



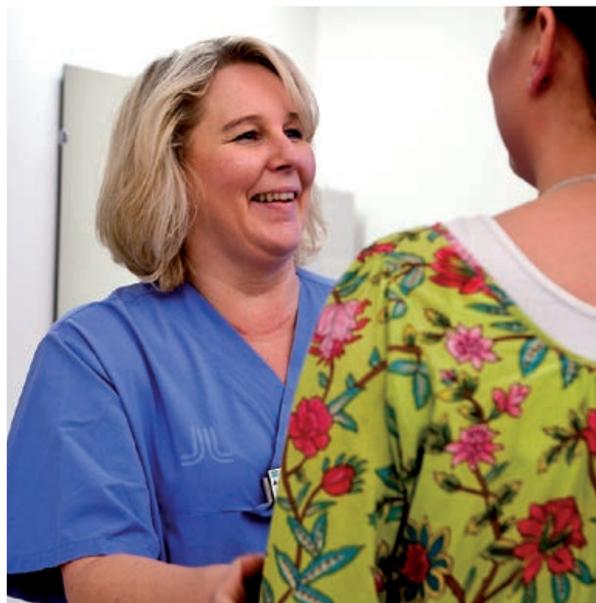
For  
people  
with  
other  
exits

AMONG OTHER THINGS A COOKBOOK...

# Danderyds sjukhus

THE UNIVERSITY HOSPITAL OF NORTHERN STOCKHOLM

[www.ds.se](http://www.ds.se)



DANDERYDS SJUKHUS

# Preface

This is not a scientific cookbook, it's a book for people who have just had stoma surgery and have a lot of questions about how life will unfold.

We who work with stoma patients get the question "What can I eat now?" every day. With this cookbook we want to provide you with suggestions for different dishes. So we asked a number of chefs and food-creators to come up with ideas for foods that are suitable for different occasions. As you will see, this food isn't very different from ordinary food, which you will see. Actually you can easily experiment yourself, with small amounts at the time.

## **Things to bear in mind right after the operation**

In many recipes there are onions and other foods rich in fibres that can cause problems, especially right after the stoma operation. This is the case whether the onions are for raw, cooked, boiled, or fried onions alike. Ingredients that cause gas are rutabaga, peas, beans, and bread rich in fibres, especially with whole grain meal.

Certain foods, like pasta, rice, and bananas, produce more solid ostomy output, whereas foods like plums, pears, sugar, cordial, and sometimes wine, can make the

output looser. Depending on your situation you can exchange ingredients in the recipes or simply exclude them.

This book also includes suggestions for people who work with stomapatient, with instructions and ingredients you for making simple and tasty dishes in a hospital kitchen, with limited resources.

The models in this book have or have had a stoma. They are participating through a patient organization called ILCO. They do it with a twinkle in their eye, and they do it for you! If you look closely you will see that they have their stoma bags on, though they may be a bit adorned.

In Sweden alone there are some 20 000 people with a stoma and each year there are 1 800 more. There are a number of reasons for this, and for many the stoma may have been lifesaving. It may be hard to believe, but you will have an ordinary life again.

We hope that this cookbook will help you along the way and that it will offer wonderful experiences with food and many happy smiles in the future.

Live, eat, and enjoy!

*Maria Gylfe*

HEAD NURSE  
DANDERYD HOSPITAL SURGERY & UROLOGY WARD

MY SUGGESTION:

# A girdle

keeps the **O**stoma *in place...*

LEILA SÖDERHOLM

**Lives:** Lidingö, Sweden

**Interests:** Exercise and healthy living

**Strength:** My passion is my strength

**Passion:** To inspire people

**Sign of the zodiac:** Scorpio

**Height:** 166 centimetres/ 5'4"

**My dream:** To have fun and enjoy life in spite of my bumpy road

**Profession:** Trainer, diet advisor, coach, blogger, and lecturer

**Favourite animal:** Horses

**Favourite colour:** Turquoise

**My suggestions:** Don't let your stoma become an impediment. Do things that you enjoy and do get out of your comfort zone. Do various plank and

standing exercises to strengthen your abdomen. A strong abdomen reduces the risk of hernias and the stoma stays in place much better. Keep your body active; the benefits to your health are enormous! You'll feel better mentally, be happier in general, and your bowels will be calmer.

Get a binder or girdle that keeps the bag in place. Besides keeping the bag concealed, you can pull it up and keep your top or dress in place when you empty the bag.

Ask for a bigger bag for the night so your sleep will not be disturbed by fear of the bag breaking.





**Leila Söderholm, a woman with many irons in the fire.**

*Dietician focused on people who exercise. Lives in Lidingö, Sweden with husband Anders and their children Moa (9), Max (8), and Lucas (4).*

*Works with coaching companies for better health and is part of a large team seeking to increase the quality of life for people.*

*Leila has been a training expert on TV. She blogs and writes articles for magazines.*

*All recipes are for 4 servings*

### **Batter pudding with cottage cheese and strawberries**

3 dl (1 ¼ cup) wheat flour or, 2 dl (¾ cup) wheat flour + 1 dl (½ cup) whole wheat flour  
8 dl (3 ¼ cup) milk  
4 eggs  
½ tbsp. salt  
50 g (2 oz.) butter

Mix half of the milk with flour and eggs. Beat until the batter is smooth, and then add the rest of the milk and salt. Brown butter in a roasting pan in the oven. Pour the batter in and bake for 20 minutes at 225°C (435°F). Serve with cottage cheese and strawberries. Add more eggs if you exercise very hard.

You can change milk and butter to lactose free alternatives. And also the flour to gluten free alternatives.

### **Ordinary pancakes with almond flour**

4 eggs  
3 dl (1 ¼ cup) almond flour  
1½ dl (½ cup) milk  
1/10 tsp. salt

1tsp baking powder  
30 g (1 ¼ oz.) butter  
Cottage cheese  
Berries

Beat milk, eggs, almond flour, sat, and baking powder in a bowl. (Almond flour contains a lot of wholesome fatty acids and fibred, a good alternative to wheat flour.) Let 25 g (1 oz.) butter melt in a frying pan. Pour the butter over the batter while beating. Heat up the frying pan, put in a tsp. butter and pour approx. ½ dl (1/8 cup) of the batter and fry for approx. 2-4 min on each side. Serve with cottage cheese and berries.

You can change cottage cheese, butter, and mild to lactose free alternatives.

### **Mincemeat sauce with lots of vegetables**

500 g (1 lb. 2 oz.) minced meat  
500 g (20 oz.) strained tomatoes (passata)  
2 red bell peppers  
2 carrots  
1 small bag of spinach  
½ leek

3 Tbsp. tomato-paste  
Salt and pepper  
1 tsp. sambal oelek  
1 bay leaf  
1 beef bullion cube  
1/8 cup water (if needed)

Fill a mixer with bell peppers, carrots, leek and spinach. Add strained tomatoes, perhaps some sambal oelek and tomato paste. Mix until smooth, add some water if needed. Fry the minced meat in a cast iron pot. When you use a cast iron pot a small amount of healthy iron is released. Tomatoes increase the release of iron, so pour in tomatoes. Add the vegetables to the minced meat with bay leaf and the bullion. Let it simmer for 30 min. Add salt and pepper to taste. Serve with pasta or rice. Exclude sambal oelek if you have a sensitive stomach.

### **Green drink 1 portion**

1 banana  
2 dl (¾ cup) mango, frozen  
1 orange cut into pieces  
2 Tbsp. sesame seeds  
2 Tbsp. wolfberries



1 tsp. barley grass  
 1 tsp. nettle powder  
 100-150 g (4-6 oz.) spinach  
 2½ dl (1 cup) sweet cider or fresh  
 squeezed juice.

Mix it all in a mixer. Drink and  
 enjoy!

**Chicken filet with sweet  
 potatoes and feta cheese**

4 chicken filets  
 ½ dl (1/8 cup) butter & canola oil

1 ½ Tbsp. Japanese soy sauce  
 1 ½ Tbsp. honey  
 1 lemon  
 1 tsp. lemon pepper  
 1 clove garlic  
 4 sweet potatoes  
 2 carrots  
 1 dl (1/2 cup) butter & canola oil  
 Feta cheese

Preheat the oven to 225°C  
 (435°F). Rinse and slice the po-  
 tatoes. Peel the carrots and cut  
 them into thin sticks. Put every-

thing on a baking tray and drizzle  
 butter & canola oil over, add salt  
 and pepper. Bake in the oven for  
 45 minutes. Sprinkle feta cheese  
 over when the potatoes are ready.  
 Prepare the chicken and divide  
 the filets lengthwise. Heat butter  
 & canola oil in a frying pan and  
 add the chicken. Grate the lemon  
 peel and pour lemon juice over  
 the filets. Drizzle with honey,  
 Japanese soy sauce, crushed gar-  
 lic and season with lemon pepper.  
 Fry until done. When you turn

*Choose  
 methods  
 of prepa-  
 ration that  
 makes the  
 food easy to  
 chew and  
 eat!*

the chicken season the other side the same way.

### Cod with tomatoes and rice

400 g (16 oz.) thawed filets of cod  
1 lemon  
Salt and pepper  
1 can crushed tomatoes  
1 bag spinach  
2 tsp. olive oil for greasing  
½ leek sliced  
Basil

Place the fish in a greased oven-proof dish, squeeze lemon over it; add salt and pepper. Pour over crushed tomatoes and leek. Bake in the oven at 200°C (392°F) for approx. 15 minutes.

Garnish with basil, and serve with boiled potatoes and a salad on spinach leaves.

### Quick lentil soup

4 bullion cubes  
½ tube tomato pure  
2-3 lemons  
2 carrots  
2 potatoes  
½ onion or leek  
1 l (4 cups) water  
3 dl (1¼ cup) red lentils  
Salt and pepper  
Greek yoghurt

Chop carrots and potatoes. Mix water, bullion, and tomato pure in a pot. Add carrots and potatoes, let simmer for approx. 10 minutes until the vegetables are soft. Pour in the lentils and lemon juice. Reduce the amount of lemon juice if it gets too acidulous. Let simmer for 10 more minutes. The soup can be mixed to make it smooth.

Serve with fresh bread and Greek yoghurt.

Change the yoghurt for a lactose free alternative if you want to.

### Oven baked salmon with rice

4 salmon filets  
1 lime  
Black pepper  
2 dl (¾ cup) crème fraiche  
1 pot chives  
Sea salt  
1 Tbsp. olive oil

Place the salmon filets in an ovenproof dish. Wash the lime, grate the peel and spread over the salmon with lime juice. Season with salt and pepper and bake in the oven at 200°C (390°F) for approx. 15 minutes. In the meantime mix crème fraiche, chives, olive oil, and black pepper to make a sauce. Place the salmon and sauce on plates, serve with rice and a salad.

### Stuffed squash

3 squash  
minced meat sauce leftovers  
½ cup cheese  
1 tsp. olive oil

Wash the squash and cut it lengthwise. Use a spoon to remove the seeds. Grease an ovenproof dish put the squash in and fill it with minced meat sauce. Gratinat in the oven at 200°C (390°F) for 30 minutes. With 10 minutes left sprinkle with cheese.

Exchange the cheese for a lactose free alternative if you want.

### Cottage cheese with nuts and berries 1 portion

½ - 1 package of Cottage cheese (250 g - 10 oz.)  
1 - 1 ½ dl (½ cup) walnuts and

hazelnuts finely chopped  
1 Tbsp. wolfberries  
1 Tbsp. cranberries  
1 Tbsp. raisins  
Banana/orange segments cut to pieces

Mix in a bowl and enjoy with Cottage cheese. You can always exchange the Cottage cheese for a lactose free alternative.

### The best morning porridge 1 portion

1 dl (½ cup) oatmeal  
2 dl (¾ cup) milk  
1 scoop protein powder, vanilla  
1 Tbsp. crushed linseeds  
1 Tbsp. sunflower seeds  
Cinnamon to taste  
1-3 dl (½-1 cup) blue-/straw-/raspberries

Mix milk, protein powder and cinnamon. Pour in the rest of the ingredients. Pour on berries, preferably a lot and place in the fridge over night. When you wake up in the morning it's ready. Add some more milk before serving.

You can always change the milk for a lactose free alternative.

### Blueberry quark 1 portion

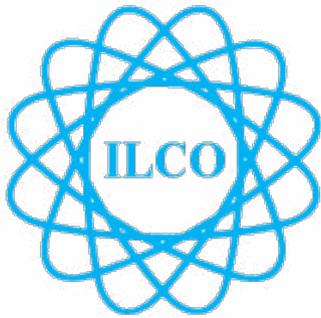
1 package quark (250g - 10 oz.)  
1 dl (½ cup) blueberries  
2 tsp. honey

Blend in a mixer until properly mixed or mix it by hand. Make a larger portion and save it in the fridge. You can always exchange the quark for a lactose free alternative.

### Cheese sticks with pear 1 portion

Cheese 10% fat divided into sticks  
1 pear

*Fibrous vegetables like asparagus, mushrooms, pineapple, and broccoli can cause indigestion or bowel congestion!*



# ILCO



## Sweden Ostomy Association

**ILCO** is an organisation for people with disturbance at the intestines or/and bladder caused by illness or injury regardless of whether you have had an ostomy operation or not.

Approximately fifty per cent of our members have suffered from intestine or bladder cancer.

Intestine inflammation, congenital injuries at the intestines or bladder and incontinence are also common problems among our members.

Relatives and other interested people are also welcomed as members of **ILCO**.

There are associations in all of the twenty-one counties around Sweden and also local associations in some of these. The main part of our activities takes part in these associations.

**ILCO** works towards remaining and improving the system and also that new and innovative products are provided the system to assure high quality of life to our groups.

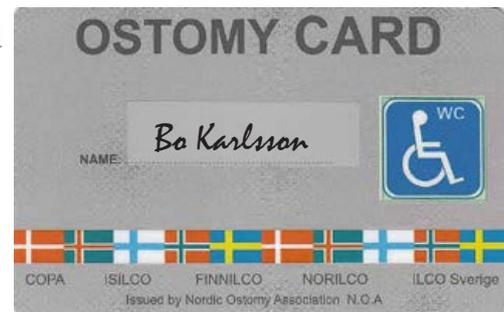
**ILCO** also works to provide our members and others affected with the social rights and benefits the law entitles them

An important task for our organisation is to convey knowledge and information and also create opportunities to exchange experiences both to our members and the society

**ILCO**s Nordic cooperation has amongst other things resulted in the production of the adjoined **OSTOMY CARD** to make it easier for our travelling members

The card with text in English declares the need of access to toilet. Some travel companies allows a bit of extra weight when the card is shown.

*The card is received as a benefit to all members of **ILCO**.*



*For more information please visit our website [www.ilco.nu](http://www.ilco.nu)*

## ILCO

Box 1386 172 27 Sundbyberg SWEDEN

Phone: +46 8 546 40 520 Email: [info@ilco.nu](mailto:info@ilco.nu)



*To care - and be there- when you need us!*

MY SUGGESTION:

Win  
by finishing a meal *last...*

MARLENE GUSTAWSON

**Lives:** Stockholm

**Interests:** Golf, healthy cooking, blogging, nature, and travelling

**Strength:** Stubborn and thinks well of everybody

**Passion:** Life is a passion! My wonderful grandchildren, golf, my labrador retriever

**Sign of the zodiac:** Pisces

**Height:** 173 cm/5'6"

**Talent:** I know a lot of old hits I'm happy to sing them.

**Dream:** To finish my third book; to give our farmhouse in Dalarna a facelift and a herb garden

**Idol:** Swedish pop singer Kikki Danielson

**Profession:** Herbal and nutritional therapist; dietician

**Favourite animal:** My labrador retriever

**Favourite colour:** Pink

**My suggestions:** Make your diet personal and don't just follow "trendy" diets. Peel fruit, and also cucumbers. Eat more berries than fruit. Drink herbal tea that prevents gas.

I compete with people around the table at finishing last. Nobody knows that they are in my competition, but to me it's a way to take it a bit calmer!

And exercise of course. For me circle training and long walks in the morning works well.





**Marlene Gustawson is a lady who is into health and food and runs a small health-oasis she calls Optimal Health.**

*She is a diet advisor, lecturer, food lover, and phyto, herbal, and nutrition therapist.*

*Marlene has published two books on food and healthy living in Sweden, one of them with Swedish author Lotten Odh.*

*“I have always enjoyed life, but now I want do it even more. I want everyday to be filled with little adventures, lust for life, and healthy food.”*

*All recipes are for 4 servings*

### **Sweet potatoes with chilli and ginger**

4 sweet potatoes  
Ginger 1 inch  
1 tsp. lime  
2 Tbsp. olive oil or coconut oil  
Salt and freshly ground black pepper

Peel and slice the potatoes and the ginger in thin slices. Heat the oil and fry up the ginger in a frying pan. Don't let the ginger get any colour. Add the sweet potatoes and fry together for 15 minutes at low temperature. Stir occasionally. Add salt and pepper to taste.

Serve with a carrot or beetroot burger.

### **Zucchini pasta**

2 zucchini  
Black pepper freshly ground  
Parmesan cheese  
Lemon  
1½ dl (½ cup) olive oil  
1½ Tbsp. pine nuts  
100 g (4 oz.) Parmesan cheese  
2 pots basil

1 clove garlic  
Salt and pepper

Blend all the ingredients for the pesto in a mixer. Be careful not to add too much salt, Parmesan cheese is quite salty. Divide the zucchini on the middle and remove the seeds with a spoon. Use a spiralizer or a potato peeler to make long stripes of the zucchini. Bring salted water to the boil and simmer the zucchini stripes for maximum 1 minute. (the zucchini should only be in boiling water for max 1 minute to keep it's "al dente" texture.) Drain in a colander.

Serve with pesto, drizzle some olive and press some lemon over the dish. Use different sauces for variation.

### **Beetroot burgers with chèvre cream**

6–10 beetroots, boiled and grated finely  
5 potatoes, boiled and finely chopped  
1 egg  
Salt  
*Chèvre cream:*  
1 Tbsp. coconut oil

200 g (4 oz.) chèvre cheese  
2 Tbsp. crème fraîche  
Black pepper, freshly ground

Quickly mix beetroots, potatoes, egg, salt and pepper. Shape into burgers and fry in oil a couple of minutes on each side. Mix cheese, crème fraîche, and pepper to a smooth paste.

Serve the burgers and the cream with a fresh green salad.

You can always substitute the crème fraîche for a lactose free alternative.

### **Tofu burgers with a scent of mustard**

1 package firm tofu  
1 pot chives  
1 Tbsp. dijon mustard  
1 Tbsp. grated ginger  
1 Tbsp. turmeric  
1 Tbsp. water  
Salt and freshly ground black pepper

Preheat the oven to 200°C (390°F). Blend all the ingredients in a mixer. Add some water to get a solid paste. Shape the burgers and put them on a baking tray

*Have several small meals instead of few and large!*

lined with greaseproof paper. Bake the burgers in the oven for approx. 25 minutes, or until they have a fine colour. Serve with roasted vegetables and a salad.

### Avocado and spinach soup

1 bag fresh baby spinach  
3 avocados  
1 ½ litre (6 cups) organic bullion.  
1 clove garlic  
2 shallots peeled and chopped  
1 tsp. lime or lemon juice  
1 Tbsp. coconut oil for frying

2 Tbsp. fresh basil chopped  
1 piece feta cheese  
1 Tbsp. olive oil  
Salt and black pepper

Mix feta cheese and olive oil to a paste. Fry up onions and spinach in coconut oil stirring. Add the bullion and let it boil for a minute. Take the saucepan from the heat. Cut the avocado and scoop out the flesh and add it to the rest of the ingredients. Mix the soup. Add lime or lemon juice, and salt and pepper to taste. Pour the

soup into soup bowls and decorate with basil and lemon. Serve the feta paste with the soup. Do note that there is lactose in feta cheese.

### Carrot soup

1 potato, peeled and sliced  
2 carrots, grated  
10 cm (4 inches) leek  
1 Tbsp. fresh ginger, chopped  
1 Tbsp. crème fraiche  
1 tsp. organic vegetable bullion  
Water



*What does and doesn't disagree with your stomach is individual.*

Cumin  
Salt and pepper  
3 Tbsp. chives chopped  
1 dl (½ cup) cottage cheese/person

Put all the ingredients, except for crème fraîche, chives, and cottage cheese, in a saucepan. Pour in water to cover the vegetables. Boil for approx. 15 minutes. Add spices to taste. Add crème fraîche and serve in soup bowls. Finish off with chives and cottage cheese.

You can always substitute crème fraîche and cottage cheese for lactose free alternatives.

### Halloumi lasagna

2 aubergines  
1 package Halloumi cheese  
*Tomato sauce:*  
2 packages crushed tomatoes  
2 cloves garlic  
1 onion  
1 Tbsp. olive oil  
1/5 tsp. oregano  
Juice from 1 lemon  
1 piece of Parmesan cheese

Preheat the oven to 225°C (435°F). Peel and chop the onion and garlic. Fry up with a little oil for about a minute in a saucepan, but don't let them get any colour. Add tomatoes, lemon juice and spices. Let the sauce simmer for approx. 20 minutes. Slice the aubergine lengthwise, in ½ inch slices. Let them boil in water with a little salt a couple of minutes, dry on a kitchen towel. Grease an oven-proof dish. Put the slices of aubergine in the dish, put in layers of sliced halloumi cheese. Pour the tomato sauce over. Grate some parmesan cheese over the lasagna before you put it in the oven; gratinate for approx. 20 minutes. Be careful so you don't burn it.

Serve with a wonderful green salad. Halloumi contains a small amount of lactose, 1–3 g per 100g.

### Carrot burgers with a scent of coriander

3 carrots  
1 onion  
2 handfuls of baby spinach  
2 Tbsp. apple-cider vinegar  
4 potatoes, raw  
2 cloves garlic, pressed  
2 Tbsp. fresh ginger, grated  
1 egg  
1 tsp. cumin  
1 pot coriander  
2 Tbsp. sesame seeds  
A little water  
Salt and pepper  
Sesame seeds.

Preheat the oven to 225°C (435°F). Peel and grate the potatoes coarsely, peel and chop the onion. Gently fry potatoes, garlic, and onion in some oil without letting them get any colour. Add some water and the vinegar and let it simmer until the potatoes are soft. Let cool. Mix potatoes and onions with a hand blender. Grate the carrots and chop spinach and coriander coarsely. Mix carrots, spinach, potatoes, eggs, and spices.

Make burgers and place on a greased baking tray. Bake in the oven for approx. 20 minutes; turn them after half the time. Sprinkle some sesame seed over. Serve rice and salad.

### Oriental pilaff

8 dl (¾ cups) boiled wild rice, warm  
3 tomatoes cut into cubes  
10 cm (4 inches) leek, thinly sliced  
1 dl (½ cup) coriander or mint, coarsely chopped.  
1 dl (½ cup) sundried tomatoes, soaked for at least one hour

2 cloves of garlic sliced  
1 tsp. cumin  
1 Tbsp. fresh ginger grated  
2 Tbsp. lemon juice  
3 Tbsp. olive oil  
1 tsp. sea salt  
2 Tbsp. sultana raisins  
Yoghurt

Place the boiled rice in a large bowl and mix in the leek, tomato, and coriander. Blend sundried tomatoes, garlic, spices, olive oil, salt and lemon. Mix with the rice mix. Serve right away and garnish with coriander. Serve with yoghurt, flavoured with mint or other spices to your taste. You can always exchange the yoghurt for a lactose free alternative.

### Goat's milk-cheese baked sweet potatoes

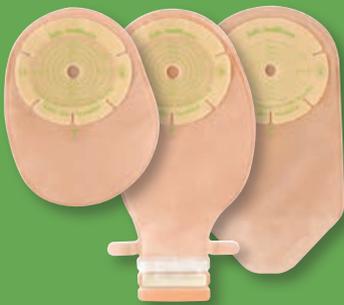
4 mid-sized sweet potatoes  
200 g (8 oz.) goat's cheese  
Salt and black pepper  
1 pot fresh thyme  
2 Tbsp. liquid honey  
½ dl (¼ cup) olive oil  
½ lemon

Preheat the oven to 200°C (390°F). Peel the sweet potatoes and cut them into cubes. Put the potatoes on a baking tray lined with baking paper, drizzle with olive oil and pour over lemon juice. Stir the potatoes with your hands, add salt and pepper. Bake the potatoes in the oven for approx. 25 minutes. Take out the potatoes when they are soft and put slices of goats cheese on. Drizzle a little honey over and sprinkle over a lot of chopped thyme. Return the potatoes to the oven and raise the temperature to 250°C (480°F). Bake for 5 minutes. Keep an eye on the cheese so it doesn't burn.

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# SALTS

HEALTHCARE



MY SUGGESTION:

# Snorkel

*in a tube-top....*

DAVID LARSSON

**Lives:** Gislaved, Sweden

**Interests:** Travel, game theory, photography, snowboarding, and mentalism

**Strength:** Calm, never stresses

**Passion:** Film

**Sign of the zodiac:** Virgo

**Height:** 179 centimetres/ 5'8"

**Dream:** Climb Mount Everest; go to the moon

**Phobias:** No, but I'm a bit afraid of some kinds of feminists

**Idol:** Entrepreneur Richard Branson

**Profession:** Everything I can and am allowed to do for ILCO in order to help young people in the same predicament. Officially unemployed.

**my suggestion:** When I was in Egypt my friends wanted to snorkel. I bought a tube-top (the kind girls use when they exercise) for a ridiculously small sum. I put it on and snorkelled for an hour and a half. It kept the stoma bag and the plate in place perfectly. Didn't even have to change after snorkelling!



**Sanna Änggård, mother of three and chef with a lot of things going on. Her speciality is making a lot out of nothing.**

*As a teenager I ended up in the restaurant business doing extra work evenings and weekends. After school it became serious and since then I have cooked food. It has been my profession all my life.*

*Food is important to me and it must taste good. My advice is and has always been that it mustn't be complicated and hard. Set your ambitions to make good food and then spice it up with extra love! A spice you can't give or receive too much of.*

*All receipts are for 4 servings*

### **Cod in a package with bacon and chèvre**

600 g (24 oz.) fillet of cod  
 1 package of bacon cut into cubes  
 6 potatoes, medium size  
 3 beetroots, boiled  
 150 g (6 oz.) sugar peas  
 1 sprig rosemary  
 Salt and pepper  
 Wax paper  
*Sauce:*  
 150 g (6 oz.) chèvre  
 3 dl (1¼ cup) cream  
 Salt and pepper

Preheat the oven to 200°C (390°F). Peel and cut the potatoes into wedges. Blanch the potatoes for approx. 10 minutes until they're quite soft. Cut the boiled beetroots into wedges and cut the sugar peas into strips. Fry the bacon crisp. Drain on a kitchen towel.

Lay out four pieces of wax paper and divide the potatoes and vegetables between the papers to get large enough portions. Divide the fish on top and add salt and pepper. Finish each portion with

some bacon. Close the package by folding it to a half-moon, like Russian pastry. Put the packages on a baking tray in the oven for approx. 15 min. Bring the cream to the boil and then melt the chèvre in the cream. Add salt and pepper to taste.

Take the fish from the oven and place each package on a plate. Open the packages carefully and pour in the wonderful chèvre cream. Cut some fresh rosemary over.

You can always exchange the cream for a lactose free alternative.

### **Potato and leek soup**

8 potatoes, mealy sort  
 2 dl (¾ cup) water  
 2 cubes of bullion (chicken or vegetable)  
 5 dl (2 cups) cooking cream

Peel the potatoes and cut into smaller pieces. Shred and rinse the leek. Put everything in a big saucepan. Add water, bullion, and cream. Let it simmer for 25 minutes or until the potatoes are soft. Mix with a hand blender in the

saucepan. Add salt and pepper to taste. Put something of the following on top, crisp fried bacon, shrimps, crayfish tails, crutons, or pieces of grilled chicken.

You can always exchange the cream for a lactose free alternative.

### **Minced meat soup with fresh baked baguette**

300 g (2/3 lb.) minced meat  
 1 Tbsp. butter  
 1 onion  
 1 carrot  
 2 tbsp. tomato-pure  
 2 cubes of bullion  
 8 dl (3¼ cups) water  
 1 can crushed tomatoes  
 1-2 cloves of garlic  
 4 Tbsp. crème fraîche  
*Baguette:*  
 25 g (1 oz.) yeast  
 5 dl (2 cups) water  
 1 Tbsp. salt  
 2 Tbsp. olive oil  
 13 dl (5 cups) wheat flour

Peel and chop onion and carrot finely. Fry the minced meat, preferably in a cast iron pot. Add onion, carrot and the rest of the

*Chew with your mouth closed, that way you avoid swallowing too much air that can cause gas!*

ingredients. Let it simmer for approx. 20 min.

Suggestions for flavouring 1,2(1/2?) tsp. curry fried with the minced meat, or 1/5 tsp. cumin 1/5 tsp. cayenne pepper or paprika powder or whole caraway seeds and grated orange peel. Add some raw potato to make the soup more substantial. Add the spices you prefer with a dollop of crème fraiche.

Preheat the oven to 225°C (435°F). Crumble the yeast in a bowl. Heat the water to 37°C (99°F). Stir the yeast into the water. Add salt, olive oil, and most of the flour, save some flour for the shaping. Work the dough smooth. Allow the dough to rise under a baking cloth for 1 hour. Put the dough on a baking tray sprinkled with flour, don't knead it. Divide it into 4 pieces. Carefully shape them into baguettes and put them on a baking tray lined with baking paper. Let them rise for an ad-

ditional 30 minutes. Bake in the middle of the oven for approx. 15 minutes. Let them cool on a wire rack without baking cloth.

You can always exchange butter and crème fraiche for lactose free alternatives, and wheat flour for gluten free alternatives.

### Chicken with glass noodle salad

800 g (1 lb. 12 oz.) chicken filet

*Marinade:*

1 ½ Tbsp. finely chopped ginger  
1 tsp. garlic, pressed/grated  
2 Tbsp. red curry-paste  
1 tsp. sesame oil  
2 Tbsp. Japanese soy sauce

*Glass noodle salad:*

150 g (6 oz.) glass noodles  
150 g (6 oz.) sugar peas  
1 red bell pepper  
2 spring onion  
1 ½ Tbsp. ginger, grated  
3 limes  
1 Tbsp. canola oil

1 tsp. sesame oil  
½ cucumber  
1 pot coriander  
1 red chilli  
3 Tbsp. fish sauce  
2 Tbsp. granulated sugar  
1 dl (½ cup) peanuts, chopped

Mix the marinade and put in the chicken, let it sit for at least 30 minutes.

Bring a large amount of water to the boil in a saucepan. Put noodles in and follow the instructions on the package. Empty out and rinse in cold water. Drain in a colander. Cut the noodles with a scissor to make it easier to eat. Shred sugar peas, spring onions, cucumber and bell pepper. De-seed chilli pepper and chop it finely. Mix fish sauce, sugar, ginger, oil, and the juice from two limes. Stir until the sugar is dissolved. Now mix the noodles with the dressing, add chopped coriander and decorate with the last lime.

*Try to eat an as balanced and varied diet as possible!*



Fry the chicken and place it on top of the noodle salad.

### Minced meat wraps

1 Tbsp. butter  
 400 g (8 oz.) butter  
 4 dl (1½ cup) Chinese cabbage, chopped  
 2 tsp. sambal badjak  
 1 clove garlic  
 Salt and pepper  
 3 Tbsp. Philadelphia Cream cheese  
 Tortilla bread  
 Ajvar relish  
*Yoghurt sauce:*  
 2 dl (¾ cup) cooking yoghurt  
 1 clove garlic pressed  
 2 Tbsp. mint chopped  
 Salt and pepper

Fry minced meat and Chinese cabbage. Add sambal badjak, garlic, salt and pepper to taste.

Mix a sauce of yoghurt, garlic, and mint, add salt and pepper. Spread Philadelphia Cream cheese on the bread. Fill them with salad, tomato, and onion. Put the minced meat on. Drop on a Tbsp. Ajvar (buy ready made). Finish off with yoghurt sauce. Fold and enjoy. Put whatever you like in the wrap, for instance bean salad, corn or some cheese.

You can always exchange butter, Philadelphia Cream cheese and yoghurt with lactose free alternatives.

### Monday omelette

5 eggs  
 2 Tbsp. cream  
 1 red onion  
 1 Tbsp. sherry vinegar  
 1 Tbsp. olive oil  
 2 tomatoes  
 4 potatoes, boiled  
 ½ dl (¼ cup) pitted black olives  
 1 dl (½ cup) sheep's cheese  
 Salt and pepper  
 Arugula salad

Preheat the oven to 190°C (375°F). Whisk eggs and cream in a bowl, add salt and pepper to taste. Slice the onion thinly and mix with sherry vinegar in a bowl. Heat the oil in an ovenproof frying pan, pour in the egg mixture and fry until the omelette starts to set. Put in tomato slices, potatoes, cheese, and olives. Put on the red onions last. Place the frying pan in the oven and bake the omelette for 5 min. Finish off with some arugula, olive oil, and salt.

You can always exchange the cream for a lactose free alternative.

### Pepper burgers and creamed cabbage with truffle

600 g (1 lb. 6 oz.) minced meat  
 ½ dl (¼ cup) dried breadcrumbs  
 3 Tbsp. milk  
 1 egg  
 1 onion  
 1 tsp. coarsely ground black pepper  
 1 Tbsp. butter  
 6 dl (2 ½ cup) cabbage, shredded  
 2 Tbsp. butter  
 1 Tbsp. wheat flour  
 1 ½ dl (¾ cup) thick cream  
 1 ½ dl (¾ cup) milk  
 Truffle oil  
 Salt and pepper

Mix breadcrumbs, salt, milk, and eggs and let it stand for 10 minutes. Chop the onion finely. Mix all ingredients to a batter; divide the minced meat batter into 8 pieces and shape into burgers. Fry the burgers in a frying pan with butter.

Shred the cabbage finely and fry on low temperature for a couple of minutes, not letting it get any colour. Powder with flour and stir. Add cream and milk and bring to a boil. Let it simmer for 30 minutes at a low temperature. Stir occasionally. Add salt and pepper to taste, and barely a tsp. of truffle oil. Serve the burgers

with roasted potatoes or root vegetables.

You can always exchange butter, cream and milk for a lactose free alternative, and wheat flour for a gluten free alternative.

### Malin's pasta with tuna

400 g (16 oz.) pasta  
 1 Tbsp. butter  
 ½ leek  
 1 red bell pepper  
 400 g (16 oz.) canned tuna  
 2 ½ dl (1 cup) cooking cream  
 2 ½ dl (1 cup) crème fraîche  
 2 tsp. curry

Cook the pasta until ready. Melt the butter in a saucepan and fry leek, bell pepper and curry. Add tuna, cream, crème fraîche, salt and pepper. Mix in the pasta and taste. Nice with a wedge of lemon.

You can always exchange cream and crème fraîche for a lactose free alternative.

### Sausage stew in bullion

800 g (1 lb. 12 oz.) Bologna sausage  
 1 onion  
 3 carrots  
 2 parsnips  
 2 parsley roots  
 4 potatoes  
 2 cubes chicken bullion  
 1 tsp. thyme  
 Salt and pepper  
 Mustard

Cut the sausage into crescent moon shapes. Cut all the vegetables to the same size and place them in a pot, cover with water and add the bullion. Boil covered for approx. 15 minutes. Add sausage and thyme and boil for a further 10 minutes. Add salt and pepper to taste.

Serve in soup bowls with parsley and some strong, sweet mustard.



Welland Medical is a British company established in 1988 and is now part of the CliniMed group of healthcare companies. We specialise in the design, development and manufacture of stoma care pouches and accessories.

Welland Medical uses the latest technology, the highest quality materials and works closely with stoma care nurses, patients, care organisations and our international distributor network to provide innovative products to improve the lives of ostomates all around the world.

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# What a meal!

**We couldn't imagine** the dramatic change that would occur when we started to make our own soups, pastries, and snacks on the ward! Suddenly it was much more fun to cook and serve the food. And it didn't take much more time. And it tasted so good! It's wonderful to be able to offer tasty food and even better when the patients enjoy it and finish the whole meal!

The only things we needed to buy were a blender and a hand blender, we already did have an electric hand mixer.

Mix fruits of the season in a blender to a wonderful smoothie, a snack filled with energy and vitamins! Give the patients a cool strawberry smoothie on a hot summers day, serve it in a nice glass. It's perfect for anyone who has a problem chewing and it tastes fantastic!

Did you know that you can make a really nice sponge cake using an ordinary nutrition drink as a basis? When the smell of newly baked cake spreads on the ward a number of patients take the opportunity to have a piece of energy rich sponge cake with their coffee.

With some fresh vegetables as a basis we can quickly turn an ordinary lunch into a feast for the taste buds. With some imagination, fine produce, and fun recipes you can quickly and easily serve a much-appreciated soup! Just take the hand blender and work for a minute and some less popular vegetables become a tasty vegetable soup. Serve the soup with lovely fresh baked bread!

Here at the surgery and urology ward at Danderyd hospital we have manned our patient kitchen with our own kitchen service. This in order to be able to act according to

laws and regulations concerning food in hospital. There is not a lot of nursing staff running around in the kitchen, which means that we can follow the appropriate hygiene regulations. It has also provided space room for creativity and personal ideas concerning the food. Plus, it has yielded a financial profit since there is much better control when it comes to what is eaten and especially what is thrown away.

Our kitchen host makes porridge and eggs and fries omelettes with tasty stuffing for those of our patients who have difficulties eating the ordinary food. Patients who have difficulty swallowing get help to thicken soups and such. Green salads are made for every meal and the fruit of the season is made into wonderful fruit salads. Snacks are varied day to day according to a schedule and are altered regularly. Nutritional drinks are served in small glasses with each meal. This means that the patients drink them and we get less waste.

Our patients also keep their own fluid and calorie counting lists. We do this to teach the patients how large or small their fluid and calorie needs are so that they can keep getting the right amount of food and drink when they leave the ward. It facilitates their recovery on their own.

We also gave our kitchen host a specific work uniform in order to emphasise that professional role to patients and staff alike.

It's important to support this work actively, to broaden the perspective and see to that ambitious colleagues who want to develop the health care of the future have the time and space to do so. Fantastic things can happen. They did on our ward. This cookbook is one of those things.



*Choose fruits that are fully ripe!*

*Knowledge makes for good food!*

**Energy sponge cake with coconut**

- 300 ml (10 fl. oz.) nutrition drink, optional taste
- 200 g (8 oz.) butter
- 2 dl (¾ cup) sugar
- 2 dl (¾ cup) wheat flour
- 3 dl (1 ¼ cup) orange juice
- 2 dl (¾ cup) coconut, grated
- 10 g (½ oz.) baking powder
- 4 eggs
- ½ tsp. lemon peel, grated
- 1-2 Tbsp. vanilla sugar

Beat butter, sugar, egg and grated lemon peel. Mix flour, baking powder and coconut, fold it into the egg-mixture. Pour the batter into a greased spring form (26 cm/10 in.) and bake for 45 minutes at 200°C (390°F). Carefully remove the ring, cut 5 cm (2 in.) from the top of the cake and the put the ring back again. Heat the orange juice and nutrition drink finger warm, then pour the mix over the warm cake. Prick the cake with a fork so that the mix is sucked in properly. Let it cool, carefully remove the ring and put the “top” back on the cake and powder it with vanilla sugar, coconut, and fillet orange segments. You can always exchange the butter for a lactose free alternative and flour for a gluten free alternative.

**Quick coconut pancake with banana**

- Approx. 4 portions
- 4 eggs
- 4 dl (1 ½ cup) wheat flour
- 3 dl (1 cup) milk
- 1 dl (½ cup) coconut, grated
- 200 ml (7 fl. Oz.)
- ½ tsp. salt
- 2 bananas
- 2 Tbsp. butter
- 2 Tbsp. canola oil

Preheat the oven to 225°C (435°F). Peel and slice the bananas thinly. Whisk the batter. Drizzle butter and canola oil in a roasting pan and pour in the batter. Put sliced banana on top and bake in the oven for 20-25 minutes. Serve with ice cream and jam. You can always exchange butter, milk, and ice cream for lactose free alternatives, and exchange the flour for gluten free alternatives.

**Soup from ready made dishes**

Use the main ingredients from various dishes. Mix them with cream herbs and water.

**Meat soup:** Use for instance smoke-cured loin of pork, beef, minced meat, and chicken filet. Mix with vegetables, potatoes and sauce.

**Fish soup:** Use filet of fish, fish gratin, salmon pudding etc. and mix with suitable vegetables.

**Vegetable soup:** Mix lightly boiled vegetables. Protein enrichment/thickener can be made from red lentils

**Lactose free soups:** Exchange cream for lactose free alternatives. Gluten free soups, use red lentils for thickener.

**Energy pancakes**

- Approx. 8 portions
- 3 dl (1¼ cup) wheat flour
- 1 dl (½ cup) oats
- 8 carrots, finely grated
- 1 tsp. salt
- 5 dl (2 cups) milk
- 300 ml (10 fl. Oz.) nutrition drink
- 8 eggs
- 6 Tbsp. canola oil or butter

Preheat the over to 225°C (435°F). Mix wheat flour and oats in a bowl. Add salt and half of the milk and whisk to a smooth batter. Mix in

the carrots. Whisk down the rest of the milk, eggs, nutrition drink, and half of the oil. Mix the batter. Do let it stand for approx. 30 minutes. Drizzle the remaining oil into a roasting pan pour the batter, bake it in the middle of the oven for 20-25 minutes. May just as well be fried as thin pancakes in a frying pan. You can always substitute the milk for a lactose free alternative, and the flour for a gluten free alternative. Oats is in itself gluten free. But there can be as much as 5% other grains that contain gluten in the oats that you buy in stores.

**Energy muffins with apple and carrots**

- Approx. 20 small muffins.
- 2 eggs
- 2 dl (7 fl. oz.) nutrition drink
- 1 apple
- 1 carrot
- 2 dl (7 fl. oz.) sour milk (can be replaced with yoghurt – same taste)
- 2 Tbsp. butter
- 1 Tbsp. canola oil
- 4 dl (1½ cup) wheat flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. salt
- 1 tsp. vanilla sugar
- 1 tsp. confectioners' sugar
- 3 Tbsp. honey

Preheat the oven to 175°C (350°F). Beat eggs, nutrition drink, and honey. Deseed and chop the apple. Peel and grate the carrot finely. Pour down apple, carrot, sour milk (yoghurt), butter, and canola oil into the egg mixture. Mix flour, cinnamon, baking powder, salt, and vanilla sugar and fold it into the batter. Divide the batter in a greased muffin tray or into muffin moulds. Bake in the middle of the oven for 15-17 minutes. Mix confectioners' sugar with some cinnamon and

sprinkle over the muffins when they are cool. Serve! You can always substitute sour milk (yoghurt) and butter for lactose free alternatives, and flour for gluten free alternatives.

### Raspberry and strawberry smoothie

Approx. 8 glasses  
 300 g (12 oz.) strawberries/other berries.  
 2 dl (7 fl. oz.) nutrition drink, strawberry  
 2 oranges  
 250 g (10 oz.) raspberries  
 2 Tbsp. protein-powder  
 2 Tbsp. lemon-juice  
 5 dl (2 cups) yoghurt (natural)  
 1 Tbsp. unrefined sugar

Rinse and cut the strawberries into pieces if they are fresh. Peel the oranges and cut them into pieces. Mix the protein powder with some of the yoghurt and the nutrition drink. Mix strawberries, oranges, raspberries, sugar, and lemon juice with the rest of the yoghurt. Pour everything into a mixer and blend for 30 seconds. You can always substitute the yoghurt for a lactose free alternative.

### Sifted rye bread

Approx. 20 pcs.  
 50 g (2 oz.) butter  
 5 dl (2 cups) water or milk  
 1 package yeast (50g – 2 oz.)  
 ½ Tbsp. salt  
 1 dl (¾ cup) treacle  
 1 ½ Tbsp. finely pound aniseed and fennel  
 1 kg (40 oz. pound?) organic sifted rye flour  
 1 dl (¾ cup) sunflower seeds

Melt the cooking fat in a saucepan. Pour in the fluid and heat to finger warm 37°C (99°F). Dissolve the yeast in a mixing bowl with some of the fluid. Add the rest of the flu-



id, salt, treacle, sunflower seeds, the spices (if you use them), and almost all of the flour. Save 3 dl (1¼ cup) for the shaping. Work the dough smooth approx. 4 minutes in the machine or 8 minutes by hand. Let the dough sit under cover for 30 minutes. Work the dough smooth. Put it on a pastry board sprinkled with flour and roll it out with a rolling pin. Cut triangular pieces and put them on a baking paper, and let them sit on the baking tray for 20 minutes. Bake them for 15 minutes at 200°C (390°F).

You can always substitute sifted rye flour for a gluten free alternative (Wheat starch, corn flour)

### Suggestions for snacks

- Chocolate drink with banana
- Fruit salad with yoghurt (natural)
- Ice cream drink with cream and blueberries
- Pancakes with jam and cream
- Smoothie, natural yoghurt with banana, pear and orange
- Smoothie, natural yoghurt with blue berries and a small piece of banana
- Smoothie, natural yoghurt with strawberries and a small piece of banana

You can always substitute yoghurt, milk, and cream for lactose

free alternatives. Please note that ready made pancakes may contain gluten.

### Omelette with avocado and tomatoes

1 portion  
 ½ avocado  
 ½ tomato  
 2 eggs  
 1 dl (¾ cup) grated cheese.  
 1/5 tsp. salt  
 1/20 tsp. ground black pepper  
 50 g (2 oz.) green and red bell pepper  
 2 Tbsp. cream  
 2 Tbsp. butter or canola oil for the baking

Peel, deseed and chop the avocado large chunks. Cut tomato and bell peppers into small pieces. Beat eggs, cream, salt and pepper. Heat the butter or oil in a frying pan and pour in the omelette batter. Stir carefully a couple of times. Place the pieces of avocado, tomato and bell pepper on the omelette, sprinkle with grated cheese. The omelette is ready when it is stable but still a bit creamy. Do serve with a tasty salad!

You can always substitute cream and butter for a lactose free alternative.

*In case of stoma flow compensate the loss of fluid and salt with liquid compensation.*

# Let us introduce three living classics onto bare skin



The music, literature and the cuisine. They all have their classics – artwork and dishes that have made a lasting impression on generations of people and therefore survive irrespective of trends and fashions.

A lasting impression was also Stomahesive® skin barrier wafers when we at ConvaTec launched it forty years ago. Stoma care had never seen anything like it: a material that will adhere to both dry and moist skin without causing any trouble. The strange thing is that the impression has last, because Stomahesive® gives exactly the same appreciated benefits today as when it came. In other words, we're talking of a living classic.

The development went ahead. In the 80's we introduced a new material named Duraheasive®, as gentle to the skin as Stomahesive® but with a new feature: it swell in contact with moisture and forms a sealing collar around the stoma. Stoma care thanked and gave us our second living classic.

With Stomahesive® and Duraheasive® ConvaTec had created two different skin barriers, each of which offered the combination of an effective seal with peristomal skin protection. In the next step, we combined the properties and got a unique material that behaves as if it were intelligent. Thanks to a built-in Rebound Memory Technology™ the material conforms around stomas in a snug and flexible seal. Additionally, the wafer is a simple to attach. One does not need to measure and cut, just mold the hole with your fingers, apply the wafer and roll back the adhesive against the stoma\* – as simple as giving yourself a hug.

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\*Please see package insert for further details.



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MY SUGGESTION:

# Paint

your own *stoma bags*...

THERESE DICKLEN

**Nickname:** Tette**Lives:** Umeå, Sweden**Strength:** Perhaps persistent or tenacious**Passion:** Horses**Sign of the zodiac:** Capricorn**Height:** 162 centimetres/ 5'3"**Talent:** painting and drawing**Dream:** To live in the country close to a forest on my own farm with animals. To paint, write, and be somewhat self sufficient with cultivation, meat etc.**Phobia:** Nail clippings**Profession:** Personal assistant. I also run my own company Heart of Colour, where I sell paintings, illustrations etc.**Favourite animal:** Horses**Colour:** Yellow

**My suggestions:** If you have had the rectum removed it can be very painful. For me it felt like my behind was corroding and I was frustrated because I couldn't sleep, couldn't sit etc. I learned to take a compress with an-aesthetic salve and place it where the irritation is worst. It helped me very much.

Paint your own stoma bags. It works with acrylic, textile, and hobby spray paint.



**Daniel Farinotte, 51 born in Nantes on the west coast of France, in southern Bretagne.**

*Daniel began his career as Crepier at the most famous place in Nantes. After four years of traditional French cooking he met the love of his life and in 1986 he moved to Stockholm, “and the polar bears...”*

*He was immediately recruited to a well-known French restaurant in Stockholm. After nine years he was made head of the kitchen at a Montessori school. He has worked there for 16 years now and he keeps passing his knowledge on to the children who are allowed to participate in the kitchen.*

*All recipes are for 4 servings*

### **Crêpe au poisson (fish crepes)**

*Crepe batter:*

3 dl (2 ¼ cup) wheat flour  
1 egg  
1 pinch of salt  
3-4 dl (2 ¼ - 2 ¾ cup) milk  
50 g (2 oz.) margarine  
100 g (4 oz.) ripened cheese  
400 g (16 oz.) salmon  
*Herbes de provence:*  
100 g (4 oz.) butter  
4 green asparagus  
8 mushrooms  
1 red bell pepper  
1 onion  
Salt and pepper

Preheat the oven to 250°C (480°F). Mix flour, salt, milk, egg, and melted butter to a smooth batter. Bake 4 thin pancakes (= crepes) with butter in a frying pan. Gently fry the vegetables chopped into small pieces on low temperature. Then fry the salmon on low heat, also in small pieces and add salt and pepper. Divide vegetables and salmon evenly on each crepe, roll them up. Place the crepes in a gratin dish

and sprinkle with grated cheese.

Quickly bake in the oven for approx. 5 minutes. Serve!

You can always substitute margarine, cheese, and milk for lactose free alternatives, and wheat flour for gluten free flour.

### **Oven baked endive salad with fish in cheese sauce**

400g (16 oz.) filet of cod  
1 fennel  
2 carrots  
Dill  
4 endive salad  
Salt and pepper  
Béchamel sauce  
3 dl (1¼ cup) milk  
30 g (1 oz.) wheat flour  
100 g (4 oz.) ripened cheese, grated  
Salt and pepper  
1 dollop margarine  
A little tarragon

Bring a large pot of salted water to the boil. Put the endive salad in an stir. Please note that you shall keep it on high heat for it to boil again quickly. When it boils again pour away the water and place the salad in iced water. This is to maintain

the colour and vitamins. Melt the margarine in a saucepan add flour and milk and stir. Let it boil until the consistency is good. Add salt and pepper, add the grated cheese, taste it. Place the endives in a gratin dish. Add the fish cut into pieces and sprinkle with chopped dill. Continue by putting on chopped fennel and sliced carrots. Pour the cheese sauce over. Season with tarragon. Place the dish in the middle of the oven at 175°C (345°F) for 20 minutes. Increase the temperature to 250°C (480°F) and bake for another 5 minutes.

You can always substitute margarine, cheese, and milk for lactose free alternatives, and wheat flour for gluten free alternatives.

### **Gratinated mussels in garlic**

1 kg (40 oz.) big common sea mussels  
200 g (8 oz.) butter  
6 cloves of garlic  
A cast iron frying pan  
A large saucepan

Preheat the oven to 250°C (480°F). Clean the mussels and make sure that they are properly closed. The

mussels shall close themselves if they are fresh. Uncooked mussels that are open must be discarded! Melt butter in a saucepan and add the mussels. The mussels are ready when they have opened. Open up the mussels properly and place them in a cast iron frying pan. Chop the garlic and sprinkle it over the mussels. Put small pieces of butter on each mussel. Put the frying pan with the oven until the butter is melted and bubbles. Serve straight away by putting the frying pan on the table.

You can always substitute butter for a lactose free alternative.

### **Moules marinières au safran**

(Mussels marinated in saffron)  
4 kg (160 oz.) mussels

2 large onions  
1 bag saffron  
2 dl (¾ cup) white wine  
50g (2 oz.) margarine  
Sourdough bread

Clean the mussels and make sure that they are properly closed. The mussels shall close themselves if they are fresh. Uncooked mussels that are open must be discarded! Shred the onion coarsely. Sweat the onion in a large saucepan with the margarine. Add wine and saffron; let it boil down to half. Add the mussels and cover. Shake the saucepan now and then.

When all mussels have opened they are ready to serve. Place them in a bowl or on a deep plate. Eat while hot, dip the bread in the tasty sauce. You can always substitute margarine for a lactose

free alternative. The bread contains gluten.

### **Homard Royal (Royal lobster)**

4 boiled lobsters  
50 g (2 oz.) butter  
Herbes de provence  
(Provençal spices)  
1 glass sparkling wine  
5 dl (2 cups) cooking cream  
Salt and white pepper  
1 genuine baguette

Split the lobsters with a sturdy knife. Crack the claws with a nutcracker. Scrape out all the meat, also from the claws. Separate the meat into pieces and place in a bowl. Save four halves of shell from the lobster. Fry butter on low heat in a frying pan and add the lobster meat, add sat, pepper

*You really  
don't need any  
special diet  
after ileostomy  
surgery*



and the spices. Pour in the wine and let it simmer until the wine is almost reduced. Add cream and let it simmer until you have a good consistency on the sauce. Return the lobster meat to the half shells and serve immediately with the baguette. Use the bread to get the last of the sauce up. Do drink the rest of the chilled sparkling wine with the lobster. Enjoy!

You can always substitute butter and cream for a lactose free alternative. The bread contains gluten.

**Fish with tomatoes  
Provençale**

- 4 fish fillets, e.g. cod or halibut
- 50 g (2 oz.) butter
- 4 large tomatoes
- Herbes de Provence (Provençal spices)
- Olive oil
- Lime
- Salt and pepper
- Garlic
- Marjoram
- Potatoes or rice
- Sourdough bread

Divide the tomatoes in half, chop garlic and fry it gently in olive oil in a frying pan. Put the tomato halves upside down in the frying pan add salt, pepper, and the Provençal spices. Reduce the heat and cover. Let it simmer for 4-5 minutes.

Fry the fish filet as it is in butter, add salt and pepper, and marjoram.

Place the fish filets on plates and serve the hot tomato halves on top. Squeeze some lime juice over. Serve with potatoes or rice. Don't forget a sourdough bred to dip in the tasty sauce!

You can always substitute butter for a lactose free alternative. The bread contains gluten.

**Fish in butter sauce with  
boiled potatoes**

- 4 rainbow trout
- Salt and pepper
- Lime
- 4 dl (1 ½ cups) white wine
- 400 g (16 oz.) butter
- 3 shallots
- Potatoes

Boil the potatoes. Fry the fish in butter, add salt and pepper. Chop the onions and sweat it. Heat the wine in a saucepan together with the onion on very low temperature. Add the butter in small pieces and stir until you get a good consistency. The butter must not melt entirely. Squeeze in lime, and add salt and pepper to taste. It can be a bit difficult to get the sauce good since it takes both patience and skill. Put onto plates and serve with boiled potatoes. Bon appetit!

You can always substitute butter for a lactose free alternative.

**Poached fish in aluminium  
foil**

- 4 rainbow trout
- 1 bell pepper
- 1 zucchini
- 200 g (8 oz.) mushrooms
- 4 potatoes
- Parsley
- 1 red onion
- 4 cloves garlic
- Salt and pepper
- 200 g (8 oz.) butter
- Lime

Preheat the oven to 175°C (345°F). Place the fish on a large

piece of aluminium foil, add salt and pepper. Chop the vegetables in large chunks. Chop the parsley and mix with the butter. Place the vegetables and the butter mixture on the fish and close the aluminium foil like a package with the join on top.

Place the fish on a baking tray in the middle of the oven for approx. 30 minutes. Serve a fish package on each plate with a green salad. Enjoy!

You can always substitute the butter for a lactose free alternative.

**Salad Nicoise  
(tuna salad)**

- 1 kg (40 oz.) potatoes
- 400 g (16 oz.) tuna in water
- 100 g (4 oz.) capers
- 2 red onions
- 1 small can of anchovies
- 4 hard boiled eggs
- 1 can black olives
- 1 can French beans
- Vinaigrette:*
- Salt and white pepper
- 1 Tbsp. red wine vinegar
- 1 Tbsp. mustard
- 8-10 Tbsp. canola oil

Mix all the ingredients for the vinaigrette in a bowl. Add salt and pepper to taste.

Boil the eggs and shell them. Divide them into four equal size parts. Peel and boil the potatoes. Cut the boiled potatoes into cubes. Strain the tuna.

(You can exchange the tuna for smokes salmon or shrimps.)

Mix potatoes, capers, tuna, French beans and the dressing. Decorate with the anchovy, sliced red onion, and eggs.

Serve the salad with the dressing.

*Avoid peels  
and pits from  
for instance  
grapes!*

## New ways of doing things better

The Coloplast story began back in 1954.

Elise Sørensen is a nurse. Her sister Thora has just had an ostomy operation and is afraid to go out, fearing that her stoma might leak in public. Listening to her sister's problems, Elise creates the world's first adhesive ostomy bag.

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SenSura<sup>®</sup> Mio



SenSura<sup>®</sup>



Brava<sup>™</sup>

MY SUGGESTION:  
**Carbon**  
**dioxide**  
can be whisked out to avoid gas..!

CAMILLA FRANZÉN NORDSTRÖM

**Lives:** Sundsvall, Sweden  
**Interests:** Exercise, writing, film, and music  
**Strength:** I'm not afraid of anything  
**Passion:** Exercise  
**Sign of the zodiac:** Libra  
**Height:** 158 centimetres/ 5'1"  
**Talent:** Good at boxing  
**Dream:** to be a writer  
**Idol:** Singer Freddy Mercury  
**Profession:** Office assistant and student  
**Favourite animal:** My two cats  
**Favourite colour:** Black

**My suggestions:** Use strained tomatoes and finely minced onions for minced meat sauce. It's gentler on the stomach.

Carbonated beverages can give you gas. Use a small whisk and whisk out the carbon dioxide before you drink.

You must use a girdle to keep everything in place, when doing sports.





**Ann Stål made her childhood dream come true when she started her own restaurant in 1997.**

*Ann's interest in good food, laying tables, and decorating have lead her business to great events. Lady Gaga, Kiss, and others great artists are among the lucky ones to taste her food.*

*Now it's your turn to enjoy her fantastic feast menus. Bon appetite.*

*All recipes are for 4 servings*

#### **MENY 1:**

##### **Panna cotta with chives & whitefish roe**

2 leaves of gelatine  
2 dl (¾ cup) cream  
2 dl (¾ cup) quark  
1 dl (½ cup) chives chopped  
50g (2 oz.) whitefish roe  
Salt & pepper

Soak the gelatine and take the cream to the boil. Add gelatine, quark, salt, pepper, and chives. Pour it in 4 small cups and place them in the fridge for four hours or over night. Decorate with a dollop of whitefish roe. You can always substitute cream and quark for lactose free alternatives.

##### **Moose Beef Rydberg**

800 g (1 lb. 12 oz.) Thick flank, steak, or filet, sliced  
2 onions chopped  
800 g (32 oz.) potatoes  
3 Tbsp. butter  
2 dl (¾ cup) cream  
1 Tbsp. mustard powder

3 Tbsp. sugar  
4 egg yolks  
Salt & pepper

Whisk cream, sugar and mustard powder. Fry the potatoes golden brown. Boil the onion soft in the butter. Fry the meat rapidly in hot pan just before serving.

Put it on plates and arrange potatoes, meat, and onions in groups. Serve with an egg yolk and mustard cream. You can always substitute cream and butter for a lactose free alternative.

##### **Fruit baked with white chocolate**

2 bananas  
2 kiwi fruits  
1 box strawberries  
100 g (4 oz.) white chocolate  
2 dl (¾ cup) honey flavoured yoghurt

Preheat the oven to 225°C (435°F). Peel and slice the fruit, and place it on an ovenproof dish. Sprinkle chocolate over the fruit and gratinate in the top of the oven for 2–3 minutes. Drizzle yoghurt over the fruit and enjoy! You can always

substitute chocolate and yoghurt for lactose free alternatives.

#### **MENY 2**

##### **Tortilla bread with mozzarella and Parma ham**

4 tortilla breads  
2 dl (¾ cup) tomato sauce  
1 zucchini  
4 tomatoes  
12 slices Parma ham  
2 small buffalo mozzarella  
1 dl (½ cup) olive oil  
80 g (3 oz.) arugula salad

Preheat the oven to 225°C (435°F). Slice tomatoes and mozzarella thinly. Cut the zucchini lengthwise in thin slices. Put tomato sauce and divide the vegetables on the tortilla breads. Season with black pepper and add cheese. Bake in the oven for 5 minutes. Add ham and arugula, drizzle olive oil and serve. You can always substitute buffalo mozzarella for a lactose free alternative.

##### **Gremolata baked filet of pork**

1 onion  
2 cloves of garlic

1 carrot  
 1 can crushed tomatoes  
 1 Tbsp. olive oil  
 2 dl (¾ cup) white wine  
 2 dl (¾ cup) water  
 2 Tbsp. concentrated veal bullion  
 1 lemon peel grated + juice  
 600 g (24 oz.) filet of pork  
 Salt and black pepper  
 Confectioners' sugar  
*Gremolata:*  
 1 clove garlic  
 1 pot parsley  
 1 lemon peel + juice

Preheat the oven to 175°C (350°F). Brown the filet of pork and season with salt and pepper. Place the gremolata on the filet of pork and bake it in the oven for 15 minutes. Chop onion, garlic and carrot. Gently fry the vegetables for 2 minutes add wine, water, veal bullion and lemon. Pour the crushed tomatoes over and boil on low temperature for 15 minutes. Add salt and pepper to taste. Chop parsley and garlic mix with lemon peel and juice. Serve with pasta or rice.

### **White chocolate panna cotta with berries**

1 leaf gelatine  
 1 tsp. vanilla sugar  
 100 g (4 oz.) white chocolate  
 2 dl (¾ cup) cream  
 2 Tbsp. milk  
 4 dl (1 ½ cup) mixed berries  
 Confectioners' sugar

Soak the gelatine in cold water. Bring cream, milk, and sugar to the boil. Squeeze the leaf of gelatine and put it into the cream mixture. Stir in the chocolate and pour into portion glasses and place in the fridge for 4 hours. Garnish with some berries and

dust some confectioners' sugar over. You can always substitute chocolate, cream, and milk for lactose free alternatives.

### **MENU 3 Almond potato soup with bacon**

100 g (4 oz.) fennel  
 300 g (12 oz.) almond potatoes  
 1 shallot  
 1 Tbsp. thyme  
 2 dl (¾ cup) white wine  
 2 dl (¾ cup) cream  
 8 dl (3 ¼ cup) water  
 1 cube vegetable bullion  
 ½ tsp. salt  
 50 g (2 oz.) pumpkin seeds  
 1 package bacon

Peel the potatoes. Slice, potatoes, fennel, onion, and garlic, gently fry in a saucepan for 2 minutes. Add white wine, cream, water, and the bullion. Boil on low temperature for 20 minutes.

Blend the soup smooth and add salt and pepper to taste. Roast the pumpkin seeds in a hot frying pan until they are crisp. Pour the soup and serve with bacon and pumpkin seeds on top

You can always substitute cream for a lactose free alternative.

### **Boiled cod with horseradish and shrimps**

600 g (24 oz.) cod  
 100 g (40 oz.) butter  
 1 Tbsp. grated horseradish  
 4 boiled eggs  
 500 g (20 oz.) shrimps  
 Salt and pepper  
 1 lemon

Bring enough water to cover the fish with 1 Tbsp. salt to the boil.

Put the fish in and simmer for 6 minutes. Melt the butter and grate the horseradish, chop eggs and add. Serve the fish with boiled potatoes, dill, and lemon.

You can always substitute butter for a lactose free alternative.

### **Cardamom fried apples**

4 apples  
 2 Tbsp. butter  
 2 Tbsp. unrefined sugar  
 1 lemon  
 2 tsp. cardamom  
 1 package vanilla ice cream

Cut the apples into wedges. Heat a frying pan and fry the apples for 2-3 minutes. Add sugar and cardamom, and squeeze some lemon over. Put on a plate and serve with vanilla ice cream.

You can always substitute butter and ice cream for a lactose free alternative.

### **MENU 4 Asparagus omelette with smoked ducks breast**

1 bunch of green asparagus  
 2 shallots  
 3 dl (1 ¼ cup) cream  
 1 dl (½ cup) white wine  
 20 g (1 oz.) butter  
 2 eggs  
 Salt and pepper  
 1 smoked ducks breast, sliced thinly  
 2 dl (¾ cup) balsamic vinegar  
 1 Tbsp. honey  
 1 clove garlic, pressed  
 1 box pea sprouts

Preheat the oven to 150°C (300°F). Slice the asparagus thinly. Slice the shallots. Gently fry shallots and asparagus for 2 minutes in saucepan. Boil the asparagus in white wine and cream until

*Drink plenty approx. 2 litres (4 pints) a day!*



soft approx. 10 minutes. Mix it all with a hand blender and silt away all treads. Combine the asparagus mix with the eggs. Add salt and pepper to taste. Pour into an ovenproof dish and bake for 10-15 minutes. Mix vinegar, honey, and garlic and boil it until 1 dl (3/4 cup) remains. Cut the omelette and put it on plates with the smoked ducks breasts and the vinegar reduction

You can always substitute cream and butter for lactose free alternatives.

**Salmon baked in spices with apple salad and lemon crushed potatoes**

- 600 g (24 oz.) salmon
- 1 tsp. fennel seeds
- 1 tsp. whole caraway
- 1 tsp. dried tarragon
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. black pepper

- 3 apples
- 4 dl (1 1/2 cup) Turkish yoghurt
- 1 pot chives chopped
- 800 g (32 oz.) potatoes
- 1 lemon grated + juice
- 50 g (2 oz.)
- Salt and pepper

Mix the spices, peel and boil the potatoes. Mix potatoes, lemon, and butter add salt and pepper after taste. Slice the apple thinly; mix yoghurt, apple and chives. Dip the salmon in the spice mix on one side and bake the salmon in the oven at 225° C (435°F) for 10-15 minutes.

You can always substitute yoghurt and butter for a lactose free alternative.

**French chocolate tart**

- 250 g (10 oz.) dark chocolate
- 250 g (10 oz.) butter
- 250 g (10 oz.) sugar
- 10 egg yolks

- 10 egg whites
- Cream

Melt chocolate, butter, and sugar in a water-bath. Preheat the oven to 175°C (345°F) and grease a spring form. Beat the egg whites firm. Stir in the egg yolks in the chocolate batter and then the egg whites.

Pour in to 2/3 of the form and bake in the oven for 20-25 minutes. Let cool, then pour on the rest of the batter. Place cold in a fridge for at least 2 hours or over night. Serve with whipped cream. You can always exchange chocolate, butter and cream for lactose free alternatives.

*Put some extra salt on the food!*

# The little things in life can mean the world



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LFL 479

SPRINT

MY SUGGESTION:

# Terry cloth

neutralizes *sterility*...

BO KARLSSON

**Nickname:** Bosse  
**Lives:** Värmland, Vintrosa, Sweden  
**Interests:** Aeroplanes and hunting moose  
**Strength:** Stubborn  
**Passion:** Cooking  
**Height:** 174 centimetres/ 5'7"  
**Talent:** Mending cars and other things  
**Dream:** To buy my own aeroplane  
**Phobia:** Snakes  
**Idol:** Elvis  
**Profession:** Retired  
**Favourite animal:** Dog  
**Favourite colour:** Blue

**my suggestion:** If you develop constipation, quickly drink 3 dl (1 ¼ cup) carbonated mineral water. Lie down and roll around a few times, stand up and repeat.

When men have undergone removal of the rectum it is not unusual to be subjected to “retrograde ejaculation”. (Sterile). Use a steady table that you can sit on. Take a terry cloth towel; roll it hard to a diameter of 6-7 centimetres. Place the “roll” in one corner of the table and sit on it with one leg on each side of the corner. You shall feel a hard pressure at the rectal area. Adjust the position. The pressure on the urethra allows for the sperm to go the right way.



**Fredrik Johansson, a confectioner with a passion for the good things in life.**

*Three years ago he moved to Stockholm and became a confectioner in a large chain of grocery stores.*

*Today Fredrik works as first confectioner and can't imagine another profession, even though he lives with his profession and interest around the clock.*

*The daily challenge for Fredrik is to create pastry that you usually don't expect.*

*Fredrik's recipes*

**Amaretti, Italian almond cake 35-40 pcs**

300 g (12 oz.) almond paste  
210 g (8 oz.) caster sugar  
120 g (5 oz.) roasted and grated hazelnuts  
75 g (3 oz.) egg white

Mix almond paste and caster sugar. Add the nuts and finally the egg white, a little at the time. Weigh 20 g (1 oz.) pieces and place them on a bed of confectioners' sugar. Roll them into a ball with sugar in the hand and place them on a baking tray. Bake for 12–15 minutes at 175°C (345°F).

**Frozen cheesecake**

2 ½ dl (1 cup) caster sugar  
3 dl (1¼ cup) whipping cream  
3 egg whites  
3 egg yolks  
400 g (16 oz.) Philadelphia Cream cheese  
1 lemon  
6-8 crackers

Use a spring form. Start by crumbling the crackers and place half on the bottom of the form. Whisk

the cream loose. Then beat egg yolks, sugar, and cheese in another bowl. Beat the egg whites firm. Carefully mix everything and stir in grated lemon peel from one lemon. Pour the batter over the crackers and sprinkle the rest of the crumbs on top. Put it in the freezer for at least 4 hours. Serve with fresh raspberries or strawberries. You can always substitute cream and Philadelphia cheese for lactose free alternatives.

**Crème brûlée 6 portions**

4 ½ dl (1¾ cup) whipping cream  
1 ½ dl (½ cup) milk  
1 vanilla pod  
6 egg yolks  
1 dl (½ cup) caster sugar  
Raw sugar for garnish

Boil down cream, milk, scraped vanilla seeds and vanilla pod. Put aside and let cool. Carefully mix egg yolks and sugar into the cold cream mixture. NB don't beat - stir. Strain the mix and fill round dishes. Bake at 95°C (200°F) for an hour in a convection oven, shake and see that the brulée has

set. Before serving burn off the brulée with raw sugar. ENJOY. May well be prepared a day in advance. You can always substitute cream and milk with lactose free alternatives.

**Carrot cake**

325 g (13 oz.) castor sugar  
270 g (11 oz.) canola oil  
250 g (10 oz.) grated carrots  
3 eggs  
325 g (13 oz.) wheat flour  
5 tsp. baking powder  
4 tsp. bicarbonate of soda  
1 tsp. salt  
1 tsp. ground cinnamon  
1 tsp. ground nutmeg  
1 tsp. cardamom

*Frosting:*

150 g (6 oz.) Philadelphia Cream cheese  
110 g (4 ½ oz.) unsalted butter  
210 g (8 ½ oz.) confectioners' sugar  
¼ vanilla pod  
1 Tbsp. lemon juice

Start by grating the carrots. Mix sugar and oil and stir for a while. Add eggs and carrots a little at the time. The dry ingredients are

*If you have a tendency to get gas avoid products sweetened with sorbitol, and chewing gum!*

added last. Fill a baking tin of your choice and bake at 175°C (345°F). Baking time depends on the size of the baking tin, 10-15 minutes for smaller tins and 20-25 for larger. Can be made into muffins or cup cakes. Scrape the vanilla pod and mix with confectioners' sugar, butter, vanilla seeds, and lemon with a hand mixer. Beat hard for 5-10 minutes. Add the Philadelphia Cream cheese and mix for another 5-10 minutes until it's very fluffy. Spread or pipe the frosting on the cold cake.

You can always substitute butter and Philadelphia Cream cheese for lactose free alternatives, and the wheat flour for a gluten free alternative.

### **Brownie**

250 g (19 oz.) unsalted butter  
250 g (10 oz.) dark chocolate, 65% cocoa  
4 eggs  
2 dl (¾ cup) caster sugar  
1/5 tsp. salt  
2½ dl (1 cup) wheat flour  
1 dl (½ cup) coarsely chopped nuts for instance pistachio nuts, walnuts, and almonds

#### *Ganache (frosting):*

2 dl (¾ cup) cream  
1 ½ Tbsp. glucose  
250 g (10 oz.) dark chocolate 65 % cocoa chopped  
40 g (1 ½ oz.) unsalted butter

Melt butter and chocolate in a saucepan. Mix eggs and sugar and add to the chocolate. Stir to a smooth batter and fold down flour and salt. Stir in the nuts. Fill a baking tin of your choice and bake at 200°C (390°F) for approx.10 minutes. It's no problem if the cake is a bit sticky. Boil the cream with glucose and



pour it over the chopped chocolate. Blend it smooth with a hand blender, add the butter last. Let it stand in room temperature a few hours. Absolutely not in the fridge, it will set. Cut the cake into pieces, pipe the ganache on and serve with fresh berries and lightly whipped cream.

You can always substitute chocolate, butter, and cream for lactose free alternatives, and wheat flour for a gluten free alternative.

### Chocolate chip cookies

200 g (8 oz.) butter  
 2 dl (¾ cup) castor sugar  
 1 dl (½ cup) confectioners' sugar  
 2 eggs  
 2 tsp. vanilla sugar  
 5½ dl (2¼ cup) wheat flour  
 ½ tsp. salt  
 1½ tsp. bicarbonate of soda  
 300 g (12 oz.) dark chocolate, 65% cocoa  
 If you like, crushed walnuts and pistachio nuts

Whisk butter, vanilla sugar, and confectioners' sugar to a light batter. Add the eggs and the dry ingredients. Finally the chopped chocolate and the nuts. Use a tablespoon to put the batter on a baking tin. The cookies will spread with baking so don't put them to close together. Bake for 8-10 minutes at 175°C (345°F).

You can always exchange butter and chocolate for lactose free alternatives, and wheat flour for a gluten free alternative.

### Oat balls (approx. 25 pieces)

270 g (11 oz.) butter  
 3 ½ dl (1½ cup) castor sugar  
 3 ½ tsp. vanilla sugar

1 litre (4 cups) oats  
 1 Tbsp. cocoa  
 1 dl (½ cup) cold coffee  
 2 dl (¾ cup) coconut, grated

Whisk butter, vanilla sugar, and sugar hard with a hand mixer for 5-10 minutes. Add oats, cocoa and coffee and whisk for another 5 minutes at high speed. Then put the batter to cool for a while before you roll balls. Roll the balls in grated coconut. It's important to whisk the batter hard, it shall have a light colour.

You can always substitute butter for a lactose free alternative. Remember that oats can contain residues of gluten.

### Lemon merengue pie

Flan pastry:  
 120 g (5 oz.) unsalted butter  
 1 dl (½ cup) castor sugar  
 2 ½ dl (1 cup) wheat flour  
 1/5 tsp. baking powder  
 1 egg  
*Lemon curd:*  
 2 leaves of gelatine  
 2 dl (¾ cup) fresh pressed lemon juice  
 2 lemons, grated peel  
 250 g (10 oz.) unsalted butter  
 1 dl (½ cup) castor sugar  
 1 dl (½ cup) castor sugar  
 7 eggs

*Italian merengue:*  
 220 g (9 oz.) castor sugar  
 75 g (3 oz.) water  
 120 g (5 oz.) egg white  
 Raspberries  
 Lemon balm

Mix cold butter with sugar, flour, and baking powder in a food processor. When it has a sandy consistency add 1 egg. Then the dough shall get smooth. Let it rest for an hour in the fridge. Roll it out thinly with a rolling pin, approx. 3 millimetres, and line

a baking tin. Put it in the fridge or freezer before you bake it in the oven for 10 minutes at 175°C (345°F) until it gets a beautiful colour. Soak the gelatine in cold water. Grate the peel of the lemons and squeeze the juice. Then bring juice, peel with butter and 1 dl (½ cup) castor sugar to the boil. In the meantime mix 1 dl (½ cup) castor sugar with 7 eggs. Mix these and boil them to 83°C (180°F) under constant stir. Add the gelatine and strain it all. Let it cool for a while and then fill the pie shell. Let it set in fridge or freezer. Until this you can definitely prepare several days in advance.

Mix water and sugar in a saucepan. Heat it to 121°C (250°F) Beat the egg white to merengue in the meantime. When the sugar has boiled pour it in a thin jet into the merengue while beating. Don't pour the sugar on the whisk, then you can get lumps of sugar in the merengue. When the sugar is mixed in the merengue shall be whisked cool. Then pipe the merengue or make a nice cover with a spoon. Burn of the merengue with a burner.

Garnish with fresh raspberries and lemon balm. A very tasty pie that is also beautiful.

Serve it in the classical round dish or as small portion pies. You can always substitute butter for a lactose free alternative, and wheat flour for a gluten free alternative.

*Nuts like almonds and peanuts and popcorn in large quantities can cause indigestion and constipation!*

# 40 years of innovation

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# T MY SUGGESTION: Test

your *stoma* – see what it can take!

DAN BRATT

**Lives:** Enskede Gård, Sweden

**Strength:** Stubborn, with a strong sense of justice

**Passion:** Love in all forms! Of woman, child, life!

**Sign of the zodiac:** Libra

**Height:** 177 centimetres/5'8"

**Talent:** I'm a survivor

**Dream:** A hopeless dream of peace on earth and that it is sufficient for all

**Phobia:** No

**Idol:** As a child, the Phantom, but now my children are my biggest idols

**Profession:** Actor

**Favourite animal:** Unfortunately I was allergic to animals as a child

**Favourite colour:** Black

**My suggestions:** I asked the doctor if it was ok to have a glass of wine with dinner. The doctor smiled and said – Try it,.

I tried and found that it worked fine. Of course my bowels reacted and I had to learn how to adjust – but it's the same with everything in life. Try, test the limits, and see what you can take!

Don't turn down fine champagne, a good wine, or cold foamy beer! Dare to test the limits.



**Carl Gustawson is restaurateur aboard the M/S Gustavsberg VII and has thirty-five years of professional experience in restaurants.**

*Calle has his roots in the northern archipelago of Stockholm, where he loves to cook for his family and where he finds his inspiration.*

*Calle's great interest is to combine food and drink. If you want to you can meet him on the M/S Gustavsberg VII where he likes to talk about his mixes in taste and spices. Calle represents new ideas when it comes to cooking, but he never strays too far from the old Swedish traditions.*

*All recipes are for 2 servings*

### **Gallettes with stewed mushrooms (crepes)**

2 ½ dl (1 cup) buckwheat flour  
3 dl (1¼ cup) water  
1 egg  
2 Tbsp. butter  
Salt and fresh ground pepper

*Stew:*

100 g (4 oz.) fresh mushrooms roughly chopped  
3 Tbsp. chopped onion  
1 dl (½ cup) cream  
1 Tbsp. butter  
1/5 tsp. salt and pepper  
4 slices smoked ham

Mix buckwheat, water, egg and salt and beat to a smooth batter. Let the batter sit for at least 2 hours, preferably over night, covered in the fridge. Melt 2 Tbsp. butter and pour in the batter, fry like pancakes.

Gently fry mushrooms with onion. Add cream and cook for a few minutes. Put a galette on each plate, add a slice of ham and distribute the stew, roll like crepes. Serve at once.

You can always substitute butter

and cream for a lactose free alternative.

### **Bologna sausage with black beans, salsa and tortilla bread**

3-4 slices Bologna sausage with high meat contents  
150 g (6 oz.) canned black beans, rinsed  
5 Tbsp. chilli sauce  
5 Tbsp. finely chopped red bell pepper  
1 tsp. chilli powder  
2 tortilla breads  
4 slices of cheese  
1 Tbsp. chicken bullion  
1 Tbsp. red wine vinegar  
2 Tbsp. oil  
1 Tbsp. fresh coriander or oregano

Put cheese between the tortilla bread, dry roast in a hot frying pan until the cheese has melted. Divide the bread into four pieces. Heat the beans, olive oil, coriander or oregano, bullion, ½ dl (¼ cup) water, and a pinch of salt in a saucepan.

Mix chilli sauce, bell peppers, chilli powder, and vinegar. Fry the sausage.

Distribute bread, salsa and sausage on plates and serve. Why

not with virgin Mary (1 glass tomato juice, 2 drops Tabasco 2 splashes Worchester sauce and a pinch of salt, mix)

### **Potato balls with bacon, onions, egg and tomato cottage cheese**

3-4 medium sized potatoes  
140 g (5½ oz.) bacon cut into ½ inch pieces  
1 hardboiled egg  
2 eggs  
Butter  
4 Tbsp. chopped onions  
1 chopped tomato  
100 g (4 oz.) cottage cheese  
3 drops Tabasco  
Salt and fresh ground pepper

Mash the potatoes coarsely with a fork and add bacon, egg and onion. Stir to a smooth batter.

Shape the batter into flat potato balls, add salt and pepper. Heat a frying pan with butter. Fry the potato balls on both sides. Put them on plates. Mix cottage cheese with tomatoes, Tabasco, add salt to taste and serve. This dish may very well be prepared the day before.



You can always substitute cottage cheese and butter for a lactose free alternative.

**Omelette with spinach, smoked salmon and fennel cottage cheese**

- 4 eggs
- 100 g (4 oz.) frozen spinach
- ½ dl (¼ cup) cream
- 2 Tbsp. butter
- 4-5 slices smoked salmon approx.
- 150 g (6 oz.)
- 150 g (6 oz.) cottage cheese
- 1 tsp. fennel seeds
- Salt and fresh ground pepper

Whisk spinach (thawed), egg, cream, salt and pepper. Heat a frying pan with butter, pour the omelette batter and stir carefully

with a fork. When the omelette sets a bit, fold it. Put it on a plate with the salmon. Mix cottage cheese with fennel and black pepper and serve.

You can always substitute butter and cottage cheese and cream for a lactose free alternative.

**Boiled eggs with anchovy quark and bread**

- 3-4 boiled eggs
- 2-3 anchovy fillets
- 100 g (4 oz.) quark
- 4 slices hard bread
- 4-6 slices ripened cheese
- 2-3 radishes sliced
- 2 Tbsp. butter

Mash the anchovy with the quark, slice the eggs.

Put the eggs on the hard bread

and cheese on top. Finish off with the anchovy mix.

*Keep in mind that some foodstuffs can cause indigestion and constipation, especially if you eat large quantities at once. For instance dried fruit like apricots and the skins on citrus fruits.*

You can always exchange butter and quark for a lactose free alternative, and hard bread for a gluten free alternative.

**Semolina porridge with dried fruits, cinnamon and cardamom**

Semolina porridge or oatmeal (follow the instruction on the package)

50 g (2 oz.) dried apricots

100 g (4 oz.) sliced apples

2 tsp. cardamom

2 tsp. cinnamon

Make porridge. Slice apple and apricots. Pour porridge and fruit, sprinkle with seasoning. Serve with milk.

You can always substitute the milk for a lactose free alternative. NB! Choose gluten free semolina on buckwheat or millet. Oats can contain gluten.

**Fried rice grain pucks med sugar-butter and orange**

Rice pudding made according to the instructions on the package with 1/5 tsp. ground clove

5 Tbsp. butter

1 tsp. cinnamon

½ orange in segments

Let the pudding cool, preferably over night. Shape the pudding into small pucks. Heat a frying pan with 1 Tbsp. butter. Fry the pucks golden brown. Melt the rest of the butter with cinnamon and sugar.

Pour the butter mix over the pucks. Divide the orange and remove the skins, put the segments around the pucks.

You can always substitute the butter for a lactose free alternative.

NB! Look at the package of the grains of rice can contain gluten.

**Scrambled eggs with smoked ham, cheese, fried tomato and bread**

4 eggs

1 dl (½ cup) cooking cream

4 slices ham, smoked

4 slices ripened cheese

1 tomato

1 slice toast

1 Tbsp. butter

Salt and fresh ground pepper

Nutmeg

Beat the eggs and cream with a pinch of salt and pepper and a few scratches of nutmeg.

Cut the tomato in two, put the cheese between the slices of ham. Heat a frying pan with 1 Tbsp. butter, fry tomato and ham until they are golden brown.

Add the scrambled eggs and stir until it sets a bit, serve immediately.

You can always substitute butter and cream for lactose free alternatives, and the bread for a gluten free alternative.

**Tuna toast with tomato, capers, onion, and cheese**

4 slices white bread

1 can tuna approx. 95 g (4 oz.)

1 Tbsp. capers

1 Tbsp. finely chopped onion

4 slices tomato

5-6 slices cheese

3 Tbsp. olive oil

1 pinch cayenne pepper

Mix tuna with capers, onion, and pepper. Heat a frying pan with oil. Place the tuna mix in a piece of bread.

Then put tomato and cheese on the other piece. Fry the toast on both sides until golden brown and the cheese melts, serve.

You can always substitute the bread for a gluten free alternative.

*Eat more in the morning  
and before lunch and  
less late at night!*

# Dansac Novalife wins Medical Design Excellence Award



**MEDICAL  
DESIGN  
EXCELLENCE  
AWARDS®**

**2013**

**GOLD WINNER**

For more information about Dansac Novalife  
and the MDEA go to: [www.dansac.com](http://www.dansac.com)



## DESIGNED for SECURITY and DISCRETION

For people living with a stoma, security and discretion are of utmost importance to their quality of life. Based on extensive research, clinical evidence and real life testimonials, the Dansac Novalife stoma appliances are designed to achieve a functional, secure yet discrete pouching system.

Recognizing significant advances in medical product design the Medical Design Excellence Awards (MDEA) have awarded

Dansac Novalife the 2013 Gold Award in the category 'General Hospital Devices and Therapeutic Products'.

The award is also a recognition of the efforts and work of the people who have influenced the creation and design of Dansac Novalife stoma appliances – users, clinicians, engineers, designers – and is no less an acclaim of the difference that the products have made to the quality of life of people living with a stoma.





## *Many thanks to:*

**The sponsors** Axotan, B. Braun Medical, Danderyd Hospital, Coloplast, ConvaTec Sweden, Dansac and Hollister Scandinavia, ILCO, Nestle Healthcare, Salts Healthcare, Stoma care training, Danderyd Hospital Surgery & Urology ward.

**The models** Dan Bratt, Therese Dicklen, Camilla Franzén, Marlene Gustawson, Bo Karlsson, David Larsson, and Laila Söderholm.

**Photographer** Athina Strataki, **Stage manager** Ingela Tanaka, **Make Up Artist** Olle Sodgy, **Art Director** Jonas Svedberg, **Assistants** Lena Herrman, and Vendela Knuutinen.

**Chefs and food creators** Ann Stål, Carl Gustawson, Daniel Farinotte, Fredrik Johansson, Leila Söderholm, Marlene Gustawson, and Sanna Änggård.

**Locations** The Royal Opera, Vallentuna airfield, The Royal garden Ulriksdal, The glazier's workshop N.P. Ringström, The Söderbokhandeln Hansson & Bruce, Celine Lassen with the dogs Essi & Salli.

**Examination of recipes** Professor chief physician Rolf Hulterantz Karolinska University Hospital.

**Proof reader** John Litell.

**Translator** Lars Ahlström

**Manager of operations** Danderyd Hospital Surgery & Urology ward Johanna Albert.

**Managing director** Danderyd Hospital AB Stefan Jacobsson.

**Project manager** Danderyd Hospital Surgery & Urology ward Maria Gylfe.