

# Add flavour to your renal diet

## What is the difference between a spice & a herb ?

**SPICES** come from bark, roots, buds, seeds, berries or fruit from tropical plants



**HERBS** are leaves of shrubs



## Tips to use less salt

- Grill, "braai" or stir fry meat
- Most effective flavours to replace salt with are savoury & those with a "bite" or sour taste e.g.
  - Black pepper
  - Garlic powder /fresh /flakes
  - Onion / powder
  - Curry powder /masala
  - Cumin
  - Dill seeds
  - Basil
  - Lemon juice
  - Ginger
  - Coriander
  - Chilies



## Good food & flavour combinations to replace salt with

- BEEF - black pepper, marjoram, sage, thyme, bay leaves, green peppers, onion
- LAMB - rosemary, mint, garlic, curry powder, masala
- PORK - pepper, garlic, oreganum, sage, dry mustard powder
  - apples, cranberry sauce, pineapple
- VEAL - ginger, curry powder, marjoram, origanum, bay leaves
- CHICKEN - thyme, sage, ginger, paprika, marjoram, oreganum, lemon juice, pineapple, chili sauce/Tabasco
- FISH - lemon juice, pepper, paprika, dill, dry mustard, dry curry
- EGGS - cayenne pepper, curry powder, mustard powder, chilies

The taste for salt is acquired, so we can learn to love it a little less.

### Tips

**Gradually decrease** the amount of salt from your diet, and the taste buds will adjust

Learn to taste your food in its natural or cooked state.



# Easy salad dressings

## Basic dressing

Mix balsamic vinegar, lemon juice, thyme, garlic

## Italian vinaigrette

$\frac{3}{4}$  c olive oil  
 $\frac{1}{4}$  c white vinegar  
 $\frac{1}{2}$  t minced garlic  
 $\frac{1}{2}$  t origanum  
1 T chopped parsley  
Mix in blender for 10 sec & allow to rest for 30 min to let flavours blend.  
Whisk before serving



## Italian dressing

Dry mix:  
2 T origanum  
 $\frac{1}{4}$  t thyme  
1 T garlic powder  
1 t basil  
1 t black pepper  
1 T parsley  
1 T sugar  
Mix & store in sealed container

To prepare dressing whisk together

$\frac{3}{4}$  c canola oil  
 $\frac{1}{4}$  c white vinegar  
2 T water  
2 T dry mix

# Vegetable stock

1. Fill a large pot with 4.5 liters water
2. Bring water to the boil
3. Add the following ingredients to water:
  - 3 celery sticks, diced
  - 3 carrots that has been peeled, diced & soaked for 2 hours
  - 1 onion, peeled & chopped
  - 2 - 3 cabbage leaves
  - 1 parsnip that has been peeled, diced & soaked for 2 hours
  - 1 small bunch parsley
  - 1 t whole peppercorns
  - 1 t dried thyme
4. Lower heat, cover & simmer for 1 hour
5. Strain, leave to cool
6. Refrigerate
7. Use within 3 days or freeze

## Soy sauce replacement

4 t balsamic vinegar  
2 t dark molasses  
1 t ground ginger  
2  $\frac{1}{2}$  t white pepper  
2  $\frac{1}{2}$  t garlic powder  
1  $\frac{3}{4}$  cups water  
Combine all ingredients in saucepan & stir over medium heat. Boil gently till liquid is reduced to 1 cup,  $\pm$  15 min



# Salt-free Seasonings

## Italian Seasoning

$\frac{1}{2}$  t marjoram  
 $\frac{1}{2}$  t origanum  
 $\frac{1}{2}$  t basil  
 $\frac{1}{2}$  t parsley  
 $\frac{1}{4}$  t black pepper



## Chinese Seasoning

$\frac{1}{2}$  t ginger  
 $\frac{1}{2}$  t garlic powder  
 $\frac{1}{4}$  t black pepper  
Soy sauce replacement

## Ideas for marinades

Chicken/pork - honey, ginger, garlic, olive oil  
Lamb/fish - ginger, coriander, lemon zest & juice  
Beef - black pepper, chilli, canola oil  
Chicken kebabs - paprika, garlic, lemon juice, oil  
Fish - chopped fresh dill, olive oil, lemon juice



## Savoury Seasoning

1 t chili powder  
2 t organum  
2 t black pepper  
6 T onion powder  
1 T garlic powder  
2 T dry mustard  
3 T paprika  
2 t thyme  
2 T sage

## Moroccan Blend

2 t ground cumin  
2 t ground ginger  
2 t ground coriander  
2 t ground cinnamon  
2 t paprika  
1 t turmeric  
 $\frac{1}{2}$  t chili powder  
 $\frac{1}{2}$  t ground nutmeg  
Yield: about  $\frac{1}{4}$  cup

## Favourite Blend

1 T garlic powder  
1 T paprika  
1 T dry mustard  
5 t onion powder  
 $1\frac{1}{2}$  t black pepper  
1 t thyme  
1 t basil  
Yield: about  $\frac{1}{4}$  cup

