

# Following a very low fat diet for a chyle leak (adults) - recipe ideas

Nutrition and Dietetic Service

Information for Adults Patients

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## Introduction

This booklet needs to be used with the diet sheet titled 'Following a very low fat diet for a chyle leak (adults)' given to you by your Dietitian, Doctor, Specialist Nurse (or healthcare professional).

Both the MCT Oil and Liquigen products mentioned in this recipe booklet are only available on prescription.

Your Dietitian will give supplies to use at home after discharge from hospital. If required, they can ask for more supplies from your GP.

## What is MCT oil?

MCT stands for medium chain triglyceride. This is a special type of oil. It replaces the normal fats and oils usually eaten in our diet. MCT oil can be used in many areas of cooking. You can use it for shallow frying, roasting, adding to mashed vegetables or potatoes. You can use it as a salad dressing, adding to soup or sauces and also cakes. MCT oil is used to enrich the food with calories.

## How to use MCT oil:

- You have to introduce MCT oil slowly into your diet. This means adding 1 tablespoon of MCT oil a day. We can sometimes start this while you are at the hospital.
- MCT oil cooks at a lower temperature than other cooking oils. Do not overheat and overcook the oil. This will make it have a bitter taste.
- Fried foods normally need to cook a little longer on a low or gentle heat.

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- Do **not** deep fat fry with MCT oil. It is more flammable than normal cooking oil.
- Keep it in a cool dry place.
- It can only be used 3 to 4 times for frying before it starts to taste bitter. You should throw away the oil responsibly (avoid blocking pipes and drains).

## What is liquigen?

Liquigen is another type of MCT oil. It is made with water and is a creamy emulsion. When added to foods or used in cooking it can help add variety and calories to your diet.

## How to use Liquigen:

- Liquigen must be stored in the fridge and used for 1 month after opening. Write down when you opened the bottle.
- Liquigen can be heated or warmed up for use in hot drinks or added to hot food such as low fat soups. Do not boil for a long time.
- Liquigen can be used in baking cakes, pastry and biscuits. The recipes in this booklet show how to use liquigen instead of fat and water. Liquigen needs to be added slowly before baking.
- Gentle shallow fat frying is possible with liquigen (pure MCT oil is better to use).
- Do **not** deep fat fry with liquigen as it is more flammable than cooking oil.

## Savoury recipes:

### French toast: serves 1

Ingredients:

- 1 egg white
- Pinch of salt
- 20ml (2 tablespoons) MCT oil
- 2 teaspoons skimmed milk powder
- 2 to 3 drops yellow food colouring (optional)
- 2 small slices bread
- 1 to 2 tomatoes (optional)

Method:

1. Beat egg white, milk, salt and yellow food colouring together.
2. Dip bread into mixture and fry lightly in MCT oil, on both sides until brown.
3. Serve with grilled tomatoes (optional).

### Lentil curry: serves 4 to 6

Preparation time: 10 minutes

Cooking time: 23 minutes (microwave)

Ingredients:

- 1 onion chopped
- 2 tablespoons MCT oil
- 2 teaspoons mild curry powder
- 250g (8oz) red lentils
- 750ml (1½ pints) hot vegetable stock
- 2 tablespoons mango chutney
- Salt and pepper to taste

Method:

1. Place the onion and MCT oil in a microwavable pan. Cover and cook in microwave on high for 1 minute.
2. Stir in the remaining ingredients. Cover and cook on high for 20 minutes. Add the seasoning, stir well and then transfer to a warmed serving dish.
3. Serve with poppadums, cooked under the grill. Serve as an accompaniment to meat or chicken curry or as a main course for a vegetarian meal.

**Tomato soups: serves 6**

## Ingredients:

- 1 onion
- 1 carrot
- 1 celery stalk
- 1 bay leaf
- 2 tablespoons MCT oil
- 420g (14oz) tinned tomatoes
- 1 teaspoon sugar
- 1 tablespoon tomato puree
- 600 ml (1 pint) vegetable stock

## Method:

1. Slice the onion, carrot and celery and fry with the bay leaf in the oil for 5 to 6 minutes.
2. Add the stock, cover and simmer for 40 minutes, until the vegetables are tender. The consistency can be adjusted by the addition of more stock if desired
3. Remove the bay leaf, liquidise the soup and pass through a sieve before serving.
4. The soup may be served with croutons made by shallow frying small cubes of white bread in MCT oil until crisp and golden.

**Tomato sauce: serves 2 to 6**

## Ingredients:

- 1 chopped onion
- 2 tablespoons MCT oil
- 2 tablespoons cornflour
- 420g (14oz) can chopped tomatoes
- 1 teaspoon sugar
- $\frac{3}{4}$  teaspoon salt
- Black pepper to taste
- Marmite to taste (optional)

## Method:

1. Fry onions in oil until tender.
2. Stir in cornflour and cook for 1 minute. Slowly add can of tomatoes.
3. Stir in sugar, salt, pepper and cook for 1 to 2 minutes.
4. Liquidise and strain sauce pass through a sieve (if necessary). Can add Marmite to taste.

**Lentil bolognese sauce: serves 1 to 2**

Preparation time: 20 minutes

Ingredients:

- 1 small onion chopped
- 75g (3oz) red split lentils
- 2 tablespoons MCT oil for frying
- 1 tablespoon (15ml) tomato purée

Method:

1. Fry the onion and lentils in MCT oil for 5 minutes until the onion is brown.
2. Add enough water to cover the lentils and cook until the water is absorbed (between 10 to 15 minutes).
3. Add the tomato puree and cook for a few minutes.

Can be used as a mashed potato topping or as a vegetarian Shepherd's Pie or served with a pasta sauce.

**Fish cakes: makes 4 fish cakes**

Ingredients:

- 240g (8oz) cooked cod or haddock
- 240g (8oz) boiled potatoes
- 1 tablespoon MCT oil
- 1 tablespoon chopped parsley
- salt and pepper to taste
- lemon juice to taste
- liquid skimmed milk (optional: to bind 1 lightly beaten egg white)
- dried breadcrumbs
- MCT oil for shallow frying

Method:

1. Skin, bone and flake the fish.
2. Mash the drained potatoes and mix in the oil.
3. Add the fish, parsley and seasoning.
4. Add lemon juice to taste.
5. Bind if necessary with a little skimmed milk.
6. Shape into cakes on a floured board. Dip in egg white, then coat with breadcrumbs.
7. Shallow fry in MCT oil until crisp and golden brown.

## Sheperd's pie: serves 4

### Ingredients:

- 8oz (250g) minced beef (very lean)
- 1lb (500g) boiled potatoes mashed
- Gravy granules (or stock cubes)
- ½ chopped onion ,Salt and pepper
- 4 tablespoons MCT oil
- Oven temperature: 200°C or gas mark 6

### Method:

1. Boil potatoes and mash with 2 tablespoons MCT oil.
2. Heat remaining oil, add meat and fry gently until brown.
3. Add onion, carrot and stock.
4. Season to taste and simmer for 20 minutes.
5. Place in an ovenproof dish and top with mashed potato.
6. Bake towards top of oven for 10 minutes.

## Potatoes

Potatoes can be cooked in MCT oil.

- **Chips:** partly boil the potatoes. Then coat them in MCT oil and oven bake until golden brown.
- **Roast potatoes:** coat the outside of the raw potato with MCT oil and bake in the oven.
- **Creamed potatoes:** add a few drops of skimmed milk and MCT oil until desired consistency is achieved.
- **South American Potatoes:** bake potatoes in their jackets. When cooked, cut the potatoes in half, scoop out the inside and mash with a little MCT oil. Add cooked chopped onions, a little salt and some lemon juice. Refill the skins with this mixture and return to the oven for a few minutes to reheat.
- **Potato wedges:** cut potatoes into wedges and partly boil for 10 minutes. Shake in MCT oil until coated. Bake in oven on gas mark 6 or 200°C for 30 minutes.

## Extra recipes

### Butter substitute

Ingredients:

- 30ml (1oz) water
- 30g (1oz) dried skimmed milk powder
- 2 tablespoons MCT oil
- 1 to 2 drops of yellow food colouring

Method:

1. Add water to milk powder and mix well into a smooth cream.
2. Add oil gradually, mix with an electric mixer or use a rotary beater.
3. Add colouring.
4. Chill to thicken.
5. Serve on bread or toast as a butter substitute.

### French dressing

Ingredients:

- 3 tablespoons vinegar
- 2 tablespoons MCT oil
- pinch of dry mustard
- ¼ teaspoon sugar
- ¼ teaspoon herbs
- salt and pepper to taste

Method:

Mix all ingredients together in a bowl and serve.

## Sweet recipes

### Spice scones: makes 12

#### Ingredients:

- 240g (8oz) self raising flour
- ½ teaspoon salt
- 3 tablespoons MCT oil
- 150ml (¼ pint) skimmed milk

#### For Filling:

- 3 tablespoons MCT oil
- 60g (2oz) soft brown sugar
- 1 teaspoon cinnamon
- 60g (2oz) currants

Oven Temperature: 220°C or gas mark 7

#### Method:

1. Sift flour and salt into a bowl.
2. Mix oil and skimmed milk and add to flour.
2. Turn onto lightly floured board and knead quickly until smooth.
4. Roll into rectangle about 20cm x 30cm (8" x 12") big.
5. Mix together ingredients for filling and spread over the dough. Spread within 15mm (½") of the edges.
6. Moisten edges slightly with water and roll up like a swiss roll. Start from one of the longer sides.
7. Cut in 12 slices and arrange cut sides down in an 18 to 20cm (7" to 8") round cake tin.
8. Bake towards the top of the oven for 20 to 25 minutes. Until risen and golden brown.
9. Turn out onto wire cooling tray and leave to cool slightly.
10. Then pull apart to separate the scones.

**Custard: serves 4**

## Ingredients:

- 60g (2oz) dried skimmed milk powder
- 6 teaspoons MCT oil
- 600ml (1 pint) cold water
- 2 tablespoons custard powder
- Granulated sugar to taste (1 to 2 tablespoons)

## Method

1. Blend the milk powder and oil together until the oil is absorbed.
2. Whisk in the water.
3. Put a little of the milk to the side. Put the rest on to boil heating slowly.
4. Blend the custard powder and sugar with the cold milk.
5. Pour on the boiling liquid. Mix well.
6. Return to the pan and bring to the boil, stirring continuously.

**Rice pudding: serves 4**

## Ingredients:

- 50g (1¾ oz) ground rice
- 1 pint (500ml) skimmed milk
- 6 teaspoons MCT oil
- 3 teaspoons sugar
- pinch of grated nutmeg (optional)

## Method:

1. Place milk with MCT oil in a pan to heat.
2. Add pudding rice, sugar and nutmeg into the pan.
3. Bring to the boil and simmer gently for about 6 minutes, stirring often.

## **Rice Krispie cakes: makes around 10 cakes**

### Ingredients:

- 2 tablespoons golden syrup
- 2 tablespoons caster sugar
- 160g (2oz) Rice Krispies

### Method:

1. Heat sugar and syrup in a pan until sugar dissolves.
2. Stir in Rice Krispies.
3. Spoon into paper cases.
4. Leave to cool.

## **Using Liquigen**

### **Liquigen milk**

Liquigen thickens when added to skimmed milk. For a palatable mix use 1 part Liquigen and 3 parts skimmed milk i.e. 45ml (3 tablespoons) Liquigen plus 150 ml skimmed milk.

Serving suggestion 1 portion. This can be used on cereal, as a flavoured milk shake or as a hot chocolate drink.

### **Pouring cream**

#### Ingredients:

- 1 level teaspoon skimmed milk powder,
- 3 teaspoons water,
- 6 tablespoons of liquigen

#### Method:

1. Mix skimmed milk powder and water until smooth.
2. Add Liquigen and stir until thickened.

#### Serving suggestion 1 portion:

- Pour into tinned or fresh fruit salad.
- Stir into mashed potato.
- Add to low fat homemade packet or tinned soups prior to serving.
- Add to stock to accompany lean meat or fish.



