

METHOD

1

Cook & Puree Food

Puree fruit or well-cook vegetables until smooth. If any fibrous matter or seeds are present pass through a sieve.

Weigh ingredients.

2

Activate Shape It Powder

Place pureed food, Shape It (and liquid for Peas) into the saucepan, bring to a boil.

Reduce heat and simmer gently for 2 minutes, stirring as required.

3

Pour into Mould & Set

Lightly spray mould with cooking spray. Pour puree into the mould, cover and refrigerate until set.

4

Store or Serve

Remove from mould and serve or wrap securely and refrigerate or freeze. To reheat, refer to the Shape It reheating guide.

INGREDIENTS

	Food	Serve Temperature	Cooked Weight	Liquid (Water / Stock)	Shape It Powder
FRUITS	Apples Canned apple slices, drained.	Cold	1.0kg	-	10g
	Apricots Canned apricots, drained.	Cold	1.0kg	-	10g
	Mangoes Canned mango, drained	Cold	1.0kg	-	10g
	Pears Canned pears, drained.	Cold	900g	-	10g
	Peaches Canned peaches, drained.	Cold	1.1kg	-	10g
VEGETABLES	Broccoli Fresh	Hot	1.0kg	-	20g
	Cauliflower Fresh	Hot	1.1kg	-	20g
	Pumpkin Fresh	Hot	1.2kg	-	16g
	Carrots Fresh	Hot	1.0kg	-	30g
	Peas Frozen	Hot	1.0kg	450mL	20g
	Sweet Potato Fresh	Hot	1.2kg	-	15g

REHEATING GUIDE

Microwave

1. Remove food from mould and place in a microwave suitable plate or container. Cover food securely and place into microwave.
2. Reheat food for 3-5 minutes at 270 watts from cold, or until internal food temperature has reached a suitable and safe temperature.

Steam or Combi Oven

1. Remove food from mould and place in heat-proof tray/container. Cover food securely and place into oven.
2. Set oven to 100% steam or combination.
3. Reheat food for 10-15 minutes, from cold or until internal food temperature has reached a suitable and safe temperature.

Please Note

- Reheating time may vary depending on portion size, temperature and amount of food being reheated.
- Check internal temperature of food with a thermometer probe to ensure food is heated to a safe and suitable temperature.
- Reheat Shape It texture-modified food at a low temperature to avoid shape distortion &/or food drying out

Hints & Tips

- Drain all fruits and vegetables well.
- Confirm final texture with a Speech Pathologist, or use IDDSI Level 4 Pureed Testing Method.

Storage Instructions: Handle and store prepared foods according to your Food Safety protocols. Cover and refrigerate between serving. Discard refrigerated food after 24 hours. Flavour Creations recommends use of the '2 hour/4 hour rule'.

METHOD

Meats

1

Cook Food

Cook protein, chop into cubes.
Weigh ingredients.

2

Activate Shape It Powder

Place liquid and Shape It Powder into a saucepan, bring to a boil.
Reduce heat and simmer gently for 2 minutes, stirring as required.
Place hot meat, hot liquid mixture and thickplus into the blender.
Blend until pureed.

3

Pour into Mould & Set

Lightly spray mould with cooking spray. Pour puree into the mould, cover and refrigerate until set.

4

Store or Serve

Remove from mould and serve or wrap securely and refrigerate or freeze.
To reheat, refer to the Shape It reheating guide (see over page).

Cakes

1

Cook & Puree Food

Blend cake/scones to a fine crumb[^]. Place cake/scone crumb into a large bowl.

2

Activate Shape It Powder

Place liquid and Shape It Powder into a saucepan, bring to a boil.
Reduce heat and simmer gently for 2 minutes, stirring as required.
Pour over crumbs and fold in gently, until blended.

INGREDIENTS

	Food	Serve Temperature	Cooked Weight	Liquid (Water / Stock)	Shape It Powder	thickplus Powder
MEATS	Beef Topside roast or steak.	Hot	1.0kg	327mL	8g	5g
	Bacon	Hot	1.0kg	450mL	10g	-
	Lamb Lamb leg, roasted.	Hot	1.0kg	333mL	8g	5g
	Chicken Whole chicken, roasted. Flesh only.	Hot	1.0kg	360mL	20g	4g
	Fish White fish, steamed.	Hot	1.0kg	167mL	12g	6g
CAKES	Cake	Cold	100g	250mL	2g	-
	Scones	Cold	100g	250mL	2g	-

See over page for **Storage instructions**.

thickplus: Food for special medical purposes. Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. For oral consumption only. Not suitable as a sole source of nutrition. Not suitable for children under 1 year of age.

All food was pureed with a Robot Blitzzer. Other blenders, seasonal variation and how well drained the food is can cause variations to the final texture.

Disclaimer: The information provided is accurate and reliable to the best of our knowledge and is offered in good faith for the benefit of the consumer. It is the user's obligation to determine the safe use of the product for its own specific applications and to assess its suitability for its own needs, as conditions of use, handling, storage and disposal are beyond Flavour Creations control. Flavour Creations does not guarantee against any risk of use, liability or patent infringement. Flavour Creations does not guarantee the final texture of the product or patient suitability.

Hints & Tips

- [^]Cake - to achieve a fine crumb, place cake into blender in small batches. Do not over pack the blender.
- Confirm final texture with a Speech Pathologist, or use IDDSI Level 4 Pureed Testing Method.