

# nourish

## COOKBOOK



High Protein, High Calorie Recipes  
to Support You During Radiotherapy



# Acknowledgements

## Niamh Corkery BSc RD

Niamh graduated from University College Cork with a BSc Nutritional Sciences and went on to Glasgow Caledonian University where she graduated with a Post Graduate Diploma in Dietetics in 2006. She started her career in Ireland at the Mater Misericordiae Hospital in Dublin where she worked as a basic grade dietitian rotating through various clinical specialties including ENT/Head and Neck Cancer.

She moved to St Vincent's University Hospital, again rotating through various specialty areas including ENT and the liver transplant unit before moving to University Hospital Limerick. She joined the Mater Private Radiotherapy Unit Limerick in 2011 where she has been working ever since.

Niamh's special interest is in Head and Neck Cancer. She also has a keen interest in student training and is an active student educator for MSc Dietetic students from the University of Limerick. Niamh is also a busy mother to 4 children and in her spare time likes to run and CrossFit.

She is passionate about the importance of nutrition for a patient's experience during cancer treatment. She has seen firsthand how well-nourished patients simply do better! Niamh hopes that these delicious and nutritious recipes help people maintain their weight and muscle mass during cancer treatment.

## Contributors

**Niamh Corkery BSc RD**  
Senior Dietitian in Radiation Oncology

**Pedro Salinas Escarcega**  
Student Dietitian MSc Human Nutrition & Dietetics

**Rosemary Cushion**  
Student Dietitian MSc Human Nutrition & Dietetics

**Briana O'Callaghan**  
MSc Human Nutrition & Dietetics

**Dr. Catherine Browne**  
PhD BSc MISCP  
Chartered Physiotherapist



# Welcome

As dietitians supporting people who have cancer, we are frequently asked how to make food more calorific and nourishing.

Nourish was originally developed in 2018, inspired by the work of Dr. Aoife Ryan and her colleagues in University College Cork. I realized there was a gap in the nutritional resources available for patients who were undergoing radiotherapy treatment – and a clear need for a recipe book full of soft, moist, high protein high calorie recipes.

This is the 2<sup>nd</sup> edition of Nourish, which has been revised to include some new recipes and align with the latest guidelines.

Nourish aims to provide nourishing, soft recipe ideas for you or your carer. We hope it is useful and you enjoy making and eating these recipes.

*Niamh*

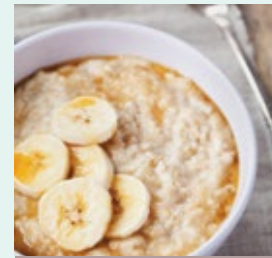


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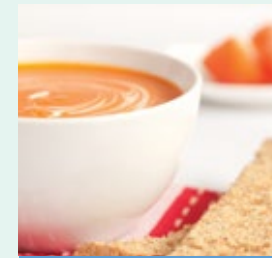
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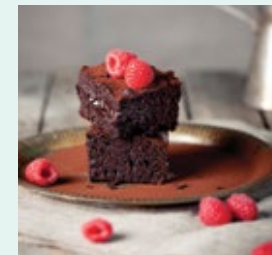
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# Introduction

Good nutrition during cancer treatment helps to keep your energy levels up and make you feel stronger; it has also been proven to improve the outcomes of treatment, reduce side-effects, and help you to heal and recover faster.

This cookbook is specifically designed for people going through cancer treatment who are experiencing side effects or difficulties due to the cancer itself, the treatment, or surgery-related side effects.

All of the recipes are soft, and extra sauces and gravies can be added to suit your personal requirements and preference.

Unfortunately during cancer treatment, side effects often include loss of appetite and weight loss. This cookbook will hopefully help you to choose your meals wisely. It is packed with texture-modified energy dense meals, snacks, desserts and nourishing drinks that are ideal "fuel" for your body during treatment.

We are also delighted to have been able to include some recipes from well-known chefs and food bloggers, with their permission.

Most importantly you will find some recipes that have been kindly donated to us by past patients who have successfully completed all of their treatment. These were recipes that they used and enjoyed during treatment.

## Disclaimer

The advice and recipes in this cookbook are tailored for people with cancer who have a sore mouth/throat and/or swallowing difficulties, and are either at risk of losing weight, are underweight or are losing weight due to their disease or the treatment they are receiving.

However, it is not a case of one size fits all. Please discuss with your dietitian or doctor which recipes are appropriate for you. This cookbook should never be used to replace medical advice given to you by your medical team.

Furthermore, if you have difficulties swallowing or are currently under the care of a speech and language therapist, it is essential that you consult with them prior to trying any of the recipes in this book.

# Cancer and weight management

Irrespective of your weight prior to your cancer diagnosis, the most important thing is that you do not lose weight before, during or immediately after your cancer treatment. This is to ensure that you are meeting all your calorie, energy and protein requirements that are necessary for tissue repair.

If you are wearing a mask for treatment, we want to ensure it fits tightly with no gaps; even a small reduction in your weight can result in the mask becoming loose, which may require you to have another planning scan.

By keeping your weight stable we can avoid this as much as possible, along with any unplanned hospital admissions. If you feel you are losing weight, please ask for a referral to our dietitian.



# Nutritional impact & symptoms

Cancers of the upper aero digestive tract, collectively known as head and neck cancers, occur at multiple sites. Nutrition plays a vital role in the care of a patient with head and neck cancer. People may present at diagnosis with nutritional problems, or these may develop during the course of their treatment and beyond.

Pain on eating, ulcerated mouth, presence of dysphagia and poor fitting dentures are all factors that may interfere with your ability to chew and swallow a nutritionally balanced diet.

Head and neck cancer can be treated with one or a combination of therapies, i.e. surgery, radiotherapy and chemotherapy. Each treatment has the potential to create more nutritional problems for your diet.

## Upper gastrointestinal cancer

These are cancers of the oesophagus, 'gullet' or stomach. Presenting symptoms are usually dysphagia, weight loss, reflux, regurgitation, burping or hiccups.

Again, there are many treatment options, including surgery, chemotherapy or radiotherapy, or a combination of chemotherapy and radiotherapy, sometimes followed by surgery. You may also require a plastic or metal 'stent' to help you swallow.

## Nutritional impact of side effects related to surgery and treatment

Nutrition is an important part of cancer treatment. Eating the right kind of foods before, during, and after treatment can help you feel better and stay stronger.

Being well nourished can help to lessen side effects during treatment and cause less breaks in treatment throughout your course of chemotherapy. It can help your body heal and recover more quickly and provide you with much needed energy.

## Surgery

If you have had surgery you may have already encountered problems with eating. Therefore you may have modified the consistency of your food, by choosing softer meals and snack options.

## Chemotherapy

Chemotherapy is the general term used to describe anti-cancer drugs given to destroy cancer cells. The drugs work by damaging cancer cells so that they are unable to divide and grow.

Unfortunately, these drugs can't tell the difference between healthy cells and cancer cells. This means normal cells may be damaged along with the cancer cells, and this may lead to side effects.

As each person's individual medical profile and diagnosis is different, so is his/her reaction to treatment. Side effects may be severe, mild, or absent and they may appear soon after treatment or a number of days after.

Some side effects that people can experience when having chemotherapy include:

- Nausea and vomiting
- Constipation or diarrhoea
- Sore mouth
- Changes in taste
- Fatigue
- Infections

## Radiotherapy

Radiotherapy to the head and neck area most frequently causes the following side effects, which in turn may have an impact on your nutritional intake:

- Sore mouth and throat
- Dry mouth
- Difficulty swallowing
- Changes to taste and smell
- Sticky mucous
- Weight loss
- Stiffness in the mouth

Radiotherapy to the lung, oesophagus or breast may cause:

- Loss of appetite
- Nausea and vomiting
- Difficulty swallowing
- Indigestion
- Increased phlegm

A general side effect of radiotherapy treatment is fatigue. This may also affect your appetite, leaving you too exhausted to purchase, prepare, cook and then consume food.

## Nutritional management of chewing and swallowing difficulties

Cancer treatments target fast growing cancer cells in your body. Healthy cells that are fast growing can also be damaged. Examples of fast growing cells include cells in the mouth, digestive tract, and hair.

These may be affected by cancer treatment. Eating well from the beginning of cancer therapy has been found to prevent mouth problems.

Stomatitis, or mucositis, is the presence of sores in the mouth caused by some anti-cancer drugs. In addition to being painful, mouth sores can become infected by the many germs that live in the mouth. They can also make it difficult to swallow and chew. If you develop sores in your mouth, tell your doctor or nurse. You may need medication if the sores become painful or prevent you from eating.

If you have mouth problems, the following suggestions may be useful for you.

**Purée cooked foods in the blender to make them smoother and easier to eat.**

**Eat the following soft foods such as:**

- Ice cream
- Milkshakes
- Baby food
- Soft fruits (bananas and applesauce)
- Mashed potatoes
- Cooked cereals
- Soft-boiled or scrambled eggs
- Yoghurt
- Cottage cheese
- Macaroni and cheese
- Custards
- Puddings
- Jelly

**Try to avoid irritating, acidic foods and juices, spicy or salty foods, rough or coarse foods such as:**

- Tomato juice and citrus juice (orange, grapefruit, and lemon)
- Raw vegetables
- Granola

**Food at room temperature or chilled can be more soothing to eat.**

# The importance of energy and protein

You can keep your strength, boost your energy levels, and enhance your sense of well-being by eating correctly and keeping a healthy weight.

Adding energy and protein to your everyday food helps you to get the most calories and energy out of the food that you eat. This can help you to prevent weight loss and may help you to put weight on if you need to. Protein is essential for the repair of damaged tissue, the generation of new tissue and to maintain muscle mass.

## Tips for adding more calories to your food

If you have a small appetite and cannot manage large portions, it is important to make the food you eat as nourishing as possible.

### Butter or margarine:

- Spread thickly on to bread, toast, or crackers.
- Add to mashed or baked potatoes, cooked vegetables, pasta, and rice.

### Milk

- Always use full fat milk and yoghurt.
- Drink full fat milk instead of water.
- Use milk to make porridge, soups, puddings, and hot drinks such as coffee or cocoa.
- Add 4 tablespoons of dried milk powder to a pint of milk to boost the goodness.
- Keep in the fridge and use as normal in drinks and cooking.

### Cream

- Add to soups, sauces, breakfast cereals, milk puddings or custards.
- Serve whipped cream with desserts, cakes, fruit, hot chocolate, or coffee.

### Cheese

- Sprinkle grated cheese on to baked or mashed potatoes, baked beans, scrambled eggs, omelettes, soups, cooked vegetables, or cooked pasta.
- Use as a sandwich filling or on crackers.

### Dressings, sauces and gravies

- Add gravies, creamy dressings and white, parsley or cheese sauce to your food.
- Use full fat mayonnaise or salad cream in sandwiches.

Honey, jam and sugar

- Add to bread, cereals, milky drinks, milk puddings and custard.

### Fry food

- If you can tolerate it, use olive oil to fry or sauté foods

## Tips for eating more protein

- Eat the protein first
- High protein snacks
- Swap rice, potatoes, pasta for blended chickpeas and beans
- Sauces with soaked/blended nuts
- Milky drinks/milk shakes
- 'High Protein' labels

## Tips for adding more protein to your food

- Use high protein milk in cooking
- Skimmed milk powders.
- Blended beans or lentils to casseroles
- Yoghurts or blended nuts to smoothies

## Maintaining muscle mass

Our body is made up of nutrients and substances that are the building blocks for our body composition. These build our bone, fat and muscle. A very important body component for maintaining good health is our skeleton muscle, making up approximately 40% of our body weight.

Muscle houses most of our body's protein. That protein is moved if we are sick or not getting enough protein in our diet. Low muscle mass is common in cancer and is linked to shorter survival times. It can increase a person's chance of severe side effects from chemo and radiation therapy and cancer progressing. The good news is that we can prevent and reverse low muscle mass!

## Protein

We need protein to build muscle. People who have cancer need more protein (aim 1.2-1.5 grams per kilogram of body weight). Animal proteins are better for muscle health. These can be found in:

- Meat
- Fish\* oily fish are high in Omega 3 fatty acids which are anti-inflammatory.
- Eggs
- Milk
- Yoghurt

Eliminating animal proteins (i.e. vegan diet) is not a recommended dietary change to pursue during treatment for cancer. Individuals who follow vegan or vegetarian diets for personal reasons may be able to support muscle health with dietitian support.

Plant based sources of protein include:

- Beans
- Lentils
- Nuts
- Seeds
- Nut butters
- Soya
- Quinoa
- Seitan



# Suggestions for Oral Nutritional Supplements (ONS)

- Supplements are not intended to replace food; they are intended to be taken in addition to food.
- It's usually best to take your oral nutritional supplements between mealtimes or after mealtimes.
- Try avoid taking your supplements before meals as it will fill you up too much.
- It's usually best to sip on the supplements slowly as opposed to drinking them quickly.
- Most taste better chilled so it is useful to keep small amounts in the fridge. Once opened, they must be kept in the fridge and thrown away if not used within 24 hours.
- You can pour the supplement from its bottle into a glass or cup. Alternatively you can blend the supplement with milk or ice cream or add it into a smoothie.
- Some flavours can be mixed into food e.g. mixed into porridge or rice pudding
- Chocolate and coffee flavours can be warmed to make a hot drink (do not boil)

# Activity

It is important to stay active during treatment to maintain muscle mass. Reduced exercise and inactivity can quickly result in muscle loss.

People who have more muscle mass are better able to care for themselves during treatment, continue working, and carrying out their usual daily activities. This is particularly true for older people who tend to lose more muscle during cancer treatment.

Treatment can take its toll physically, emotionally, and mentally. Although it can be the last thing on your mind, it is important to stay active during treatment. Research shows that exercise can help to reduce anxiety, depressive symptoms, and fatigue, and improve your quality of life and physical function.

Being physically active means any movement that uses your muscles and more energy than when you're resting.

### Guidelines:

Overall, avoid inactivity; aim to achieve the current physical activity guidelines for health:

- 150 min/week aerobic exercise. 30 mins x 5 times per week (walking/running/cycling)
- and 2-3 x/week strength training (Yoga/ Pilates/weight training)

### There are two types of physical activity:

- aerobic – this uses more oxygen and improves the way your heart (cardiovascular system) works, e.g., running/walking
- anaerobic – this increases your muscle strength and mass, e.g., weight training, Pilates or yoga – \*this is particularly important during treatment.

\*Make sure to talk to your medical team before you start an exercise program.

It is safe to start exercising if you are currently undergoing treatment. However, there are some situations which require extra precaution:

#### Cancer affecting your bones

Avoid high-impact weight-bearing activities that put pressure on affected bones. Swimming or exercise in water is a good alternative. Other low impact activities such as yoga and Pilates are also safe.

#### Low Immunity

Try to avoid exercising in busy public gyms or crowded areas to avoid risk of infection.



**Peripheral neuropathy**

If you have reduced sensation or other sensory changes in your feet (pins and needles, numbness, tingling), your balance might be affected. Choose a safe activity such as cycling on a stationary bike or seated exercises to avoid risk of falls.

**After certain types of surgery**

After certain types of surgery, you might have to wait before you can exercise like you used to. Talk to your medical team if you are concerned.

**Contributor:**

Dr Catherine Browne PhD BSc MISCPC  
Chartered Physiotherapist

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**Tips for becoming more active**

- Small changes add up!
- Where you start generally depends on your current baseline. If you have not done much exercise before, start small and gradually build up. Some days you will have more energy than others. Start with moving more around the house – household chores, gardening, laundry etc. Break up into short bouts of activity followed by rest. Aim for 5-10 minutes daily and build from there. Creating new habits takes time.
- To prevent muscle loss, strength training is particularly important. Examples are exercises such as squats, lunges, push-ups. Pick one exercise and start with 3-5 repetitions.
- Set a goal and track your progress. Tracking apps, fitness wearables, and journal logs can all be useful.
- Be consistent. Try different options and find something you enjoy – it is important that you like what you are doing so you will keep it up!
- Find an accountability buddy. Partner up with a friend or family member so you can keep each other motivated.
- Get help. Even if you've been inactive for years, it's never too late. Being more active can still improve your health, regardless of your age.
- Physiotherapists can specialise in cancer rehabilitation. During or after treatment a rehabilitation plan specific to your individual needs can help you to achieve your goals. Ask your medical team for a referral or advice about specialist exercise programmes in your area.





**Before Commencing Treatment**

**Tips for getting organised**

- Prepare meals in advance and freeze. These will be convenient to defrost and consume once your treatment commences.
- Purchase some ready-made meals for the fridge and freezer to have on stand-by for the days when you are tired.
- Stock the fridge and cupboard with staple foods and long shelf-life items.
- Handy high protein foods to always have in your fridge and cupboard include: high protein milk, drinking yoghurts, fromage frais, high protein yoghurts & desserts, spreadable and grated cheese, whipped and pouring cream, cold meat, tinned fish and ice-cream.

**Tips for a well-stocked fridge and cupboard**

- A well-stocked food cupboard means you will always have the ingredients to make a nourishing meal, even when you are tired after a long day of treatment.
- Start by cleaning away any out-of-date food items.
- Before stocking up, think about the meals you are most likely to cook, then buy ingredients required.
- Divide your cupboard into sections for example, oils and vinegars; dried foods (including flours, sugars, pasta, rice, pulses, sugar, salt); tinned foods (tomatoes, fish); and jams, honey, preserves.
- Do a monthly cupboard check, or if you want to be really organised, keep a list on the inside of your cupboard door of what's running low and what you need at the next shop.
- Plan ahead by adding at least 1 or 2 cupboard foods to your shopping list each week.

**ESSENTIAL FOOD ITEMS**

- Soft bread – brioche, pancakes or muffins
- Full fat milk or fortified milk, for example Supermilk
- Cream
- Sweeteners – sugar, honey, maple syrup, jams and marmalades
- Gravy granules and white sauce
- Eggs
- Ready-made soups or packets of soups that can be used as extra sauces
- Baked beans
- Tinned rice pudding
- Ready-made custard
- Tinned fish – salmon
- Tinned fruit – pears, peaches
- Cheese (grated or block), spreadable cheese
- Butter, oils and vinegars
- Porridge oats or breakfast cereal that is soft when soaked in milk – Weetabix, Oatibix, Cornflakes, Rice Krispies
- Yoghurts (full fat) – watch for added fruit or anything that may irritate the throat
- Bananas or other soft fresh fruit that is peeled
- Dry goods – rice/pasta/noodles/pulses
- Semolina, Tapioca, Angel Delight
- Potatoes

**FREEZER ITEMS**

- Meat, fish – cut up small and cook until very tender
- Frozen vegetables, berries
- Ice cream

**NON-ESSENTIAL SNACKS**

- Plain biscuits – good for dipping into drinks to make softer
- Dried herbs
- Drinking chocolate, cocoa powder
- Condiments – Worcestershire sauce, soy sauce, mustard, tomato ketchup
- Flavourings – vanilla extract
- Icing sugar
- Dried skimmed milk powder (can be used if you run out or be added to fresh milk to add more calories)



Measurements

Metric	Imperial
5g	1 tsp
12.5g	1 tbsp
15g	1 dessert spoon
25g	1oz
50g	2oz
85g	3oz
110g	4oz
140g	5oz
180g	6oz
200g	7oz
225g	8oz
250g	9oz
280g	10oz
300g	11oz
340g	12oz
375g	13oz
400g	14oz
425g	15oz
450g	16oz

Weights

Metric	Imperial
1 standard cup (when filled to top)	200ml
1/2pt	236ml
1pt	473ml

Tips for keeping your mouth healthy

Soreness and ulceration of the lining of the mouth or throat is called mucositis and can be very painful. It can be caused by chemotherapy and radiotherapy to the head and neck. Listed below are a number of ways to help prevent this.

- Drink plenty of fluids, especially water. For extra calories focus on milk and milk-based drinks such as Horlicks, Ovaltine, drinking chocolate, Yazoo, Yop etc.
- Cool food and drinks may be more soothing. Some people find sucking on ice cubes helps.
- Very hot or very cold drinks may irritate your mouth so try having drinks that are at room temperature.
- Try drinking through a straw.
- Avoid salty or spicy food that may sting.
- Avoid rough-textured food, such as toast as these can scrape at sore areas.
- Keep food moist with sauces and gravies.
- Very importantly tell your doctor if you have a sore mouth. You may require painkillers before mealtimes to enable you to eat in comfort.
- There are various mouthwashes that can be used. Some people find rinsing with salt and water very effective. Please ask your nurse or doctor which mouth washes are best for you.
- Speak to your dentist about support during your cancer treatment. They may recommend high-fluoride or non-foaming toothpaste to help reduce soreness.
- Use a child's soft toothbrush to clean your teeth gently.
- If you wear dentures, soak them in a cleansing solution overnight and leave them out for as long as you can during the day to prevent them rubbing your gums. If you are having radiotherapy to the jaw area, you may be advised to keep your dentures in as much as possible during the day.



You will definitely require a blender, be that hand held or a liquidiser. This has many different uses from making soups to smoothies and ensuring that you have a smooth, lump free texture.

**Hand blender** – use to purée foods in the pan. Less expensive, more portable version of the liquidiser. It may be all you need.

**Smoothie maker/blender** (also called a liquidiser and now more commonly known as the Nutribullet).

- Potato masher
- Casserole dish
- Steamer
- Strainer or sieve
- Measuring jug
- Slow cooker

### Tips for sore mouth and throat

- Choose soft moist foods with plenty of moisture, i.e. added sauces/gravies.
- Avoid any hard or acidic foods or drinks which are painful for you to eat and drink, for example toast, chops, steak, some fruit juices, natural yoghurts.
- Cold foods and drinks can help to soothe the mouth, for example cold milk, ice cream/sorbet (if on thickened fluids check with your speech and language therapist or doctor).

Always tell your doctor if you are in a lot of pain whilst eating and drinking or if you are losing weight. They will review the need for pain killers (analgesia) or may need to increase the dosage if you are already taking them.

### Tips for dry mouth

- Choose soft moist foods and add gravies/ sauces for extra moisture.
- Avoid dry flaky foods like pastries, chocolate and white bread as these require a lot of saliva to break them down and will make your mouth even drier.
- Sip fluids during the day. Ideally always bring a drink or a refillable water bottle with you, to prevent your mouth drying up while you are out and about.
- Chewing gum or sucking on sweets can help to get the saliva flowing.
- You can try artificial saliva products. Ask your doctor about these.

### Tips for difficulty chewing or swallowing

Chemotherapy and radiotherapy treatments for head and neck cancer can affect the cells in the lining of the throat, which can make it painful to chew or swallow. A common mouth infection known as thrush can also make chewing and swallowing more difficult. Thrush usually appears as white spots on the mouth and tongue and is treated with anti-fungal medication. If you suspect you have thrush inform your nurse or doctor as soon as possible.

Let your doctor or dietitian know if you are having problems chewing or swallowing. If drinks make you cough, inform your doctor as soon as possible.

- If prescribed painkillers, make sure you take them prior to mealtimes.
- Cut your food into very small bites.
- Mindful eating is very important, chew your food many times before you attempt to swallow and focus only on eating. That means no TV or reading whilst eating!
- Moisten your food with plenty of sauces and gravies, adding plenty of butter/ margarine etc.
- Sip fluids during your meal to help moisten the food further.
- Avoid hard foods that are very difficult to chew, for example fruit with skins on, toast, chops, crusts of bread etc.

### Changes in taste and smell

This can vary from person to person and depends on the treatment. You may experience an alteration in or complete loss of taste.

- Ensure you are carrying out your daily mouth-care routine as advised by your doctor/nurse.
- Check your mouth and tongue daily for white spots which could be a sign of oral thrush. Tell your doctor/nurse if you are concerned.
- Be open to trying new foods. If you have complete loss of taste, (usually people 'go off' the foods they usually 'love' as they are disappointing to taste when they eat them), try foods you wouldn't usually consume. They might taste surprisingly better.
- If your mouth is not sore, try pineapple chunks and spicy salty foods to help stimulate your taste buds.

### Coping with tiredness (fatigue)

Feeling tired and lacking energy for day-to-day activities is a common side effect of radiation therapy to any area of the body. During your treatment, your body uses a lot of energy dealing with the effects of radiation on normal cells. Fatigue can also be caused by daily travel to and from the treatment centre.

Take regular breaks, plan activities for a time of day when you tend to feel more energetic, reduce work hours for few weeks or work from home if you can. Try to take regular exercise such as walks, and limit your intake of caffeinated drinks.

# Food hygiene

Cancer and several cancer therapies can affect the immune system, which defends us against illness and infection. You have a higher chance of developing food poisoning if your immune system is compromised. This is because your ability to fight infection is decreased. Additionally, you can find it harder to manage the symptoms of food poisoning.

To reduce this risk, you should:

- Use fresh ingredients
  - Check the use-by dates on food
  - Store food and drink at the correct temperature – look at the packaging for instructions
  - Rinse all fruit and vegetables in cold running water before eating or cooking
  - Cook food thoroughly
  - Throw away mouldy food.
- \* If you are on chemotherapy then avoid any products that contain probiotics, 'live cultures', or 'bio'.

In the kitchen, you should:

- Wash your hands before you touch food
- Clean cooking utensils and chopping boards thoroughly
- Wipe worktops with hot, soapy water or an anti-bacterial spray – this is very important if you have prepared raw meat or eggs
- Wash or replace dishcloths and tea towels regularly
- Keep pets out of the kitchen.



# Dealing with constipation

Constipation is the inability to empty your bowels as frequently as you normally would. You may find that emptying your bowels is uncomfortable or difficult. Constipation can be a side effect of cancer therapies and medications such as painkillers and anti-sickness medicine.

Constipation can also be caused by a lack of fibre or exercise, or not drinking enough water. To help your bowels move more often, gradually increase the amount of fibre in your diet and at the same time, try to increase the amount of fluid you consume.

Coming to treatment can cause a change in your daily routine. It is important to find time in the day to go to the toilet. Find a quiet part of your house, away from distractions. Try to lift your legs on to a stool or something of a similar height. Your body relies on a bend in the bowel. The angle of a modern toilet may cause a kink in the bowels which can result in difficulty going to the toilet. By lifting your legs this kink is undone, allowing for a much smoother time going to the toilet.

### Types of fibre:

- **Soluble:** This type of fibre dissolves in water and can bind with other substances in the gut. You can find these in oats, pulses, fruit, and vegetables.
- **Insoluble:** This type of fibre is a bulking agent and increases your stool size. You can find these in wholemeal breads, bran cereals, skins of fruit and vegetables.

If you have difficulty swallowing these types of fibre, you can blend them into the recipes in the book.

### Fluid

For fibre to work efficiently in your body, fluids are needed. Fibre absorbs fluid like a sponge as it navigates through your bowels, forming soft bulks, allowing for an easy pass when you're on the toilet. When you don't drink enough fluid, the fibre you are eating may not work effectively, resulting in constipation. Aim to drink 8-10 cups of fluid a day, such as water, juices, or squash.

To help your bowels move, you need to gradually increase the fibre and fluid in your diet. By slowly increasing the fibre and fluid, you reduce the likelihood of developing bloating, constipation, and cramping. Remember to also move your body throughout the day. Exercise stimulates your bowels and help reduce constipation.

- Consume a lot of fibre every day. Wholewheat morning cereals, wholemeal bread, pasta, brown rice, and fresh fruit and vegetables are all excellent sources of fibre.
- Stay hydrated by consuming plenty of hot and cold beverages. Aim to consume 2 litres or more every day. If you increase the quantity of fibre in your diet, this is crucial. Constipation may worsen if you consume fibre without getting enough liquids.

Ask your doctor or specialist nurse for more advice.

# Taste changes

Changes in taste are common before, during and after cancer treatment, especially in patients receiving radiotherapy to the head and neck area. Foods or fluids may taste different, unpleasant or have no taste at all. Changes to taste vary from person to person and can change from week to week, and make it more difficult to eat well.

A poor food intake is associated with weight loss but also; reduced muscle and bone strength, decreased immunity, fatigue, low mood, micronutrient deficiency, and impaired wound healing. : It's therefore extremely important to continue to eat well both during and after treatment. With time and healing taste will improve.

Type of taste	Tips
No taste	<ul style="list-style-type: none"> <li>Sharp-tasting foods such as fresh fruit, fruit juices and sour or boiled sweets can be refreshing and stimulate your taste buds e.g. sucking on pineapple chunks.</li> <li>Use herbs, spices, chutneys, sauces or pickles to add stronger flavour to bland foods e.g. garlic mayonnaise with chicken, pesto on salmon, horseradish mixed into mashed potato.</li> <li>Citrus or acidic flavours may enhance your taste of bland foods. Try adding a few drops of an acidic flavour to foods, such as lemon, lime, or vinegar e.g. lemon juice and fish.</li> <li>Tart foods have a strong taste. Try using lemons, limes, oranges and gooseberries, lemon yoghurt, lemon cheesecake, orange mousse, lemon sorbet and stewed gooseberries (avoid if you have a sore mouth).</li> <li>Italian dressings, sweet and sour sauce, soy sauce and fruit juice will enhance flavours.</li> </ul>

## Unpleasant taste

- Regular oral hygiene is very important to maintain during and after your cancer treatment.
- See your doctor if your mouth is coated.
- Sucking on pineapple chunks may help stimulate your taste and cleanse your palate.
- Try sucking on boiled sweets or mints e.g. lemon sherbet or apple sours.
- Rinse your mouth before you eat with plain fizzy water or dilute salt water to try get rid of unpleasant tastes.
- Try high protein foods such as eggs, cheese, fish, chicken or turkey.
- Marinate meat or other foods overnight or for a few hours (even 10 minutes will make a difference).
- Use plastic cutlery if you notice a metallic taste in your mouth.
- If you no longer can taste tea or coffee, try lemon tea or a cold, fizzy drink such as lemonade or sparkling water with a squeeze of lemon juice. Alternatively, try a milky drink such as a hot chocolate.

# Dysphagia – what does it mean?

Dysphagia is the medical term used to describe swallowing difficulties. With dysphagia, you may experience difficulties in swallowing foods and drinks.

Dysphagia results in discomfort on eating and drinking and/or an inability to swallow a “normal” diet.

You may have already modified your diet to include foods that you are able to manage more easily and exclude those that you find difficult.

### Symptoms of dysphagia include:

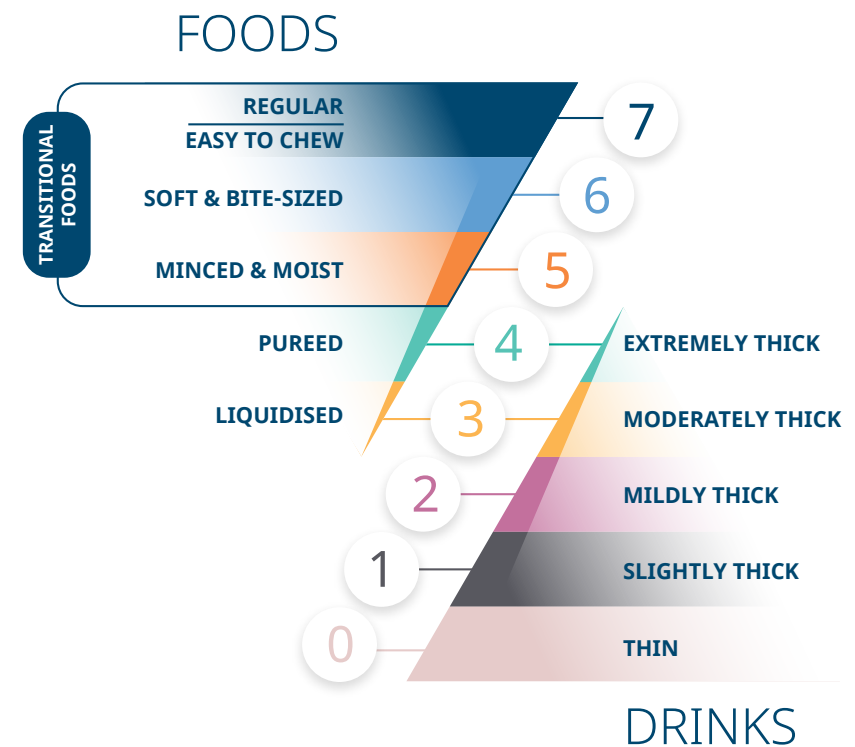
- Coughing when you are swallowing food and drink.
- A feeling of food getting “stuck” in your wind pipe on eating and needing to drink more fluid to “get it down!”
- Pain or soreness on swallowing.
- Difficulty chewing your food and taking a longer time to eat.
- Residual food remaining in your mouth after eating.
- Unintentional weight loss.

From time-to-time you will read or hear descriptions such as “soft, modified food” or “mildly thick”. The next page takes you through what these mean.

# IDDSI Guidelines for Modified Foods and Fluids

### The IDDSI Framework

Providing a common terminology for describing food textures and drink thickness to improve safety for individuals with swallowing difficulties



The International Dysphagia Diet Standardization Initiative (IDDSI) 2019 framework is composed of 8 levels to describe the texture and thickness of food and drinks. Drinks are measured from Levels 0-4 and foods are measured from Levels 3-7.

**IDDSI Framework for Fluids**

**Level 0 – Thin**

- Flows like water
- Can flow through a straw

**Level 1 – Slightly Thick**

- Are thicker than water
- Can flow through a straw

**Level 2 – Mildly Thick**

- Are ‘sippable’
- Pour quickly from a spoon but slower than Level 0 and Level 1

**Level 3 – Moderately Thick**

- Can be drunk from a cup or taken with a spoon
- Need some effort to drink them through a wide diameter straw
- Have a smooth texture with no lumps, fibres or seeds

**Level 4 – Extremely Thick**

- Are usually eaten with a spoon
- Cannot be drunk from a cup or using a straw
- Do not require chewing Smooth texture with no lumps
- Hold shape on a spoon
- Fall off a spoon in a single spoonful when tilted
- Are not sticky

**IDDSI Framework for Foods**

**Level 3 – Liquidized**

- Can be eaten with a spoon or drunk from a cup
- Cannot be eaten with a fork because it drips through the fork prongs
- Smooth texture with no “bits”

**Level 4 – Puréed**

- Are usually eaten with a spoon
- Do not require chewing
- Smooth texture with no lumps
- Hold shape on a spoon
- Fall off a spoon in a single spoonful
- Are not sticky

**Level 5 – Minced & Moist**

- Biting is not required
- Minimal chewing required
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

**Level 6 – Soft & Bite-sized**

- Bite-sized’ pieces
- Food can be mashed/broken down with pressure from fork
- A knife is not required to cut this food

**Level 7 – Regular & Easy-to-Chew**

- Normal, everyday foods\* of soft/tender texture
- Any method may be used to eat these foods (e.g. fingers, fork, spoon, chopsticks etc.)
- Avoid foods that are: hard, tough, chewy, fibrous, have stringy textures, pips/ seeds, bones or gristle

# Avoiding high risk foods

Some foods can be particularly difficult to chew, move in the mouth and swallow safely.

Below is a list of the types of food that should be avoided:

- Stringy, fibrous texture – celery, runner beans, lettuce, cabbage, kale
- Vegetable and fruit skins – broad beans, baked beans, soya beans, peas, grapes. These need to be liquidised and strained.
- Mixed consistency foods – soup with lumps, stewed fruit, mince with thin gravy, cereals which do not blend with milk, for example muesli.

- Crunchy foods – toast, flaky pastry, crisps.
- Crumbly items – pie crusts, crumble, dry biscuits.
- Hard foods – boiled or chewy sweets, toffees, nuts and seeds.
- Husks – sweetcorn and granary bread.

If you have any concerns about your ability to swallow, or are experiencing problems with food getting stuck, please ensure you speak to your doctor about this.





# Creamy Protein Porridge

Porridge is the 'go to' staple breakfast for the majority of patients with a sore mouth. It's creamy by nature but can be made even creamier by adding extra milk. It is also a great comfort food. You can have it at night too as a bed-time snack. By adding the egg you are adding at least another 10 grams of protein to your porridge!

## Ingredients

- 128g porridge oats – any brand
- 240ml full fat milk
- 1 pinch cinnamon (optional)
- 1 whole egg
- 1 scoop dried milk powder (Marvel) (optional)
- 1 tsp milled flaxseeds (optional)

## Toppings

- Ripened banana slices

## Method

1. Add the oats, cinnamon, dried milk powder and milk to a pan and stir until thick and creamy.
2. When the porridge is cooked, add the egg and stir until smooth – the heat from the porridge cooks the egg.
3. Add your banana and enjoy.

# BREAKFASTS

Start the day with a good breakfast. Often this is the time of day when your appetite is better and energy levels are at their highest. If you cannot manage to eat when you get up, then make the most of a late breakfast or brunch. Some of these recipes also work well as snacks or light meals later in the day.





# The Ultimate Breakfast Smoothie

This smoothie is ideal for breakfast. The combination of oats, dates, milk, banana and cinnamon makes for a thick creamy texture and a great taste. The porridge oats in the smoothie fill you up almost as much as porridge.

## Ingredients

- 1 banana
- 1 tbsp oats
- 1 pinch cinnamon
- 200ml full fat milk
- 1 date

## Optional

- 1 dessert spoon of peanut butter

## Method

Mix all the ingredients using a blender, adding the milk as you go so you can adjust the thickness. Then sit back and enjoy.





# Chocolate Orange Porridge

This recipe is equally as delicious served as a dessert or in the morning, to sweeten your day!

## Ingredients

- 128g oats
- 2 tsp cocoa powder
- 240ml full fat milk
- Optional: 1 tsp milled flaxseeds or chia seeds
- Juice of an orange
- 1 tsp honey to drizzle

## Method

1. Mix all the ingredients and cook in a pan over a hob until a creamy mixture is formed. Add more milk if you want a more moist consistency. Add more cocoa powder if you really like chocolate.
2. Once the porridge has reached a thick creamy consistency, place in a bowl, squeeze in a dash of orange juice and allow to cool for 1-2 minutes to allow the orange juice to infuse the porridge slightly as it cools.
3. Drizzle the honey over the top and enjoy!

“  
Small  
steps  
everyday  
”

IHadCancer.com

Pancakes and toasted English muffins can be served with butter, nut butter, maple syrup, honey or even melted cheese.



# Banana Pancakes

This offers a tasty, calorie- and protein-packed hit for the day and is really simple to rustle up!

### Ingredients

- 2 medium sized eggs
- 1 large banana
- Vegetable oil/olive oil

### Other options:

Add a scoop of protein powder, Greek yoghurt, or a drizzle of chocolate to increase the nutritional value or vary the taste.

### Method

1. Mash the banana and the eggs together in a bowl.
2. Heat some oil in a pan, then add the mixture (1/3 of mix per pancake).
3. Cook on one side first, flip and cook the other side.



# Oat Pancakes

SERVES  
2-3

Oat pancakes are a great alternative to regular pancakes! Oats are high in fibre and contain vital minerals such as magnesium and zinc.

### Ingredients

- 118g porridge oats
- 200g cottage cheese
- 2 large eggs
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 chopped banana
- Honey

### Method

1. Put the rolled oats, cottage cheese, eggs, cinnamon, vanilla extract and chopped banana into a food processor and blend until the mixture is smooth.
2. Heat a non-stick frying pan over medium heat.
3. Pour spoonfuls of batter into the pan and fry until golden brown on both sides.
4. Serve with lashings of honey and extra mashed banana.



This recipe is so versatile. You can also add cinnamon for extra flavour or have with yoghurt on the side to make a creamier consistency.

SERVES  
4



# French Toast

Adapted from 101+ square meals from safefood.eu and Clodagh McKenna's 'Homemade' book. This is an ideal way to eat bread if your mouth is sore. If it's still not moist enough, try dipping into milk or tea to soften further.

## Ingredients

- 8 slices of bread (no crusts)
- 4 eggs
- 150ml full fat milk
- Pinch of salt & pepper  
OR 2 tsp ground cinnamon
- 50g butter

## Method

1. Beat the egg, milk, salt & pepper together in a bowl. Use cinnamon instead of salt & pepper if you want a sweeter taste.
2. Dip the slices of bread in the egg mixture and soak for a few minutes.
3. Melt the butter in a frying pan and fry the egg-soaked bread until golden brown on both sides.
4. Serve with natural yoghurt or mascarpone cheese. For extra flavour stir in maple syrup or honey.



SERVES  
2



# Baked Eggs

Adapted From BBC Food Recipes

This is a simple and tasty breakfast. Eggs are an excellent source of protein which is so important to help preserve muscle mass and to help to fight infections. They are also a good source of vitamin D and iron. When baking the eggs, make sure you bake only one or two in a dish at a time – as the eggs on the outside will get overcooked if you cook more than that.

This easy weekend treat can be adapted to include ham, smoked salmon, mushrooms, diced tomatoes or spinach.

Serve with well-buttered toast soldiers.

## Ingredients

- 35g butter
- 4 eggs
- 50g grated cheese
- Salt & pepper
- 1 tsp mustard
- 1 tbsp double cream
- Optional: ham or mushrooms cooked

## Method

1. Preheat the oven to 180°C/gas mark 4 and smear butter over two small ovenproof dishes. Cover with your chosen filling if desired.
2. Crack 2 eggs into each dish.
3. Put the cheese in a small bowl and mix in the mustard and cream. Season with salt and pepper. Scoop the cheese mixture on top of the eggs.
4. Cook for approximately 10 minutes.



Alternatively why not try poached eggs on well-buttered hot toast.



SERVES  
1

# Baked Egg

## Ingredients

- 1 large egg
- 1 tbsp single cream
- 1 tbsp grated cheese
- Salt and pepper

## Method

1. Preheat the oven to 160°C/gas mark 3. Butter a ramekin or an ovenproof tea cup.
2. Break an egg into a ramekin, pour over cream, sprinkle with cheese and season.
3. Put the ramekin on a baking tray and bake for approximately 10 minutes.
4. Serve with hot buttered crustless toast soldiers.



# Overnight Oats

Recipe donated by Lorraine Fanneran, @healthyfitbella\_ and co-owner La Cucina, Co. Limerick [www.realitalianfoodies.com](http://www.realitalianfoodies.com)

Overnight oats have become a bit of an internet sensation. If you are not a breakfast person or are in a rush in the morning (perfect on a day you have an early treatment time), these are brilliant as they are prepared the night before and ready to eat from the fridge the following morning. There are plenty of recipes for overnight oats, this is just one!

## Ingredients

- 118g porridge oats
- 230ml milk of choice
- 1 tbsp chia seeds
- 1 tbsp honey
- ½ tsp vanilla extract

## Topping

Choose one of the below the following morning:

- Mixed berries
- Banana
- Peanut butter

## Method

1. Mix all the ingredients in a bowl and place in the fridge to chill overnight.
2. In the morning top with fresh berries.
3. These are perfect to bring on the way to treatment if you don't have time to eat at home.





# Banana, Orange and Ginger Smoothie

Adapted from the Eating Well with Swallowing Difficulties in Cancer Booklet by Dr. Aoife Ryan

## Ingredients

Level 1 – Slightly thick

- 60g peeled banana, broken into chunks
- 50ml orange juice
- ½ tsp ground ginger (to taste)
- 100ml smooth yoghurt

## Method

1. Place all ingredients into blender and blend until smooth.
2. Pass smoothie through a sieve.
3. Pour into a glass and serve.





# Scrambled Eggs

Adapted from the Eating Well with Swallowing Difficulties in Cancer Booklet by Dr. Aoife Ryan

## Ingredients

Suitable for a Level 4 Puréed diet

- 2 eggs
- 50ml milk
- Salt
- Freshly ground pepper
- 25g grated cheese (optional)
- 2 scoops of thickener (i.e. Nutilis clear)

## Method

1. In a microwave-safe bowl, mix 2 eggs, salt, pepper, and 30mls of milk.
2. Stir thoroughly and microwave for 1-1 ½ minutes at medium power.
3. Stir the mixture well and microwave again for 30 second intervals until the desired texture is achieved.
4. Ensure eggs are mixed thoroughly and be careful of overcooking.
5. Place the mixture in the blender with 20ml of milk until the mixture is smooth.
6. Add thickener i.e. Nutilis Clear and whisk together.







# Roast Mediterranean Vegetable, Tomato & Mascarpone Soup

Recipe kindly donated by Karen Coakley, food blogger living in Kenmare, Co. Kerry. Read Karen's food blog at [www.kenmarefoodies.com](http://www.kenmarefoodies.com)

## Ingredients

- ½ an aubergine, cut into chunks
- 1 courgette, cut into chunks
- 1 red pepper, cut into chunks
- 1 whole head of garlic
- 1 onion
- 2 tins of chopped tomatoes
- 500ml chicken stock (and a little extra water if it's too thick)
- Sprinkle of dried oregano
- 6 tbsp mascarpone cheese
- Sunflower oil
- Salt and freshly ground black pepper

## Method

1. Pre heat your oven to 180°C/gas mark 4.
2. Place the chopped aubergine, red pepper, garlic and courgette in a roasting tray, coat in oil, salt & pepper and sprinkle with the dried oregano. Place in the oven and roast for roughly 25 minutes until nice and golden and cooked through.
3. While your vegetables are roasting, place a saucepan on a medium heat and once hot, add the onions, give a good stir so they don't catch and burn, turn the heat down, cover and let the onions sweat for about 5 or 10 minutes until they are nicely caramelised.
4. When your vegetables are roasted add them to the caramelised onion along with the tins of chopped tomatoes and hot chicken stock, salt & pepper.
5. Let the mixture bubble for a few minutes then place in a blender or use a soup gun to blend to a smooth consistency. Strain the mixture to ensure there are no husks or lumps. Lastly stir in the mascarpone cheese, check the seasoning and serve.

## SOUPS & SIDES



# Pesto Veggie Soup with Pasta

## Ingredients

- 2 tbsp olive oil
- 1 leek, trimmed and sliced
- 1 shallot, diced
- 1 carrot, diced
- Salt and black pepper
- 1 tsp tomato purée
- 2 garlic cloves, crushed
- 2.3 litres chicken or vegetable stock
- 400g cannellini beans
- 280g orzo (rice) pasta
- 2 tomatoes, chopped into small wedges
- 1 medium courgette, diced
- 8 asparagus spears, chopped into bite-sized pieces
- 140g frozen peas
- 6 button mushrooms, sliced
- 4 tbsp basil pesto

## Method

1. Heat the olive oil in a saucepan over a medium-high heat. Add the leek, shallot and carrot. Season well and cook for 5-7 minutes until softened, stirring frequently.
2. Add the tomato purée and garlic, stirring for 1 minute until coated.
3. Add the stock and beans and bring to the boil. Add the pasta, reduce the heat and simmer for 10 minutes.
4. Add the tomatoes, courgette, asparagus, peas and mushrooms. Cook for about 7 minutes, until tender.
5. Add all the mixture into the liquidiser and blend to a smooth consistency, then strain to ensure there are no lumps in the mixture.
6. Add in the pesto, continuing to stir for 2 minutes.
7. Serve immediately.



# Hearty Vegetable Soup

Adapted from Donal Skehan's recipe

## Ingredients

- 1 tbsp butter
- 1 onion, chopped
- 1 leek, sliced
- 2 large potatoes, chopped
- 2 carrots, chopped
- 1 parsnip, chopped
- 2 litres vegetable stock
- Salt and pepper to taste

## Method

1. Add the butter to a large pot and place over a medium-high heat. When butter is melted and foamy, add the onion, potato, and leek.
2. Fry for 2 minutes, then cover and sweat for 8 minutes.
3. Add the stock, carrots and parsnip, then reduce the heat and allow to simmer for about 20 minutes or until the vegetables are tender when you insert a fork.
4. Season with a little salt and pepper to taste.
5. Blitz with a hand blender to form a silky smooth soup.

SERVES  
4



# Roast Carrot & Fennel Soup

Adapted from Jamie Oliver's recipe

## Ingredients

- 1kg carrots, peeled, trimmed and sliced
- 2 bulbs of fennel, trimmed and sliced, tops reserved to serve
- 1 medium sized onion, sliced
- 2 tbsp olive oil
- 2 cloves garlic, unpeeled
- 1.6 litres vegetable stock
- 100ml single cream, to serve

## Method

1. Preheat the oven to 190°C/gas mark 5. Put the carrots, fennel and onion in a roasting dish and mix in the olive oil. Roast for 20 minutes and then add the garlic cloves.
2. Stir everything thoroughly and return to the oven for 20 minutes more, until the vegetables are soft and browned.
3. Remove the papery skins from the garlic cloves. Put the roasted vegetables in a large pan with the vegetable stock and bring to the boil.
4. Simmer gently for 15 minutes, then liquidise with a stick blender, until completely smooth.
5. Serve with a swirl of cream.





# Courgette, Butterbean & Ham Soup

Kindly donated by Karen Coakley of Kenmarefoodies.com

## Ingredients

- 1 onion, sliced
- 2 cloves garlic, finely chopped
- 5/6 slices prosciutto or Parma ham, chopped (regular ham can also be used)
- 1 courgette, finely sliced
- 1 tin butterbeans, drained
- 500ml chicken stock
- Salt and pepper
- 2 tsp oil

## Method

1. Heat almost all of the oil on a medium heat and add your onions, garlic and courgette. Give a good stir and season with salt and pepper. Turn the heat down and cover the saucepan to let the vegetables sweat for 5-10 minutes, until they are nicely golden and soft. Stir occasionally to make sure they don't stick.
2. Remove the vegetables from the saucepan and place on a plate. Add the remaining oil and sauté the ham until golden.
3. Return the vegetables to the pan and give a good stir through with the ham. Pour in the hot chicken stock, drained butterbeans and bring to the boil. Once you have it at a boil, turn it down and let it simmer for around 5 minutes.
4. Blitz the soup with a hand blender or in a liquidiser.
5. Serve with a dollop of crème fraiche or fresh cream.



Butterbeans can be a handy and extremely nutritious cupboard staple.



# Celery, Apple and a little bit of Cashel Blue Soup

Kindly donated by Karen Coakley of Kenmarefoodies.com

The sweetness of the apple cutting through the saltiness of the cheese and brought together by the background flavour of the celery, makes for a really delicious flavoursome soup.

## Ingredients

- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 bunch celery, finely chopped
- 1 eating apple, peeled, cored and chopped
- 1 litre chicken stock
- Blue cheese crumbled to flavour
- Salt and pepper

## Method

1. Heat the oil in a large saucepan, add the chopped vegetables and apple, and sweat until golden.
2. Pour over the hot chicken stock, season with salt and pepper and bring to the boil, and then let simmer until the vegetables are cooked.
3. Put the soup mix into a blender and blend until very smooth.
4. Put back into the saucepan to heat through, crumble in as much blue cheese as you like, stir through until melted.



# Get Better Soon Chicken Soup

Recipe donated kindly by Edward Hayden, well-known chef and food writer/blogger, taken from his book 'Food to Love'

## Ingredients

- 1 tbsp sunflower oil
- 1 red onion, diced
- 3 cloves garlic
- 1 inch root ginger, chopped finely
- ½ green chilli, very finely diced
- 2 sticks celery, diced in small pieces
- 1 leek, diced in small pieces
- 2 large potatoes, diced small
- 2 carrots, diced small
- 2 pints chicken stock
- 12 cherry tomatoes
- 14oz/400g cooked chicken shredded into strips
- 4-5 spring onions, chopped

## Method

1. Heat a medium sized saucepan with the oil and add the diced red onion, garlic, ginger and chilli and sauté on a very low heat for 2-3 minutes. Then add the diced celery, leek, potato and carrot and continue to cook for a further minute until the vegetables are all glazed.
2. Season lightly with salt and pepper.
3. Reduce the heat and add the shredded chicken.
4. Continue to cook until the vegetables are all softened. Mix in the chopped spring onions.
5. Then blitz the soup to serve as a puréed consistency.





# Mushroom Soup

Adapted from Jamie Oliver's recipe

## Ingredients

- 2 onions
- Olive oil
- 1 chicken or vegetable stock cube
- ½ a bunch of fresh thyme
- 2 cloves garlic
- 4 large portobello mushrooms
- 100g basmati rice
- 1 tbsp double cream

## Method

1. Peel, halve and finely slice the onions and put them into the large pan with 2 tablespoons of olive oil. Crumble in the stock cube, add a pinch of salt and pepper, strip in the thyme leaves and squash in 2 unpeeled cloves of garlic through a garlic crusher.
2. De-stalk the chestnut mushrooms and place the tops on the griddle pan, turning when charred.
3. Tear the chestnut stalks and portobellos and add into the onion pan, add the rice and cook for a couple of minutes.
4. Pour in 1 litre of boiling water and boil with the lid on.
5. Use a blender to purée the soup to a smooth lump-free consistency, then strain to ensure there are no residual lumps and add in lashings of cream.





# Roasted Tomato and Red Pepper Soup

Adapted from Neven Maguire

Perfect as a hearty main for two or as a starter for four.

## Ingredients

- 1kg vine ripened tomatoes
- 2 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/2 tsp chopped fresh thyme
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 2 heaped tbsp red pepper relish
- 900ml (1 1/2 pints) vegetable stock
- 1 tbsp torn fresh basil, plus extra sprigs, to garnish
- Salt and freshly ground black pepper
- 2 tbsp double cream

## Method

1. Preheat oven to 190°C (375F/gas mark 5). Arrange the tomato halves in a baking tin, cut side up. Drizzle over half the olive oil and then sprinkle the vinegar and thyme on top. Place in oven and roast for 20-25 minutes until softened and lightly charred.
2. Heat the remaining tablespoon of oil in a pan, add the onion and garlic and sweat for 10 minutes until lightly golden, stirring occasionally. Add the roasted tomatoes with the red pepper relish and stock and bring to the boil. Reduce the heat and simmer for 10-15 minutes until slightly reduced. Add the basil and then blitz with a hand blender until smooth.
3. Season lightly and pass through a sieve for a really smooth lump-free finish. Return to a clean pan and reheat gently. Add cream and stir, then ladle the soup into warmed bowls.

“  
Cancer is a journey,  
but you walk the  
road alone. There  
are many places  
to stop along  
the way and get  
nourishment – you  
just have to be  
willing to take it.  
”

Emily Hollenburg



# Butterbean Mash

with lemon, Parmesan and rosemary

Kindly donated by Karen Coakley of Kenmarefoodies.com

Butterbeans are highly nutritious and have a wonderful creaminess when puréed. Serve with poached or scrambled eggs or oven-baked hake.

## Ingredients

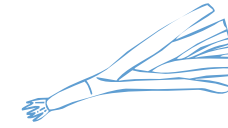
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 1 can butterbeans, drained and rinsed
- 2-3 tbsp crème fraîche
- 1-2 tbsp chopped rosemary
- Grated zest of half a lemon
- Handful of grated Parmesan (or more if you love cheese)
- Sea salt and black pepper
- 1 tbsp oil

## Method

1. Heat the oil in a saucepan over a low-medium heat, add the onion and garlic and allow to sweat for 5 minutes until soft and nicely caramelised.
2. After 5 minutes add the chopped fresh rosemary to the pan and continue to sweat for another 5 minutes.
3. Add the butterbeans and crème fraîche and stir to heat through.
4. Add the grated lemon zest, salt, pepper and grated Parmesan.
5. Stir to combine all the ingredients and then blitz with a hand blender or liquidiser.







SERVES  
4

# Hearty Potato & Leek Soup

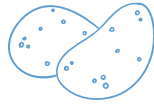
A simple and nourishing recipe adapted from the Happy Pear

## Ingredients

- 1 medium onion
- 3 cloves garlic
- 600g/3-4 medium potatoes
- 600g/ 2 large leeks
- 2 tbsp oil
- 2 tsp salt
- bay leaf (optional)
- 2 litres vegetable stock
- ½ tsp black pepper
- juice of ½ a lemon (optional)

## Method

1. Peel and finely slice the onion and garlic. Chop the potato and leek into small bite-sized pieces, ensuring to use the full length of the leek including the green tops as they taste fab and will give the soup that lovely light green colour.
2. Pour 2 tablespoons of oil into a large saucepan over a medium heat. Once it heats up, add the onion and garlic and cook for 3 minutes, stirring regularly.
3. Next, add the potato and leek to the pan along with the salt, and sweat them down for 5 minutes (add bay leaf now if using).
4. Now, add the vegetable stock and the black pepper. Bring to the boil, then reduce the heat to a gentle simmer and cook till the potato is nice and soft, approximately 15 minutes.
5. Remove from the heat and blend till smooth. Add a squeeze of lemon to each serving.



# Colcannon

Recipe donated kindly by Edward Hayden, well-known chef and food writer/blogger, taken from his book 'Food to Love'

## Ingredients

- 7 large potatoes
- 1oz butter
- 8oz cabbage, shredded
- 50ml full fat milk, warmed
- 1 bunch spring onions
- Salt and black pepper

## Method

1. Peel the potatoes, place in a medium sized saucepan and cover with water. Bring to the boil and allow to simmer until tender.
2. Remove from the heat, strain off the water and cover with a tightly fitting lid for 10 minutes.
3. Mash the potatoes with the butter and add a pinch of salt and pepper.
4. Put the cabbage into the boiling water and boil for 6-8 minutes until tender, then strain and run under cold water.
5. Pour the milk into a small saucepan and add the chopped spring onions and cabbage.
6. Allow this mixture to come to the boil, then add to the mashed potatoes.



# Cream of Vegetable Soup

Recipe donated kindly by Hook & Ladder Café in Limerick



## Ingredients

- 1 tbsp vegetable oil
- 50g salted butter
- 1 large onion (Spanish roughly diced)
- 1 leek (sliced)
- 2 celery Sticks (peeled & sliced)
- 2 cloves of garlic (sliced)
- 300g carrot (2cm diced)
- 200g turnip (2cm diced)
- 100g parsnip (2cm diced)
- 100g cauliflower (small florets)
- 100g broccoli (small florets)
- 2 chicken or vegetable stock cube
- 200ml cream
- salt & pepper (to taste)
- chopped fresh parsley (to serve)

## Method

1. Heat the oil and the butter in a large non-stick saucepan and sweat (fry without colour) the onions, leeks, and celery for about 10 minutes until softened and stirring occasionally.
2. Add the rest of the vegetables apart from the broccoli and cook for a further 10 minutes stirring occasionally, add 2 to 3 pinches of salt at this stage.
3. Add the stock cubes, 1 litre of boiling water and whisk together until dissolved then add this to the saucepan with the vegetables and bring to the boil.
4. Reduce the heat to a simmer, cover the saucepan with a lid and cook for approx. 15 minutes until the vegetables are soft, then add the broccoli and cook for a further 5 to 10 minutes stirring occasionally.
5. Remove from the heat and add the cream.
6. Blitz the soup with a stick blender until smooth and season with black pepper and more salt until your required taste is achieved.
7. Add more boiled water if the soup is a little thick to achieve the right consistency.



# Puff Pizza

SERVES  
4

## Ingredients

- 375g sheet ready-rolled puff pastry
- 5 tbsp shop bought red pesto
- 125g ball mozzarella, torn into pieces
- 2 tomatoes, sliced
- Extra-virgin olive oil (optional)
- Rocket, to serve (optional)

## Method

1. Heat oven to 220°C/200°C fan/gas mark 7. Unroll the pastry onto a large baking sheet and prick all over with a fork. Spread the pesto, leaving a border of roughly 1 inch around the edge. Top with the torn mozzarella and some seasoning, then bake for 15-20 minutes until the pastry is golden, risen and crisp.
2. Drizzle with a little extra virgin olive oil, if you like, and scatter over some rocket.

## Options

Instead of puff pastry, you can use a wrap as a convenient pizza base. Red pesto can be swapped with ready-made tomato sauce/ passata. Mozzarella can be replaced with grated Cheddar cheese, as you prefer.

LIGHT MEALS,  
LUNCHES & SUPPERS

SERVES  
6



# Shellfish Crumble

from "The Seafood Lovers Cookbook"

## Ingredients

- 100g breadcrumbs
- 3 cloves garlic
- 2 tbsp finely chopped parsley
- Double portion of lemon butter sauce (see below)
- 200g white crab meat
- 150g fresh prawns
- 150g shrimps

## Lemon Butter Sauce

- 275ml cream
- 80g butter
- Juice of 1 lemon
- Salt and white pepper

## To make the sauce

Place all the ingredients in a small saucepan and bring to the boil. Cook over a moderately high heat until it reduces to a thick sauce.

## Method

1. Mix the breadcrumbs with the very finely chopped garlic and parsley.
2. Make a double portion of lemon butter sauce. This will make a little more than you need. However, lemon butter sauce has a thousand other uses, so don't worry.
3. When you are nearly ready to serve the crumble, divide the fish between 4-6 single serving ovenproof dishes. Pour some sauce over each one and scatter liberally with the breadcrumb mixture.
4. Cook the crumble in an oven pre-heated to 200°C for around 10 minutes, or until the breadcrumbs are golden but not crisp (watch – they burn easily) and the mixture is hot right through.



SERVES  
1

# House Traditional Black Pudding

This recipe was kindly donated by Mairin Byrne,  
Inch House Country House and Restaurant, Thurles, Co. Tipperary  
Tel: 00353 504 51348 Web: [www.inchhouse.ie](http://www.inchhouse.ie)  
[www.facebook.com/inchhouse](http://www.facebook.com/inchhouse) twitter: @inchhouse

## Ingredients

- 1 slice traditional black pudding
- 1 slice goats cheese
- 1 slice sweet apple (fully round slice minus the core)
- 1oz brown sugar
- 1tsp real butter
- Selection of seasonal berries

## Method

1. Place the apple slice in the brown sugar and cover both sides, fry it off on a really hot pan in a little butter for less than a minute on each side.
2. In a separate pot place berries and sugar over a gentle heat. Bring to the boil and cook for 3-5 minutes.
3. Pan fry 1 slice of traditional black pudding on a very hot pan for 2 minutes each side. Place a slice of goats cheese on top of the pudding and gratinate under the grill until warm but not crisp.
4. Serve on a slice of the apple and drizzle with the berry compote.

SERVES  
2



# Baked Beans

## Ingredients

- 1 tbsp olive oil
- 1 onion, halved and sliced
- ½ tsp ground cumin
- ½ tsp ground coriander
- 2 tomatoes, chopped
- 400g tinned baked beans
- 4 slices bread, toasted

## Method

1. Heat the oil in a pan, add the onion and gently cook for a few minutes until it softens. Sprinkle the spices into the pan and stir briefly to toast them. Add in the tomatoes and beans, and warm through.
2. Pile the beans onto the toast (you can butter the slices or leave them plain) and serve.



Add grated cheese for extra flavour.



SERVES  
4



## Smoked Salmon, Chive & Lemon Pâté

### Ingredients

- 150g smoked salmon
- 200g tub soft cheese
- 1 tbsp crème fraîche, (if you have some)
- Juice of ½ a lemon
- Small bunch chives, chopped

### Method

1. Chop the salmon into small pieces. Tip the salmon, soft cheese, crème fraîche (if using) and lemon juice into a food processor, season generously with black pepper and blitz to your liking – chunky or smooth.
2. Stir the herbs into the pâté and spoon into a large bowl.
3. Serve with bread without crusts and plenty of butter. Alternatively, serve with heated shop bought croissants.



SERVES  
4

## Garlic Mushrooms

### Ingredients

- 2 tsp vegetable oil
- 500g pack mushrooms, halved or quartered
- 2 garlic cloves, crushed
- ½ x 300g tub garlic & herb soft cheese
- 150ml hot vegetable stock

### Method

1. Heat oil in a large frying pan, add the mushrooms and garlic and cook for 3 minutes.
2. Stir in the soft cheese and the stock and simmer for 2 minutes.
3. Serve with hot buttered toast. Alternatively cook 100g pasta following the pack instructions and stir through the garlic mushrooms with a little of the water used to cook the pasta. Sprinkle with Parmesan and enjoy.

SERVES  
6-8  
AS A DIP



# Hummus

## Ingredients

- 2 x 400g cans of chickpeas (reserve the liquid and a few chickpeas for decoration)
- 4 tsp tahini
- 2 garlic cloves, crushed
- 1 tsp crushed sea salt
- 6 tbsp extra virgin olive oil (plus extra for drizzling)
- 3½ tbsp freshly squeezed lemon juice
- Paprika (optional)
- Coriander or parsley leaves (optional)

## Method

1. Rinse the chickpeas in cold water and tip into the food processor.
2. Add the tahini, crushed garlic, salt, lemon juice and seven tablespoons of the reserved liquid from the cans.
3. Turn on the food processor and slowly pour in the oil while it runs.
4. When the mixture is fully combined and smooth, tip it into a serving dish.
5. Drizzle with some more extra virgin olive oil and decorate with a few whole chickpeas. Sprinkle with paprika and finely chopped coriander or parsley leaves, for colour.
6. To serve, simply spread over a plate, drizzled with olive oil and eat with a pita or bread without crusts.



Hummus can be kept in the fridge for up to 3 days!





If freezing, freeze once cool. Defrost, then put in a low oven (about 160°C/fan140°C/ gas mark 3) for a few minutes to refresh.



## Classic Scones

### Ingredients

- 350g self-raising flour, plus more for dusting
- ¼ tsp salt
- 1 tsp baking powder
- 85g butter, cut into cubes
- 3 tbsp caster sugar
- 175ml milk
- Beaten egg, to glaze

### Method

1. Heat oven to 220°C/fan 200°C/gas mark 7. Tip the flour into a large bowl with the salt and baking powder, then mix. Add the butter, then rub in with your fingers until the mix looks like fine crumbs. Stir in the sugar.
2. Place a baking tray in the oven.
3. Make a well in the dry mix, add the milk and combine it with a cutlery knife – it will seem pretty wet at first. Scatter some flour onto the work surface and tip the dough out. Dredge the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Pat into a round, about 4cm deep.
4. Take a pastry cutter and plunge into the dough, then repeat until you have four scones. By this point you'll probably need to press what's left of the dough back into a round to cut out another four. Brush the tops with the beaten egg, then carefully place onto the hot baking tray.
5. Bake for 10 minutes until risen and golden on the top. Eat warm or cold on the day of baking, generously topped with butter, clotted cream and jam.

### Options

Adapt to make a savoury scone by removing sugar and replacing with some grated Cheddar or Parmesan cheese instead. The ideal accompaniment to a hearty soup!



“

Remember how far you've come, not just how far you have to go. You may not be where you want to be, but neither are you where you used to be.

”

IHadCancer.com



## Lemon Drizzle Cake

by Tana Ramsay

### Ingredients

- 225g unsalted butter, softened
- 225g caster sugar
- 4 eggs
- Zest of 1 finely grated lemon
- 225g self-raising flour

### For the drizzle topping:

- Juice 1½ lemons
- 85g caster sugar

### Method

1. Heat oven to 180°C/fan 160°C/gas mark 4. Beat together 225g softened unsalted butter and 225g caster sugar until pale and creamy, then add 4 eggs, one at a time, slowly mixing through. Sift in 225g flour, add the finely grated zest of 1 lemon and mix until well combined.
2. Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.
3. Bake for 45-50 minutes. Test consistency by inserting a fine skewer into the centre of the cake. If it comes out clean, the cake is ready.
4. While the cake is cooling in its tin, mix together the juice of 1½ lemons and 85g caster sugar to make the drizzle. Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping. Leave in the tin until completely cool, then remove and serve. Keep in airtight container for 3-4 days or freeze for up to 1 month.
5. Serve with lashings of double cream or ice cream.

SERVES  
4



## Chicken & Lemon Risotto

### Ingredients

- 1 onion
- 2 tbsp of butter
- 2 tbsp olive oil
- Zest and juice 1 lemon
- 300g arborio rice
- 50g Parmesan
- 1.5 litres of chicken stock
- 300g button mushrooms
- 150g chicken breast
- 1 handful of parsley
- Salt and pepper

### Method

1. Dice the chicken into cubes.
2. Finely dice an onion and grate the zest of the lemon. Chop the lemon in half and using a fork squeeze the juice from the lemon collecting into a small bowl.
3. Heat the butter and olive oil over a medium heat. Cook the chicken until it starts to develop colour.
4. Add in the onion and sweat for 10 minutes.
5. Add the mushrooms into the pan and continue to cook for 5 minutes. Mix in the rice and cook until the rice become translucent.
6. Pour in ¼ of the chicken stock and cook for 20 minutes stirring frequently and topping up the stock when more stock gets absorbed (you may not need all the water).
7. Continue to do this until the rice is cooked, and the texture is glossy and creamy.
8. Stir in the Parmesan and the parsley and cover for 5 minutes to enable more liquid to be absorbed by the rice. Season with salt and pepper to taste.

SERVES  
4



## Prawn Macaroni & Cheese

### Ingredients

- 400g prawns
- 300g any pasta of your choosing

For this recipe penne, macaroni or rigatoni pasta would work well

### Cheese Sauce

- 50g plain flour
- 50g butter
- 600mls milk
- 50g scallions
- ½ tsp garlic powder
- Salt & pepper to taste
- 400g prawns

Optional – Add 400g chicken thighs instead of the prawns

### Method

1. Preheat the oven to 200°C / 180°C / gas mark 6.
2. Cook the pasta 2 minutes short of the instructions on the packet and drain the water.
3. While the pasta is cooking, finely dice the scallions.
4. Add some olive oil to the pasta to ensure it doesn't stick.
5. Heat the olive oil in sauce pan and cook the prawns until they are halfway cooked.
6. Remove the prawns from the saucepan and in the same pan melt the butter.
7. Once the butter is melted stir in the flour and cook the mixture for 1 minute; it should look like wet sand.
8. Gradually whisk in the milk until the sauce becomes thick and glossy. If the sauce becomes too thick you can loosen it with some water.
9. Add in the garlic powder and season with salt and pepper to taste.
10. Turn down the heat on your stove to a simmer and add in your Cheddar and mix until it is melted and combined.
11. Next add in the mozzarella and mix until melted into the sauce.
12. Add the sauce to the cooked pasta along with your diced scallions and fold in until your pasta is covered.
13. Add the prawns and gently fold into the dish, then sprinkle over the Parmesan.
14. Transfer the mix into an ovenproof dish and bake for 10-15 minutes or until the top becomes golden brown.



# Chicken, Leek & Cheese Bake

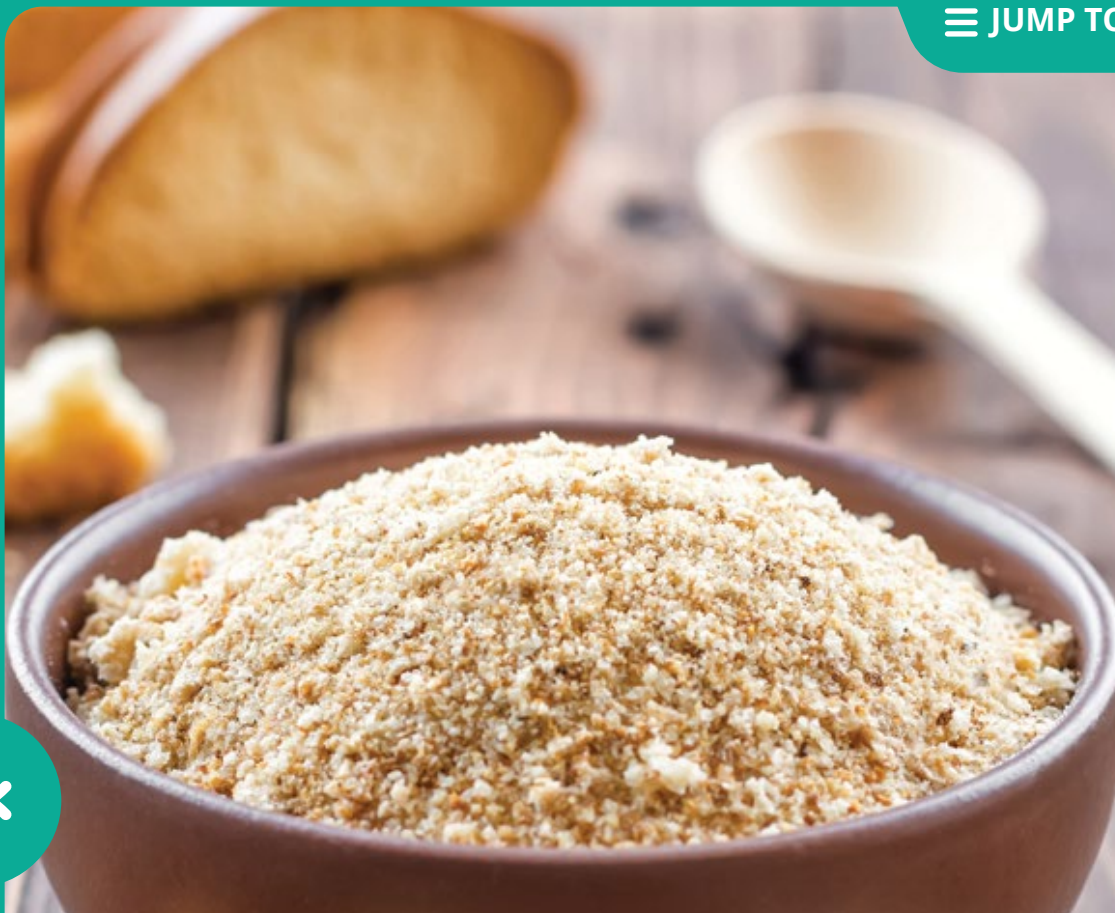
Kindly donated by Karen Coakley, food blogger, Kenmare, Co. Kerry.  
Find Karen's blog at [www.kenmarefoodies.com](http://www.kenmarefoodies.com)

## Ingredients

- 1 large leek, washed and finely sliced
- 4/5 chicken fillets, cubed
- 25g Parmesan cheese, grated or mixed cheeses
- 2oz butter
- 2oz flour
- 125ml white wine
- 600ml full fat milk
- Salt and freshly ground black pepper
- 2 tbsp sunflower oil/olive oil
- 3-4 good handfuls of breadcrumbs (these can be bought in the supermarket)

## Method

1. Pre heat the oven to 180°C.
2. Poach the chicken (finely diced) in a saucepan over a medium heat until cooked through. Season with salt and pepper.
3. When fully cooked through, remove from the pan, finely shred and place on a plate, setting to one side.
4. While the saucepan is still hot, add in the butter, let it melt, add the leeks and cook over a medium heat until nicely golden.
5. When the leeks have caramelised nicely, add in the flour and stir constantly for a minute, then pour in the wine and let it bubble, reduce a little and simmer.
6. Gradually pour in the milk, whisking constantly until you have a thick creamy sauce. Add in the grated Parmesan and chicken and season with salt and pepper. Let it simmer on the hob for a few minutes, watching that the sauce doesn't stick.
7. Place into an ovenproof dish, sprinkle over the breadcrumbs and place in the oven to bake for approximately 25-30 minutes or until the breadcrumbs are golden and the chicken is cooked through and tender.
8. Serve with boiled baby potatoes or mashed potatoes.



## MAIN MEALS

Having cancer treatment can mean long days and waiting until the evening to consume your main meal. This may mean you are too tired to cook and eat. Try to eat your main meal at a time that suits you best. Many of these recipes can be frozen into individual portions to make it more convenient for you, family and friends.





## Clodagh McKenna's Spanish Tortilla

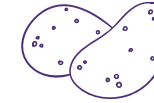
Donated with kind permission by Clodagh McKenna from Clodagh's book 'Homemade'

### Ingredients

- 10 eggs
- 2 tbsp olive oil
- 3 onions, finely sliced
- 600g potatoes, peeled and diced
- Sea salt and freshly ground pepper

### Method

1. In a bowl, lightly whisk the eggs. Place the onions and potatoes in a frying pan over a medium heat and leave them to cook for 15 minutes, making sure that you come back to the pan every few minutes to stir.
2. Once the potatoes and onions are cooked, put them in the bowl of whisked eggs, season with salt and pepper and mix together.
3. Place the frying pan back over a low heat, add the remaining olive oil, and pour in the egg, potato and onion mixture. Leave to cook for about 15 minutes or until the egg has fully set.
4. Now to flip the tortilla over! Place a plate over the pan and flip the pan over so the tortilla comes out onto the plate, cooked side up. Slide the tortilla back into the pan with the cooked side facing upwards. Leave to cook for a further 5 minutes.
5. Once cooked, you can eat the tortilla either warm or cold. Also delicious served with pesto drizzled over.



## Express Fish Pie

Adapted from the Irish Country Women's Association Cookbook

This can be prepared in 20 minutes and doubled in quantity if you want to freeze half to use on a day that you are too tired or have no time to cook.

### Ingredients

- 300g white fish, skinned and de-boned
- 175g smoked fish
- 2-3 tbsp butter
- ½ pint full fat milk
- 1 small bag of frozen prawns
- 1 small bag of frozen peas
- 10-12 potatoes, peeled and quartered
- Salt and pepper
- 1 tbsp oil
- 1 small onion, finely chopped
- 1 heaped tsp corn flour
- 1-2 tbsp cream

### Method

1. Put both fish in a microwave dish with a knob of butter and a splash of milk, cook on high for three minutes and allow to stand. Put prawns in a bowl, cover with boiling water and set aside. Preheat oven to 220°C/gas mark 7.
2. Cook the potatoes at a rolling boil in lots of salted water until just tender, mash with butter and a little milk or cream.
3. To make the sauce, heat a little oil in a frying pan over a medium heat and gently sweat the onions for about five minutes or until softened. Meanwhile, heat the remaining milk and knob of butter in a saucepan and bring to the boil. Mix the cornflour to a smooth paste with a little water and add to the hot milk to thicken. Stir in the onion, season to taste and add cream.
4. Flake the fish into small chunks, ensuring there are no bones. Combine in an ovenproof dish with prawns and frozen peas. Pour over sauce and pipe or spread the mashed potatoes over the top. Bake in a preheated oven for 30-40 minutes until golden brown.



## Tagliatelle Pasta with a Warm Smoked Salmon & Chive Cream Sauce

This recipe was kindly created and given to us by a past patient who received treatment to the head and neck region. He said that this recipe was a 'go to' staple as it was soft, creamy and the chives added some flavour to an otherwise tasteless meal.

### Ingredients

- 100g tagliatelle pasta
- 200ml white wine or white cooking wine
- 1 tbsp lemon juice
- 1 tbsp orange juice
- ½ very small shallot finely diced
- 300ml full fat cream
- 3-4 slices of smoked salmon
- A good pinch of flour
- A good pinch of chives
- Pinch of white pepper

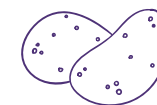
### Method

1. In a pot cook the pasta in just enough water to cover it and bring to the boil.
2. In the meantime, in another saucepan boil the white wine, lemon juice, orange juice & shallots and reduce by half.
3. Add the cream, bring to the boil, remove from heat, put in a container and blend with a hand blender.
4. Return to the saucepan, add the flour and pepper while simmering and stir. Add the smoked salmon and chives and cook for 3 minutes.
5. Drain the pasta, put in a large bowl and pour the smoked salmon mixture into the centre. Garnish with finely chopped chives to flavour.





Double the recipe and freeze for the days when you are tired or caught for time



Clodagh McKenna's

# Warming Cottage Pie

Donated with kind permission by Clodagh McKenna from Clodagh's book 'Homemade'

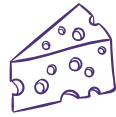
## Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 1 garlic clove, crushed
- 2 carrots, finely diced
- 800g minced beef
- 4 tsp tomato purée
- 300ml hot beef stock
- 1kg creamy mashed potatoes
- 90g butter, melted
- Sea salt and freshly ground black pepper

## Method

1. Preheat the oven to 180°C/gas mark 4.
2. Place a casserole dish over a medium heat and warm the olive oil. When the oil is hot, add the onion, garlic and carrots, then cover, reduce the heat and allow to sweat for 5 minutes.
3. Remove the lid and turn the heat up high. Add the minced beef and cook until brown.
4. Stir in the tomato purée and beef stock. Season with salt and pepper and simmer over a low heat for 15 minutes.
5. Cover the mixture with the mashed potato.
6. Cook in the oven for approximately 40-50 minutes until the mashed potato is golden but not crispy.

MAKES  
16



Clodagh McKenna's

# Homemade Parmesan Gnocchi with Creamy Gorgonzola Sauce

Donated with kind permission by Clodagh McKenna from Clodagh's book 'Homemade'

## Ingredients

For the gnocchi

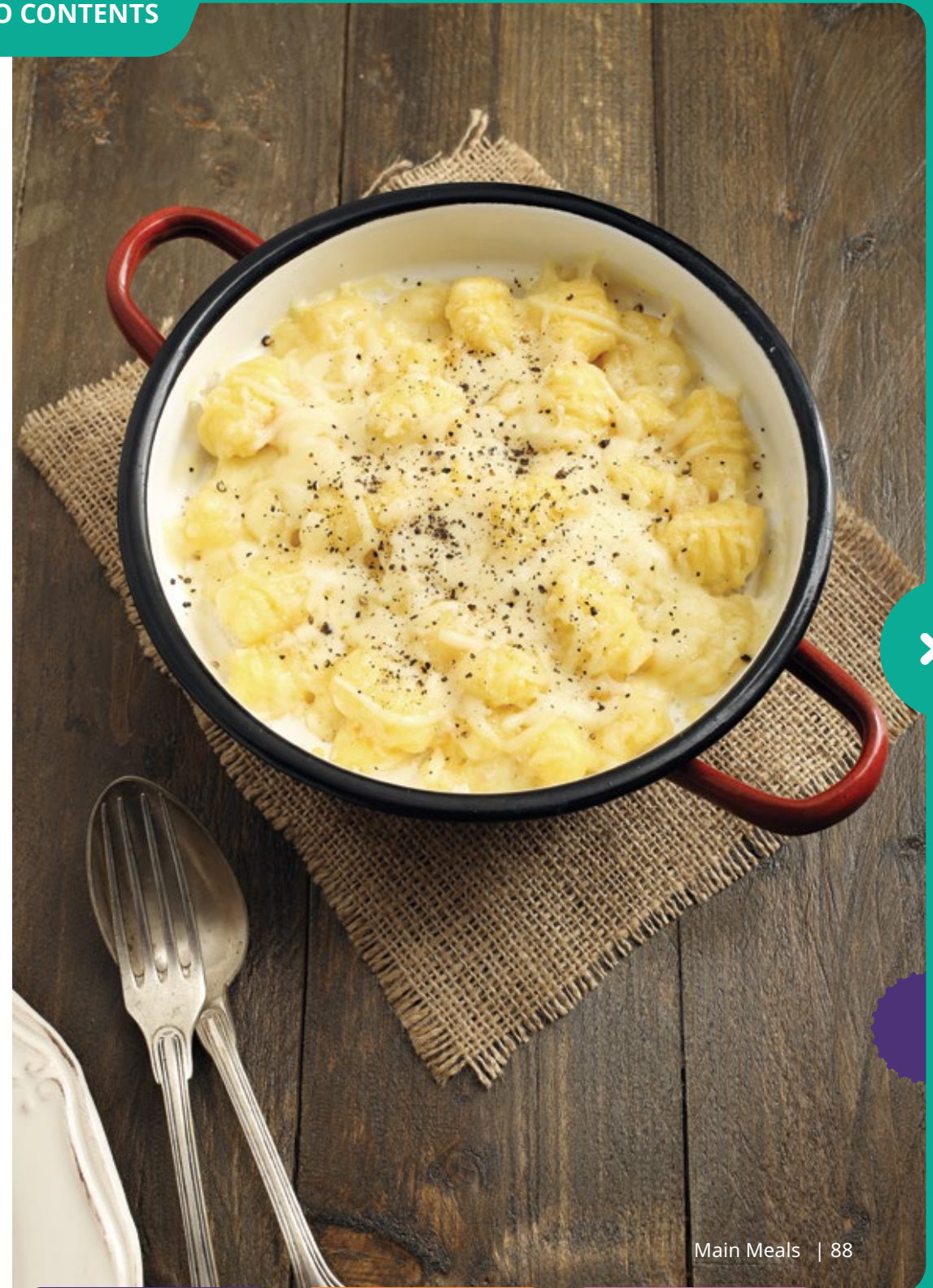
- 400g floury potatoes, whole and unpeeled
- 50g plain flour, plus extra for dusting
- 80g freshly grated Parmesan cheese, plus extra for serving
- 1 egg beaten
- Pinch of sea salt and freshly ground black pepper

For the creamy Gorgonzola sauce

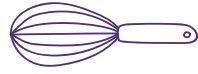
- 30g butter
- 2 tbsp single cream
- 70g Gorgonzola

## Method

1. To make the gnocchi, cook the potatoes in very little water. Once cooked, peel and mash them well or put into a potato ricer.
2. Mix in the flour, Parmesan cheese, egg, salt and pepper and stir well.
3. Tip the dough onto a lightly floured surface and knead gently until well combined. Shape into three or four balls.
4. Dust the surface with more flour if necessary. Using your fingertips, roll the dough into a sausage, about 2cm in diameter. Cut the dough into 2.5cm pieces and roll the gnocchi against the front of a fork to create ridges (this will help to hold the sauce on the gnocchi once it is cooked).
5. To make the sauce, place a saucepan over a low heat and melt the butter, cream and gorgonzola gently for about 3-4 minutes.
6. Meanwhile bring a large saucepan of salted water to the boil and add the gnocchi. When they have risen to the surface of the water, they are cooked, so remove quickly and drain.
7. Tip the gnocchi into the saucepan with the creamy Gorgonzola sauce and mix gently. Add as much sauce as desired to get as creamy a texture as you like.



SERVES  
4



Neven Maguire's

# Minced Beef & Onion Pie

with Soufflé Crouton Topping

## Ingredients

- 2 tbsp rapeseed oil
- 1 large onion, chopped
- 1 large carrot, chopped
- 1 celery stick, chopped
- 1 tsp chopped fresh rosemary
- 400g lean minced beef
- 1 tbsp Worcestershire sauce
- 1 tsp Marmite
- 2 tsp plain flour
- 1 tsp English mustard
- 200ml beef stock (from a cube is fine)

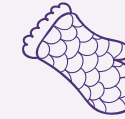
## Soufflé topping

- 75g butter
- 75g mature Cheddar cheese, grated
- 3 tbsp cream
- 1 large egg white
- 150g small white bread cubes (no crusts and from stale bread)
- Sea salt and freshly ground black pepper

## Method

1. Preheat the oven to 200°C/gas mark 6.
2. Heat the oil in a 23cm ovenproof frying pan over medium heat and sauté the onion, carrot and celery for a couple of minutes, until they are beginning to soften.
3. Stir in the rosemary with the minced beef, breaking up any lumps with a spoon.
4. Add the Worcestershire sauce, Marmite, flour and mustard and cook for 1 minute, stirring. Pour in the stock and bring to a simmer, then cook for another 5 minutes to cook out the flour, stirring occasionally.
5. Meanwhile, prepare the soufflé topping. Place the butter, Cheddar cheese and cream in a small pan and melt over a low heat until runny – don't worry if the mixture curdles; this is normal. Whisk the egg until stiff and then fold into the melted cheese mixture. Season to taste and carefully fold in the bread cubes until evenly coated.
6. Quickly spoon the soufflé topping over the minced beef base and transfer the pan to the oven for 15 minutes, until the soufflé topping is golden brown and bubbling.

Donated with kind permission by Neven Maguire "The Nation's Favourite Food Fast!"



SERVES  
4

Neven Maguire's

# Roasted Hake

with Cherry Tomatoes, Basil & Mozzarella

Hake has a lovely soft texture and slight sweetness when it's fresh. It is highly recommended by chefs as it offers great value for money.

## Ingredients

- 4 x 175g hake fillets, skin on and pin bones removed
- 12 cherry tomatoes, thinly sliced
- Small handful of fresh basil leaves
- 120g ball of buffalo mozzarella, sliced
- 2 tbsp basil pesto
- Sea salt and black pepper
- Creamy mashed potato to serve

## Method

1. Preheat the oven to 200°C/gas mark 6.
2. Place the hake on a baking sheet, skin side down and season the flesh. Arrange the tomato slices on top and tuck in the basil leaves. Cover with the mozzarella and drizzle over the pesto.
3. Place the hake in the oven and bake for 15-20 minutes until the hake is cooked through and the mozzarella is bubbling and lightly golden.
4. Transfer the hake with cherry tomatoes, basil and mozzarella to a plate and serve with creamy mashed potatoes.



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SERVES  
4

# Pork and Potato Cakes

Adapted from the Irish Country Women's Association Cookbook

## Ingredients

- 225g minced pork
- 450g mashed potatoes
- 1 small cooking apple, grated
- ½ small onion, chopped
- 2 tsp chopped sage leaves
- Salt and ground black pepper
- 1 tbsp flour
- 1 tbsp rapeseed oil
- 2 sweet red apples, cored and sliced into thin wedges

## Method

1. Mix the pork, potato, apple, onion and sage. Season, sprinkle a little flour on a clean surface and divide the pork into eight even portions. Shape the portions into round cakes, cover and refrigerate for 15 minutes.
2. Heat the oil in a non-stick pan and cook the cakes over a low-medium heat for 15 minutes, turning to prevent burning. After 10 minutes, add the apple wedges and cook until softened.

Can be eaten on their own or served between a soft burger bun/bap.

“  
Cancer is a word,  
not a sentence.  
”

Author unknown



# Cheese Soufflé

Recipe by Niamh Corkery, Senior Dietitian,  
Mater Private Mid-Western Radiation Oncology Centre, Limerick.

## Ingredients

- 70g/5 tbsp unsalted butter
- 55g Parmesan cheese, finely grated
- 115g grated Cheddar cheese
- 25g/3 tbsp fine polenta (cornmeal)
- 25g/2 tbsp rice flour
- 300ml full fat milk
- 1 tsp mustard powder
- Salt and pepper
- 4 eggs, separated

## Method

1. Preheat the oven to 190°C/gas mark 5. Grease 4 individual soufflé dishes. Mix the cheeses together, then put a generous tablespoon into each soufflé dish.
2. Wrap a double thickness strip of parchment paper around the side of each soufflé dish, so that the paper stands about 4cm above the top and tie in place with a string. Put the dishes on a baking sheet.
3. Melt the remaining butter in a saucepan, stir in the polenta and rice flour, then gradually mix the milk and bring to the boil, stirring until thickened and smooth. Remove from the heat and stir in the remaining cheeses, mustard and plenty of salt and pepper, then the egg yolks. Leave to cool for 10 minutes.
4. Whisk the egg whites in a large bowl until soft peaks form. Fold a large spoonful into the cheese mixture to loosen it slightly, then fold in the remaining egg whites. Divide the mixture among the dishes. Bake for 17-20 minutes or until well risen, the top is deep golden brown and the centre is still slightly soft.
5. Snip the string, peel off the parchment and serve immediately.



# Crustless Quiche

Adapted from Catherine Leydon's Odlums recipe

## Ingredients

- 75g self raising flour
- 50g margarine
- Pinch of salt & pepper
- 1 onion, chopped
- 125g chopped ham
- 125g grated Cheddar cheese
- 1 tomato, sliced
- 3 eggs
- 300ml/½ pint milk
- Pinch of dried mixed herbs

## Method

1. Preheat oven 180°C/gas mark 4. Lightly grease a 20cm/23cm (8"/9") flan dish.
2. Put flour, margarine, salt and pepper into a bowl. Rub ingredients with finger tips until mixture resembles bread crumbs.
3. Add the onion, ham, cheese and tomato and mix well.
4. Beat the eggs, milk and mixed herbs together and pour into dry ingredients. Gently stir until combined.
5. Pour into the prepared dish and bake for between 30 – 40 minutes until risen and golden brown.



# Salmon Burgers

Adapted from Catherine Leydon's Odlums recipe

## Ingredients

- Plain flour (for coating)
- 415g tin salmon or 2 x 217g tins, drained and flaked
- 450g/1lb potatoes, cooked and mashed
- 1 tbsp dill, chopped
- 1 cucumber, finely chopped
- Rind of 1 lemon
- 25g/1oz grated Cheddar cheese
- 1 egg, beaten

## To Serve

Optional:

- soft burger buns
- Tomato relish or tartar sauce

## Method

1. Mix the tinned salmon with remaining ingredients. Season with a little pepper.
2. Mix well and shape into 8 fish cakes or burgers. Coat with some plain flour.
3. Pan fry in some hot oil for about three minutes on each side or until golden brown. Drain on kitchen towel.
4. Put a spoonful of relish on each half of bun and sandwich the salmon burger.

V



# Creamy Tomato & Spinach Barley Risotto

Adapted from Easy Food Magazine

## Ingredients

- 30g butter
- 2 small red onions, sliced
- 320g pearl barley
- 200ml dry white wine
- 1 x 400g tin of tomatoes
- 600ml vegetable stock
- 4 large handfuls of fresh spinach
- 130g soft cream cheese
- Salt and black pepper
- Juice and zest of 1/2 a lemon

## Method

1. Melt the butter in a saucepan over a medium heat and cook the onions until soft and golden. Add the barley and stir to coat for a minute.
2. Pour in the white wine and the tomatoes and cook for 1-2 minutes. Add half of the stock. Turn the heat to high and bring to a boil, then reduce to a simmer.
3. Stir and gradually add the remaining stock as it is absorbed. Cook until the barley is soft and the liquid has reduced.
4. Fold in the spinach with a wooden spoon until wilted. Add the cream cheese and stir vigorously with the wooden spoon until it melts completely.
5. Season to taste and stir in the lemon juice and zest. Serve immediately.



SERVES  
4

# Sausage Ragu

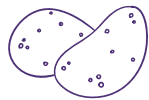
## Ingredients

- 300g any pasta of your choosing
- 1 tin tomatoes
- 12 good quality sausages
- 1 clove of garlic
- 2 tbsp olive oil
- 1 onion
- Salt and pepper
- 1 tbsp tomato purée
- 1 tbsp dried mixed herbs

## Method

1. Remove the meat from the sausage, disregarding the skin. Dice the onions and garlic. In a pan heat the olive oil over a medium heat and brown the sausage meat.
2. Add in the onion and garlic into the pan and cook until they become translucent.
3. Stir in the tomato purée and the dried herbs and mix well, cook for 1 minute
4. Add the tin of tomatoes and simmer for 1 hour.
5. In the meantime, cook the pasta until al dente.
6. If the pasta sauce is too thick, loosen with some pasta water.
7. Drain the pasta fully and add it to the sauce and serve.

SERVES  
4



# Salmon and Leek Pie with Chive Mash

Inspired by Easy Food Magazine.

This pie would be ideal to make on a Sunday.

## Ingredients

- 40g butter, plus extra for topping
- 2 large leeks, cut in half lengthways and sliced into 1cm pieces
- 150g mushrooms, halved
- 4 salmon fillets, skinned and cut into bite sized pieces
- 250ml full fat milk
- 25g butter
- 30g plain flour
- Salt and black pepper
- 1 pinch of cumin
- 800g potatoes, chopped into even-sized chunks
- 1 large knob of butter
- 1 splash of milk
- 1 bunch of chives, chopped

## Method

1. Melt 25g butter in a pan over a medium-low heat and add the leeks. Cook for 20-25 minutes until soft, stirring occasionally, then remove and set aside.
2. In the same pan, cook the mushrooms in the remaining butter for 6-8 minutes until soft and golden. Remove and set aside.
3. To make the sauce, heat the milk in a pan until almost boiling, then reduce the temperature to a gentle simmer.
4. Melt the butter in a separate pan and slowly whisk in the flour to form a paste. Cook for 1 minute, stirring continuously, then slowly add the hot milk. Season to taste with salt and pepper, and add the cumin. Simmer over a low heat for a further 20 minutes.
5. Boil the potatoes in a large pan of salted water until tender. Mash with a large knob of butter, then add just enough milk to make a creamy mash. Stir through the chives.
6. Line an ovenproof dish with half of the leeks. Add a layer of salmon chunks, then a layer of mushrooms and cover with a layer of sauce. Continue layering in this way until the layers are about 1cm from the top of the dish.
7. Top the pie with the chive mash and use a fork to create small ridges. Dot with a few small knobs of butter and then bake for 40-45 minutes, until the edges are bubbling and the top is golden.



Freeze in smaller containers for use later in the week, when you are too tired to cook.





SERVES  
4

# Deconstructed Swedish Meat Balls

with Roasted Garlic Mash

## Ingredients

For the meat sauce

- 1 tbsp olive oil
- 1 onion
- 1 garlic clove
- 300g beef mince
- 300g pork mince
- ½ tsp mixed spice
- ½ tsp nutmeg
- Salt and pepper to taste
- 25g butter
- 5g flour
- 500mls beef stock
- 100mls single cream
- 1 tbsp red currant jam

For the mashed potatoes

- 1 head garlic
- 4 medium potatoes
- 25g butter
- 250mls milk
- Salt and pepper to taste

## Method

For the meat sauce

1. Chop the onion and mince the garlic.
2. In a pan heat the olive oil and brown the pork and the beef mince. Add the garlic and onion and cook until translucent.
3. Add the spices and butter to the pan. Once the butter is melted add the flour and cook for 1 minute, stirring well.
4. Gradually add the beef stock until the sauce becomes thick and glossy.
5. Melt the two tablespoons of jam into the sauce.
6. On a low heat add the cream to the pan combining with the thickened sauce.

For the potatoes

1. Preheat oven to 200°C / 180°C / gas mark 6.
2. Rub the garlic with olive oil and wrap in tin foil.
3. Cook for 1 hour or until the garlic cloves are soft.
4. In the meantime, peel the potatoes and chop into quarters.
5. In a cold pot of water bring the potatoes to a boil and cook until tender.
6. Drain the potatoes and add the butter, milk and salt and pepper.
7. Using a fork, squeeze the inner pulp of the garlic cloves onto a plate.
8. Add the pulp to the mashed potatoes and mix well.
9. Garnish the sauce and potatoes with freshly chopped parsley.

“  
Attitude is a little  
thing that makes a  
big difference  
”

Winston Churchill

SERVES  
4



# Orzo Bolognaise

## Ingredients

- 3 tbs olive oil (45ml)
- 1 medium onion, peeled and very finely chopped (150g)
- 2 cloves garlic, peeled and very finely chopped (6g)
- 2 medium carrots, peeled and grated (120g)
- 500g beef minced
- 800g passata or 2 x 400g cans of tomatoes
- ½ tsp of dried oregano (2g)
- 1 tsp sugar (5g)
- 100g freshly grated Parmesan
- 200g soft pasta (for 'soft diets' can replace orzo pasta with a pasta of your choice)

## Method

1. Heat the oil in a saucepan and sauté the onion over a low heat for about 5 minutes, stirring occasionally until softened.
2. Add the garlic and cook for one minute.
3. Add the grated carrot and sauté for 2 minutes.
4. Add the minced beef and cook until browned, stirring occasionally.
5. Add the passata/tomatoes, oregano and sugar.
6. Bring to the boil, then turn the heat to low, cover and cook for about 45 minutes.
7. Briefly blend the bolognaise using a blender to make a smoother texture.
8. Meanwhile, cook the orzo pasta according to package instructions.
9. Toss the cooked orzo and Parmesan into the bolognaise and cook over a low heat for five minutes and serve.





MAKES  
24

# Super Chocolate & Raspberry Brownies

## Ingredients

- 225g good-quality dark chocolate (broken into pieces)
- 300g caster sugar
- 225g butter
- 3 large eggs, beaten
- 1 tsp vanilla extract
- 75g plain flour, sieved
- 1 tsp baking powder
- 125g fresh raspberries

## Method

1. Preheat the oven to 180°C/350°F/gas mark 4. Line a 22 x 30cm (9 x 12in) baking tin with non-stick parchment paper.
2. Place the chocolate and butter in a heatproof bowl and set over a saucepan of barely simmering water, making sure the base of the bowl does not touch the water. Stir constantly until it is melted and smooth. Alternatively melt the butter and chocolate separately in the microwave (stirring every 30 seconds until smooth). Mix together in a large bowl and leave to one side.
3. With an electric beater, whisk the sugar and eggs together for about 2-3 minutes until pale and light.
4. Slowly add the melted chocolate and butter then add the vanilla extract and continue to whisk until thickened.
5. Gradually add the sieved flour and baking powder and fold in gently.
6. Lastly, mix in the raspberries.
7. Pour the mixture into the prepared tin and bake in the middle shelf of the oven for 30 minutes until the top is firm and the brownies have come away from the sides of the tin.
8. Remove from the oven and allow to cool. When cooled cut into 24 squares.
9. Serve on their own or with cream, custard or chocolate sauce for extra indulgence.

SWEETS & TREATS



SERVES  
6



# Easy Strawberry Cheesecake

Adapted from the Irish Country Women's Association Cookbook

## Ingredients

- 300g digestive biscuits
- 50g butter melted
- 135g packet of strawberry jelly
- 125g strawberry yoghurt
- 275ml boiling water
- 275ml cream, whipped
- 225g cream cheese
- 1 small punnet of strawberries

## Method

1. Crush the biscuits and mix well with melted butter. Press into the base of a tin and refrigerate until ready to use.
2. Dilute the jelly in boiling water and set aside to cool a little. Combine the cheese and yoghurt and mix into a paste. Add the cream and gently whisk in the diluted jelly, mixing well. Remove the base from the fridge and pour the cheese mixture over it.
3. Mash some of the strawberries in a small bowl and dot them here and there through the mixture. Return the cheesecake to the fridge to set, for about an hour.



# Crème Caramel

Adapted from [carnation.co.uk](http://carnation.co.uk)

## Ingredients

- 397g condensed milk
- 5ml vanilla essence
- 2 large egg yolks
- 2 large eggs
- 100g frozen mixed berries
- 50g caster sugar

## Method

1. Mix the eggs, egg yolks, vanilla essence and condensed milk together in a bowl.
2. Slowly heat in a non stick saucepan to 75°C or until thickened, stirring all the time. Do not let the mixture boil.
3. Have a bowl/basin of cold water on the side. Once the mixture reaches 75°C or is thickened remove the saucepan from the heat and sit the saucepan into the cold water. This will prevent any further cooking.
4. Sprinkle the berries into little serving dishes, fill with the hot creamy mixture and allow to cool. Once cool, chill for 4 hours.
5. If you fancy, just before serving sprinkle a thin layer of caster sugar over the crème caramel. Use a blow torch or very hot grill to caramelise the sugar and serve.



SERVES  
6

# Mango-Yoghurt Ice Sorbet

Adapted from The Gluten Free Cookbook – Anne Sheasby

## Ingredients

- 450g ripe mango flesh, chopped
- 300ml peach or apricot yoghurt
- 150ml Greek yoghurt
- 150ml natural yoghurt
- 25-50g caster sugar
- Fresh mint sprigs to decorate

## Method

1. Place the mango flesh in a blender or food processor and blend until smooth.
2. Add in all three yoghurts and blend until thoroughly mixed.
3. Add sugar to sweeten, enough to taste.
4. Pour the mixture into a shallow, plastic container. Cover and freeze for 1.5 – 2 hours until it is mushy in consistency. Remove from the freezer and pour into a chilled bowl. Beat until smooth.
5. Return the mixture to the plastic container, cover and freeze again until the ice is firm.
6. 30 minutes before serving move the ice sorbet from the freezer to the fridge to allow it to soften a little.
7. Serve in scoops decorated with mint sprigs.



This is particularly soothing if you have a dry mouth as the sorbet is very refreshing. Mango is also good for helping to stimulate the taste buds.



# Cool and Creamy Lemon Rice

Adapted from The Gluten Free Cookbook – Anne Sheasby

## Ingredients

- 50g short grain white rice
- 600ml milk
- 25g caster sugar
- Finely grated rind of 1 lemon
- 15g butter, cut into small pieces

## For serving:

- 225g tinned strawberries/peaches
- 90ml crème fraiche
- Rind of an orange and lemon for decoration

## Method

1. Preheat the oven to 150°C.
2. Lightly grease a 900ml ovenproof dish. Add the rice and pour in the milk, allow to stand for 30 minutes.
3. Add the caster sugar, grated lemon rind and butter to the rice and milk and stir in gently. Bake for 2-2½ hours until the top of the pudding is lightly browned.
4. Allow to fully cool, remove and discard the skin. Fold in the crème fraiche and tinned fruit.
5. Can also be enjoyed hot straight from the oven, simply mix in sliced orange and lemon rind.



# Lemon & Raspberry Posset

Adapted from Healthy Ways Cookbook – Crof

## Ingredients

- Zest and juice of 1 large lemon
- 12g gelatine powder
- 200g soft cheese
- 250g natural yoghurt
- 4-5 level tsp of sugar
- 2 punnets of fresh raspberries

## Method

1. Combine the lemon juice and gelatine, leave to absorb. Place the bowl over a saucepan of gently simmering water and leave to melt.
2. Mix the lemon zest with the sugar, yoghurt and soft cheese until you get a smooth consistency.
3. Add the gelatine and stir well to combine.
4. Take half the amount of raspberries, cut them in half and add to the mix.
5. Divide the mixture between 4 small glass containers, cover with cling film and refrigerate for around 1 hour or until set.
6. Remove from the fridge, discard the cling film, decorate with the remaining raspberries and serve.



# Blueberry & Elderflower Soufflé

Adapted from Healthy Ways Cookbook – Croí

## Ingredients

- Butter, to grease the dishes
- 80g caster sugar, plus extra for coating
- 250g blueberries, mashed
- 1 tsp cornflour, mixed with 1 tbsp water
- 2 tbsp elderflower cordial
- 4 egg whites
- ½ tsp lemon juice

## To serve

Fresh mint leaves and cream

## Method

1. Preheat the oven to 170°C/gas mark 3. Grease six ramekin dishes with butter and coat each with a bit of sugar. Set aside.
2. Add half of the sugar and the blueberries to a saucepan over a low heat and simmer for 10 minutes or until the blueberries soften and the mixture reduces.
3. Strain the blueberry mixture enough to extract three tablespoons of blueberry cordial. Divide the remaining blueberry mixture among the ramekins.
4. Mix the cornflour and elderflower cordials into the three tablespoons of blueberry cordial.
5. In a clean bowl, whisk the egg whites until soft peaks form. Slowly whisk in the remaining sugar, again to soft peaks. Whisk in the lemon juice at the very end.
6. Fold ⅓ of the egg white mixture into the blueberry cordial mixture. Fold this into the remaining egg white mixture.
7. Spoon into the ramekins to within 1cm of the top. Bake in the middle of the oven for 12-15 minutes. To check if done; run a skewer through the soufflé, it will come out clean when cooked.
8. Serve with blueberry drizzle, mint leaf and some cream on the side.



SERVES  
6

# Rhubarb & Lemon Pots

Adapted from [www.Maryberry.co.uk](http://www.Maryberry.co.uk)

## Ingredients

### Rhubarb base

- 750g rhubarb, sliced into 4cm pieces
- Finely grated zest of ½ orange, plus 2 tbsp orange juice
- 25g caster sugar

### For the lemon topping

- 300ml double cream
- 50g caster sugar
- Finely grated zest and juice of 1 ½ lemons

6 mint leaves, to decorate

## Method

1. Put the rhubarb, orange zest, orange juice, and sugar into a saucepan. Stir over a high heat for 2 minutes, cover with a lid, lower the heat, and simmer for 10 minutes or until the rhubarb is just tender. Set aside to cool.
2. To make the topping, put the cream, sugar, and lemon zest into a pan. Heat gently over a low heat until the sugar dissolves and the mixture reaches simmering point. Remove from the heat, stir in the lemon juice, and set aside to cool slightly.
3. Spoon the rhubarb and a little of the liquid into the base of some pretty glasses or tumblers. Pour the lemon topping on top, then transfer to the fridge for a minimum of 4 hours to set.  
Serve chilled, decorated with mint leaves.



# Spiced Poached Pears with Red Wine

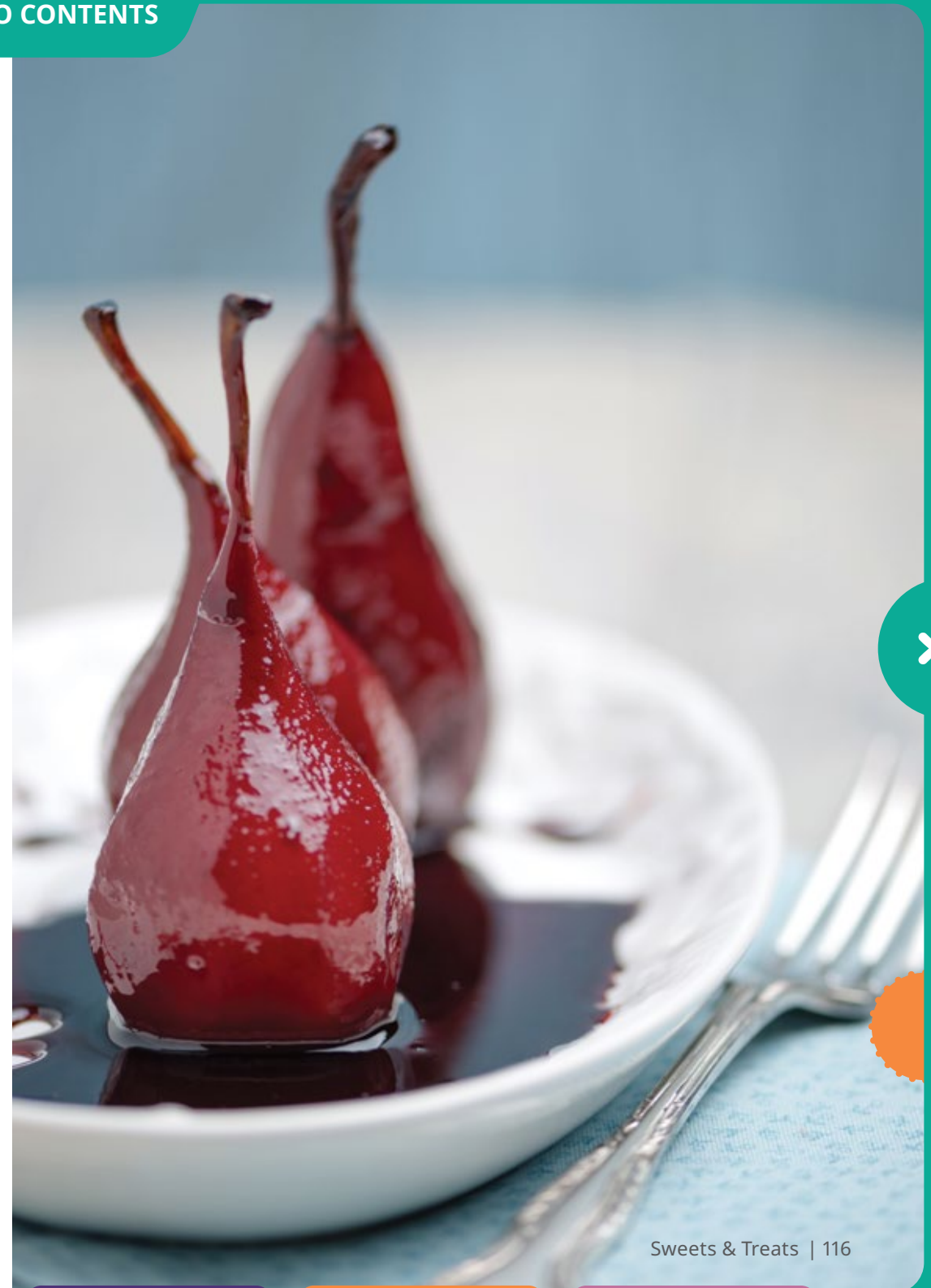
Adapted from Beaufield Mews,  
Woodlands Avenue, Stillorgan, Dublin

## Ingredients

- 150ml red wine
- 150ml cranberry juice
- 2 tbsp honey
- Juice and finely grated rind of 1 lemon
- Juice and finely grated rind of 1 orange
- 1 cinnamon stick, broken in half
- 2 whole star anise
- 6 black peppercorns
- 2 whole cloves
- 4 firm ripe large pears or 1 can of pears in natural juice
- 275g natural yoghurt

## Method

1. Add the red wine, cranberry juice, honey, lemon juice, lemon rind, half the orange juice and orange rind to a large deep sided pan.
2. Bring to the boil and add the cinnamon stick, star anise, peppercorns and cloves.
3. Reduce the heat and allow to simmer gently for a few minutes.
4. Peel the pears, leaving the stalks attached, or strain the pears if using from a tin.
5. Add the pears standing them upright in the pan (face upright if using tinned pear halves).
6. Cover the lid and simmer gently for 20-35 minutes until they are tender, baste them from time to time with the liquid.
7. Using a slotted spoon, transfer the pears to a dish and set aside. Boil the liquid in the pan until reduced to half. Leave to cool.
8. Mix the remaining orange juice and rind into the yoghurt and divide among the serving bowls. Arrange a cooled poached pear on top of each one and then ladle the remaining cooking liquid over to serve.





SERVES  
1

# Eddie's Creamy Rice Pudding with a Warm Rhubarb Compote

This recipe was kindly given by a past patient who received treatment for head and neck cancer. He is also a qualified chef.

## Ingredients

- 3-4 sticks of rhubarb, chopped
- 100ml water
- 6 dessert spoons of caster sugar
- ½ cup rice
- 200ml cream

## Optional:

whipped cream

## Method

1. In a saucepan simmer the rhubarb, water and 4 spoons of sugar until rhubarb is very soft and falls apart. Keep it warm.
2. Cook the rice until fluffy.
3. Add the cream and stir in the 2 spoons of caster sugar. Simmer until the rice is creamy and soft.
4. Pour into a bowl, placing the rhubarb into the centre of the rice. Add some whipped cream, if desired.

## Options

For a seasonal alternative, replace rhubarb with frozen mixed fruits, mashed.



# Mini Orange Mousse Pots

Recipe kindly developed especially for this recipe book  
by Rozanna Purcell, Model and Food Blogger.

[www.naturalbornfeeder.com](http://www.naturalbornfeeder.com)

## Ingredients

- 2 avocados
- 3 tbsp cacao powder
- Juice of one orange
- 2 tbsp raw honey / maple syrup

## Optional

- 8 small Seville oranges for decoration

## Method

1. Spoon out the Seville oranges – by using a lemon squeezer it makes this task much easier and you get some lovely freshly squeezed orange juice, so no waste!
2. Place all the other ingredients in a food processor (avocado, cacao, honey and orange juice) and blend until fully combined & creamy.
3. Taste to make sure it's to your preference (some like it sweeter). If so add in another tablespoon of liquid sweetener of choice.
4. Spoon into your hollowed out oranges and serve!



SERVES  
6

# Tropical Baked Rice Queen of Puddings

Adapted from the Irish Country Women's Association Cookbook

## Ingredients

- 100g pudding rice
- 50g caster sugar
- 900ml full fat milk
- 75ml cream

## For the topping

- 3 egg whites
- 175g caster sugar
- 4 tbsp raspberry jam
- 1 dessert spoon demerara sugar
- 1 dessert spoon desiccated coconut
- Freshly whipped cream (to serve)

## Method

1. Preheat oven to 180°C/gas mark 4.
2. To make the rice pudding, combine the rice, sugar and milk in a medium-sized saucepan and slowly bring to the boil over a gentle heat, stirring regularly to stop the rice from sticking. Reduce the heat, add the cream and allow to simmer for 15 minutes on a very low heat.
3. Pour the mixture into a large casserole dish and bake in a preheated oven for 15 minutes or until a skin forms on the top of the pudding.
4. Meanwhile rapidly whisk the egg whites in a clean mixing bowl until stiffly beaten. Gradually add the caster sugar and whisk until the mixture is glossy and has formed stiff peaks.
5. Remove the pudding from the oven and spread with raspberry jam. Spoon over the meringue topping and spread roughly around the top of the pudding. Sprinkle with brown sugar and coconut and return to the oven for 10-15 minutes until golden. Serve with lots of freshly whipped cream.



# Dark Rum and Chocolate Mousse

Kindly donated by Karen Coakley of Kenmarefoodies.com

This is a fantastic little recipe that is no trouble to make and a great way to use up any leftover chocolate after Easter or Christmas.

## Ingredients

- 150g plain chocolate
- 100g milk chocolate
- 3 tsp dark rum
- 4 medium eggs, separated
- 150ml double cream
- Chocolate flakes or curls to decorate

## Method

1. Break the chocolate into pieces and melt together in a bowl over a pan of hot water with the rum.
2. Stir in the egg yolks until well blended then remove the bowl from the pan and leave to cool.
3. Whip the cream until softly peaking and fold two thirds into the chocolate mixture. Chill the remaining cream.
4. In a separate bowl, whisk the egg whites until softly peaking. Lightly fold into the chocolate mixture.
5. Pour the mixture into a glass serving dish and chill for roughly 2 hours or until set. Pipe the remaining cream on top to decorate and finish with the chocolate flakes or curls.



# Dan's Apple Cake

Our thanks to Denis O'Grady (otherwise known as Dan) one of our past patients, for sharing his go-to recipe with us.

Dan told us "this is a no-fuss cake which is like a one stop pot: everything gets mixed in together and you really can't go wrong with it. When you're going through treatment, regular food often isn't appealing but this is tasty and a better alternative to store-bought bakes."

## Ingredients

- 10oz self-raising flour
- 1 level tsp baking power
- 10oz golden caster sugar
- 3 eggs
- 6oz butter (melted)
- 12oz cooking apples, peeled and cored (depending on size, this is 4 or 5 apples). Cut them into small cubes approx. ½ inch

## Method

1. Pre-heat the electric oven to 1900 (fan) or gas mark 6
2. Lightly grease and line the base of a 20cm / 8 inch cake tin
3. Place the flour, baking powder, sugar, and apples into a mixing bowl and mix well together.
4. Add the eggs and melted butter and mix well.
5. Pour the mixture into the pre-prepared tin and bake in the preheated oven for 45 – 55 minutes. It will go brown on top so it's time to take it out then.

## Dan's serving suggestion

"I eat this hot with either ice cream or custard. Alternatively, it can be served cold with butter and a nice cup of tea or coffee. I find this easy to digest – it's very soft and moist and I get the taste of apple throughout. Just lovely!"





SERVES  
2

# Hot chocolate just for two!

Kindly donated by Karen Coakley of [Kenmarefoodies.com](http://Kenmarefoodies.com)

## Ingredients

- 400ml full fat milk
- 125g dark chocolate with orange
- A pinch of sugar
- Whipped cream to serve

## Method

1. Place the milk in a saucepan over a medium heat.
2. Break the chocolate into pieces and add to the milk.
3. Stir gently until all the chocolate has melted, taste and add a pinch of sugar to sweeten.
4. Pour into individual serving glasses and top with whipped cream.



SERVES  
8-10



# Tiramisu

## Ingredients

- 1 large carton cream (500ml)
- 1 tub mascarpone cheese (250g)
- 50g icing sugar
- 1 small cup strong coffee (100ml)
- 3½ tbsp Tia Maria or Kahlua (50ml)
- 2 tsp vanilla extract (10ml)
- 24 sponge finger biscuits (150g)
- 1 tsp cocoa powder (5g)

## Method

1. Whisk the cream, mascarpone and sugar together until thick.
2. Mix the coffee, Tia Maria and vanilla in a bowl.
3. Dip the biscuits into the coffee mixture until they have softened and place half of them in a dish or divide among individual glasses.
4. Top the biscuits with half of the mascarpone mix, then place the rest of biscuits on top, and finish with the remainder of the mascarpone mix.
5. Sieve the cocoa powder over the top and chill for 2 hours in the fridge.





# Banana Dessert

## Ingredients

- 1 medium banana, peeled and sliced into rounds (100g)
- 10g ground almonds
- 2 tsp maple syrup (10ml)
- 2 tbsp double cream (30ml)
- 20g skimmed milk powder
- 1 tsp vanilla extract (5ml)

## Method

1. Freeze the banana pieces for at least 2 hours.
2. Blend the frozen banana pieces, almonds, maple syrup, cream and skimmed milk powder and vanilla extract until the mixture is soft, creamy and smooth puréed texture. Add some milk if it is difficult to blend.
3. Serve or freeze for later.





# Chocolate Chip Shake

Recipe kindly developed especially for this recipe book by Rozanna Purcell, Model and Food Blogger.

[www.naturalbornfeeder.com](http://www.naturalbornfeeder.com)

## Ingredients

- 200ml almond milk
- 1 tsp maca powder
- 1 tsp coconut oil
- 1 tsp cacao powder
- 2 dates, pitted
- ½ avocado
- 2 tbsp cacao nibs
- Pinch of shredded coconut

## Optional

Mint leaves and cacao nibs to garnish

## Method

Place all the ingredients into a blender and blend until fully smooth.

NUTRITIOUS  
SMOOTHIE DRINKS



# Conor's Cheeky Monkey Smoothie

This high calorie, protein and fibre-rich recipe was kindly donated by Conor, Senior Physicist at Mater Private Mid-Western Radiation Oncology Centre, Limerick.

## Ingredients

- 400ml very cold milk
- 1 small banana
- 2 scoops unflavoured whey protein powder (dried skimmed milk powder can also be used)
- 1 heaped dessert spoon of smooth peanut butter
- 1-2 tsp raw cacao powder, or good quality cocoa powder (Green and Blacks)

## Optional

- 1 tsp honey (only needed if bananas are not ripe).

## Method

1. Put everything in a blender and blitz.
2. Consume immediately – it separates if you leave it in the fridge.



# Banana-Berry Smoothie

from "Soft Foods for Easier Eating"

## Ingredients

- 1 cup frozen yoghurt
- ½ cup frozen blueberries or strawberries
- ½ cup frozen sliced bananas (about ½" large)
- 2 tbsp walnuts
- 1 ½ tbsp honey or sugar

## Method

1. Place all of the ingredients in a blender in the order listed and process until smooth.
2. Pour into a large glass and serve immediately.



## Patrick's Recipe for Success

This recipe was made by the daughter of a previous patient who underwent concurrent chemo-radiation treatment for oesophageal cancer. As his swallow was impaired, he consumed 3-4 of these very high calorie, protein smoothies daily and managed to maintain his weight. This recipe has been tried and tested and really is a recipe for success during treatment!

### Ingredients

- 500ml fresh full fat cream, whisked
- 500ml full fat strawberry yoghurt
- 2 tins of peaches (leave some of the juices in)
- 1 tin pears
- 10 fresh strawberries
- 3 bananas, chopped
- 1 packet Angel Delight (strawberry flavour) whisked

### Optional for added calories and protein

- 1 Calshake made on full fat milk
- 2 x 60ml Procal Shot

### Method

1. Place 2 tins of peaches and 1 tin of pears, 3 chopped bananas, 10 strawberries in the smoothie maker and blend until smooth.
2. Add 500ml yoghurt and mix.
3. Whisk the cream in a separate bowl.
4. In another bowl mix the Calshake with milk. Add 120ml Procal Shot and mix.
5. Mix the Angel Delight until smooth.
6. Mix the Calshake, Angel Delight and Procal Shot to the cream. The consistency should be very smooth, like strawberry cream.
7. Mix everything with the contents of the smoothie maker. If the smoothie maker won't hold all the contents then remove some and place in another bowl until all the contents have been mixed together.
8. Add to a glass and best consumed cold.

“  
I had cancer,  
cancer never  
had me.  
”

IHadCancer.com



# Fresh Fruit Ice Lollies

This recipe was inspired by a recipe found on [www.ilovecooking.ie](http://www.ilovecooking.ie) and this particular method was taken from Neven Maguire. These ice-pops would be perfect to cool and soothe a hot, painful, dry mouth.

**Important: If you have been advised to thicken your fluids then this recipe is NOT suitable for you.**

## Ingredients

- Watermelon & Raspberry Lollies: ¼ watermelon & 200g raspberries
- Tropical Mango Lollies: 2 ripe medium mangoes & juice of 2 limes
- Blackberry & Orange Lollies: 300g blackberries & juice of 2 oranges

## Method

### Watermelon & Raspberry Lollies

1. Cut the flesh from the watermelon and remove the seeds.
2. Place in a food processor or blender with the raspberries. Blend until smooth, then strain through a sieve into a large jug.
3. Pour into ice lolly moulds and freeze for at least 4 hours.
4. To remove lollies from moulds, dip them briefly into hot water to loosen the lollies. Use as required.

### Tropical Mango Lollies

1. Peel the mangoes and cut the flesh off the stone.
2. Place in a food processor or blender with the lime juice, then blitz until smooth.
3. Finish in the same way as the watermelon & raspberries lollies.

### Blackberry & Orange Lollies

1. Place the blackberries in a food processor or blender with the orange juice.
2. Blend until smooth, then press through a sieve into a large jug.
3. Finish as described above.





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## Frozen Fruit Smoothie

Adapted from Donal Skehan

### Ingredients

- 2 cups of orange juice
- 1 cup of frozen berries
- 1 banana
- 3 scoops of frozen yoghurt or ice cream
- 3 tbsp rolled oats

### Method

1. Place all of the ingredients in a smoothie maker or a jug and blend with a hand held blender until smooth.

## Cranberry-Banana-Orange Smoothie

From "Soft Food for Easier Eating", ACC

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### Ingredients

- ½ cup orange juice
- ½ cup cranberry juice
- ½ cup fresh seedless orange or tangerine sections
- ½ cup frozen or fresh sliced bananas
- ½ cup crushed ice (omit if frozen fruit is used)

### Method

1. Place all of the ingredients in a blender in the order listed and process until smooth.
2. Pour into a large glass and serve immediately.





# Fruity Drink

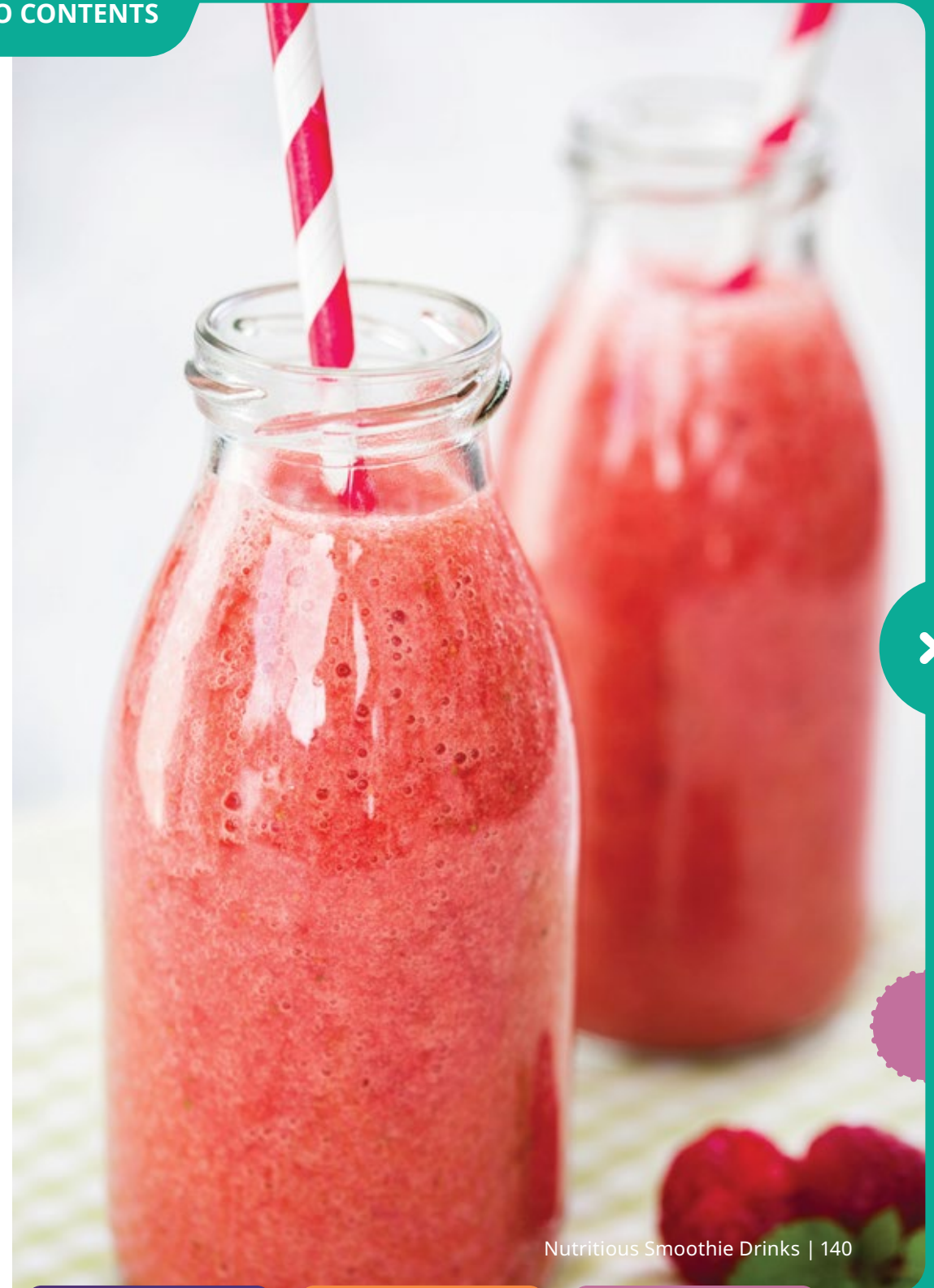
From the American Cancer Society

## Ingredients

- 12 green or red grapes
- 6 large strawberries, hulled
- 3 slices of pineapple
- 1 apple
- ½ ripe banana, peeled
- ½ orange or tangerine, peeled
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen blackberries

## Method

In a juicer blend all ingredients together and serve once smooth.





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## Peanut Butter-Banana Smoothie

From "Soft Foods for Easier Eating"

### Ingredients

- ½ cup frozen or fresh sliced bananas
- ½ cup full fat milk
- ½ cup crushed ice
- 2 tbsp smooth peanut butter
- 2 tbsp honey

### Method

1. Place all of the ingredients in a blender in the order listed and process until smooth.
2. Pour into a 12-ounce glass and serve immediately.



## Mocha Smoothie

From "Soft Foods for Easier Eating"

### Ingredients

- ¼ cup chilled strong black coffee or espresso
- ¼ cup evaporated non-fat or low-fat milk
- ¾ cup low-fat milk or light vanilla ice cream
- ¼ cup plus 2 tbsp crushed ice
- 2 tbsp chocolate syrup
- ⅛ tsp ground cinnamon

### Toppings

- 3 tbsp whipped light cream
- ½ tsp ground dark chocolate

### Method

1. Place all of the ingredients except for the toppings in a blender in the order listed and process until smooth.
2. Pour into a 12-ounce glass, top with the whipped cream and a dusting of chocolate, and serve immediately.

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## Mint Milkshake

### Ingredients

- 2 large scoops vanilla ice cream (150g)
- 75ml full fat milk
- 1 drop of peppermint
- 3 tbsp chocolate syrup/spread (45g)
- 20g skimmed milk powder

### Method

Blend all the ingredients together until smooth.



## Apple and Avocado Smoothie

### Ingredients

- 1 small apple, peeled, cored, and roughly chopped (100g)
- 1 small avocado (100g)
- Juice of ½ a lime (10ml)
- 1 tbsp honey (15g)
- 100ml full fat milk
- Handful of ice
- 20g skimmed milk powder

### Method

Blend all the ingredients together.



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**Mater Private Network Limerick**

Mid-Western Radiation Oncology Centre,  
University Hospital Limerick, Dooradoyle, Limerick

**email** [limerickradiotherapy@materprivate.ie](mailto:limerickradiotherapy@materprivate.ie)

**Mater Private Network Dublin**

Eccles St, Dublin 7, D07 WKW8

**email** [info@materprivate.ie](mailto:info@materprivate.ie)



[www.materprivate.ie](http://www.materprivate.ie)



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SMOOTHIE DRINKS