Add flavour to your renal diet

**What is the difference between a spice & a herb?**

**SPICES** come from bark, roots, buds, seeds, berries or fruit from tropical plants.

**HERBS** are leaves of shrubs.

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**Tips to use less salt**

- Grill, “braai” or stir fry meat
- Most effective flavours to replace salt with are savoury & those with a “bite” or sour taste e.g.
  - Black pepper
  - Garlic powder /fresh /flakes
  - Onion / powder
  - Curry powder /masala
  - Cumin
  - Dill seeds
  - Basil
  - Lemon juice
  - Ginger
  - Coriander
  - Chilies

**Good food & flavour combinations to replace salt with**

- **BEEF** - black pepper, marjoram, sage, thyme, bay leaves, green peppers, onion
- **LAMB** - rosemary, mint, garlic, curry powder, masala
- **PORK** - pepper, garlic, oreganum, sage, dry mustard powder
  - apples, cranberry sauce, pineapple
- **VEAL** - ginger, curry powder, marjoram, origanum, bay leaves
- **CHICKEN** - thyme, sage, ginger, paprika, marjoram, oreganum,
  - lemon juice, pineapple, chili sauce/Tabasco
- **FISH** - lemon juice, pepper, paprika, dill, dry mustard, dry curry
- **EGGS** - cayenne pepper, curry powder, mustard powder, chilies

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The taste for salt is acquired, so we **can learn** to love it a little less.

**Gradually decrease** the amount of salt from your diet, and the taste buds will adjust.

Learn to taste your food in its natural or cooked state.

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Easy salad dressings

Basic dressing
Mix balsamic vinegar, lemon juice, thyme, garlic

Italian vinaigrette
¾ c olive oil
¼ c white vinegar
½ t minced garlic
½ t origanum
1 T chopped parsley
Mix in blender for 10 sec & allow to rest for 30 min to let flavours blend.
Whisk before serving

Italian dressing
Dry mix:
2 T origanum
¼ t thyme
1 T garlic powder
1 t basil
1 t black pepper
1 T parsley
1 T sugar
Mix & store in sealed container
To prepare dressing whisk together
¾ c canola oil
¼ c white vinegar
2 T water
2 T dry mix
1 T white vinegar
½ t origanum
½ t minced garlic
½ t thyme
1 T chopped parsley
Mix in blender for 10 sec & allow to rest for 30 min to let flavours blend.
Whisk before serving

Vegetable stock

1. Fill a large pot with 4.5 liters water
2. Bring water to the boil
3. Add the following ingredients to water:
   - 3 celery sticks, diced
   - 3 carrots that has been peeled, diced & soaked for 2 hours
   - 1 onion, peeled & chopped
   - 2 - 3 cabbage leaves
   - 1 parsnip that has been peeled, diced & soaked for 2 hours
   - 1 small bunch parsley
   - 1 t whole peppercorns
   - 1 t dried thyme
4. Lower heat, cover & simmer for 1 hour
5. Strain, leave to cool
6. Refrigerate
7. Use within 3 days or freeze

Salt-free Seasonings

Italian Seasoning
½ t marjoram
½ t origanum
½ t basil
½ t parsley
½ t black pepper

Chinese Seasoning
½ t ginger
½ t garlic powder
¼ t black pepper
Soy sauce replacement
4 t balsamic vinegar
2 t dark molasses
1 t ground ginger
2 ½ t white pepper
2 ½ t garlic powder
1 ¾ cups water
Combine all ingredients in saucepan & stir over medium heat. Boil gently till liquid is reduced to 1 cup, ± 15 min

Ideas for marinades
Chicken/pork - honey, ginger, garlic, olive oil
Lamb/fish - ginger, coriander, lemon zest & juice
Beef - black pepper, chilli, canola oil
Chicken kebabs - paprika, garlic, lemon juice, oil
Fish - chopped fresh dill, olive oil, lemon juice

Savoury Seasoning
1 t chili powder
½ t paprika
1 t ground mustard
3 t paprika
2 t thyme
2 T sage

Favourite Blend
1 T garlic powder
1 T paprika
1 T dry mustard
5 t onion powder
1½ t black pepper
1 t thyme
1 t basil
Yield: about ¼ cup

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