



# information & recipes

Invite your friends to eat  
something **yummy for money!**



Information • Training • Research • Support  
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## foreword

Cooking is my passion and to combine this with helping raise funds for my charity Matthew's Friends is just brilliant.

Enjoy hosting a dinner party or lunch with a difference...using low carb, high fat choices, you and your guests can enjoy a wonderful tasty meal!

So go ahead, give your guests a meal to remember, all for a great cause!

### **Tony Tobin**

Matthew's Friends Patron  
and Celebrity TV Chef



# why friends family food?

By inviting your friends, family and colleagues to join you for a fun tea-party, luscious lunch or perhaps a posh dinner, you have the opportunity to share wonderful food with a Ketogenic theme (as strict or not as you like!). At the same time you will be raising much-needed funds for Matthew's Friends! 'Charge' your guests to join you, perhaps £5, £10 or £20 per person and treat them to your favourite recipes. We have suggested some delicious recipes from the Matthew's Friends Keto-kitchen in this booklet for you to try!

Low carb/high fat meals **can** be delicious. Bring together **your** Friends, Family and Food to help **us** support families who cook strict Ketogenic meals every day to help control devastating seizures and give their child or family member a better quality of life.

Please send your party photos to share, along with the funds you have raised – thank you.

you can also use  
our printable  
invites provided



# starters



## Cheese Souffles

Makes 8 Carb / p  
7g

354 Double Cream  
70g Butter  
70g Plain Flour  
4 Large Eggs  
143g Strong Cheddar Cheese, Grated  
100g Watercress or Lettuce  
100g Chopped Celery  
20g Olive Oil  
100g Onion  
1 tsp English Mustard  
2 Bay Leaves and a pinch of Nutmeg

Reserve 145g of the cream and mix the remainder with 216mls water to make 425mls of 'milk' and separate the eggs. Put the 'milk' into a large saucepan with the sliced onion, nutmeg and bay leaves. Bring to the boil then set aside to infuse for 30 mins.  
Grease 8 150ml Ramekins with some butter.

Melt the 70g butter in a pan and stir in the flour cook gently for 1 min.

Take off the heat and strain the milk (discard the onion etc). Gradually stir the milk into the flour whisking until smooth. Return the pan to the hob and cook until it boils and thickens.

Take off the heat and stir in the egg yolks, mustard and 100g grated cheese. Season and then leave to cool.

Whisk the egg whites until stiff and fold into the cheese mixture.

Place in the ramekins, put them in a roasting tin then add boiling water to come halfway up the ramekins. Cook in pre-heated oven 180°C/Fan 160°C/Gas 5 for 15-20 mins. When risen and golden remove from the tin and leave to cool.

You can prepare this the day before!

To serve heat oven to 200°C/Fan 180°C/Gas 6. Loosen the souffles round the edges and turn out upside down into a baking dish. Sprinkle with the reserved cheese and cream.

Bake for 15 mins until puffed and golden. Serve with the watercress and celery tossed in the oil.

Mo's tip: put a disc of baking parchment in the base of the ramekins



## Golden Oven Baked Keto Bread

Makes 8 Carb / p  
0.5g

50g Ground Almonds  
120g Eggs  
55g Butter  
60g Milled Golden Flaxseed  
2 tsp Bariat Baking Powder  
1 tsp White Vinegar  
½ tsp of Salt

Pre-heat oven to 180°C/Fan 160°C/Gas 5. Soften the butter, beat in the salt, vinegar and flaxseed.

Beat in the eggs then mix in the almonds and baking powder.

Place in a greased and lined loaf tin 8inch x 4 inch and cook for 25 mins until golden. This makes 8 good slices and the mixture is suitable to make 8 bread rolls.





## Smoked Salmon with Prawns

Makes 8 Carb / p  
1g

240g Smoked Salmon  
276g Prawns, Cooked and Peeled  
96g Lettuce  
130g Cucumber  
168g Hellmanns Mayonnaise

This can be served any way you prefer. For the photo I have left the ingredients more or less separate to show the single portion amounts. It also look nice if you shred the lettuce and salmon and serve with the prawns in the mayonnaise on top with the cucumber. Sprinkle with a little black pepper or paprika.



## Egg Mayo with Keto Bread & Butter

Makes 8 Carb / p  
1.5g

8 Hard Boiled Eggs  
320g Hellmanns Mayonnaise  
120g Lettuce  
280g Oven Baked Keto Bread  
40g Butter

Shred the lettuce and divide into 8 equal nests on plates.  
Cut the eggs in half lengthways and place yolk side down on the lettuce. Top with the mayonnaise and a little sprinkle of paprika.  
Serve with Keto bread and butter.

# mains



## Vegetarian Courgetti Spaghetti

Makes 2 Carb / p  
12g

250g Courgette  
50g Red Pepper  
50g Yellow Pepper  
100g Green Pepper  
100g Spring Onions  
80g Chestnut Mushrooms  
200g Tinned Chopped Tomatoes  
100g Celery  
40g Olive Oil  
30g Parmesan Cheese  
1 Knorr Vegetable Stock cube  
1 tsp GIA Garlic Paste, 1 tsp dried herbs

Make the 'spaghetti' using a courgetti slicer or cut into long thin ribbons with a vegetable peeler.  
Cut the remaining vegetables into equal size pieces.  
Put the olive oil in a pan and fry the vegetables for 3 mins.  
Add herbs and tomatoes with the stock cube and 100ml hot water.  
Cook gently until vegetables are just tender.  
Toss the courgette ribbons in a little oil or butter until hot, serve with the sauce and parmesan cheese.  
Mo's tips: Use small firm courgettes if possible. Either grate the parmesan yourself or buy a good one such as Waitrose's Grated Parmigiano Reggiano

# mains



## Stuffed Chicken Breast Dinner

Makes	Carb / p
4	15g

4 Chicken Breasts (Skinless)  
8 Rashers of Streaky Bacon  
60g Boursin  
400g Celeriac  
180g Double Cream  
80g Strong Cheddar Cheese, Grated  
200g Cherry Tomatoes  
40g Butter  
200g Frozen Peas

Make a cut down the back of each breast and spread with the boursin.  
Place the bacon between two pieces of cling film and roll out to make them longer and thinner, this will make it easier to wrap around the chicken.  
Place two rashers side by side and wrap the chicken breast as tight as you can.  
Place in a greased oven proof dish.  
Slice the celeriac as thinly as you can then layer in a butter dish with a little seasoning. Pour over the cream and cover the dish with foil.  
Put the celeriac in the oven 190°C/Fan 170°C/Gas 6 for 20 mins.  
Remove the foil and sprinkle over the cheese and put back in the oven for another 30 mins with the chicken. The chicken should cook in approximately 30 mins but check to be sure!  
The chicken and celeriac can be left to keep warm while you do the vegetables.  
Boil the peas and fry the cherry tomatoes in the butter for a few mins. Sprinkle with dried herbs place in the serving dish with the peas.  
This recipe can be easily doubled if you are feeding 8 guests.



## Steak and Chips with Diane Sauce

Makes	Carb / p
4	14.5g

4 Sirloin Steaks  
160g Mushrooms, Chopped  
75g Onions, Chopped  
200g Double Cream  
500g Celeriac  
120g Baby Leaf & Rocket Salad  
50g Butter  
25g Olive Oil  
2 tsp Dijon Mustard  
A little Seasoning & Dried Herbs  
½ Knorr Stock Cube dissolved in 100ml of hot water  
Sunflower or Vegetable oil for frying the chips

Mix a good pinch of dried herbs into the olive oil and set aside.  
Brush the steaks with a little oil and season with black pepper.  
Cut the celeriac into chips.  
Make the sauce by melting the butter in a frying pan gently fry the onions until soft then add the mushrooms fry for 2 mins then add the stock and mustard. When ready to serve stir in the cream and heat to just boiling.  
Fry or grill the steaks to your liking and leave to rest for 10 mins before serving with the sauce on top.  
Fry the chips in deep oil until brown drain on kitchen paper and serve with the steak and the salad leaves tossed in the herb olive oil.  
Easy to increase the portions as needed.

# desserts



## Jelly Dream & Fruit Dessert

Makes 8 Carb / p  
5g

200g Mascapone  
284g Whipping Cream  
98g Blueberries  
228g Raspberries  
23g Hartleys Sugarfree Jelly Crystals  
560mls Hot Water

Dissolve the jelly in the hot water and leave to cool.

Mix the mascapone and cream until smooth.

Stir in the cooled jelly.

Pour into a pretty mould.

Leave in fridge until needed, it will keep for 3 days. Serve with the fruit.

Mo's note: Using other fruits can vary the carb content



## Berry Fruit Crumble

Makes 8 Carb / p  
10g

300g Cooking Apples, Peeled  
160g Blueberries  
300g Double Cream  
80g Butter  
26g Self Raising Flour  
160g Ground Almonds  
Some Liquid Sweetener  
15g Granuler Sweetener Natvia/Stevia

Slice the apple and mix with the blueberries and liquid sweetener.

Place in an ovenproof dish.

Cover and place in pre-heated oven 180°C/fan 160°C/gas 5 while you make the crumble.

Mix the almonds, flour and sweetener granules together then rub in the butter. Spread over the fruit then return to oven to cook for approximately 25 mins. Serve with the cream.



## Chocolate Cheesecake Mousse

Makes 8 Carb / p  
2.4g

350g Double Cream  
24g Cocoa Powder  
200g Philadelphia Cheese  
40g Lindt 90% Dark Supreme Chocolate  
1 or 2 tsp Liquid Sweetener  
½ - 1 tsp of Vanilla or Orange Extract

Dissolve the cocoa in 20ml boiling water (this helps reduce bitterness). Stir in the sweetener and extract.

Beat together the cheese and cream until light and fluffy, however do not make it too stiff.

Stir in the cocoa and half the grated chocolate.

Place in 8 individual dishes or one large dish. Sprinkle the remaining grated chocolate on top.

# how to donate

Send your Friends Family Food money to Matthew's friends:

## **JustGiving**

[justgiving.com/matthewsfriends/donate](https://justgiving.com/matthewsfriends/donate)

## **Cheque**

Please make cheques payable to:  
Matthew's Friends

## **Bank Transfer**

Account name: Matthews Friends

Sort code: 403540

Acc. No.: 91441108

## Contact

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