



PURE FLAVOR!

RECIPES FOR DIALYSIS PATIENTS

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Simone Klein (Vice President Sales & Marketing Services, B. Braun Avitum AG)



Dear Readers,

Since living with kidney disease does require you to pay close attention to your nutritional needs and numerous restrictions, you have probably experienced the challenge of being able to continue to enjoy cooking and eating.

Nevertheless, good food and balanced nutrition are key elements of a healthy, high quality life.

We have teamed up with the dietary specialist Dr. Ulrike von Herz and the top German chef Christoph Brand from the Fliegende Köche (Flying Cooks). Together, we have pooled our creativity and expertise to come up with imaginative recipes that are sure to whet your appetite once again.

Have fun cooking and enjoy all of the recipes! Best wishes from the B. Braun Avitum AG Team,

Sincerely,

A handwritten signature in blue ink that reads "S. Klein".

(Vice President Sales & Marketing Services, B. Braun Avitum AG)



Our top chef has plated the dishes **shown** in the
photos masterfully to **inspire you!**



The recipes in this book are divided into three levels of difficulty ranging from easy to average to complex.



30 min.

The preparation time for each dish can be found on the recipe pages.



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NUTRITION

DURING ESRD

THE BASICS

When kidneys no longer function at full capacity, it is necessary to adapt your diet to allow for the changes in the body. Helpful information about what nutrients are good for you and what you should pay attention to when eating and drinking can be found below. The recommended nutrition depends on the stage of kidney failure and type of treatment.

The information below does not replace extensive dietary advice. Please follow the recommendations of your physician and dietician.

PERSONALIZED NUTRITION

Keep a precise record of what you eat and drink and regularly inform yourself about what you are allowed to consume.

1. As a dialysis patient, you have a higher need for protein because part of it is lost during dialysis. You should reckon with at least 1 g of protein per kg of body weight, i.e. 70 g of protein if you weigh 70 kg. Protein is an important nutrient for many bodily functions. If you regularly eat high-protein food, then you provide for an adequate supply of energy. You should avoid unwanted weight loss because you need energy for dialysis treatment.
2. Raised phosphate levels can cause bone decalcification and vascular sclerosis in the long term. To protect the heart, vessels and bones the intake of phosphate should only be 800-1,200 mg per day.





3. If the kidneys no longer excrete enough potassium, then the levels of potassium increase in the blood (hyperkalemia), especially after eating food rich in potassium. This manifests itself by a feeling of numbness in the facial area, muscle tremors, stiff legs, and cardiac arrhythmias. Hyperkalemia is very dangerous; therefore, potassium intake should be controlled, but you will receive advice on this.
4. To prevent you from retaining too much water between dialysis sessions, you must limit the amount you drink if your urine output decreases. The rule of thumb is urine output + 500 ml = amount of fluid per day. Your doctor or nurse will advise you on your daily allowance.

LOW-SALT DIET

With a low-salt diet, you replace salt as a carrier of flavor with fresh garden herbs like parsley and chives.

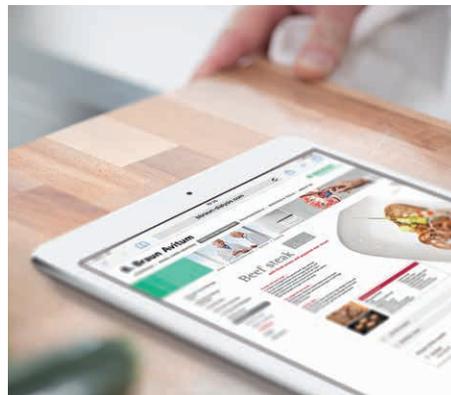
PRACTICAL TIPS

FOR WHEN BACK AT HOME

FRUIT & NUTS

You can enjoy apples, citrus fruits, blueberries, strawberries, and raspberries. Macadamia nuts are preferable to other varieties of nut. However, please ensure these are non-salted.

- Basically, you can eat anything that appeals to you. Ensure that you have a varied diet, that your portions are moderate in the case of fruit (max. 125g/day), vegetables, nuts (max. 50g/day) and processed food and that you eat responsibly.
- Take your time while eating and do not eat when standing, when at a desk or when in front of the TV. Consume meat, fish, eggs, quark and soft cheese regularly.
- Seek advice from your dialysis staff on the adequate dosage of phosphate binders for your food.
- Pasta, rice and bread dumplings contain less potassium than potatoes.
- Vegetable oils are good providers of energy. Enhance quark, e.g., as a spread with canola or olive oil. Pour oil over boiled vegetables.
- Fruit, vegetables and potatoes lose potassium if they are cut small and boiled. Be sure to discard the water that is used for cooking. Peel potatoes and soak them in water overnight.
- Stop drinking directly from bottles, but use a cup or glass that allows you to monitor exactly how much you drink.



A variety of tasty recipe ideas for dialysis patients and many more tips and tricks in relation to food can be found on our website at www.bbraun-dialysis.com.

FLUID BALANCE

CONTROL

One of the main functions of the kidney is to balance fluid in the body. In kidney failure, the most common problem is that the body does not get rid of the excess fluid, a condition called fluid overload. In its extreme form, fluid will settle in the lungs, causing pulmonary edema and shortness of breath.

The goal of treatment is to achieve a fluid balance that is close to normal.

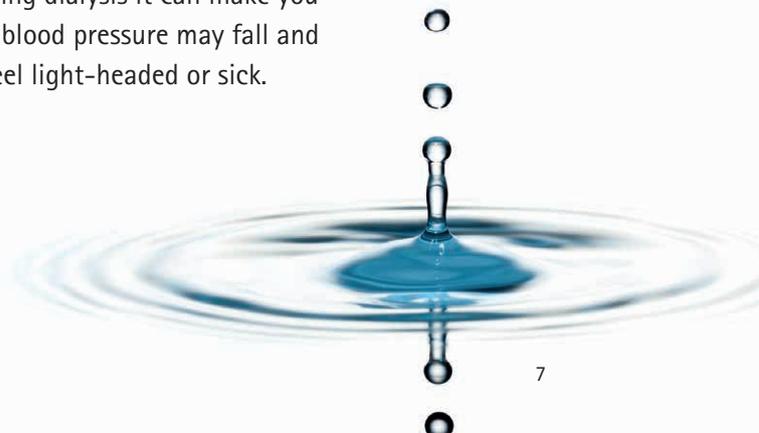
The weight after dialysis, in which the excess fluid is removed and the normal fluid balance is achieved, is called "dry weight."

The fluid allowance for each patient is determined by the amount of urine produced in a 24-hour period. Most people are limited to 700-1,000 ml of fluid per day plus urine output.

WEEKEND

You should be a little more cautious with your choice of food and the amount you drink on weekends because the interval to the next dialysis session is a day longer, meaning more potassium can accumulate in the blood and fluid in your body.

Fluid allowances vary from person to person and also depend on how much residual kidney function is left and on the individual's body size. Weight gain should not exceed 1-1.5 kg within one dialysis-free day, and 1.5-2.5 kg over 2-3 days. If large amounts of fluid need to be removed during dialysis it can make you feel ill; your blood pressure may fall and you might feel light-headed or sick.



Appetizers

GENUINE MOZZARELLA

WITH FENNEL, BREAD SALAD AND BASIL PESTO





SERVES 4

50 g parmesan
1 handful of basil
6 TBSP olive oil
Freshly ground pepper
Zest of ½ lemon
1 squirt of honey
2 TBSP white balsamic vinegar
240 g mozzarella
½ fennel bulb
4 cherry tomatoes
2 slices of white bread
½ red onion
1 garlic clove

Basil and parmesan add lots of flavor, and mozzarella is a great source of protein!

TO MAKE THE PESTO

Puree the parmesan, the basil and the olive oil in a blender or mortar and pestle until it turns into pesto sauce. Add pepper and lemon zest to taste. Tip: use plenty of high quality oil!

MOZZARELLA

Cut the fennel bulb into delicate slices using a knife or grater, cook in plenty of water until soft. Next marinate it in white balsamic vinegar (2 tablespoons), honey, and pepper. Cut the mozzarella into thick slices. Plate with the fennel and garnish with cherry tomatoes.

THE BREAD SALAD

Cube the two slices of white bread and half of a red onion. Smash the garlic and sear the bread, onion and garlic in a pan until golden brown.

THE NUTRITIONAL VALUE TABLES

are on page 38.





45 min.

GRILLED SHRIMP

WITH DILL DRESSING



TO MAKE THE DILL DRESSING

Swirl the curd cheese, 1 teaspoon of honey, pepper to taste, and the chopped dill together into a smooth cream. Soak the gelatin sheets in cold water. Heat it up to lukewarm until the gelatin has melted into a liquid. Gently stir the liquid into the curd cheese mixture. Whip the cream until stiff and fold it into the curd cheese mixture. Place this mixture into molding cups and refrigerate for at least an hour.

GRILLING THE SHRIMP

Season the shrimp (which must be peeled and deveined) with rosemary, thyme, and garlic and sear in olive oil.

TO MAKE THE CUCUMBER SALAD

Blend 1 teaspoon of honey, 1 teaspoon of dill and the chili powder into a marinade. Cut or grate the cucumber into thin slices and place the slices in the marinade. As a garnish, place lettuce leaves or sprouts that are in season on the plate. Plate the shrimp, marinated cucumber slices, and dill dressing.

SERVES 4

250 g curd cheese
 2 TSP honey
 Freshly ground pepper
 1 handful of dill, finely chopped
 2 sheets of gelatin
 50 g heavy whipping cream
 8 colossal shrimp
 1 sprig of rosemary
 1 sprig of thyme
 1 garlic clove
 Olive oil for pan searing
 1 cucumber
 1 pinch of chili powder
 Lettuce leaves for garnishing



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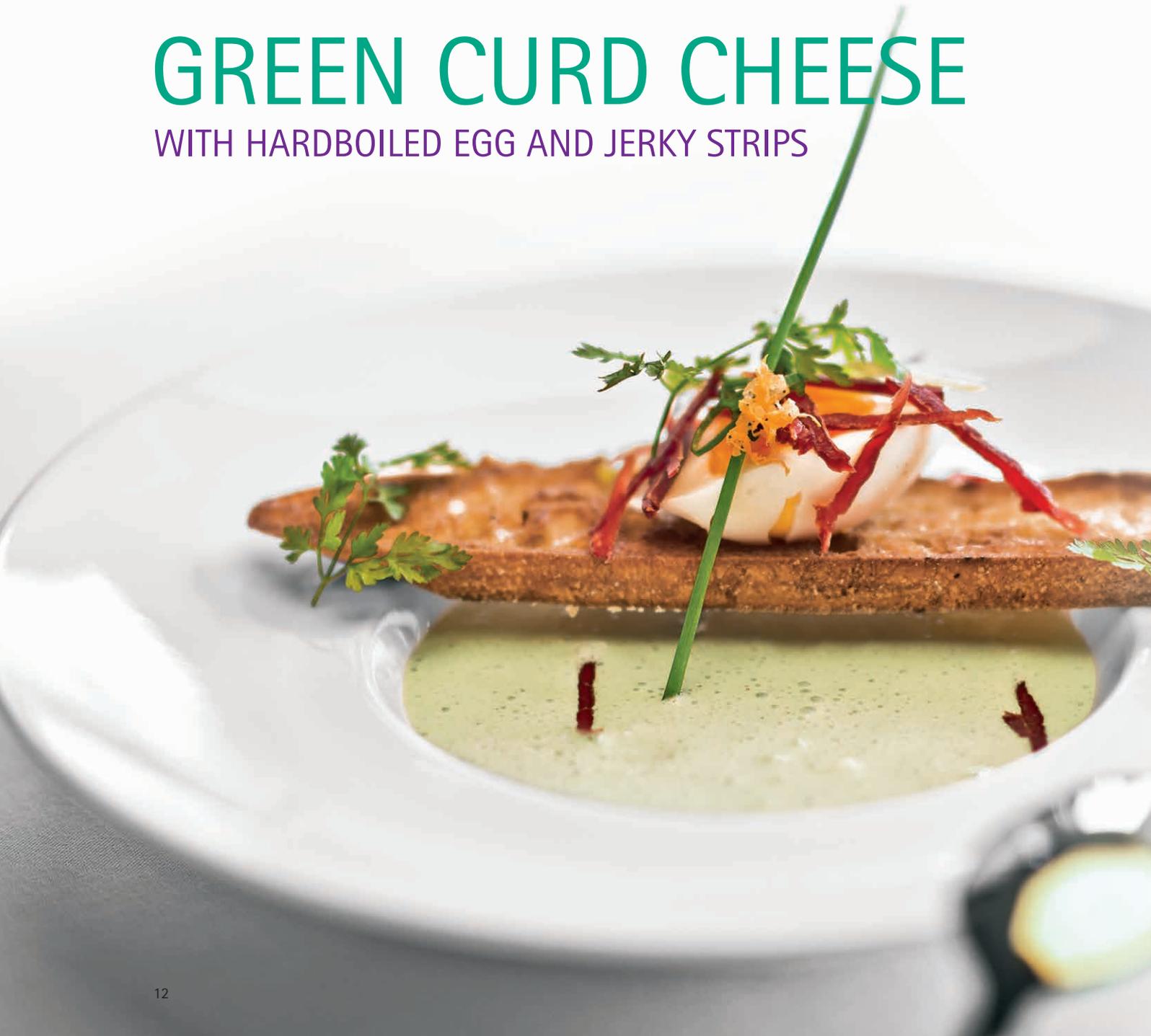


Instead of curd cheese, you can also use sour cream or cream cheese. The curd cheese and the shrimp are excellent sources of protein. You can use fresh cucumbers as they only contain small traces of potassium.

Appetizers

GREEN CURD CHEESE

WITH HARDBOILED EGG AND JERKY STRIPS





TO MAKE THE GREEN CURD CHEESE

Place the herbs, curd cheese, mustard, honey and garlic into a blender and puree until smooth. Add pepper and lemon juice to taste.

JERKY STRIPS AND EGGS

Cut the jerky into very thin strips and hardboil the eggs (5–6 minutes). Pan toast the baguette in butter until golden brown.

THE NUTRITIONAL VALUE TABLES are on page 38.



SERVES 4

1 bunch of green mixed herbs
250 g of curd cheese
1 TSP of mustard
1 TSP of honey
½ garlic clove
Freshly ground pepper
A few squirts of lemon juice
60 g jerky
5 eggs
4 slices of baguette
Butter for pan searing

Curd cheese and eggs provide protein. Alternatives for curd cheese: sour cream or cream cheese. Important: jerky may have a very high sodium content. Use in moderation as a flavor enhancer only.



ZUCCHINI ROLLS

BOLOGNESE STYLE

SERVES 4

400 g ground beef
6 TBSP olive oil
1 white onion cut into small cubes
200 ml peel tomatoes, well drained
1 TSP brown sugar
1 pinch of salt
1 sprig of finely chopped rosemary
2 zucchinis
100 g ricotta
40 g parmesan
1 egg yolk
300 g spaghetti
1 sprig of thyme and caper berries for garnishing

FOR THE BOLOGNESE

Sear the ground beef on high heat in 4 tablespoons of olive oil along with the onion cubes, add the tomatoes and season with sugar, salt, and minced rosemary. Simmer for 15 min until reduced to a thick sauce.

TO MAKE THE ROLLS

Cut the zucchini into longitudinal slices about 5 mm thick, place in a liter of boiling water until soft and drop into an ice water bath to retain the green color. Roll up the zucchini strips leaving a hole in the middle and stuff with the Bolognese.

RICOTTA-PARMESAN CREAM

Blend together the ricotta, parmesan, and egg yolk until smooth. Place a dollop of the ricotta-parmesan cream on each zucchini roll and arrange the rolls on a baking sheet. Heat up in the oven at 160 degrees C for 5-10 min.

AL DENTE SPAGHETTI

Add the spaghetti to 4 liters of boiling water until al dente. Drain, set aside. Shortly before serving the food, sear the pasta in 2 tablespoons of olive oil until heated through. Garnish the rolls with thyme and caper berries. To add even more flavor, you can add some pesto (see mozzarella recipe) to the pasta.



Ground beef is an excellent source of protein. This is a quick protein rich recipe with a low potassium side to it. To further reduce the amount of potassium, use fewer tomatoes and add cream to the sauce instead.



THE NUTRITIONAL VALUE TABLES
are on page 39.

Asian dishes, e.g. preparations with rice, are highly recommended additions to your diet in general, especially if you are going out for dinner. The chicken is the source of protein in this dish. Bean sprouts contain considerably less potassium and phosphates than dried beans and also deliver lots of vitamins. Tomatoes are not a key ingredient, they just add flavor to the sauce.



CHICKEN

SWEET AND SOUR



SERVES 4

4 chicken breasts, skin still on or skinless
8 TBSP of olive oil
2-4 sprigs of thyme
2 sprigs of rosemary
1 chili pepper, cut into 4 longitudinal pieces, seeds removed and chopped into small cubes
1 chopped garlic clove
Zest of a whole lemon
1 bell pepper, cut into cubes
1 peeled carrot, cut into cubes
1 TSP of brown sugar
2 handfuls of mung beans
2 TBSP pineapple chunks (canned)
2 TBSP tomato paste (canned)
½ TSP of peeled ginger root cut into tiny cubes
A few sprigs of cilantro
½ TSP of chili peppers, finely cubed
1 TBSP of green chili sauce
1 TBSP of soy sauce
200 g black and white rice

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are on page 39.

PREPARING THE CHICKEN BREASTS

Marinate the chicken breasts in 6 tablespoons of olive oil and 2 to 4 sprigs of thyme, two medium sized sprigs of rosemary, chili, garlic and lemon zest in the fridge for half an hour. Remove and sear in a hot pan until golden brown with the skin side down first (if any). To cook through, place in the oven for 20 to 25 minutes at 160 degrees C.

SWEET AND SOUR VEGETABLES

While the chicken is in the oven, cook the bell peppers and carrot cubes in plenty of water until soft. Caramelize the sugar in a large, deep pan or wok, add 2 tablespoons of olive oil, mung beans, the pineapple chunks, tomato paste, ginger, cilantro, chili and chili sauce and swirl the pan around to blend for 2 minutes or so. If desired, season to taste with soy sauce.

RICE

Boil the rice in plenty of water and serve as a side.





BEEF STEAK



WITH FRIED ONIONS AND PEPPERED SOUR CREAM

SERVES 4

480 g ground beef

1 egg

½ stale bun soaked and pressed dry

1 TSP of mustard

1 pinch of sugar

1 pinch of cayenne pepper

Freshly ground black pepper

1 pinch of salt

150 g sour cream

1 TSP of green pepper corns

½ TSP of brown sugar

2 TSP of chives

1 large brown onion

4 slices of rustic bread

TO MAKE THE BEEF STEAK

In a bowl, mix together the ground beef, egg, softened bun and mustard. Season with the sugar, cayenne, and black pepper to taste as well as a pinch of salt. Use a palm sized amount of the mixture to form burger patties. Sear the burgers in a pan until well done.

THE PEPPERED SOUR CREAM

Blend the sour cream or creme fraiche with the green pepper, brown sugar and chives and place in the fridge for 20 minutes.

AND THE SIDES

Cut the brown onion into thin rings, dredge in flour and fry in oil until crispy. Plate like a burger on the rustic bread. If you wish, garnish with celery leaves.

THE NUTRITIONAL VALUE TABLES are on page 39.



The meat provides plenty of protein. Sour cream is a great ketchup alternative. The fried onions add lots of great flavor.



VEGETABLE RICE SPRING ROLLS ON SPINACH

SERVES 4

100 g rice

1 medium sized carrot

1 small red onion

1 bell pepper (any color)

1 shallot cut into rings

1 small bunch of chives

½ bunch of cilantro

2 eggs

½ chili

Fresh ground pepper

8 double sized spring roll wrappers

2 TBSP of cream

1 package of frozen spinach





Use frozen spinach for this dish but defrost it before use. It is also best to press out any liquid in a sieve with a spoon and to heat it up in a bit of heavy whipping cream.

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are on page 39.

VEGETABLE RICE

Boil the rice in plenty of water until done. Peel the carrot and cut it into small cubes; do the same with the onion and bell pepper. Cut the shallot into rings. Soften the vegetables in plenty of hot water and shock in an ice bath when done. Finely chop the chives and cilantro. Add the rice, veggies and herbs to a bowl and mix thoroughly. Separate the egg whites and yolks and add the latter to the veggie mixture. Set the whites aside for future use. Season to taste with chili powder and pepper.

SPRING ROLLS

You can buy spring roll wrappers pre-made at the supermarket or Asian grocery. Unpack and place two unrolled pieces of wrappers on top of each other for filling. When you have stacked up all of the dough pieces next to each other, spoon equal amounts of the rice-vegetable filling on each stack. Brush egg white on all of the edges of the dough, fold in the ends and roll up each stack tightly to form the spring rolls.

Cover a baking sheet with parchment paper and set out the spring rolls on top of it. Brush each roll with a bit of liquid whipping cream. Bake in the oven at 200 degrees C for 15-20 minutes until lightly golden brown.

Remove the spring rolls from the oven, cut diagonally and place on the spinach, which has been defrosted and cooked without any liquid.





CRISPY COD

ON GREEN POTATO SALAD

SERVES 4

300 g potatoes

1 each sprig of parsley, chives
and dill

2 TBSP watercress sprouts

150 g sour cream

1 TSP of mustard

3 TBSP pickles cut into small cubes

600 g cod, cut into 4 equal
portions

Two each sprigs of rosemary
and thyme, chopped finely

Freshly ground pepper

1 ½ cloves of garlic

100 g softened butter

200 g bread crumbs

POTATO SALAD

Peel and cube the potatoes, cook until soft in an ample amount of water. Allow to cool down when done. Mix together the herbs, sour cream, mustard, and cubed pickles. Pour over the potatoes and mix in thoroughly. Place in the fridge for at least 30 minutes before serving.

THE COD

Pan sear the cod skin side down in some olive oil on high heat. When crispy, turn over, place on a baking sheet and season with the rosemary, thyme, and freshly ground pepper. Smash a garlic clove and also place it on the baking sheet.

CRISPY CRUST FOR THE COD

Whip the butter until it is foamy. Mix ½ minced garlic, chopped thyme and rosemary with the bread crumbs and the softened butter. Spoon a generous amount of the mix onto the portions of cod and press down lightly. Finish the fish in the oven at 240 degrees C for 6 minutes until the crust has a light golden brown color.

THE NUTRITIONAL VALUE TABLES

are on page 40.



Cod is an excellent source of protein. Always make your own potato salad to ensure that it only contains a minimal amount of salt and potassium.





SALMONS

IN A PARMESAN CRUST

Salmon is rich in valuable fats and protein. The egg-parmesan crust ensures that the salmon is seared gently and retains its juices.



THE SALMON

Mix the eggs and parmesan. Dredge the salmon in flour first and then in the egg-parmesan coating. Heat a non-stick pan and place the breaded portions of salmon into it. Sear until golden brown.

THE SAUCE

Sweat the onion in 5 tablespoons of olive oil, add the peeled tomatoes, reduce the heat and simmer for 5 minutes. Season to taste with chili cubes, sugar and salt. Cut the basil into fine strips and add just before serving.

Place the cherry tomatoes into a hot oven for 10 minutes until they burst open. Plate with the fish as a garnish.

THE NUTRITIONAL VALUE TABLES are on page 40.



SERVES 4

2 eggs
100 g finely grated parmesan
4 x 60 g skinless salmon filets
1 TBSP of flour
½ red onion, cubed finely
5 TBSP olive oil
200 ml peeled tomatoes (canned)
½ TSP of finely chopped chili pepper
1 TSP of sugar
1 pinch of salt
8 basil leaves
4 cherry tomatoes, vine leaves
still attached for garnishing



POACHED OCEAN PERCH

WITH CAVIAR AND HORSERADISH CREAM

If you like caviar, you can eat your fill of it, as it is a great source of protein. If you don't like it, simply skip it, as this dish contains plenty of protein thanks to the ocean perch and curd cheese.





THE OCEAN PERCH

To poach the fish, bring 2 liters of water to boil in a large low rise pot. Turn the heat down to low after the water boils and simmer for 10 minutes with the laurel leaves, juniper berries, cloves, parsley, rosemary, thyme, sage, peppercorns and mustard seeds in it. Place the ocean perch, cut into 12 equally sized pieces carefully into the liquid and poach for 4–5 minutes (important: do not boil the fish under any circumstances). To finish, add some lemon juice.



THE CURD CHEESE SAUCE

Mix together the curd cheese, lemon and orange zest as well as the horseradish. Add the sugar. Fold in the caviar if desired and to taste. Finish plating by adding a few mache leaves, chives and carrot for garnish.

SERVES 4

400 g of ocean perch filet
4 laurel leaves
10–15 juniper berries
2 cloves
Some chopped parsley
1 sprig of rosemary
1 sprig of thyme
1 sprig of sage
10 peppercorns
1 TSP of mustard seeds
½ lemon
3 TBSP of curd cheese
Zest of ½ lemon
Zest of ½ orange
1 TSP of horseradish
1 pinch of sugar
2 TBSP of caviar
Mache, chives and carrot
for garnish

THE NUTRITIONAL VALUE
TABLES are on page 40.



PORK TENDERLOIN ROLLS

ON BRIE RISOTTO

SERVES 4

4 pork tenderloin portions, 125 g each
 Freshly ground white pepper
 1 pinch of sugar
 100 g cream cheese
 4 sprigs of flat leaf parsley
 1 small white peeled and cubed onion
 4 TBSP of olive oil
 200 g risotto rice (e.g. arborio)
 ½ l sodium free vegetable or meat stock
 1 small wheel of brie (about 100 g)
 Rosemary and thyme
 4 TBSP of white balsamic vinegar
 2 TBSP of whipped cream
 1-2 sundried tomatoes cut into thin strips
 1 each sprig of rosemary and thyme
 for garnishing

THE NUTRITIONAL VALUE TABLES

are on page 40.



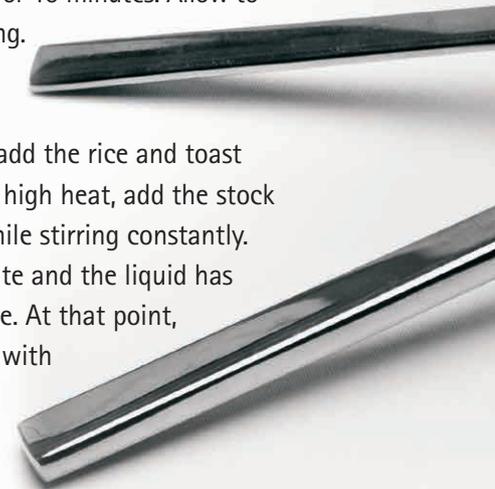
THE PORK TENDERLOIN

Cut the pork tenderloin into 1.5 cm thick strips lengthwise and flatten it out using a meat cleaver/tenderizer. Season with sugar and pepper. Next, spread the cream cheese on the filet. Chop the parsley and spread it over the cheese. Roll up the filet like a cinnamon roll, use a toothpick or kitchen twine to tie it together. Heat oil in a pan and sear the meat briefly in the very hot oil on all 4 sides. Continue to bake in the oven at 160 degrees C (bottom and top burner on) for 10 minutes. Allow to rest for 5 minutes before serving.

TO MAKE BRIE RISOTTO

Sweat the onions in olive oil, add the rice and toast briefly. While the burner is on high heat, add the stock in portions of 25 ml slowly while stirring constantly. Simmer until the rice is al dente and the liquid has reduced into a very thick sauce. At that point, add the brie and herbs. Finish with balsamic vinegar and cream to taste.

To serve, plate with the bias cut pork tenderloin rolls, sundried tomatoes, and sprigs for garnish. If you have any rendered au jus from the meat, use it to drizzle over the plate.



The pork tenderloin and brie are excellent sources of protein. Rice is a low potassium side.





The boiled beef provides lots of protein. Those who love mashed potatoes, should make it from scratch using water boiled potatoes. Add cream and butter to elevate it. Instant potato flakes contain excessive amounts of potassium.

BOILED BEEF

WITH WASABI FOAM

THE MEAT

Cook the meat in plenty of water with the vegetables (carrot, spring onions, brown onion, celery) and the seasonings – laurel leaf, clove, peppercorns and juniper berries for 90 minutes.

TO MAKE WASABI FOAM

Heat up 125 ml of cream and boiled beef broth with lemon juice in it; if necessary thicken the sauce with some potato starch. Season to taste with wasabi, lemon zest and sugar. Prior to plating, use an immersion blender to beat the cream-wasabi blend into a foam.

MASHED POTATOES

Peel the potatoes, cut them into small cubes and boil in plenty of water until soft. Drain the water, allow the steam to evaporate. Add 100 ml cream, 50 g butter and a pinch of freshly grated nutmeg, ground pepper, and a pinch of salt to taste.

THE VEGETABLES

Julienne the red beet, carrot, and leeks; boil separately until soft in plenty of water. Mix together just before plating and sweat in a pan with a teaspoon of butter.

THE NUTRITIONAL VALUE TABLES are on page 41.

SERVES 4

600 g rump roast
 1 small carrot, peeled, and cut into cubes
 2 spring onions, cut into cubes
 1 brown onion
 100 g celery stalks
 1 laurel leaf
 1 clove
 5 peppercorns
 4 juniper berries
 225 ml heavy whipping cream
 Juice and zest of half a lemon
 50 ml of the boiled beef broth
 Potato starch as needed
 Wasabi in a tube, to taste
 ½ TSP of sugar
 480 g potatoes
 75 g butter
 Pinch of freshly grated nutmeg
 Freshly ground pepper
 A pinch of salt
 1 red beet
 1 carrot
 1 leek





CURD CHEESE MOUSSE

WITH HONEY

SERVES 4

300 g curd cheese
 2 pinches of poppy seeds
 Zest of one orange
 2-3 TSP of honey
 4 sheets of gelatin
 2 TBSP of orange juice
 100 g whipped cream
 1 TBSP of orange marmalade
 2 strawberries and currants
 for garnishing

THE CURD CHEESE MOUSSE

Mix the curd cheese, poppy seeds, orange zest, and honey together until well blended. Soften the gelatin in cold water, squeeze out the water, and then slowly melt in orange juice at low heat (important: never boil gelatin!). Fold into the curd cheese mixture with care.

Allow to cool off, then carefully fold in the whipped cream. Place the mixture into dessert molds and refrigerate for 2 hours.

THE SAUCE

Blend together 1 tablespoon of orange marmalade and 1 tablespoon of orange juice. Pour over the cream cheese mousse. Garnish with the berries.

THE NUTRITIONAL VALUE TABLES are on page 41.





The curd cheese adds lots of protein to the dessert. Use poppy seeds sparingly.



PANNA COTTA

WITH SWEET BLUEBERRIES

Blueberries are low in potassium and can, therefore, be enjoyed fresh even in normal portion sizes (100–150 g).





SERVES 4

320 ml heavy whipping cream
2 TBSP sugar (to taste)
Scrapings from one vanilla bean or
½ package of vanilla sugar
4 to 5 sheets of gelatin
Zest of one orange
1 TBSP currant preserves
1 TBSP apricot preserves
2 TBSP of orange juice
8 TBSP of blueberries
Fresh mint leaves for garnishing

HOW TO MAKE THE PANNA COTTA

Heat up the cream with the sugar and vanilla scrapings in it, when hot (not boiling), take off the heat. Soften the gelatin in cold water and squeeze out the liquid. Blend into the cream with the orange zest. Pour the mix into four dessert molds and refrigerate for at least two hours.

THE BLUEBERRY COMPOTE

Blend the two preserves with the orange juice until smooth. Add the blueberries and fold them in carefully. Drizzle the compote over the panna cotta. Garnish with mint leaves.

THE NUTRITIONAL VALUE TABLES are on page 41.

Pancakes make a protein rich dessert. Apples and pears fit well into your diet since they are low in potassium.





PANCAKES

WITH CARAMELIZED APPLES AND PEARS

TO MAKE THE PANCAKES

In a bowl, mix together the eggs, sugar, baking powder, milk, flour, and scrapings of half a vanilla bean. In a non-stick pan, bake four large pancakes.

CARAMELIZED FRUIT COMPOTE

Remove the cores from the fruit and cut it into slices. Cook in water until al dente. Drain the water and caramelize the fruit in brown sugar, cinnamon, and scrapings of half a vanilla bean, also in a non-stick pan. Plate with the hot pancakes and serve immediately.

SERVES 4

4 eggs
2 TBSP of sugar
1 TSP of baking powder
350 ml milk
300 g flour
Scrapings of 1 vanilla bean
1 apple
1 pear
2 TBSP brown sugar
1 pinch of cinnamon

THE NUTRITIONAL VALUE TABLES

are on page 41.



NUTRITION VALUE

We have listed the nutritional value of the recipes for you on the following pages. These nutritional values represent average figures, which may differ in certain cases. They should be used only as a guide and cannot replace a consultation with your doctor or nutritionist.

All nutritional information per serving. This corresponds to $\frac{1}{4}$ of the total recipe.



Genuine mozzarella with fennel, bread salad and basil pesto

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
375 kcal	11 g	0.9	19 g	28 g	297 mg	400 mg	483 mg	123 ml

Recipe on page 8



Grilled shrimp with dill dressing

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
194 kcal	6 g	0.5	13 g	13 g	302 mg	174 mg	59 mg	162 ml

Recipe on page 10



Green curd cheese with hardboiled egg and jerky strips

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
306 kcal	9 g	0.7	27 g	18 g	404 mg	365 mg	231 mg	126 ml

Recipe on page 12



Zucchini rolls Bolognese style

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
772 kcal	64 g	5.3	42 g	38 g	703 mg	537 mg	153 mg	393 ml

Recipe on page 14



Chicken sweet and sour

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
557 kcal	45 g	3.7	31 g	28 g	530 mg	327 mg	97 mg	282 ml

Recipe on page 16



Beef steak with fried onions and peppered sour cream

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
577 kcal	32 g	2.7	34 g	35 g	422 mg	308 mg	144 mg	197 ml

Recipe on page 18



Vegetable rice spring rolls on spinach

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
627 kcal	105 g	8.8	20 g	14 g	625 mg	187 mg	700 mg	304 ml

Recipe on page 20



Crispy cod on green potato salad

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
641 kcal	41 g	3.4	34 g	38 g	773 mg	361 mg	192 mg	233 ml

Recipe on page 22



Salmons in a parmesan crust

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
285 kcal	6 g	0.5	14 g	23 g	230 mg	252 mg	225 mg	103 ml

Recipe on page 24



Poached ocean perch with caviar and horseradish cream

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
135 kcal	1 g	0.1	21 g	5 g	337 mg	242 mg	182 mg	92 ml

Recipe on page 26



Pork tenderloin rolls on brie risotto

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
600 kcal	42 g	3.5	41 g	30 g	674 mg	422 mg	372 mg	213 ml

Recipe on page 28



Boiled beef with wasabi foam

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
658 kcal	34 g	2.8	38 g	41 g	1381 mg	483 mg	180 mg	434 ml

Recipe on page 30



Curd cheese mousse with honey

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
192 kcal	9 g	0.8	12 g	12 g	107 mg	143 mg	36 mg	81 ml

Recipe on page 32



Panna Cotta with sweet blueberries

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
312 kcal	16 g	1.4	4 g	26 g	120 mg	54 mg	28 mg	74 ml

Recipe on page 34



Pancakes with caramelized apples and pears

Energy	Carbohydrates	BE	Protein	Fat	Potassium	Phosphate	Sodium	Water
437 kcal	76 g	6.3	15 g	8 g	226 mg	317 mg	312 mg	134 ml

Recipe on page 36

STAY

ADVENTUROUS!

As a dialysis patient, you will find yourself confronted with the overwhelming challenge of having to eat plenty while you do not drink a lot of liquids. For you, it is a healthy choice to cook vegetables and potatoes in a lot of water. However, this may make some foods less tasty. So what can you do to ensure your meals are still delicious?

Maybe you are still used to home cooked meals that are salty, spicy, or just well seasoned. Some aromas may make you thirsty if they are too assertive.

For instance, high sodium roasts, dishes containing dairy products, and lots of garlic or very spicy sauces can make you feel parched.

However, there is an excellent alternative: the balanced use of herbs and the blend of aromas can quench your thirst even as you enjoy your food. This means: principally, foods rich in protein and energy are now the resources you turn to if you must hydrate your body.

Try out the compositions of aromas in the recipes that we have shared with you. Your best option is to drink nothing at all with your food. Instead, treat yourself to a small cup of espresso with dessert!

The combination of aromas (sweet/sour, sweet/spicy, bitter/spicy, bitter/sweet) brings balance to the taste of your food without needing lots of sodium and which also has a thirst quenching effect.



The following contain these aromas:

ACIDIC (SOUR) AROMAS

Lemon juice, orange juice, vinegar, sorrel

BITTER AROMAS

Watercress, radish sprouts

SPICY AROMAS

Mustard, ginger, peppermint, pepper, chili, garlic, onions, chives, wasabi

FRUIT AROMAS

Lemon peel, orange peel

These blends of aromas can be further enhanced by the essential oils of the following herbs: basil, thyme, dill, cilantro, parsley, clove, juniper, rosemary, laurel ...

Tip: Fresh herbs such as watercress, basil, peppermint or chives, which can be purchased in pots or seed containers, do not only add flavor but also key vitamins to your food.

Herbs and spices do not only have an effect on your palate, they also pamper your sense of smell through the nose even before you eat. While the tongue is familiar with just a few tastes, there are hundreds of fragrances and aromas you can smell and enjoy.

Many foods that are especially recommended for the diet of dialysis patients, such as curd cheese, oil, butter, cream or cooked vegetables have rather neutral tastes. By using herbs and spices, you can convert them into delicious dishes.

Just a few examples:

- Enhance the taste of curd cheese with spicy or bitter aromas.
- Oil can be flavor enhanced with spicy aromatics and herbs.
- Cooked vegetables are easily elevated by adding herbs such as parsley, basil, and thyme.

Stay adventurous and try new herbs and spice blends. Most importantly:

Enjoy your food!

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From traditional to modern – this cookbook contains 15 irresistible recipes that you can easily cook yourself and enjoy to the fullest. They have been created by Christoph Brand, one of Germany's leading chefs, exclusively for you. The nutrition experts at B. Braun have customized each recipe for the needs of dialysis patients. As a result, this book demonstrates that dialysis and gourmet food do not have to be mutually exclusive any longer.

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