A cooking and nutrition program to help you during treatment
WELCOME TO THE KITCHEN

Chef Katrina Ryan, The Golden Pig Food & Wine School
Dietitian Peter Rhodes

Leukaemia Foundation support staff are available to help you with educational, emotional and practical support. Contact us on 07 3055 8233 or email qldsupport@leukaemia.org.au.

FOOD SAFETY

Ensure you always follow appropriate food safety guidelines when preparing, cooking, serving, and storing food. Food should always be cooked all the way through, and if reheating, it should be piping hot. Patients who have lower platelet counts or who are neutropenic should be especially careful with certain foods and food storage: consult your doctor for further information.

Foods to avoid while having chemotherapy

- All unpasteurised dairy products
- Soft whip ice-cream
- Soft unpasteurised cheese (e.g. brie, camembert and feta)
- Blue-veined cheeses
- Raw or only slightly cooked eggs
- Raw or undercooked meat/poultry
- Ready cooked chickens from the supermarket
- Smoked and cured meats
- Pate
- Raw or undercooked fish
- Raw or slightly cooked shellfish
- Unwashed fruit and vegetables
- Fruit and vegetables with mould on it
- Unwashed lettuce leaves or spinach
- Salads from salad bars
- Reduce spicy foods (can make nausea and diarrhoea worse)

Foods to eat while having treatment for blood cancer

- Good carbohydrates (great source of energy)
- Foods high in protein (to repair body tissue, chemotherapy can deplete protein)
- Foods high in unsaturated fats, plant or fish based (great for immune system function)
- Cold foods if you have nausea (to limit odour) and ginger, papaya and apple (for nausea)
Katrina owns and operates The Golden Pig Food & Wine School with husband Mark, where they run a busy cafe, event space, and cooking school.

Her cooking career started in 1987. She worked for renowned restauranteur Neil Perry, first at Bondi Beach’s Blue Water Grill, then at Rockpool, where she was Head Chef for three years.

Katrina and Mark then opened and ran The Pig & The Olive in Sydney before moving to Queensland in 2000. Katrina joined the team at the Spirit House Cooking School in Yandina, where she worked until 2012.

She has taught as a guest chef on a regular basis at the Sticky Rice Cooking School in Adelaide, and has led several food tours in Thailand and Tasmania.

Katrina has also contributed to such cook books as ‘The Great Australian Cookbook’ and the new Spirit House book ‘Hot Plate’.

*Cooking for Chemo is proudly supported by:*
SPICY LAMB SHANK AND LENTIL SOUP
SERVES 4

INGREDIENTS

- 2 tbsp olive oil
- 1 large Spanish onion, finely chopped
- 2 small hot chillies, chopped
- 1 ½ tsp salt
- 1 tsp ground turmeric
- ½ tsp cinnamon
- ½ tsp ground cumin seeds
- ¼ tsp saffron
- 1.75 litres water
- 2 lamb shanks
- 100 g chick peas, soaked overnight in cold water
- 100 g red lentils, washed in cold water, then drained
- 4 ripe tomatoes, finely chopped
- ½ cup fresh coriander leaves, chopped
- ¼ cup fresh parsley, chopped
- 2 tbsp butter
- Lemon wedges to serve

DIRECTIONS

Heat olive oil in a large pot and lightly sauté the onion and chillies with the salt until soft.

Add spices, fry for a few minutes, then add the water and lamb shanks. Partially cover with a lid and simmer gently for 2 hours, skimming to remove any scum that comes to the surface.

Add the chickpeas, cook for a further 30 minutes or so until tender.

Add the lentils and cook for about another 15 minutes until they’re tender and fall apart.

Remove lamb shanks (the meat should be falling off the bones) and cut meat into small pieces.

Discard the bones and return the meat to the pot with the tomatoes.

Stir in the fresh herbs and butter and taste for salt and pepper.

Serve immediately with lemon wedges on the side.
QUINOA SALAD WITH DATES, SPINACH, ALMONDS, PRESERVED LEMON & GOAT’S FETA

Serves 4

INGREDIENTS

1 cup quinoa
½ preserved lemon, flesh removed, rinsed and finely sliced
½ cup almonds with skin
¼ cup pitted dates chopped
100 g baby spinach
80g Meredith Dairy marinated goat’s cheese
¼ cup mint leaves
juice ½ lemon
sea salt and pepper
1/4 cup extra virgin olive oil

DIRECTIONS

Bring a large pot of salted water to the boil. Stir in the quinoa and cook for approximately 10 minutes until tender, then drain and cool. Toast the almonds for 10 minutes at 180°C until golden all the way through; chop coarsely. When you are ready to serve combine all the ingredients together, and serve with the Moroccan Spiced Chicken (recipe below).

MOROCCAN SPICED CHICKEN

Serves 4

INGREDIENTS

4 Chicken Supremes (fillets)

For the marinade:
1 clove garlic
½ red onion chopped

¼ cup parsley leaves
¼ cup coriander leaves
1 tbsp ground turmeric
1 tbsp ground cumin
juice ½ lemon
1 tsp sea salt
¼ cup olive oil

DIRECTIONS

Combine the marinade ingredients in a food processor to form a thick paste. Coat the chicken all over with the marinade. Preheat the oven to 180°C. Heat some vegetable oil in a pan and sear the chicken skin side down for about 2-3 minutes. Turn the chicken over and transfer to a baking tray; roast for 15 minutes. Remove and rest for 5 minutes covered with foil. Slice and serve with the Quinoa Salad (recipe above).
CARROT, CHEDDAR AND PEA MUFFINS

MAKES 12

INGREDIENTS

350 g self raising flour
1/2 tsp salt
160 g grated cheddar (reserve a little for the tops)
3/4 packed cup grated carrot
3/4 cup frozen peas
2 eggs
3/4 cup milk
1/3 cup yoghurt
3/4 cup olive oil

DIRECTIONS

Oil and flour a muffin tin. Pre-heat oven to 175°C.
Mix flour, salt, and cheddar together with fingers.
Add grated carrot and peas.
Whisk together the wet ingredients and fold into the dry.
Fill the muffin tins to the top and sprinkle over the reserved cheddar.
Bake for 30 mins until golden on top.

You can also vary the vegetables and make muffins with:

- zucchini, feta and chopped mint
- caramelised onion, rosemary and cheddar
- corn, semi-dried tomato and chilli (also add 1 tbsp polenta)
- pumpkin and feta.
ORANGES IN SPICED WINE SYRUP
WITH ALMOND PRALINE
SERVES 4

INGREDIENTS

For the oranges:
8 oranges
2 cups of white wine*
½ cup to 1 cup castor sugar
1 cinnamon stick
2 cardamom pods, bruised
2 star anise

For the praline:
1 cup whole almonds
1 cup sugar
¼ cup water
oil for the baking tray

DIRECTIONS

Put into a saucepan the wine, spices and sugar to taste. Reduce over a moderate heat until slightly syrupy. It will become sweeter as it reduces so don’t add too much sugar to start with. Allow to cool.

Peel the oranges and slice crossways into thin rounds.
Pour the syrup over the oranges and macerate for up to 6 hours.

Make the praline:
Roast the almonds in the oven until lightly toasted.
Lightly oil a baking tray.
Heat the sugar and water in a saucepan, swirling occasionally but DO NOT STIR or the sugar will crystallise.
When it turns a rich golden brown colour, add the almonds and pour onto the baking sheet. Allow to cool.
Holding the baking sheet, ‘twist’ the ends in different directions which should loosen the praline from the tray.
Place in a food processor and pulse until coarsely chopped. It will keep indefinitely in an airtight jar in the refrigerator.

To serve:
Sprinkle the praline over the oranges and serve with freshly whipped cream.

*Sauternes is ideal but any half decent white wine will do. Dryer wines will need more sugar.
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