

AROUND THE WORLD RECIPES

MAKING KETO DOUGH WORK

Created by Chef Rachel Finn

KETOAL[®] DOUGH

RATIO 2:1

INGREDIENTS: (BATCH RECIPE):

34 g KetoCal[®] 3:1 powder
86 g Almond flour
2 g Xanthan gum
1 g Onion powder
1 g Garlic powder
2 g Salt
50 g Egg, raw, mixed well
16 g Oil
10 g Water

DIRECTIONS:

- Weigh all ingredients separately.
- Combine all dry ingredients together in a bowl.
- Add egg, oil and water to dry ingredients.
- Mix well until a dough is formed.
- Wrap in plastic wrap and refrigerate for 20-30 minutes.
- Remove from refrigerator and use in calculated amounts.

	Batch recipe	Per 100 g
Calories (kcal)	888	453
Fat (g)	80.8	41.23
Protein (g)	30.15	15.37
Net Carb (g)	10.37	5.29



POCKET SANDWICH

RATIO 2:1

INGREDIENTS:

40 g KetoCal[®] dough
16 g Turkey breast,
Oscar Mayer[®]
10 g Cheese, cheddar
10 g Mayonnaise,
Hellmann's[®]
2 g Mustard, yellow

DIRECTIONS:

- Weigh out ingredients.
- Roll dough between sheets of parchment paper to a small square.
- Place turkey and cheese in middle of rolled out dough.
- Fold dough over the meat and cheese to create a rectangle.
- Seal the edges by either folding over or pressing with tines of fork.
- Poke a few holes on the top of the dough to vent the dough.
- Bake in 350° F oven for 15-20 minutes until dough is golden brown.
- Allow to cool before serving.

MAKE DIPPING SAUCE:

Combine mayonnaise and mustard in a small bowl.
Mix together. Serve with pocket sandwich.

Calories (kcal)	Fat (g)	Protein (g)	Net Carb (g)
307	27.98	11.12	2.92



FRIES

RATIO 2:1

INGREDIENTS:

40 g KetoCal[®] dough
10 g Ketchup, no added
sugar, Heinz[®]
2 g Oil

DIRECTIONS:

- Weigh out ingredients.
- Mix ketchup with oil, and set aside.
- Shape KetoCal dough into an oval shape.
- Using a sharp knife, cut into ¼ inch slices and lay flat and cut into strips to resemble french fries.
- Weigh out calculated dough in recipe. This will be the portion served.
- Heat a small amount of additional oil and fry the dough pieces until golden brown, remove from heat and allow to cool. (KetoCal dough does not absorb enough oil to change the ratio).
- Serve with ketchup/oil mixture.

Calories (kcal)	Fat (g)	Protein (g)	Net Carb (g)
202	18.49	6.15	2.73



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KetoCal[®] is a medical food for the dietary management of intractable epilepsy and is intended for use under medical supervision.



NUTRICIA
KetoCal[®]

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SAMOSAS

RATIO 2:1

INGREDIENTS:

- 40 g KetoCal® dough
- 15 g Beef, ground 80%, cooked
- 1 g Curry powder
- 10 g Sauce:
Cilantro sauce (see batch recipe below)

DIRECTIONS:

- Weigh out ingredients.
- Mix beef with curry powder; season with salt and pepper.
- Divide dough into 2 portions.
- Roll each piece between sheets of parchment paper to a small circle (about 4").
- Divide the beef mixture between the dough pieces.
- Fold dough over the meat to create a semi-circle.
- Seal the edges by either folding over or pressing with tines of fork.
- Bake in 350° F oven for 15-20 minutes until dough is browned.
- Allow to cool before serving.
- Serve with calculated amount of cilantro sauce.



Calories (kcal)	Fat (g)	Protein (g)	Net Carb (g)
284	26	10.24	3



CILANTRO CHUTNEY

RATIO 9.5:1

INGREDIENTS (BATCH RECIPE):

- 20 g Cilantro, fresh
- 6 g Jalapeno, raw
- 4 g Garlic powder
- 4 g Onion powder
- 70 g Oil

DIRECTIONS:

- Weigh out ingredients.
- In a blender or small smoothie maker, blend all ingredients together.
- Season with salt.
- Serve calculated amount.

	Batch recipe	Per 100 g
Calories (kcal)	659	633
Fat (g)	70	67.3
Protein (g)	1.5	1.4
Net Carb (g)	5.5	5.3



CRAB RANGOON

RATIO 2:1

INGREDIENTS:

- 40 g KetoCal® dough
- 15 g Philadelphia® cream cheese*
- 2 g Soy sauce, Kikkoman® Naturally Brewed*
- 1 g Green onion, tops only chopped
- 1 g Garlic powder
- 2 g Sesame oil

DIRECTIONS:

- Weigh out ingredients.
- Mix cream cheese, sesame oil with garlic powder and green onion, season with salt and pepper.
- Divide dough into 4 portions.
- Roll each piece between sheets of parchment paper to a small circle (about 4").
- Divide the cream cheese mixture between the dough pieces.
- Fold dough over the cream cheese to create a triangle.
- Seal the edges by folding over and pressing closed with fingers.
- Bake in 350° F oven for 15-20 minutes until dough is browned.
- Allow to cool before serving.
- Dip the Crab Rangoon in the soy sauce.



Calories (kcal)	Fat (g)	Protein (g)	Net Carb (g)
373	36.73	7.55	3.38

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PIZZA ROLLS

RATIO 2:1

INGREDIENTS:

40 g KetoCal® dough
4 g Tomato paste, canned
10 g Cream cheese, Philadelphia® brand
5 g Cheese, parmesan
4 g Oil
A pinch of Dried basil
A pinch of Dried oregano

DIRECTIONS:

- Weigh out ingredients.
- Make KetoCal dough. Weigh out calculated portion.
- Mix tomato paste, basil, oregano, cream cheese, parmesan cheese and oil. Season with salt and pepper.
- Divide dough into 2 portions.
- Roll each piece between sheets of parchment paper to a small rectangle (about 4" x 2").
- Place the tomato mixture in the middle of the dough pieces.
- Fold dough over the tomato mixture to create a square.
- Seal the edges by pinching the edges and sealing the filling.
- Poke a few vent holes in the top of dough with a fork before baking.
- Bake in 350° F oven for 15-20 minutes until dough is browned.
- Allow to cool before serving.



Calories (kcal)	Fat (g)	Protein (g)	Net Carb (g)
278	25.29	9.14	3.57



BUTTER PASTA

RATIO 3:1

INGREDIENTS:

40 g KetoCal® Dough (from batch recipe)
11 g Butter

Can add the following:
(add these into your calculations)

Pesto
Cream
Tomato paste, a drop of rebaudioside A (stevia leaf extract) and oil for marinara sauce
Cream and tomato paste
Cream and cheese

DIRECTIONS:

- Make the KetoCal dough according to batch recipe. Refrigerate for 1 hour.
- Roll out dough between sheets of parchment paper and cut into shapes (leave on parchment paper)
 - spaghetti: cut into thin strips
 - bowtie: cut into 2"x1" rectangles. Pinch middle of dough together.
 - macaroni shape: roll dough into a thin rope and cut into small pieces.
- Refrigerate or freeze shapes before cooking.
- In a skillet, melt butter, add the pasta and toss gently in the butter until pasta is cooked (it will only take a few minutes).
- Remember to scrape all the butter over the pasta.
- Season with salt, dried basil, dried oregano, garlic powder and pepper.



Calories (kcal)	Fat (g)	Protein (g)	Net Carb (g)
262	25.41	6.24	2.11

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EMPANADAS

RATIO 2:1

INGREDIENTS:

40 g KetoCal® dough
15 g Beef, ground
80% cooked
1 g Garlic powder
1 g Onion powder
15 g Sauce:
Chimichurri
(see batch
recipe below)

DIRECTIONS:

- Weigh out ingredients.
- Mix beef with garlic, onion powders and chimichurri sauce, season with salt and pepper.
- Divide dough into 2 portions.
- Roll each piece between sheets of parchment paper to a small circle (about 4").
- Divide the beef mixture between the dough pieces.
- Fold dough over the meat to create a semi-circle.
- Seal the edges by either folding over or pressing with tines of fork.
- Bake in 350° F oven for 15-20 minutes until dough is golden brown.
- Allow to cool before serving.



Calories (kcal)	Fat (g)	Protein (g)	Net Carb (g)
323	29.07	10.38	3.86



CHIMICHURRI SAUCE

RATIO 15:1

INGREDIENTS (BATCH RECIPE):

8 g Parsley, raw
5 g Vinegar
8 g Cilantro, raw
3 g Jalapeno pepper, raw
2 g Garlic powder
2 g Onion powder
2 g Oregano, dried
70 g Oil

DIRECTIONS:

- Weigh out ingredients.
- In a small blender or smoothie maker, blend all ingredients together until smooth.
- Serve calculated amount with recipes.

	Batch recipe	Per 100 g
Calories (kcal)	650	670
Fat (g)	70.23	72.34
Protein (g)	1.16	1.19
Net carb (g)	3.5	3.61

The medical ketogenic diet should only be used under medical supervision. Always check with your healthcare professional to ensure that a recipe is appropriate.

Each recipe is calculated to be one serving, unless specified (batch recipe).

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