

Feast Your Eyes Cook Book

**An exclusive collection
of mouth watering
recipes packed full of
essential nutrients for
good eye health**



Good nutrition is vital for healthy eyes, so we've put together this exclusive collection of mouth watering recipes to help inspire you in the kitchen.

Whether you're a budding chef or complete novice we've got some quick and easy ways to help you give your vision a boost at mealtimes.

Here's our guide to some eye health super foods ...

Cold water fish like cod, sardines and tuna are excellent sources of DHA, and Omega-3 fatty acids. These provide structural support to cell membranes and may be beneficial for dry eyes, and the maintenance of general eye health.

Research has shown that eating just one portion of fish a week may reduce your risk of developing age-related macular degeneration (AMD) – the UK's leading cause of blindness – by up to 40%.¹

Blueberries and grapes contain anthocyanins, which may help improve night vision.

Green leafy vegetables such as spinach or kale are rich in carotenoids, especially lutein and zeaxanthin.

Lutein and zeaxanthin may help prevent age-related eye diseases such as macular degeneration and cataract.

These carotenoids may also reduce discomfort from glare and enhance visual contrast.²

Whole grains and avocados are rich in zinc and Vitamin B. Deficiency in complex B Vitamins may increase your risk of cataracts and retinopathy.

Garlic, onions, shallots and capers are rich in sulfur, which is necessary for the production of glutathione, an important antioxidant required to help maintain healthy sight.

Eggs are rich in cysteine, sulfur, lecithin, amino acids and lutein. Sulfur may also help protect the lens of the eye from cataracts.

Papaya is a good source of beta carotene which can help to prevent ‘free radical’ damage inside the eye. Free radical damage is linked to degenerative eye disease.

Soy contains essential fatty acids, phytoestrogens, Vitamin E and natural anti-inflammatory agents.

Vitamin E is important for the maintenance of good eye health.

Recommended Daily Intake (RDI) for some key eye-friendly nutrients³

Vitamin A – 0.7mg a day for men and 0.6mg for women

Vitamin B6 – 1.4 mg for men and 1.2 mg for women

Vitamin C – 40mg a day for all adults

Vitamin E – 4mg a day for men, 3mg a day for women

Zinc – 5.5-9.5mg for men and 4-7mg for women

1. *Dietary Fatty Acids and the 5-Year Incidence of Age-related Maculopathy*, Brian Chua et al.
2. *Journal of Food Science*
3. *NHS Choices. Recommended Daily Intakes for healthy adults.*



Superfood salad

150g bulgur wheat

120g hot smoked salmon

40g baby spinach

50g broccoli

honey and lemon dressing

1 quarter lemon

freshly ground black pepper

1. Cook the bulgur wheat according to the instructions on the packet.
2. Blanch the broccoli. Place the florets in a steam basket over a pan of boiling water and cook for five minutes. Remove the florets from the steamer and plunge them into a bowl of ice water. After 30 seconds remove the florets with a slotted spoon and set aside.
3. Gently flake the hot smoked salmon.
4. Place the cooked bulgur wheat, hot smoked salmon, baby spinach and broccoli in a large bowl and mix carefully before turning out onto a plate or serving bowl.
5. Drizzle with honey and lemon dressing (see recipe on page 4) and top with the lemon quarter.
6. Season with freshly ground black pepper.
7. Serve.



Honey and lemon dressing

6 tablespoons extra virgin olive oil

3 tablespoons fresh lemon juice

1 tablespoon honey

sea salt

freshly ground black pepper

Mix all the wet ingredients together and season taste with the sea salt and black pepper.

Tip: Delicious drizzled over a simple green salad.

Passion fruit cheesecake

For a sweet treat or special celebration why not try this super simple cheesecake recipe.

Combine 100g melted butter with 250g digestive biscuit crumbs. Place the mixture into a tin or mould, press down firmly and leave to set.

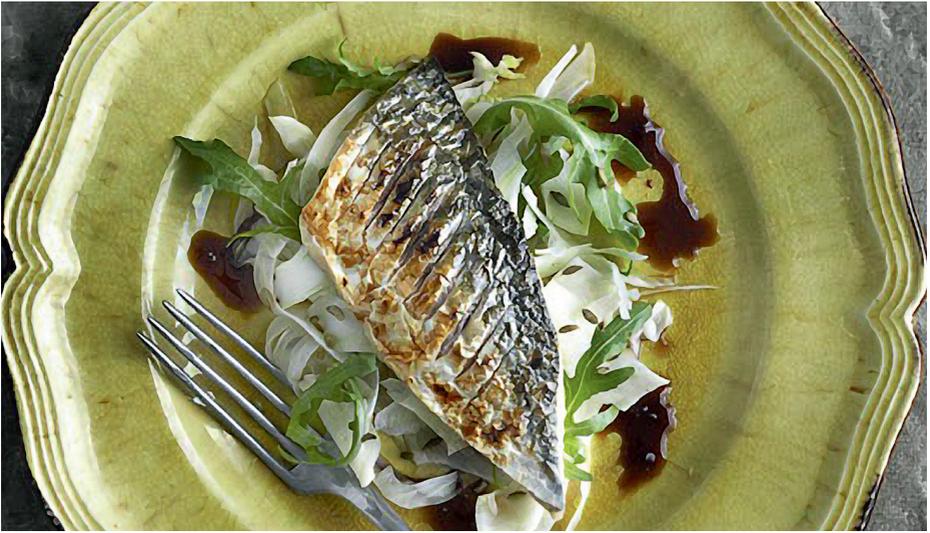
Beat 300g cream cheese and 150g sugar together and then fold in 200ml passion fruit puree. Add 500ml whipping cream and whisk until the mixture forms stiff peaks.

Transfer to your mould, level and top with a layer of passion fruit puree. Leave to set for three hours or overnight.



These recipes were created by chef Rob Hartwell of Peach Pubs.

Rob's an amazingly inventive chef with a passion for trying out exciting new ingredients as well as doing brilliant things with familiar ones, which is probably why he landed the coveted title of the Craft Guild of Chefs Pub Restaurant Chef of the Year Award!



Curried mackerel, lemon fennel and rocket

4 mackerel fillets (ask your fishmonger to remove the pin bones)

1 tablespoon curry powder

1 small bag of rocket

1 lemon

1 bulb of fennel

Olive oil to dress

1. Prepare the fennel by removing the outer layer and cutting the bulb in half.
2. Slice very thinly with a mandolin on the cut side of the fennel (alternatively use a sharp knife) Tip - if you get the fennel thin enough you can drop it into ice water and the fennel will go curly.
3. Season the mackerel with the curry powder, 2 tablespoons of olive oil and a pinch of salt. Place the fillets skin side up on an oven tray and cook under a hot grill for about 4 minutes.
4. While the fish is cooking, drain the fennel and dress with some lemon juice, olive oil, salt & pepper and place a small handful on each plate. Toss the rocket into the same bowl to coat it and place a similar amount on each plate.
5. Remove the fish and place a fillet on top of the fennel, drizzle any excess oil in the pan over the fillets.
6. Serve.



Blueberry panna cotta

375g double cream

375g semi skimmed milk

100g sugar

1 vanilla pod

5 large leaves of gelatine

2 punnets of blueberries

50ml Cassis liqueur

(optional)

1. Split the vanilla pod and scrape out the seeds - mix with the cream, milk & half the sugar.
2. Heat the mixture gently in a pan without allowing it to boil.
3. Soak the gelatine in cold water for 2 minutes until it is soft.
4. Once the sugar is dissolved whisk in the gelatine until it dissolves, pass the mixture through a fine sieve.

Tip - allow the mixture to cool before pouring out to ensure the vanilla seeds are suspended in the mixture.

5. Pour equal quantities into the bowls or glasses you want to serve the panna cotta in and allow to set in the fridge overnight.
6. Take two thirds of the berries, the sugar and Cassis (if using) and heat gently in a pan until the liquid becomes more syrup like, remove from the heat and add the remaining berries.
7. Spoon some of the berry compote onto the top of the panna cotta
8. Serve.



These recipes were created by Guy Marchetti. Guy has worked with the likes of Marcus Wareing and Michel Roux Junior and is now working as an Executive Chef with the London brewery Fuller's.

His ethos in the kitchen is to let good quality ingredients speak for themselves, stripping a recipe back to the 'nuts and bolts' before making it his own.

Quick and easy ways to pack your mealtimes with eye-friendly nutrients.

Serve a side of sauteed kale with your Sunday roast.

Swap one of your daily cuppas for a mug of green tea.

Top a salmon fillet with 2 teaspoons of roasted tomato pesto and bake.

Add a couple of hard boiled eggs and some sliced avocado to a simple green salad.

Make sweet potato wedges. Peel the sweet potatoes and cut into wedges before tossing in some olive oil and salt.

Arrange in a single layer on a nonstick baking sheet. Place in a hot oven for 30 minutes, turning once.

Roast a couple of red bell peppers then blitz to a paste in your food processor before stirring into a tub of shop bought hummus. Serve with crudites.

Don't forget to peel the skin from the red peppers before processing.



For our **super sight saver smoothie** blend together...

1 guava (seeds removed)

6 large strawberries

1 banana (peeled and chopped)

a handful of fresh baby spinach

250 mls of natural yoghurt



Crispy kale bakes

1 small bunch kale

2 tablespoons freshly grated
Parmesan cheese

1 teaspoon olive oil

¼ teaspoon crushed red chilli
flakes (optional)

Sea salt

freshly ground black pepper

olive oil spray

1. Heat oven to 350°F / 180°C.
2. Line a baking tray sheet with parchment paper and spritz with a little olive oil.
3. Clean the kale leaves and gently tear into small pieces.
4. Place all the ingredients in a large bowl and toss until the kale is evenly coated.
5. Place the coated leaves in a single layer on the baking sheet.
6. Bake for 10 minutes, turning once halfway through baking, until the bakes are crisp.
7. Serve.



Tomato & olive bread

500g strong bread flour

20g fresh yeast

1½ teaspoons salt

300ml tepid water

100g sun dried tomatoes

150g quality pitted olives.

40g extra virgin olive oil

1. Dissolve salt in the tepid water.
2. Blitz the olives and sun dried tomatoes in a food processor until tapenade consistency.
3. Place the tapenade in a mixing bowl and add the flour, yeast and olive oil.

4. Mix in a food mixer with a dough hook on a medium speed and pour in the water slowly. Mix for 10 minutes until you have a smooth moist dough (add more flour if required).

5. Flour the surface of a large bowl put the dough into the bowl and cover with cling wrap and prove at room temperature for an hour.

6. After an hour knock the dough back and shape. Prove for a further 20 mins before baking

7. Bake at 210°C until golden brown and crunchy (about 17 minutes).

8. Allow to cool on a wire rack before serving.



These recipes were created by Danny Tompkins, Head Chef at Brasserie 23 at the Kings Head, Spratton.

His ethos is to use only the best seasonal and local produce to create modern British dishes with the odd Spanish influence.



Frozen mango yogurt

1 large very ripe mango or 2 small/medium mangos

250ml plain, full-fat Greek yogurt

75ml honey

1 teaspoon pure vanilla extract

1. Peel and cube the mango, then place in a food processor and blitz until completely smooth.
2. Add the yogurt, honey and vanilla and process until combined. Then blitz for a further minute until the mixture is light and fluffy.
3. Transfer the mixture into a bowl or tupperware container, cover with cling wrap, and freeze for 45 minutes.
4. Remove bowl from the freezer and whisk mixture again until smooth. Cover and return mixture to freezer.
6. Repeat this process of stirring the yogurt every 30 minutes for a further two hours.
7. Freeze for a further two hours or overnight before serving.



Egg yolk custard

1 pint milk

55ml single cream

1 vanilla pod or ½ teaspoon
vanilla extract

4 eggs

30g caster sugar

2 level teaspoons cornflour

1. Place the milk, cream and vanilla pod (if using) into a pan and gently bring to simmering point.

2. Separate the eggs.

Tip: Use the leftover egg whites to make a delicious meringue.

3. Whisk the egg yolks, sugar and cornflour together in a bowl until well blended.

3. Remove the vanilla pod from the warm pan and pour the milk and cream mixture over the egg and sugar.

Tip: Remember to whisk all the time using a balloon whisk.

4. Return the whisked mixture to the pan, (add vanilla extract, if using) and stir gently over a low heat until thickened.

5. Serve immediately.

Tip: To keep hot, stand the jug in a pan of hot water and cover with cling wrap to prevent a skin forming.

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and information visit

www.visionmatters.org.uk

