



Low Protein Cooking with Cambrooke

TIPS FOR SUCCESS

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CAMBROOKE™

My family's PKU journey began with my most important role and title, Mom, in the 1990's when two of my three children were born. Cameron and Brooke both have Classical Phenylketonuria (PKU).



Our reality became a family crusade to ensure that Cameron & Brooke would not fall victim to what I called 'a life sentence of bad tasting food' because of the lack of food choices, social stigma, and what it would mean by feeling left out due to one of the world's most restricted diets was not an acceptable option for my husband and me.

Throughout the 90's, I struggled as a PKU Mom. There were limited and unappealing foods in the marketplace to feed my kids, so homemade foods were my best option. The labor-intensive attempts often resulted in failed outcomes. It was emotionally painful, and Cameron and Brooke were always hungry. I was hungry for change!

My husband, David and I, started Cambrooke in 2000 to bring delicious, nutritious, and everyday foods to the metabolic community. All of our foods went through the harshest critics including my kids, their friends, and members of the New England Connection for PKU and Allied Disorders (NECPAD) of which I'm a founding and very active member. If a food did not pass their approval, I went back to the drawing board.

Over the years, I have worked hard to make these foods easy to prepare and use. However, sometimes our consumers find it difficult to know what the finished results of a low protein food product should look and taste like. We've created this booklet to guide you on how to use some of my favorite low protein foods. I hope these tips help you master the basics, get your creative juices flowing, and unleash the best low protein cook in you.

Lynn Paolella

FOUNDER OF CAMBROOKE

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MixQuick

What is it?

- All-purpose baking mix to replace flour
- Created to imitate Bisquick
- Naturally rises because of added leavening agent

What can you make?

- **Basic:** pancakes, waffles, or biscuits (find the recipes on cambrooke.com)
- **Advanced:** muffins, cakes, cookies, or quick loaf breads

Servings per bag

Nine 1 cup (100 g) servings (1 serving makes a full-size waffle, 3 mini waffles, or 3 – 4 pancakes)

Basic Directions

For pancakes, blend 1 cup MixQuick (100 g) and 6 Tbsp water. Pour into lightly greased, heated pan. Cook and flip until golden brown.



STEPPING UP NUTRITION

Add a few blueberries, raspberries, or banana slices to the batter

MixQuick is a delicate batter so add small amounts to batter (about 1 Tbsp banana to 1 serving MixQuick batter). To prevent burning, mix the fruit directly into the batter.



Use fruit and vegetable baby food or puree to replace water

- This is a great option to introduce new flavors through a familiar food
- Consider adding spices like cinnamon or nutmeg
- Makes an extra pancake and can help stretch your MixQuick
- Baby food may add additional protein and should be counted accordingly

Example Recipe:

Mix 1 pouch Gerber® Apple Mango Strawberry (3.5 oz or 99 g) with 1 cup MixQuick (100 g). Add a small amount (~1–2 Tbsp) of water to thin batter as needed.

Add formula (like BetterMilk) to MixQuick batter

Find the recipe here



COOKING TIPS

- 1 Start with 6 Tbsp of water to 1 cup MixQuick (100 g) and add water as needed until you find the right batter consistency for you (this may be up to 2/3 – 1 cup water especially if cooking at higher altitudes).
- 2 Preheat your frying pan or griddle over medium heat and coat with melted butter to improve browning and prevent sticking.
- 3 You will see the batter rise and bubble as it cooks.
- 4 Flip when bubbling has slowed and bottom has started to brown.



Still struggling? Make a waffle.

- o A waffle iron will help MixQuick batter cook more evenly and become crisper
- o Water amounts for waffles seem less important compared to pancakes
- o Mini waffle irons like the Dash brand are a great option

How much water should I use?

The amount of water you add affects the texture of the pancake. Altitude and/or your location may affect how much water you need to add.



Makes a gummy or gel-like middle no matter how much you cook it



Makes a more cake-like texture

Eggz

What is it?

- o An egg substitute best for making an omelet
- o Not an egg substitute for baking

What can you make?

- o **Basic:** omelet, “scrambled” eggz
- o **Advanced:** baked mini-frittatas

Servings per bag

Twenty-eight 2 Tbsp servings.
Use ¼ cup (2 servings) to make a full size omelet.

Basic Directions

Before measuring, use fork to fluff Eggz.
Whisk 2 Tbsp of loosely packed Eggz with 2 Tbsp of liquid non-dairy creamer and pour into a lightly greased, pre-heated non-stick skillet. Cook until browned on underside, then flip to brown the other side. Fill half with your favorite fillings and fold over the other half.



STEPPING UP NUTRITION

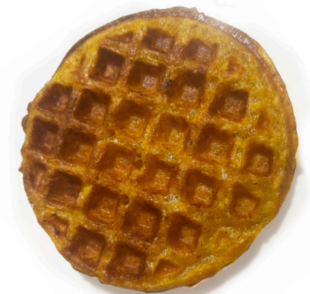
Create a veggie omelet

Add sauteed veggies and low protein cheese after flipping then fold over.



Make a savory “waffle”

- o Using a waffle maker allows for more even cooking and a crisper result
- o Add Eggz to a mini waffle maker with sauteed chopped veggies
- o A double serving makes a mini waffle mixed with about 1 – 2 Tbsp chopped and sautéed veggies like onions, peppers and mushrooms
- o Consider using vegetable broth for the liquid to boost the savory flavor



COOKING TIPS

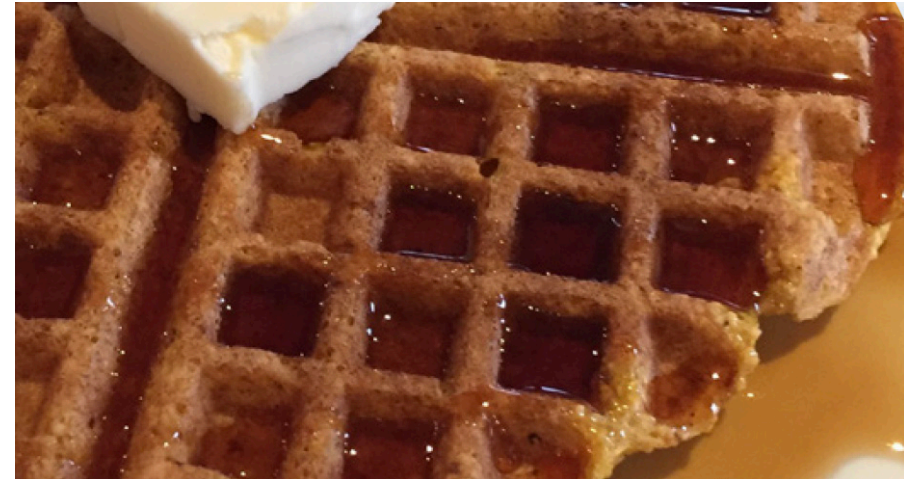
- Stirring Eggz like you would for regular scrambled eggs while cooking will make a gummy mess that never cooks.
- For best results, spread batter in a thin layer like a pancake and let each side brown before flipping.

“Scrambled” Eggz Tips

- 1 Mix ¼ cup Eggz with ¼ cup non-dairy milk or water—the batter should be thick, not runny.
- 2 Melt a small amount a butter in a skillet and add Eggz mixture to hot pan.
- 3 Spread as thin as possible with a spatula and fully cook before flipping.
- 4 After cooking, cut into bite size pieces to look like scrambled eggs.



MORE RECIPES



Ultimate Crispy Waffles

SERVINGS 1
SERVING SIZE 176 G
PHE 10 MG
LEU 14 MG
PROTEIN 0.3 G
CALORIES 240

- ¼ cup (28 g) **Cambrooke Eggz**
- ¼ cup (28 g) **Cambrooke Creamy Hot Cereal**
- ½ cup (120 mL) water, non-dairy creamer, or a combination of both (nutrition values based on water)

Preheat waffle iron (7-8" preferred)—for best results, avoid Belgian waffle iron). In a medium mixing bowl, whisk together all ingredients and let batter sit a few minutes to allow the cereal to soften. Spoon batter onto a hot, lightly oiled waffle iron and cook until browned and crisp.

Baked Mini-Frittatas with Veggies & Cheese

SERVINGS 1
SERVINGS PER RECIPE 6
PHE 18 MG
LEU 25 MG
PROTEIN 0.5 G
CALORIES 130

Veggie Mixture

- ¼ cup red bell peppers, sauteed diced
- 3 Tbsp diced onions, sauteed
- ¼ cup sliced mushrooms, sauteed
- ¼ cup **Cambrooke Cheddar Shreds**

Baking Mixture

- ⅓ cup **Cambrooke Eggz**, loosely packed
- ⅓ cup **Cambrooke MixQuick**, packed
- ⅔ cup non-dairy creamer

Heat oven to 350° F. Spray 6 regular size muffin tins with cooking spray. In a small bowl, combine Veggie mixture ingredients. In a separate bowl, combine Baking Mixture ingredients until well blended.

Spoon 1 Tbsp Baking Mixture into muffin cup. Add Veggie Mixture, then top with remaining Baking Mixture. Bake about 30 - 40 minutes or until toothpick comes out clean and tops are golden brown. Cool 5 minutes then loosen edges from pan, cool 10 minutes longer and serve alone or with your favorite condiment.

Suggestion: Leftover Frittatas can be cooked and placed in freezer to be reheated for another meal. Try using a mini muffin tin for more even cooking.



Chicken Patty Mix

What is it?

A versatile chicken-flavored, plant-based meat substitute powder

What can you make?

- **Basic:** chicken patty, chicken nuggets
- **Advanced:** "chicken" parmigiana, zucchini fries, Moo Shu lettuce wraps

Servings per bag

Nineteen ¼ cup (35 g) servings (1 serving makes about 8 - 10 nuggets or 2 chicken patties).

Basic Directions

Combine ¼ cup (35 g) Chicken Patty Mix with 3 Tbsp water and 1 tsp oil. Form into a patty and cook in a well-oiled skillet. Brown each side until golden.



STEPPING UP NUTRITION

Add vegetables and seasoning during the mixing process

- Shredded zucchini or carrots, cauliflower rice or sautéed peppers and onions work well
- Add hot sauce or different seasonings like garlic salt to change up the flavor



Patty mix can be used as a breading for vegetables

- Form a slurry (wet ingredients to help the breading stick) by combining 3 - 4 Tbsp MixQuick or cornstarch + ½ cup water, nondairy milk or vegetable broth
- Dip the veggie in the slurry and then Chicken Patty Mix powder
- Spray with oil to help crisp up the breading
- Bake for 20 - 35 minutes at 425° (varies depending on the vegetable)
- Consider using an air fryer (cooking times and temps will vary)

COOKING TIPS

This is a meat substitute and will not cook like chicken

- If you cook for too long, patties will become very hard on the outside
- For a crisper result, make a thinner layer. A rolling pin works best.
- For a softer middle, make patties thicker by forming with your hands.



Chicken Nuggets Tips

- Start by mixing ¼ cup Patty Mix with 3 Tbsp water and 1 tsp oil
- For a softer texture, add up to ~3 Tbsp additional water (6 Tbsp total)
- Form nuggets with hands or use rolling pin
- (Optional) Coat in dry Chicken Patty Mix powder for breading
- Bake in oil for a crispy outer layer
- Refrigerate or freeze dough or cooked nuggets for future meals



MORE RECIPES



Crab Cakes

SERVINGS 2
SERVING SIZE 60 G
PHE 14 MG
LEU 22 MG
PROTEIN 0.3 G
CALORIES 120

For Cake

- ¼ cup (28 g) **Cambrooke Seafood Patty Mix** plus 1 Tbsp for coating
- 1 tsp Old Bay seasoning
- 1 Tbsp mayonnaise
- ¼ cup water

For Sauce

- 1 tsp mayonnaise
- 1 tsp dijon mustard

Combine ¼ cup (28 g) Seafood Patty Mix, 1 Tbsp mayonnaise, 1 tsp Old Bay seasoning and ¼ cup water. Let sit for 1 - 2 minutes. This will make a dough like consistency.

Using your hands, divide and form 2 balls and flatten to form patties. Place additional 1 Tbsp of Seafood Patty Mix on plate and bread each patty.

In a non-stick frying pan, heat 1 - 2 tsp of oil until shimmering. Reduce heat to medium and add patties. Cook until golden brown (~ 3 - 4 minutes per side). Serve with sauce.

South of the Border Ground "Meat"

SERVINGS 3
SERVING SIZE 1/3 CUP
PHE 17 MG
LEU 25 MG
PROTEIN 0.5 G
CALORIES 133

- 1 Tbsp vegetable oil
- ¼ (17.5 g) small onion, minced
- 2 tsp Old El Paso Taco Mild Seasoning Mix, dry
- 2 **Cambrooke Burger Patty Mix** patties, uncooked (see package instructions)
- Salt, to taste

Heat the oil in a large skillet over medium heat. Add onion and cook until softened. Add taco seasonings then cook, stirring occasionally until fragrant, about 1 minute.

Add the burger Patty Mix patties and cook, stirring and chopping up frequently until browned and crumbled.

Suggestions: Serve wrapped in Cambrooke Tortilla Wraps or make Cambrooke's pastry cups (recipe can be found on cambooke.com). Fill them with the ground "meat" and your favorite taco toppings. Also try adding veggies like cauliflower rice when you are mixing and forming patties to make new textures and flavors.



Short Grain Rice

What is it?

An imitation Japanese “sticky” rice imported from Japan

What can you make?

- o **Basic:** rice, broccoli & cheese rice, rice pilaf, rice pudding
- o **Advanced:** rice soup, risotto, burrito

Servings per bag

Twenty 1/3 cup servings (2/3 cup when cooked)

Basic Directions

Bring 1 quart water to a boil. Add 1/3 cup rice, simmer on low heat uncovered, stirring gently for 10 - 12 minutes, until tender. Water will thicken. Drain and rinse well (1 minute) with warm water. Store in a cool, dry place.

General Tips

- o Great for batch cooking recipes and reheats well
- o Can freeze into desired serving size
- o Rinsing rice helps remove starch and stickiness



THERMOS COOKING METHOD

This is another cooking option and great way to have hot rice at school or work. You can add spices and cooked vegetables to the thermos or use the rice as a side.

- 1 Use a 10 oz food jar thermos such as Thermos FUNtainer®.
- 2 Boil several cups of water.
- 3 **IMPORTANT:** Fill thermos with boiling water and seal. Let thermos sit for about 3 – 5 minutes and then discard water.
- 4 Add 1/3 cup of rice and 1/2 cup boiling liquid (water or vegetable broth). Stir and seal.
- 5 Before sealing, add optional flavor enhancers like 1 Tbsp butter / olive oil, or 1 tsp Cambrooke Chicken Consommé.
- 6 Keep thermos closed for a minimum of 3 hours. It will remain hot for up to 5 hours.

*Note that no rinsing is required if using the thermos method



Aproten fusilli

What is it?

A low protein Italian pasta available in numerous shapes

What can you make?

- **Basic:** pasta, pasta salad, baked ziti
- **Advanced:** pasta primavera, nut free pesto pasta, pot pie pasta

Servings per bag

Eight 2.2 oz (62 g) dry servings (2.2 oz dry = ~ 1 cup dry = ~ 2 cups cooked)

Basic Directions

Boil 4 cups of water per 62 g of pasta.
Stir pasta into the boiling water and then simmer for 8 - 10 minutes or until tender.
Drain and rinse under running water for approximately 2 minutes to remove excess starch. The cooking time listed may vary depending on boiling methods and tastes.



COOKING TIPS

- Cook with plenty of water (4 cups of water to ~ 1 cup dry pasta) — less water will result in mushy pasta
- Adding salt to the water to flavor the pasta and reduce stickiness
- Stir occasionally to reduce sticking (especially spaghetti) and/or add 1 - 2 tsp oil
- Try a softer boil or reducing cook time by 1 - 2 minutes
- Try a different shape for better results
- Note that different altitudes can significantly impact results

Storage and Reheating

- Add oil as needed to keep noodles from sticking
- Do not add sauce to cooked noodles until mealtime (sauce will continue to break pasta down and become mushy)
- For a better texture: reheat in a pan with oil instead of microwave



Chewy Fudgy Brownie Mix

What is it?

A low protein brownie powdered mix

What can you make?

- **Basic:** brownies, brownie cup, chocolate cake
- **Advanced:** brookies, brownie pops

Servings per bag

Twenty-four 28 g dry servings (28 g makes 1 brownie, one bag makes 24 brownies)

Basic Directions

Adjust oven rack to middle position and preheat to 350° F. Grease 9 x 13 inch pan or 24 mini-muffin tin. Melt 1½ sticks butter (170 g). Stir melted butter, ½ cup (120 g) non-dairy milk and brownie mix in medium bowl until well blended. Spread evenly until smooth in prepared pan or muffin tin. Bake about 35 minutes for pan brownies and about 15 minutes for muffin brownies or until toothpick inserted in center comes out clean. Cool to room temperature (about 2 hours). Store in airtight container.



COOKING TIPS

- For more even cooking, use bakeware with individual portions like mini muffin tins, silicone molds, tartlet tins, or ramekins
- Consider cutting recipes in half along with using smaller containers
- Batch cook and freeze uncooked dough or cooked baked goods (freeze in muffin tins, ice cube trays, etc)

Baking mixes allow for more flexibility

- Mix low protein mixes together for new textures to make cookies or muffins
- Add extra liquid to make into a cake



Featuring these Cambrooke Low Protein Foods



Find additional recipes here



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