THE FRUIT AND VEGETABLE GUIDE

How to make the most of the fruit and vegetables allowed freely on a low phenylalanine diet

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HOW TO USE THIS GUIDE

• Fruit and vegetables are a very important part of the PKU diet. Many are allowed freely and making good use of fruit and vegetables means meals are more varied and interesting.

• Try to experiment and be more adventurous with fruit and vegetables. Many of the suggestions can be used for the whole family helping you all to eat the recommended 5 A DAY

• This is quite a long document so it is best to print the only the pages you want or to read it on your pc
A few more hints

• Try to eat fruit and vegetables when they are in season. They will be cheaper then and usually taste better. There is a guide to seasons at the back.

• Markets, farm shops and farmers markets are often cheaper than supermarkets and will have seasonal produce

• Whenever baked goods, rice or pasta are mentioned be sure to use the low protein varieties.

• Always ask your dietitian if you are unsure about anything in this guide
Apples

Sweet varieties - Cox’s, Braeburn. Eat as they are, make toffee apples or apple crisps or remove core, chop and add to salads

Cooking varieties – Bramleys. Peel, core, chop and stew with a little sugar and use for pies, crumbles and sponges with low protein flour or can be mashed or pureed for weaning food.

**Basic Stewed Apple recipe:**

450g/1 lb cooking apples peeled, cored, and chopped, 25g (1oz) butter, little sugar. Stew gently for about 10 minutes in pan with 30-45ml (2-3 tbsp) water until soft.

**Baked Bramleys:**

- Remove core to make a hole in centre. Stuff with dried fruits, spoon on good tsp golden syrup, add knob of butter. 2 tablespoons water in bottom of dish. Bake 180 for 45 mins.
- Serve with LP custard, Cream (exchange).
Apricots

- Orange with a brush of pink to their skin.
- Available fresh or tinned. Good for making jams, pie or crumble filling or as a dessert on their own sweetened with sugar or honey.
- Dried apricots make a nice snack.

**Basic Apricot and honey recipe:**

12 apricots halved, 250ml (8¾fl oz) water, 50g (2oz) sugar, 1 tbsp honey.

Put water, sugar and honey into pan, heat until sugar is dissolved.

Simmer for 5 mins then add apricots.

Simmer for further 5 mins, remove from heat and serve with syrup drizzled over.
Bananas

- Are very good baked in their skins on the barbecue.
- Use in moderation
Berries

- Many varieties of berries are now available. They make wonderful fruit salads on their own and are also great for making low protein muffins. Buy them in the summer when they are cheaper and keep in the freezer.

- Blueberries – deep purple, blue to blue black.
- Raspberries – medium to bright red.
- Blackberries – shiny and black.
- Strawberries – bright shade of red.

Dipped Strawberries

Melt Vitabite or Duobar in microwave. Dip strawberries into the melted bar, put in fridge to re-set. Delicious!!
BILBERRIES

• Tiny dark bluish-purple summer berries similar to blueberries.

• Uses: jams, jellies, tarts, pies, summer puddings, cooked with sugar and water, simmer until tender.

• Not eaten raw as they are too sour.

• 450g Bilberries and 2 tblsp sugar. Put in dish and sprinkle over lp crumble topping.
CHERRIES

- Sweet, sour, and wild varieties.
- Shiny, firm, plump fruit.
- Meaty flesh surrounding large pit or seed related to plums and peaches.
- Uses: eaten fresh, low protein trifles, turnovers, pies or fruit cake, jams, compotes, sorbets.
- Dried cherries lovely in fruit cake
CLEMENTINES

- Pleasant tangy sweet type of mandarin orange.
- Easy to peel, occasional seeds.
- Uses: Fruit salads, cooked dishes, flans, smoothies, eaten fresh.
CRANBERRIES

- Too tart to eat raw, need to be cooked before eaten.
- Uses: baked/steamed with sweetener to make topping or sauce, juices, jellies.
- Dried cranberries are excellent baked in low protein muffins.
CUSTARD APPLE

- Green and round with segmented look to their outer covering.
- Eaten – flesh scooped from skin and eaten as it is with a sprinkling of sugar.
- Uses: pressed through sieve and added to milkshakes, custards, sauce, fruit salad.
Plums come in a variety of colours from pale orange to dark purple with yellow/reddish flesh. Damsons are smaller, dark purple in colour with a more sour taste.

Plums can be eaten as they are but damsons are best cooked and need to be sweetened. Use both damsons and plums for jam or stewed, baked, poached for pies and crumbles.

**Caramelized Plums:**

200g (7oz) sugar, 6 plums cut in half, destoned, knob butter, juice of ½ lemon and ½ orange

1). Gently heat butter and sugar in pan until caramelized, add plums cut side down, cook for 5-6 mins over gentle heat.

2). Turn plums over and add lemon and orange juices. Stew for a few minutes till soft but not pulpy.

3). Remove from heat and serve. Lovely with low protein custard or as a low protein crumble filling.
DRAGON FRUIT

- Bright red and green.
- Remove skin and eat the white fleshy seeded inside only.
- Good with other fruits in a salad.
DRIED FRUIT

- Raisins, sultanas, currants, mixed peel, cranberries
- Uses: Low protein baked items such as fruit cake and scones, mincemeat, curries, chutneys
- If eaten in large quantities dried fruit can add a significant amount of phenylalanine so use in small quantities
FIGS

- Figs are dark purple and should feel soft to the touch.
- Dried variety not suitable as large portion.
- Uses: eat as they are or add to summer salads.

**Sticky Figs**

Cut a deep cross in the top of 2 figs and open up like a flower. Put in a baking dish with ½ teaspoon of butter in the centre of each fig, drizzle with honey and a pinch of cinnamon or mixed spice. Grill for about 5 minutes until the figs are soft and the honey and butter makes a sticky sauce.
GOOSEBERRIES

- Hard, small and very green fruit.
- Tend to be fairly sour so need sweetness added as sugar or honey.
- Best used cooked in crumbles, pies, fruit fool (cooked gooseberries mixed with low protein custard and chilled)
- Freeze well so buy when cheaper

**Basic Recipe:**

450g (1lb) gooseberries, 75g(3 ozs) sugar, few spoons water.

Add all ingredients to pan and simmer gently till fruit is soft. Use for crumbles, pies or fruit fool
GRAPES

• Variation in size and flavour.

• Different colours – black, blue, green, white, red.

• Can be given to small children if you cut them up.

• Uses: eat raw on their own or added to fruit salads, dried into raisins, salads.
GRAPEFRUIT

- Different varieties – pale orange or yellow skin with pink, red or white flesh. Also available tinned.

- Pink fleshe varieties tend to taste sweeter.

- Try sprinkling with brown sugar and grilling until the sugar melts and caramelises.

- Uses: juices, smoothies, fruit salad, raw.
GREENGAGES

- Small round green plum with a yellow-green or golden sweet scented flesh.
- Considered to be one of the finest dessert plums and can be eaten raw
- Uses: good just stewed also makes excellent jam, puree for pies and crumble, smoothies

Cooking Tip:
- 450g Greengages
- 50g sugar
- Cook gently until soft
GUAVAS

- Oval shaped fruit - sweet with a slight tart aftertaste. Can have a musky smell so store wrapped to avoid contaminating other foods.
- Firm texture similar to apples.
- Many varieties - yellow, red, purple, black, white.
- Uses: fresh, fruit salads, jellies, sauces.
- Cut in half and scoop out the sweet insides. Great snack to eat anytime.
- Also good served with dips of honey or sugar on the side.
JACKFRUIT

- Enormous and prickly on the outside. Inside are fleshy bulbs around a seed. Eat the fleshy bulb as it is. Can also be used as a substitute for meat as it has a similar texture to chicken (use the fresh fruit or canned in salt water brine.) Melon shaped.

- Flavour similar to pineapple and banana but less juicy.

- Green unripe flesh can be cooked as a vegetable and used in curries and salads.

- Ripe fruit has a creamy yellow flesh.

- Uses: raw, fruit salad, pies.
KIWI

• Use potato peeler to pare off skin and slice it or leave skin on slice top off and scoop out flesh with a spoon

• Uses: fruit salad, fruit kebab, smoothie, salsa, on cereal.

Basic Kiwi Syrup recipe:

55ml/2 fl oz water, 50g/2 oz caster sugar, a few lime zest peelings, sliced kiwi fruit

1). Gently heat water and sugar in pan until the sugar has dissolved.

2). Add zest, heat for 1 min, add kiwi to syrup remove from heat and allow the kiwi to marinade for a few minutes before eating.
KUMQUATS

- Little baby citrus fruits. Quite sour flavour.
- Can eat both skin and flesh.
- Uses – marmalades, sauces, eaten raw, chopped into fruit salads
LEMONS

• Sharp acidic juice, fragrant oil found in zest.
• Should be firm and have a bright yellow colour.
• Prepare lemon zest by peeling off the thinnest layer of skin with a potato peeler.
• Squeeze some lemon juice over a fruit salad to stop it going brown.
• Don’t push lemons directly onto the teeth as the acidity over time and prolonged use can cause erosion of the enamel.

Uses – lemon juice or zest are a lovely addition to low protein muffins, a squeeze of lemon juice helps any fried foods especially those coated with low protein breadcrumbs, mix with oil and herbs for salad dressings, homemade lemonade
LIMES

• Glossy light to deep green in colour.
• Ripe limes are firm but not hard.
• Uses: lime juice and zest can be used in similar ways to lemons

Lime and ginger pears

Peel 2 pears, cut in half and remove core. Put in a dish with a little water (about 1 cm deep). Scatter over the zest of 1 lime and a spoonful of chopped candied ginger. Bake in a warm oven for 30-40 minutes.
LOGANBERRIES

• Dark and red fruit thought to be a cross between a raspberry and blackberry.

• Can be bought fresh, frozen or tinned.

• Very short season at the end of summer so buy then and freeze.

• Uses – eat raw, breakfast cereal topping or add to other fruits eg apple, pear for pies or crumbles
LYCHEES

- Pinkish, purple, knobbly skin, white flesh the bit you can eat and an inedible stone.
- Uses: peel skin, slice the fruit away from the stone. A good addition to fruit salad
MANDARINS

- This group of citrus fruits includes mandarins, satsumas and tangerines
- Uses: eaten raw, added to fruit salads, fruit kebabs
MANGOES

• A juicy, delicious fruit with either green, red, yellow orange, purple or purple skin

• The riper it is the heavier the scent, softer to touch and the sweeter it is.

• They contain a large flat woody stone in the middle. Peel skin and slice flesh off around the stone or bite the soft flesh off.

• Uses: Curries, puree, excellent base for smoothies, salads, chutney, fruit kebab, ice lollies, salsa

• Delicious raw. Eat orange flesh

• You can drink mango juice without counting, like other fruit juices.
MANGOSTEENS

• Tropical fruit.

• To eat, a sharp knife is used to open the rind and expose a snow white sphere inside that separates easily into sections.

• Sweet with a slight sour edge.

• Canned mangosteens are available.
MELON

• Many varieties – casaba (yellow with white flesh), cantaloupe, honeydew.

• To eat: cut in half, scoop out the seeds and strings, cut into halves, quarters, wedges, cubes, or scooped into balls with a melon baller.

• Squeeze of lemon juice or lime enhances flavour.

• Very good with ginger in syrup. Use one chopped ball of ginger with a tablespoon of syrup to a slice of chopped melon.
**WATERMELON**

- Refreshing thirst quenching fruit.
- 92% water, 8% sugar. So very refreshing on a hot day
- Uses: as melon, fruit salads, desserts. Best not to eat the seeds, pick them out before eating. Look out for seedless varieties which are now available
NECTARINES

- Similar to peaches – difference is no fuzz on skin.
- Smooth skinned golden yellow with large blushes of red.
- Uses: eaten raw especially when ripe and juicy during the summer, poached with honey, crumble, grilled with brush of orange juice, pureed, fruit salad.
OLIVES

- Small, shaped like grapes, strong tasting fruit. All have large stones which should not be eaten.
- There are many different varieties of olives all with different tastes so experiment till you find the ones you like
- Uses: salads, appetisers, topping on low protein pizza or low protein garlic bread
ORANGES

- Uses: marmalade, smoothies, wedges good for a snack, serve with desserts e.g. low protein rice pudding

Caramelized oranges

1. For each orange use 2 tablespoons of sugar with 1 tablespoon water

2. Remove the skin and white pith from the orange with a serrated knife and slice across in whole slices or down the side of each segment.

3. Heat the sugar and water in a saucepan over a high heat until it starts to melt and begin to bubble. Continue heating until it turns a deep golden brown and then pour over oranges in a heat proof bowl (the sugar is very hot). Allow to cool and put in fridge for a few hours.
PAPAYA (PAW PAW)

- Melon like fruit with a yellow orange flesh in a thin skin is green at first and ripens to red or yellow. Remove black seeds.
- Uses: raw (a squeeze of lime brings out the flavour), smoothies, sorbet, fruit salad, salsa, grilled.
PEACHES

- Red velvet skin with bright yellow flesh.
- Uses: roasted, tarts, salads, poached in water with vanilla pod and sugar, smoothies.

**Basic Roasted Peaches recipe:**

Peaches 1 or 2 for each person, 1 teaspoon butter per peach, icing sugar.

4. Cut peaches in half, remove the stone.

5. Place knob of butter onto each peach then push the 2 halves of each peach together.

6. Dust the peaches with a thin covering of icing sugar.

7. Place peaches in a baking dish, cook in oven 200°C/400°F, gas mark 6 for 20 mins.

* Note – dried peaches not suitable in large amounts.
PEARS

- Purchase whilst slightly green and they will ripen.
- Many different varietes.
- Uses: Raw, baked, poached for pies and crumbles or to serve with low protein custard, fruit salads.

**Basic Poached Pears Recipe:**

900g (2lb) pears.

- Peel, core and quarter, place in pan and cover with boiling water, cook gently until almost tender ~ 8-10 mins.
- Drain, flavour with a pinch of ground ginger, cloves or cinnamon if desired.
**PINEAPPLE**

- Very hard inedible skin with sweet, juicy flesh.
- To prepare cut off leafy top, then cut opposite end, then cut off the skin in slices going all the way round, cut out the eyes (similar to potatoes).
- Uses: smoothies, raw, low protein pizza topping, fruit kebab, fruit salad, juice.
POMEGRANATE

- Hard skin, contains edible seeds in pink juice chambers.
- Eaten with a spoon or cut the fruit into quarter and bend back skin to release the skin and juice.
- Slightly sweet and tart taste.
- Uses: garnish on sweet and savoury dishes, pressed, sprinkle seeds on salads or desserts, eat raw, sauces, salsa, dressings.
PRICKLY PEAR

- Shaped like an avocado, ranges in colour from yellow or orange to red with a taste similar to melon
- Small prickly spines can be found on the skin these should be scrubbed off and then peel the fruit
- Sweet and juicy with crunchy seeds throughout.
- Uses: diced like pineapple, add to salads, sticky when cooked.
PRUNES

- Dried plums which retain their sweetness.
- Available ready to eat or require soaking overnight.
- Dried varieties are nice soaked and then stewed for 10 minutes in orange juice.
- Uses: raw, chutney, crumble, especially mixed with other fruits such as apple or pear, served with low protein custard.
QUINCE

- In UK often fruit rots on tree before ripening
- Good addition to stewed apple and pear recipes
- Do not eat raw. Use baked or poached or in pies.
- Uses – Quince jellies, low protein pie or crumble.
**RHUBARB**

Very tart, needs the sweetness of sugar, honey, or fruit juice.

Uses: crumble, tarts, sauces. Good eaten raw and dipped into sugar.

**Basic Rhubarb Crumble:**

1. 10 rhubarb stalks, 4 tbsp water, 8 tbsp caster sugar, 110g/4 oz butter, 110g/4 oz sugar, 180g-200g/6-7oz low protein flour

2. Cut rhubarb into 3 inch sticks, place on oven tray, sprinkle with water and sugar. Roast for 10 minutes in hot oven.

3. Once cooked remove, transfer to ovenproof dish. Rub butter into flour, stir in sugar to make crumble topping.

4. Sprinkle over topping over the roasted rhubarb and bake in oven 180°C/350°F, gas 4 till topping is browned.
SHARON FRUIT

• Seedless variety of the Fuyu Persimmon.

• Can be eaten while firm, the outer skin does not need to be peeled and discarded, there are no seeds in the crisp flesh.

• Uses: added to salads, (much like tomatoes), or used to complement other vegetable dishes.
STAR FRUIT

• Unique waxy golden yellow to green fruit that has 5 pointed star shaped when cut across the middle of the fruit.

• Sweet and sour varieties.

• Cut off the green top and bottom (bitter) and slice into star shapes. The skin can be eaten.

• Uses: sliced as a garnish, salads, chutney, curries, tarts, juices, smoothies stewed, preserves, fruit salads.
• Small round fruit may be red, purple, amber, or golden yellow.

• The skin is bitter so need to be peeled before cooking or eating. The easiest way to do this is to plunge the fruit into hot water for a few minutes, remove and the skin should peel away easily.

• Uses: vegetable curries and stews, salsa and dips
ARTICHOKE GLOBE

- Globe artichokes – bottom parts of the leaf are edible, choke is inedible and the heart at the base is edible.

- It is the base of the leaf which is eaten – not the tip. Avoid the hairy ‘choke’ but just below this the base is delicious.

- Also available in tins or jars in oil or water

- Each leaf tip should be eaten separately by pulling the flesh off with the teeth. They have a nutty flavour.

To Prepare – Cut off stem to make flat base, remove tough outer leaves. Position artichoke in one layer in pan. Sprinkle over salt and lemon juice. Pour in boiling water to come halfway up to the artichokes. Cover with lid, simmer for 40-45 mins. Ready when a leaf pulls out of the centre and base is soft when pricked with knife. Drain and leave upside down for 5 mins to remove excess water.

Uses: Good in salads or on pizzas or served hot as a vegetable with a little melted butter or french dressing or good with dips.
Artichoke – Jerusalem

- Jerusalem artichokes have a distinctive flavour.
- Brown uneven misshapen vegetable.
- Uses: Roasted like potatoes, sautéed, or used in soups.
- To prepare, cut off uneven skin, peel like potato, to prevent discolouring put into cold water. Boil like potatoes – 20-30 mins and mash with butter.

Makes great soup

- 450g peeled artichokes (keep in water with a little lemon juice to prevent discolouration)
- 1 pint suitable stock
- 1 onion chopped
- Soften onion in a good knob of butter. Add the roughly chopped artichokes and stir them covering in the butter for 5 minutes. Add the hot stock and bring to the boil. Simmer for about 20 minutes or until the artichokes are soft. Liquidise, season and add a little cream (exchange) to each portion.
ASPARAGUS

- Cut off the woody bottom. Steam for a few minutes until soft. Serve with melted butter and lemon juice squeezed over. Pick up and eat with fingers.
AUBERGINE

- Also known as eggplant, come in all shapes and sizes.
- Colours range from white to lavender to dark purple-black.
- Uses: oven roasting, char grilling, stuffed, with dips, pizza, curries, brushetta, good mixed with tomatoes and spices as absorbs other flavours very well.

Roast Aubergine:

Put whole aubergine on roasting foil and roast in oven at 200°C for 30-40 minutes. Cool and slit open spooning out contents. Use immediately to avoid discolouration.

Also makes excellent mixture of roasted vegetables with onion, courgette, peppers and garlic. All chopped into large chunks, drizzled with olive oil and roasted for 30-40 minutes.
BEANS

• French, runner or green beans are all types of long slender green beans.
• Wash thoroughly before use with tips trimmed.
• Uses: Boil, steam, microwave, stir-fry, salads.

To Prepare: Remove tips from both ends, boil for 2-4 minutes, drain and serve.
BEETROOT

• Purple bulbous root vegetable.
• Can be purchased fresh or pickled.
• Uses: boiled with skin removed, chutney, salads

Boiled beetroot: Take 1 bunch small summer beetroot, leave trailing root intact but trim the green stalk to 1 inch (2.5cm). Wash well, leave peel on. Place in pan, add salt and boiling water to barely cover. Simmer, covered for 20-30 mins until the skin eases away when pushed with your thumbs. Peel and serve hot as vegetable or cold in a salad.
BRUSSELS SPROUTS

- Remove any outer damaged leaves. Steam or boil for a few minutes until just soft but not soggy. Use in moderation.
CABBAGE

• Crisp leafy vegetable in many different varieties – white, green, red.

• Outer leaves should be intact, heart should be firm and leaves should squeak when removed.

• Uses: boiled, stuffed, in soups, pan fried, bubble ‘n’ squeak with made with a weighed exchange of potato

• White varieties make excellent coleslaw when shredded and mixed with carrots, onion and mayonnaise.

• Red cabbage is lovely cooked in a little water, with chopped apple, a little bit of sugar and a pinch of ginger and mixed spice. Simmer gently until the cabbage is soft adding extra water if needed.
CAPERS

• Sharp flavour so best as a small addition to sauces or salads.

• Tender young shoots including immature small leaves may be eaten as a vegetable but more usually capers are bought pickled or preserved in salt.

• Uses: Add to pasta sauces, pizza, salads. Especially good with tomato based sauces for pasta
CARROTS

• Orange coloured root vegetable.

• Peel skin and chop into slices, cut lengthways or grate.

• Uses: raw, boiled 10-20mins, char-grilled, stir fried, roasted, steamed, soups, curries, juice.
CASSAVA

- Edible parts are root and leaves removing fibrous centre.
- Soft boiled root has a delicate flavour and can replace boiled potato in many uses.
- Remove skin and boil, steam, roast in oil for about 20 minutes.
- Uses: boiled, roasted, purees, dumplings, soups, cassava flour can also replace wheat flour in some recipes
CAULIFLOWER

- Member of cabbage family but looks like broccoli.
- Tough outer leaves and inner white flower separates into florets.
- Uses: boil, steam 6-7mins, microwave, puree, raw with dips, soups, pasta sauce.
- Use in moderation.
CELERIAC

- Uses: Mashed like potato, roasted. Can be eaten raw in salads if cut into matchstick strips. Fried to make crispy celeriac chips as snack.

To Prepare: Peel off to reveal only white flesh, no brown bits. Cut into chunks, put into cold water to prevent discolouration. Dry well, roast in oil 20-30mins or boil until soft. Could be combined with weighed exchange of potato to make potato go further.
**CELERY**

- Crunchy crisp vegetable usually eaten raw.
- Can also be braised in stock and served as a hot vegetable
- Remove tough outer stalks and wash before eating sticks.
- Uses: salads, with dips, stir fried or used in soups and stews.
CHICORY

- Tightly packed leaves and bullet like shape, creamy yellow or white in colour, slightly bitter in taste, but crisp in texture.

- Useful in salads, roasted, braised (poached) and pan fried.
COCONUT JUICE

- Coconut juice is the liquid inside a coconut and is allowed freely.
- Tinned coconut milk is produced by squeezing grated coconut and so has a higher protein content and is not allowed.
- Uses: rice pudding, smoothies, milkshakes, soups, curries.

*Note – fresh coconut juice only, not tinned coconut milk*
COURGETTES/MARROWS

- Delicate flavour.
- Coarsely grate the whole courgette and fry in a little butter and garlic.
- Uses: roasted – chop into chunks, drizzle oil over them and cook in hot oven 30-40 minutes. Stuffed and baked, pasta sauces, curries, char-grilled 10-15 mins, fried in garlic and butter, steam or boil for 3-4 minutes
- **Marrow**s – very large green summer squash, can grow to the size of watermelon.
CUCUMBER

- Green skin which can be peeled or left on.
- Seeds are edible.
- Uses: salads, with dips or can make a lovely chilled summer soup.
ENDIVE

• Curly endive is a variety of chicory.
• Narrow curly leaves with a frizzy appearance and a slightly bitter taste.
• Darker outer leaves and paler or even yellow leaves towards centre.
• Uses: salads, dips.
FENNEL

- Fat bulbous celery, crunchy texture with aniseed flavour.
- Stalks and bulb both edible.

Uses: thinly sliced and eaten raw in salads, lightly grilled, soups.

To prepare: Trim at top and base, cut into quarters or thinly slice, steam 10 minutes or until tender. Oven roast in olive oil until golden brown at edges.

Alternatively: Cut into quarters and roast in olive oil with other vegetables eg courgette, squash, aubergine etc and make a roasted vegetable lasagne.
**GHERKIN**

- Small dark green cucumber
- Especially grown to make pickles
- Usually sold in jars, packed in pickling brine.
- Chop and add to salads or eat on their own.
HEARTS OF PALM

- Available in tins.
- Drain, slice and add to salads.
- Eat cold with mayonnaise or try hot in pasta, on a pizza or in a stir fry.
HERBS

• Wide variety used to flavour and enliven appearance of main dishes.
• Parsley most widely used herb.
• Buy in small quantities so they are always fresh or grow in pots.
• Add real flavour.
• Herbs freeze well. Chop and place in freezer bags in small quantities.
• Others include Marjoram, oregano, tarragon, mint, bay leaves, sage, dill, thyme.
• Uses: pastas, curries, garnishes.
KARELA

• An unusual looking vegetable, a bit like a small rough cucumber with spikes.

• Quite bitter, the younger the fruit the less bitter but it takes longer to cook.

• Seeds are usually removed before cooking and the fruit rubbed with salt and washed to remove some of the bitterness.

• Uses: Curries, stir fries and can be stuffed and roasted.
KOHL RABI

- Variety of cabbage and tastes a bit like turnip.
- Edible part is a large turnip shaped swelling of the stem.
- Uses: Remove leaves, peel and grate into salads, or finely chop for stir-fries, sliced and salted served with olives or boil whole or sliced until tender.
LADY’S FINGER (OKRA)

To prepare: trim ends and cut crossways into coarse slices or slice lengthways. If large then will need to be lightly peeled.

- Uses: soups, vegetable stir-fries, curries, raw in salad, pizza topping.
LEEK

- Add flavour to dishes but also good as a hot vegetable on their own.
- Prepare by removing the tougher outer leaves and trim at the top and root. Make sure you wash the leeks well as soil can get into the inner leaves.
- Uses: soups, stir fries

**Buttered leeks**

1 oz (30g) butter, 1 lb (450g) leeks, salt and pepper.

Wash and trim leek, cut all the way through vertically, chop into 1 inch (2.5cm) pieces. Place pan on heat, melt butter and stir fry leeks for 5 – 8 minutes. Season with salt, pepper and if available a little grated nutmeg.
LETTUCE

- Adds crunch to a salad.
- Many different varieties including Iceberg, butterhead, crisphead, little gem, cos, hearts of romaine
- Uses: raw in salads
MOOLI

- Long white carrot shaped radish that is crisp and juicy with a milder taste than red radishes.

- Uses: sliced or grated for salads and dips, cooked in curry (with leaves also) or can be pickled.
MUSHROOMS

- Wide variety, different sizes, shapes, colours.
- Uses: sautéed, pasta sauces, stuffed, curries, stir-fries.

Sautéed Mushrooms

8oz (225g) mushrooms, 1tsp olive oil/butter, salt and pepper.

1. Heat oil or butter in small frying pan, add mushrooms and fry gently for 3 – 5 minutes
2. Season with salt and pepper.
3. Lovely served on low protein toast
MUSTARD AND CRESS

- **Cress**: commonly used name of various herbs of the mustard family. Used to garnish salads and usually sold growing in tubs.

- **Mustard** sold prepared in jars - English, American, Dijon, wholegrain - adds flavouring to dressings, sauces.

- Watercress common used in salads, as a garnish and in soups, sauces.
ONIONS

• Add flavour to both cooked dishes and salads. Come in different colours and sizes.
• Uses: soups, salads, fried with other vegetables, pasta sauces, curries, pickled onions.
• Red onions are best in salads as they have milder flavour.
• Roasted onions make a good base for gravy made with stock from free list and low protein flour or cornflour.
• Brown onions in hot oven. Pour over gravy such as Bisto and cook for 10 minutes. Makes very tasty gravy for vegetables.

Roasted Onions

8oz (225g) onions peeled, 1tsp oil.

1. Preheat oven to 220°C (425°F), gas 7.

2. Cut onions into small slices then place in a bowl, add oil and toss onions around to get light coating.

3. Spread out on baking tray, place on high shelf and roast for 15 minutes until blackened at edge.
PAK CHOI

- Also known as ‘bok choy’.
- Leaves are crisp and crunchy
- To prepare roughly chop the leaves into wider strips and the stalks into slightly smaller pieces.

Cut Pak Choi lengthways into 2 or 4 pieces. Stir fry in sesame oil with chopped onion and celery.
PARSNIPS

- Root vegetable that looks like a pale carrot.
- Uses: roasted, wedges, soups, mashed with other vegetables e.g. carrots. Curried parsnip soup is especially good.
- Try cutting thinly to make ‘chips’.

Roast Parsnips

1 lb (450g) Parsnips will serve 4 people.

1. Peel, cut into even size pieces, toss in little oil and season with salt and pepper.

2. Place on baking tray, roast in oven preheated to 220°C (425°F), gas 7 for 30-40-mins, depending on size of parsnips.
PEPPERS

- Red, green, orange, and yellow varieties.

- Good cut in half, seeds removed (leave on stalk) or sliced. Cover in 2 tablespoons olive oil and roast in hot oven for 20 minutes until soft and browned at the edges. Use all colours and serve hot or cold.

- Uses: pastas, curries, stuffed, salads, stir fries, pizza topping, raw with dips.

Oven roasted:

Prepare by chopping stalk off and de-seeding inside peppers.

1. Cut into thick slices. Sprinkle with oil and seasoning.

2. Place in oven 230°C (450°F), mark 8 for 30-40mins.
PUMPKINS

- Large orange vegetable often associated with halloween.
- Uses: soups, pumpkin pie with low protein pastry, low protein risotto, curries, pasta.
RADISHES

- Root vegetable, resembles beets or turnips in appearance and texture.
- Distinct flavour - part of mustard family.
- Uses: pasta, salads or raw on their own drizzled with herb butter.
- Try the French way with a little cold butter and dip into salt.
SQUASH

• Fleshy vegetable, many different varieties – summer and winter groups.

• Uses: steamed, sautéed, grilled, stir-fry, sliced/grated raw for salads, flavouring to low protein rice, soups, curries.

• Can be bland tasting so best mixed with herbs and spices to flavour.

Butternut squash

1. Peel, roughly chop into cubes and fry in olive oil.

2. Add crushed garlic, parsley chopped and coriander a pinch and a few drops of Worcestershire sauce, salt and pepper.

Or Steam until soft. Mash with butter and a clove of crushed garlic and salt and pepper.

Cajun Honey Roast

Peel, cut into cubes. Heat a good knob of butter and 1 tablespoon honey in a roasting pan. Add squash and a tsp Cajun spice. Roast for about 30 minutes until soft and browned.
**TURNIP/SWEDE**

- Root vegetable.
- Uses: roast, purees, boiled, mashed mixed with other vegetables e.g. carrot or parsnip.

**Boiled Swede:**

1. Peel and cut into suitable sized chunks.

2. Boil for 10 minutes or until tender then whiz to a puree in a food processor or mash with a fork adding knob butter, salt and pepper.
SWEET CHESTNUTS

- Up to 100g does not have to be counted. They are really good roasted on a fire or cooked under a grill.
- Try them at a winter market stall.
- Try tinned chestnut puree mixed with half its weight of caster sugar. Spread in a log chocolate log with some Betty Crocker Chocolate Buttercream filling and serve with some cream (exchange).
SWEET POTATO

• No relation to the potato.
• Dense sweet tasting orange or white flesh.
• Orange sweet potatoes have a softer and sweeter texture and taste
• White sweet potatoes, which have a brown skin (found in Asian shops), are more like a potato with a drier texture. Recipes for both types are interchangeable.
• Wedges are good and they can be found ready made in the supermarket.
• Uses: baked, roasted, mashed, dumplings, puddings, curries.

To cook like potato:
• Peel, cut into chunks and boil for 15-20 minutes.

• Oven roast or bake. Leave skin on and bake whole or cut into chunks and drizzle in oil. Bake or roast on a non stick tray as they “weep” and may stick to the tray.
• Garlic butter is lovely mashed into a baked sweet potato.

More cooking tips:
• Steam or boil until almost cooked
• Peel and cut into thick slices. Brush with melted butter and sprinkle with brown sugar. Bake for 15 mins at 200C.
• Can also be cooked as for Cajun Squash.
TOMATO

• Fresh, tinned or sun dried and many varieties.

• Add colour, flavour and texture to lots of dishes.

• Ignore the protein content on tinned tomatoes. The phenylalanine level is low enough for them to be free.

• Uses: salads, sauces for low protein pasta or rice dishes, salsa, soup, low protein tartlets, stuffed, baked, grilled, raw.
WATER CHESTNUT

- Resembles a chestnut in colour and shape associated with Chinese cooking and are always crunchy both when raw and cooked.
- Processed and canned water chestnuts widely found in most supermarkets, fresh more difficult to find.
- Uses: stir fries and salads
A guide to seasonal fruit and vegetables

The next few pages are a guide to what is in season for

Winter (December to February)

Spring (March to May)

Summer (June to August)

Autumn (September to November)

• Remember most seasons are 3 months long so not all of the fruit and vegetables mentioned will be in season for the whole of that time.

• Many foods are available all year round but sometimes the quality and taste of these is not so good if they are not in season eg strawberries in December. Look for labels such as “new season” or “British grown”.
WINTER

- Jerusalem Artichokes, Beetroot, Brussels sprouts, Spring Greens, Cabbage, Carrots, Celery, Cauliflower, Broccoli, Parsnips, Onions, Leeks, Kohl Rabi, Lettuce, Kale, Turnip, Swede, Celeriac

- English varieties of apple, Bramley cooking apples, apricots, pears, rhubarb.
SPRING

- Asparagus, Jerusalem artichokes, Beetroot, Brussels sprouts, Spring Greens, Cabbage, Carrots, Cauliflower, Broccoli, Purple Sprouting Broccoli, Parsnip, Onions, Spring onions, Leeks, Kohl rabi, Lettuce, Peas, Kale, Spinach, Turnip, Swede, Celeriac, Radish

- English varieties of apple, Bramley cooking apples, Rhubarb, Gooseberries, Apricots, Peaches, Strawberries
SUMMER

• Asparagus, Beetroot, Summer cabbage, Carrots, Cauliflower, Broccoli, Spring Onions, Lettuce, Peas, Radish, Marrow, Courgettes, Lettuce, Cucumber, French and runner beans, Pumpkin, Tomatoes, Sweetcorn, Globe artichokes, Turnip.

• Bramley cooking apples, Apricots, Cherries, Peaches, Gooseberries, Rhubarb, Strawberries, Nectarines, most varieties of berries, red currants, Pears, Plums, Damsons.
AUTUMN

- Beetroot, Runner and French Beans, Brussels sprouts, Cabbage, Carrots, Cauliflower, Broccoli, Parsnips, Onions, Leeks, Kohl Rabi, Marrow, Courgettes, Lettuce, Cucumber, Peas, Pumpkin, Tomatoes, Turnip, Swede, Sweetcorn, Globe and Jerusalem artichokes, Celery, Celeriac, Spring greens, Kale.

- English apples, Pears, Plums, Damsons, some varieties of berries, nectarines and peaches (until September).