



Heart, art and à la carte

Dishes from South Kensington's
cultural corners to inspire,
nourish and comfort



Foreword

From Simon Friend, joint deputy chair, Guy's and St Thomas' NHS Foundation Trust:

Royal Brompton Hospital, part of Guy's and St Thomas' NHS Foundation Trust, provides specialist care for people living with complex heart and lung conditions. Many require highly specialised treatment and long term support. Alongside clinical care, we see every day how profoundly these conditions can affect appetite, enjoyment of food and the ability to nourish the body.

Around one third of patients admitted to hospital are at risk of malnutrition. For many living with heart and lung disease, symptoms such as breathlessness, low energy and nausea contribute to poor appetite and food fatigue. As a result, people may lose weight unintentionally, struggle to prepare meals, or find that food no longer brings the comfort or pleasure it once did.

This recipe book was inspired by the nutritional challenges that many of our patients experience. Rather than a traditional cookbook, it is a collection of recipes, curated with the aim to nourish, tempt, and reawaken an interest in food.

The generosity and support of our community brought this book to life. In particular we must thank our friends in the South Ken Culture Quarter who shared their recipes, and the University of Westminster art students and Royal Brompton colleagues, whose creativity bring warmth and vibrancy to these pages.

We hope this book offers comfort, inspiration and encouragement. It is for our patients, and anyone who reads it, to remind them they deserve the comfort, enjoyment and pleasure from eating – whatever that means to them.

From Professor Joe Smith and Professor Maggie Dallman, co-chairs, South Ken Culture Quarter:

South Ken Culture Quarter is a remarkable place: a unique cluster of world-leading museums, galleries, parks, cultural venues and educational institutions, all within a few minutes' walk in the heart of South Kensington. Founded from the proceeds of the Great Exhibition of 1851, it remains a place where ideas come to life every day. Bringing together 22 iconic institutions and welcoming more than 20 million visitors annually, it is where cultural, scientific and creative worlds collide to spark curiosity and connection.

Within this diverse cultural neighbourhood stands the Royal Brompton Hospital, founded in Chelsea in 1841 and serving generations of patients ever since. Marking the hospital's 185th year, this recipe book draws together voices from across our community – from world-renowned cultural institutions to hospital staff and patients.

It is intended to restore the pleasure and possibility of eating – offering comfort, colour and nourishment, and sparking curiosity through new ideas, flavours and stories. A celebration of place, people and the enduring power of food to heal and connect us.

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Recipes in this collection are shared by our community and have not been formally tested for this publication.

Please review ingredients carefully and adapt to suit any allergies or dietary requirements.

The notes on nutrition provided throughout are intended for insight and enjoyment and should never replace personalised advice from a qualified health professional.



Vegetable and tofu ramen



PREP: 10 MINS | COOK: 15 MINS | SERVES 2

METHOD

1. Crush the garlic, then put it in a saucepan with the ginger, miso, tahini, dried mushrooms, stock and soy sauce. Bring to a gentle simmer, cover and let it bubble for 5 minutes. Strain into a clean saucepan and discard everything left in the strainer.
2. Meanwhile, cook the tofu. Toss it in the cornflour and heat the oil in a frying pan. Fry for a few minutes on each side. Cook the noodles in boiling water. Drain and leave in the pan with a little cooking water so they don't stick together.
3. Add the pak choi and whites of the spring onions to the broth, and gently reheat for 1-2 minutes until the greens have just wilted.
4. Divide the noodles between two deep bowls, ladle over the broth and veg. Top with tofu, beansprouts, carrot and ginger matchsticks, green parts of spring onions and drizzle of sesame or chili oil. You can also add a halved hard-boiled egg.



Did you know? This soothing ramen is rich in vitamin A for better immunity and better vision, paired with tofu, a great source of protein to help keep muscles strong.



INGREDIENTS

- 2 garlic cloves
- Thumb-sized piece ginger – thinly sliced, plus a few slices cut into fine matchsticks to serve *(optional)*
- 1½ tbsp white miso paste
- 1 tbsp tahini
- 15g dried mushrooms
- 1 litre vegetable stock
- 2 tbsp soy sauce
- 200g firm tofu – cut into small cubes
- 1 tbsp cornflour
- 1 tbsp veg or sunflower oil
- 100g ramen noodles
- 1 head pak choi – quartered
- 2 spring onions – finely sliced
- 25g ready to eat beansprouts
- 1 carrot
- 1 hard-boiled egg, halved *(optional)*

Crispy egg tacos

"These crispy egg tacos are great for a spicy breakfast or brunch, or even for a quick dinner. Really simple to do and full of Mexican flavour!" John Cavalli, Development Chef, Imperial

PREP: 10 MINS | COOK: 15 MINS | SERVES 3

METHOD

1. Pick the leaves off your coriander to set aside for your garnish and finely chop the stalks for your salsa.
2. Dice the onion, tomato, cucumber, pepper and chilli and mix in a bowl with the lime juice, a pinch of sugar, coriander stalks, salt and pepper and leave to marinate.
3. Heat the oil in a pan over a medium heat, crack in the eggs and fry until cooked to your preference.
4. While the eggs are cooking, warm your flatbread in the oven or a toaster, and spread over some cream cheese.
5. Place the egg on top, and spoon over the Pico de Gallo salsa.
6. Finish with roughly chopped coriander leaves, sliced spring onion, Tajin salt, and a few slices of fresh chilli if you want an extra kick of spice!

Food for thought... These tasty egg tacos are rich in Vitamin K, a vital nutrient to help clotting and wound healing.

INGREDIENTS

- 2 flatbreads
- 2 tbsp cream cheese
- 4 tbsp rapeseed oil
- 2 eggs

Pico De Gallo

- ½ red onion
- 1 tomato
- ¼ red pepper

- ¼ cucumber
- ¼ chilli
- ½ lime
- A few sprigs of coriander
- Sugar, salt and pepper

To garnish

- Coriander leaves
- 1 spring onion
- Tajin salt

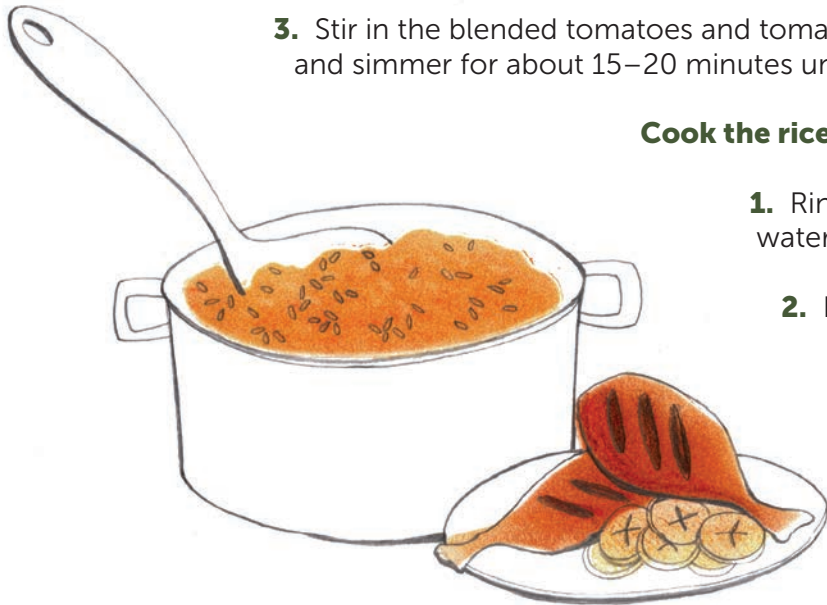
Jollof rice

PREP: 20-25 MINS | COOK: 40-50 MINS | SERVES 4-6

METHOD

Prepare the tomato sauce:

1. Heat some oil in a pot over medium heat. Add chopped onions and sauté until translucent.
2. Add garlic, ginger, and Scotch bonnet peppers if using. Cook for a minute.
3. Stir in the blended tomatoes and tomato paste. Season with salt and pepper, and simmer for about 15–20 minutes until thickened.



Cook the rice:

1. Rinse the rice under cold water until the water runs clear, then drain.
2. In a large pot, heat the vegetable oil over medium heat. Add the chopped onions and sauté until golden.
3. Add the cooked tomato sauce to the pot and mix well.

INGREDIENTS

For the tomato sauce:

- 4–5 fresh tomatoes, blended (or one 400g can of tomatoes)
- 1–2 tbsp tomato paste
- 1 onion, chopped
- 2–3 cloves garlic, minced
- ½ tsp ginger, minced
- *Optional:* Scotch bonnet peppers (or to taste)

For the rice:

- 2 cups long grain parboiled rice
- 4 cups chicken or vegetable broth
- ¼ cup vegetable oil
- 1 onion, chopped
- 1 red bell pepper, blended
- 1 green bell pepper, chopped
- 3 large tomatoes, blended
- 1 tsp curry powder
- 2 bay leaves
- Salt and pepper to taste
- *Optional:* 1–2 cups mixed vegetables (carrots, peas, etc.)



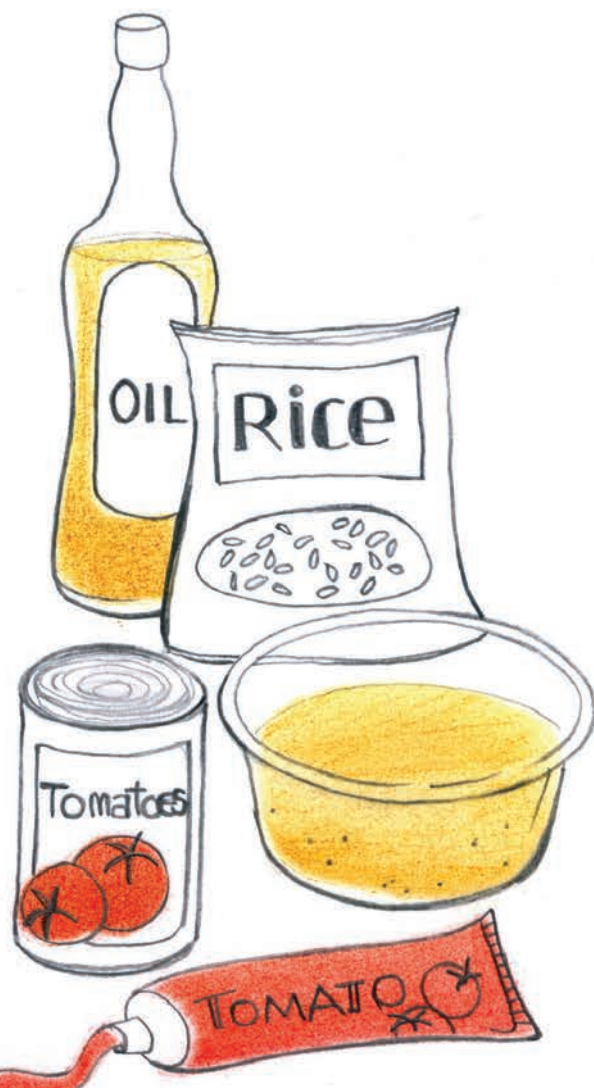
4. Add the rinsed rice, broth, thyme, curry powder, bay leaves, and chopped green bell pepper. Stir to combine.

5. Bring to a boil, then reduce the heat to low. Cover the pot tightly and simmer for about 20–30 minutes or until the rice is cooked and has absorbed all liquid. Avoid lifting lid too often.

To serve:

- Once rice is cooked remove from heat, let it sit covered for an additional 10 minutes.
- Fluff rice with fork add any optional mixed vegetables if using.
- Serve hot, with grilled chicken, fried plantains or a salad.

Quick food fact: A boldly flavoured West African rice dish providing vitamin C for cell protection and healthy healing.



Maple chipotle chicken flatbreads with date and chilli slaw and guacamole

"Making a street food dish from scratch can seem scary but this is a really quick dish with just a few simple ingredients, full of colour and flavour. Serve hot and fresh or wrap up in foil to take with you for a delicious, nutritious lunch on the move." John Cavalli, Development Chef, Imperial

PREP: 20 MINS | COOK: 15 MINS | SERVES 3

METHOD

1. Cut each chicken breast into 6 evenly sized pieces and marinate in the chipotle spice, maple syrup and oil with a pinch of salt and pepper. Leave for at least half an hour, or better, overnight.
2. When you're ready to cook your chicken, turn your oven grill to 190°C. Thread onto 3 skewers and chargrill either side for 6-7 minutes, then leave in a warm place to rest.
3. Put the coleslaw mix into a bowl with 2 tbsp maple syrup, chopped dates, seeds, 2 tbsp of oil, lemon juice, salt and pepper. Mix and leave for 5 minutes to soften.



4. Smash the avocado with the back of a fork, add lime and a pinch of salt and mix.
5. Warm the flatbreads, and top with a couple of spoons each of your guacamole and sour cream, then a heap of maple and chilli slaw.
6. Place the chicken over the top and garnish with chipotle mayo, coriander, chilli and spring onions and serve with a lime wedge for some extra zing!

Did you know? This dish is rich in protein from chicken to aid strength. It also includes less well-known nutrients such as manganese, for positive chemical reactions in the body and copper, which helps make our blood cells.



INGREDIENTS

Chipotle chicken:

- Chipotle spice (½ tsp each: smoked paprika, ground cumin, garlic powder, chipotle pepper and oregano)
- 2 chicken breasts
- 2 tsp maple syrup
- 2 tbsp neutral oil

Date and chilli slaw:

- 2 tbsp maple syrup
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 3 dates, chopped
- 2 tbsp neutral oil
- ½ lemon
- 300g coleslaw mix (you can buy pre-made, but skip the packaging and make your own by finely slicing ¼ of a white cabbage, ¼ of a red cabbage and ½ an onion)

Guacamole:

- 1 avocado
- ½ lime

To serve:

- 3 flatbreads
- 100ml sour cream
- 2 spring onions
- ½ chilli, sliced
- Handful coriander
- Chipotle mayo

Seared tuna, heirloom tomato and courgette salsa

PREP: 25-30 MINS | COOK: 15-20 MINS | SERVES 1

METHOD

For the tuna

1. Cut the tuna steak into cubes, coat with oil and season with salt and pepper.
2. Sear each 4 sides for 30 seconds.

For the garnish

1. Cut the courgette into thick 1cm slices, season the slices with salt, pepper and olive oil, then marquee them on the grill. Once grilled, cut them in small dice.
2. In a hot frying pan, pour a bit of olive oil, add half of the red onion sliced and garlic, add the courgette dices, after a minute the diced heirloom tomato, cook for one more minute, it must be cooked crunchy.
3. Put the other half of the sliced red onion in a pan with half litre of water, the vinegar and sugar, bring it to boil for 1 minute and then leave it to cool down.
4. Grate the potato, wash it in cold water, dry and deep fry at 180°C.

To serve

1. Using a round plate, use a ring to put the courgette and tomato salsa in the middle.
2. Serve your tuna slices with the micro salad leaves, straw potato, and a drizzle of olive oil on the top.
3. Dress with your onion pickle around the outside.

Food for thought... A fresh catch of the day featuring tuna on a bed of colourful vegetables, rich in B12. This vitamin supports the formation of healthy red blood cells, working alongside folate, another essential nutrient in blood cell production.

INGREDIENTS

- 160g tuna steak
- 1 courgette
- 1 red onion, sliced thinly
- 1 garlic glove, sliced thinly
- 1 heirloom tomato, diced
- 1 litre water
- 125g vinegar
- 50g sugar
- 1 potato
- Micro salad
- Salt and pepper
- Olive oil



Chicken consommé

"This recipe from the 19th century is a little something savoury to add to the list and a staple on a grown-up Queen Victoria's dining table, usually consumed when dining with just her husband, Prince Albert, and one or several of her 9 children. Such soups would usually be accompanied by several other dishes. On 7 June 1857, it was accompanied by soup au oeufs pochés (poached eggs), sole gratin and fried whiting, roast beef and capon with asparagus, vol-au-vents with béchamel sauce and grilled eggs, and apricot flan and waffles 'mit crème'."
Kensington Palace

PREP: 20-30 MINS | COOK: 3+ HOURS | SERVES 16-18

METHOD

1. Put the 2 chickens, or hens, having first removed their fillets, and the fillet of veal, in a stockpot, with the general stock and salt: put in the fire to boil; then skim.
2. Add the 2 onions with 2 cloves stuck in one; the 4 leeks, and the head of celery; simmer on the stove corner for three hours.
3. Strain the broth; take off the fat, and clarify the consommé with the fillets of chicken, or hen... and strain once more, through a broth napkin, into a basin.
4. Observation: Chicken consommé should be colourless; by following the indications given, it will be obtained perfectly clear.

Quick food fact:

A comforting chicken consommé that hydrates the body. Rich in niacin, this important nutrient helps to release energy and strengthen the nervous system.



INGREDIENTS

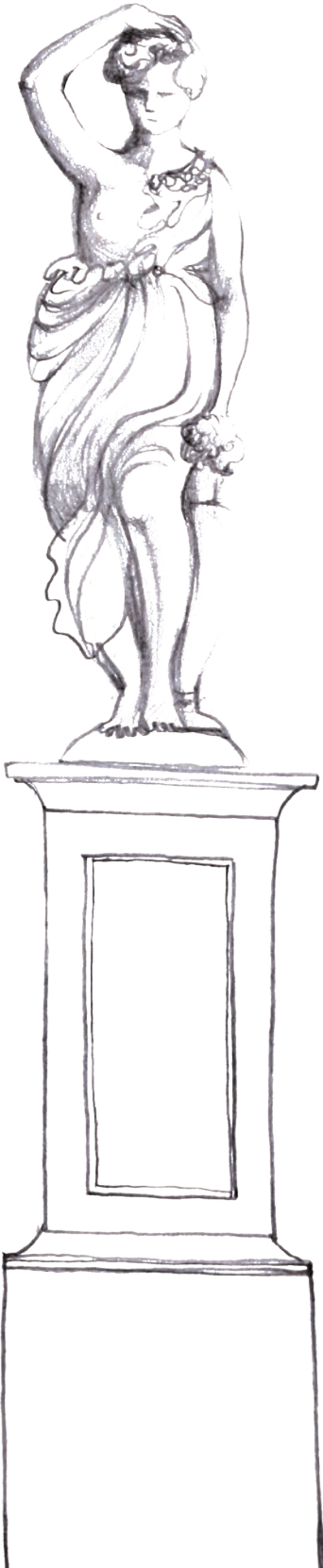
- 2 whole chickens or hens (fillets removed and reserved), approx. 2.5–3kg
- 2.7kg veal fillet
- 4.75 litres general stock
- 15g salt (approx 1 tbsp)
- 2 medium onions, approx 200g
- 2 whole cloves
- 4 leeks (white and light green parts), approx. 400–500g total
- 1 head of celery, approx 200–250g
- Chicken fillets (reserved from earlier), approx. 400–500g

Brussels cake

"Brussels cake was a favourite treat of Queen Victoria when she was a young princess living at Kensington Palace in the 1830s. In October 1835, Victoria fell ill during a family holiday to Ramsgate. She developed a dangerously high fever and recalled feeling 'very unwell' for several weeks. She spent almost five weeks confined to her bedroom and had difficulty walking as she began to make a slow recovery.

"During this time of illness and convalescence, Victoria found some pleasure in eating Brussels cake almost every day for more than a fortnight. At 7pm, she would routinely enjoy the cake with a glass of jelly (usually orange flavour). It was, in her own words, a treat she 'liked very much'. In her journal, she recorded receiving the cakes as presents from her uncle Leopold, King of the Belgians, at this time: 'Dear Uncle Leopold sends me boxes full of those cakes or biscuits which are made in his kitchen.' Gradually, Victoria's strength returned and by the end of 1835, she was well enough to celebrate Christmas." Kensington Palace

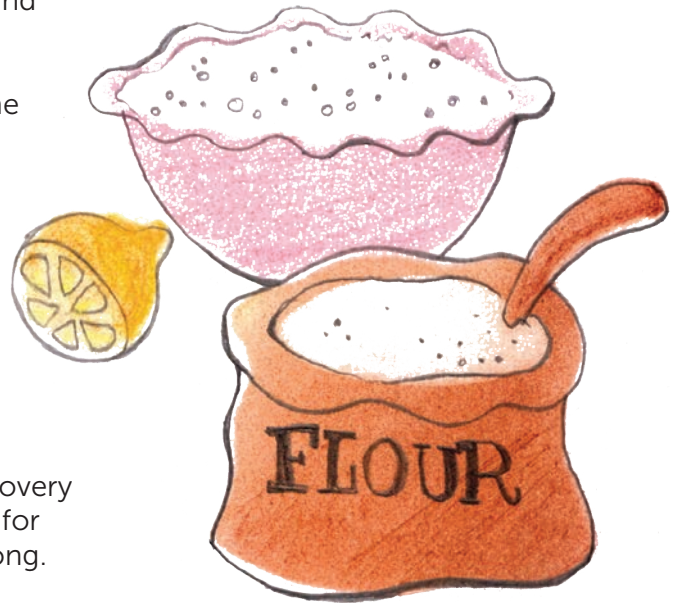
**PREP: 30-35 MINS | BAKE: 5-8 MINS PER LAYER | ASSEMBLY:
15-20 MINS | SERVES 8-10**



METHOD

1. Make a mixture of the five eggs and caster sugar (this is supposed to be half the weight of the eggs, so if they are very large it should be a trifle more). Whisk the eggs and sugar for half an hour or less, till the mixture is thick, then add the flour, and a little almond flavouring if liked.
2. Have ready three well greased tins, and fill one three-parts full, divide the remainder of the mixture into two, colour one delicately with rose, and add to the other grated chocolate. Do the stirring very lightly, and bake in a really quick oven for 5 to 8 minutes.
3. Get ready the icing: beat the egg till stiff, mix with the lemon juice and sugar. Spread a little over one cake and lay the second on top, then another layer of icing and the third cake. They may need a little trimming.
4. Lastly ice the outside and decorate with crystallised rose leaves or violets. Some people like coconut mixed in the icing, 2 oz will be the proper quantity.

Did you know? Queen Victoria's favourite cake for recovery from illness is high in energy, with a touch of selenium for immune function and Vitamin D to keep the bones strong.



INGREDIENTS

For the tomato sauce:

- 5 medium eggs
- 225g caster sugar (approx. ½ lb or 1 cup + 2 tablespoons)
- 140g fine flour (plain flour or cake flour) approx. 5oz or 1 cup
- A few drops of almond flavouring (*optional*)
- Red food colouring (for rose tint)
- 55g grated chocolate, approx. 2 oz or ½ cup loosely packed
- 115g icing sugar, approx. ¼ lb or 1 cup
- 1 egg white
- A squeeze of lemon juice, approx. 1 tsp
- *Optional:* 55g desiccated coconut, approx. 2oz or ⅔ cup
- *Optional:* crystallised rose leaves or violets for decoration

Chocolate puffs



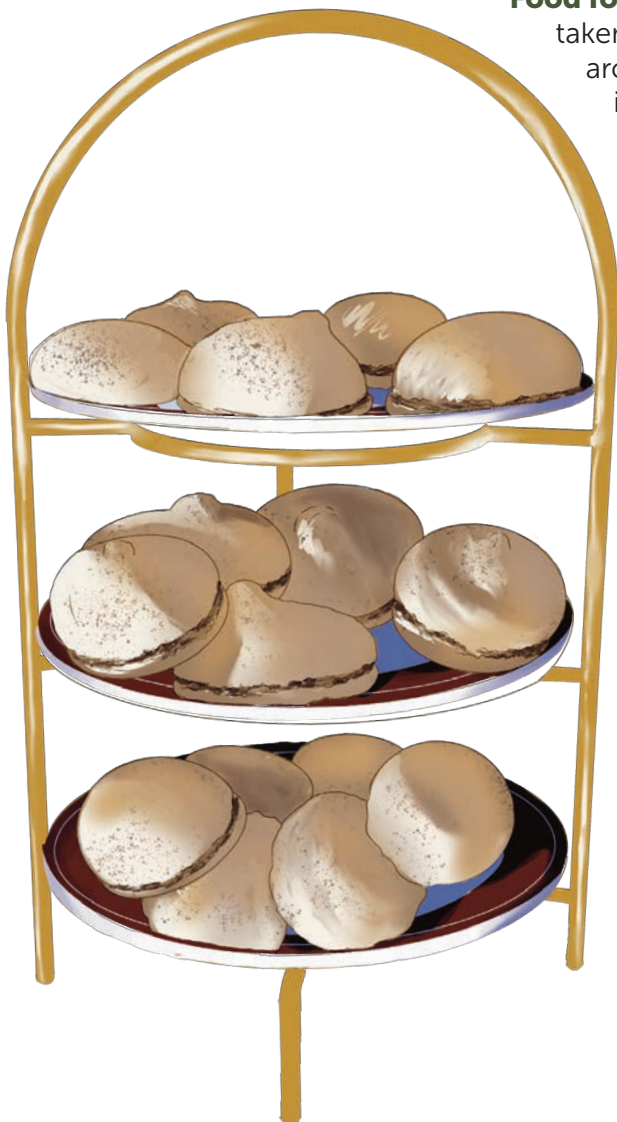
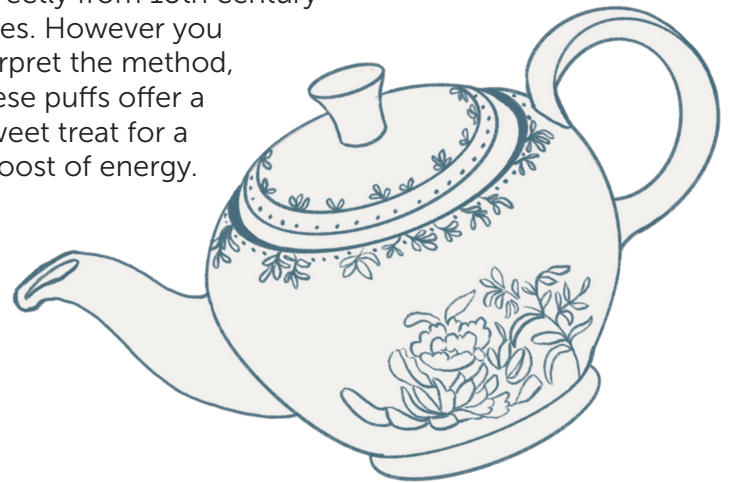
From the book *Mrs Mary Eales' Receipts, Confectioner to her late Majesty, Queen Anne*. Published in 1718.

METHOD

Take a Pound of fine sifted Sugar, and three Ounces of Chocolate grated, and sifted thro' an Hair Sieve; make it up to a Paste with White of Eggs whipt to a Froth; then beat it well in a Mortar, and make it up in Loaves, or any Fashion you please. Bake it in a cool Oven, on Papers and Tin-Plates.



Food for thought... This recipe is taken directly from 18th century archives. However you interpret the method, these puffs offer a sweet treat for a boost of energy.



Nettle, apple and grape smoothie



"With a refreshingly light flavour, this smoothie will keep you satisfied and cool on a hot day."
Vivian Tuffney from the Nettle Cookbook

PREP: 10-15 MINS | SERVES 2

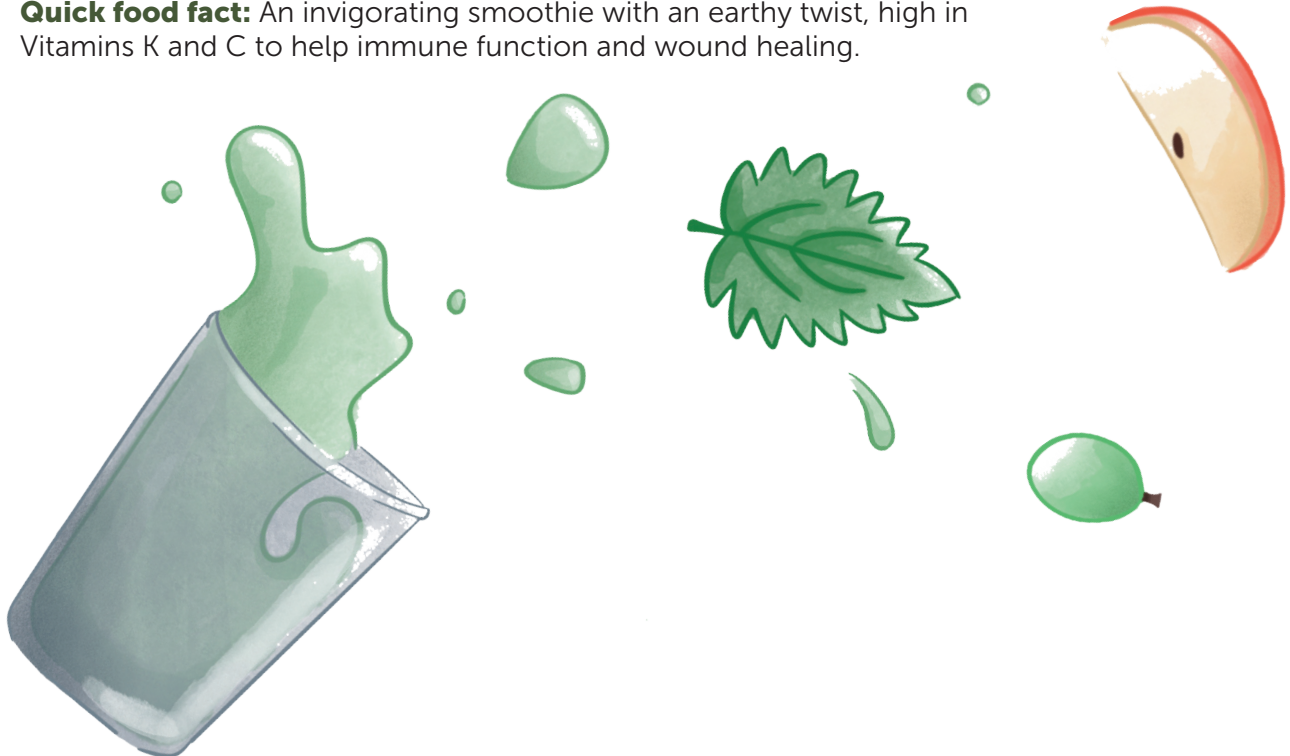


METHOD

1. To make this smoothie, simply blend all the ingredients in a blender until smooth.
2. Add more ice if needed.



Quick food fact: An invigorating smoothie with an earthy twist, high in Vitamins K and C to help immune function and wound healing.

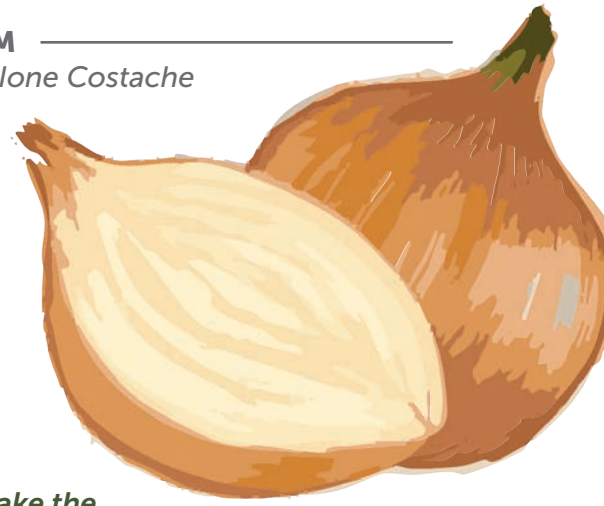


INGREDIENTS

- 200g (7oz) seedless grapes
- 50g (2oz) nettle tips or young leaves, blanched
- 1 apple, peeled and cored
- 280ml (½ pint or 1 cup) apple juice
- 6 ice cubes



Feta cheese and nettle filo triangles



"These soft and salty cheese-filled triangles of flaky pastry make the perfect party appetiser." Vivian Tuffney from the Nettle Cookbook

PREP: 25-30 MINS | COOK: 10-12 MINS | SERVES 4-6



METHOD

1. Preheat oven to 200°C/400°F/gas 6.
2. Heat the olive oil in a pan and add the onion. Cook gently for 5 minutes or until softened.
3. Put the feta cheese, blanched nettles and cooked onion in a bowl. Mix well, season then set aside to cool.
4. Cut four sheets of filo pastry lengthways into two strips.
5. Place a spoonful of mixture onto the top edge of one strip and fold the left-hand corner over to make a triangle. Keep folding until you get to the end of the pastry sheet, and seal the edge with melted butter. You end up with a triangle-shaped parcel. Repeat for all strips.
6. Finish by brushing all the parcels with melted butter and bake for 10 minutes or until golden-brown.

Did you know? These golden, cheesy triangles provide a source of Vitamin K which helps with blood clotting and wound healing.

INGREDIENTS

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 50g (2oz or 1/3 cup) feta cheese, crumbled
- 110g (4oz) nettle tips or young leaves, blanched
- Salt and pepper to taste
- 1 packet (220g or 8oz) of filo pastry
- Melted butter or olive oil for brushing





Lemony courgette linguine



"I wanted to share this recipe because it's such a light, refreshing dish that's easy to make and always brings a little brightness to the table." Dr Richard Grocott-Mason, CEO, Royal Brompton and Harefield hospitals

PREP: 10-15 MINS | COOK: 8-10 MINS | SERVES 2

METHOD

1. Cook pasta in boiling salted water as per packet instructions until 'al dente' (keep back a little water for later if needed).
2. Slice courgettes however you like (lengthways so it matches the pasta is always nice for this dish but not essential).
3. Chop up your mint (or whatever herbs you're using).
4. Heat up some olive oil and fry the courgettes (some may want to add a little garlic but not essential) and toss regularly for about 3-4 minutes on a medium heat.
5. Add the mint and turn off the heat very low (you don't want to overcook the courgettes).
6. Add the pasta to the pan (with tongs if you have them) and a little of the pasta water to make a nice sauce.
7. Whilst cooking gently – grate half the lemon to get the tasty zest and squeeze the whole lemon for its juice – add to the pasta.
8. Mix well and add the parmesan (reserve a little for a last min garnish) – taste and if needed add salt/pepper.
9. Sprinkle the extra parmesan on top and enjoy!

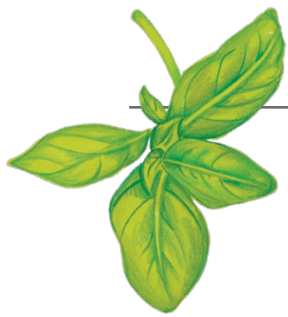


INGREDIENTS

- 150g linguine (or spaghetti)
- 2 courgettes (any colour)
- Handful of mint (or any herb you prefer)
- 30g Parmesan cheese
- 1 unwaxed lemon (if waxed – pop in boiling water for about 30 secs to 'wash off' the wax)
- 1 tbsp olive oil
- Salt and pepper (to taste)

Food for thought... This zesty pasta dish is rich in Vitamin B9, also known as folate, which helps us make healthy red blood cells.





Pesto alla Trapanese



"Pesto alla Trapanese is a vibrant Sicilian pesto made with fresh tomatoes, almonds, basil, garlic, Pecorino Romano or Parmigiano Reggiano, and extra virgin olive oil. It's traditionally served with pasta, busiate being the classic choice, though other shapes like farfalle, caserecce or rigatoni work well too. The sauce is rustic, chunky, and full of Mediterranean flavour."

Francesco Sciacca, Head Chef, Verdi Restaurant – Rhubarb at the Royal Albert Hall

PREP: 15-20 MINS | COOK: 10-12 MINS | SERVES 4-6

METHOD

1. Prepare the tomatoes. If using large tomatoes, score the bottoms with a cross, blanch in boiling water for 1 minute, then peel and chop. For cherry tomatoes, simply quarter them.
2. Using a mortar and pestle, crush the almonds and garlic together until coarsely ground (traditionalists use a mortar and pestle for a rustic texture, but a food processor works, just pulse rather than purée).
3. Add the basil leaves and continue crushing until you have a fragrant, coarse mixture.
4. Add the chopped tomatoes and crush or pulse until the mixture is chunky but cohesive. Don't over-process, the sauce should retain some texture.
5. Add the grated Pecorino, olive oil, salt, and pepper. Mix well to combine. Adjust seasoning to taste.



INGREDIENTS

- 550g ripe vine tomatoes or ripe cherry tomatoes
- 75g fresh basil leaves
- 10g garlic cloves
- 100g peeled, blanched almonds (toasted for extra flavour)
- 125g extra virgin olive oil
- 100g grated Pecorino Romano or Parmigiano Reggiano
- 75g sun-dried tomatoes
- Salt and black pepper to taste

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6. Serve off the heat, toss freshly cooked pasta (al dente) with the pesto, adding a splash of cooking water to help the sauce coat the pasta. Serve immediately.



Tips from the chef

- Use the freshest, ripest tomatoes and best-quality olive oil for optimal flavour.
- Some recipes include a spoonful of ricotta for extra creaminess.
- Pine nuts can be used instead of, or in addition to, almonds.
- Enjoy this summery Sicilian pesto with your favourite pasta or as a spread on toasted bread!

Quick food fact: A vibrant, sunshine-drenched Sicilian dish enriched with lycopene from tomatoes for heart health, phosphorus which helps energy metabolism, and iodine which aids healthy thyroid function.



Sticky toffee pudding



“A great sticky toffee pudding is indulgent, comforting and quintessentially British – a true family favourite that makes the perfect finale to a special Sunday roast!”

Scott Stokes, Executive Head Chef – Rhubarb at the Royal Albert Hall

PREP: 30-40 MINS | COOK: 50-60 MINS | SERVES 4

METHOD

1. Make the date purée. Simmer the dates in 250ml water over low heat for 10–15 minutes until soft and most of the water has evaporated. Blend in a liquidiser until smooth. Leave to cool; if too thick, add a little more water.

2. Prepare the tin and preheat the oven. Preheat the oven to 180°C (gas mark 4, or 160°C fan). Butter a baking dish or rectangular cake tin (approximately 15 x 12 x 6 cm) and line with greaseproof paper.

3. Make the toffee sauce. Combine half the cream, all the sugar, and the butter in a heavy-based pan. Mix well. Bring to the boil, stirring constantly (don't forget the sides of the pan), and continue to boil until golden brown (about 8–10 minutes, possibly longer). Remove from the heat, allow to cool slightly, then whisk in the remaining cream.

4. Prepare the sponge. Cream the butter and sugar until light and fluffy. Add the eggs gradually, mixing continuously to avoid curdling (if it starts to split, add a little flour and continue mixing). Gently fold in the flour using a large metal spoon until combined. Finally, fold in the date purée.



INGREDIENTS

- 150g stoned dates
- 60g unsalted butter, at room temperature (plus extra for greasing)
- 175g soft dark brown sugar
- 2 large eggs, lightly beaten
- 220g self-raising flour

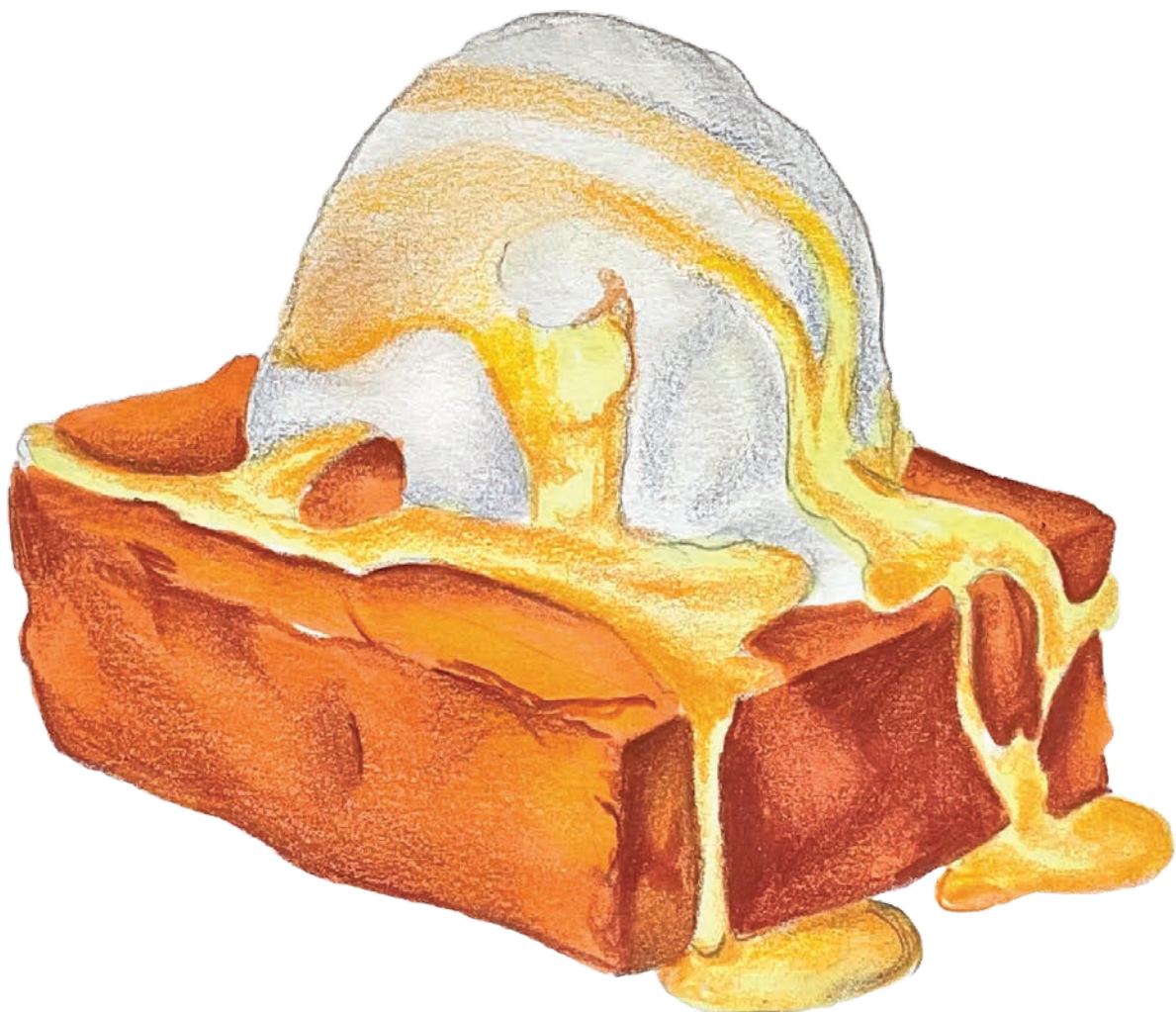
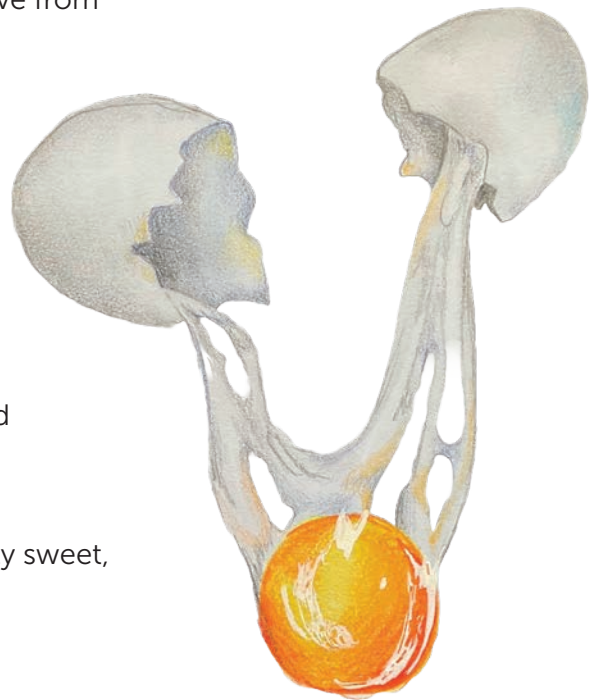
- Ice cream, to serve

For the toffee sauce:

- 600ml double cream
- 350g caster sugar
- 90g unsalted butter

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5. Bake the sponge. Spoon the mixture into the prepared tin and bake for 50–60 minutes, or until the sponge is firm to the touch. Remove from the oven but leave it on.
 6. Assemble the pudding. Once cool, remove the sponge from the tin and trim the edges and top. Cut horizontally into four layers. Reassemble the layers in the tin (lined again with fresh greaseproof paper) or in an ovenproof serving dish, spreading two-thirds of the warm sauce between each layer. Whisk the sauce again if needed.
 7. When ready to serve, reheat in the oven for 15–20 minutes. Serve in slices or directly from the dish, topped with the remaining toffee sauce, alongside ice cream.

Did you know? A warm, sumptuous pudding with naturally sweet, fibre-packed dates bringing nourishment and sweetness.





Salmon cooked in foil with olive oil, lemon, spring onions and soy sauce

This recipe was generously presented to Royal Brompton Hospital by celebrated chef, Rick Stein, as a thank you for the care he received during his stay.

"Baking fish in foil is a very easy way of bringing out flavour and here I've added some Asian notes, soy sauce, wasabi and shredded spring onions, but a splash of olive oil blends very nicely with these too." Rick Stein

PREP: 15-20 MINS | COOK: 8-10 MINS | SERVES 1

METHOD

1. Preheat your oven to 200°C/180°C fan.
2. For the salad, slice the cucumber on a mandolin lengthways until you reach the seeds, then rotate and continue to slice. Mix with the beansprouts, watercress and set aside. Whisk together the soy sauce, sesame oil, sugar and salt, set aside.
3. Place the salmon fillet skin side down in the middle of a sheet of foil about the size of a sheet of A4 paper. In a small bowl combine the olive oil, lemon juice and soy sauce. Pour over the olive oil mixture and top with a pinch of wasabi powder and the shredded spring onions. Bring the edges of the foil up to form a loose parcel and scrunch to form a seal. Bake in the oven on a tray for about 8 minutes, until just cooked.

INGREDIENTS

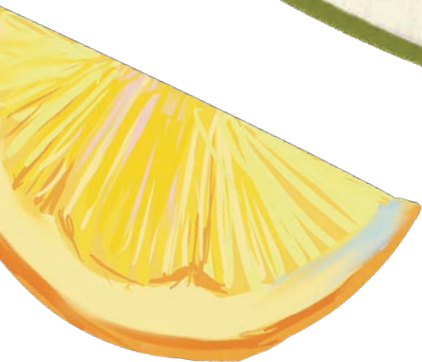
- 150g salmon fillet, skin on
- 1 tbsp extra virgin olive oil
- ½ tsp lemon juice
- 1 spring onion, shredded
- ½ tsp soy sauce
- Pinch of wasabi powder or smear of wasabi paste

For the salad:

- ¼ cucumber, peeled
- 30g bean sprouts
- 15g watercress, large stalks removed
- 1 tsp soy sauce
- 1 tsp sesame oil
- ¼ tsp caster sugar or clear honey
- Pinch of salt

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4. Unwrap the salmon and transfer to a plate and spoon over the juices and spring onion. Combine the dressing and salad ingredients together and serve alongside the salmon.

Food for thought... Salmon is an excellent source of high-quality protein and heart-healthy omega-3 fatty acids.



Smoked haddock pilaf

"This is a favourite dish of mine and is the definition of comfort food. It's a very simple, one-pot dish and tastes delicious. I often add garden peas the recipe to bolster vegetable intake!" James Williams,
Director, Royal College of Music

PREP: 30 MINS | COOK: 30-60 MINS | SERVES 4

METHOD

1. Preheat the oven to 180°C/350°F/Gas 4.
2. Melt the butter in a large, heavy-based lidded casserole dish. Add the garam masala and allow to sizzle gently for a moment or two. Tip in the rice and stir until the grains are well coated with this spicy butter.
3. Add the bay leaf, lemon zest, green chilli, ginger and a touch of salt and freshly ground black pepper. Pour over the stock, bring up to a simmer, then lay the fish on top, gently submerging it under the surface. Put on the lid and cook in the oven for 15-20 minutes.
4. Remove from the oven, then leave to stand for 5-7 minutes without removing the lid; this is important – it allows the rice to finish cooking.
5. Take off the lid, remove the skin from the fish and immediately add the chopped egg, onions and coriander and, using two forks, gently mix the rice, while also breaking the fish into flakes and mixing everything else in as you go. Remove the bay leaf and



INGREDIENTS

- 40g butter
- 2 tsp garam masala
- 250g basmati rice
- 1 bay leaf
- 1 lemon, zest only
- 2 mild green chillies, seeded, chopped
- 1 small piece fresh root ginger, peeled, finely grated
- Salt and freshly ground black pepper
- 375ml light chicken stock
- 400g un-dyed smoked haddock fillet, boned, skin on, cut into 4 equal portions
- 2 free-range eggs, hard-boiled, peeled, grated
- 2 spring onions, trimmed, finely sliced
- 1 tbsp chopped fresh coriander
- Lemon juice, to serve

cover with a tea towel, clamp on the lid, and leave for a further five minutes to remove any excess steam. Mix again lightly.

6. Serve directly from the dish onto hot plates and squeeze over a little lemon juice.

Quick food fact: A hearty, flavour-packed dish with aromatic spices for a rich and satisfying experience. Alongside bold flavours, it provides nutrients such as selenium to support the body's immune system and iodine to promote healthy thyroid activity.



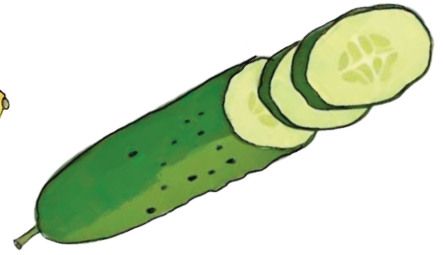
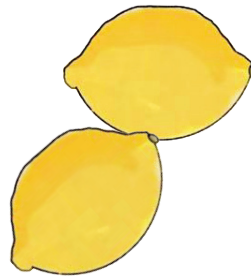
Chłodnik: Polish chilled beetroot soup



"This soup comes from my beloved Polish mother-in-law, Krystyna, who grew up on a smallholding and holds great reverence for fresh vegetables. None of us will match her Chłodnik but it's difficult to produce a poor bowl of this superb dish. It is pronounced, 'Hwaddnikk'. We eat with our eyes and this Polish summer soup is surely one of the most beautiful dishes you will ever see. You can sense its freshness by smell or on the tongue – herbs, spring veg, lemons. It captures the season. It is quick, simple and very healthy."

Prof Joe Smith, Director, Royal Geographical Society

PREP: 15 MINS | COOK: 45-60 MINS | SERVES 2



METHOD

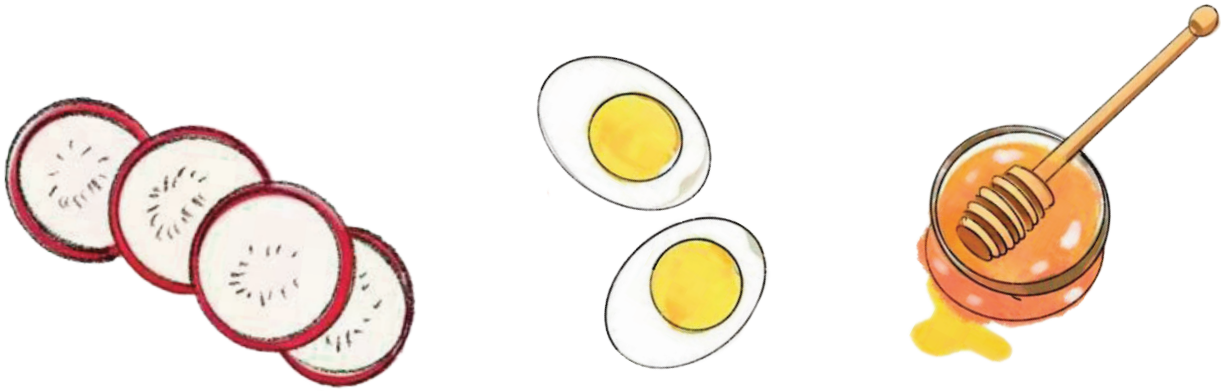
1. Scrub some beetroots, then boil them in 2 litres of water until they give when poked with a sharp knife. Take the beetroots out and leave to cool (keep the cooking water). When cool, peel and grate them. Add lemon juice to taste (lots for me) and perhaps a tablespoon of honey. Pop this back in the now cool dark red cooking water and refrigerate.
2. Spoon the beetroot soup into serving bowls, add plentiful garnish (options offered at the next step). It is best with sour cream, kefir or a vegan equivalent stirred through it. Among other things this delivers a delicious dusky pink colour. Season to taste (plenty of pepper essential in my view, and some salt too).

INGREDIENTS

- 4 medium beetroots (about 600–800g total)
- 2 litres water (for boiling)
- 1–2 tbsp freshly squeezed lemon juice (or more, to taste)
- 1 tbsp honey (*optional*, adjust to taste)
- Salt and freshly ground black pepper (about ½–1 tsp salt, ¼ tsp pepper to start)

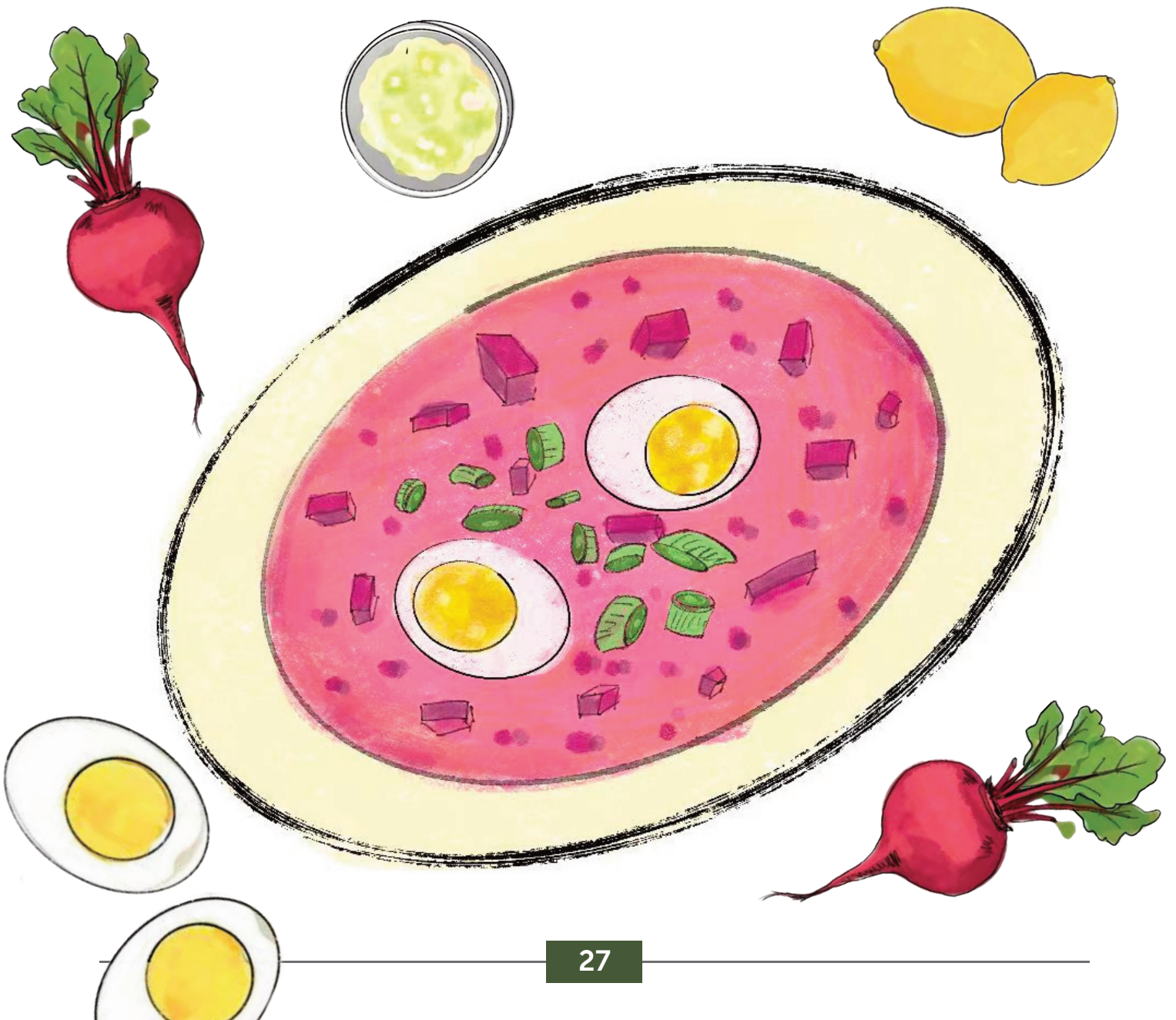
To serve:

- 4–6 tbsp sour cream, kefir, or vegan equivalent
- Fresh dill, chives, or spring onions for garnish
- Shelled crayfish
- Boiled egg
- Sliced radish or cucumber
- Extra black pepper to finish



3. This is a salad as much as a soup so do what pleases you to add layers of texture and interest: sliced radish or cubed cucumber perhaps? Boiled egg is traditional, but a quail's egg would be dainty. Shelled crayfish on top are also part of the tradition. Dill is the national herb of Poland and so I strongly recommend you add an abundance of dill, finely chopped, into your Chtodnik.

Did you know? A refreshing soup made with beetroot, which is naturally rich in heart-friendly nitrates. Research has found that these nutrients relax blood vessels, boost circulation, and make muscles more efficient by lowering their oxygen demand.



Squash soup

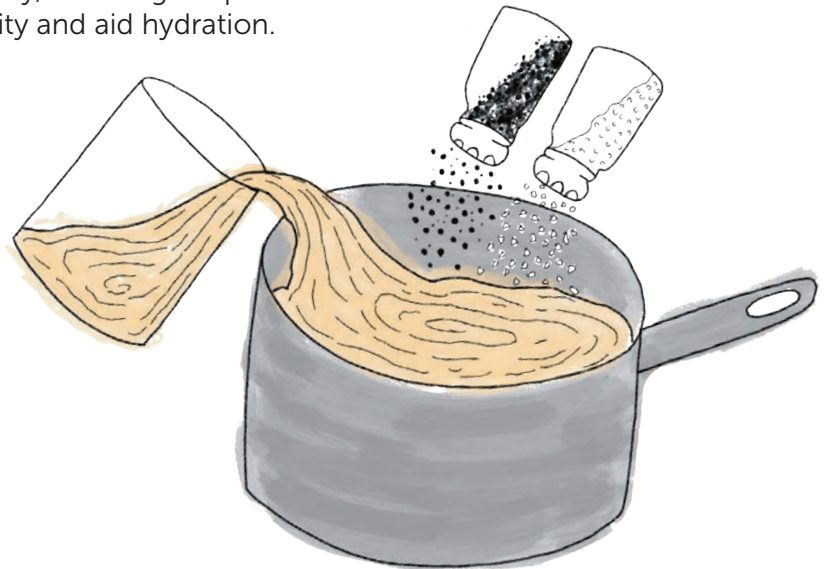
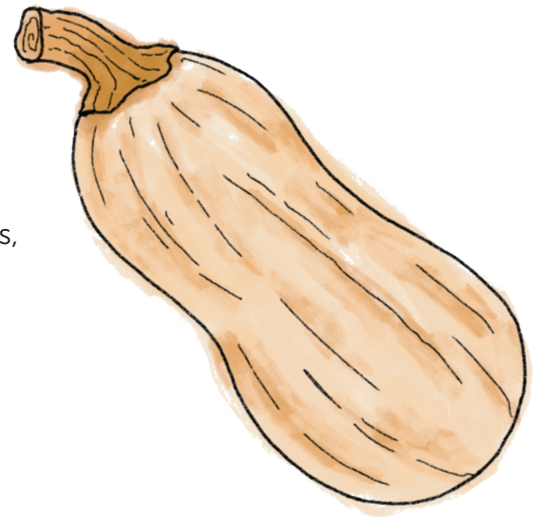
This recipe and the next have been shared by Dr Julia Knights, the Science Museum's former Deputy Director.

PREP: 15-20 MINS | COOK: 45 MINS | SERVES 4-6

METHOD

1. Peel one squash and 6 carrots, thickly slice.
2. Lay them in a roasting tin and drizzle with oil. Bake for 30 minutes at 180°C or gas mark 4 (the edges of the veg should be slightly charred).
3. Chop the onion and fry in butter or oil in a large pan till slightly brown.
4. Add squash, carrot and a veg stock cube and enough water to just cover the vegetables and simmer for 15 minutes.
5. Using a stick blender, blend the soup in the pan.
6. Add salt and pepper to taste and serve.

Food for thought... A cosy, warming soup rich in Vitamin A and C to support immunity and aid hydration.



INGREDIENTS

- 1 squash
- 6 carrots
- 1 onion
- Butter or oil for frying
- 1 vegetable stock cube (making up 1.2L stock)
- Salt and pepper



Gingerbread biscuits



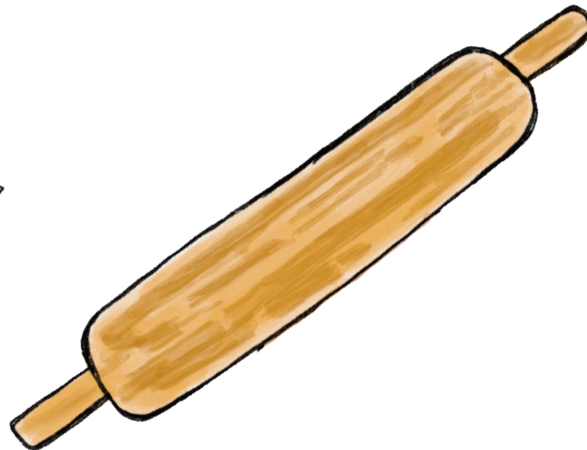
PREP: 20-25 MINS | COOK: 10 MINS | MAKES 12-15 BISCUITS

METHOD

1. Rub butter into all the dry ingredients.
2. Add sugar, syrup, treacle and the beaten egg.
3. Knead to form a smooth dough.
4. Roll out 5mm thick and cut into shapes.
5. Bake in the oven for 10 minutes at 170°C or gas mark 3.



Quick food fact: Softly spicy, this gingerbread is high in energy to support recovery, with the ginger helping to ease nausea.



INGREDIENTS

- 350g plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 115g butter (cut into cubes)
- 150g muscovado brown sugar
- 2 tablespoons syrup
- 2 tablespoons treacle
- 1 egg beaten

Roast carrot, fennel and quinoa salad with chipotle black bean pureé and flaxseed cracker

METHOD

For the roast carrot:

1. Blanch the carrots for 3 minutes. Combine the other ingredients in a bowl and mix through the carrots. Roast at 160°C for 30 minutes. Keep in an airtight container for 3 days.

For the chipotle black bean pureé:

1. Roast whole heads of garlic as needed for the recipe. Soak beans overnight. Cook the beans with the other ingredients. Once the beans are cooked through and the water has reduced a bit, drain the beans and reserve the liquid. Add the beans to a blender and blitz, adding water until it reaches a thick and smooth pureé. Taste and season. Keep in an airtight container for up to 3 days.

For the flaxseed and sesame crunch:

1. Mix ground flaxseed with the other ingredients. Add water and combine until it sticks together to form a dough. Keep kneading for 2 minutes and check there are no pockets of seeds. Grease a tray and spread the dough.
2. Cover with film and roll it out thinly with a rolling pin. Remove the film and cut into bite size squares. Bake in the oven for 20 minutes at 160°C. The squares should be hard, like crackers, when done. The squares at the centre tend to bake slower. Snap the squares that are done and separate the ones that need longer, keep them in for 5 minutes at a time until they are hard. Let them cool down completely on a rack before packing. Keep in an airtight container for 1 week. Check the crackers are still hard before serving.



For the quinoa:

1. Rinse quinoa. Bring the water to a boil and add quinoa and cook for about 15 to 20 minutes. You want the quinoa to retain some bite. Drain in a sieve and lay on a tray with blue cloth to drain the moisture. Store in an airtight container for 3 days.

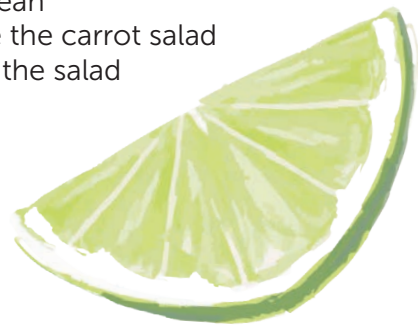
For the salted pepitas:

1. In a big frying pan, toast the pepitas until they start popping. Turn the heat down and pour the tamari sauce evenly. Using a spatula and moving fast, make sure they are all coated and take off the heat. Keep in an airtight container in a dry cool place for 1 week. Check they are still crunchy before serving.

To plate:

1. Mix through the carrots, quinoa, pepitas, leaves, fennel and lime zest in a bowl. Drizzle with olive oil. Spread black bean pureé into a neat circle at the bottom of the bowl. Place the carrot salad mixture in the centre. Place the flaxseed crunch around the salad and the charred lime on the side.

Did you know? Crunchy textured crackers on a lively salad. Carrots are rich in Vitamin A which helps with immune function and supports vision.



INGREDIENTS

For the roast carrot:

- 2kg carrots
- 1 tsp cumin
- 2 tsp sweet paprika
- 4 tsp olive oil
- 1 tsp salt
- 1 tsp coconut sugar

For the chipotle black bean pureé:

- 165g cooked black beans (approx 50g dry beans)
- 65g cooking liquid
- 3 garlic cloves
- 1 tsp tomato paste
- 1 bay leaves
- ¼ tsp dried oregano
- 1 chipotle peppers in adobo paste

- Pinch salt
- Pinch pepper

For the flaxseed and sesame crunch:

- 30g golden flaxseed, ground
- 30ml water
- pinch onion powder
- pinch garlic powder
- pinch tsp salt
- ½ tsp nutritional yeast
- 10g white sesame seeds
- 10g black sesame seeds

For the quinoa:

- 45g white quinoa
- 10g black quinoa
- 10g red quinoa

- 1g salt
- 1 tsp olive oil
- Water

For the salted pepitas:

- 20g pumpkin seeds
- 1 tsp tamari sauce

To plate:

- 4g coriander leaves, picked
- 4g mint leaves, picked
- 60g thinly shaved fennel
- 1 lime, zest
- 2 lime, charred
- 4 tsp olive oil

Banana chocolate chip muffins

"These chocolate banana muffins are a family favourite in our house – as soon as they come out of the oven, my kids can't wait to tuck into them. They never last long in the tin but that is why I love baking – making food that is tasty, loved by all and takes no persuading to eat! I hope you enjoy this recipe as much as my family does." Sarah Berresford, Head of Marketing, South Ken Culture Quarter

**PREP: 15-20 MINS | COOK: 20 MINS |
MAKES 10-12 MUFFINS**

METHOD

1. Preheat the oven to 200°C and line a 12 muffin tin with muffin papers.
2. Mash the bananas and set aside.
3. Pour the oil into a jug and beat in the eggs in the jug.
4. Put the flour, sugar, bicarbonate of soda and baking powder into a large bowl and mix in the oil and egg mix, followed by the bananas.
5. Fold in the chocolate chips, then spoon into the muffin tin and bake in the oven for 20 minutes.

Food for thought... With chocolate mingling with banana, this dish is high in energy to help recovery, as well as a source of Vitamin E to help the immune system, maintain healthy skin and support good vision.

INGREDIENTS

- 3 very ripe bananas
- 125ml vegetable oil
- 2 eggs
- 250g plain flour
- 100g caster sugar
- ½ tsp bicarbonate of soda
- 1 tsp baking powder
- 150g dark chocolate chips



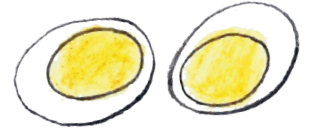


Poached trout Niçoise salad

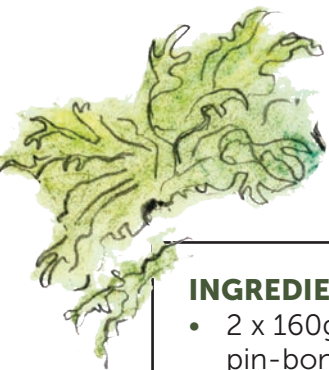
PREP: 20-25 MINS | COOK: 20-25 MINS | SERVES 2

METHOD

1. Place the potatoes in a pan and cover with water, add salt. Bring to the boil then simmer gently for around 15-20 minutes. Add the green beans and blanch for 3-4 minutes. Drain and cool the potatoes and green beans.
2. Cook the eggs in a pan of boiling water for 8 minutes, then drain and cool under cold running water. Once cool, peel and cut into quarters.
3. Bring a pan of salted water to a simmer. Add the trout, remove the pan from the heat and leave the trout in the water for 4 minutes. Remove the trout from the water and leave to cool for 5 minutes. Break the trout into large flakes.
4. Make the vinaigrette by placing the mustard, white wine vinegar and olive oil in a small container with a lid and shake thoroughly until mixed, add fine herbs.
5. Assemble the salad by placing the tomatoes, potatoes, green beans and olives and capers in a bowl. Pour over the dressing and toss well.
6. To serve, top the salad with the eggs and flaked trout and wild rocket. Season with freshly ground black pepper.



Quick food fact: A colourful, tasty salad topped with delicately flavoured trout, naturally rich in omega-3 fatty acids that help support a healthy heart. Fresh vegetables add crunch and colour, making this as nourishing as it is delicious.



INGREDIENTS

- 2 x 160g trout fillets (skinned and pin-boned)
- 6 Ratte potatoes in their skins (cut in half)
- 100g green beans
- 2 eggs
- Wild rocket
- 6 baby plum tomatoes (cut in half)
- 10 pitted green Beldi olives

- 1 tbsp of Lilliput capers

For the vinaigrette:

- 1 tsp Dijon mustard
- 1 tsp white wine vinegar
- 3 tbsp extra virgin olive oil
- Salt, pepper to taste
- Chopped fine herbs (chives, parsley, chervil)

Acknowledgements

South Ken Culture Quarter friends and colleagues, and its members who shared a variety of tempting recipes, specifically:

- Goethe-Institut
- Imperial
- l'Institut Français
- Kensington Palace
- Natural History Museum
- Royal Albert Hall
- Royal College of Music
- Royal Geographical Society
- Science Museum
- Serpentine
- V&A South Kensington

University of Westminster, including illustration course leader, Emma Dodson, and her talented students Dayna Figeroa, Ioan Costache, Katie McKinlay, Louise Pryor and Mohan Jin, who gave their time and creativity to bring each recipe to life.

Royal Brompton Hospital's dietetics colleagues, Andrea King (adult cardiorespiratory dietitian), who generously created original artwork for several pages within this book and Rasleen Kahai (respiratory dietitian), who had the idea for this recipe book and has provided nutrition notes at the end of each recipe.

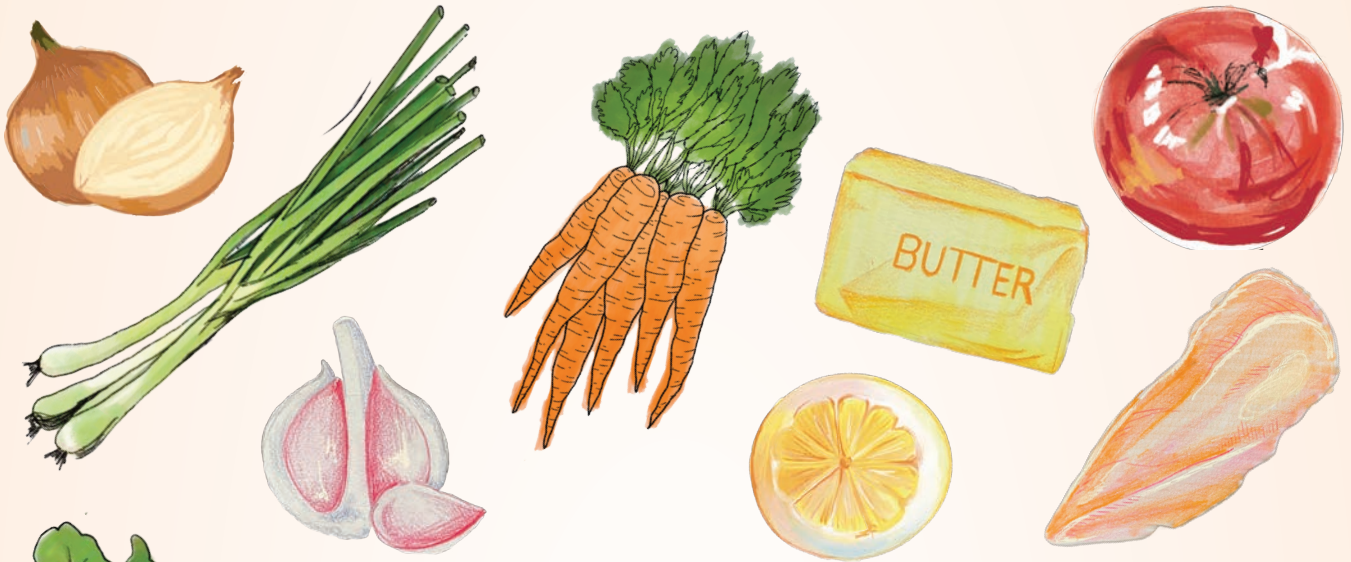
South East London Health Innovation Network for introducing us to collaborators who helped this idea grow.

The many team members at Royal Brompton and Harefield hospitals who shaped the vision for this collection of recipes.

Dedication

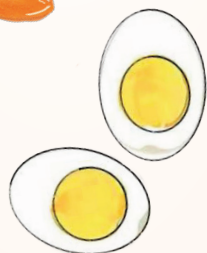
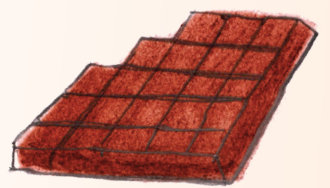
This book is dedicated to our patients who live with the challenges of complex heart and lung conditions. They inspire us to continually strive for better and provide the very best care.

And to Ash Scott, a much valued colleague from Royal Brompton and Harefield Hospitals Charity, who sadly passed away during the development of this project. Ash was supportive of this project and helped to source artwork for the recipe book. He was a passionate supporter of creativity, collaboration and compassion in healthcare. His contribution and spirit are woven throughout these pages, and he is greatly missed.



This collection of recipes, compiled by Royal Brompton Hospital, responds to the challenges faced by people living with complex heart, lung and other health conditions – where breathlessness, fatigue and loss of appetite can make eating difficult, and sometimes joyless. It brings together culinary contributions from the cultural corners of South Kensington to inspire a connection with food. A book from our community, celebrating the comfort, nourishment and joy of eating.

**Recipes from the heart,
shaped by art, for à la carte inspiration**



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