

# MICROWAVING & SLOW COOKERS

## THE PRACTICALITIES ON KDT



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## MICROWAVE MEALS

**For some people with epilepsy cooking with a conventional oven is not a safe option. The risk of injury for those with uncontrolled seizures is too high.**

Less risky methods of cooking like using a microwave, though not entirely risk free, may go some way to maintaining precious independence. It may also be the only available option for cooking/heating a meal during a hospital stay, where a prescribed diet like a medical ketogenic diet treatment (KDT) is not catered for.

There are many delicious ready meals available these days that only need heating up in a microwave. For those following a medical KDT for these meals are mostly unsuitable.



My experience of microwave cooking is heating up food and hearing Lee and Elaine talk of their microwave mug cakes on the forum. As it turns out Mo too is not one for microwave cooking, so we thought we would challenge her to come up with a few ideas!

We are keen to include a section on the MF website. Please do send in any keto microwave recipes you have found to work well. We can add them on for all to share!

A couple of websites below may also be helpful. The quick meal ideas are worth a look and may be open for adaption to individual prescriptions.

The BBC link, although not all keto, gives some great advice on the practicalities of cooking with a microwave, particularly regarding cooking times, dos and don'ts around cooking basic proteins like eggs, fish and chicken!

[CLICK HERE FOR: QUICK MICROWAVE KETO MEALS - LOW CARB SIMPLIFIED](#)

[CLICK HERE FOR: 30 MICROWAVE MEALS THAT ARE ACTUALLY HEALTHY - BBC FOOD](#)

I ordered this book, it is full of mug cake recipes, most of which are not as low in carbohydrate as you would want on medical KDT but ripe for adjusting!



[CLICK HERE TO ORDER](#)

One problem when microwaving food is the lack of colour once food is cooked.

**How to Brown Food in a Microwave Oven: 11 Steps (with Pictures).** As always, most things can be found on the internet!

[CLICK HERE FOR LINK](#)

Mo's comments on microwave cooking and use of a browning dish:

'I tried making the omelette using a browning dish, hoping to get a nice finish to it but it was not any different from a normal dish. The egg was heavy rather than fluffy, like one cooked in a frying pan. I have also tried cooking bacon. Yes, it looked brown and crispy, but it was very dry, tough, and not easy to eat. So, I am still not a fan of microwave cooking.

The pork chop I cooked in a sauce. It was OK ish but the pork was tougher than it should have been.

Puddings/cakes/muffins all cook quite nicely but care is needed to prevent them becoming too dry. So much depends on individual microwave ovens. Any cooking times/temps would need checking with the makers manual. Always best to start with a short burst then just keep adding 10 seconds till cooked.

I still feel that using the microwave for reheating meals is the best choice.'

There does seem to be a range of reasonably priced containers and relatively safe options at least for heating up meals in the microwave.



**CHECK OUT THE RECIPE SECTION FROM PAGE 11**

**FOR MO'S MICROWAVE RECIPES!**



The only microwave meals that I am aware of on prescription are the Ketocare sachets.

[CLICK HERE FOR CHICKEN FLAVOUR](#)

[CLICK HERE FOR BOLOGNESE FLAVOUR](#)

A selection of microwavable sachets are available to buy from Natural Ketosis. These products are aimed at people using KDT for weight loss, so will likely need added fat, like one of Mo's keto rolls with butter or extra cream once heated. They may be helpful to have available in the cupboard for emergencies, like hospital admissions or just days when you are all cooked out! The products vary considerably but all the nutritional information is available.

[VISIT THE ALL NATURAL & LOW CARB STORE - NLC KITCHEN. CODE FRIEND WILL GIVE 10% OFF ANY ORDER](#)

**EXAMPLE SOUPS 250G £3.45 PER SACHET**



**BLUE CHEESE & BROCCOLI SOUP**  
FAT 14.3G, PRO 9.3G,  
CHO 3.3G  
(Per 250G sachet)

**CHICKEN & VEGETABLE SOUP**  
FAT 6.3G, PRO 13.8G,  
CHO 4G  
(Per 250G sachet)

[CLICK HERE FOR LOW CARB LUNCH & AFTERNOON SNACKS](#)



## SLOW COOKERS

**Looking at slow cooker keto books recently I was amazed to find a recipe containing a cup of mango and a tablespoon of brown sugar amongst other ingredients. The recipe was for 2 servings, each containing 4g CHO. Not quite sure how they worked that out! So be careful!**

I decided to go for a book by an author I had heard of, Martina Slajerova.

The recipes can be easily adapted, the author acknowledges that adaption is needed to suit medical ketogenic diets as the weighing of CHO is not exact. For some the relaxed approach may be enough to maintain stability.



[CLICK HERE TO ORDER](#)

This is an American book, so some products are unfamiliar. (I now know that rutabaga is just common old swede!) Simply look for the 'Net carb' numbers when checking the suitability of recipes for your prescription as this equates to our 'Total carbohydrate' numbers on UK recipes/labels.

**UK/Europe/Australia - Fibre**

Always use figure for total carbohydrate. Fibre has already been taken off

**USA - fibre**

Fibre is included in the total CHO. Fibre is not absorbed & therefore will need to be subtracted from the total CHO amount.

The book contains excellent guidance on the basics of using a slow cooker, I would definitely recommend it if you are considering trying a slow cooker on keto!

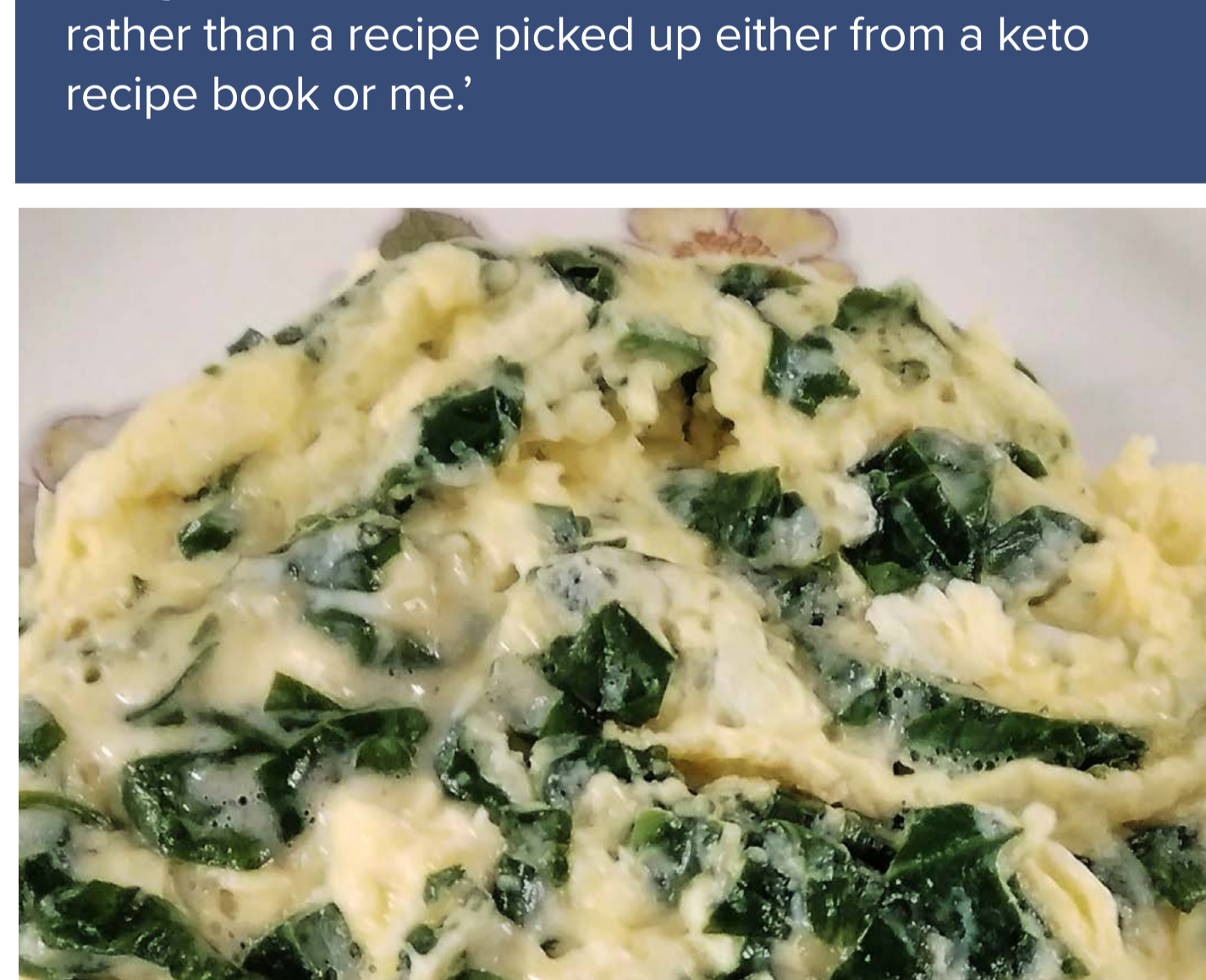
Try a slow cooker to batch up soups, sauces & all in one meals. (like chilli/bolognese where mince meat is cooked with very finely chopped/grated vegetables).

Trying to batch meals in a slow cooker where exact amounts of CHO are required per meal, tricky! I found pot divider baskets online with the idea of using one basket per meal to hold any protein or carbohydrate, with the liquid element containing the fat divided at the end between the meals.

It seems though that nothing should touch the bottom or sides of the crock pot. The slow cooker book advised making doughnuts out of tin foil to place the baskets on. This and the fact that I couldn't fit many baskets in the slow cooker made me feel that it may be a lot of fiddling about, and perhaps slow cookers are best placed for the all in one batching?!

Mo's comments:

'Like microwaves, slow cookers are not all the same. Mine is very different from most others I have seen, so again the user's manual will have to be used rather than a recipe picked up either from a keto recipe book or me.'



## SOUP MAKERS

**Another option especially when meals are small is a soup maker. They are quick & chop all the ingredients. I was worried about losing a lot of the mix on the blades etc, but once the soup has been removed, just add a little boiling water to the soup maker and then add the water to your soup mix.**

These meals are great to hide vegetables & can be frozen and used as needed. Particularly handy during illness as even if only a little is eaten it will contain the right proportion of fat, protein and CHO for you or your loved one.

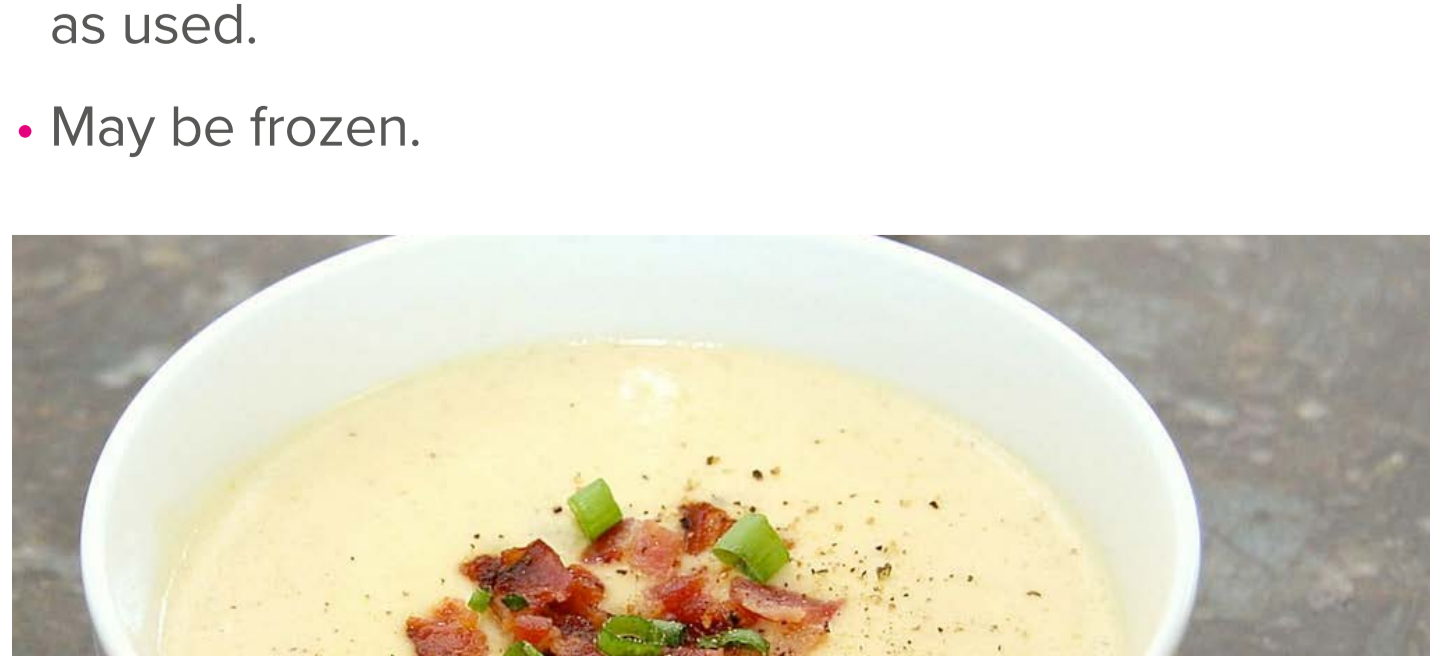
**EXAMPLE - SIMPLE SOUP (ELECTRONIC KETOGENIC MANAGER E.K.M.)**

Little Mitty Soup Fat 32g Protein 4g CHO 4g = 1 portion	= 1 portion	= 4 portions
Streaky bacon	17g	68g
Oil	12g	48g
Carrot	15g	60g
Leeks	10g	40g
Mushrooms	20g	80g
Red pepper	5g	20g
Swede	30g	120g
Double cream	33g	122g

• Fry or microwave bacon, add all ingredients, plus dried herbs of choice, except the cream to the soup maker, add some chicken stock, cover with water, run program.

• Divide into 4 portions, add cream to individual portions as used.

• May be frozen.



## ABOUT KETO RECIPE BOOKS

There are many recipe books around, professing to be 'Keto' that contain low carbohydrate meals. They are great to give ideas for meals, but most are simply aimed at weight loss, where body fat is burned, creating ketones.

Although lowering carbohydrate is key to making ketones, medical KDT requires a consistent intake of fat (and protein) at meals to meet individual needs for symptom management, activity levels, well being and weight/growth goals.

If you have any concerns about new recipes you find, do have a chat with your dietitian to ensure that they suit your needs. Again, if anybody has any books or tips, they have found useful, please do share!

