECIPE GREAT

An original way to eat Brussels sprouts: hot and cold, with a sauce that enhances the flavour for those suffering from loss of taste. Brussels sprouts provide vitamins C and B9. Vitamin C has antioxidant properties and also helps combat fatigue.



INGREDIENTS

 Serves two

100 g semi-complete
cooked basmati rice
300 g Brussels sprouts
125 g Greek yoghurt
15 g sesame purée (tahini)
1 tbsp lemon juice
1 tbsp flat-leaf parsley
2 tbsp flaked almonds
Salt, pepper

METHOD

Cook the rice according to the instructions on the packet.
Meanwhile, wash the Brussels sprouts, cut off the base and remove any wilted leaves.
Place the halved cabbages in a steamer and cook for 15 minutes.
Place the Greek yoghurt and sesame purée in a bowl and mix.
Add the lemon juice, salt (if necessary) and washed and dried flat-leaf parsley; toss and season with pepper.
Dry-roast the flaked almonds in a hot pan.
Place the hot rice in a shallow dish and arrange the Brussels sprouts on top.
Pour the sauce over the top and sprinkle with the flaked almonds.
Tip: Warm lemon juice to remove acidity in the case of mouth ulcers or mucositis.



Rillettes

OF MACKEREL
WITH SHALLOTS

Starter

WHAT MAKES THIS RECIPE GREAT

These tasty mackerel rillettes are high in protein and calories, making them ideal for those with a poor appetite. The creamy texture of this preparation can be spread just as easily on a baguette as on a slice of sandwich bread. If you have mouth problems, choose sandwich bread to avoid a hard crust.



INGREDIENTS

 Serves two

1 tin of plain mackerel
100 g cream cheese
1 shallot
1 tsp olive oil
1 tbsp lemon juice
A few sprigs of chives
Salt, pepper

Optional: a few capers,
gherkins or green olives

METHOD

Drain the mackerel, and remove the bones if necessary. Chop the shallot and chives.

In a bowl, mash the mackerel, add the cream cheese and all the other ingredients. Mix well.

Taste, and adjust the seasoning if necessary.

Cover the bowl and chill for at least 1 hour before serving.

To taste, add capers, gherkins or olives.



Carrot

AND SHALLOT
SWEETNESS

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This smooth, creamy recipe will be your best ally if you have problems chewing or swallowing.

It can be eaten hot or cold, which is ideal if you suffer from mouth inflammation. Thyme also helps to soothe mouth and digestive problems, while adding a touch of freshness. Carrots are ideal for combating skin problems.



INGREDIENTS

 Serves two

- 5 medium carrots
- 1 medium shallot
- 3 tbsp crème fraîche
- 2 pinches thyme
- 1 pinch chopped parsley
- 1 tsp olive oil
- Salt, pepper

METHOD

Peel and slice the carrots.

Mince the shallot and sauté in the olive oil.

Place the carrots and shallot in a saucepan and cover with cold water. Add the thyme and parsley. Bring to the boil and cook for 20–30 minutes from the first bubbles.

Pour the carrots and shallot into the blender with a little of the cooking juices.

Blend until smooth.

Depending on the desired consistency, add more or less of the cooking juices. Season with salt and pepper.

Add the cream and a pinch of thyme.

Serve hot, warm or even cold.



Fisherman's

ENDIVES

Quick meal

WHAT MAKES THIS RECIPE GREAT

This tasty variation on ham endives is full of freshness thanks to tarragon and lemon. Endive contains vitamin B9, which contributes to a healthy immune system.



INGREDIENTS

 Serves two

- 2 endives
- 2 large slices of salmon
or 4 slices of smoked trout
- 20 cl light crème fraîche
- The juice of ½ lemon
- 40 g grated Emmental cheese
- 5 g tarragon Pepper

METHOD

Preheat oven to 210°C (gas mark 7).

Rinse the endives and cook for 15 minutes in a pressure cooker or steamer. Drain them.

Place each endive wrapped in a slice of smoked salmon or 2 slices of smoked trout in a baking dish.

Prepare the cream with the lemon juice, pepper and tarragon.

Pour the cream over the endives.

Top with grated Emmental cheese.

Place in a hot oven for 5–10 minutes to brown.

Warning: do not add salt, as the smoked fish and grated cheese provide sufficient salt.



Cream soup

OF ENDIVES WITH HONEY

Starter

WHAT MAKES THIS RECIPE GREAT

Thanks to its supple texture, this creamy soup can also be eaten if you have problems chewing or swallowing. As good hot as cold, it is also suitable for people suffering from mouth inflammation.

Endive, and especially the vitamin B9 it contains, helps to reduce fatigue and keep your immune system working properly.

Coriander helps relieve joint pain.



INGREDIENTS

 Serves two

- 2 endives
- 1 tbsp fresh coriander
- 10 g butter
- 1 good pinch of salt
- 1 tbsp olive oil
- 2 tbsp crème fraîche
- 1 tsp lime juice (optional)
- 1 tsp brown sugar
- 1 tsp honey

METHOD

Wash the endives, drain and cut into very small pieces.

Melt the butter in a frying pan, and fry the endives over a medium heat.

Season with salt and water, then add the finely chopped coriander.

Cook until the endives are translucent (about 15 minutes).

Drain and squeeze out the juice from the endives. Puree the endives in a high-sided blender.

Add the olive oil, cream, sugar, lime juice and honey. Mix well.

To finish, adjust the creaminess by stirring in some of the juice from cooking the endives.

Please note: the coriander infuses cold, so the quantities given are for a recipe eaten during the day.

Use a little less if the dish is prepared in advance.

For mouth ulcers, mucositis, gingivitis or mouth inflammations, heat lemon juice for 30 seconds in the microwave to break down the acidity.

Duck breast

AND TURNIP CUBES
WITH HONEY AND THYME

Quick meal

WHAT MAKES THIS RECIPE GREAT

This complete sweet and savoury dish will fill you up, while adding a touch of sweetness thanks to the presence of honey. Thyme relieves mouth ailments and adds freshness to the recipe. This tasty recipe will help you get enough protein for the day thanks to duck.

INGREDIENTS

 Serves two

- 1 duck breast
- 6 turnips
- 2.5 cl sherry vinegar
- 1 tbsp honey
- 20 g butter
- Thyme
- Salt, pepper

METHOD

Peel the turnips and cut into large cubes. Brown in a frying pan with the butter.

Cover with plenty of water and cook with the lid on until the liquid has reduced.

Add the honey at the end of cooking.

Meanwhile, remove the skin from the duck breast and cut into large cubes.

Cook for 10 minutes in a frying pan.

Add the duck breast cubes to the turnip cubes. Deglaze the pan with vinegar, and add to the duck breast and turnip mixture.

Season with salt and pepper, and sprinkle with thyme.

Serve immediately.



Odourless

CANDIED VEGETABLES

Accompaniment

WHAT MAKES THIS RECIPE GREAT

Cooking vegetables without odour helps to prevent nausea, and cinnamon helps to reduce it. What's more, sweet and savoury is ideal for those who suffer from deviations in taste and smell.



INGREDIENTS

 Serves two

- 2 turnips
- 2 potatoes
- 1 carrot
- 50 g baby onions
- 1 cinnamon stick
- 1 star anise
- 1 clove
- 1 tbsp honey
- 2 tbsp oil
- 1 cooking bag

METHOD

- Preheat oven to 180°C (gas mark 6).
- Peel and wash the vegetables.
- Cut the potatoes into large wedges, and the turnips and carrots into cubes.
- Peel the baby onions.
- Break the cinnamon stick into small pieces.
- Place the vegetables, spices and honey in a traditional oven bag. Close the bag, and shake before placing in the oven.
- Bake for about 30 minutes in the oven.
- Serve as an accompaniment to meat or fish.
- Season with salt if necessary.

Tip: You can use pre-peeled frozen baby onions.



Cream

OF FOIE GRAS AND PARSNIPS
WITH GIROLLES

Starter

WHAT MAKES THIS RECIPE GREAT

This succulent starter, ideal for the festive season, is an original way of eating foie gras.

Its smooth, creamy texture is perfect for people who have problems swallowing.

This energy-rich cream will be your ally if you lose your appetite.



INGREDIENTS

 Serves two

- 1 small parsnip
- 1 floury potato
- 115 g girolles
- 6.5 cl liquid cream
- 15 cl chicken stock
- 65 g foie gras
- 10 g butter
- 1 sprig flat-leaf parsley
- ½ shallot
- Salt, pepper

METHOD

Peel the parsnips and potato. Cut into pieces, place in a saucepan, pour in the stock and top up with water. Bring to the boil, and cook for about 20 minutes. Blend finely with the cream and 50 g of foie gras. Add a little liquid if necessary. Season with salt and pepper.

Clean the girolles thoroughly. Fry for 10 minutes in hot butter with the chopped shallot. Add the chopped parsley. Season with salt and pepper, and set aside.

Serve the velouté in soup bowls, sprinkled with girolles and the remaining diced foie gras.

Serve immediately with toasted farmhouse bread.



Parsnip

AND MINT SALAD

Starter

WHAT MAKES THIS RECIPE GREAT

This delicious, refreshing salad makes an excellent starter! Peppermint adds a touch of freshness and will be your ally in cases of nausea or vomiting.



INGREDIENTS

 Serves two

1 parsnip
Olive oil
Salt, pepper
Peppermint

METHOD

Wash and peel the parsnips, then dice (en brunoise) the raw vegetable.

Cook the parsnips in boiling water for a few minutes with the mint leaves.

Drain, season with salt and pepper, then drizzle with olive oil.

Pour the brunoise into the verrines with the scalded mint leaves, then chill.

Serve cold.



Forest egg

WITH PUMPKIN

Quick meal

WHAT MAKES THIS RECIPE GREAT

This very quick recipe is perfect for the evening and will bring you a little comfort during the winter.

This dish contains high-quality proteins that are very useful for your muscles. You can also add cream, ham or cheese if you wish.



INGREDIENTS

 Serves two

- 2 large eggs
- 2 tsp Parmesan
- 100 g girolles (fresh, frozen or tinned)
- 50 g button mushrooms or oyster mushrooms
- 250 g pumpkin
- 1 tsp olive oil
- 1 clove garlic
- 1 tsp chopped parsley
- Salt, pepper

METHOD

Preheat oven to 180°C (gas mark 6).

Cut the pumpkin into large chunks and cook in a pan of boiling water.

When cooked, purée more or less to taste.

Wash the mushrooms. Peel and chop the garlic clove. In a frying pan, sauté the garlic with the girolles and chopped mushrooms in a drizzle of olive oil.

Add a teaspoon of parsley, salt and pepper.

Place the pumpkin purée in ramekins, followed by a layer of mushrooms, and crack an egg on top.

Sprinkle with Parmesan, and bake for 12 minutes at 180°C.

Serve immediately with bread.

Tip: The skin of the pumpkin softens when cooked, so there's no need to peel it.



Cream soup

OF PUMPKIN
WITH PARMESAN CHEESE

Accompaniment

WHAT MAKES THIS RECIPE GREAT

This creamy velouté will bring you a little comfort during the winter months.

Pumpkin contains vitamin A, which helps combat skin problems. The velouté can be enriched if necessary.

If you suffer from fatigue, this recipe is ideal, as there's no need to peel the pumpkin.



INGREDIENTS

 Serves two

- ¼ pumpkin
- ½ onion
- 25 cl vegetable stock
- 1 knob of butter
- 5 cl liquid cream
- 40 g Parmesan shavings
- Pepper

METHOD

Wash the pumpkin and remove the seeds. Cut into cubes without peeling.

Peel and chop the onion. Sweat in a pan with the butter.

Add the pumpkin cubes, and drizzle with the vegetable stock.

Cover, and simmer for 35 minutes

Drain, saving the cooking water.

Add the liquid cream, and blend until the desired texture is obtained.

Add more cooking water if necessary.

Add half the Parmesan to the velouté, and blend again for a few seconds.

Pour the cream soup into bowls, sprinkle with the remaining Parmesan and add a twist of the pepper mill before serving.



Roasted

CLEMENTINES
WITH SPICES

Dessert

WHAT MAKES THIS RECIPE GREAT

This delicious preparation will become your favourite dessert! Cinnamon is a valuable ally in regulating blood sugar levels. It also helps to combat winter ailments such as colds.



INGREDIENTS

 Serves two

- 4 clementines
- 1 orange
- 1.5 tbsp acacia honey
- 1 cinnamon stick
- A little powdered cinnamon

METHOD

Preheat oven to 180°C (gas mark 6).
Peel the clementines, and remove as many of the small white skins attached to the quarters as possible.
Place the clementines in an ovenproof dish. Grate the zest from one orange, add the orange juice, and pour into the dish.
Add a small cinnamon stick to the juice, which will infuse during cooking.
Drizzle honey over all the clementines, sprinkle with a little powdered cinnamon and bake for 20 minutes.
Serve warm.

Tip: To avoid bitterness, remember to remove the thin white skin covering the quarters.



Duck

AIGUILLETES WITH CLEMENTINES

Quick meal

WHAT MAKES THIS RECIPE GREAT

This dish will give you the protein you need to keep your muscles working properly. The sweet and savoury flavours, combined with basil, are ideal for those who suffer from deviations in taste or smell.

Basil will help you combat digestive problems.

Odourless cooking means you don't have to worry about cooking, especially if you suffer from nausea.



INGREDIENTS

 Serves two

- 4 duck aiguillettes
- 2 clementines
- 1 handful of sultanas
- 1 tbsp honey
- 2 shallots
- 8 fresh basil leaves
- 1 tbsp olive oil
- Salt, pepper

METHOD

Preheat oven to 180°C (gas mark 6).

Peel and chop the shallots, and fry in a pan with the olive oil.

When they start to colour, add the raisins and then the honey, and leave to caramelise over a low heat.

Meanwhile, peel the clementines, and chop the basil.

Place the duck aiguillettes in a traditional ovenproof bag, and season with salt and pepper. Arrange the clementine quarters around it, and top with the caramelised shallots and chopped basil.

Seal the bag, and bake in the oven for 10 minutes.

Serve immediately with rice or fried potatoes.



Sparkling

EXOTIC FRUIT
COCKTAIL

Drink

WHAT MAKES THIS RECIPE GREAT

This refreshing, vitamin-packed cocktail will take you on a journey to exotic destinations.



INGREDIENTS

 Serves two

About 15 peeled and
pitted lychees
1 passion fruit
½ litre sparkling water

METHOD

Cut the passion fruit in half, remove the pulp and seeds, and pour into the bowl of a blender (you can't eat the shells). Save a few seeds for decoration.

Add the lychees.
Blend until frothy. Divide between two glasses,
and top up with sparkling water.

Serve chilled, garnished with a few passion fruit
seeds.



Fish

MINI-TERRINE WITH PASSION FRUIT

Quick meal

WHAT MAKES THIS RECIPE GREAT

This succulent fish verrine contains proteins that are essential for your muscles to function properly. This recipe is low in calories and will be your ally when it comes to combating weight gain. The passion fruit adds freshness and a hint of sweetness to the terrine, making it ideal for those who suffer from deviations in taste or smell. The texture is adapted to swallowing problems.



INGREDIENTS

 Serves two

- 125 g white fish
(cod, sea bream, halibut)
- 3 passion fruit
- ½ courgette
- ½ vanilla pod
- 1 sheet of gelatine
- 1 pinch of sugar
- 1 tbsp olive oil
- Salt, pepper

METHOD

Trim and peel the courgette. Dice into brunoise. Scoop out the passion fruit and pass through a sieve to remove any large seeds.

Place all the ingredients except the gelatine and vanilla pod in a microwave-safe bag, and cook for 4 minutes 30 seconds in a microwave oven at 900 W.

After waiting a few moments for it to cool, gently knead the sachet to crumble the fish, without pulling it out.

Drain, saving the juice, and place in the mini terrines.

Soften the gelatine sheet in the cooking juices with a little water if necessary.

Heat over a low heat with the vanilla pod, halved lengthways. Turn off the heat and leave to infuse for 3 minutes.

Remove the clove, and pour over the mixture.

Mix gently, and leave to set for at least 2 hours in a cool place.

Tip: If you don't have a microwave-safe cooking bag, you can use a glass dish lined with microwave-safe cling film.



Mandarin

MULLED WINE

Drink

WHAT MAKES THIS RECIPE GREAT

This recipe will allow you to enjoy a festive moment with your family, with a drink full of spices, flavours and sweetness.

Perfect for the festive season!



INGREDIENTS

 Serves two

- 25 cl sweet cider
- 25 cl Sauvignon-type white wine
- 1 cinnamon stick
- 3 star anise
- 4 cloves
- 4 mandarins (juice + zest)
- 1 tbsp honey

METHOD

Wash and remove the zest from the mandarins before squeezing.

Mix all the ingredients in a saucepan.

Heat until boiling to evaporate the alcohol. Leave to infuse over a low heat for about 20 minutes.

Serve warm, or leave to cool to serve lukewarm or cooler.

Tip: Choose mandarins without post-harvest treatment to remove the peel. A dash of rum can be added if you wish.



Mandarin

CREAM

Dessert

WHAT MAKES THIS RECIPE GREAT

This fresh, creamy dessert will become your favourite thanks to its hint of basil, which will wake up your taste buds. Its texture is suitable for those who have problems chewing or swallowing.



INGREDIENTS

 Serves two

The juice and zest of
2–3 large mandarins
2 eggs
40 g sugar
1 tbsp cornflour
1 tbsp olive oil (optional)
6 basil leaves

METHOD

Wash and zest the mandarins, then squeeze them.

Beat the eggs into an omelette, then add the sugar and cornflour. Add the mandarin orange juice and zest, and the olive oil if desired. Blend until smooth.

You can also add the pulp from the mandarins.

Pour into a saucepan over a low heat, and stir with a wooden spoon until thickened.

At the end of cooking, add the chopped basil.

Pour into 2 verrines, and leave to cool in the fridge.



Mango

AND GINGER MOUSSE

Dessert

WHAT MAKES THIS RECIPE GREAT

This creamy, fresh recipe helps reduce nausea, thanks to the ginger.

Cooking lemon juice eliminates the acidity that can be a problem for patients with mouth ulcers, mucositis and gingivitis.



INGREDIENTS

 Serves two

- 1 mango
- 200 ml liquid full cream
- 20 g icing sugar
- 1 sheet of gelatine
- 1 tbsp lemon juice
- ½ tsp ground ginger

METHOD

Peel and chop the mango, then blend to make a coulis.

Rehydrate the gelatine sheet in the tablespoon of lemon juice, and melt for 20 seconds in the microwave. Add to the mango coulis.

Whip the cream with the icing sugar until stiff. Gently fold in the mango coulis.

Pour into verrines, and refrigerate for 2 hours before serving.



Wild rice

SALAD
WITH MANGO AND CHICKEN

Quick meal

WHAT MAKES THIS RECIPE GREAT

The fact that this dish is cooked in a bag means you won't be bothered by odours when preparing it, which is great if you're feeling nauseous. Its exotic sweet and savoury notes will take you on a journey, and are ideal for those who suffer from deviations in taste or smell. Chicken will give you the protein your muscles need.

Finally, if you suffer from diarrhoea, rice will be your ally.



INGREDIENTS

 Serves two

75 g mixed rice
(black and white)

½ ripe mango

1 chicken breast

2 tbsp olive oil

(or sesame oil)

2 tbsp wine vinegar

Salt, pepper

METHOD

Cook the rice in boiling salted water as indicated on the packet, drain and leave to cool.

Peel the mango half, scoop out the flesh and cut into strips.

Cut the chicken into small cubes, and season.

Place the chicken breast, half a mango and 1 tablespoon of olive oil in a microwave-safe steamer bag or in a Pyrex dish lined with microwave-safe cling film.

Cook for about 6 minutes in the microwave at 600 W until the chicken is cooked. Stir after 4 minutes, and cook for a further 2 minutes to ensure even cooking.

Pour over the rice.

Mix in the vinegar and remaining oil.

Refrigerate for 1 hour and serve chilled.



Brownies

WITH WALNUTS

Dessert

WHAT MAKES THIS RECIPE GREAT

This sweet treat will bring you sweetness and comfort.

Walnuts are ideal this winter, because they are rich in minerals such as zinc, copper and iron, which help the nervous and immune systems to function properly.

Dark chocolate contains magnesium, which helps combat fatigue.



INGREDIENTS

 Serves two

- 75 g 70% dark chocolate
- 30 g butter
- 25 g walnuts
- 25 g flour
- 15 g brown sugar
- ½ packet vanilla sugar
- 1 egg

METHOD

Preheat oven to 180°C (gas mark 6).

Melt the chocolate in a double-boiler or in the microwave, then stir in the soft butter.

Chop the walnuts.

In a bowl, whisk the eggs with the brown sugar and vanilla sugar. When the mixture is frothy, stir in the flour.

Add the chocolate/butter mixture, then the walnuts.

Pour the batter into a small, buttered tin or ramekin, and bake for 15–20 minutes.

Leave to cool before serving.



Cheesecake

WITH CELERY, WALNUTS
AND HAZELNUTS

Starter

WHAT MAKES THIS RECIPE GREAT

This savoury, gourmet cheesecake is complete and rich in energy and healthy fatty acids. This makes it ideal for those with small appetites. Celery and hazelnuts provide vitamin B9, which helps the immune system to function properly and helps to reduce fatigue.



INGREDIENTS

 Serves two

250 g celery
3 squares of cream cheese
2 eggs
25 g hazelnut powder
2 tbsps walnut oil
15 g walnut kernels
90 g wholemeal flour
40 g butter
Salt, pepper

METHOD

Preheat oven to 180°C (gas mark 6).
Peel the celery and cut into cubes.
Then steam.
Blend to a purée, and leave to cool.
Beat the eggs with the squares of cream cheese.
Season with salt and pepper. Add the celery purée, and mix.
Mix the flour with the hazelnut powder, walnut oil and melted butter.
Knead everything together to obtain an even, sandy paste.
Crush the walnuts, and add about two-thirds to the dough.
Oil the inside of the mould.
Place on a strip of baking paper.
Press the pastry into the base of the tin, pour over the cream of celery and bake for 35 minutes.
Once out of the oven, sprinkle the cheesecake with the remaining chopped walnuts before serving.



Risotto

WITH ORANGE AND HERBS

Accompaniment

WHAT MAKES THIS RECIPE GREAT

The sweet and savoury flavours of this succulent risotto with orange are ideal for those with a deviating sense of taste or smell.

Coriander will help to combat joint pain and add a touch of pep to this recipe.



INGREDIENTS

 Serves two

- 160 g risotto rice (arborio type)
- 1 untreated orange
- 1 red onion
- 1 tbsp grated Parmesan
- ½ bunch flat or curled parsley
- 1 sprig fresh coriander
- 1 tbsp four-spice powder
- 2 tbsp olive oil
- 30 g soft butter
- Salt, pepper

METHOD

Bring 1 litre of water to the boil in a saucepan with the four-spice powder. Stir with a whisk, and lower the heat. Meanwhile, peel the onion under running water (to avoid it stinging the eyes), then finely chop.

Place the oil and half the butter in a frying pan, and allow to melt over a low heat. Discard the chopped onion, and cook gently. The onion should not brown but should become translucent.

Pour in the rice, and stir well to coat the grains with the fat. Leave to cook for 3 minutes. Meanwhile, wash and pat dry the orange, remove the zest and squeeze. Strain the juice to remove the seeds.

Moisten the rice with the orange juice. Stir, and cook until no liquid remains. Season with salt and pepper, and continue cooking for about 20 minutes, basting regularly with the spiced stock.

Chop the zest. Wash and drain the herbs, chop and set aside. When the rice is cooked, turn off the heat, cover and leave to stand for 2 minutes. Add the remaining butter, herbs and orange zest, and stir vigorously until the risotto is smooth. Serve immediately with freshly grated Parmesan.



Orange

AND MINT SALAD

Dessert

WHAT MAKES THIS RECIPE GREAT

This fresh, tasty salad will help you fill up on vitamin C, thanks to the oranges.

Goji berries will give you a boost when you're feeling tired.

Mint and cinnamon will help reduce nausea and vomiting.



INGREDIENTS

 Serves two

2 oranges

15 g Goji berries

1 tsp orange blossom water

Dried peppermint leaves

Cinnamon powder

METHOD

Peel the oranges and cut into very thin slices. There should be no more white.

Arrange on a plate.

Add the chopped mint, and sprinkle with cinnamon.

Add the goji berries, and sprinkle with orange blossom.

Leave to rest in the fridge for 1 hour.

Serve chilled.

Tip: If your fingers start to tingle, you can use a ceramic knife.



Persimmon

CRUMBLE WITH GINGERBREAD

Dessert

WHAT MAKES THIS RECIPE GREAT

This revisited classic will bring you comfort on cold winter days. Wholemeal flour combined with persimmon can help with constipation, thanks to its fibre content. Cinnamon will help combat nausea and digestive problems.



INGREDIENTS

 Serves two

35 g wholemeal flour
30 g gingerbread
35 g butter
20 g sugar
1 persimmon
½ packet vanilla sugar
A few drops of lemon juice
Cinnamon powder

METHOD

Preheat oven to 180°C (gas mark 6). Peel the persimmon, and cut into small pieces. Melt a knob of butter (about 5 g) in a frying pan. Brown the diced persimmons with the packet of vanilla sugar, and a little lemon juice. Cover, and cook for about 5 minutes. Meanwhile, prepare the crumble mixture: toast the gingerbread slices and, when they are cold, blend them to obtain breadcrumbs. Place the sugar, flour and gingerbread crumbs in a bowl, and mix. Cut the remaining soft butter into small cubes, and mix with the rest of the ingredients until the consistency of coarse sand is obtained. Place a layer of persimmons in an ovenproof dish, and cover with the crumble mixture. Sprinkle with cinnamon, and bake for 15–20 minutes. Serve warm or cold.



Tart

WITH BANANA, PERSIMMON
AND SPECULOOS

Dessert

WHAT MAKES THIS RECIPE GREAT

This tasty, original recipe uses bananas to provide you with vitamin B6, which helps your immune system to function properly. Bananas also contain potassium, which can help combat high blood pressure.



INGREDIENTS

For 1 tart

- 2 persimmons
- 2 bananas
- 1 puff pastry
- 10 speculoos
- 2 tbsp honey
- 1 tbsp cinnamon

METHOD

Preheat oven to 180°C (gas mark 6).

Unroll the puff pastry onto a tart tin. Prick the base and edges with a fork to prevent the pastry from puffing up too much.

Peel the persimmons, and dice finely. Peel and slice the bananas. Place in a salad bowl, add honey and cinnamon, and stir.

Spread the mixture over the puff pastry.

Crumble the speculoos over the top.

Bake for 30–35 minutes.

Apple-Kiwi

SMOOTHIE

Drink

WHAT MAKES THIS RECIPE GREAT

This ultra-fresh drink is an excellent vitamin-packed snack. Kiwifruit is packed with vitamin C, which helps the body fight fatigue. It also enables the immune and nervous systems to function normally.

INGREDIENTS

 Serves two

- 2 small Gala apples
- 1 kiwi fruit
- 1 sachet of vervain tea
- 140 ml water
- 2 tsp lemon juice
- 1 tsp honey
- A few ice cubes

METHOD

Bring the water to the boil. Put the sachet of vervain infusion in the water for 4 minutes. Remove the sachet, and leave to cool. Peel the kiwis and apples. Combine the kiwis, chopped apples, infusion, lemon juice and honey in a blender. Mix with ice cubes. Serve immediately.



Bowl

BANANA-KIWI CAKE

Dessert

WHAT MAKES THIS RECIPE GREAT

This ideal breakfast recipe will make you love the morning.

Its soft, delicious texture is ideal for people who have problems chewing or swallowing.

Bowl cake is quick to prepare, and helps you fill up on energy for the whole morning. It also provides you with vitamin C, an ally of your immune system, with antioxidant properties.



INGREDIENTS

 Serves two

- 2 kiwi fruits
- 1 banana
- 6 tbsp rolled oats
- 2 egg whites
- 90 ml almond milk
- 1 packet baking powder

METHOD

Peel the banana, and blend with the milk. Add the egg whites, and mix. Pour in the oats and yeast, and stir well.

Pour the mixture into two bowls, and place one after the other in the microwave at 600 W. Cook for 3 minutes.

Leave to cool, then turn out onto a plate.

Peel the kiwis. Cut into thin slices.

Serve the bowl cake with the kiwi slices.



Moelleux

GOURMAND PEAR
ROQUEFORT

Starter

WHAT MAKES THIS RECIPE GREAT

These sweet and savoury morsels are ideal for those with a deviating sense of taste or smell.

These small portions can be enjoyed at any time of day and at any temperature.



INGREDIENTS

For 6 moelleux

- 1 pear
- 70 g Roquefort
- 40 g grated Emmental
- 2 eggs
- 75 g flour
- 12.5 cl milk
- Pepper

METHOD

Preheat oven to 210°C (gas mark 7).

In a bowl, form a well with the flour, put the egg in the centre and mix with a whisk.

Add the milk and pepper.

Peel the pear, and dice finely.

Cut the Roquefort into small cubes.

Place the pear pieces, Roquefort cheese and grated Emmental cheese in the bottom of the muffin tins, and cover them two-thirds of the way with the batter.

Bake in the oven for 15–20 minutes.

Please note: Do not add salt, as the cheese provides a sufficient amount.



Pear

IN GINGER SYRUP

Dessert

WHAT MAKES THIS RECIPE GREAT

This original recipe for pears in ginger syrup will help combat nausea and vomiting. The melt-in-the-mouth texture of cooked pears is ideal even if you suffer from chewing or swallowing problems.



INGREDIENTS

 Serves two

- 2 conference pears
- ½ lemon
- 1 cm ginger root
- 10 cl sweet white wine
- 1 tbsp sugar
- 1 tbsp honey
- 10 g butter
- ½ tsp pepper

METHOD

Peel the pears, keeping the stems, and carefully scoop out the insides.

Rub them with half a lemon to prevent them oxidising.

Peel the ginger and cut into strips. Place the pears upright in a saucepan.

Pour in the sweet wine, and bring to the boil.

Lower the heat, and add the ginger, pepper, sugar, honey and butter.

Cover, and cook over a very low heat for about 1 hour, basting the pears regularly with the cooking juices.

Serve warm or cold.



Veal

WITH APPLE COMPOTE

Quick meal

WHAT MAKES THIS RECIPE GREAT

The sweet and savoury side of this recipe will be beneficial in the event of deviations in taste and smell. Apples are rich in fibre, which helps with intestinal transit.



INGREDIENTS

 Serves two

- 1 Canada apple
- 1 lemon
- 1 tsp caster sugar
- 2 veal escalopes
- with 5 cl of semi-skimmed milk
- 20 cl liquid cream
- Salt, pepper

METHOD

Peel the apple, and cut into quarters. Place in a casserole dish with a little water, the lemon juice and sugar. Cover, and cook over a low heat for 15 minutes. 5 minutes before the end of cooking, cook the veal escalopes in a hot non-stick frying pan. Place the escalopes in a dish. Deglaze the pan with the milk and remaining lemon juice. Allow to reduce slightly, then pour in the liquid cream. Add the apples. Serve with pasta or rice topped with the apple compote.



Genuine

APPLE PIE

Dessert

WHAT MAKES THIS RECIPE GREAT

This authentic Apple Pie recipe will instantly transport you to New York! What's more, the spices in this tart will be your allies in case of deviations in taste or smell. This rich, indulgent dessert is ideal if you've lost your appetite. Cinnamon is a spice that helps combat nausea and digestive problems.



INGREDIENTS

For 1 pie

2 ready-made shortcrust pastries

For the filling:

2 Golden apples

75 g sugar

20 g flour

20 g butter

1 tsp lemon juice

½ tsp cinnamon

1 pinch nutmeg

1 pinch four-spice

½ pinch salt

For gilding:

1 egg yolk

1 tsp water Caster sugar

METHOD

Preheat oven to 190°C (gas mark 6/7).

Peel, core and dice the apples. Mix the sugar, spices and salt in a bowl.

Spread the mixture over the apples, and stir.

Melt the butter in a large saucepan over medium heat. When the butter begins to melt, add the apples and cook until lightly browned on all sides.

Stir in the flour and lemon juice. Continue to cook for 5 minutes, and then remove from the heat. Leave to cool.

Line a tart tin with a disc of shortcrust pastry, keeping the baking paper underneath. Prick the base with the tines of a fork. Pour the warmed apple mixture over the shortcrust pastry in the tin.

Place the second circle of pastry on top, and cut off the excess, leaving wide enough edge to seal the edges of the tart in the shape of a small sausage. Then weld the edges together with the tines of a fork to make small ridges. Make small incisions in the top of the tart to allow steam to escape during cooking.

Glaze the tart with an egg yolk and a little water, sprinkle with sugar and bake in the oven at 190°C for 1 hour.

The tart should be golden brown, and the inside should still be bubbling.

Remove from the oven, and leave to cool before serving.

Tips: The apples can be cooked in the microwave.

To do this, place the apple, flour, sugar, spices and salt mixture in the microwave for 3–4 minutes on full power, then stop cooking, stir and cook for a further 3–4 minutes. When cooked, stir again. Leave to cool. Add the butter cubes once the apples have been placed in the tin.

For a more authentic look, cut the second pasta disc into strips about 2 cm wide. Weave an attractive grid pattern around the top of the tart, and crimp the edges with a fork.



EATING WELL IS A FRENCH WAY OF LIFE!

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

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

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





Julie BRANCHU
(Food &
Health
Engineer and
Dietician)

Cécile BUCHE
(Food &
Health
Engineer)

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

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

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

Julie and Cécile

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