

My Favourite Food





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Bon appétit!

You might have a few questions about your diet. Should I be eating a special diet? Are there things I can't eat? Do I have to cut out alcohol? In a word, no.

In general, the food that was good and healthy for you before your surgery is still good for you, and the same goes for the not-so-healthy options.

This is not a scientific cookbook. It is a collection of inspirational food ideas, provided by people with an ostomy. These are their personal recipes, using their favourite food.

Please remember that you should always follow any specific dietary advice that you have been given by your healthcare provider or nurse.





Thaila Skye

Peterborough, UK

What is your passion?

“I love watching movies.”

What was your first thought when you woke up after surgery?

“What is all this?!”

What is your motto?

“Be healthy, happy and squeal!”

Can you share a fun fact about yourself?

“I’m scared of ants.”

What comes to your mind when you hear the word “food”?

“Since I got married, I’ve been trying to eat fewer processed foods and I’m learning how to cook homemade meals!”

Favourite recipe

Overnight Oats

You will need

40 g porridge oats
120 mL milk (or you can substitute with almond milk or water)
1 tbsp cocoa powder (or more/less to taste)
Water (if you prefer a runnier consistency)
Your favourite toppings!

For a protein boost:

Swap the cocoa powder for 30 g of protein powder (I love chocolate flavour but feel free to swap it for a different flavour such as vanilla or strawberry!).

Method

This recipe uses raw oats, but if you prefer to cook the oats, then cook them as per the instructions on the box or your normal method. Allow them to cool and then continue following the steps.

(Tip: For best results, prepare this recipe the night before and leave in the refrigerator overnight. If you forget, just prepare the oats and then refrigerate for a minimum of 20 minutes before serving.)

1. In a bowl, add the porridge oats, the milk and the cocoa powder (or the protein powder if you're going for a protein boost instead).



2. Mix all the ingredients together until combined.



3. Cover the bowl with cling film and put it in the refrigerator overnight or for at least 20 minutes before serving.



4. When ready to serve, take the bowl out of the refrigerator. Check the consistency and, if it's too thick, add a tiny splash of water and stir. Repeat until you achieve the desired consistency.



5. Now comes the fun part! Add your favourite toppings and dig in!

Toppings suggestions:

Cinnamon & raisins
Chocolate chips
Sliced banana
A drizzle of honey or a flavoured syrup
Nuts or seeds*
Mixed fruit*



Thaila's favourite toppings:

Cinnamon, nutmeg, sultanas, strawberries, blueberries and seedless grapes.

*Be cautious with nuts, seeds and the skins of some fruits, as some people with stomas find that they have trouble digesting these types of food or that they can cause blockages.



Morten Sommer

Copenhagen, Denmark

What is your passion?

“Triathlon.”

What was your first thought when you woke up after surgery?

“This shouldn’t change my life!”

What is your motto?

“Having a bag doesn’t have to define me.”

Can you share a fun fact about yourself?

“I make a killer homemade Béarnaise sauce and I have a weakness for sweet soft licorice.”

What comes to your mind when you hear the word “food”?

“I love to cook, but as a triathlete with a full-time job, I rarely have the time to spend hours in the kitchen. Most days are filled with training and work, and I need to get a minimum of 7-8 hours of sleep every night. On the other hand, I have a lot of requirements in terms of the food I eat. It must be healthy with plenty of carbs and protein. It must also be ostomy-safe and quick to cook.”

Favourite recipe

Chicken Teriyaki with Crisp Vegetables

You will need

200-300 g of sliced chicken breast
2-3 cloves of garlic
4-5 cm piece of ginger
1 whole or half chili
1 tbsp syrup (marble or liquid honey is easier to use, but brown sugar will also do the job)
2-3 tbsp teriyaki sauce
Juice of half a lime
An assortment of your favourite vegetables

Use any vegetables that you feel comfortable with. I use a red pepper, an onion, half a courgette, 3-4 carrots, half a broccoli, and about 10 whole large mushrooms. Serve with your choice of noodles, rice or pasta. I often use fresh whole-grain pasta because it's easy and gives me the carbohydrates that I need for my training.

Method

1. Begin by preparing the rice or boiling water for the pasta or noodles. Start to cook these so that they will be finished at the same time as the chicken and vegetables. Chop all of the vegetables into thin slices. Cut the broccoli into small florets and cook them in a bowl of boiling water for a couple of minutes.
2. Heat a wok or saute pan with some olive oil and cook the chicken until it starts to brown. Remove the chicken from the pan. Repeat this process with the mushrooms. Leave all the juices in the pan. Put the onion, ginger, garlic and chili in the pan and cook for one to two minutes. Add the carrots and after one minute add the courgette, peppers and broccoli and fry for one or two more minutes.

3. Add the chicken and mushrooms together with the syrup and teriyaki sauce and cook for another minute or two. If serving with rice or noodles, add dash of water to create a sauce.
4. Take the pan off the heat and add the lime juice.
5. Put the rice, noodle or pasta on a plate and top it with vegetables and chicken. Don't forget to pour over some of the sauce.

Enjoy an easy and healthy meal!



Tip! I love the taste of mushrooms, but can't eat too many because of my ostomy. Sometimes I begin by cooking the mushroom, then remove them from the pan before cooking the rest of the ingredients. I serve the mushrooms on the side, keeping their flavour in the dish itself. I also often cook larger, whole mushrooms, which are easier to avoid on my plate.





Yumiko Shibazaki

Tokyo, Japan

What is your passion?

“My goal is to participate in a triathlon when I’m 80. In August, I participated in the Numazu Triathlon with two other team members. There isn’t much information on ostomate athletes in Japan, but that means I need to share what I do. I call myself a ‘pouched runner’, like a koala!”

What was your first thought when you woke up after surgery?

“I felt as if I knew this was going to happen to me when I woke up after the surgery. Then I noticed something was sitting on my stomach. I thought ‘How cute!! It looks like cod’s roe!! Is this a stomal?’”

What is your motto?

“I have met so many wonderful people because of my stoma. Ubuntu is a word I picked up just before the surgery when I was into learning about Africa. It means ‘people are not people without other people’.”

Can you share a fun fact about yourself?

“I use knives every day at work, but I carry a barbell more often in my personal life.”

Favourite recipe

Onigiri (Rice Balls)

You will need

Rice
Pickled plums
Seaweed
Chili leaves
Dried natto (fermented soy beans)

Method

1. Spread cling film over a small plate and sprinkle it with a pinch of salt.
2. Place a bowlful of warm rice on the cling film and allow to cool.
3. Wrap the rice and shape it however you like. 'Nigiri' means shaping something with your hands.
4. Remove the cling film and decorate the onigiri however you like. In my case, I used dried natto for the eyes and nose, plum for the cheeks, chili leaves for the eyebrows, and seaweed for the hair to make faces.
5. Tighten up the onigiri by wrapping them once again in cling film.





Aldwin Anemaat

Oosterhout, Netherlands

What is your passion?

“Cycling and my family.”

What was your first thought when you woke up after surgery?

“What am I supposed to do now? Because the stoma did not work (yet), I needed to stay in the hospital for a longer period.”

What is your motto?

“Enjoy life to the fullest!”

Can you share a fun fact about yourself?

“18 months after my surgery, I biked up Mont Ventoux in France with a big group of friends and family. It was an event organised by the ‘Groot Verzet Tegen Kanker’ foundation to raise money for the fight against cancer.”

What comes to your mind when you hear the word “food”?

“Soon after the surgery, my family and I started to find recipes that taste good and work well for someone with an ostomy.”

Favourite recipe

Fresh Vegetable Lasagne



You will need

Ingredients for the lasagne sauce:

1 stalk of broccoli
1 bunch of carrots
500 g minced meat
500 g strained tomatoes
1 tsp oregano
1 tsp paprika powder
A handful of basil, finely chopped
2 cloves of garlic, finely chopped
Olive oil
Lasagne sheets
Salt and pepper

Ingredients for the Béchamel sauce:

2 knobs of butter
2 tbsp flour
500 mL milk
Handful of grated cheese

Method

Lasagne sauce:

1. Preheat the oven to 200 °C.
2. Grease the baking dish with olive oil.
3. Cut the broccoli into small florets.
4. Clean the carrots and cut them into 3 cm pieces.
5. Cook the broccoli and carrots for about 15 minutes in boiling water.
6. Heat 2 tbsp of olive oil in a pan and brown the minced meat.

7. Add the garlic, oregano, the paprika powder and the strained tomatoes.
8. Let the sauce cook slowly for a couple of minutes.
9. Drain the broccoli and carrots and add them to the sauce together with the chopped basil.
10. Season with pepper and salt.

Béchamel sauce:

1. Melt the butter in a pan.
2. When fully melted, gradually add the flour and stir until incorporated.
3. Slowly add the milk.
4. When the sauce has the desired thickness, add the cheese and season with salt and pepper.

Making the lasagne:

1. Start with a layer of lasagne sauce on the bottom of the greased baking dish.
2. Cover with lasagne sheets.
3. Keep repeating until you have used up all the sauce; end with a good layer of sauce.
4. Pour the Béchamel sauce over the lasagne.
5. Now the lasagne is ready to go into the oven. Place the baking dish in the middle of the oven for around 30 minutes.
6. Let it cool for five minutes before serving.



Enjoy your meal!



Eric Polsinelli

Toronto, Canada

What is your passion?

“Helping others.”

What was your first thought when you woke up after surgery?

“No more Crohn’s pains!”

What is your motto?

“Live with intention and make every action count!”

Can you share a fun fact about yourself?

“I once rode the ‘Drop Tower’ ride at Canada’s Wonderland 49 times in a single day.”

What comes to your mind when you hear the word “food”?

“I wasn’t able to truly enjoy food until after having ostomy surgery; being in constant flares made it difficult to keep anything down, so I developed a disordered eating pattern.”

Favourite recipe

Tofu Stir-Fry with Noodles or Rice

You will need

Extra firm or firm tofu

Fresh or frozen and thawed vegetables

Rice noodles

Marinade or soy sauce

Method

1. Cut up a block of tofu in squares, triangles or rectangles right from the package; I prefer using frozen tofu that has been thawed and pressed (to drain the water out of it), as it gives a very chewy texture.
2. OPTIONAL: marinate the tofu in a deep bowl using either soy sauce or a ready-made marinade of your choice.
3. Cook the noodles, drain and set aside.
4. If you are using fresh veggies, chop them up into smaller chunks; carrots, wax beans, broccoli, onion and mushroom work, but choose vegetables that you find easy to digest. Alternatively, you can use frozen, mixed vegetables that have been thawed by running them under hot water; I find that frozen veggies are easier to digest, and they come in several wonderful varieties like Thai or Japanese vegetables.
5. Heat a non-stick pan, get it on a medium to medium-high hob; you can use a high-temperature oil if you like.
6. Add the tofu to your hot pan, and stir until you can see the sides browning.
7. You may add your vegetables at this point and cook for a few minutes longer.
8. Add your marinade or soy sauce and cook for a few more minutes.
9. Turn off the heat and add the rice noodles and stir until the marinade is fully incorporated. You can also simply put the tofu and veggie mixture over a bed of noodles, but the marinade keeps them from sticking too much.
10. Serve and enjoy!



“I love this type of recipe because it’s easy, can be made in an infinite combination of flavours, and can be adjusted to accommodate someone with IBD.”



Marianne

Marcillac-Vallon, France

What is your passion?

“Astrology.”

What was your first thought when you woke up after surgery?

“This is the start of a new life cycle.”

What is your motto?

“Accept and move forward. Open yourself up to the moments of happiness each day brings.”

What comes to your mind when you hear the word “food”?

“It’s part of enjoyable moments and should be enjoyed for its positive qualities.”

Favourite recipe

Slow-Cooked Veal Filet Mignon

You will need

Ingredients for 4 people

1 kg veal filet mignon

Method

1. Heat the oven to 130 °C.
2. Cook the filet mignon in a frying pan until it is browned on all sides.
3. Season with salt and pepper.
4. Place a grill pan or wire rack on a roasting tray in the oven.
Place the filet mignon on the grill pan.
Lower the temperature to 100°C.

Cooking time, serving suggestion

For rare and juicy meat, set the timer to 1 hour 10 minutes.
This dish can be served with your favourite side dish.





Tamara Lammers

Backnang, Germany

What is your passion?

“Vegetarian cooking.”

What was your first thought when you woke up after surgery?

“Life can only get better.”

What is your motto?

“We can do anything, we just need to have faith in ourselves!”

What comes to your mind when you hear the word “food”?

“Food provides a quality of life, and we are what we eat! I don’t eat additives. Food is a passion that I share with my husband! I prefer to serve regional and seasonal produce. As much as possible, I opt for soya or similar substitutes for milk, yogurt and cheese. But I’m convinced that people with an ostomy can eat anything, they just need to chew thoroughly.”

Favourite recipe

German-Style Red Dumplings

You will need

For the potato dumplings

500 g potatoes
100 g flour
1 egg yolk
Salt
Black pepper
Nutmeg

For the first topping

100 g sheep's cheese

For the second topping

50 g pine kernels
20 rosemary needles

For the third topping

½ bunch rocket
1 tbsp olive oil
Pinch of salt



Method

1. Dumplings

Boil the peeled potatoes in salted water until soft, then drain. Mash or puree the potatoes using a masher or hand mixer. Stir in 100 g flour and the egg yolk. Season to taste with salt, pepper and freshly grated nutmeg. Form the mixture into 2 cm balls, place in salted water that has been briefly brought to the boil and simmer for 10 minutes until the dumplings float to the surface. Drain the dumplings in a colander.

For the sauce

500 mL beetroot juice
3 tbsp agave syrup, honey
or maple syrup
2 tbsp cornflour
Salt
Black pepper

2. Sauce

Pour 500 mL beetroot juice in a pan, add 3 tbsp agave syrup, salt and pepper and bring to a boil. Mix 4 tsp cornflour with a little cold water until smooth and stir into the boiling sauce. Bring back to the boil briefly and when the toppings are ready, add the potato dumplings to the sauce.

3. Topping one

Crumble the sheep's cheese with your fingers and sprinkle over the dumplings and sauce as the first topping.

4. Topping two

Toast the pine kernels in a dry pan with the chopped rosemary. Crush 2/3 using a mortar and pestle and sprinkle over the whole dish, the dumplings, the sauce and the sheep's cheese. Use the rest to decorate the dish at the end.

5. Topping three

Place the washed rocket in a mixer with 1 tbsp olive oil and a little salt and pepper and mix to form a pesto. Use this beautiful green pesto to fill a piping bag (or a plastic bag with the corner cut off) and pipe stripes onto the dish.

Bon appétit!





Virginie Poibleaud

Toulouse, France

What is your passion?

“Ballet.”

What was your first thought when you woke up after surgery?

“A MASSIVE relief.”

What is your motto?

“Enjoy every moment. The ‘Minions’ movie is really popular at the moment, and this Minion quote suits me perfectly.”

Can you share a fun fact about yourself?

“Before my stoma, I tried everything, including a diet free from cow’s milk, butter and cream. Everything that makes food taste great! I was doing my shopping and I felt a bit hungry, so I went into a cake shop to get myself a little treat. I asked the shop assistant if there was any milk in the cake that caught my eye. She asked me why I wanted to know but didn’t give me a chance to answer. She replied, “Do you have an allergy?”. And stupidly, instead of answering “No, not at all”, I said, “It’s a bit like an allergy!” Which was a pity, because she refused to sell me the cake in case I had an allergic reaction in her shop!”

What comes to your mind when you hear the word “food”?

“I have trouble with dried fruit and citrus fruit due to the acid they release. But apart from that, I eat pretty much everything. And when I want to add some consistency to what comes out of the stoma, I just eat some rice! Rice is a magic food. A great natural medicine.”

Favourite recipe

My Nanny's French Toast

You will need

500 mL milk
5 eggs
100 g brown sugar
1 knob of butter
1 tbsp sugar
10 slices stale bread
Optional: salted caramel ice cream



Method

1. Combine the milk, whole eggs and sugar. Whisk together.
Dip the slices of bread in the mixture - They should be soaked but not so wet that they start to fall apart. Put to one side.
2. Melt the butter in a non-stick pan. When the butter starts to brown, sprinkle some sugar on top and add the slices of bread to the pan.
3. Cook both sides until they turn golden brown.
4. Serve warm on a pretty plate with a scoop of salted caramel ice cream.
Enjoy!



