

This November Guts UK is launching a Pancreatitis Awareness Campaign. As part of the campaign Guts UK is also running a 'Kranky Panky Weekend' on 23rd to 25th November to raise awareness of pancreatitis. The event is named after the nickname that patients give to pancreatitis (kranky panky!).

As part of Guts UK's Kranky Panky, we asked our supporters to send in their stories and tips on dealing with pancreatitis. Our supporter Kirsty Donaldson has kindly sent in these wonderful pancreatitis-friendly curry recipes. If you have any recipes you would like to share please email: [**info@gutscharity.org.uk**](mailto:info@gutscharity.org.uk)

Low Fat Curry

Curry is one of those things that anyone on a very low fat diet ALWAYS say that they particularly miss. Takeaway curries are definitely off the menu, but it is possible to make delicious low fat curries!

I used to have a one hour train ride on my commute to work every day. After about two years of sitting next to the same person every day, we finally started to talk to each other and became good friends! Raj is of Indian descent and had learned to cook beautiful Indian food from her mother. She taught me to make a basic curry base and I have adapted it to this recipe. It is full of flavour, but it is very low in fat. You can lower the fat content further by not adding the coconut milk. If you are vegetarian (or want to lower the fat even further), you can replace the chicken with two drained cans of chickpeas. I have also made this using lamb neck (it then isn't low fat); I made the sauce and after adding 1 inch chunks of lamb neck, I left it simmering gently for 2 hours so that the meat was soft.

I have really lovely Bangladeshi neighbours who grow large quantities of fresh coriander in their front garden. They very generously bring me carrier bags of it every time they harvest it. They suggested that I should freeze it, which I was very skeptical about at first, but I did because there was far too much coriander for me to eat before it turned bad. I was very pleasantly surprised! Obviously it is not anywhere as nice as fresh coriander, but it is still good and means that I have a constant source. After having a massive glut of homegrown chillies, I also discovered that these freeze very well.

This is a dish that I rustle up very quickly when I can leave it cooking, but I do not have much time or energy. The corners I cut here both reduce washing up (that makes my husband very happy!) and make it much faster to cook. I have made this many times when we have had friends over to eat and they always ask for the recipe!



Ingredients to serve 6 people:

- 4 skinless chicken breasts
- 4 peppers (any combination of colours)
- 1 inch of ginger
- 2 large onions
- 4 cloves of garlic
- 1 chilli (adjust to your taste)

- 2 teaspoons of ground coriander
- 2 teaspoons of ground cumin
- 2 teaspoons of ground cinnamon
- 2 teaspoons of ground turmeric
- 2 x 500 gm cartons of tomato passata
- 400ml of lighter coconut milk
- 2 limes zested and juiced
- Teaspoon of rapeseed oil (or vegetable/sunflower oil)
- 2 large handfuls of chopped fresh coriander
- Pinch of salt to season

1. Begin by preparing all of the vegetables. Finely slice the onions. Deseed the peppers and finely slice them. Peel and grate the ginger and the garlic. Very finely chop the chilli. I leave the seeds in for extra heat, but you can remove them if you want it a bit milder. Zest the limes. Heat the ground coriander, ground cumin and cinnamon (not the turmeric) in a dry pan over a fairly low heat for a minute or so. Take care because the spices can burn very quickly.

2. Place the onion in a large saucepan with the oil and gently cook until the onions are translucent. Add the garlic and ginger stirring constantly before adding all of the remaining ingredients apart from the chicken, fresh coriander and lime juice. Bring to a simmer and leave it to simmer until all of the vegetables are soft and the sauce has reduced and is thick. This normally takes about 45 mins. It would be much quicker if you left out the coconut milk.

3. Remove any remaining fat from the chicken and then chop it up into 1 inch chunks. Add the chicken to the sauce and bring the sauce back up to a simmer. Leave the sauce simmering for 15 minutes.

4. Check that the chicken is completely cooked and piping hot right through. Add the chopped fresh coriander leaves and lime juice and stir into the sauce. Check the seasoning and serve with rice.



Lentil Dhaal

- *400g red lentils*
- *2 tsps turmeric*
- *2 tsps cumin seeds*
- *2 tsps coriander seeds*
- *1 tsp garam masala*
- *1 small onion, finely chopped*
- *2-3 cloves grated garlic*
- *1 tsp garam masala*
- *thumb-sized piece of fresh ginger, finely grated*
- *Juice of 2 limes*
- *Handful of fresh coriander*
- *1 finely chopped chilli (optional)*
- *Salt*

1. Finely chop up the onions. Fry them either with a teaspoon of vegetable oil or a couple of squirts from of a cooking oil spray. Once the onions are translucent add the grated garlic and chopped chilli (if you are using it). Cook until the onions are starting to brown.

2. Add the red lentils and enough water to come about two inches above the surface. Bring to the boil. If the lentils become too dry before they are soft, add a bit more water. Do take care because it is pretty easy to burn lentils.

3. Heat a dry pan with the cumin and coriander until they are toasted and fragrant. Don't take your eyes off the spices because they will burn very quickly. If you are using whole spices, grind them up before you add the spices to the lentils along with the turmeric

4. Once the lentils are soft and the dhaal is the thickness of porridge remove from the heat. Season with salt, the garram massala and the juice of two limes. Serve topped with chopped fresh coriander



Mint and Cucumber Raita

- *250ml/8fl oz fat free natural yogurt*
 - *½ cucumber*
 - *large handful mint leaves*
 - *large pinch salt*
 - *½-1 green chilli, de-seeded and finely chopped (optional)*
1. Cut the cucumber in half lengthwise. Use a teaspoon to scrape the seeds out and discard. Grate the remaining cucumber. Use a sieve to squeeze out any excess water.
 2. Finely chop the mint and add the cucumber and mint into the yogurt. If you are using the chilli, finely chop it and add this to the yogurt. Season with salt to taste.



Aloo Gobi (Potato and Cauliflower)

- *1 tsp of sunflower oil or use a few sprays from an oil spray*
- *2 tsp cumin seeds*
- *2 tsp ground turmeric*
- *4cm/1½in fresh root ginger, finely grated*
- *3 garlic cloves, finely grated*
- *2 onions, roughly chopped*
- *2 tsp freshly chopped green bird's-eye chillies (or to taste)*
- *1 cauliflower*
- *2 large potatoes, cut into 2cm/¾in cubes*
- *2 tsp garam masala*
- *salt and freshly ground black pepper*
- *handful fresh coriander, to garnish*

1. Parboil the potatoes for 5 mins.
2. Break the cauliflower into florets and then slice the florets into 1 cm thick slices.
3. Put all of the spices (apart from the turmeric and garam masala) into the dry wok and gently heat until the spices are warmed through and are aromatic. If you are using ready ground spices, take care because they can catch really easily. If you are using whole spices, grind them up before you add them to the curry.
4. Put the oil (or use an oil spray) into a wok. Add everything to the wok. Cook until all the vegetables are tender and the potatoes and cauliflower have taken on some colour. Season with salt and pepper and garnish with chopped fresh coriander leaves.

