Recipe book includes skill rating!

Making it even easier to make your favourite meals but with our easy step by step guide you won’t need to be a chef to master all the stars!

Always consult with a specialist dietitian before commencing a ketogenic diet. KetoCal is a Food for Special Medical Purposes for use under medical supervision.
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Useful Tools

This recipe book has been carefully created with special thanks to Matthew’s Friends and input from specialist ketogenic dietitians Helen Grossi and Mary-Anne Leung. The recipes are based on everyday meals that we hope you will love.

The tools listed on this page will come in handy when making these delicious meals. Have fun making them!
Pizza

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 20 mins
# Pizza

**Ingredients:**

| 18ml MCT Oil | 13g self raising flour | 11g Infinity Foods oat bran flour | 10g water | 12g chopped spring onions | 16g chopped mushrooms | 15g tinned tomatoes | Seasoning | Pinch dried herbs | 8g grated mature cheddar cheese | 22g streaky bacon rashers |

**Method:**

1. Preheat oven to 180°C/fan 160°C/ gas mark 4
2. Mix together the flour, oat bran flour, pinch of salt, 8ml MCT Oil and water to make a dough ball
3. Flatten to form a 4” round base on a non-stick baking tray and cook for 7 mins in the oven
4. Gently heat remaining oil and fry onions and mushrooms, remove from heat and stir in tomatoes, seasoning and dried herbs
5. Spread on pizza base, sprinkle with cheese and cook for approx 10-15 mins
6. Whilst cooking fry bacon and serve with pizza

**Chef’s tip:**

Bacofoil makes a very good non-stick foil that needs no oil and can be used more than once

**PLEASE NOTE**

Care should be taken when cooking with MCT Oil as it has a low flash point and therefore the pan should not be left unattended

**45% MCT**

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**Exchanges**

**kcal value** 325

**Protein** 9g

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**LCT fats** 9.5g

**MCT** 18g

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Quiche

Skill Rating

Recipe serves: 1
preparation time: 20 mins
cooking time: 20 mins
1. Preheat oven to 180°C/fan 160°C/gas mark 4

2. Mix together flour, MCT Oil and a pinch of salt, leave to rest in the fridge for approx 10 mins

3. Line 9cm flan case with pastry, pressing with fingers, prick base, line with foil and fill with baking beans/rice, cook in the oven for 8 mins, remove foil and reduce oven to 160°C/fan 150°C/gas mark 4 and cook for a further 3 mins

4. Fry tomato in remaining oil with mushrooms and herbs

5. Beat together crème fraîche and eggs, season and add ham, pour mixture into flan case

6. Top with cheese and cook in oven for approx 15 mins until set

Chef’s tip:
Use a loose-bottomed tin for easy removal after cooling for 10 mins
Good item for packed lunch

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Method:

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Ingredients:
18ml MCT Oil
21g self raising flour
10g peeled tomato
8g chopped mushroom
Pinch dried herbs & seasoning
15g crème fraîche
25g beaten egg
15g chopped ham
3g finely grated mature cheddar cheese
Shortcakes

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 15 mins
Shortcakes

Method:

1. Preheat oven to 180°C/fan 160°C/ gas mark 4
2. Rub butter into flour
3. Beat egg white until frothy but not stiff, add all other ingredients, including sweetener and mix to form a stiff dough
4. Press into 3 lightly oiled non-stick patty tins/silicone moulds, prick with a fork
5. Bake for approx 10-15 mins until golden brown

Ingredients:

18ml MCT Oil
8g butter
14g self raising flour
38g egg white
25g TRS or East End coconut flour
Few drops liquid sweetener to taste

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Sultana Cookies

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 20 mins
Sultana Cookies

Method:
1. Preheat oven to 190°C/fan 170°C/ gas mark 5
2. Beat egg white until frothy, stir in remaining ingredients
3. Place on baking tray lined with non-stick foil or baking parchment
4. Bake for approx 15-20 mins

Ingredients:
- 9ml MCT Oil
- 12g egg white
- 10g TRS or East End coconut flour
- 7g sultanas
- 6g ground almonds
- Few drops vanilla extract
- Few drops liquid sweetener

Chef’s tip:
Makes one good sized cookie or two to three small treats

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Flaxseed Cheese Scone

Skill Rating

Rating: 3 out of 5
Novice Expert

Recipe serves: 4
Preparation time: Overnight
Cooking time: 12 mins
1. Soak flaxseed overnight in water so that it becomes jelly-like
2. Preheat oven to 190°C/fan 170°C/gas mark 5
3. Beat egg white until frothy, mix well into flaxseed with mustard powder and salt
4. Mix cheese into flour and add to mixture with MCT Oil
5. Shape and cook for 10-12 mins
6. Divide the mixture equally into 4 servings

Method:

**Flaxseed Cheese Scone**

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**Ingredients:**
- 18ml MCT Oil
- 14g Linwood milled flaxseed
- 20g water
- 13g egg white
- Pinch mustard powder
- Pinch salt
- 10g finely grated mature cheddar cheese
- 22g self raising flour

**Chef's tip:**
Makes a good packed lunch

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Flax Seed Muffin

Skill Rating

Recipe serves: 1
Preparation time: Overnight
Cooking time: 10 mins
FlaxSeed Muffin

**Ingredients:**
- 18ml MCT Oil
- 10g Linwood milled flaxseed
- 15g water
- 18g beaten egg
- 28g beaten egg whites
- Few drops liquid sweetener
- Few drops vanilla extract
- 6g TRS or East End coconut flour
- 18g self raising flour
- 3g raisins
- ¼ tsp Barkat baking powder

**Method:**
1. Soak flaxseed overnight in water so that it becomes jelly-like
2. Preheat oven to 190°C/fan 170°C/gas mark 5
3. Beat all egg into flaxseed with sweetener and vanilla extract
4. Add the oil, coconut flour, flour, raisins, water and baking powder to the mixture and mix well
5. Place mixture in 2 moulds, bake for 15 mins

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Skill Rating

Expert

Recipe serves: 1
preparation time: 10 mins
Cooking time: 10 mins

Full English Breakfast
Method:

1. Cut crusts off the bread
2. Remove sausage meat from skin and form into a chipolata shape
3. Gently heat 10ml MCT Oil, add sausage and cook for 2-3 mins, add bacon and cook for 2 mins, remove from pan and keep warm on serving plate
4. Cook egg in the same pan and keep warm on plate
5. Cook tomatoes in the pan with seasoning, keep warm on plate
6. Add remaining oil and butter, fry bread until golden brown and all oil is absorbed
7. Serve all items, ensuring all residue from the pan is used
Ginger Parkin

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 20 mins
**Ginger Parkin**

**Method:**
1. Preheat oven to 170°C/fan 150°C/ gas mark 3
2. Mix together all dry ingredients
3. Add egg, then beat in MCT Oil and sweetener
4. Mix all ingredients together and place in a square or loaf shaped dish
5. Place on baking tray in oven and cook for approx 20 mins or until a skewer comes out clean from the parkin

**Ingredients:**
- 18ml MCT Oil
- 12g self raising flour
- 10g Mornflake medium stone ground oatmeal
- 9g ground almonds
- ½ tsp ground ginger
- 38g beaten egg
- Several drops liquid sweetener

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Recipe serves: 1
Preparation time: 10 mins
Cooking time: 20 mins
1. Preheat oven to 180°C/fan 160°C/ gas mark 4
2. Mix together banana, flour, almonds, MCT Oil, egg yolk, sweetener/banana syrup and baking powder
3. Whisk egg whites until frothy and fold into mixture
4. Spoon into 2 lightly oiled silicone muffin moulds and bake for 20 mins

**Method:**

**Ingredients:**
- 18ml MCT Oil
- 12g mashed banana
- 17g self raising flour
- 13g ground almonds
- 7g egg yolk
- Few drops liquid sweetener or 1 tsp DaVinci banana syrup
- 1/8 tsp Barkat baking powder
- 34g egg whites

**Chef’s tip:**
Ideal for batch cooking and freezing

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Cheese Muffin

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 20 mins
**Cheese Muffin**

**Method:**
1. Preheat oven to 180°C/fan 160°C/gas mark 4
2. Reserving egg whites, mix together all the remaining ingredients
3. Whisk egg whites until frothy and fold into the mixture
4. Spoon into 2 lightly oiled silicone muffin moulds and bake for 15-20 mins

**Ingredients:**
- 18ml MCT Oil
- 7g egg yolk
- 6g finely grated mature cheddar cheese
- 21g self raising flour
- 9g ground almonds
- Pinch mustard powder
- Pinch salt
- 29g egg whites

**Chef’s tip:** Ideal for batch cooking and freezing

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Chicken Wrap

Recipe serves: 1
Preparation time: 15 mins
Cooking time: 10 mins
**Chicken Wrap**

**Ingredients:**
- 18ml MCT Oil
- 30g chicken thigh (dark meat)
- 7g greek style yogurt
- Mixed herbs
- Seasoning
- 10g Hellmann’s real mayonnaise
- 25g Discovery Foods soft corn tortilla
- 19g shredded iceberg lettuce

**Method:**
1. Flatten chicken between sheets of cling film with a rolling pin
2. Mix yogurt with 12ml MCT Oil, herbs and seasoning to coat the chicken
3. Fry gently for approx 10 mins until thoroughly cooked
4. Put chicken to one side and mop up pan residue with wrap
5. Season mayonnaise and whisk in the remaining oil
6. Lay wrap on a plate, cover with lettuce, drizzle over mayonnaise mixture, top with sliced chicken, roll and serve

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Toad in the Hole

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 20 mins
Toad in the Hole

Method:

1. Preheat oven to 190°C/fan 170°C/gas mark 5
2. Put sausage and oil in ovenproof dish and place in oven
3. Mix together egg, cream, water and flour, season with salt, beat well and pour onto the hot sausage, continue cooking for approx 20 mins
4. Boil beans in salted water
5. Make gravy with stock cube
6. Serve on a plate and drizzle any cooking residue over the batter pudding

Ingredients:

18ml MCT Oil
28g The Black Farmer pork sausage
22g beaten egg
3g double cream
10g water
18g plain flour
Seasoning
13g French or green beans
1/8 Knorr stock cube

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