

COOL FOOD

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www.barrettswessex.org.uk

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This book is a compilation of recipes that have worked for some people who often get heartburn.

The compilers and publishers cannot guarantee they will work for you, but if you suffer from heartburn, give them a try.

Most people get heartburn occasionally, although it's not the heart that's getting burnt but the food pipe or oesophagus being attacked by powerful acid splashing up from the stomach.

If you get heartburn frequently, however, you should see your doctor. You may have "Gastro-Oesophageal Reflux Disorder", which can be controlled by medication.

Frequent reflux attacking the oesophagus, can cause a condition known as "Barrett's Oesophagus" when the cells lining it mutate to protect themselves.

If the cells continue to mutate, however, called "dysplasia", Barrett's Oesophagus can become Oesophageal Adenocarcinoma or cancer.

To find out more about Barrett's Oesophagus, visit
Barrett's Oesophagus UK (Barretts.org.uk)



Published by Barrett's Wessex aiming to reduce oesophageal cancer through raising awareness of its precursor, Barrett's Oesophagus, in Southampton, Wessex and beyond.

(charity no. 1148727)

Medical advice

I hope you enjoy these recipes that have been carefully put together by patients who suffer from heartburn. They endeavour to avoid some of the foods known to precipitate symptoms.

It is important to understand that a wide range of foods may cause heartburn and this can vary considerably between individuals.

The following is some additional practical dietary and lifestyle advice recommended for those suffering with heartburn and its complications, such as Barrett's oesophagus.

- Avoid fatty foods, chocolate, alcohol, caffeinated drinks, and acidic soft drinks e.g. orange juice.
- Avoid large meals.
- Leave three hours after eating before going to bed. Avoid late snacks.
- Avoid tight fitting garments.
- Weight loss is important as being overweight contributes to heartburn.
- Smoking is associated with worsening heartburn, so it is important to stop smoking and avoid smoky environments.
- If your symptoms are mainly at night or early hours of the morning, then elevate the head of your bed using either 6-8 inch blocks under the legs at the head of the bed or a wedge under the mattress.

Endorsement by Italian celebrity chef, Aldo Zilli:

The recipes in this book are not only delicious but have been thoroughly thought out to help reduce the acids that can potentially cause Oesophageal Adenocarcinoma.

Having a history of this condition in my family I am delighted to see the positive steps being taken by Southampton hospital. High praise is also due to the author and her creative taste buds.

Aldo Zilli.

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Feta Salad with Griddled Peaches

4 Fresh Peaches cut into wedges

200g mixed Salad Leaves

Feta Cheese (marinated in oil)

2 tbsp Coriander (chopped)

Divide the salad leaves and the feta cheese between 4 small plates. Heat the griddle pan until very hot and place the peaches in the pan. Cook them for 2-3 minutes, turning until nicely charred. Place on top of the salad leaves, sprinkle over the coriander and drizzle the oil from the feta cheese. Serve

2

Stuffed Nutty Herby Mushrooms

4 Large Mushrooms

50g Cashew Nuts

85g Pitted Black Olives chopped

100g Wholemeal Breadcrumbs

Herbs e.g. Basil, Coriander

140g Feta, cut into cubes

Grape Juice

Place the breadcrumbs, nuts, herbs olives and feta into a bowl and soften with a little grape juice. Spoon the stuffing into the mushrooms. Place into a baking dish and bake for 15 to 20 minutes.

Serve with salad. These also go well with grilled pork or lamb chops

Serves 2

Broccoli and Roquefort

3 Medium Potatoes - peeled and cubed

1 head of Broccoli

Italian Herbs

½ Onion (as tolerated)

Garlic (as tolerated)

Vegetable Stock

100g Roquefort Cheese (cubed)

Oil

Fry Onion and Garlic in oil, then add Potatoes. Add stock and Broccoli cut into florets, herbs and bring to the boil. When the Potatoes and Broccoli are cooked, cool slightly, and then Blend until smooth. Add Roquefort and stir until melted. Serve.

4

Butternut Squash, Sweet Potato, Carrot, Ginger Soup

1 Butternut Squash seeds and fibres removed (not peeled) then chopped

4 Sweet Potatoes peeled and chopped

250g Carrots peeled and chopped

½ Onion (as tolerated)

Garlic (as tolerated)

1Tsp freshly grated ginger

2 Tbsp Oil

1-1 ½ pints Vegetable Stock

Thyme

Salt and Pepper

In a large saucepan, heat oil and gently cook onion and garlic. Add ginger, butternut squash, sweet potatoes and carrots and cook gently for a few minutes.

Add stock, thyme and bring to the boil, then cover the pan and simmer for about 40 minutes or until the vegetables are really tender.

Cool slightly, then whiz the soup in a blender food processor. Season with salt and pepper to taste. Reheat before serving.

Carrot and Coriander Soup

Carrots peeled and sliced

Coriander

½ Onion (as tolerated)

Garlic (as tolerated)

Vegetable Stock

Oil

Fry onion,garlic in oil with the coriander. Add carrots and stock and bring to the boil. Simmer until carrots are cooked. Cool slightly then blend. Heat to serve.

6

Courgette and Fennel Soup

3 Medium Potatoes

½ Onion (as tolerated)

Garlic (as tolerated)

1 Bulb Fennel

2 very large Courgettes or 4 Medium

1 ½ Pints of Vegetable Stock

Oil

Basil

Fry onion and garlic in the oil for a few minutes, add potatoes which have been peeled and cut into chunks, and courgettes and fennel which have been sliced. Add the stock and the basil and bring to the boil, simmer till the vegetables are cooked. When soup has cooled down sufficiently, blend. Reheat to serve.

Artichoke and Carrot Soup

½ Onion (as tolerated)

Garlic (as tolerated)

280g Carrots peeled and chunked

1 ½ pints of Vegetable Stock

2tsp Coriander

1 Tin of Artichoke Hearts drained

Oil

Sauté onion, garlic and coriander in oil, then add carrots and stock and bring to the boil, turn down heat and simmer. After about 10 minutes add the drained artichoke and continue cooking. When the carrots are cooked turn the heat off and let the soup cool enough to blend. When ready to serve reheat.

8

Ginger Marrow Soup

½ Onion (as tolerated)

Garlic (as tolerated)

½ Large Marrow or Whole Small courgette

(Peeled, deseeded and cut into Chunks)

3 medium Potatoes

1 ½ Pints of Vegetable Stock

Ginger

Oil

Saute the onion and garlic in the oil with the ginger. Add the marrow, potatoes and the stock and bring to the boil. Simmer until cooked about 20mins. Allow to cool. Blend until smooth. Reheat and Serve.

Ginger Parsnip Soup

Parsnips (peeled and cut into chunks)

½ Onion (as tolerated)

Garlic (as tolerated)

Ginger

Turmeric

Salt and Pepper

Stock

Oil

Fry onion garlic with ginger and turmeric. Add parsnips and then add stock. Bring to boil, and continue cooking until parsnips are cooked. Then blend and serve.

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