NOW

brace friendly recipes

.....Let's cook

BOS
BRITISH ORTHODONTIC SOCIETY

foreword

This collection of recipes has been compiled with the new brace wearer in mind. A healthy balanced diet is important for all of us, especially for teenagers, whose growth and development now will influence their overall health for life.

These recipes have been put together to help ensure that the food restrictions needed whilst wearing a brace, will not affect your nutritional status, food choice and fun whilst you are having your teeth straightened.

These recipes are easy to make and are suitable for the whole family whilst being tooth friendly at the same time!

Enjoy!

Juliette Reeves
Dental Hygienist and Nutrition Consultant

About Juliette Reeves

Juliette Reeves is an expanded-duties dental hygienist and trained nutritionist with over thirty years experience. She qualified from Birmingham Dental Hospital in 1981 and studied nutrition with Patrick Holford and Kate Neil at The Institute for Optimum Nutrition, gaining qualifications in Optimum Nutrition Education with further study in Nutritional Biochemistry.

Juliette writes regularly for the international dental press and is an editorial advisor to a number of dental journals including Irish Dentist and Preventive Dentistry. Juliette has written and lectured internationally over the last 16 years on the systemic link between nutrition and oral health. She is senior UK tutor to the Swiss Dental Academy, clinical director of Perio-Nutrition and regularly presents post graduate seminars around the country. Juliette is also a Key Opinion Leader for Philips Oral Healthcare.

As a practising hygienist and nutritionist, Juliette's main areas of interest are oral health of the renal patient and nutritional influences in periodontal disease, stress, bone density and female hormones.

Juliette lives in an 11th Century village on the outskirts of Peterborough with her husband Graham. She is passionate about cooking, music, art, travel, writing and dentistry!

*Nutritional Analysis based on:

Most of the data has been calculated from McCance and Widowson's Composition of Foods 5th Edition.

Percentage of daily intake has been calculated using Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (HMSO 1991).

Average recommended daily intake for 11-18 years based on:

Calories 2000
Total Fat 30% of calorific intake (about 70g)
Sodium 1600mg
NME Sugar : 10% of calorific intake (about 50g) excluding milk sugars

Enjoy!

contents

Breakfast 6

All Day Breakfast Frittata
Apple and Raisin Porridge

Soup 8

Cauliflower Cheese Soup
Roasted Butternut Squash Soup
Pea and Ham Soup

Main 11

Herby Mini Goats Cheese Burgers
Fish Cakes
Fish Dijon
Jerusalem Artichoke Mash
Salmon and Pea Risotto
Slip Down, Slurp Down Pasta
Sophie's Shepherd's Pie
Cottage Cheese Guacamole
Fish Chowder
Lentil Dhal
Tender Chicken with Rice Noodles
Risotto xo xo

Sweet 23

Apple Duo
Barbara's Buttery Bananas
Brenda's Bread and Butter Pudding
Classic Crème Caramel
Quick Mango Fool
Honey Yogurt Cheese Cake
Smoothie
Chilled Berry Compote
Banana Ice Cream

All Day Breakfast Frittata

Serves 4
Best served with some soft roasted vine tomatoes

Ingredients

1 onion, very finely chopped
8oz/225g cooked new potatoes
1x tablespoon olive oil
100g pkt smoked pancetta, chopped (can be omitted by vegetarians)
6oz/175g chopped mushrooms
6x large eggs
50g/2oz cheddar cheese (grated)
Salt and Pepper to taste

Method

In a non-stick frying pan add the olive oil and sauté the onion and sprinkle with salt to allow it to sweat rather than brown. Add the pancetta and cook for a couple of minutes.

Add the chopped mushrooms and cook a little more.

Add the softly boiled, chopped potatoes and stir well.

Beat the eggs and add to the pan, season with pepper and a little salt.

Cook stirring for a minute, until most of the egg has set.

Turn down the heat and cook for another minute or so.

Sprinkle over the grated cheese and put the pan under a hot grill until the cheese is golden and the frittata is set.

Serve in wedges.

Nutritional Analysis

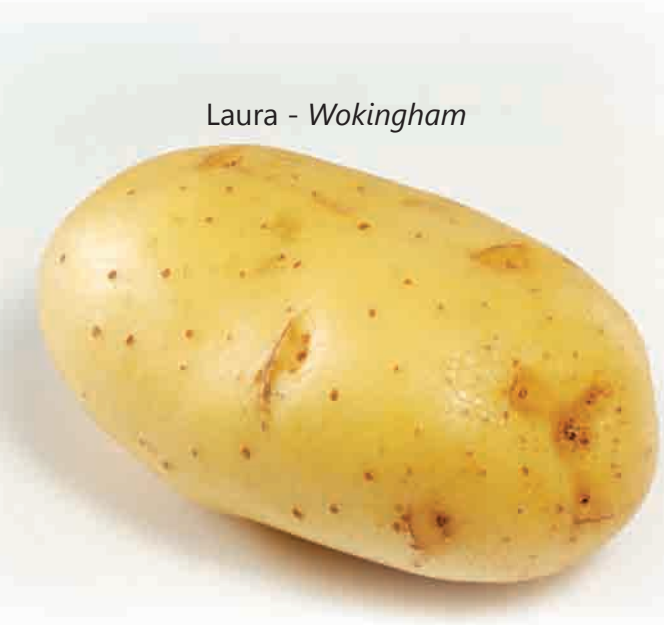
Per Serving		As percentage of daily intake*
Calories :	324	16%
Total Fat:	16.1 g	22%
Sodium:	323 mg	20%

Nutrition Comment:

This recipe is relatively high in sodium (361mg). Remove the added salt to taste as added salt is rarely necessary.

Juliette says:
A good breakfast in the morning will give you lots of energy and a stable blood sugar level. This makes you brighter and more alert and able to concentrate. Eggs are a great source of B vitamins and protein, needed for growth and energy.

Laura - *Wokingham*



Apple and Raisin Porridge

Ingredients

70g/2 ½ oz porridge oats
350ml/12 ½ fl oz milk
2 apples (about 250g/9oz)
15g/ ½ oz raisins
1 pinch of cinnamon
50ml/2 fl oz water

Method

Peel, core and slice the apples.

Place the apples in a pan with the water, raisins and cinnamon.

Bring to the boil then reduce the heat and simmer for 10-15 minutes until apples are soft.

Meanwhile place the porridge oats and milk in a separate saucepan and bring to the boil.

Reduce the heat then simmer gently until cooked.

Purée the apples and raisins and stir into the cooked porridge.

Serve.

Nutritional Analysis.

Per Serving		As percentage of daily intake*
Calories:	265	13%
Total Fat:	5 g	7%
Sodium:	80 mg	5%

Juliette says:

Porridge oats are a great way to start the day as they maintain energy levels throughout the morning. Swapping the raisins for chopped mixed nuts will give good levels of essential minerals like calcium, magnesium and zinc, which are all needed for healthy bones and teeth.

Penny - *Merton Park*

Cauliflower Cheese Soup

Preparation time **10 minutes** Cooking Time **25 minutes**

Ingredients

100g grated Cheddar cheese
2 tablespoons of olive oil
1 large onion, peeled and chopped
1 large cauliflower, cut into florets
1.2L vegetable or chicken stock
1 tablespoon of chopped parsley
Extra grated cheese to sprinkle on top

Method

Using a deep saucepan, gently fry the onions in the olive oil until soft, but not brown.

Place the cauliflower into the saucepan, followed by the stock and bring to the boil.

Leave to simmer for 15-20 minutes, or until the cauliflower is soft.

Stir in the grated cheese and puree the mixture.

Season to taste and add a sprinkling of chopped parsley and grated cheese.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories:	252	12%
Total Fat:	17.6g	25%
Sodium:	633mg	39%

Nutrition Comment:

This recipe is high in sodium which is found in stock cubes and is high in cheese. Replacing the cheddar cheese with cream cheese will reduce the sodium content and using reduced salt stock cubes will bring the sodium content down to 364mg – 22%.

Juliette says:

Cauliflower is a rich source of sulphur amino acids, these are needed for healthy skin, hair and nails. Sulphur is often missing in vegetarian diets.

Heather - *London*

Bowl you over Roasted Butternut Squash Soup

A brace friendly, warming, nutritious and delicious recipe which can be enjoyed by the whole family, not just the brace wearer.

Ingredients

4 large leeks

6 oz (175g) butternut squash

1 large onion, peeled

1 teaspoon butter and 1 tablespoon of olive oil

1½ pints (850 ml) vegetable stock (suggest: Marigold Swiss Vegetable Bouillon powder)

10 fl oz (275 ml) semi-skimmed milk

1½ tablespoons snipped chives

Salt and freshly milled black pepper

Method

After washing, slice the leeks lengthways and then across into 1 inch (2.5cm) slices. Next peel and chop the onion into slices of the same size, followed by the butternut squash (there is no need to peel it first) into 1 inch (2.5cm) cubes.

Turn the oven onto 200^0 c. Toss the butternut squash in olive oil and roast on a baking tray for 45 minutes until the flesh is soft and has started to caramelise. Meanwhile melt the butter in a large saucepan, add the leeks and onions, stir them well and add some salt. Put a lid on the saucepan and, keeping the heat low, allow the vegetables to sweat and release their juices for 20 minutes.

Once it has caramelised, add the roasted butternut squash to the other vegetables, add the stock and the milk and a little freshly milled pepper, then return the lid. Keep the heat low and let the soup simmer very gently for another 20 minutes to allow the flavours of the vegetables to amalgamate.

Pour the soup into a liquidiser and blend to a velvety smooth puree (you may have to do this in two or three batches, so it is a good idea to have a large bowl to hand). Then return the soup to the saucepan, snip in some chives and gently re-heat without letting it boil (no more than a simmer) for a couple of minutes. Add more seasoning if you need to.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories:	170	8.5%
Total Fat:	5.5 g	8%%
Sodium:	278 mg	17%

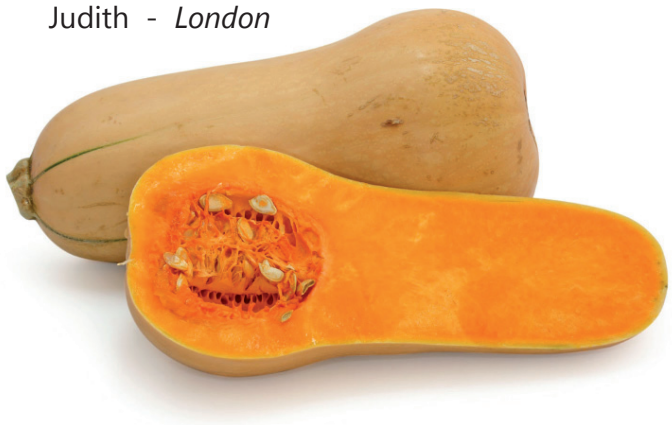
Nutrition Comment:

Unsalted butter is recommended in all recipes. Low salt stock cubes are used in all stock cube recipes. Added salt is omitted.

Juliette says:

Soups are a great way to get good levels of vitamins, minerals and fibre into the diet. Butternut squash is rich in antioxidants especially beta carotene. Adding a 1" piece of fresh grated ginger root will increase the immune boosting power of this soup, helping to ward off coughs and colds in the winter!

Judith - *London*



Pea and Ham Soup

Preparation time **10 minutes** Cooking Time **30 minutes**

Serves 4
Nutrition info (per serving): 105 calories, 2g fat

Ingredients

1 carrot, chopped
1 onion, chopped
1⁄2 leek, chopped
2 bay leaves
1.5 litres (3 pints) vegetable stock
200g (7 oz) frozen peas
200g (7 oz) cooked chopped ham (or vegetarian equivalent)
Salt and freshly ground black pepper
Fresh parsley, chopped, to serve

Method

Cook the carrot, onion, leek and bay leaves in the vegetable stock until the vegetables are soft.

Add the peas and bring back to the boil.

Remove from the heat and blend in a liquidiser until smooth.

Reheat gently, add the ham and season to taste.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories:	102	5%
Total Fat:	1.6 g	2%
Sodium:	656 mg	41%

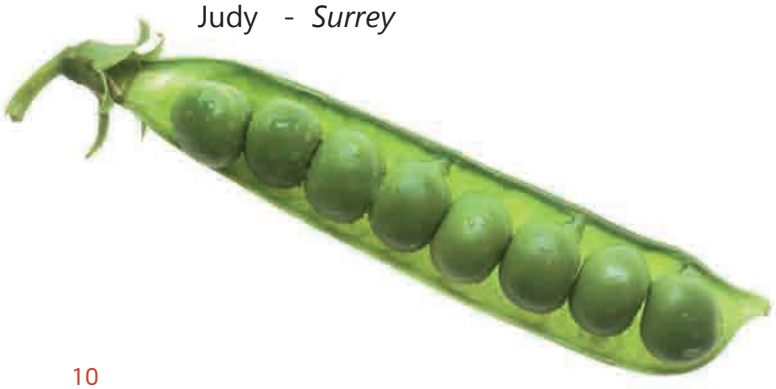
Nutrition Comment:

This recipe is high in sodium, mainly from the stock cube and the ham content. By replacing the peas and stock cube with 400g processed peas and reducing the ham content to 100g this brings the sodium content down to 415 mg about 26%. Calories equal 182 - .9%

Juliette says:

Peas are a great source of insoluble fibre and are packed with vitamins and minerals such as vitamin C, folic acid and zinc. All these nutrients are needed for the development of a good nervous and immune system. They also keep your skin healthy too.

Judy - *Surrey*



Herby Mini Goats Cheese Burgers

Adding oats to the mince makes these burgers really tender and soft, which is great for new brace wearers. It's also a sneaky way of getting more healthy oats into the diet. Makes 10 mini burgers or 12 smaller mini burgers or 4 extra-large adult burgers so parents can eat the same meal!

Ingredients

500g lean mince (turkey, lamb or beef)
50g porridge oats
20g fresh mixed herbs, very finely chopped
1 small onion, very finely chopped
1 clove of garlic, finely minced
A pinch of sea salt
Freshly ground black pepper
1 tbsp olive oil
800g farmhouse loaf
100g goats cheese

Method

Mix the mince with the oats, herbs, onion, garlic, salt and pepper. Divide into 10 mini balls, and flatten into burgers. Heat the oil in a large frying pan and fry the burgers in batches for about 5 minutes each side, until cooked through. Keep the cooked burgers warmed in the oven on a baking sheet as you cook the remaining burgers. Or, if you're only cooking for a few, wrap each extra burger individually in parchment paper, seal well, label and freeze for up to a month.

Slice the farmhouse loaf into 1-inch thick slices. Then cut, using a scone or cookie cutter – or the rim of a glass, into bun-like circles. Try to get 2 circles out of each slice of bread. (Use the leftover bread to make bread and butter pudding – or to make breadcrumbs for coating fish or chicken.) Use to sandwich burgers, along with a sliver of the soft and creamy goats cheese.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	632	31%
Total Fat:	34.6 g	49%
Sodium:	629 mg	39%

Nutrition Comment:

This recipe is high in sodium, mainly from the bread and goats cheese. Replacing the goats cheese with mozzarella will bring the sodium content down to 466.5 mg - 29%. Extra lean beef has been used in the calculations.

Juliette says:

Try using mozzarella cheese instead of goats cheese, as this will reduce the salt content.

Mark - *Market Harborough*

Fish Cakes

Makes 4

Ingredients

250g cooked or canned fish – haddock, smoked haddock or salmon are perfect
250g cooked and mashed potato
Salt and freshly ground black pepper
1 red chilli, chopped (optional)
1 tsp lemon juice
1 egg, beaten
Fresh breadcrumbs
1 egg, beaten

Method

Remove the bones and skin from cooked fish if you are using the fresh variety. Flake and mash onto a plate.

Add fish to mashed potato, beat until smooth.

Season and add chilli (if you want a spicy kick), lemon juice and egg, beat together.

Form mixture into a large roll on a floured surface, cut into 10 rounds and dip in egg and breadcrumbs.

Fry in a hot frying pan with a little oil on both sides until browned.

Serve.

Fresh breadcrumbs are easy to make by popping some stale bread into a food processor and whizzing.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories:	367	18%
Total Fat:	9.2 g	13%
Sodium:	176 mg	11%

Nutrition Comment:

This recipe is based on salmon as the fish of choice and using wholemeal breadcrumbs.

Juliette says:

Salmon is an oily fish rich in Omega 3 oils. These fats are healthy fats and are needed for healthy skin, hair and nails. They also boost the immune system helping you to avoid catching colds and flu in the winter.

Using wholemeal breadcrumbs increases the fibre and B vitamin content. Try using mackerel or tuna for a change.

Claire - *Enfield*

Fish Dijon

This recipe uses steaks of cod - or other white fish, pan fried then finished in the oven with a Dijon mustard glaze. Served with creamy mashed vegetables.

Ingredients

Thick skinned cod steaks (or other firm white fish) x 4

Olive Oil (2 x tbsp)

Dijon Mustard 4 x tsp

Finely chopped flat parsley 1 x tbsp

Butter x 25g / 1oz

Salt and pepper to taste

To accompany

Mashed potatoes

Mashed carrots plus butter x 25g / 1oz

Method

Wash and trim the fish and then season on both sides. Heat the oil in a pan which can be transferred to the oven.

Gently fry the cod steaks on one side then using a pastry brush, paint mustard over the top side of the fish.

Place in a pre-heated oven at Gas Mark 6 / 400°F / 200°C for around 5 minutes, depending on thickness, to glaze fish and finish cooking through. Sprinkle with chopped parsley.

Serve with creamy mashed potatoes and carrots which have been steamed and pureed/ mashed with some butter and seasoned.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories:	644	32%
Total Fat	14 g	20%
Sodium	252 mg	16%

Nutrition Comment:

The nutrition analysis includes the potato and carrot side dishes. Unsalted butter is used and added salt is omitted. NB Mustard is high in sodium but is used sparingly.

Juliette says:

White fish is a great source of low fat protein, which is needed for growing bodies! Adding extra vegetables like broccoli, peas, green beans (even if they are pureed) will boost vitamin C levels and provide extra fibre. Mashing carrots with a little butter increases the amount of beta carotene that is available.

Cecile - *Kent*

Jerusalem Artichoke Mash

A simple recipe which is equally tasty with sweet potatoes or swede instead of potatoes.
4-6 side servings.

Ingredients

1 tablespoon fresh lemon juice
250g Jerusalem artichokes
800g potatoes, peeled and cut into chunks
100ml crème fraîche or sour cream
4 tablespoons butter
Salt and pepper to taste
Small pinch of freshly grated nutmeg

Method

Fill a pan with cold water and add the lemon juice. Scrub the Jerusalem artichokes and cut them into 2-finger-width pieces and add them to the pan. Bring to the boil, cover and simmer until almost tender (about 10 minutes).

Add the potatoes and salt, cover the pan and simmer until all the vegetables are very tender (about 15 minutes) and then drain them. Put the pan over the lowest heat, add the crème fraîche and butter and mash until they're smooth and season to taste with salt, pepper and nutmeg.

Serve as a side dish or as a topping for Fish Pie or Shepherd's Pie.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	250	12.5%
Total Fat	8.8 g	12%
Sodium	50.7mg	3%

Nutrition Comment:

Unsalted butter is used and low fat sour cream. Added salt omitted.

Juliette says:

Jerusalem Artichokes don't actually come from Jerusalem! Nobody really knows how they got this name. They are a great alternative to potatoes and have a nutty flavour. They are also low in calories and high in fibre too. Parsnips also make a good alternative to this dish.

Marjorie - *West Sussex*

Salmon and Pea Risotto

Preparation time **5 minutes** Cooking Time **45 minutes**

Serves 4

Ingredients

3 tablespoons olive oil
1 onion, finely diced
300 g (10 oz) risotto rice
1 litre (2 pints) vegetable stock
300g (10 oz) salmon fillet, skinned, boned and diced
200g (7 oz) frozen peas
25g (1 oz) Parmesan cheese, grated
30g (1 oz) butter
Salt and freshly ground black pepper

Method

Pour the oil into a wide sauté pan and set over a low heat. Gently fry the diced onion until soft.

Stir in the rice, making sure it is well coated in the oil. Fry for 2 more minutes, then stir in 2–3 ladles of the vegetable stock. Keep stirring regularly, adding more stock as the rice absorbs the liquid.

Meanwhile poach the salmon in a little vegetable stock.

Cook the peas according to the packet instructions.

After about 20 minutes all the stock will be absorbed and the rice should be cooked, with a slight bite.

Now add the flaked salmon, peas and stock from poaching the fish to the risotto. Stir in the Parmesan; finish with the butter, season and serve.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	430	21.5%
Total Fat	21.8 g	31%
Sodium	289mg	18%

Nutrition Comment:

A low salt stock cube has been used in the analysis. Unsalted butter is also used in the analysis.

Juliette says:

Salmon is a great tasting oily fish that has a light flavour. Rich in Omega 3 fatty acids it is good for your heart health and helps to reduce the effects of saturated fats on the body. Tuna would also work well for a change.

Linda - *Crawley, West Sussex*

Slip Down, Slurp Down Pasta

This simple and super-fast recipe is a derivative of pasta carbonara and is suitable for non meat eaters. This serves one person and can be cooked and on the table in 5-10 minutes.

Ingredients for 2 servings

250g Cooked weight fresh pasta
1 large egg
1 Tbsp Parmesan cheese
Pinch black pepper for seasoning
100g peas
2 Tbsp olive oil

Equipment

Deep saucepan
Egg beater/fork
Cheese grater
Bowl
Tongs
Shallow saucepan, Wooden spoon

Method

While the pasta is cooking (see below), beat an egg into a bowl and grate the Parmesan cheese into it. Once cooked, drain the pasta, pour the egg/cheese mixture into the still hot saucepan then tip the hot pasta back in on top of it. Quickly stir with tongs so the egg cooks using the heat of the cooked pasta.

Season and grate some fresh Parmesan cheese over the top.

Optional extras: You could also add some cooked vegetables such as mushrooms, or peas which have been gently sautéed in olive oil to ensure they are very soft and slip down easily.

Cooking the pasta

Fill a pot with a litre of water per serving of pasta and set it to boil. When the water comes to the boil, add 1 tablespoon of coarse salt. Check the pasta pack for cooking times. When the water comes to a rolling boil, add the pasta and give it a good stir to separate the pieces.

Stir occasionally to keep the pasta pieces from sticking to each other or the pot. A minute before the pasta cooking time is up, fish out a piece and check for 'doneness'. Fresh pasta, especially egg pasta (such as fettuccine or tagliatelle) cooks quickly in about 3-5 minutes.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	400	20%
Total Fat	18 g	25%
Sodium	780 mg	48%

Nutrition Comment:

This recipe is high in sodium, which can be greatly reduced by removing the cooking salt. (Parmesan cheese is high in sodium, removing the need for added salt). This reduces sodium content to 138mg - 8%. There are no amounts listed in this recipe. The nutritional analysis is based on the following:

2 servings
250g Cooked weight fresh pasta
1 large egg
1 Tbsp Parmesan cheese
Pinch black pepper for seasoning
100g peas
2 Tbsp olive oil

Juliette says:

This dish would work well with a mix of cooked vegetables such as carrot, peppers, peas, courgette, broccoli florets (which can be pureed). Using wholemeal pasta will increase the fibre and vitamin B content.

Eloise - *Leeds*

Sophie's Shepherd's Pie

Adding softened courgettes, carrots, tomatoes and celery is the easiest way to incorporate more vegetables and fibre into this pie – the final taste is much more interesting too, and it means the whole family, not just the brace wearer will enjoy it !

Serves 4

Ingredients

A dash of olive oil
3 medium onions, sliced
3 stalks of celery, finely chopped
2 courgettes, finely chopped
2 carrots, finely chopped
1kg minced beef or lamb, or a mixture of the two
1 beef stock cube
400g fresh deep red tomatoes
skinned and roughly chopped (or use a tin)
A few sprigs of fresh thyme
3 bay leaves
Freshly ground black pepper
2 glasses of good-to-drink red wine (optional)
1kg potatoes, such as Maris Piper
A knob of butter
A dollop of low-fat natural yogurt

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	1022	51%
Total Fat	46.5	66%
Sodium	417 mg	26%

Nutrition Comment:

This recipe is relatively high in calories. Using extra lean minced beef and using a low salt stock cube helps keep sodium and fat content lower. Removing red wine will also reduce calories. As this is a main meal including the potato element of the meal, higher calorific values would be expected.

Juliette says:

This is a great recipe to add extra vegetables to, increasing fibre and vitamin C content. The tomatoes in this dish provide good levels of Lycopene, a powerful antioxidant that protects against cancer and heart disease.

Method

Warm the olive oil in a large, heavy-based saucepan, add the onions, celery, courgettes and carrots and cook until they become very soft and golden.

Add the minced meat and cook until it is brown all over – this is one of the tricks to making a good shepherd's pie, so be patient and don't stir too often, as this will help the meat to brown.

Crumble a beef stock cube into the meat whilst it is cooking. Add the tomatoes, throw in the thyme and bay leaves and continue cooking until the tomatoes have started to collapse a bit. Season with plenty of freshly ground black pepper.

Pour in the wine, partially cover with a lid and leave to simmer very gently for a good 30-40 minutes, until the meat sauce has turned all rich and thick.

While the meat is cooking, boil or steam the potatoes until they're soft enough to mash, at which point drain well and mash with a little butter.

Stir in the yogurt and season with freshly ground black pepper. Heat the oven to 200°C/gas mark 6.

Check the seasoning of the meat and tip into a baking dish.

Spread the mashed potato on top and bake for 35-40 minutes, until golden brown

This recipe was created for my daughter Sophie when she had her brace fitted so we call it Sophie's Shepherd's Pie.

Sue - *Hampshire*

Cottage Cheese Guacamole

My favourite variation on the Mexican Guacamole dish can be used as a flavoursome accompaniment to softly steamed fish, as a salsa to accompany easy to eat Chilli Con Carne or when a brace wearer longs for a salad but can't crunch on crudités. You can add a dollop to the centre of a soft wrap and sprinkle on some grated cheese for a delicious lunch.

Ingredients

1 ripe avocado
1 carton of low fat plain cottage cheese
2 ripe tomatoes
1 lemon
1 lime
Chopped chives
2-3 dashes of Tabasco
Salt and pepper

Optional extras

Soft wheat wraps
Grated cheddar cheese

Method

Peel and stone a ripe avocado (put in a paper bag and store next to a banana for a day to encourage it to ripen).

Place in a dish and mash with a fork or potato masher. Squeeze over the juice of a lemon and a lime to prevent the avocado from going brown and to add some fruity zing.

Peel 2 ripe tomatoes by immersing in boiling water for a minute and then remove the outer skin. Chop very finely.

Combine all the ingredients and season to taste.

Carola - *Petersham, Hants*

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	291	14%
Total Fat	14.5 g	20%
Sodium	558	35%

Juliette says:

Avocados are rich in healthy fats. These fats help to break down saturated fats in the body and increase the uptake of vitamins A and E, needed for a strong immune system and healthy hair, skin and nails. Cottage cheese is high in calcium for your bones and teeth.

Fish Chowder

This 'meal in a bowl 'needs no chewing and is very filling, making it the ideal dish for a new brace wearer.

Ingredients

450g fillet of white fish - haddock or cod are good, and smoked fish is even better!
225g potatoes - peeled and diced
2 medium-sized red onions, skinned and finely chopped
50g butter
30ml plain flour
150g corn kernels (can use tinned)
150ml fresh double cream
Approx 2 pints cold water

Method

Simmer the fish in the water for about 10 minutes. Strain the liquid into a bowl (this is your fish stock) and flake the fish, removing any bones and skin.

Melt the butter in a large pot and gently fry the onion until it looks transparent. Stir in the flour to make a roux (paste). Slowly add the strained fish stock and stirring constantly, bring to the boil. Now add the diced potatoes and simmer for 10-15 minutes.

Add the corn kernels and flaked fish - looking out for any bones you may have missed. Heat for 5 minutes.

Using a ladle, take out some of the soup and add to a bowl containing the fresh cream. Stir the combined liquids gently then put this liaison into the soup pot and heat without boiling for 2-3 minutes until ready to serve.

Camilla - *Gloucestershire*

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	536	27%
Total Fat	23.4g	33%
Sodium	189 mg	12%

Nutrition Comment:

The cream in this dish raises total fat content. Using low fat cream reduces this to 23.4g – 33% . Unsalted butter is used in the analysis.

Juliette says:

White fish is a great source of lean protein and is low in saturated fat. This recipe has good levels of zinc too, needed for growing bodies!

Lentil Dhal

Lentil Dhal is nutritious, inexpensive and easy to eat – what's more the whole family can eat it together so that the brace wearer does not feel they are being singled out. It is a warming, nourishing, vegetarian meal with a rich curry flavour thanks to plentiful spices. Red lentils are low in fat, rich in protein and packed with healthy fibre.

Serves 2

Ingredients

- 200 grams dried red lentils
- 1 small onion
- 1 vegetable stock cube
- 4 teaspoons whole coriander seeds
- 4 teaspoons whole cumin seeds
- 6 green cardamom pods
- 3 teaspoons ground turmeric
- 2 cloves of garlic
- 2 bay leaves
- Ground pepper to taste
- Fresh or dried chillies to taste
- Vegetable oil suitable for frying (such as sunflower oil)

Method

Cook the lentils in water according to instructions, adding the vegetable stock cube and the bay leaves to the lentil cooking water.

"Dry fry" the coriander, cumin and cardamom: heat a heavy-based saucepan on a cooking ring until quite hot – do not add oil or water to the pan. Add the spices to the pan and shake the pan while still over the heat to turn the spices for around two minutes – they may crackle and release a pungent aroma – but do not let them burn. Tip the spices into a heat proof dish, and take the pan off the heat.

Remove the cardamom seeds from their pods, and grind the dry fried spices until reasonably fine using a pestle and mortar or a grinder. Chop the onion very finely. Heat a heavy-based saucepan and add a few tablespoons of oil to cover the bottom well. Soften the onion in the oil for a few minutes, stirring to avoid burning. Add the dry fried spices, the turmeric, and the finely chopped, or crushed, garlic to the onion. Fry gently for two minutes, stirring all the time. Add more oil if necessary to avoid sticking or burning.

Add the cooked lentils to the pan and stir thoroughly to mix all the ingredients. Add the chillies and pepper, stir, and leave to simmer gently for fifteen minutes.

Dish up in a bowl with a serving of Basmati rice.

Sanjana - *Wimbledon*

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	313	15%
Total Fat	21 g	30%
Sodium	97 mg	6%

Nutrition Comment:

Low salt stock cube used.

Juliette says:

This is a good dish for ensuring steady blood sugar levels during the day and stops you from feeling hungry. If using dried lentils, make sure they are soaked and cooked well as if not they can be hard to digest. Lentils are a type of legume and contain the fibre which lowers cholesterol, making this meal good for your heart!

Tender Chicken with Rice Noodles

This is a version of a Vietnamese phô or a Japanese ramen (using rice noodles instead of somen).

Serves 4 to 6 (you'll have some chicken left over)

Ingredients

1 smallish chicken, cut up and skinned, or the equivalent of chicken pieces, skinned
1 onion, quartered
1 piece ginger root, the size of a thumb length, peeled and sliced
4 garlic cloves, peeled
1 teaspoon peppercorns
Salt to taste
2 tablespoons Vietnamese or Thai fish sauce (you can substitute soy sauce if you don't have fish sauce)
1 packet of dried rice noodles
1 bag of baby spinach
2 limes, cut into wedges

Method

If possible, do this step a day ahead: Combine the chicken and 2 litres of water in a large, heavy soup pot and bring to a simmer. Skim off foam and add the onion, ginger root, garlic cloves, peppercorns and 1 teaspoon salt. Reduce the heat, cover partially, and simmer 40 minutes. Skim occasionally.
Remove the chicken pieces from the broth and allow to cool. Line a strainer with cheesecloth and strain the broth into a bowl. When the chicken is cool enough to handle, shred and refrigerate in a covered container until ready to serve the soup. Refrigerate the broth for at least 3 hours or, preferably, overnight. Lift off the fat from the surface and discard.

About 30 minutes before you wish to serve the meal, remove the chicken and broth from the refrigerator. Bring the broth to a simmer and add the fish sauce (or soy sauce) and salt to taste. Taste and adjust seasonings. Place the rice noodles in a bowl and cover with boiling water. Do not cook. Just let them sit for 20 minutes, then drain.

Bring a large pot of water to the boil. Add the noodles and cook just until tender, 30 seconds to a minute. Drain and rinse with cold water. Set aside.

Just before serving, add the spinach to the simmering soup. To serve the soup, distribute the noodles among 4 to 6 large bowls. Top with shredded chicken. Ladle the simmering broth, with some of the spinach, into each bowl over the chicken and noodles. Serve at once, passing the limes to each diner to squeeze on as they wish.

Advance preparation:

The broth can (and should) be made the day before you make the soup.
It can be made up to 2 or 3 days ahead.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	280	14%
Total Fat	14.5 g	20%
Sodium	345 mg	21%

Nutrition Comment:

The analysis of this recipe has been based on 200g dried weight rice noodles, 2 Tbsp soy sauce and 300g bag of spinach.

Juliette says:

This is a great warming recipe using nutrient rich foods. Chicken is a good source of lean protein, spinach has lots of minerals and ginger root is anti-inflammatory - it helps digestion and wards off coughs and colds. Try using buckwheat noodles (known as Soba noodles) they give a nutty flavour and raise the fibre content also giving good levels of the B vitamins.

Angela - *London*

Risotto xo xo

This risotto is both easy to make and to eat and is great comfort food.

Ingredients

1 onion
30g butter
1 clove of garlic
300g Arborio rice
1.2 litres vegetable stock
250g pack chestnut mushrooms
bag of ready washed baby spinach
50g grated parmesan
salt and black pepper to season

Ingredients

Small sharp knife
Chopping board
Large saucepan with a lid
Wooden spoon
Measuring jug

Method

Peel and chop the onion and garlic.

Wipe the mushrooms and chop them finely.

Heat the butter in the large saucepan.

Add the onion and cook on a gentle heat for 5 minutes, stirring occasionally.

Add the garlic and Arborio rice to the pan and stir for 1 minute until the rice becomes translucent.

Add the stock and mushrooms and turn up the heat to bring to the boil.

Reduce the heat to a gentle simmer and cover the pan with a lid for 15 minutes, stirring occasionally.

Remove the lid and add the spinach.

Cook for a further 5 minutes uncovered and stirring regularly.

Stir in the parmesan and salt and pepper to taste.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	450	18%
Total Fat	20.7 g	29%
Sodium	665 mg	41%

Nutrition Comment:

This recipe is high in sodium, mostly from the stock cube and parmesan cheese. Using a low salt stock cube brings the sodium values down to 490 mg – 30%. Unsalted butter is used and rice is measured as dry weight. Spinach is measured as 300g.

Juliette says:

This meal is a comfort food due to the starchy rice used. Eat this one occasionally as although filling, the fibre content is low, and it is a little high in salt. The spinach is rich in zinc and calcium and adding extra vegetables such as peas, courgettes and leeks will increase the fibre content.

Nicola - *Peterborough*

sweetsforeword

We all enjoy sweets and desserts especially after a nice meal! Wearing a brace doesn't mean that you have to give up sweet foods completely, but we all need to eat these foods in small amounts and be careful about what types of sugar we eat.

Eating sweet foods at mealtimes will help reduce the effect of sugars on tooth decay, but remember to rinse with a fluoride mouthwash after eating particularly sticky foods, as these will collect around your brace and stay on your teeth for much longer.

Enjoy!

Juliette Reeves
Dental Hygienist and Nutrition Consultant

Apple Duo

Apple Snow

This recipe for Apple Snow is very appropriate for cold weather but actually it tastes good at any time of the year.

Ingredients

500g Bramley apples, peeled, cored and cut into chunks
2-3 tablespoons caster sugar
2 egg whites, whisked to soft peaks
285ml pot double cream, softly whipped

Method

Cook the apples with a splash of water until completely soft, adding enough sugar to sweeten. Cool, then fold in the rest of the ingredients. Spoon into pretty glasses and chill for 30 minutes.

Apple Snow Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	355	18%
Total Fat	22 g	31%
Sugars	25 g	50%

Nutrition Comment:

This recipe is high in sugar representing 4 Tsp per serving. As an accompaniment, added to a dish, it is also high in fat. It should therefore be eaten sparingly, if at all.

Juliette says:

This recipe is high in sugar and fat, and is best eaten in small quantities. A healthier option would be 2 tbs of fruit yogurt.

Apple and Cottage Cheese Pancakes

Top with maple syrup, yogurt, sour cream or apple sauce.

Serves 4

Ingredients

4 eggs
225g cottage cheese
2 apples
100g flour
2 teaspoons lemon juice
1 tablespoon honey
1/2 teaspoon cinnamon
1/2 teaspoon salt
2 tablespoons ground nuts (optional)
Oil or butter for frying
Toppings: Apple Snow, maple syrup, yogurt or sour cream

Apple Pancakes Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	343	17%
Total Fat	15.7 g	22%
Sugars	11.4g	22%

Nutrition Comment:

The nutrition analysis for this recipe has been calculated using low fat cottage cheese, wholemeal flour, 2 Tbsp oil and omitting the added salt. The sugar content can be lowered by omitting honey and using unsweetened apple juice. This brings the sugar content down to 2.4g – 5%.

Juliette says:

Cottage cheese is a good source of protein and calcium, using wholemeal flour increases the fibre and B vitamin content. Use fruit yogurt or crème fraiche as a topping.

Method

Separate 4 egg whites from the yolks. Whisk the whites until stiff. In a separate bowl mix the yolks, 225g cottage cheese, 2 grated apples, 100g flour, 2 teaspoons lemon juice, 1 tablespoon honey, 1/2 teaspoon each cinnamon and salt, and 2 tablespoons of ground nuts (optional). Gently fold in the whites. Heat some oil/butter in a large frying pan over medium heat; add spoonfuls of batter. Fry on both sides until firm and lightly browned. If cooking in batches, keep the finished pancakes in a warm oven.

Sonia

Barbara's Buttery Bananas

Ingredients

2 tablespoons butter
2 bananas, peeled
1 pinch nutmeg
1 teaspoon brown sugar or maple syrup
2 tablespoons orange juice

Method

Place the bananas on a cutting board and slice in half, down from the top to the bottom. Put the butter in a large frying pan, and melt it over medium heat. Place the bananas in the melted butter, and sprinkle the nutmeg on top. Then sprinkle the brown sugar, or maple syrup, over them too. Cook the bananas for 5 minutes, turning them once. Add orange juice, and let it bubble for 1 minute. Take the pan off the heat, and serve the bananas with the sauce on top. This is lovely with vanilla ice cream, yogurt or fromage frais to accompany it.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	240	12.5%
Total Fat	13g	18.5%
Sugars	18 g	36%

Nutrition Comment:

Nutrition analysis based on unsalted butter, 5g of maple syrup and 50mls orange juice.

Juliette says:

Keep this dessert to meal times and don't forget to rinse after eating this one, the syrup can be quite sticky.

Barbara - *Norwich*

Brenda's Bread and Butter Pudding

Serves 4

Ingredients

5 slices soft brown bread, no crusts
25g soft margarine
75g raisins or sultanas
pinch ground cinnamon
400mls semi skimmed milk
2 eggs, beaten
3tbsp brown sugar

Method

Grease a shallow heat proof pie dish with margarine.

Cut the crusts off the bread. Spread each slice on one side with margarine then cut into triangles.

Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas or raisins . Sprinkle with a little cinnamon, then repeat the layers until you have used up all of the bread.

Whisk the milk with the eggs and sugar, then pour over the prepared bread and leave to stand for 30 minutes. Preheat the oven to 180°C/Gas 4.

Grease a piece of foil with either butter or olive oil. Cover the dish, greased side down, and place into the oven. Bake for 15 minutes and remove the foil. Bake for another 15 minutes or until the top is golden-brown but not crunchy.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	356	18%
Total Fat	10.6 g	15%
Sugars	27.6 g	55%

Nutrition Comment:

Analysis calculated with bread at 35g per slice and 50g brown sugar.

Juliette says:

The wholemeal bread in this recipe gives extra fibre and B vitamins. Instead of raisins, try adding fresh fruits such a chopped apple, peaches, plums or pears to give extra vitamin C.

Brenda

Classic Crème Caramel

Ingredients

200g caster sugar
For the custard:
1 vanilla pod
3 tbsp caster sugar
6 tbsp cold water
4 medium eggs
4 medium egg yolks
100ml double cream
500ml full cream milk

Method

First, make the caramel. Put six tablespoons of cold water into a pan, along with the sugar. Place over a very low heat to slowly dissolve the sugar, for around five to seven minutes, until you have a clear syrup. Give the syrup a light stir to make sure all the sugar has dissolved and there's no grittiness, before turning up the heat. Bring the syrup to the boil, and continue boiling for around seven minutes, until it turns a deep golden caramel colour. There is no need to stir, just let it bubble.

Take the pan of syrup off the heat. Into a small container, measure out five tablespoons of cold water. Add the water to the syrup all in one go and stand back, as it can splatter (this stops the caramel setting before you have filled all the ramekins). Stir carefully, until smooth. If it has not blended completely, return to the heat and let it bubble a little more. Pour an equal amount of caramel into each ramekin to coat the bottom. Put into a deep roasting tin filled with cold water to set quickly.

Preheat the oven to 170°C/325°F/Gas mark 3. Split the vanilla pod, scrape the seeds into the sugar and mix. Whisk the eggs and yolks in a bowl, then whisk in the sugar. Put the milk, cream and vanilla pod into a pan and heat for five minutes, until hot, not boiling. Sieve the liquid into the egg mixture and whisk. Empty the water from the roasting tin, then put the ramekins back in the tin. Sieve the mixture into a jug and pour into the ramekins. Discard the vanilla pod.

Half-fill the roasting tin with hot water. Bake for 20 minutes, until the caramel is set, but with a slight wobble. Take out of the oven and leave to cool, then put in the fridge for five hours. When ready to eat, run a knife around the edge and dip the base into hot water to loosen the caramel. Put a plate on top of the ramekin and turn them both over, with a sharp shake. Lift the ramekin off. The caramel will flow over the custard and on to the plate.

Tip: Crème caramel improves if left overnight in the fridge. This allows the caramel in the base of the ramekin to soak more into the custard, so when the pudding is turned out, the top is a richer colour.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	500	25%
Total Fat	20.5 g	23%
Sugars	62.7 g	125%

Nutrition Comment:

This recipe is very high in sugar and is also sticky. If this recipe is kept in the book then it can only be eaten sparingly.

Juliette says:

This is a sticky one! Keep this one as an occasional treat, and don't forget to rinse well afterwards!

Tom - *York*

Quick Mango Fool

If you add a little lemon juice to condensed milk it will thicken - so it makes it really easy to make mousses and fools - try any fruits that you like. Rhubarb is a favourite of mine - but tinned fruits are just so handy - so this one uses mangoes.

Preparation time **5 minutes**

Serves 2-3

Ingredients

400g can mangoes (find one which is preserved in fruit juice not syrup)
142ml carton double cream
150g tub Greek yogurt
Juice of half a lemon
8tbsp Carnation Condensed Milk

Method

Drain the mangoes, reserving the juice.

Place in a food processor and blend with a few tablespoons of the juice to make a smooth puree.

Whip the double cream until soft peaks form and then combine with the Greek yogurt and condensed milk.

Swirl the mango puree and cream mixture into glasses and serve.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	236.5	15%
Total Fat	17 g	24%
Sugars	28g	56%

Nutrition Comment:

The sugar content is quite high in this one. Using fresh mango, leaving out the condensed milk, replacing with ordinary milk, brings the sugar content down to 21g – 42%. I have omitted the lemon juice as well.

Juliette says:

Mangoes are a great way to get lots of vitamin C into the diet. They are also rich in manganese which is needed for healthy growth, especially the joints. It is particularly helpful for "growing pains".

Sandra - *Maple Cross*

Honey Yogurt Cheese Cake

Ingredients

100g amaretti biscuits (or ginger or digestive biscuits)
85g toasted, flaked almonds
85g butter, melted
250ml Greek yogurt
750g mascarpone
2 eggs
zest 1 lemon
zest 1 orange
250ml runny honey (orange blossom is particularly good)
fresh fruit , to serve

Method

Heat the oven to 160°C/140°C fan/gas 3.

Crush the biscuits and almonds inside a plastic food bag using a rolling pin. Mix with the butter, then press into the bottom of a deep, oval, 23cm dish (or something similar in size - a roasting tin, baking dish or cake tin will work). Bake for 10 minutes.

Stir or mash together the yogurt and mascarpone, then whisk in the eggs, one at a time. Stir in the lemon and orange zests, then stir in most of the honey, reserving about 3 tbsp. Spread over the biscuit base, cover loosely with foil and cook for 1 hr. Remove the foil and cook for a further 15 minutes until lightly golden and the top is firm with just the slightest wobble in the middle. Leave to cool. Can be kept in the fridge for up to 2 days.

To serve, drizzle over the remaining honey.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	670	33%
Total Fat	58 g	82%
Sugars	38 g	76%

Nutrition Comment:

The biscuit base increases the sugar, fat and salt content particularly when using digestive biscuits. The analysis uses unsalted butter and 2 medium eggs. The serving size is estimated at 8.

Juliette says:

This is another recipe to be eaten as an occasional treat. Remember that the honey is sticky too!

Gina - *London*

Smoothie

A healthy breakfast or pick-me-up snack that's light in texture and full of flavour.

Ingredients

- 4 bananas, peeled
- 500g blueberries
- 150g plain yogurt
- 8–12 ice cubes

Method

Break the bananas into pieces and blend with all the other ingredients and the ice cubes.
Drink immediately.

Tip: Add a little milk or apple juice to thin, if necessary.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	250	12%
Total Fat	1.9 g	3%
Sugars	13g	26%

Nutrition Comment:

This recipe has been adjusted by adding 500 mls of milk and dividing between four. 4 bananas for one serving provides too much potassium.

Juliette says:

Smoothies are a great way to get fresh fruit and milk into the diet. Remember one serving a day is enough and provides two fruit portions out of your five a day.

Avruti - *London*

Chilled Berry Compote

Serves: 6

Ingredients

500g mixed frozen berries
310mls grape juice
500g natural yogurt, to serve
Mint sprigs, optional

Method

Place berries in a food processor.

Add the grape juice and process until smooth.

Pour the compote into serving glasses, and swirl with a scoop of natural yogurt.

Dress with a sprig of mint.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	113	5%
Total Fat	0.6 g	neg
Sugars	18 g	36%

Juliette says:

Mixed berries are high in antioxidants, they also have anti cancer properties too. With the extra calcium from the yogurt, this makes a great pudding. It makes a good topping for muesli and oats for breakfast or topped with Greek yogurt.

Banana Ice Cream

Serves: 4

Ingredients

4 frozen bananas

Method

Place frozen bananas in the bowl of a food processor. Pulse several times to break into smaller pieces, then turn on and run for about five minutes, stopping occasionally to scrape down the sides of the bowl. The bananas will start to resemble soft serve in a few minutes. Transfer to a bowl and place in freezer for about 15 minutes, if you'd like, or serve immediately.

Nutritional Analysis

Per Serving		As percentage of daily intake*
Calories	**108**	**5%**
Total Fat	**0.6g**	**neg**
Sugars	**14.6g**	**29%**

Juliette says:

Bananas are a great source of potassium and fibre, they are low in fat and release their energy slowly.

Juliette Reeves

BOS
BRITISH ORTHODONTIC SOCIETY
Registered Charity No 1073464 www.bos.org.uk

12 Bridewell Place, London, EC4V 6AP.
Telephone: 020 7353 8680 Fax: 020 7353 8682 Email: ann.wright@bos.org.uk www.bos.org.uk
BOS is a Company Limited by Guarantee. Registered in England & Wales. Company No. 03695486. Registered Charity No. 1073464