



## METHOD

1

### Cook & Puree Food

Heat fruit or well-cook vegetables. Puree until smooth, scraping down sides as required. If needed, remove any fibrous vegetable or fruit seeds by passing through a sieve. Weigh ingredients.



2

### Activate Shape It Powder

Place pureed food into saucepan. Add Shape It Powder, and liquid if required, bring to a boil. Reduce heat and simmer gently for 2 minutes, stirring as required.



3

### Pour into Mould & Set

Spray mould with cooking spray. Pour into mould, cover and refrigerate until set.



4

### Store or Serve

Store in fridge or freezer, or remove from mould and serve. To reheat, refer to the Shape It Reheating Guide.



## Hints & Tips

- For vegetables with no liquid, drain well.
- If the moulded food is not holding shape, add more Shape It Powder to the next batch.
- For smaller quantities use a spachler when stirring.
- Always have a Speech Pathologist confirm texture is correct.

## INGREDIENTS

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

## REHEATING GUIDE

### Microwave

1. Remove food from mould and place in heat-proof tray or container. Cover food securely and place into microwave.
2. Set microwave to 270 watts.
3. Reheat food for 3-5 minutes\*, if refrigerated, 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\*, if refrigerated, or until internal food temperature has reached a suitable and safe temperature.

### \*Important

- Reheating time may vary depending on portion size and amount of food being reheated.
- Check internal temperature of food regularly with a thermometer probe to ensure food is heated to a safe temperature.
- Reheat Shape It texture-modified food at a low temperature to avoid shape distortion and food drying out.
- Always have a Speech Pathologist confirm texture is correct.

**Storage:** Once prepared, foods should be handled and stored according to Food Safety protocols. Cover and refrigerate between serving. Discard after 24 hours. Flavour Creations recommends use of the '2 hour/4 hour rule'.

All recipes were pureed with a Robot Blender which creates a very smooth puree. Using other equipment can cause variations. Confirm final texture with your Speech Pathologist. Information provided is accurate and reliable to the best of our knowledge and is offered in good faith to the benefit of the consumer. It is the users' obligation to determine the safe use of the product for its own applications or suitability for use since the 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 viscosity of the product or patient suitability.

## METHOD

### Proteins



1

**Cook & Puree Food**  
Cook protein until well cooked. Puree until smooth, scraping down sides as required. Weigh ingredients.

### Cakes

1

**Cook & Puree Food**  
Place cake/scones in a blender and blend to a fine crumb<sup>^</sup>, scraping down sides as required. Place scone/cake crumb into a large bowl.

2

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 pureed protein, thickplus and Shape It Liquid in a blender. Blend until combined.

**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 crumb and fold in gently, until smooth.

3



**Pour into Mould & Set**  
Spray mould with cooking spray. Pour into mould, cover and refrigerate until set.

4



**Store or Serve**  
Store in fridge or freezer, or remove from mould and serve. To reheat, refer to the Shape It Reheating Guide.

## Hints & Tips

- <sup>^</sup>Cake - to achieve a fine crumb, place cake into blender in small batches. Do not over pack the blender.
- If the moulded food is not holding shape, add more Shape It Powder to the next batch.
- For smaller quantities use a spachler when stirring.
- Always have a Speech Pathologist confirm the texture is correct.

## INGREDIENTS

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

**Storage:** Once prepared, foods should be handled and stored according to Food Safety protocols. Cover and refrigerate between serving. Discard after 24 hours. Flavour Creations recommends use of the '2 hour/4 hour rule'.

**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.

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