

# Steamed Christmas pudding

Prep: 1hr 30 mins • Cook: 1hr 30 mins • Serves: 8

This low potassium version of a traditional Christmas makes it an ideal dessert for a festive treat.

## Ingredients

250g pineapple pieces in juice	100g unsalted butter
100g demerara sugar	2 eggs
50g glace cherries	50g sultanas
175g self raising flour	2-3 teaspoons mixed spice
1 unwaxed lemon	Extra butter for greasing

**Carbohydrate** The main sources of carbohydrates in this dish are the flour, sugar and fruit. Carbohydrate values have been provided for those trained in insulin adjustment.

**Phosphate/potassium** Tinned fruit has been used as it is lower in potassium than dried fruit. This helps to keep the overall potassium content of the pudding low.

Serve with double cream or brandy butter rather than custard to keep the potassium level low.

As eggs contain phosphate there is still some phosphate in this recipe. If you have been prescribed a phosphate binder, ensure you take them with this dish.

**Protein** This pudding is a suitable treat for those on a low protein diet.

## Special diets

**Gluten free:** Use a gluten free flour.

**Healthier option** If you wish to reduce the amount of fat, use a low fat spread in place of the butter. One serving contains half a portion of fruit.

**Storage** We would not recommend cooking this pudding weeks in advance as with a traditional Christmas pudding. However, once cooked it can be kept in an airtight container for 2-3 days. Reheat before serving in the oven or microwave.

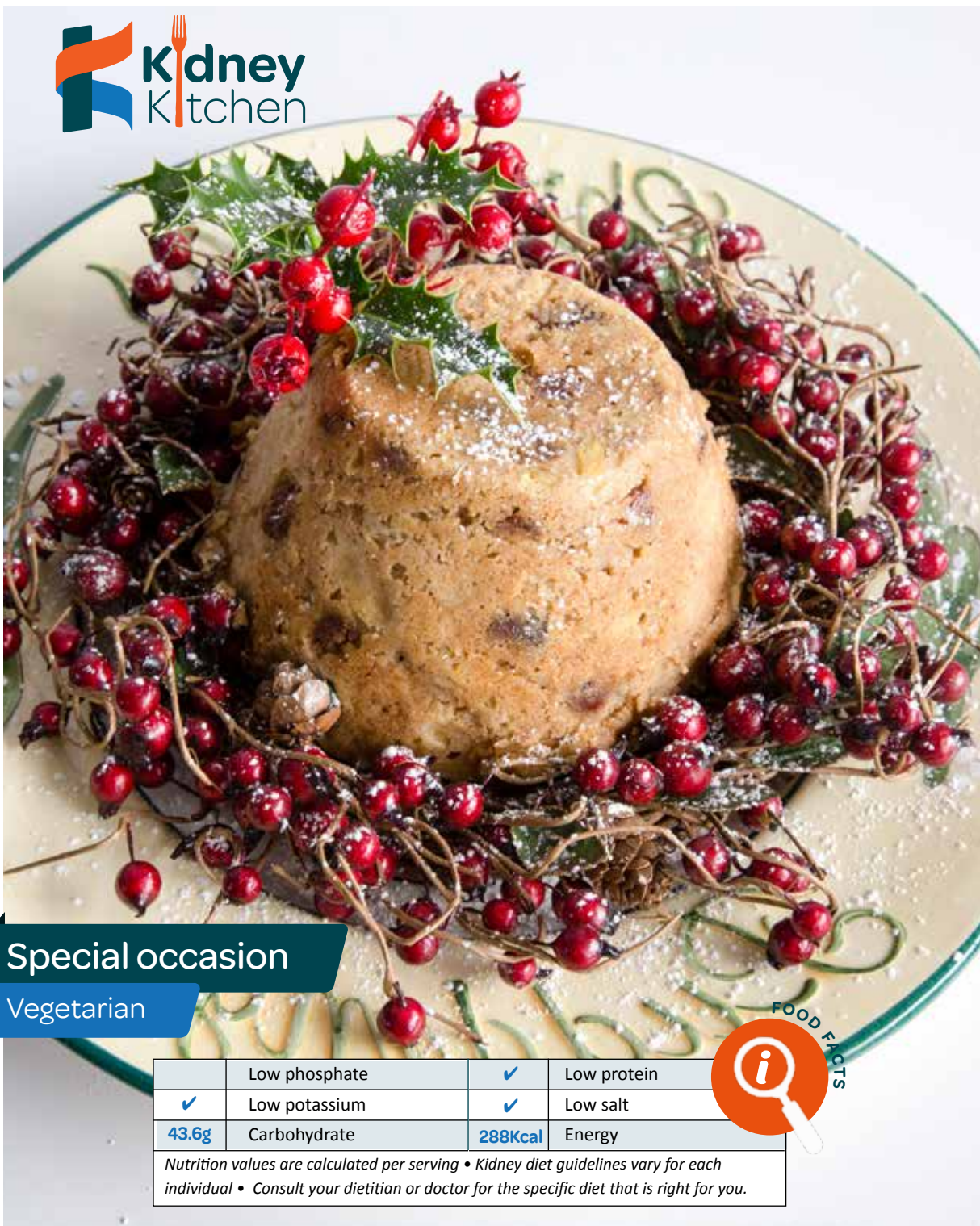
**Tip** To cook the pudding if you don't have a steamer you can place a saucer in the bottom of a large saucepan. Put the pudding basin on the saucer and fill with water until it is halfway up the side of the bowl.

Special occasion

Vegetarian

	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
43.6g	Carbohydrate	288Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





## Cooking in the kitchen with Lizzie Morey

This delicious version of a Christmas pudding uses less fruit than a traditional recipe but still has all the festive flavour.



1

Butter an 850ml pudding basin and put into the fridge to set for 30 minutes. Butter the bowl again and put back into the fridge to set again for another 30 minutes.



2

Cut a small disc of greaseproof paper to fit into the bottom of the bowl. Drain the pineapple through a sieve and discard the juice. Roughly chop both the pineapple and cherries into small pieces.



3

Cream the butter and sugar together until light and fluffy. Beat in the eggs a small amount at a time. Fold in the cherries, pineapple, sultanas and grate in the rind of the lemon.



4

Sift the flour and gently fold it in to the mixture with the mixed spice.



5

Transfer into the pudding basin and cover with a piece of buttered foil with a centre pleat to allow for expansion. Secure with a piece of string with a large loop for a handle.



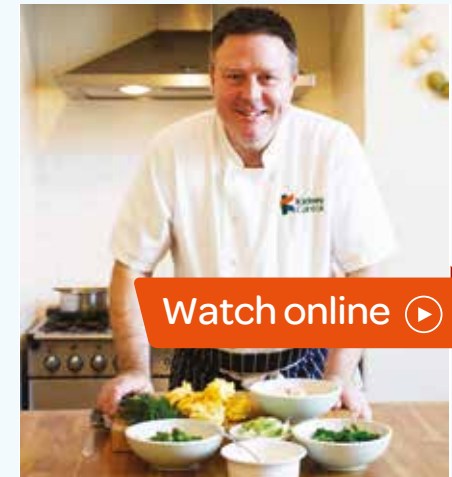
6

Steam pudding in a steamer for 1 ½ hours until firm. Cut the string around the bowl, turn out and serve or follow storage instructions.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

[www.kidneykitchen.org](http://www.kidneykitchen.org)



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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