

LOW FAT DIET WITH MCT COOKBOOK

Thanks to the Diet Kitchen Staff for developing many of these recipes and Rory (LCHAD) and his mum, Pauline Bourke (Pauline.BOURKE@defence.gov.au), for sharina his favourites

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••• Please note that MCT Oil is not used for all the FODs ~ it's often used with the long chain disorders. Because it is medium chain fatty acids it can be very harmful to those with MCAD and SCAD.

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All recipes use standard metric tablespoon (20mls) teaspoon (5mls) and cup (250mls) measures.

MCT BUTTER

1 tablespoon cornflour
3/4 cup skim milk powder
1 tablespoon lemon juice
3/4 cup water
1 cup MCT oil
Few drops yellow food colouring

METHOD

1. Sift dry ingredients
2. Combine lemon juice and water in blender and gradually blend in dry ingredients until smooth (or mix well by hand)
3. Cook over gentle heat until mixture thickens
4. Remove from heat and very gradually beat in MCT oil, beating well after each addition (easier in a blender)
5. Add yellow food colouring to give desired colour
6. Keep for 2 weeks in fridge

May be frozen - re beat after thawing

Note: This recipe also works if all ingredients are blended together then cooked over a gentle heat until thickened. If it appears curdled, reblend in blender.

SPECIAL SKIM MILK

600mls skim milk
60g skim milk powder
1 tablespoon MCT oil
6 tablespoons Polyjoule powder

Mix well together

PUMPKIN SOUP

INGREDIENTS

2kg Pumpkin

recipe

2 Onions

Salt and Pepper

2 litres water

2 teaspoons chicken booster

1/4 teaspoon garlic

1 teaspoon nutmeg

1/2 cup rice may be added to this

METHOD

1. Boil all ingredients together until pumpkin is soft
2. Blend soup until smooth
3. Add boiled rice to soup

LENTIL SOUP

INGREDIENTS

180g Dried Lentils

1.5 litres water

1 teaspoon beef booster

2 potatoes

Pepper

2 Carrots

1/2 cup Macaroni

METHOD

1. Wash lentils and drain. Cover with water and stand 2 hours.
2. Place lentils in a large saucepan with macaroni and water and boil for 30 minutes.
3. Add halved potatoes and sliced carrots and beef booster

Simmer for a further 20-30 minutes until all ingredients are soft

PEA SOUP

INGREDIENTS

250g Split peas
1 chopped onion
1 grated carrot
1.5 litres water
2 teaspoons chicken booster
Salt and pepper

METHOD

1. Wash peas well
2. Place all ingredients in a large saucepan and bring to the boil
3. Cover and simmer until peas are tender
4. Blend until peas are smooth

VEGETABLE SOUP

INGREDIENTS

1 litre water
1 onion chopped
1 carrot chopped
1 stick celery sliced
1 tomato chopped
2 potatoes chopped
2 teaspoons chicken booster
 $\frac{1}{2}$ cup rice

METHOD

1. Boil all ingredients together until the vegetables are tender and the rice is cooked.

CHICKEN CASSEROLE

INGREDIENTS

1 teaspoon MCT Butter
 $\frac{1}{2}$ tablespoon plain flour
60g cooked chicken breast (no skin)
50mls skim milk
100mls clear chicken soup
2 tablespoons cooked carrots
1 tablespoon celery

METHOD

1. Make white sauce with MCT butter, flour and skim milk and soup
2. Add chicken and vegetables

Note: Chicken may be substituted by low fat meats or fish

CRUMBED MEATS

Use low fat meat, chicken or raw fish

INGREDIENTS

Flour
Egg white - whisked lightly
Bread Crumbs
MCT oil

METHOD

1. Coat food in flour
2. Coat floured food in egg whites, then roll in breadcrumbs
3. Fry over a low heat in MCT oil

Note: Fish is better in MCT oil once crumbed

FRITTER BATTER

(1 x recipe = 8 fritters)

INGREDIENTS

$\frac{1}{2}$ cup self raising flour
2 egg whites
40mls skim milk
Pinch Bicarb. soda
5mls MCT oil
 $\frac{1}{2}$ cup cream corn or substitute
Extra MCT oil for frying

METHOD

1. Beat egg whites
2. Add flour alternatively with skim and MCT oil
3. Add Bicarb soda and corn or low fat substitute
4. Heat extra MCT oil for frying in a frypan (oil must be hot and will smoke so fritters do not stick.
5. Drop spoonfuls of mixture into hot MCT oil, turn once and drain on absorbent paper.

LENTIL BURGERS

(recipe makes 16 small burgers)

INGREDIENTS

1½ cups green dry lentils
1/2 tablespoon MCT oil
Garlic
1 onion chopped
2 carrots - chopped fine
1 egg
1/2 cup ground almonds
2 tablespoons tomato paste
1 teaspoon thyme

METHOD

1. Place lentils in a large saucepan, cover lentils with water. Bring to the boil. Reduce the heat and simmer 30 minutes.
2. Drain lentils and rinse with cold water, drain well and cool.
3. Puree lentils in a food processor or mash well.
4. Heat MCT oil in a non stick fry pan, add garlic and onion and saute until onion is transparent.
5. Combine lentils and other ingredients and mix well.
6. Shape mixture into patties and refrigerate 30 minutes.
7. Grill until slightly brown.
8. Bake at 180 degrees C - 350 degrees F for 20 minutes.

Serve with salad and a hamburger.

TVP MINCE

INGREDIENTS

- 1/3 cup TVP mince (textured vegetable protein)
- 2/3 cup water
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped carrot
- 1 tablespoon finely chopped celery
- 1/3 cup water
- 2 teaspoons cornflour
- 1½ tablespoons tomato paste

METHOD

1. Soak TVP in 2/3 cup water for 15 minutes
2. Add vegetables and 1/3 cup water
3. Bring these to the boil and simmer for 5 minutes, or until TVP is tender.
4. Blend cornflour and tomato paste with a little water until it forms a paste, add this to the TVP mince mixture.
5. Cook until mixture thickens.

CHINESE VEGETABLES

INGREDIENTS

Note: This recipe may be used with low fat meat, chicken or fish of your choice.

- 1 cup chopped spinach
- ½ red capsicum sliced
- 1 carrot - sliced
- ½ onion - sliced
- 10 mushrooms - sliced
- 1 stick celery - sliced
- ¼ cup beans
- ¼ cup peas
- ¼ cup corn

METHOD

Fry in a little MCT oil all above ingredients until tender. Serve with either Sweet and Sour sauce or Oyster sauce.

OYSTER SAUCE

INGREDIENTS

2 teaspoons Oyster sauce
1 teaspoon chicken cube
500mls water
1 tablespoon cornflour

METHOD

1. Blend a little water with cornflour
2. Add cornflour to other ingredients
3. Heat over a low heat stirring until thickened

SWEET & SOUR SAUCE

INGREDIENTS

1/4 cup cornflour
1/4 cup brown sugar
2 cups pineapple juice
1/2 cup water
1/3 cup vinegar
1 tablespoon soy sauce
1 tablespoon tomato paste

METHOD

1. Blend cornflour with a little water to form a paste
2. Blend all ingredients together, add cornflour to this
3. Heat over a low heat stirring until thickened

Rory Safe Vege-Lasagne

VEGE INGREDIENTS

1 zucchini
1 carrot
1 onion
2 medium sized tomatoes
3 medium sized mushrooms (sliced)
 $\frac{1}{2}$ cup small broccoli florets
1 teaspoon minced garlic
salt and pepper to taste

METHOD

Grate zucchini, carrot. Finely dice onion. Slice mushrooms and tomato. Add broccoli florets (if child does not like broccoli served this way, cut florets so that small green ends are all that remains and add to carrot.) Add garlic and salt and pepper - use any sort of vegetables you like, really.

You should have approximately 2 cups of grated and chopped veges. Try veges in MCT oil until soft. Add pasta sauce - Tiamo Bolognaise is best (0.2g fat per 100g.) Put aside for a moment and make white sauce.

MCT White Sauce

INGREDIENTS

$\frac{1}{4}$ - $\frac{1}{2}$ cup Shape milk
2 teaspoons MCT butter
2 teaspoons plain flour
salt and pepper

METHOD

Melt butter approx 10 seconds in microwave. Add flour and mix with salt and pepper. Cook in microwave @ 10-20 seconds then add milk ($\frac{1}{2}$ cup for thin sauce, $\frac{1}{4}$ cup for thick). Whisk sauce so that it doesn't go lumpy.

INGREDIENTS

Thin instant lasagne sheets

Now that both mixtures are ready, grease a small lasagne dish with MCT oil and place in instant lasagne sheets to cover the bottom of the dish. Pour over vege mix. Add more lasagne sheets. Pour over remaining vege mix. Then add white sauce. Cook in moderate oven (180°) for 15-20 min. Makes about 3 serves.

Rory's Vege Burgers

Makes enough for about 5-6
people = 10-12 patties

INGREDIENTS

1 large potato
 $\frac{1}{2}$ - $\frac{3}{4}$ cup grated carrot
 $\frac{1}{2}$ cup peas
1 small onion - chopped finely
2 heaped teaspoons of egg replacer (dry)
skim (Shape) milk & MCT butter - to mash potato
crushed Special K

METHOD

Cook and mash potato. Add (raw) grated carrot, cooked peas and onion, mix well. Add dry egg replacer. (Add more shape milk if you think mixture is very dry looking). Make into balls and roll in crushed Special K. Shape into patties and fry in a little MCT oil.

Put cooked patties on to a (thin) bread roll with some lettuce and beetroot. Add salt and pepper and sauce to taste.

*protein can be added without much alteration to taste by adding a 145g can of tuna in springwater - check label for best brand.

Rory's Fat Free Pizza

BASE

INGREDIENTS

7g sachet dried yeast

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon sugar

2 $\frac{1}{2}$ cups plain flour

6 cloves of crushed garlic

$\frac{1}{4}$ cup chopped fresh chives

$\frac{1}{4}$ cup chopped fresh parsley

METHOD

Mix yeast, salt, sugar and 1 cup (250ml) of warm water in a small bowl. Cover with plastic wrap and leave in a warm place for 20 minutes until foamy. Sift flour into a bowl, add garlic, parsley and chives and mix loosely together. Make a well in the centre of flour mix and add yeast mixture. Mix into a dough. Knead on a lightly floured surface for 10 minutes, or until smooth and elastic. Roll out to fit a large pizza tray or baking tray. Place glad bake on tray and then lift dough onto tray.

Spread Tiamo Bolognaise Sauce onto dough and then add desired ingredients for topping eg: - chopped capsicum (red, green, yellow), mushrooms, sliced tomato, onion, pineapple, BBQ eggplant etc. Use your imagination!!

Bake pizza for 30-40 minutes or until base is cooked. (Obviously cooking time varies according to thickness of base). 40 minutes is best for a medium-thick crust.

Very yummy - Rory loves it.

HIGH ENERGY CREAMY RICE

300mls skim milk
2 teaspoons rice
2 tablespoons Polyjoule
2 tablespoons skim milk powder

1 x recipe = 1 serve

METHOD

1. Cook milk and rice and skim milk powder in a double boiler until rice is tender.
2. Add Polyjoule slowly and mix well.

MOCK WHIPPED CREAM (Quantities for 2)

INGREDIENTS

125mls cold water
2 tablespoons lemon juice
2 tablespoons sugar
100g dried skim milk powder
Vanilla or other flavouring

METHOD

1. Place the water and the lemon juice in a bowl. Sprinkle on the milk powder and sugar and beat until light.
2. Beating by hand might take 10 or more minutes.
3. Flavour to taste.

SYRUP CREAM

INGREDIENTS

1 egg white
1 tablespoon golden syrup
Pinch salt

METHOD

1. Whip egg white and salt until stiff.
2. Melt syrup and bring to the boil.
3. Pour syrup into egg white, whisking well until mixture is thick like whipped cream.
4. Serve in place of ordinary cream.

RICE BUBBLE PIE

INGREDIENTS

3 cups Rice Bubbles
1½ tablespoons MCT oil
1½ tablespoons sugar

METHOD

1. Roll rice bubbles into fine crumbs, warm oil and add sugar and rice bubbles, mix thoroughly.
2. Press the mixture evenly around the side and bottom of a pie plate and chill thoroughly.
3. Top with stewed pears or apple

RUNNY CUSTARD

INGREDIENTS

130mls Shape milk
1/2 tablespoon Custard powder
2 tablespoons skim milk powder
1/2 tablespoon sugar
40mls MCT oil

METHOD

1. Blend all ingredients together.
2. Cook over a low heat in a saucepan stirring constantly until mixture boils and thickens.
3. If mixture appears curdled, reblend in a blender or beat.
4. This recipe makes two small serves.

LOW FAT ICE CREAM

INGREDIENTS

125mls skim milk
4 tablespoons sultanas
190mls canned evaporated skim milk (unsweetened)
1 teaspoon vanilla essence
2 teaspoons gelatine
1 tablespoon boiling water

METHOD

1. Blend sultanas in skim milk.
2. Pour into a bowl and mix in evaporated skim milk and vanilla essence.
3. Dissolve gelatine in water and beat into milk mixture.
4. Freeze until ice crystals start to form, then transfer to a well chilled bowl and re-beat until mixture doubles in volume.
5. Pour into individual and large container and freeze.

RICE BUBBLE BISCUITS

INGREDIENTS

- 1½ cups rice bubbles
- 1 tablespoon MCT oil
- 2 tablespoons golden syrup

METHOD

1. Combine all ingredients.
2. Place spoonfuls in paper cups.
3. Bake at 350 degrees F for 5 minutes or until golden brown.

TOFFEE FUDGE

INGREDIENTS

- 410g tin sweetened condensed skim milk
- 2 tablespoons golden syrup
- 1 tablespoon MCT oil
- 2 tablespoons Chocolate Quik
- 1 teaspoon Vanilla essence

METHOD

1. Mix all ingredients together in a saucepan.
2. Cook over moderate heat, stirring frequently until a teaspoon of mixture dropped into cold water forms a soft ball.
3. Cool mixture, beat until creamy and pour into paper cases.
4. Chill for 15 minutes.

OATMEAL CHERRY BARS

INGREDIENTS

- 1/2 cup rolled oats processed in blender or food processor
- 2 cups roughly crushed cornflakes
- 1/4 cup sultanas
- 1/4 cup chopped cherries
- 1 tablespoon MCT oil
- 3/4 tin sweetened condensed skim milk

METHOD

1. Combine all ingredients in a bowl.
2. Line a swiss roll tin with grease proof paper brushed with a little MCT oil, dust with cornflour and shake off excess. Press mixture into tin.
3. Bake in moderate oven for 15 minutes OR Refrigerate for 15 minutes.
4. Cut into bars.

ANGEL CAKE

INGREDIENTS

- 4 egg whites
- 90g flour
- 90g castor sugar
- Flavouring and colouring

METHOD

1. Whisk egg whites until stiff.
2. Add sugar and flavouring.
3. Carefully fold in sieved flour.
4. Divide into 3 tins - colour each mixture differently
5. Cook for 10-15 minutes in a moderate oven (190 degrees)
6. Cool and wire racks
7. Sandwich together with jam or icing

PAVLOVA

INGREDIENTS

- 4 egg whites
- 1 $\frac{1}{4}$ cups castor sugar
- 4 tablespoons boiling water
- 1 teaspoon white vinegar
- 1 teaspoon cornflour
- 1/2 teaspoon vanilla essence

METHOD

1. Beat all ingredients until very white and stiff (1/4 hour with mix master)
2. Cover a large dinner plate with silver foil and spoon the mixture on the plate leaving about 2.5-3cm rim.
3. Bake in 180 degrees C oven for another 1/2 hour.

FILLING SUGGESTIONS

- Jelly Whip - make up normal jelly and before it has set whip through chilled skim milk.
- Sliced bananas and passion fruit
- Imitation whipped cream

Note: This can also be piped into small meringues and baked.

MERINGUES

INGREDIENTS

- 3 egg whites
- Pinch salt
- 1 cup castor sugar

METHOD

1. Slightly damp greaseproof paper on a flat baking tray.
2. Beat egg whites with salt until stiff and fluffy.
3. Add castor sugar gradually until all combined.
4. Place or pipe onto tray 1 inch apart.
5. Bake in a slow oven 250 degrees F - 120 degrees C for 1 - 1 $\frac{1}{2}$ hours until dry.

MCT POPCORN (makes approx. 2 cups)

INGREDIENTS

1 tablespoon MCT oil
20g popping corn

METHOD

1. Place MCT oil in a large saucepan and heat for 30 seconds
2. Place popcorn in saucepan and lid must be on
3. Shake saucepan over heat until popcorn has all popped.

Rory's Sugar Biscuits

INGREDIENTS

1 $\frac{1}{2}$ cups plain flour
1 $\frac{1}{2}$ teaspoons baking soda
1 cup sugar
1 teaspoon cinnamon
 $\frac{1}{2}$ cup MCT butter
1 tablespoon vanilla extract
 $\frac{1}{4}$ cup egg substitute

METHOD

Combine baking soda and flour, set aside. With an electric mixer combine sugar, cinnamon, MCT butter, MCT oil and vanilla until creamy. Add egg substitute and mix well.

Stir in flour and mix until blended. Shape into balls and roll into cinnamon sugar if desired. Place balls onto a tray covered with glad bake and press a fork into the middle of each biscuit. Cook 12-15 minutes at 160°C. Cool on a wire rack.

NOTE: - These biscuits do not brown, they remain a creamy colour when cooked, ie. - the same colour as the dough mixture.

Rory's Gingerbread People

INGREDIENTS

125gm MCT butter
1 tablespoon MCT oil
 $\frac{1}{2}$ cup firmly packed brown sugar
 $\frac{1}{8}$ cup egg replacer = (1 egg)
 $\frac{1}{4}$ cup golden syrup
2 cups plain flour
1 teaspoon bi carb soda
 $1\frac{1}{4}$ teaspoons ground ginger

METHOD

Beat butter, oil, egg replacer and sugar in a bowl until well combined. Add golden syrup. Combine flour bi carb soda and ginger. Add to butter mix and mix to form a soft dough. Knead gently on a floured surface. Roll out between sheets of baking paper until 5mm thick. Cut out shapes. Place 3cm apart on tray covered with baking paper. Cook 160° for 10 min until cooked (will go slightly brown). Stand on tray for 5 minutes, then transfer to a wire rack to cool.

Decorate with icing mixture, (icing and water) using sultanas for eyes and cherries cut in half for buttons if desired.