

The Kidney Kitchen – making food fun again

Deborah Duval
6 October 2025



Why the Kidney Kitchen

- We need a whole new 'non-scientific' approach to eating well with kidney disease. I want to eat fruit!
- The science doesn't help me make a meal for my family
- Patients are suspicious of anything or anyone who messes with this personal aspect of life – we don't like dietitians
 - We pretend to be asleep when you come onto the ward!
- Meeting with Paul Bristow in 2018

The Kidney Kitchen Team



Deborah Duval, Lead
in the Kidney Kitchen



Angeline Taylor,
RNG Chair and
Lead Kidney
Kitchen dietitian



Chef Paul Ripley



Beth Druce, Kidney
Kitchen
Photographer



Hana
Backland,
Kidney Kitchen
Videographer



Emma Sanders,
Kidney Kitchen
Administrator



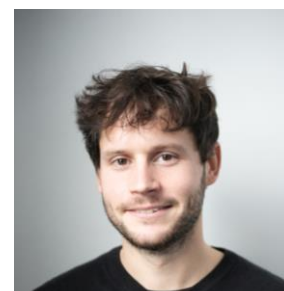
Amita Godse,
Kitchen Kidney
Dietitian



Lizzie Morey,
Kidney Kitchen
Recipe Developer
and Baker



Emma Bourton,
Kidney Kitchen
Food Stylist



Chris Baker,
Kidney Kitchen
Soundman

Kidney Kitchen – 2024 was a great year

- Total (web) users – **378,000**
- Total (web) views – **891,951** (so just over 2 pages viewed per user)
- Kidney Kitchen videos occupy 10 places in our 'top 20' Kidney Care UK most watched videos on Youtube
- Chef Ripley and Chef Cole (Lewis) held their third Mount Cook Kidney Kitchen Masterclass



- **335 Kidney Kitchen recipes now developed, analysed, RNG approved and photographed (85 of these with accompanying video demonstration)**

10 Kidney Kitchen videos appear in our Kidney Care UK 'top 20'

YouTube GB

kidney kitchen

Home

Shorts

Subscriptions

>

History

Playlists

Your videos

Watch later

Liked videos


criptions

That Pedal Show •

Andertons Music... •

Rhett Shull •

Chris Buck



Halloween recipes

Kidney Kitchen

6 kidney-friendly recipes

Kidney Kitchen recipes | kidneykitchen.org

by Kidney Care UK

Playlist • 80 videos • 4,819 views

The Kidney Kitchen is a way for people living with kidney disease and their families to enjoy good food together...[more](#)

▶ Play all

- 1** **Halloween recipes**
Kidney Kitchen
6 kidney-friendly recipes
1:12
6 SPOOKY HALLOWEEN RECIPES | Kidney Kitchen | Kidney Care UK
Kidney Care UK • 82 views • 1 month ago
- 2** **Summer puddings**
Kidney Kitchen
7 kidney-friendly recipes
1:13
7 SUNNY SUMMER PUDS | Kidney Kitchen | Kidney Care UK
Kidney Care UK • 68 views • 2 months ago
- 3** **Wontons with tossed noodles**
Kidney Kitchen
Everything diet | Diabetic approved
10:31
Wontons with tossed noodles | Kidney Kitchen | kidney friendly recipe
Kidney Care UK • 310 views • 2 months ago
- 4** **Custard-filled bao buns**
Kidney Kitchen
Everything diet | Diabetic approved
14:45
Custard-filled bao buns | Kidney Kitchen | kidney friendly recipe
Kidney Care UK • 470 views • 2 months ago
- 5** **Picnic treats**
Kidney Kitchen
7 kidney-friendly recipes
1:13
7 TASTY PICNIC TREATS | Kidney Kitchen | Kidney Care UK
Kidney Care UK • 320 views • 4 months ago

Kidney Kitchen recipe collection (and advice) magazines

- 4 Kidney Kitchen recipe collection magazines now published
- **39,114** magazines ordered (to end November). HCPs now being charged for orders



- 2 new titles for 2025 (June release)– **African & Caribbean recipes** and **Family Favourites**



- African & Caribbean recipes
- Culturally specific diet advice
- The creation of an A&C working group
- Research into what our A&C community wanted
- Working group lead – Amita Godse

Developing our Family Favourites recipe collection

- It has not been all plain sailing!
- How many children live with Kidney disease?
- Formed a partnership with the Paediatric Renal Nutrition Group (PRING) in January 2024 – monthly meetings.
- Angeline Taylor is our Lead Kidney Kitchen dietitian in this working group
- A common issue faced by paediatric dietitians is ensuring adequate growth in young kidney patients – our recipes need to be high calorie. Downsizing recipes does not work
- 20 Family Favourites recipes now agreed and photographed – we plan a 2025 digital (web) launch (including diet advice) with recipe collection magazine to be published in 2026



An evening of
gourmet food in a gorgeous Cornish location

Trevear Farm, North Cornwall | 6.30pm arrival | Carriages at 11pm

Overlooking the beautiful Camel Estuary, with views of Padstow and Rock, **Tregonce Barn at Trevear Farm** provides a very Cornish venue for this gourmet evening. Prepare for an **exclusive culinary experience** that will transport your taste buds straight to the heart of Cornwall! This **one-of-a-kind event** will feature a **specially curated menu**, prepared on the night by **renowned Michelin-starred chef, Nathan Outlaw**, and a brigade of local chefs.

This is an event you won't want



Tickets, £100, include:

- Sparkling wine and canapés on arrival
- A four-course gourmet meal
- Live music by the Motown Pirates
- An auction of exciting prizes and once-in-a-lifetime experiences

- In September 2025 – we held our first Kidney Kitchen fundraiser event – with Nathan Outlaw and a team of local chefs cooking a gourmet meal for 120 guests.

So much to say, so little time!

Thank you for listening

The Kidney Kitchen crew is a passionate, committed and focused team, with loads of great plans for the future

Please ask questions!

Deborah

www.kidneykitchen.org