

MCT Diet

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.



Contents



Shortcakes



Flaxseed cheese scone



Chicken wrap

Pizza

Quiche

Shortcakes

Sultana cookies

Flaxseed cheese scone

Flaxseed muffin

Full English breakfast

Ginger parkin

Banana muffin

Cheese muffin

Chicken wrap

Toad in the hole

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!

Chopping board



Knife



Weighing Scales



Rolling pin



Whisk



Spatula

Mixing bowl and spoon



Silicone baking tray



Frying pan



Shaker & Plastic Tubs





Skill Rating



Novice

Expert

Recipe Serves: 1

Preparation time: 10 mins

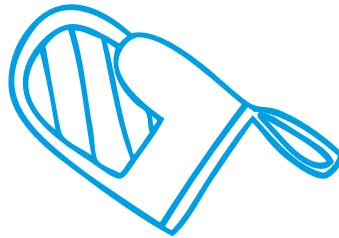
Cooking time: 20 mins



Pizza



Pizza



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

Ingredients:

18ml MCT Oil
13g self raising flour
11g Infinity Foods oatbran 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

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



Method:

1. Preheat oven to 180°C/fan 160°C/ gas mark 4
2. Mix together the flour, oatbran 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



Skill Rating



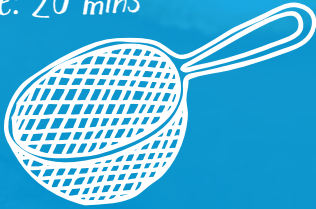
Novice

Expert

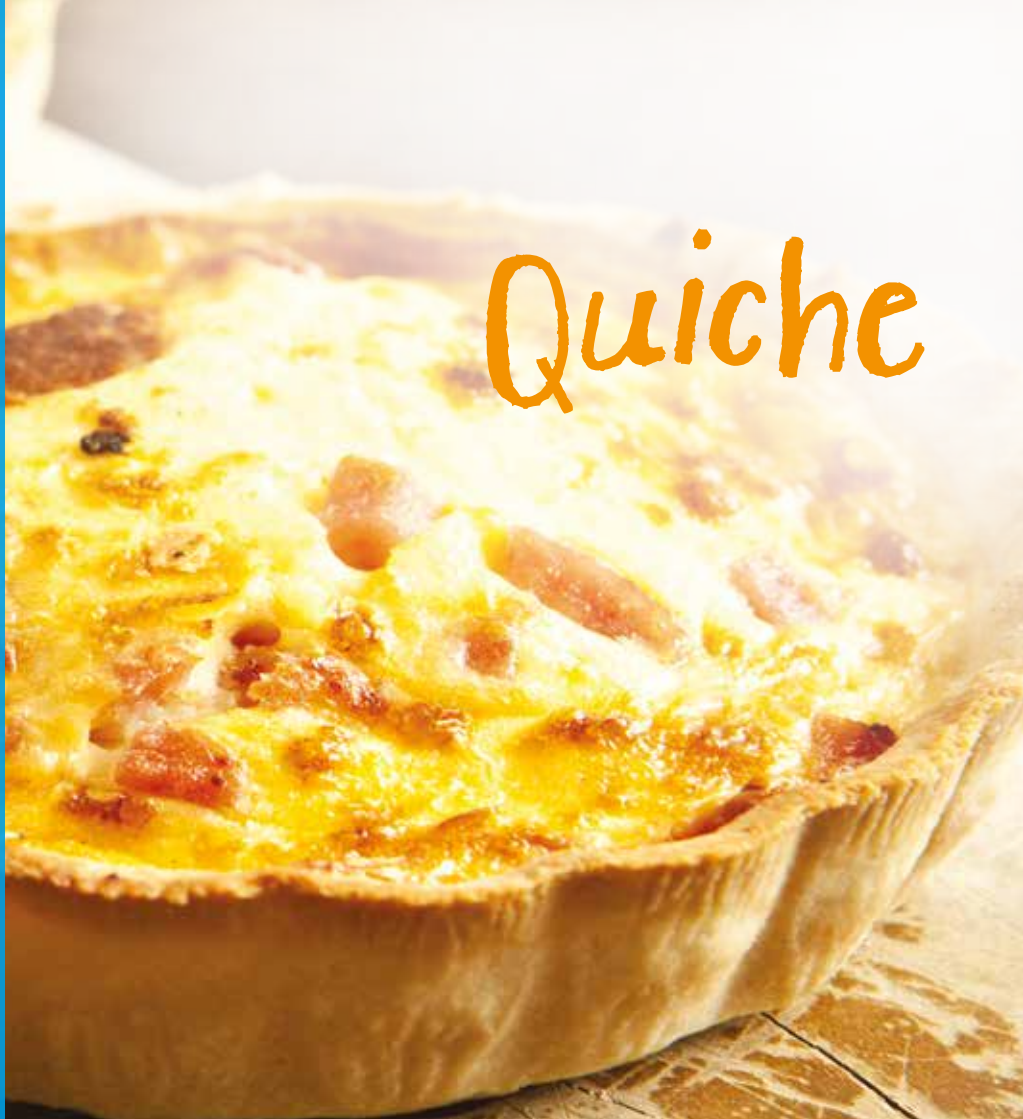
Recipe Serves: 1

Preparation time: 20 mins

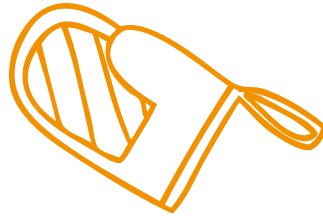
Cooking time: 20 mins



Quiche



Quiche



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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

Chef's tip:

Use a loose-bottomed tin for easy removal after cooling for 10 mins
Good item for packed lunch

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

Method:

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



Skill Rating



Novice

Expert

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 15 mins



Shortcakes

Shortcakes



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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



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



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



Skill Rating



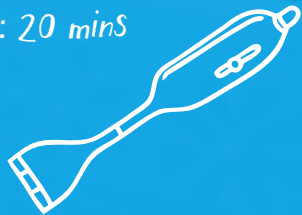
Novice

Expert

Recipe Serves: 1

Preparation time: 10 mins

Cooking time: 20 mins



Sultana Cookies



Sultana Cookies



45% MCT	Approx per serving	Exchanges
kcal value	175	
Protein	4.5g	
CHO	7.5g	
LCT fats	5g	
MCT	9g	

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

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

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



Skill Rating



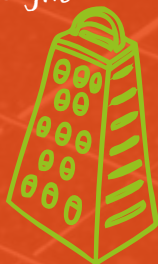
Novice

Expert

Recipe Serves: 4

Preparation time: Overnight

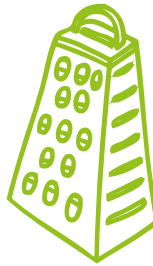
Cooking time: 12 mins



FlaxSeed Cheese Scone



FlaxSeed Cheese Scone



45% MCT	Approx per serving	Exchanges
kcal value	82	
Protein	2.3g	
CHO	3.8g	
LCT fats	2.4g	
MCT	4.5g	

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

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

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 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



Skill Rating



Novice

Expert

Recipe Serves: 1

Preparation time: Overnight

Cooking time: 10 mins



FlaxSeed Muffin



FlaxSeed Muffin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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



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

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



Skill Rating



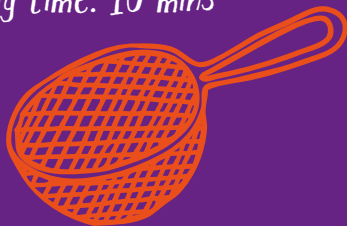
Novice

Expert

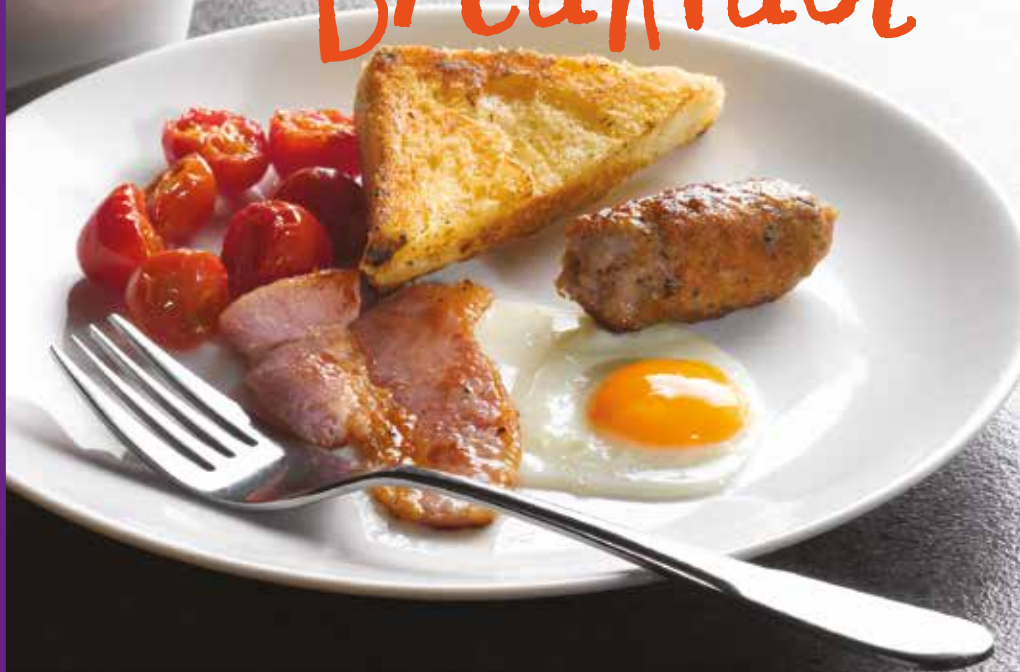
Recipe Serves: 1

Preparation time: 10 mins

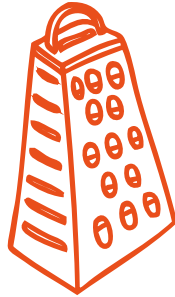
Cooking time: 10 mins



Full English Breakfast



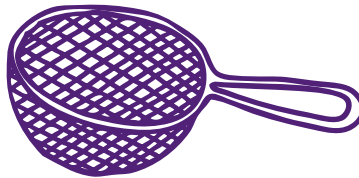
Full English Breakfast



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

Ingredients:

18ml MCT Oil
29g thick sliced white bread
18g The Black Farmer pork sausages
10g back bacon
18g quails' eggs
41g halved cherry tomatoes
3g butter
Seasoning



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

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



Skill Rating



Novice

Expert

Recipe Serves: 1

Preparation time: 10 mins

Cooking time: 20 mins



Ginger Parkin

Ginger Parkin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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



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



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



Skill Rating



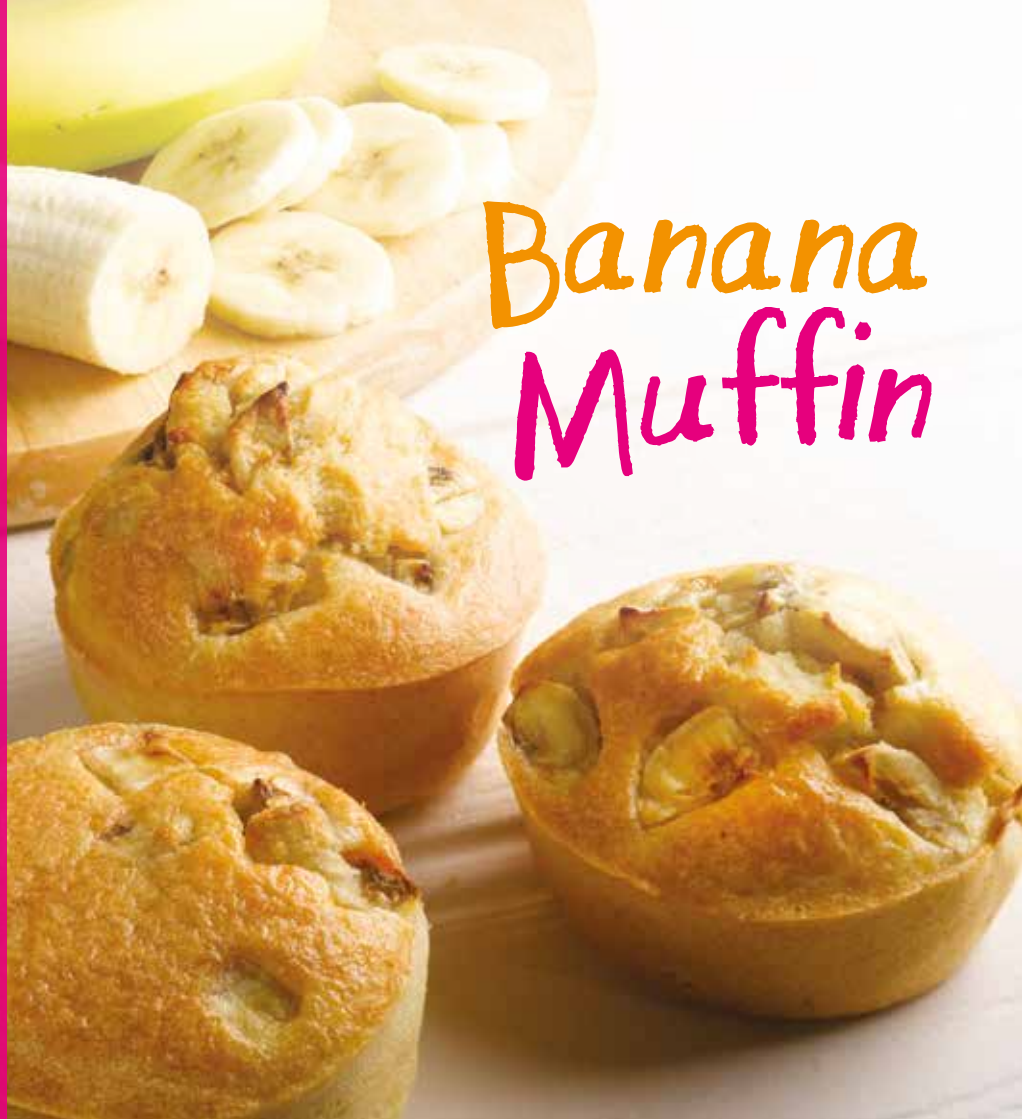
Novice

Expert

Recipe Serves: 1

Preparation time: 10 mins

Cooking time: 20 mins



Banana Muffin

Banana Muffin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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

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

Method:

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



Skill Rating



Novice

Expert

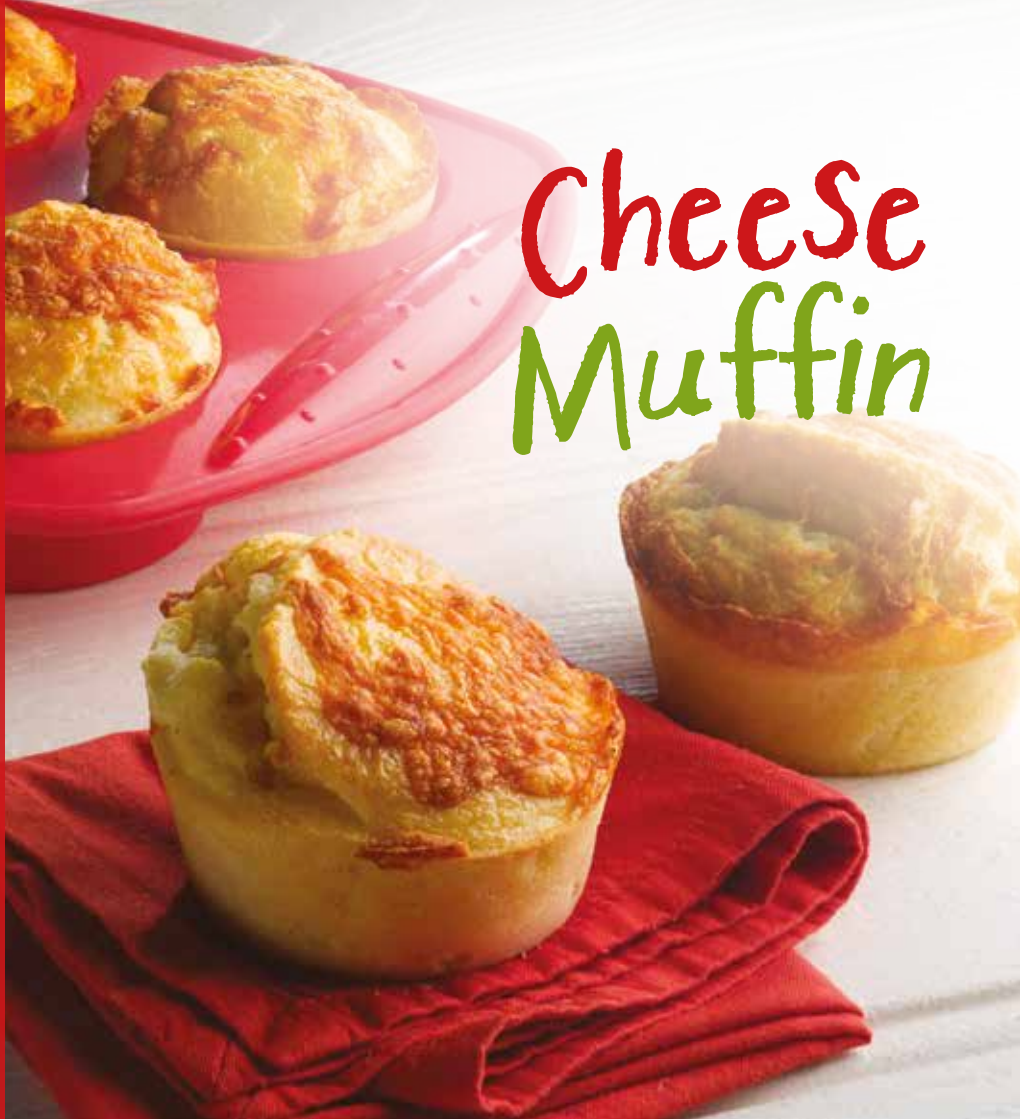
Recipe Serves: 1

Preparation time: 10 mins

Cooking time: 20 mins



Cheese Muffin



Cheese Muffin



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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

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

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



Skill Rating



Novice

Expert

Recipe Serves: 1

Preparation time: 15 mins

Cooking time: 10 mins



Chicken Wrap



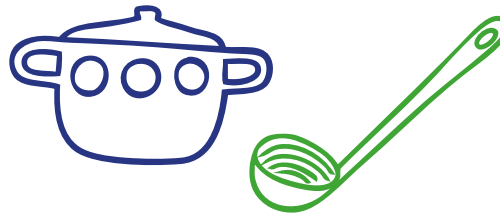
Chicken Wrap



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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



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

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



Skill Rating



Novice

Expert

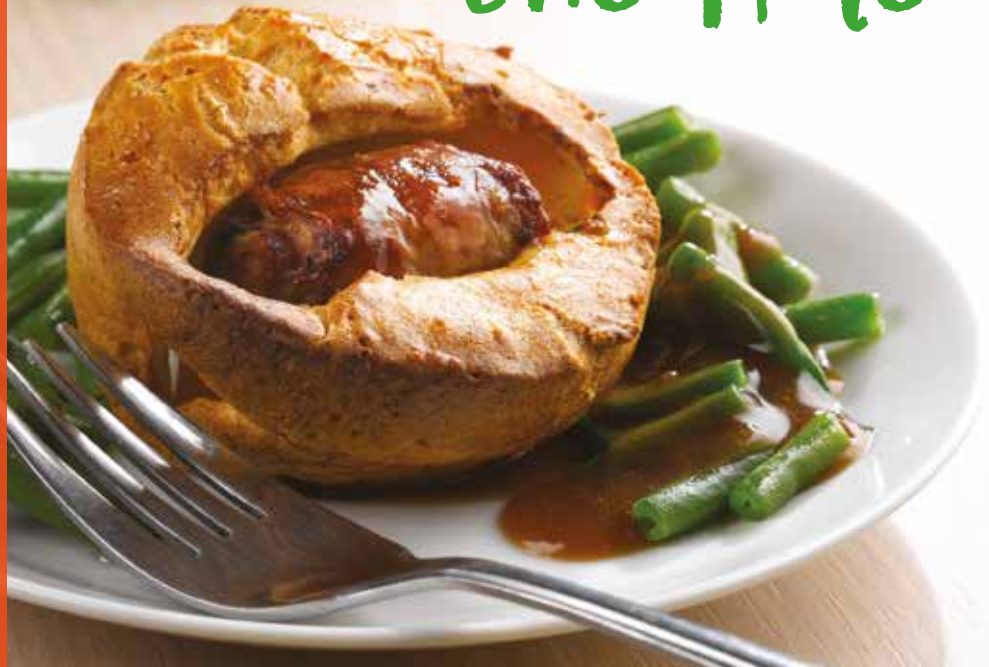
Recipe Serves: 1

Preparation time: 20 mins

Cooking time: 20 mins



Toad in the Hole



Toad in the Hole



45% MCT	Approx per serving	Exchanges
kcal value	325	
Protein	9g	
CHO	15g	
LCT fats	9.5g	
MCT	18g	

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



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

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